



**With Suzanne Sterling**

***Week Four:*** Releasing blocks to freedom and reclaiming your voice.  
How much of your life is Natural? Let's sing our souls back home!

Humans are hard-wired for expression. In the past most cultures created specific times/places and rituals that allowed for the primal human impulses to have conduits for expression. We had times for grieving, for expressing terror and anger, times for celebrating and coming together in community. We had rites of passage marking the ages of our lives...and ways to understand the human experience in the broader context of the mytho-poetic and universal truths. But through some religious and cultural overlays (perhaps driven by our need to control nature) rational thinking has taken precedence over a more holistic approach to life. We have come to overvalue that which can be "proven" and measured over the forces of mystery and imagination. As a result, our expression and creativity are suppressed, devalued and seen as accessible only to professional artists, rather than the birthright of all humans.

When we internalize, external judgment we become our own worst critics and keep ourselves in a prison of our own design. We are safe...but we are also unable to feel the full range of our experience. Living truth is a creative act...when we express and create we invite the inner child to be part of our experience and that inner child is directly connected to our deepest self...the part of us that is connected to our purpose and our joy. And while we need the critical thinking mind, can we sometimes ask it to take a break so that we can explore, be playful, be silly and stop making sense? This week remember PLAY in all its forms. Let the beginner's mind open and see the world with the eyes of your younger or child-like self.



### **Homework for Week Four:**

- Play.... make a list of playful, non-productive, non-sensical things you love to do and DO A FEW or all of them!
- Notice the inner critic, thank it and ask it to rest while you sing bad opera, go bowling, finger paint and skip down the street!

Draw a crazy picture  
Write a nutty poem  
Sing a mumble-gumble song  
Whistle through your comb  
Do a loony-goony dance  
'Cross the kitchen floor  
Put something silly in the world  
That ain't been there before  
- Shel Silverstien

## Resources for Week Four: articles and other items of interest.

<http://psychcentral.com/lib/working-with-your-inner-critic/>

<https://www.boundless.com/management/textbooks/boundless-management-textbook/decision-making-10/rational-and-nonrational-decision-making-76/non-rational-decision-making-371-3927/>

<http://ashagoldstein.com/2014/02/11/creativity-birthright/>

[http://www.huffingtonpost.com/dennis-merritt-jones/are-you-the-artist-or-the\\_b\\_5660668.html](http://www.huffingtonpost.com/dennis-merritt-jones/are-you-the-artist-or-the_b_5660668.html)

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