

UNITY SPIRITUAL COMMUNITY IN CITRUS HEIGHTS

WEEK FIVE—EXPERIENCING THE ARTIST’S WAY

Class Handout

Activities

Continue Daily Exercises

Write 3 pages of Morning Pages each day

Go on an Artist Date

Complete the 3 sample tasks from The Artist’s Way

(Page numbers below are from the 25th Anniversary Edition of The Artist’s Way by Julia Cameron.

MORNING PAGES pg. 11

This daily exercise is the foundation of The Artist’s Way. Each day, write 3 pages of stream of consciousness information, in long hand. There is no wrong way to write Morning Pages. They are not for sharing, publishing, saving, story telling or creative writing. Morning Pages are a daily “data dump” whereby the random, nagging thoughts are expressed and cleared so that your mind can be open to new creativity.

ARTIST DATE pg. 18

Once this week take yourself on an Artist Date in order to refill the well of creativity.

In this time of Corona, online dating is acceptable. Some suggested activities:

Take an online tour of a museum.

Watch a video.

Go to the movies.

Take a nature walk.

Attend a virtual concert.

Go shopping.

SAMPLE TASKS

IMAGINARY LIVES pg. 39: If you had 5 other lives to lead, what would you do in each of them? You might be a scuba diver, a cop, a writer of children's books, a monk or a lawyer. Whatever occurs to you, jot it down. Have fun with this exercise.

TEN TINY CHANGES pg. 58: List ten changes you'd like to make for yourself. For instance, "get new sheets so I have another set, go to China, paint my kitchen, dump my bitchy friend Alice."

COLOR SCHEMES pg. 147: Pick a color and write a quick few sentences describing yourself in the first person. ("I am silver, high-tech and ethereal, the color of dreams and accomplishment, the color of half-light and in between, I feel serene.")