



How to Use This Book

TRY, EXPERIMENT! Either take baby steps or put your seat belt on! RISK, get muddy, have fun, and try again. Be playful! It's okay if it feels a little scary.

Remember that your life is a journey that is uniquely yours. Consider this book as an offering of ideas; you decide what you want to read first.

Interspersed throughout the book are “creative practices” and personal reflections. The creative practices are skill-building exercises. The reflections are insights and observations that can help to inspire and motivate you—or perhaps just brighten your day.

What to expect while using the book

Sometimes learning a new skill is a struggle. The process of learning can be awkward. The newness and unfamiliarity may bring on anxiety. This anxiety could be fear of the unfamiliar or the familiar; fear of the unknown or fear of a perceived known; fear of failure or fear of success. Consider where your awkwardness is coming from. Perhaps similar body feelings have come up in previous sessions and there is unconscious anticipation of the same occurring here. Always honour yourself and listen to yourself. Be gentle and take your own time. If you get discouraged, try something else. With familiarity and experience come confidence.

Consider the support of a fellow reader and/or friend with whom to check in, exchange ideas and insights, and play.

Consider this book as something similar to a smorgasbord of food. Some days, you want to try everything; other days, you might crave desserts . . . or just meat and potatoes. Each day and each moment is unique. Only you will know what is right for that time. And if you are not sure what is right for that time, perhaps the creative practices and suggestions in this book will help.

How do you feel today? What are your choices? Know that your choices will change throughout your life journey, and that's all right. So how do you do this? How do you accomplish it? The idea sounds simple,

but where do you begin? As you use this book, you might like to try documenting your thought processes and/or feelings in a small journal.

In this book, I share with you tools that have great value for me, my children, my students, and my clients. They are tools that I personally use and that I share in my workshops with great success and good response.

You may find that some tools are already part of your foundation. My hope is that you will continue building your resources.

Others may come easily to you. The unfamiliar tools just take more practice, like any new skill. From experience, I have found as we combine the tools, their effectiveness will increase exponentially. As we go from one art discipline to another, new perspectives arrive. The arts stimulate the brain in new ways of thinking.

***You are most knowledgeable about your life,
and the arts will put the pieces together
in a meaningful way for you.***

Know that we are all unique, with unique strengths and weaknesses. Support and consider your strengths and weaknesses with compassion. Try, risk, experiment, experience, and practise. Your weaknesses can be a source of strength because they are a place of great learning for you and can help to open up all the other creative possibilities within you.

