



We begin our quest in the element of AIR.

Air is the domain of our consciousness.

Air is...

...our mental energies,
...the energy of communication,
...through which travels, sound, vibration & tone,
...SPIRIT.

Your Vision Quest begins with getting to know the “explorer” side of you, your intuitive self, your way of thinking, the part of your mind, with which you will communicate throughout your Vision Quest.

In this first month, we are going to prepare your MENTAL LANDSCAPE so that it becomes fertile ground for your Vision Quest.

Vision Quest . The Creatively Fit Program is here to create BALANCE with your logical mind and your intuitive mind.

This experience is not meant to be LOGICAL. You have that covered. In this first month, with the element of air, we allow and open to the gentle breezes of change to gently clear space within you to make room for an entirely new way of KNOWING.



In this #1 lesson...

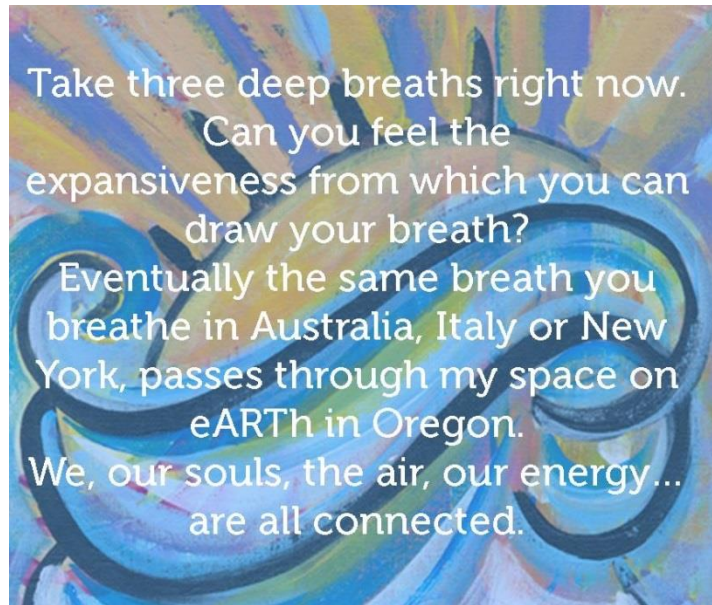
You will want your art journal & a set of colored markers,

You will listen to the incredible story of Dr. Jill Bolte-Taylor.

You will set your intention (with your Creatively Fit Coach).

You will "Meet Your Artist Within."

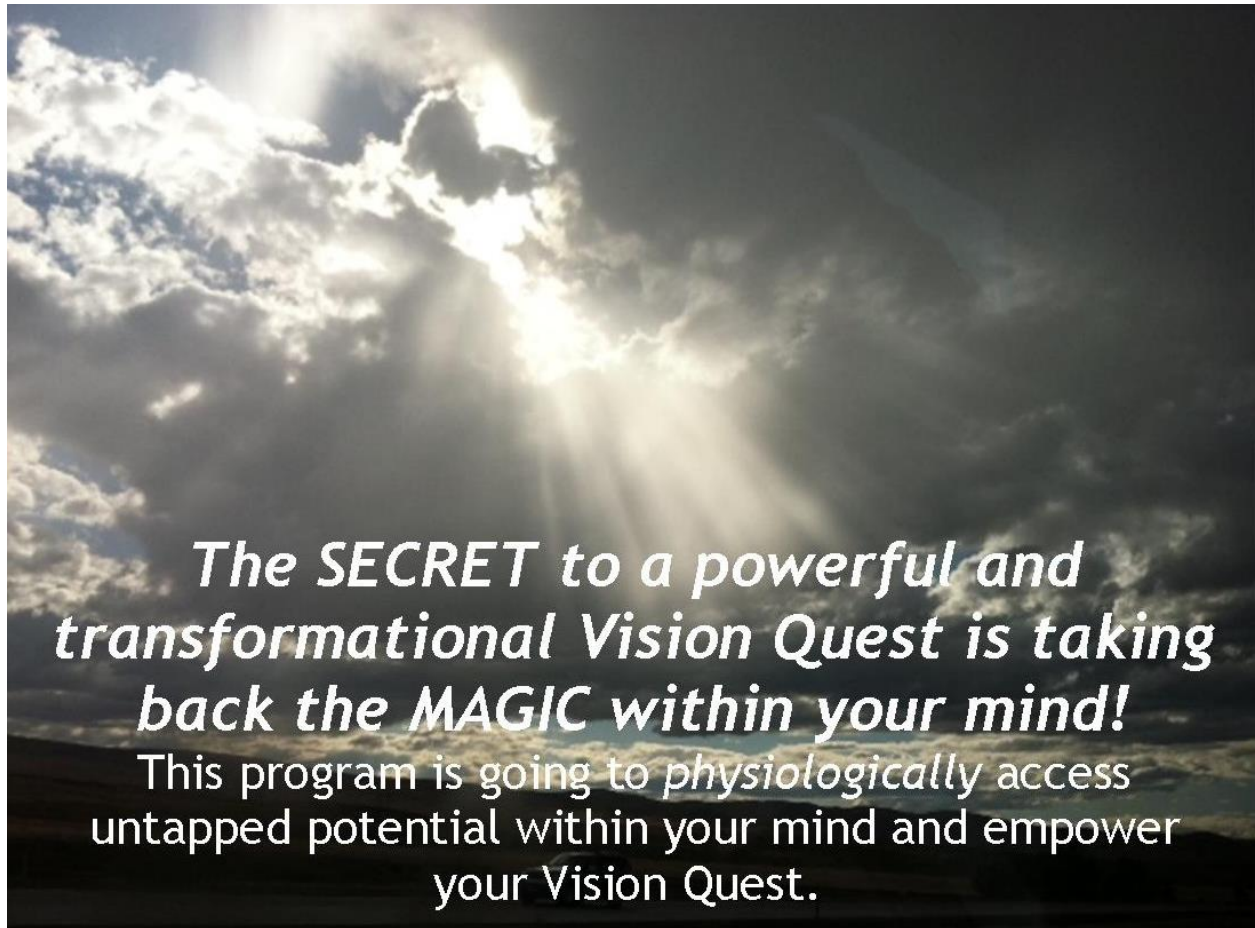
Let's bring you [HERE](#) now...



In this Vision Quest, you are going to learn a new way to communicate with your Soul, your creator self, your Artist Within.



When you were a child, every day was a quest!
You loved to paint and draw.
You were fearless and knew no shame, obligation or conformity. You were fully you.
But that didn't last long...did it?



The SECRET to a powerful and transformational Vision Quest is taking back the MAGIC within your mind!

This program is going to physiologically access untapped potential within your mind and empower your Vision Quest.

*BECAUSE of how our minds work,
YOU can develop "magical" mental abilities to
CREATE the change you want to see in your world from
SIMPLY creating change on paper, creating change in your routine,
creating change in how you listen to the two voices within your mind.*

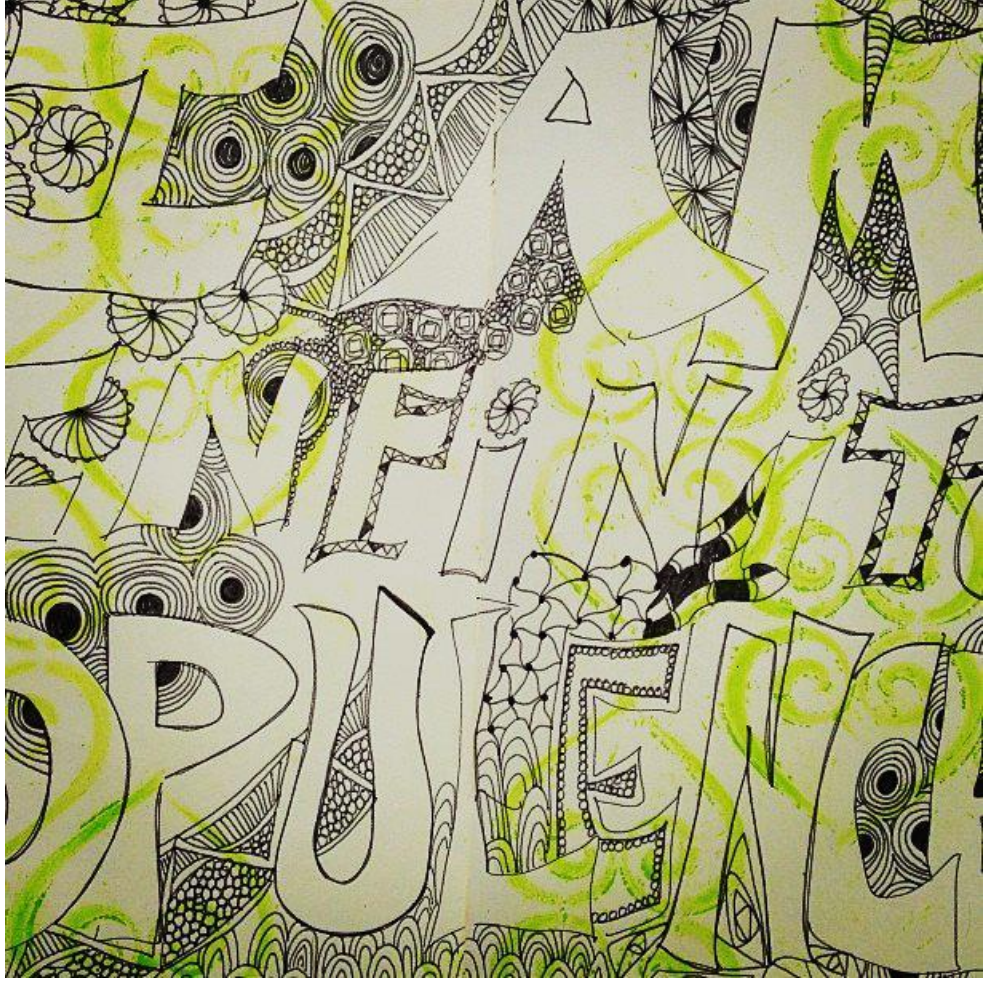
*The art journal and canvas
become portals back to the consciousness
you were immersed within as a child.
It is that child that is still connected to your Soul.*

Imagine that, up until now, you had only been given 2 colors on
your life's "palette"...

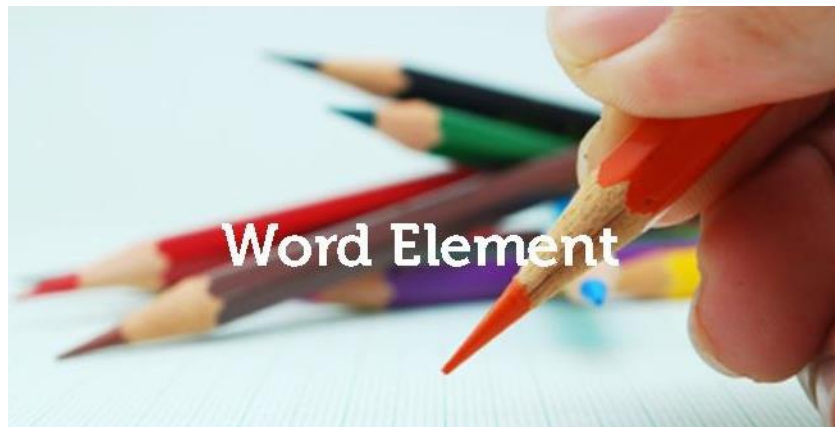


You DO NOT have to be creative to Vision Quest.
In fact, the less creative you think you are, the MORE your Vision Quest will provide the necessary CONTRAST in your life needed to create the change you desire. Dive in and have FUN!

Each Lesson has a WORD, MEDIA and ART element, or chapters.



Let's get started!



In the WORD Element we intend to inspire different ways of thinking about the familiar. We invite you to then write your musings in your own journal.

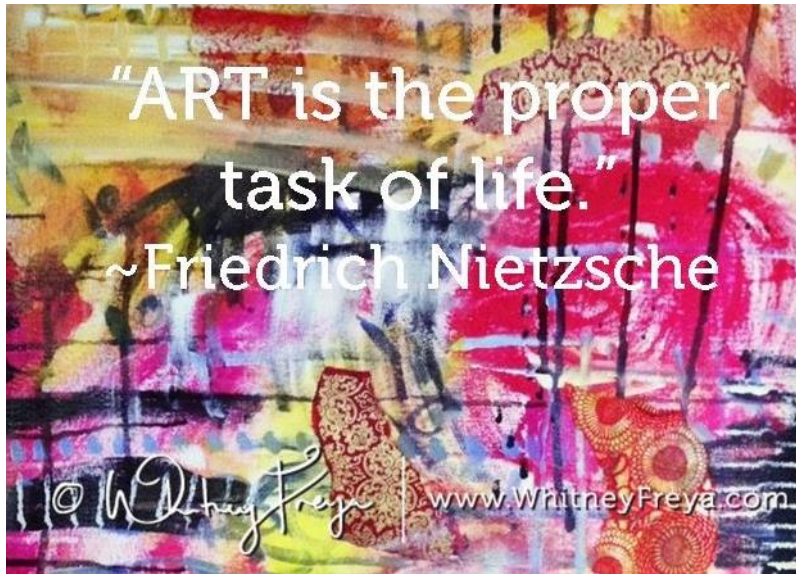
Why do we lose touch with our Artist Within?

When you were a child, you created fearlessly. You were not afraid of a blank piece of paper and you showed off your creations to anyone in the room. Your imagination was celebrated and life was play.

Then, you got down to work. School celebrated the logical mind, and as you learned to read and write your Artist Within was forced to withdraw further and further back into your unconscious mind. You decided, "I'm not creative" because there was no logic to support that you were creative—it was not taught or recognized.

#everythingisworkingoutperfectly

This is part of the QUEST! Everything is working out perfectly because now we GET TO experience living from a predominantly logical perspective SO THAT we can choose to REMEMBER what it means to live **mindFULLy!!**



In his book *Zen and the Art of Making a Living*, Laurence G. Boldt shares the quote from Nietzsche above and then writes this:

"Some may find it hard to accept that Nietzsche's statement applies to them, yet we will insist throughout this book that every man and woman is, in potential, an artist and, when living authentically, one indeed."



For me, this tremendous journey all started with this breakthrough concept of ourselves, as people trying to find our niche, our passion, our true purpose in life, needing to embrace our "artist mentality", not so that we would all paint on canvas and hang our work in a gallery, but so that we would take responsibility for the role we play in creating our lives, independent from society's prescribed course.

In other words, if we stopped listening to the way everyone else tells us we should do things and really follow our heart and what our Artist Within wants to express in this lifetime, THEN we will be able to create the life we were intended to live.

SO, your first challenge in the Creatively Fit Program is to accept that Nietzsche's statement applies to YOU! Can you do that? You have to get over the voice, the left brain voice, that may be whispering, "You are not an artist. YOU can't even draw a straight line." THIS is not AT ALL Boldt's intention, nor mine, for you. I am here to tell you that I do not think "straight lines" even exist! We live on a round planet, so could there ever really be a "straight line"?

No. What this is addressing, this "artist mentality", is your role as a creator.

In his book, *Creativity, Where the Divine & the Human Meet*, Matthew Fox writes:



TAKE ACTION:

Right now, I want you to write in your Creatively Fit journal,
"I am the ARTIST of my life."

Write it 20 times if that is how many it takes to silence the little whisper,
"No you are not." YOU are an ARTIST. YOU are an artist. YOU are an
ARTIST.

Your medium? Your words, your actions, & your thoughts. These are
your paints.
These are the colors that color your day. This is the language of your
Artist Within.



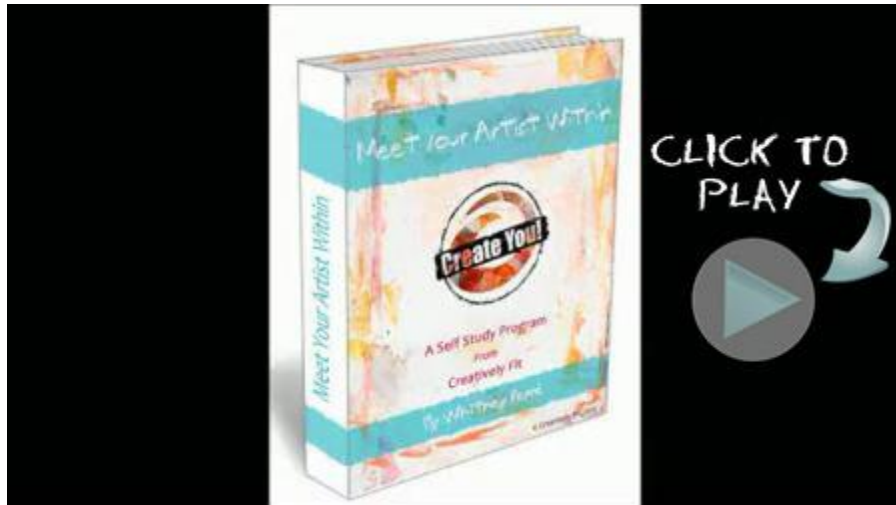
This week I want you to watch the 18 minute talk by [Dr. Jill Bolte-Taylor](#), author of the book *My Stroke of Insight*. She got to know her right brain voice through a dramatic life experience--a stroke! Her talk is breathtaking! Enjoy! Simply click on the link below and prepare to get so, so fired up to meet your "right hemisphere".

-allow 20 minutes-

http://www.ted.com/talks/lang/eng/jill_bolte_taylor_s_powerful_stroke_of_insight.html



I have two very simple Creativity Workouts for you to create right now. They will identify to you your "shape" and your "color", two of the languages your Artist Within speaks. I have always said that we each have a SHAPE and a PALETTE! For example, I am not a pastel person. I do not paint or color with pastel colors, nor do I wear pastel colors. I may buy an item of clothing, for example, that I LOVE, but if it is a pastel it is destined to hang in my closet, seldom, seldom being worn.



[Click Here](#) to download Lesson 1 Video.

~allow 5 minutes~

FIRST, complete the Universal Symbol Quiz



List the following shapes in order from your most favorite shape to your least favorite: Plus sign, Square, Triangle, Circle, Spiral.

These shapes are the Five Universal Symbols. If you have young children, you can watch their drawings progress through these shapes. The spiral and circle are first in the scribbles. The triangle dress appears below the circular head. The stick figure body is the plus sign. The house they live in is square with a triangle on top. These symbols have been marked by humans on cave walls, sheets of papyrus and stone tablets. These shapes have also been assigned a symbolic meaning. Before we look at that, what do they mean to you?

What words come to mind when you think of these different shapes?

Circle _____

Square _____

Plus sign _____

Spiral _____

Triangle _____

Here is what Angeles Arrien from the book *Signs of Life: Five Shapes Found In All Art And How To Use Them* writes that these shapes symbolize:

<u>Circle</u>	<u>Square</u>	<u>Triangle</u>	<u>Plus Sign</u>	<u>Spiral</u>
Unity Whole	Foundation Earth Energy Grounding	Goal Oriented Reaching the top	Relationship East v. West Night v. Day Non-Duality	Go w/ the flow

Here is the key to your universal symbol survey. Whichever symbol you listed first, your favorite, symbolizes what is YOUR GOAL RIGHT NOW. Your second favorite symbolizes YOUR HIDDEN STRENGTH. Your third favorite symbolizes WHAT YOU WANT YOUR GOAL TO BE. Your fourth favorite symbolizes what YOU ARE CONSCIOUSLY IGNORING. Your least favorite symbolizes what YOU ARE UNCONSCIOUSLY IGNORING. Whenever I do this with a group, they get so enthusiastic. They more clearly understand that their minds each speak a visual language. There is a reason we are attracted to different shapes over others. It is part of our personality. Embracing this knowledge opens a new door inside of your mind.

COLOR

We want to increase your color awareness so that you are noticing this color throughout your day.

Each time you do it will be like we are flexing your right brain muscle, getting it more flexible. The image below is one of mine. I always pick blue when I want to relax. It is like magic-how my mood shifts as I cover the page.



In SUMMARY...

This week you are going to:

1. Accept that "I am the ARTIST of my life."
2. Watch the Dr. Jill video on ted.com and my audio recording at <http://bit.ly/8iYJL1>
3. Work out your right brain muscle with the Universal Symbol Quiz and the Cover a Page With Color exercises.
4. Set your intention.

My intention for my Creatively Fit Program is _____.

Please share your images on the HOME page of this Vision Quest Group on Nexus or our Facebook page.

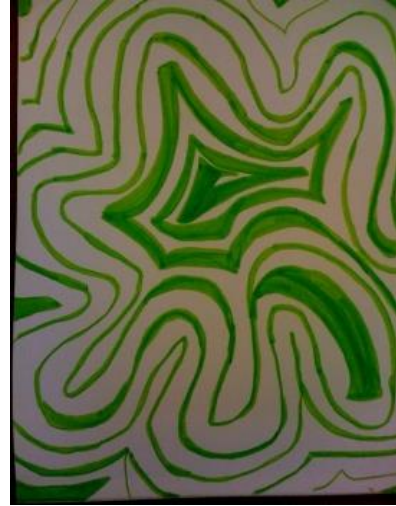
Enjoy your creative journey.
Creative wishes, Whitney





This was a **PINK** day!

I have found that sometimes even looking at a color for a longer moment can shift my thoughts. Try that. Let us know if it works for you!



This is a student's page from one of my "Artist Within" Workshops.
She was feeling **GREEN**.

Green is supposed to be grounding, because of the "earth energy" or natural energy it summons up. What thoughts does GREEN conjure up for you?
