



practice with the muses

Muses are mythological creatures that in ancient Greek and Roman world inspired and protected the creative arts. Like "daemons," they exist like spirits who move between the human and non-human world. Muses provide a model for an impersonal relationship with creativity and life-force. They can take the burden off from the ups and downs of the creative life.

1. Just for fun, draw a picture of your very own inspirational goddess of creativity. What does she look like? Or maybe she's a he? Or perhaps she's not even human? Does she have wings, a beak or claws? Maybe she's covered in fur and pink bows? Does she have special powers? Imagine what this force of nature looks like. Make her your own. She's your own attendant spirit of creativity. Another way to do this is to choose ten exceptionally creative people and write down the main qualities that you see in them that inspires you. Then create a composite character, a "muse," that embodies all of these characters.

3. Here's a practice inspired from Yoko Ono to inspire your creative spirit. Her original poem/practice is called "Winter," and you can find it in her book, *Acorn*.

Go outside and get a view of the sun. If you can't see the sun – imagine it. The sun is always burning. Sense the sun entering your physical body through the centre of your chest. Wrap that warmth of the sun around your shoulder blades, like a blanket, then pull the light of the sun throughout your skin, into your larynx and across your tongue. Fill your physical body with the sun's light.

Next time, someone or something attempts to put out your fire, remember the sunlight.

Keep the sunlight in the tissues of your body, in the nerve fibres, in the glands, in the blood, in every cell.

Every so often, attend to that light.

How are you going to keep the light glowing this week? Write in your notebook about your own strategy.

