

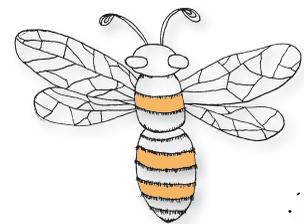


# WEEK THREE

EXPLORING CREATIVITY  
AS A SOUL PRACTICE

# THE THIRD OF THE FOUR SHAMANIC QUESTIONS

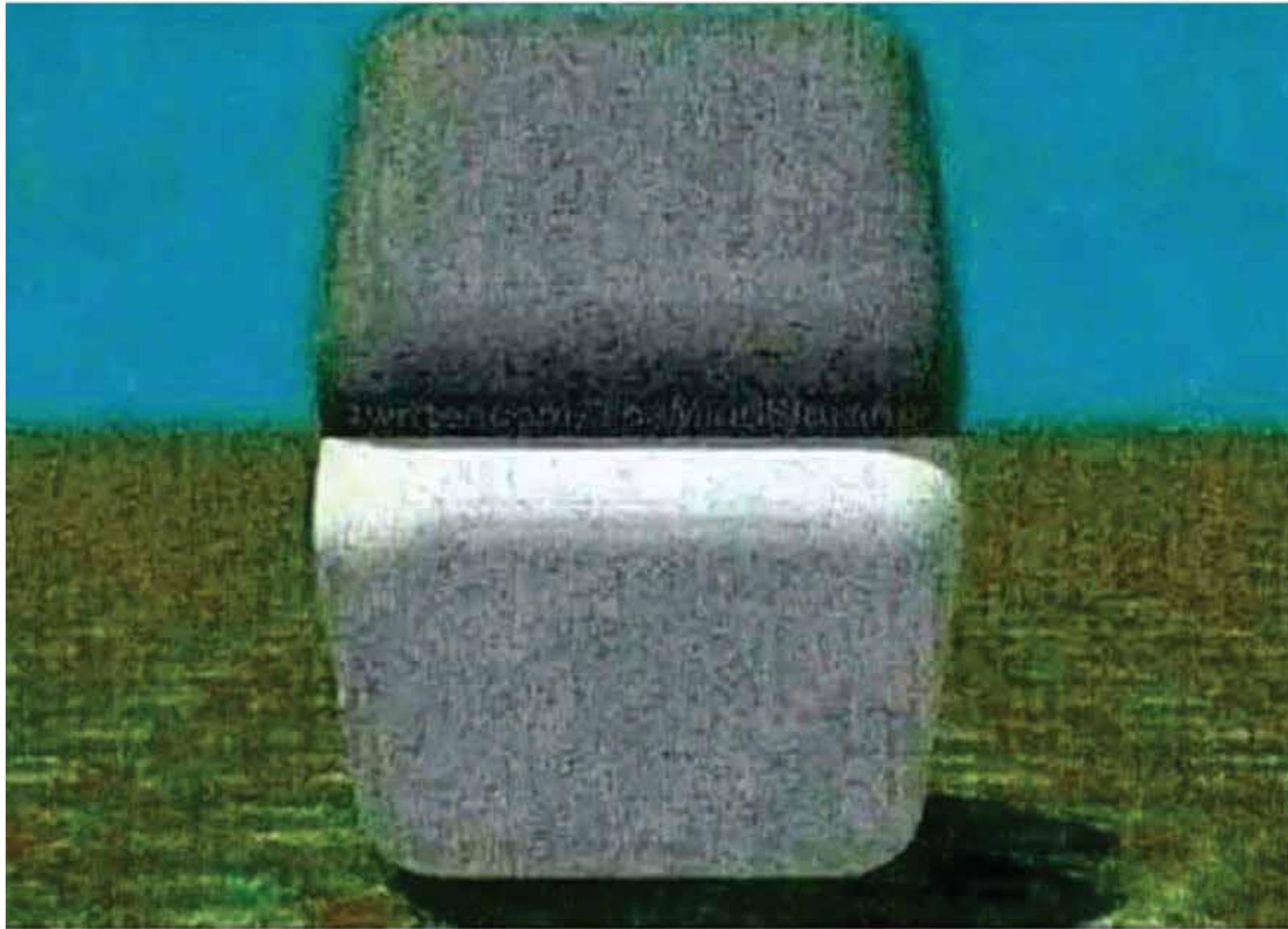
WHEN DID YOU STOP  
BEING ENCHANTED BY STORY?



Looking at when you lost connection to  
the MYSTERY within you that is awakened  
by stories of truth.

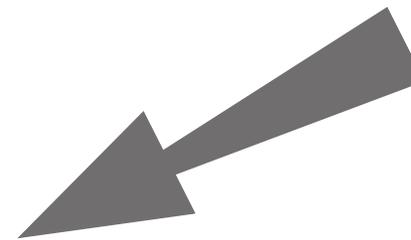
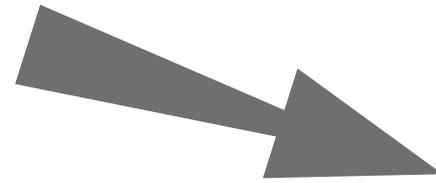
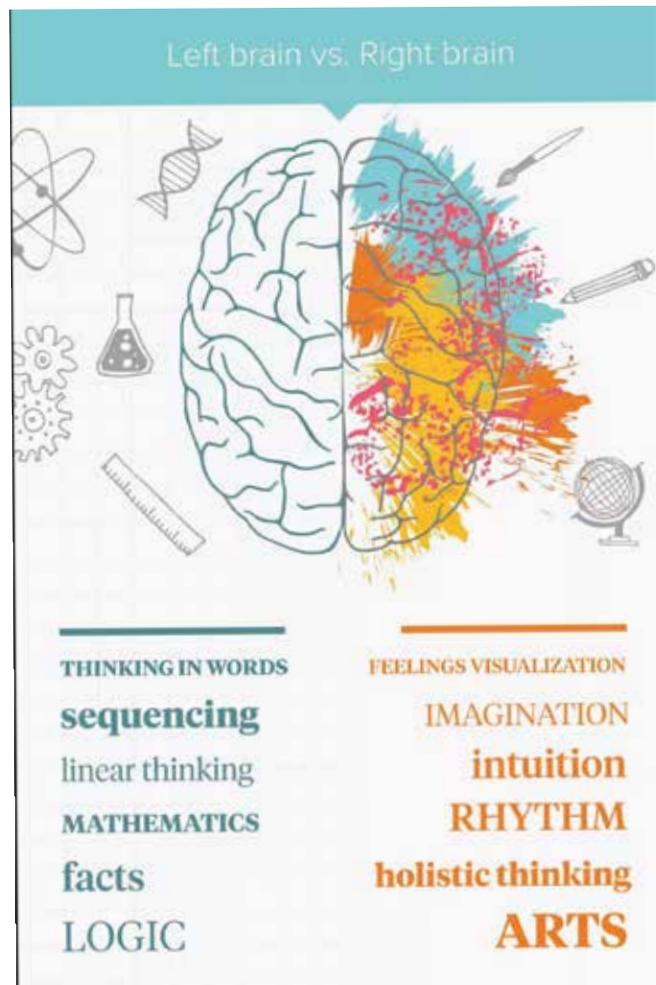


# OBSERVING WHERE YOU HAVE BEEN INFLUENCED BY STORY



Both blocks are the same gray in colour. use your finger to cover the middle lines of light and dark. External story affects your true colour/song/story in the same manner -- changing it in appearance but the true story is always there for those with eyes to see.

# WARM UPS



## PORTRAIT DRAWING WITH YOUR NON-DOMINANT HAND

# PORTRAIT DRAWING



ADAPTED FROM DRAWING FROM THE RIGHT SIDE OF THE BRAIN BY BETTY EDWARDS

USING YOUR NON-DOMINANT HAND YOU WILL DRAW CHRISTINE'S FACE. LOOKING AT THE FACE @70% OF THE TIME AND YOUR PAPER @30% OF THE TIME-- SO MOSTLY NOT LOOKING DOWN AT YOUR PAPER. THIS IS A GREAT EXERCISE TO TRY WITH A FRIEND BTW.

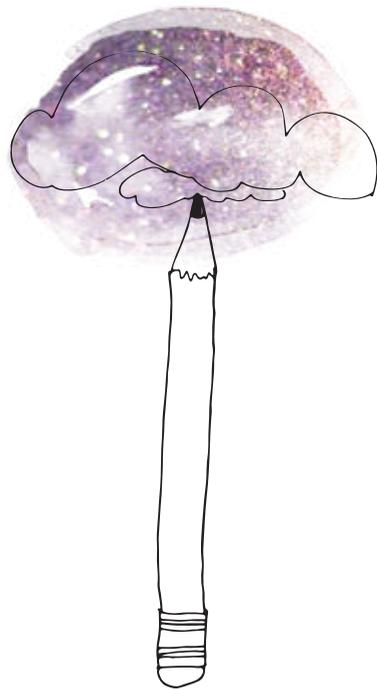
TALK IT THROUGH IN YOUR MIND. HAIR ON TOP, KIND OF WAVY HERE, EYES ABOUT THIS FAR APART, NOSE HERE, ETC...

THE UNSTEADY LINES ARE PART OF LETTING GO OF PORTRAIT PERFECTION. TAKE YOUR TIME WITH THIS -- WE'LL ALLOCATE ABOUT 5 MINUTES TO CREATE A PORTRAIT.

\*IMPORTANT! RESIST THE URGE TO APOLOGIZE FOR YOUR DRAWING.

# REWEAVING STORY

## EXERCISE ONE SPHERES OF INFLUENCE ON OUR SPIRAL PATH



ARTTHATMOVES.CA

Step by step instructions  
in a separate PDF.

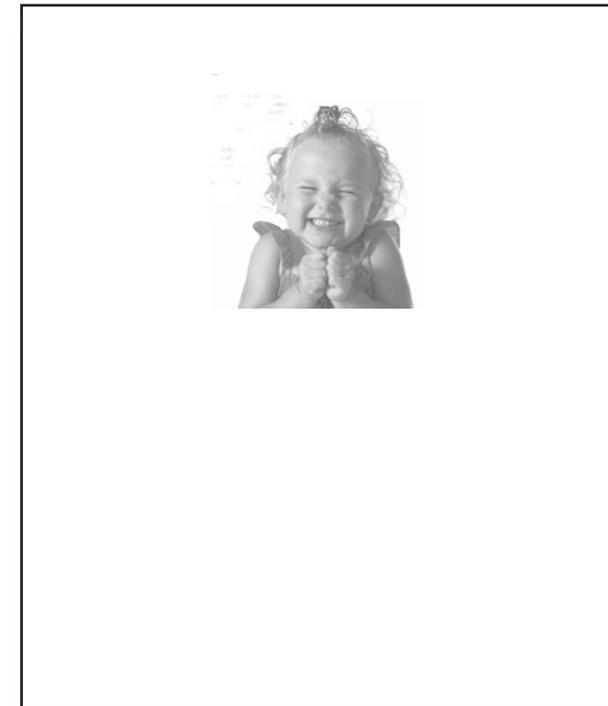
REMEMBER THE CLOUD IMAGE  
FROM LAST WEEK - CAN YOU  
OPEN UP TO YOUR INNOCENT  
CHILD PERSPECTIVE TO EXPLORE  
STORY WITH AN OPEN AND  
IMAGINATIVE HEART?



# CREATOR JOY

## EXERCISE TWO REMEMBERING AND CHOOSING TO BE YOU

IF YOU HAVE FOUND A PICTURE  
OF YOURSELF BEFORE THE AGE  
OF 4 IF POSSIBLE THEN PASTE OR  
PLACE IT ON YOUR PAPER - IF  
NOT - IMPROVISE





## THE INNOCENT CHILD

THE OBJECT OF THIS EXERCISE IS TO REALLY TUNE INTO THIS INNOCENT CHILD EXPRESSION

WHO WERE YOU BEFORE ANYONE TOLD YOU WHO YOU WERE?

GO BACK AS FAR AS YOU WANT TO FIND THAT PRESENCE.

ITS OKAY IF THAT INFORMATION DOESN'T COME EASILY OR YOU CAN'T REMEMBER. LET'S TUNE INTO THAT LIGHT AT THE CORE OF WHO YOU ARE AND ALLOW IT TO COME INTO EXPRESSION.

WE'RE GOING TO GO WHIMSICAL HERE TO OPEN UP OUR CHILD CREATOR.

DRAW THE ANIMAL OR IMAGINARY ANIMAL YOU WOULD BE. KEEP IT LOOSE. IT DOESN'T HAVE TO MAKE SENSE, YOUR CHILD SELF COULD HAVE BOTH FUR AND WINGS AND A TAIL AND HORNS - OR WHATEVER ELSE SHE WANTS.

WHAT ATTRIBUTES WOULD SHE CHOOSE TO EMBODY TO FULFILL HER HEART'S STORY?



WISHING YOU A BEAUTIFUL  
WEEK BELOVEDS  
AS YOU OPEN  
TO MORE OF YOUR  
CREATOR STORY

WANT TO DO MORE?  
ON THE SAME PAGE, WRITE A POEM ABOUT  
YOUR LITTLE CREATOR BEING OR THE LYRICS  
TO A SONG SHE MIGHT SING, IMAGINE THE  
STEPS TO THE DANCE SHE MIGHT CREATE.

ADD ANY DECORATIONS, IMAGES OR COLOURS  
YOUR POEM OR LYRICS REQUIRE.

# SUGGESTIONS FOR THE WEEK AHEAD

CONTINUE TO EXPLORE THE THIRD SHAMANIC QUESTION -- WHEN DID YOU STOP BEING ENCHANTED BY STORY?

DAILY

ASK YOUR VASTER SELF EACH MORNING, AN OPENING QUESTION SUCH AS;  
WHAT STORIES ARE HELPING MY GROWTH?  
WHAT STORIES AM I READY TO RELEASE?  
WHAT STORIES ARE HARMING ME?

WEEKLY

TRUST YOUR OWN STORY AND ALSO BE WILLING TO LET IT GO  
HEAR AND HONOUR YOURSELF SO YOU DO NOT HAVE TO KEEP REPEATING STORY LOOPS TO FEEL VALIDATED  
WATCH FEWER OUTSIDE STORIES IN ORDER TO TUNE IN MORE DEEPLY TO YOUR OWN

CHECK OUT EPISODES 113, 114, & 115 OF MY PODCAST WHERE I TALK ABOUT DIFFERENT ASPECTS OF STORY  
[HTTPS://WWW.ARTTHATMOVES.CA/PODCASTS/](https://www.artthatmoves.ca/podcasts/)



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