

CREATIVE FREEDOM - HANDOUT #1

ARTIST STEREOTYPE: Artists are dreamers, unrealistic, deluded, in their own imaginary worlds

ARTIST STEREOTYPE CHALLENGE: Focus & manifestation / completion of projects

ARTIST JOURNEY LESSON: HOW TO BE PRESENT

EXERCISE TO BE MORE PRESENT: Astral body in physical, grounding, calling back energy, being in present time, grounding feet when working

IS IT ART? PRESENCE HALLMARK:

It has the effect on the viewer or audience of engaging them fully, so that they are present and their minds stop running.

How? It shares a gift of present, powerful energy

DEFINITIONS

ARTIST

- a person who produces paintings or drawings as a profession or hobby.
- a person who practices any of the various creative arts, such as a sculptor, novelist, poet. or filmmaker.
- a person skilled at a particular task or occupation: *a surgeon who is an artist with the scalpel.*
- a performer such as a singer, actor or dancer
- informal – a habitual practitioner of a specified reprehensible activity: con artist/ rip-off artist

STEREOTYPE

- a widely held but fixed and oversimplified image or idea of a particular type of person or thing: *the stereotype of the woman as care-giver; sexual and racial stereotypes*
- a person or thing that conforms to such an image
- a process, now replaced by more advanced methods, for making metal printing plates

as a verb:

- to characterize or regard as a stereotype: *that actor has been stereotyped as a villain.*
- to give a fixed form to