

creative
spirit

week 1

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



because i am created; because i am a
creature; then i also need to create.
i am invited into a conversation
between my imagination and the
unknown.

barbra glasson; from theology
everywhere (2018)



What is your intention for this
workshop on creative spirit?

Raise your Zoom hand or put your answer in the chat.

Housekeeping

This book and classes are for education and inspiration. This is not therapy and participating does not constitute a therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your Zoom image does not appear there...if you participate in class, your voice/image will appear on the video.

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The Modern Creative Woman



Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

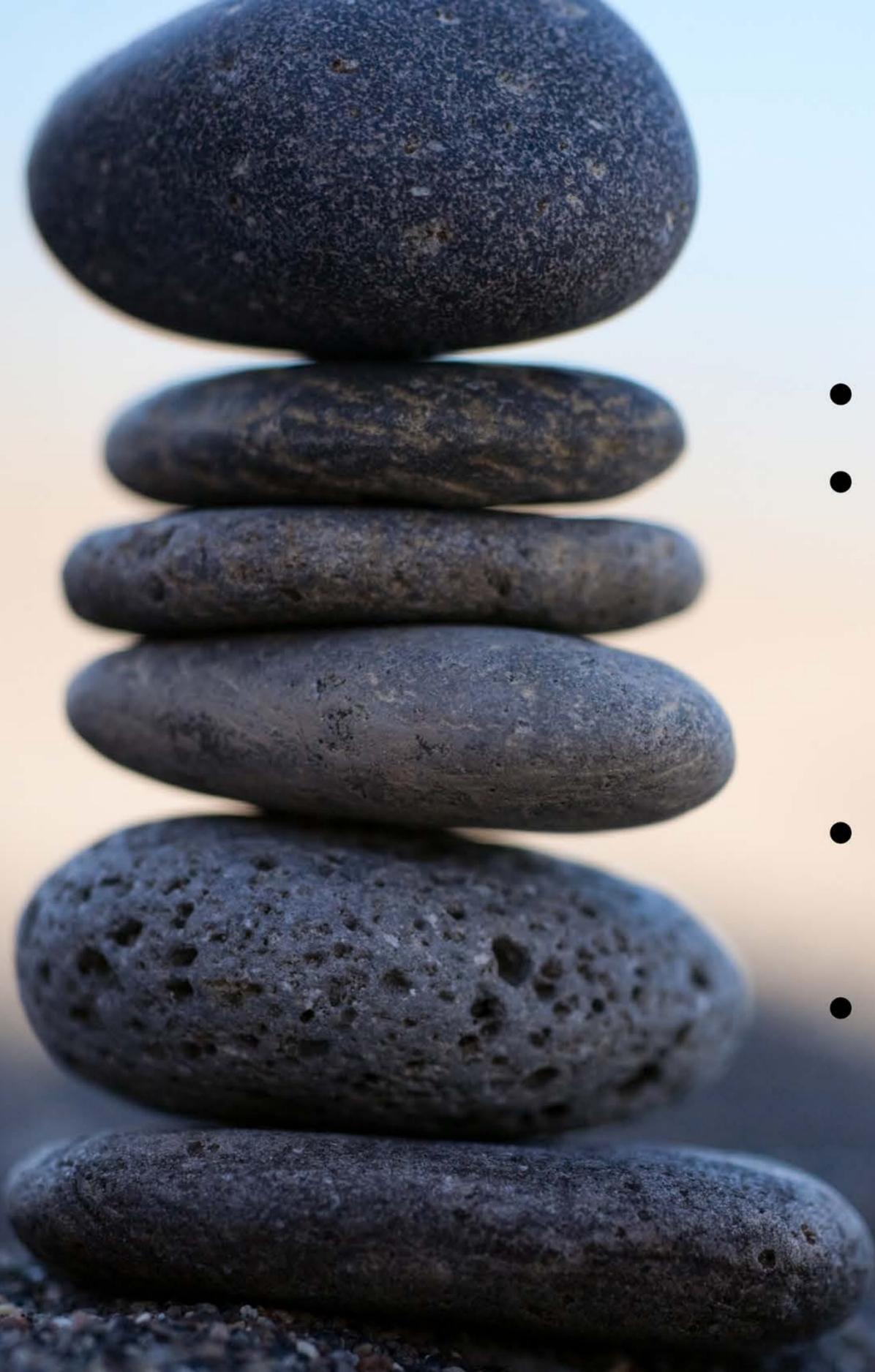
WEEK
02

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

Creative Spirit





Creative Spirit

- The source of our creativity.
- The joyful experience of inspiration, insight, intuition, flow, clarity, trust, connection to something larger than ourselves.
- Can be unconscious or conscious.
- Individual, collective, historical.

Creative Spirit

- A primal drive.
- Essential life force.
- Uniquely human.
- A feeling of desire and longing, plus the impulse to create something.
- Unlimited flow.
- It never runs dry.
- Everybody has access to it.



Creative Spirit

- creative endeavour
- creative energy
- creative expression
- creative force
- creative genius
- creative idea
- creative impulse
- creative inspiration
- creative instinct
- creative mind
- creative vision
- creative work
- creative partnership
- creative play
- creative possibilities
- creative potential
- creative process
- creative solution
- creative output
- creative talent
- creative fun
- creative thinking
- creative thought
- creative moment



Creative Spirit Examples

- A decision was obvious.
- Understanding something in a new way.
- Sense of being connected to something larger than yourself.
- Moments of wonder and awe.
- Creative flow as if the art, action, or work was being inspired or felt already finished before you start.
- Moments of clarity.
- Everything coming together.
- Creating art.
- Creating feelings of happiness and love.

Mindful Moment













What does your Creative Spirit know
that your thoughts are unable to
comprehend?

Raise your Zoom hand or put your answer in the chat.

Creative Consciousness



**Where does your
consciousness reside?**

**Where does your
Creative Spirit reside?**





- Our human experience of consciousness is often imagined just behind your eyes and between your ears.
- Bring your attention there now.
- However you to this mindfulness exercise will be great!



$\cos 55$
 $2 \sin 5$
 $2; p = \frac{2\pi}{3}$
 $N = C \cdot \cos(\alpha)$
 $y = \sin x$
 $\int \frac{1}{\sqrt{a^2 - x^2}} = \arcsin \frac{x}{a} + C$
 $y = 2 \sin x$
 $\frac{2\pi}{3}$
 $u(t) = u_1(t) - u_2(t)$
 $\sqrt{a^2 - b^2} = \sqrt{a^2 - b^2}$
 $\sin x$
 $\lim_{x \rightarrow m} f(x)$
 $\frac{a^2 + b^2}{2}$
 $\begin{cases} 0, x < 0 \\ = 4 \cos x \\ 0 < x < \frac{\pi}{2} \\ 0, x > \frac{\pi}{2} \end{cases}$
 $\lim_{x \rightarrow a} \frac{a^2 + b^2}{2}$
 $\frac{6 + \sqrt{D}}{2a}$



COGNITO

ERGO

SUM

I THINK
THEREFORE
I AM

French mathematician and philosopher (1637)

René Descartes



- This part of the brain contains the verbal seat where thoughts and language originates.
- Makes sense that we might think our consciousness stems from this area of thought.

However,
thought is only
a small part of
your
consciousness
and mostly
unrelated to
who you are or
your creative
spirit.



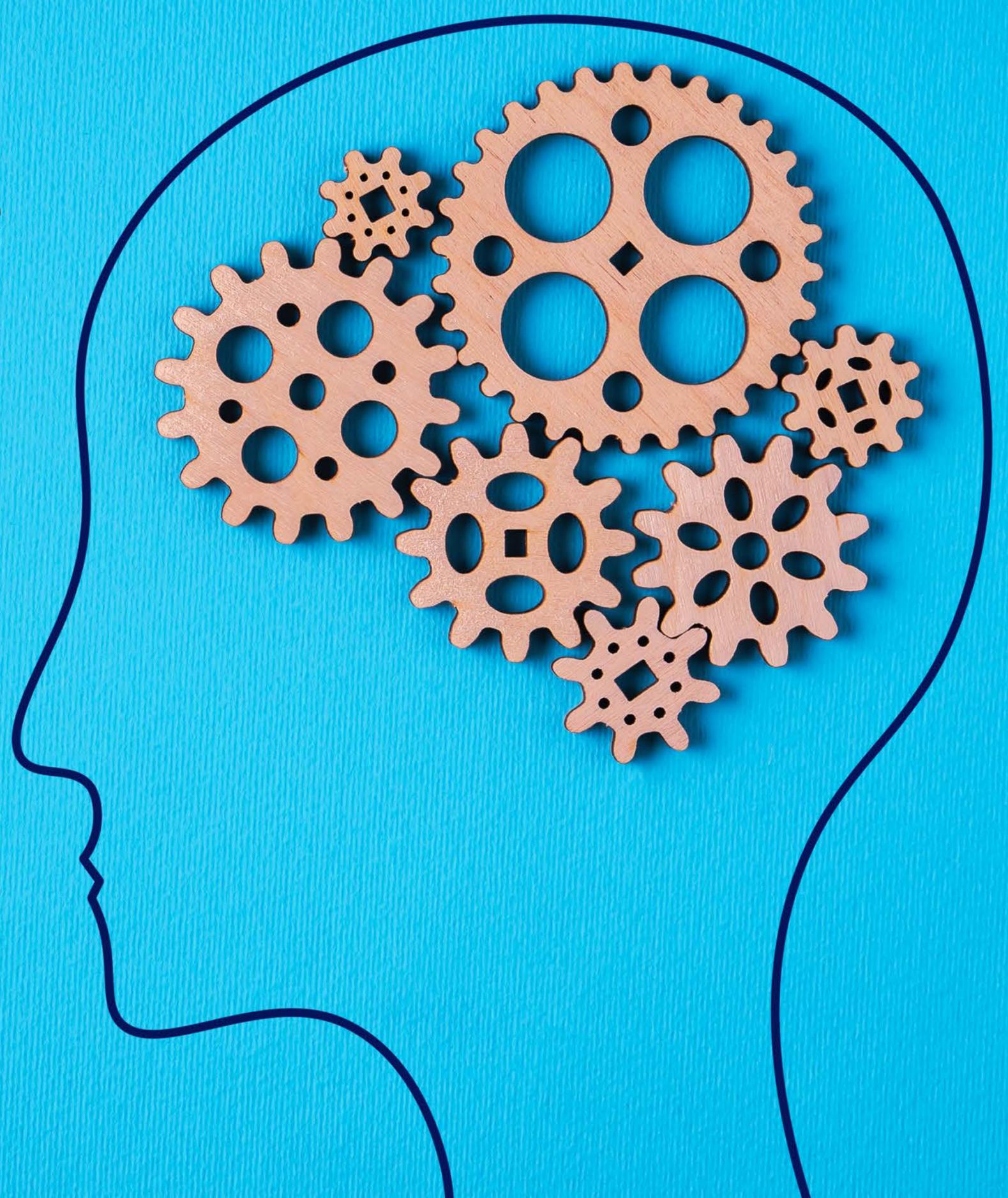
HUMANITY authentic share **expression** PURPOSE
outcome awaken ALL THAT IS **soul** manifest
knowledge **creative** harmony **spiritual** DIVINE PLAN
connected LET GO unconditional HEALING **attitude**
COLLECTIVE CONSCIOUSNESS
contemplate HEART wisdom truth **LOVE** ideas
possibilities society **ESSENCE** group **WHOLE** **infinite**
unlimited **network** expansion **identity** UNITY purity
share **transformation** FLOW **energy** ALLOW

Experiment

How can you shift your consciousness from the “thinking part” of your brain (behind the eyes and between the ears) to the “creative spirit” part of your brain (up and towards the back of your brain).



- Draw your attention to the thinking part of your brain and begin to shift your consciousness up to the top of your head and further towards your back.
- This space is considered the seat of your creative spirit consciousness.



- Focus your attention on this area of the brain now.
- You can even imagine your creative spirit extends past your physical head into the space above your head.
- Hold your attention here for 2 minutes.





Draw an image of what you experienced while focusing on your consciousness at the Creative Spirit part of your brain.

- However you do this will be great!
- There is no right or wrong in your awareness.





Give your art a title and write three words to describe it.







What did you notice as you held your attention on the Creative Spirit and consciousness part of your brain?

Raise your Zoom hand or put your answer in the chat.

Affirmations



**I am a woman
who...**

- embraces her creative spirit.
- takes time to cultivate her creativity.



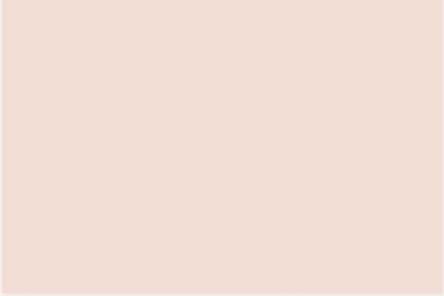


Finish the sentence in the chat:

"I am a woman who..."

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

**Intentions
& Examples**

2

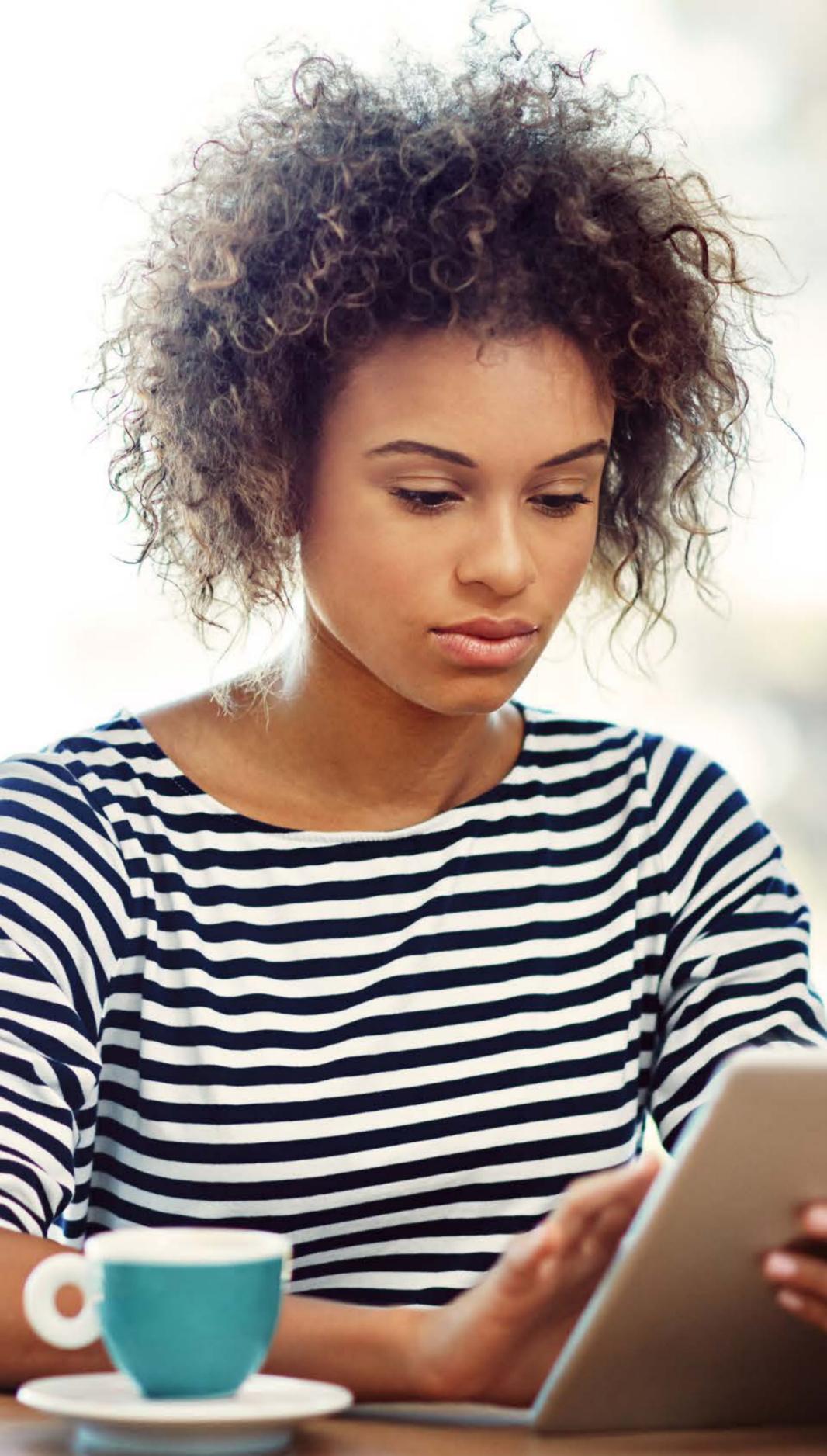
**Tell the
Story**

3

**Moving Your
Consciousness**

4

**Written
Reflection**



Intentions

- What are your intentions for this workshop?
- Be specific about how you want to develop and learn from your creative spirit.



Your Creative Spirit

- Call up examples of when your creative spirit showed up in your life.
- For example: something guided you to your next choice, suggested you slow down, kept you safe, helped you create authentic art, allowed you to generate an answer that surprised you, helped you have fun, or enjoy yourself.



Tell the Story

- Describe one of the examples from the previous page where you were inspired to feel or act from your creative spirit.
- Tell the story in third person as if you were observing it unfold in your life.
Example: “She was inspired to...”



Moving Your Consciousness

- Recreate your meditation from today.
- Move your consciousness to the higher areas of your brain.
- Focus for two minutes.
- Variation using a song instead of a timer.
- Create a drawing or a watercolor to reflect your experience.



Written Response

- Is Creative Spirit a new way of understanding yourself or have you been familiar with this aspect of yourself before?
- What part of your life would you most like to apply your creative spirit?
- How can you use the exercise of moving your consciousness?
- What are you most excited about?



**BREATH IT ALL IN.
LOVE IT ALL OUT.**

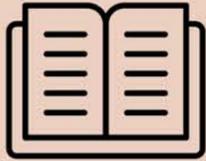


On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



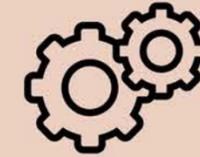
Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Autumn VIP Creativity day or weekend

Podcast

Paris Trip

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!