



Suggested Guidelines for Working with Your Muse

Aaaah...Muse – the bringers of artistic inspiration, of creativity and new ways of seeing. How we love it when they come flitting into our lives with their brightly colored thoughts and ideas – inviting us to see the world anew!

I had to stop and laugh as I was writing this guide because I suddenly realized the process had become very tedious – it was all very logical and dull and then I realized that I was ‘trying too hard’. All logic and no imagination. I had neglected to call in my Muse. There I was writing a guide about how to invoke your Muse without ‘allowing’ my own Muse to guide me. HA!

The Muse have little interest in rules or coloring inside the box and doing so will quite surely bore them right into leaving your side. They ask that you take their hand and go with the flow right down that rabbit hole with them to see where it leads. To see through the wide, wonderous eyes of your inner child, with trust and curiosity; all the while opening yourself to new possibilities.

In following the Muse, you learn to trust your heart and intuition more deeply. To see magic where there once was none. Infused with their energy you are likely lose track of time, feel highly energized and a sense of euphoria. A project that once seemed daunting may suddenly evoke passion!

Introductions - Say hello to this fantastical little being that is going to assist you in the creative realms. Share your name and ask for your Muse to share theirs. Continue sharing as long as you like. The more you know about each other the better!

Create an Inspiring Environment For Your Muse. It can be hidden or in plain sight. It can be on a table, the corner of a dresser or even a drawer. This is a place for connecting with your Muse. Set it up and change it up often to keep your Muse awake, engaged and excited. Add objects that make you feel curious, open and inspired. Objects with elements of whimsy, mystery and the unknown. Think about colors, patterns, scents and sounds. Play – have fun with it! Several years ago, I was walking through the Acropolis in Athens, Greece and found an old black and white photo of a Greek man. That photo has inspired a level of curiosity in me ever since. Another time I found a vertebra on the beach and that inspired a whole series of Mystical Tools. Almost anything could be a source of inspiration under the right circumstances.

Inviting Your Muse In –the first step is to make sure you are centered. One way the quickest and easiest ways to center yourself for a greater level of open and empty inner receptivity, is by doing a simple breathing technique to help clear and relax the throat. When the throat relaxes, the two spheres of the brain will synchronize. To understand what a contracted throat feels like, take a sudden deep breath, and hold it. Can you feel the contraction at the base of your throat and neck? This is the contraction you must avoid. Your



goal is to have the throat open and relaxed mouth when you suspend in the middle of the exhalation.

Start by taking several deep breaths, breathing in through your nose and out through your mouth. To test whether you are breathing deep, put one hand on your stomach and the other on your chest. When you breathe in deeply, you should feel your stomach move first and then your chest. If you do not feel this, keep practicing until you do.

After three complete deep breaths, breathe in slowly through your nose and then very slowly exhale through your mouth. In the middle of your exhalation, suspend your breath without constricting, visualizing your throat open and relaxed. After 3 seconds – exhale all remaining air out of your lungs then breathe in. Do this exercise again but hold your breath without constriction for 6 seconds then exhale all the remaining air out of your lungs. Breathe in a third time, suspend in middle for as long as you can without any tension in the throat or mouth. As soon as you feel your body calling for air, exhale all remaining air out of your lungs then breathe in. That's it.

Now that you are centered, it's time to join up with your Muse for some new insights and adventures. Start by briefly looking into the eyes of your Muse. Then close your eyes and imagine that when you open them up again - you are no longer looking out of your own eyes but those of your Muse. How does the world appear to you now - looking through the eyes of this mystical being? How do things look different?

Think of a time in your past when you would have liked a little more inspiration or creativity. Now view that that same event from the eyes of your Muse. What does looking through the eyes of your Muse reveal to you?

Is there something you are working on right now that you would like to see from this new perspective?

What insight does your Muse offer to you that you may not have had on your own?

When you are ready to say goodbye, close your eyes and hold the intention that you will again be seeing through your own eyes. Thank your Muse for its help and guidance and ask if there are any additional messages for you at this time.

When done, while all the information received is still clear, write about your experience.

Want to share a Muse experience with others?

Go to Wild Hare Studio on Facebook. FYI - there are several pages called Wild Hare Studio so be sure to scroll down and look for the one with the picture of a woman looking at a painted owl. That's me and an owl I painted close to my front door.

Big Love, Cynthia

Visit my website for more tools and class info: www.wildhare-studio.com