

TEN TIPS FOR ENGAGING THE MUSE

Sunday Larson

TIP ONE: SHOW UP

Creativity is an act of co-creation, pure reciprocity. Honor your Muse, she will inspire you. This is non-negotiable contract. She suffers no slackers or whiners, or those who are burdened with a satchel of excuses.

TIP TWO: BE PREPARED FOR CRITICISM

The Muse demands you cultivate discipline, dedication, determination, and inner toughness. You will need these qualities in order to grow from the criticism you will receive.

TIP THREE: THE MUSE IS A TRICKSTER

Be prepared. Pay attention. She often whispers ideas while you are showering, vacuuming, driving. Respect her input by keeping a notebook or recorder handy.

TIP FOUR: TO CREATE REQUIRES SACRIFICE

The Muse demands your willingness to surrender sleep, recreation, peace of mind.

TIP FIVE: THE MUSE WILL REWARD YOUR AUTHENTICITY

Determine the purpose of your creative efforts—are they for personal growth, as in writing or drawing in a journal, or will your creations be presented to the world as art, a business, an invention? Regardless of your intention, use your own words, thoughts and ideas. Approach your creativity from a place of knowing who you are and what you want to say.

TIP SIX: BECOME COMFORTABLE WITH

IRONY AND PARADOX AND THE UNFAMILIAR

Ambiguity, mystification and confusion are good things as are mistakes and the humbling lessons of creating really bad work.

TIP SEVEN: LIVE IN INTEGRITY

It saves time for you to create and to make many mistakes. This bears repeating many times.

TIP EIGHT: AWARENESS

Be vigilant, pay attention to details. The Muse communicates in the languages of relatedness, analogy, metaphor, serendipity, intuition and dreams.

TIP NINE: SOLITUDE

The portals of receptivity remain open when you keep ample solitude.

TIP TEN: RITUAL

Acknowledge the Muse through ritual. It is a matter of respect. Whether your Muse is an emissary from afar, a messenger of your highest self, or one who works from both inner and outer realms: work, work, sweat, cry, and work for her.

ABOUT SUNDAY LARSON

A Life Illuminated by the Light of the Muse.

Sunday Larson listened, and heeded, when her Muse said, “Dance, Design, Create Art from Earth, Write Stories for me.”

After years studying Modern Dance, Art and Women’s Studies, Sunday enjoyed a successful career designing art jewelry for an international clientele. When her Muse had a change of heart, again inspired, Sunday developed an edenesque residential community that became the canvas for her visionary *Art of the Ephemeral*. Later she withdrew from a Ph.D. Program to author and publish a love story, *The Spinning Game*. Exceptional teachers of art, dance, mysticism, energy healers, and Romany readers of the tarot have all contributed greatly to Sunday’s creative process.

Sunday has experienced the flowering of unparalleled creativity that accompanies 2nd adulthood, the time in life when the seed of potentiality has blossomed into actuality. In her limited creativity and meaning coaching practice she encourages this expansion of self to be used an opportunity to transform lessons earned through life experiences into a meaningful form, creating a legacy of meaning rather than a legacy of stuff.

In the mythical birthplace of Sedona, Arizona, Sunday hosts Creativity Renaissance Retreats for individuals and small groups of women, where she shares the teachings

she continues to acquire by trusting the will of her creativity. In a perspective shifting experience of Meditation, Movement, Nature, Nurture, Tarot, and Storytelling, Sunday's method infuses the Spiral Dance of Inspiration and Manifestation with renewed vitality and focus.

In the radiance of Sedona sun, the sacred dance of creativity is ongoing. This is a landscape of sensitive chaos. The Art Beat is the Heart Beat. It is the birthplace of the Muse. And she makes her presence known by wearing a gown of *red hot red Sedona red*.

In 2011, Larson's publishing company, Sedona Sun Press, will release the *Secret of the Missing Crown*, a fable about the parallel journeys of Princess Bandalulu Kukululu, a Cockertanian guardian angel, and her Earthling, the incorrigible diva known as Viva Reyes.

Sunday is available for presentations to groups worldwide.

Ongoing individual coaching is available.

Website launching June 2011: SedonaSundayProductions.com

CONTACT INFO:

sedonasunday@gmail.com

PO Box 1569, Sedona, Arizona 86339

