

## Book Summary

“The Artist’s Way”

Author: Julia Cameron

Do you ever wish that you were an artist? Do you envy those who have successfully become a conduit for creativity? Do you sense your own creativity, but you are unsure how to bring your abilities forth? This book, “*The Artist’s Way*,” could be your holy grail.

The artist’s way is a spiritual journey, a pilgrimage home to the self. Like all great journeys it entails dangers along the way. Like all pilgrims; fellow travelers, companions and guides will often grace those of us on the artist’s way journey.

Author, Julia Cameron reveals what she calls her “marching orders;” others may sense in themselves as a still, small voice or, even more simply, a hunch. The point is, as you travel the artist’s way, you will hear creative guidance if you listen for it.

***Important Note:*** Cameron uses the term, “God,” frequently throughout the book.

*Those who speak in spiritual terms routinely refer to God, as the creator but you seldom see creator as the literal term for “artist.”*

*Cameron is suggesting that you take the term “creator” quite literally and seek to forge a creative alliance, artist-to-artist with universal energy flow or Great Creator.*

*Accepting this concept can greatly expand your creative possibilities.*

*Transpose your own term for this universal creative energy flow, if, “God” is unsettling for you. She is not asking you to believe in a God; she is only asking you to observe and notice the creative process as it unfolds.*

**Creativity is an experience—a spiritual experience.** The following spiritual principles are the bedrock on which creative discovery can be built.

1. Creativity is the natural order of life. Life is energy: pure creative energy.
2. There is an underlying, in-dwelling creative force infusing all of life—including us.

3. When we open ourselves to our creativity, we open ourselves to the creator's creativity with us and our lives.
4. We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves.
5. Creativity is God's gift to us. Using our creativity is our gift back to God.
6. The refusal to be creative is self-will and is counter to our true nature.
7. When we open ourselves to exploring our creativity we open ourselves to God: good orderly direction.
8. As we open our creative channel to the creator, many gentle but powerful changes are to be expected.
9. It is safe to open ourselves up to greater and greater creativity.
10. Our creative dreams and yearnings come from a divine source. As we move toward our dreams, we move toward our divinity.

The author champions the idea that **we are born with our unique creativity**. Engaging our natural artist is possible by "recovering" and "discovering" our creativity.

Chapters of this book are organized into twelve weekly recovery exercises:

- Week 1 – Recovering a Sense of Safety
- Week 2 – Recovering a Sense of Identity
- Week 3 – Recovering a Sense of Power
- Week 4 – Recovering a Sense of Integrity
- Week 5 – Recovering a Sense of Possibility
- Week 6 – Recovering a Sense of Abundance
- Week 7 – Recovering a Sense of Connection
- Week 8 – Recovering a Sense of Strength
- Week 9 – Recovering a Sense of Compassion
- Week 10 – Recovering a Sense of Self-Protection
- Week 11 – Recovering a Sense of Autonomy
- Week 12 – Recovering a Sense of Faith

**I promise, if you take the journey along "The Artist's Way," the experience will make you excited, depressed, angry, joyous, hopeful, blissfully alive and ultimately freer!**