



THE MUSE SPA ... & BEYOND

*Inspired Living*

Though the focus of The Muse Spa is to aid your work and creative life, in a sense your whole life is a creative work.

And there's no reason why we shouldn't harness inspiration to help us in all aspects of our lives - beyond the writing room, studio or workshop.

So, my deepest hope for this course is that it will result in more than great work - it will lead to a new, more inspired, way to live, a style of moving through the world that produces your ultimate creation;

your life as a masterpiece of success and joy and fulfilment.

By this stage in your Muse Spa journey, you have come to know your muse well, and enjoy a stronger, more reliable connection with your spirit, your true nature, your higher self, your connection to infinite intelligence.

And when you become more available to this vital life source, your whole life becomes inspired.

You enjoy more occasions of flow, ease, grace, effortless success, harmony, health and wellbeing. You may even radiate a new glow and sparkle. (Joy is beautifying!)



Because when you express this source energy through your creative pursuits, you feel alive - it's the ultimate force of life that is flowing through you. It's why you're here. That's why it feels so good!

(The divine planner incentivises us to do our great work by making it so enjoyable!)

So crafting an muse-friendly life will make your creative work easier and more enjoyable, as well as generating beautiful ripple effects that touch every other aspect of your life, too.

This is the realm of Inspired Living.

And I remind you of all the magical benefits to help you continue along this path toward creative bliss and inspired wellbeing.

Because life has a habit of distracting us from these worthy intentions. Things get busy and it can be easy for our precious, muse-friendly habits and practices to be neglected or forgotten.

It takes repeated, conscious focus and intention to reaffirm our commitment to our creativity and prioritise the route to an inspired life.

The entire Muse Spa curriculum has been designed to help you establish a more muse-friendly style of living and thinking.

By this you point you will be far more in tune with your inner world, you intuition, your access to inspiration, your hearts' desires and your soul's whispers. And keeping these lines of communication open as much and as often as possible will set you well on the way to an inspired way of life.

But I offer you a few final, quick and easy strategies to help you find your way back on those days when you lose sight of your muse and your connection to the magic.

### Acceptance

When possible, go with inevitable flows instead of battling them.

Stop fighting what is.

Taking a breath and relaxing your struggle, just for a moment or two, is a simple way to tune back into your senses and reconnect with your muse.

I say simple, rather than 'easy' because this idea is a great theory but can be tricky in practice. However, practice is the key to mastering this skill, and it's a mental habit that will serve you for life.

Besides, working *with* the flow is more time-efficient than struggling against the way things are. (Dramas can be so time-consuming.)

Not only is this a more enjoyable and effortless way to live, it also releases all the energy lost in futile battles with inevitable or immovable forces. This freed-up energy can then be directed to more productive channels, such as your creative visions and goals.

### Enjoying the journey

This has been one of the simplest, yet most powerful, revelations of my life.

The more time we spend in a good mood and positive frame of mind, the more likely we are to receive and appreciate the best of life, ie, joy, fun, luck, happiness, success, health, etc...

We are also more receptive to the muse's messages and guidance - which can enrich our life with solutions for success, abundance and even more good times and good fortune.

Life just seems to go more smoothly when you relax and enjoy it.

So, when possible, surrender to simple pleasures and the wonder of your present moment.

Just setting the intention to remember this frees us from many unnecessary woes, as well as priming us for happier futures. And though it may feel unnatural at first (we humans seem to prefer the struggle), the practice itself offers instant rewards.

Because the more we enjoy the journey, the more the journey becomes a joy.

*Don't forget to live!*

Now that you've fired up your creative life - you may want to spend every waking moment on your work.

But creativity is fed by real life. So aim for a healthy, happy balance of work and play - this will ensure that your creative senses remain stimulated and enriched. The material and experiences of your life will fuel and inspire your work.

And don't forget that your muse is not just for work use!

You now have increased abilities to connect with your creative spirit, and you can harness, enjoy and express this force in all aspects for your life, not just your dedicated creative work.

You can summon your muse for help with creating your wardrobe, your home, your travel plans, your timetable. She's even available for pastimes and hobbies - try cooking with your muse! And an inspired garden is a joy to behold.

Our domestic lives tend to be freer and more relaxed than the public realm - there are fewer fears of criticism or failure. So it can be a great opportunity to practice strengthening your creative muscles. and your connection to your muse.

In your home and private life, you can express your true creative self more fully, and doing so will greatly enhance your creative confidence, your sense of self and your quality of life.

### Inspired problem-solving

For those trying times when you want some satisfying answers ASAP, you can try this;



email your muse.

It really works! And you can ask her *anything*.

Just open a draft email and explain what you'd like answers to, as well as the reasons why (if you know). This step alone will lead to a degree of soul-soothing clarity. Your muse may even provide some answers as you write.

This simple trick is actually a powerful call to action for that magical part of you that already has all the answers. Your muse lives in the realm of the superconscious mind, the part of your mind that has access to the source of infinite knowledge.

But to let your muse do her work, you may have to encourage your conscious mind to stop pondering the problem. So, when you're finished writing, let go. (This is the tricky bit.)

After that, all you need to do is stay alert and aware for any nudges, intuitive hits, new ideas or Aha-moments.

This technique improves the more you use it. And the more you use it successfully, the more you'll trust it and remember to use it. You may even become so adept at this process that you can cut out the email step altogether.

Resolving your everyday problems by handing them over to your muse will not only relieve stress and worry (muse blocks), it will also lead to more inspired solutions for living and a fabulous relationship with your muse.

### Your creative purpose

As a result of the insights and life changes you've already encountered along your Muse Spa journey, you'll enjoy more clarity, energy, confidence and even more time for what matters to you.

So you'll be better placed to pursue the life-enhancing goals of health, harmony and everyday joy - both as a means to increased creativity and a happy side-effect.

This, I believe, is the route to the good life.

If our purpose is growth and joy, then following our creative dreams will be the ultimate path to fulfilment and satisfaction.

But this new, joyfully expressive version of you will also be a gift to the rest of us.

When we each follow our own joy, we naturally become more generous, patient, loving and forgiving. Compassion and kindness are natural side-effects of feeling more fulfilled and expressed.

Since each of us makes a difference in the world, the happier and healthier we are, the happier and healthier the difference we will make.

So, pursuing *your* creative wellbeing is as much a gift to the planet, as it is to yourself. And remembering this will help you to value and prioritise your talents and passions, as well as the sheer pleasure of expressing them.



So there you have it! My tips and tricks for continued Inspired Living.

I hope these ideas and tactics will 'magically' come to mind, whenever you are most in need of them, and that they'll guide you toward to a path of creative success and a healthy, happy, peaceful quality of life.

You've worked hard to establish a strong and reliable connection with your muse. Inspired Living is one of the many happy side-effects - if you stay alert and consciously maintain the practices that work for you and your life.

Remember to be guided by your blossoming inner senses.

Your muse really does have infinite intelligence and access to all the information in the universe. That's quite a resource!

And she's always available, you just need to tune in.

With just a little nurturing and attention, she can help you with all aspects of your life.

And it's my hope that this powerful, magical system of support will be a real and lasting legacy of your time in The Muse Spa.

To you and your new life with the muse!





*The Muse Spa Recommendation:*

Use your new access to your muse to enjoy  
Inspired Living