

The Artist's Way

by Julia Cameron
with circle theatre

12 weeks to creative freedom | Schedule

Week 1 | February 1 - Recovering a Sense of Safety

This week initiates our creative recovery. We will outline our 12 week journey and answer any questions.

Week 2 | February 8 - Recovering a Sense of Identity

This week addresses self-definition as a major component of creative recovery. Talking boundaries and personal needs and desires.

Week 3 | February 15 - Recovering a Sense of Power

This week we are coming into our power as the illusory hold of our previously accepted limits is shaken. We are experimenting with spiritual open-mindedness.

Week 4 | February 22 - Recovering a Sense of Integrity

This week grappling with changing self-definition. We are catapulting ourselves into productive introspection and integrating our new found self-awareness.

Week 5 | March 1 - Recovering a Sense of Possibility

This week we are examining our payoffs in remaining stuck. We are examining the cost of settling for appearing good instead of being authentic. We are no longer ruling out our growth by making others the cause of our construction.

Week 6 | March 8 - Recovering A Sense of Abundance

This week we will tackle a major creative block—money. How do our attitudes limit abundance and luxury in our current lives? Warning: This week may feel volatile.

Week 7 | March 15 - Recovering a sense of Connection

We turn this week to the practice of right attitudes for creativity. We are excavating areas of genuine creative interest as we connect with our personal dreams.

Week 8 | March 22 - Recovering a Sense of Strength

This week we are exploring the ways in which we have used our perception of time to preclude taking creative risks. We will identify immediate and practical changes you can make in our current lives.

Week 9 | March 29 - Recovering A Sense of Compassion

This week finds us facing the internal blocks to creativity. We will explore and acknowledge the emotional difficulties that beset us in the past as we made creative efforts. We will look at shame and compassion for ourselves. We will dismantle emotional blocks.

Week 10 | April 5 - Recovering a Sense of Self-Protection

This week explore the perils that can ambush us on our creative path. We are searching for the toxic patterns we cling to that block our creative flow.

Week 11 | April 12 - Recovering a Sense of Autonomy

This week we focus on our artistic autonomy. How can we create an ongoing nurturing and acceptance of ourselves as artists? We will look at the ways in which success must be handled in order that we not sabotage our freedom.

Week 12 | April 19 - Recovering a Sense of Faith

Final Week. We acknowledge the inherently mysterious spiritual heart of creativity. We address the fact that creativity requires receptivity and profound trust. We set our creative aims and take a look at last-minute sabotage. We renew our commitment to the use of the tools in this course.