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THE MUSE SPA

WEEK 5

CONNECTION

Muse Barriers

connection protection practices

Muse Barriers

The Muse Spa is largely about making lifestyle and mindset changes that increase our access to our creative spirit. We focus on the simple actions we can take to try and entice that elusive connection with the muse.

But, what if a strong and absolute connection to the source of inspiration is actually our natural state?

What if...

Without any blocks or barriers or resistance, we are naturally inspired and intuitive.

When we clear away negative aspects like doubt, confusion or worry - inspiration flows effortlessly, all of the time.

When we clear the mental clutter and baggage, we are irresistible to the muse.

What if all we have to do is just remove the Muse Barriers that we've installed - the mental states, emotional habits and physical practices that stop inspiration from reaching us.

I believe that if we did this - and nothing else! - our lives would still flow more effortlessly towards our dreams.

So whilst we can be proactive in making our lives welcoming and enticing to inspiration (doing the things that help us more strongly connect with our creative spirit), our lives would naturally be magnetic to the muse if all we did was remove the blocks.

You probably know, intuitively, that all that angst, worry and frustration are doing you no favours.

And making these inner changes - letting go of futile struggles and stresses - can make the biggest difference to our frame of mind, attitude and, as a result, our access to our creative genius.

So, in our bid to encourage more of the flow, what if we turned our attention to simply removing the blocks?

This is worth doing, regardless of our creative dreams. Because the things that block the flow of inspiration are the same aspects that rob us of much of the health, happiness and wellbeing in the rest of our lives

Common Muse Barriers - such as stress, worry, fear, doubt, procrastination, insecurity, resistance, resentment, frustration, guilt, confusion - impact our quality of life even when we are away from our work.

The Muse Spa curriculum is designed to gradually break down these barriers to your natural flow of inspiration, addressing many of the usual blocks. (Stress is dealt with in the Inner Calm work. Self doubt is dealt with in the Creative Expression work, etc...)

But when you become curious about what exactly is stopping you from achieving your creative dreams, you kickstart the solution-seeking function of your brain and answers begin to appear.

You can also turn your newly-honed creative skills and intuitive talents to resolving any Muse Barriers.

Your muse wants to get through as much as you want her to - maybe even more. And in getting this far, you can assume that your muse is close by, eager to help you in all aspects of your life - including how to remove the very blocks that are keeping her away.

So, if your muse is ready and waiting and reaching out to you, but you have erected some form of barricade - what do you imagine it is?

Just pose the question. Interview yourself. Ask;

What's the problem?

What do I believe to be the problem?

What would be one way to reduce it, even if only slightly?

What would be the easiest, most effortless and enjoyable way to eliminate that problem?

How could I make that a possibility?

Some techniques for uncovering any sly and invisible Muse Barriers are;

- ★ Mindmapping
- ★ Brainstorming
- ★ A Morning Pages practice
- ★ Stream of consciousness writing
- ★ Journalling is also a powerful tool to assist you with this.



In exploring these questions, you will spark some new insights into what may be keeping your muse away, or at least, limiting her access to you.

And as you begin to identify any fears, doubts and resistance, you naturally begin to investigate solutions.

Then - as soon as you uncover whatever appears to be the problem, (real or imagined) - turn your attention to the opposite.

Our focus is magnetic - thought is the ultimate creative energy and we tend to get more of whatever we give our attention to. So in doing this work, ensure that the bulk of your creative energy is directed towards the solution.

For example, if you feel that stress stifles your creative flow - focus on relaxation.

If you feel stymied by self-doubt - focus on building your confidence and self-esteem, your worthiness and value.

Or if you think that deadline pressure is blocking you before you even begin - focus on inspired ease and how to complete the work effortlessly within the necessary timeframe. (Or how to create more manageable timeframes.)

See this work as like a Muse MOT, an occasional maintenance check - not looking for problems, but just ensuring optimum alignment and clearing anything in the way.

It's just a brief pause to tune in and observe, to calmly question, puzzle and ponder: is there anything that could be blocking the natural flow of inspiration and creative energy?

Remember to ponder this lightly, without guilt or self-recrimination.

Self-kindness and gentleness rank above all other aims within this course, and berating yourself for any negative thoughts or unhappy emotions is neither productive nor fun.

Besides, we are human and negative emotions seem to be an unavoidable part of the deal. So trying to eradicate all negativity or flaws from our lives or our psyche is impossible to do and exhausting to try. And it's even possible that some of the challenges we face are trying to teach us something or guide us to our greater good.

So the aim is not a 'perfect' life or squeaky-clean mindset, without a single negative thought or reaction. In life, there will be ups and downs.

But if you feel Muse Barriers may be a feature of your life and creative path, it can help to engage in a little block-busting.

Giving some light-hearted thought to potential solutions is an empowering refocus.

Paying curious attention is not the same as dwelling and wallowing. So within a frame of positivity and self-compassion, aim to introduce awareness, gentle questioning and discouragement to anything that gets you down.

This will naturally allow more of the muse goodness to flow, because the same things that depress you are the very things that keep your muse at bay.

So to live in more regular contact with the muse, do all you can to eliminate unnecessary worry, fear and doubt.

Beyond just the occasional check-ups, though, you can also adopt a more discerning standard in your daily life.

When you notice any Muse Barriers attempting to steal and erode your precious creative energy, practice challenging the issue. Get in the habit of asking; Is this really worth the joy-&-creativity-sapping stress it is costing me?

Of course, it may be unavoidable, but as much as you have an element of control in your reaction, consider what to choose:

Is it possible to let this one go?

Could I possibly approach this more light-heartedly, more playfully?

Could I even laugh about this...one day?

Does this really matter. (It may well do!)

Can I worry about this tomorrow? (The Scarlett O'Hara Moment is one of my favourite tools for inner calm.)

Taking the time to pause and consider your responses is a recognised technique for spiritual calm, yet it is also a powerful way to protect your creative spirit and shape a muse-friendly life.

Bear in mind though, that this is delicate work. It can be a juggling act between pro-active protection and acceptance, a fine line between alert awareness and overthinking.

But it's valuable work, and worth persevering, even if by trial-and-error.

Curiosity inevitably turns to clarity, which combines powerfully with your creative intent, leaving you wide open to an easy and constant flow of inspiration

The rest of The Muse Spa is designed to attract the flow of inspiration into your life. But by identifying and releasing specific blocks to that flow, you move closer to your natural state of allowing - a state where the muse is not an occasional visitor, but your constant companion.

And you make a powerful duo, not only in creating your greatest work, but also in crafting your most inspired and creative life.



THE PERKS

Health

Reducing and eliminating stress and worry from your life will have many beneficial ripple effects across your physical and psychological health.

Wellbeing

As you get into the habit of releasing the negative aspects that sap your creative energy, you'll naturally enjoy more soul-soothing wellbeing and peace of mind.

More productivity

Worry, fear, doubt etc... are all time-consuming energy-sappers. When you begin to let go of these mental habits, you create more space and resources for the things you do want to create.

More beauty

Less worry = fewer wrinkles. Inner calm and a sense of joy are infinitely beautifying.





THE MUSE SPA

The Muse Spa Recommendation:

***When possible, reduce or eliminate
Muse Barriers.***