

## **CREATIVE FREEDOM - HANDOUT #2**

**ARTIST STEREOTYPE:** Artists are selfish egomaniacs

**ARTIST STEREOTYPE CHALLENGE:** Who am I?

**ARTIST JOURNEY LESSON:** Self-awareness & appreciating your own uniqueness.

**EXERCISE TO BUILD SELF-AWARENESS:** Ground, clean off other people's energy, clean out center of head and sit on the throne, check in with heart/inner artist – ho pono pono mantra- *I'm sorry, please forgive me, thank you, I love you* – and tune in to what your inner artist wants to tell you

**ARTIST STEREOTYPE CHALLENGE:** Healthy relationship with self.

**ARTIST JOURNEY LESSON:** Healthy self-esteem – from inside.

**EXERCISES TO BUILD SELF-ESTEEM:** Put up rose to prevent other people's energy from sticking. Practice being a neutral adult. See other handout for list of qualities that might have been missing in childhood – practice giving them to yourself.

Remember that it takes a lot of trust to follow your heart instead of your head. And a lot of self-worth to feel worthy of doing that.

Putting self first, but not only. Edgar Cayce's prayer: *Please make me a channel of Divine blessings for the highest possible benefit to myself, others, (and the world in which we live.)*

### **IS IT ART? ORIGINALITY/AUTHENTIC VOICE HALLMARK:**

There is originality to the 'voice' because it's coming from the inner being - the place where true self-esteem comes from. The message may be familiar and universal, but it's being expressed through the unique stained glass of the individual's soul.

**HOMEWORK:** Practice the meditation exercises above. Write a Personal Manifesto - see Self-Questionnaire to get you started *and/or* explore what your parents stood for and how you incorporate the best of what they stood for *and/or* explore why you want to do what you want – your purpose.

## DEFINITIONS

### EGO

1. the self especially as contrasted with another self or the world

2. **a** : egotism **b** : self-esteem

3 the one of the three divisions of the psyche in psychoanalytic theory that serves as the organized conscious mediator between the person and reality especially by functioning both in the perception of and adaptation to reality

**Additional:** your own opinion of yourself (in different aspects of your life)

### SELF-ESTEEM

True self esteem means being connected to your own essence, the larger you.

The ability to find validation inside yourself. Knowing who you are no matter what anyone else thinks or says or does – a wise soul who has been individualizing and evolving over lifetimes – who is unique within the oneness.