

Extracts from ... *The Power of You*

Choose your level of engagement with your creativity and then commit to it fully. It doesn't matter if your passion stays as a hobby or if you are building a business from it, which ever you choose - play full out and grow



Discover the magic within

Chapter Two - The Soulful Creator

The Creator

Soul Call: Dreaming is the imagination's guide to all things possible

Core Desire: To create things of meaningful value, inspire others

Dream: To realise a vision

Greatest Fear: Mediocrity, insignificance, never reaching their full potential

Approach: Embodies passion to express a life beyond the five senses, combining the mastering of a skill with authenticity

Empowered: Creativity and imagination, visionary, possibility

Shadow Side: Perfectionism, overthinking, elaborate/poor solutions, procrastination, self-indulgence

Type: Soul

Talent: Expression, expansiveness, boldness, focus, curiosity, creating cultures, authenticity, ideas solutions,

Other Aspects: The Dreamer, The Inventor, The Innovator, The Artist, The Writer, The Musician, The Solution Finder

Creative Challenge

Where are you allowing mediocrity in your work? If you knew you couldn't be right or wrong what does this give you permission to create?
If you listened to the depths of your soul ... what is it calling you to create?

The Commitment

Entering the unknown

I want you to know that some people never step over that bridge living perfectly happy, fulfilled authentic lives creating from the heart and whilst they have heard the souls whisper, they have chosen to be content wherever they are.

If however you are still not fulfilled, despite a secure and authentic life, the soul speaks up and makes itself known. In our outer life we slowly begin to remove our self from activities that have no meaning, disengage from shallow relationships that drain our energy and start to make space, decluttering both in the physical world and our inner world, removing everything that doesn't reflect who we are.

Once we are here there is no going back and we take the step of no return. We often find no logical reason for our actions, we just feel an overwhelming urge to create space to breathe, to slow down, simplifying our life. Our soul is asking us to be in the present and make the physical heart and mind space to communicate with this greater version of our self.

We may find ourselves slipping in and out of the larger and smaller version of ourselves, being very *up and down* - this is all part of the process as we learn to integrate our soul with our ego.

Often times when we step on this path we are making a leap of faith, putting our trust into a power within us. As we commit to that call, then and only then will our steps become clear. If we haven't created the security we need in our outer world, this part of our journey can take us the longest of all. It is on this path we create spaces that feel safe and beautiful and in all our relationships, both personally and professionally, we seek to create deep and meaningful connections.

We build our lives from this space, everything we do in our outer world reflects who we are on a soul level and we speak and live from our truth. On this path we connect with the purpose of our authentic creative voice, meeting The Creator archetype (different from our inner artist who we met in our call to adventure). We create our Self here, our life. We begin to manifest our inspired

visions and follow our dreams. The Creator holds fast in asking us to co-create with our soul so we can align our inner world with our outer world, reflecting our inner purpose as we tap into our creative potential. As we co-create this life with The Creator and our soul, we feel a sense of destiny, that we were always meant to be here. We recognise that our life experience up to this point finally has significance.

Making time to nurture ourselves is a must as we continue to follow our creative call at this deeper and more meaningful level. The soul is not sensitive to the needs of our physical being. If we haven't built the healthy relationship with our ego then the disempowered Creator can over-create becoming a workaholic, taking it's self to burn out, living a chaotic life that leaves us feeling overwhelmed, physically, mentally and emotionally.

This path asks us to learn to celebrate who we are as an authentic creative, see the true value and expanse of our creative potential, sharing it out in the world as an expression of our Soul's vision for us. If we haven't developed a healthy relationship with our Ego we can become show-offs and self centred.

We must learn to trust in the process on this path, to be happy with what is. We adjust our inner Self, finding internal balance as we leap from the expansive potential of our Soul to the smallness of our Ego.

As we learn to let go of perfectionism, we find inner contentment, enabling us to dance with our dreams, trusting in The Creator archetype and the soul that they can flow with abundant creativity in any given moment. From this place of trust we are able to step into our dreams from a place of possibility.

The Creator archetype is driven by a deep desire to see their dreams become reality. The Creator is constantly paving the way for others to follow, their minds are always questioning and they are driven by a need to progress. They focus on examining the boundaries of reality and perception, and, with a limitless imagination they excel when doing what they love.

They fear mediocrity, despise repetition and love to work hands on with everything they do, avoiding the theory of practical learning. They strive for authenticity in a world that is fake and full of artificial noise, fearing insignificance and not reaching their full potential, they are often eccentric and outwardly expressive in all that they do.

When they learn to become expressive to their own feelings and emotions, The Creator taps into their authentic voice and can begin to produce with the originality they crave, using their inner world as a source of inspiration rather than seeking inspiration from others.

Whilst perfectionism is one of their great assets, it also holds them back, over perfecting perfect work can become an obsession, blocking their natural creative flow. With this in mind, The Creator must accept that failure is all part of the process and ultimately, through failure is where our greatest success lies.

Disempowered, those with this archetype are over critical of them selves, beating themselves up when they believe they have produced mediocre work, berating themselves for not being good enough and are not always receptive to conflicting opinions. The shadow side of The Creator archetype must also learn discipline in the art of completion as this archetype is prone to starting many wonderful new projects yet finishing none, learning that 99% done is not done.

Do not go where the path may lead, go instead
where there is no path and leave a trail
- Ralph Waldo Emerson

Get to know The Creator in you and how they show up in your life.

How are you taking time to cultivate or reclaim your creative self?
How does The Creator archetype show up and positively impact your world?
How does overthinking impact your creative flow?
When do you overthink?
Where does your need for perfection hold you back?
If you were to fully express your Self, how would you inspire others?

Where are you following others?
What does authenticity look and feel like for you?
What are you too afraid to create or putting off creating?
What would you create so you can express your Soul's vision to the world?
Where do you stand in your own way?
What does lack of focus stop you from achieving?

How is procrastination serving you?
What are your greatest fears?
Where are you not being true to your self?
If you fully embraced all of who you are, what would you create?
How does The Creator in you show up in your life?

What stifles your creative flow?
What inspires and moves you?
How do you feel in your body when you are flowing with creativity?
If you brought your fierce courage, curiosity and creativity together what would you create?

What do you need to do more of?
What daily practices and rituals do you make time for to cultivate stronger connections to The Creator archetype?