

Introducing The Artist's Way

Understanding what it is and from where it originates, and exploring its approach and what possibilities can emerge



What is The Artist's Way?

The Artist's Way is a creative and spiritual programme. It helps you to (re)connect with yourself, your true essence, and to express yourself in whatever way. It is profound.

Whilst the title may lead us to believe otherwise, The Artist's Way is for all of us, not just artists as we may imagine in the traditional sense. We are all creative beings.

"Every child is an artist. The problem is how to remain an artist once he grows up."

Pablo Picasso

Often in our lives we can lose our sense of self and get buffeted around by expectations. The Artist's Way helps us to come back home.

We learn to connect back into ourselves, and release the emotional and psychological debris that we may have subconsciously brought with us into this life, and further added to along the way. Such debris can weigh us down and block



our natural energy, and self-expression.

"Once we remove the blocks, the flow moves in."

Julia Cameron

Living life in flow helps us to connect in with ourselves, allow our creative expression to come forth. In essence, the Artist's Way helps us to find and walk our spiritual path. It is for all of us, of all faiths and non.

Where did it come from?

Julia Cameron is the author of The Artist's Way. In the 1970s, as a journalist and socialite, she met her husband, film-maker Martin Scorsese, whilst writing for an American magazine. However, their tumultuous marriage was short-lived.

As part of her healing, Cameron retreated to the desert in New Mexico to recover herself from this lifestyle. It was through this intuitive self-healing that the essence of The Artist's Way grew. Rather than substance-induced, Cameron discovered that she could naturally express herself.



"I learned to get out of the way and let that creative force work through me."

Julia Cameron

Arriving back in New York, and re-engaging with her writing, she found herself connecting in with a creative community in Greenwich Village. In time, conversations naturally emerged where friends shared their challenges and Cameron shared her own experiences.

It was from such organic beginnings that small workshops began, with hand written notes. Several years later, in 1992, The Artist's Way was published. To date it has sold over 5m copies and been translated into 40 languages.

What is its approach?

As a creative and spiritual and programme, it is built on ten basic principles:

1. Creativity is the natural order of life. Life is energy; pure creative energy
2. There is an underlying, indwelling creative force infusing all of life, including ourselves

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3. When we open ourselves to our creativity, we open ourselves to the creator's creativity within us and our lives
4. We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves
5. Creativity is God's gift to us. Using our creativity is our gift back to God
6. The refusal to be creative is self-will and is counter to our true nature
7. When we open ourselves to exploring our creativity, we open ourselves to God: good orderly direction
8. As we open our creative channel to the creator, many gentle but powerful changes are to be expected
9. It is safe to open ourselves up to greater and greater creativity
10. Our creative dreams and yearnings come from a divine source. As we move towards our dreams, we move toward our divinity

"It doesn't matter which way you think of it: creativity leading to spirituality or spirituality leading to creativity. I do not make a distinction between the two."

Julia Cameron

Much of the work is really play, and it takes a little more than 1 hour a day. Over 12-weeks, each week has its own chapter including exercises for completion.

In addition, there are two practices that are necessary to support our own creative awakening:

Morning Pages – three pages of journaling a stream of consciousness. This helps to strengthen our connection within ourselves, where we meet our own creativity and our creator
Artist Date – a weekly solo activity that allows us to open ourselves for insight, inspiration and guidance

"The Artist's Way is a spiral path. You will circle through some of the issues over and over, each time at a different level."

Julia Cameron

What is possible from completing it?

Anything is possible through completing The Artist's Way. Whilst you may have an idea of what you'd like to work on, other expressions and ideas may surface through your own practice. It isn't something that we can necessarily control.

"There is a vitality, a life force, an energy, a quickening, that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost."

Martha Graham

Whilst a broad range of creative expressions have been released from undertaking The Artist's Way, including poetry, books, operas, films, songs, legacies, what emerges when you start

walking your own path is very personal to you.

What do I do if I am interested?

Buying or borrowing a copy is the first step. However, engaging with the book and starting walking your path is the necessary next step. Often, we may need a trigger or an impetus to get started.

Whilst The Artist's Way can be done alone, it is best done in little clusters. Having a sacred cluster creates a sphere of safety and support, helping each other to find our way.

Top tip

The Artist's Way can be bought from all main booksellers:

The Artist's Way: A Spiritual Path to Higher Creativity – Julia Cameron

ISBN: 978 1788 164290



About the writer

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Cathy Brown is a Chartered Occupational Psychologist, consultant and writer. She runs Evolve Consulting Services Limited which works with individuals, teams and businesses to manage transition and change.

She works as a transition coach and a career counsellor with individuals and teams. She is also a guest lecturer at Henley Business School and University of Derby. In addition, Cathy is a founding trustee of the Evolve Transition Trust, which supports disadvantaged people through life transitions.