

Wildly creative women: calling forth the new female
To fear your own creativity is to fear your own magnificence



the art of being female
july, 2005

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Greetings!

It's July and the weather is finally warm in Berkeley. After three years, I am still adjusting to all this summer fog. The warmth of the summer sun is something I look forward to all year.

Summer brings an exquisite array of sensual delights: the warmth of the sun, fresh vegetables from the garden or farmer's market, fragrant fruit, the evening song of Cicadas, and all the brilliant colors our eyes rejoice in.

This time of year is a time for the senses, a great time to take a sensory awareness refresher course. Check out the play-with practice below...develop your sensual awareness. Developing your sensual awareness is a great way to deepen your creativity and is one of the key aspects of wild creativity.

We use our senses all time, but how often do we allow ourselves to be fully immersed in an experience? Many times, the feelings we get from an experience are the only way we can judge how much we resonate with what has happened. Check out the article on goose bumps if you want to see how the body helps us know more about who we are by way of our experience.

In closing, Wildly Creative Women is really about community. It is by coming together in community that we find our own inner desire to be of service. May we all, women and men, find our own way to be of service to those in need and to the world at large.

With gratitude,

Julie

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Goose Bumps

—Julie M. Daley

Goose bumps. You know that feeling, when something feels so right in your experience that your skin breaks out with goose bumps? Your body is telling you something that is hard to put into words...it is beyond words and is more about experience than anything logical or analytical.

The body is pretty amazing. It has so much intelligence and so many instincts, allowing our body to alert us as we experience the world around us.

I was speaking to my mother the other day, and she shared that goose bumps are a part of how she knows when something is right. She is a figure skating judge...has been for about forty years. She loves it. Having been an artist her entire life, she brought her "desire to create" to her skating. As a judge, she gets to revel in many of her passions...music, children, and the artistry of skating.

As an artist, she especially enjoys judging artistic performances, a special type of performance very different from the kind of performance we see at the Olympics. Figure skating Showcase Competitions provide skaters with an opportunity to display their artistic abilities on ice through these artistic performances. This type of competition is more difficult to judge because it is subjective by nature. You can't hang your hat on the jumps and spins a skater executes. There is no logical standard to check against where the judge can know she is right. Instead, judges consider things like the skater's ability to "skate the music".

Each judge must rely on something else, an indicator within that signals there is resonance with the creation she has just witnessed and experienced. This is where the goose bumps come in. As my mother and I discussed her judging, she began to share with me how she feels when a performance is spectacular. She explained that goose bumps are one of her main indicators when a program was skated with grace and fluidity and when the skater's actions were aligned with the music to create an overall experience of pleasure. "If the skater feels the music so strongly that she and the music are one, and the judge is drawn into the skater's performance to the point of getting goose bumps, then it is a candidate for first place...unless another skater comes along and gives me bigger goose bumps." She went on to say she gets "caught up" in the experience of the skater expressing her heart to the world.

What this all means is that to really take in the experiences we are swimming in each day, the more we are fully present in our body and the more in tune we are with our five senses, the more we can feel the experience and the resonance or dissonance that follow.

This is an important point. Going back to the example of judging artistic performances, it can feel difficult to judge something when there is no quantifiable way to measure a performance. By tuning into the body, by developing a keen sensual awareness with the world we swim in each day, we begin to trust an entirely different kind of intelligence...the intelligence of our body. Let's face it: the world is not analytical, even if we try to make it that way. Our presence in the world is experiential. We can analyze some things, but many things we can not...we must experience them.

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How does this fit with wild creativity? Embodiment is one key to learning to fully express your creativity. The signals your body sends you are powerful signposts to what is true for you. If you listen to them, they will guide you to your authentic self, that part of you that is at the heart of your creative resource and your authentic voice.

This is where the real juice and joy are of being alive...smack-dab in the physicality of your experience, using all your senses. When you begin to trust the wisdom within your body's signals, such as goose bumps when you experience something really magnificent, you learn to be more fully yourself, not relying on some system of measurement outside of you, but instead on the best indicator you can count on...you.

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The Power of What If...

What if...an inquiring exercise to expand your sense of what is possible.

You might want to set some time aside for this exercise, perhaps when you meditate or at least when you can sit comfortably with a pen and paper, journal, or your keyboard.

Take a moment to put your visioning hat on, but bring along your magical self, the part of you that loves to dream of, wish for, and wonder about how things might be if all the stars were aligned. Ask the naysayer voice to take a nap.

Sit someplace comfortable. Close your eyes, slow down your breath by breathing deeply in a relaxed manner. Let any stress of your day fall away, so that you can be very present to what your imagination, intuition, and sub-conscious want you to see and hear.

1. Let's set up the context with two quotes. As you read them, allow yourself to be with whatever images, ideas, thoughts and emotions arise.

You may be familiar with this quote by Marianne Williamson.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you."

Now for the second by Rilke, from his book, "Letters to a Young Poet".

"Women, in whom life lingers and dwells more immediately, must surely have become riper and more human in their depths than light, easygoing man, who is not pulled down beneath the surface of life by the weight of any bodily fruit and who, arrogant and hasty, undervalues what he thinks he loves. This humanity of woman, carried in her womb through all her suffering and humiliation, will come to light when she has stripped off the conventions of mere femaleness in the transformations of her outward status, and those men who do not yet feel it approaching will be astonished by it. Someday (and even now especially in the countries of northern Europe, trustworthy signs are already speaking and shining), someday there will be girls and women whose name will no longer mean the mere opposite of the male, but something in itself, something that makes one think not of any complement and limit, but only of life and reality: the female human being."

2. Now take a moment to allow these two quotes to sink in. Read them again if necessary, but allow your imagination and intuition to fill your mind's eye with images, ideas, thoughts of possibility, opening, growing, abundance, love, light, and the fullness of YOU and the Universe around you.

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3. Now, complete the following questions keeping the nature of the question open, positive, bigger than big, fuller than full. You can pick just one question and complete it many times, pick many and complete them, or pick all and complete them many times. Just allow your creative self to do the exercise, not your inner critic.

I will give you an example:
What if there were no limits?
What if I fully trusted?
What if play was the fastest way to abundance?

You get the idea so let go...

"What if I?"
"What if women?"
"What if men?"
"What if the world?"
"What if the universe?"
"What if people?"
"What if you?"
"What if green were?"
"What if a?"
"What if it?"
"What if?"

Write as many questions as you can. Don't edit, just write. Keep going even if it feels strained. Keep writing. Once you get past the strain, they will start to flow and flow and flow. When you feel done, stop.

4. Take a deep breath and acknowledge that part of yourself that allowed so much of what is inside you to spill forth.

5. Look at your questions. Notice the flow. Which questions really grab you? Which questions do you feel drawn to investigate, to explore, to find out what might be on the answer side? Which questions to you feel compelled to LIVE?

6. Take the questions from #5 and use them as a weekly practice. Live them.

Again from Rilke's "Letters to a Young Poet" :
"Be patient toward all that is unsolved in your heart and try to love the questions themselves. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is to live everything. Live the questions"

Please feel free to pass this on to other women, or men, as an exercise in opening to a greater sense of what it means to be a gloriously big, wildly creative female human being.

I can't wait to hear how you enjoy this exercise.

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Coaching – manifesting human potential

Coaching has got to be one of the most wonderful ways to make a living. Each time a new client and I meet for the first time, I feel the excitement of knowing I will be part of something special to come. The what-will-come is different for each client, but I have been coaching long enough now to really "get" what an honor it is for my clients to choose to work with me and to begin to create their life visions through our coaching relationship.

An offspring of the human potential movement, coaching is about manifesting the innate potential that every human being is. It focuses on action, but it is also "being" oriented. And, it is solution oriented. One of the most important points about coaching is that as your coach, I see you as naturally full of the creativity, resourcefulness, and wholeness necessary to step boldly into the life you envision for yourself.

Sometimes coaching is exactly what a client needs; other times, therapy is right. And often, people benefit from working with a coach and therapist simultaneously. Every person's situation is unique.

For example, I work with people who are transitioning to a new life after the loss of someone significant in their lives. Having coached many family members directly affected by 9/11 to move forward in an empowered way, I have found coaching to be highly effective...and so have my clients.

One of the most common questions regarding coaching is how it compares to therapy. The Coaches Training Institute (CTI) offers the following table to help you see at-a-glance some of the ways coaching differs from therapy.

What's the Difference Between Coaching and Therapy? There are many differences between coaching and therapy. The following table, adapted from the CTI's Organization and Relationship Systems Coaching Series, provides a sampling of these differences.

Therapy	Coaching
Focuses on healing and understanding.	Focuses on evolving and manifesting potential. Healing is a side effect.
Emphasizes past and present.	Emphasizes present and future.
Is insight oriented.	Is action and "being" oriented.
Is problem oriented.	Is solution oriented.
Explores genesis of behaviors that create low self-esteem.	Explores actions and behaviors that manifest high self-esteem.
Asks "why, and from where?"	Asks "what's next/what now?"
Works mainly with internal issues.	Works mainly with external issues.
Encourages transference as a therapy tool.	Discourages transference as inappropriate.
Accountability is not commonly expected.	Accountability is commonly expected.
Uses therapy techniques.	Uses coaching skills.

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If you know of someone who might benefit from coaching, please share this newsletter with them, let them know I am available to talk and answer questions, or have them check out the various wonderfully informative sites on the web that tell about coaching in detail.

If you have questions about how coaching might benefit you, or to schedule a 30-minute complimentary session, write to me at julie@wildlycreativewomen.com or phone 510.644.9442.

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Play-with your Practice

Each month a new play-with is offered as an addition to your practice of the art of being female.

Playing-with your experience is the basis of the "creative cycle of self-discovery" used in Wildly Creative Women's coaching and courses.

Play-with for July: Develop Your Sensual Awareness

This practice play-with is about developing your awareness with the physical world around you. Be curious as you do this play-with. Notice how your experience changes as you heighten your sense of the world around you.

You can do this exercise alone or with another. If you do it with someone, allow the other to write down your responses so you can be fully in your memory. Then, be curious about each other's responses and answer the questions together.

Take a piece of paper and make five columns. At the top of each, list your five senses...touch, taste, sight, sound and smell. Now take five minutes or so to list all the ways you enjoy yourself using each of these senses. Allow yourself to conjure up memories where you were immersed in nature, enjoying the company of others, feasting on a buffet of food, or whatever experiences come to mind.

Once you have listed all the ways you enjoy yourself through your senses, take a moment to ask yourself these questions. Get really curious, looking at the list as if someone else completed it.

Who is this person? :

Which senses are used all the time?

Which senses are not used as often?

Which is the "favorite" sense...that is the one that gives this person the experiences most enjoyed.

Which senses would you suggest this person expand upon, and how might she do that?

Now, follow your own suggestions. Give each sense a day to itself. Pamper it. Nourish it. Feed your soul with the experiences that come from full sensual awareness. Journal about it. Talk to others about their sensual awareness. Notice if people react differently to you as you step more fully into your own sensual awareness.

Coming in August: awakening to true beauty

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Courses

Course Calendar

September:

- Wildly Creative Women in Business- 10 weeks

Contact Julie for details and to register

Course Listing

All courses, both corporate and open-enrollment, are based on Creativity in Business, a course taught at Stanford Graduate School of Business for 25 years. Please contact Julie, if you are interested in having me design and teach a course for your company. Courses for both women and men are offered through Wildly Creative Women's parent company, Creative Wellspring.

Corporate Offerings:

- Introduction to Wildly Creative Women - 1 day
- Wildly Creative Women in Business - 10 weeks
- Creativity in Business - 10 weeks

Open Enrollment:

- Introduction to Wildly Creative Women - 1 day
- Wildly Creative Women in Business- 10 weeks
- Welcome to Your Dating World - 6 weeks

Links:

- Check out our blog at <http://creative.typepad.com/wildlycreativewomen>
Please post comments if you are moved to respond!
- Wildly Creative Women is on Ryze. Check it out at:
<http://womenandcreativity-network.ryze.com/>
- Are you intrigued by a correlation between Spirituality and the Internet?
If so, you'll enjoy this exploration at <http://www.JulieDaley.com/honors.html>
Let me know what you think!

*Our wisdom and joy grows as we connect with others of like mind and purpose.
Please pass this newsletter on to any women or men you think might enjoy or
benefit from receiving. Thank you!*