



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! Muse invite us to take their hand and go right down that rabbit hole. To see through the wide, wonderous eyes of our inner child, with trust and curiosity; all the while teaching us to open ourselves to new possibilities.

How to Awaken Your Muse - All you need to do to awaken your Muse is to lick your thumb or finger and hold it against the bottom of the Muse as you count to 8. Your fingerprint is your unique life force signature. It contains all the information your Muse needs to assist you in your creative adventures. A strand of hair also contains your unique signature and could be placed beneath your Muse in lieu of your fingerprint.

You might listen for a name at this point. Listen for a name that seems to come from your Muse instead of choosing a name. My general rule of thumb is – if the name I hear is a big surprise to me – it is probably the right one. If no name comes right away– no problem – you might hear it later or maybe you will find that names are unimportant. If you do receive a name, consider looking up the origin of that name as it can be very enlightening.

Create an Inspiring Environment for Your Muse - it can be hidden or in plain sight. It can be on a table, bed stand, the corner of a dresser or even in a drawer. Wherever you decide to make a home for your muse, make it inspirational. Add objects that make you feel curious, open and inspired. Objects with elements of whimsy, mystery and the unknown. You may want to include a glass jar where you can deposit slips of paper with words or phrases that you find inspiring. Think about colors, patterns, scents and sounds. Above all remember to play and have fun with it!

Working with Your Muse – call in your Muse any time you want a creative boost. You might be starting a new project, in the middle of a project or just feeling the need to exercise your creative side. Whatever the reason - remember– now is the time to let go of perfectionism and embrace play.

Pick One Point of Focus - let your muse know what you are seeking help with by writing it down on a piece of paper and placing it under your muse. Choose a specific challenge, like finding a plot twist for a story or an idea for a painting.

Center Yourself

- Take 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.
- After a minimum of 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 your throat or mouth, leave your throat and mouth 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 this time, then exhale all the remaining air



out of your lungs. Breathe in a third time through your nose and very slowly exhale through your mouth, 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.

Receive Inspiration - ask your Muse for 3-5 random words and write them down as they come into your consciousness without pause or evaluation. Write down your associations with each word and create connections between them until new ideas emerge. Another technique involves opening a book to a random page, blindly placing your finger somewhere on it and running down the text to the first verb or noun revealed. Go to a new page and repeat the process until you have as many words as you want. If you have a glass jar containing words, ideas or phrases that inspire you, you could pull from that instead.

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