



With Suzanne Sterling

Week Five: Shifting the Story and Unleashing Creativity

Begin by scanning own body to see where we have sensation and where we do not. No judgement, just noticing. Then sending sound directed specifically to the places where we have little or no feeling or sensation. Guided meditation to a sacred temple of power...invoking the Goddesses of fierce compassion. Durga, Kali, Freya, Cerridwen etc. Receive a gift. Notice what has changed or shifted for you as a result of declaring yourself a Voice of Change. The wonderful conversation and ways that people are engaging with this work. Honoring the anger and using it as a tool for our ART. Yes, under anger is often sadness and grief but the energy of anger itself can be like focused fire.

We are all artists...this has been taken away from us and it is important for us to reclaim it as our birthright to create and evolve culture. Allowing ourselves to let the expression flow whether we are "professional artists" or not. Using other forms besides prose and essay to make a point.

We can learn the art of fierce
compassion - redefining strength,
deconstructing isolation and renewing a
sense of community, practicing letting
go of rigid us-vs.-them thinking - while
cultivating power and clarity in response
to difficult situations.

— Sharon Salzberg —

Homework for Week Five:

- What do you love to create?
- What brings you joy?
- What is sacred to you?
- Also - think about one VOC hero or heroine and create an art piece (visual, words, musical - whatever is your medium of choice) about them.

Art enables us to find ourselves and lose ourselves at the same time.

~ Thomas Merton

Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground.

~Rumi

Resources for Week Five: articles and other items of interest.

<http://toko-pa.com/2014/01/26/making-anger-your-ally/>

<https://www.psychologytoday.com/blog/evolution-the-self/201106/the-paradox-anger-strength-or-weakness>

<https://www.psychologytoday.com/blog/communication-success/201402/how-unleash-your-creativity-and-find-inspiration-today>

<http://www.finer minds.com/lifestyle/unleash-your-creative-potential/>

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