

your creative soul

expressing your authentic voice

workbook & action guide

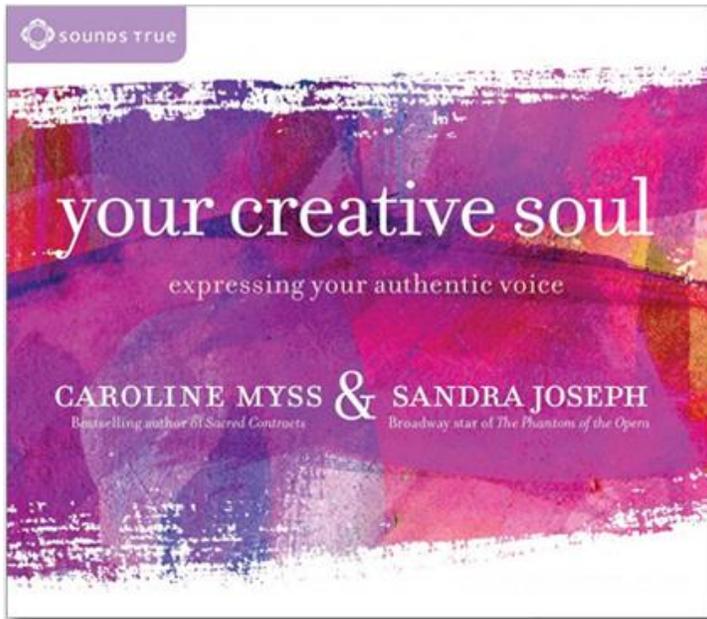
SANDRA JOSEPH

Broadway star of *The Phantom of the Opera*
and co-author of *Your Creative Soul* with Caroline Myss

Hello and welcome!

Congratulations on your decision to embark on this journey. My heartfelt desire is that this workbook will serve as a guide that leads you home to your center where all of the wisdom you need to live your creative dreams already resides.

The inspiration for this workbook comes from ***Your Creative Soul: Expressing Your Authentic Voice*** (Sounds True, 2014), a 4-CD audio teaching program I was honored to co-author with renowned spiritual teacher, Caroline Myss.



***Your Creative Soul* is now available from:**

[Amazon](#)

[Barnes and Noble](#)

[SoundsTrue.com](#)

[IndieBound.org](#)

Many of us wear a mask that covers not our faces but our souls, hiding the authenticity we yearn to express. But how do we remove these masks and step into our full creative power?

On ***Your Creative Soul***, Caroline Myss and Sandra Joseph, the author and actress best known for her role as Christine in Broadway's *The Phantom of the Opera*, investigate the profound relationship between our spirituality and our creative lives—and why it's essential for each of us to honor the impulses of the soul.

Caroline begins by offering her understanding of the inherent connection between spirituality and creativity and why every breath we take is itself an act of creation. She illuminates the many levels of creative expression beyond artistic pursuits and illustrates the energetic anatomy of the creative process chakra by chakra. Sandra and Caroline discuss the most common blocks to creativity, then Sandra points the way toward five “doorways” to creativity, as together they explore:

- Re-evaluating our relationship with the survival instinct of fear
- The shadow of creativity—what happens when we squelch the soul's call
- How to “empty oneself and let go”—the key to authenticity in performance

What are you longing to create right now? What inner gifts are waiting to be revealed?

Your Creative Soul is an inspirational guide for giving voice to your deepest truths. Features five beautiful songs performed by Sandra Joseph.

Inside this workbook and action guide you will find quotes and excerpts from the full version of the program, come fresh and valuable insights, and an all-new series of exercises including 10 powerful questions designed to help you hear your authentic voice and tap into the power of your creative soul.

How to get the most out of this workbook:

- Grab a three-ring binder in a color you love.
- Print this e-book and use a three-hole punch to place the pages inside your binder.
- Keep extra sheets of lined paper in the back of your binder to use whenever you feel inspired to write.
- Keep blank unlined paper or construction paper in your binder for doodling, mind-mapping, drawing, and sketching.
- As you answer the questions, add extra pages wherever you need them.
- Keep a supply of colored pencils, markers, or crayons at the ready and use them with abandon.
- Add manila envelopes to use as idea-catchers for your various projects. Capture creative ideas on index cards and store them in these envelopes within your binder.

If you know others who will benefit from this workbook, please email them the link to www.SandraJoseph.com so they can claim their own copies.

Your Creative Soul: Journal and Action Guide

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Please connect with me online and share your experience as you work through the exercises in this e-book. I look forward to supporting you on your journey.



With gratitude and every good wish,

Sandra

About the Author



“Sandra Joseph is not only a gifted artist on the stage and on the page, she’s also an enormous soul with messages that will uplift you, guide you, and give you ideas that will change your life in all the right ways.”

—Martha Beck, *New York Times* best-selling author, *O, The Oprah Magazine* columnist

Sandra Joseph is a singer, actress, author, and speaker who holds the distinction of being the longest-running leading lady in Broadway’s longest-running show. For ten years and more than 1,300 performances, she starred in one of the best-known roles in Broadway history: Christine Daaé in *The Phantom of the Opera*.

Along with *New York Times* bestselling author Caroline Myss, Sandra is the co-author/creator of the audio teaching program *Your Creative Soul: Expressing Your Authentic Voice*. She has been seen on *The Oprah Winfrey Show*, *CNN*, *The Today Show*, *The Early Show*, *Dateline*, *The View*, *Law and Order*, *Law and Order: Criminal Intent*, *Late Night with Conan O’Brien*, *One Life to Live*, and *As the World Turns*.

Sandra has performed in theaters throughout the United States and Europe, and currently, to her great delight, her new mission to empower other people’s voices is bringing her to an entirely new set of stages. Sandra’s longtime battle with stage fright and self-doubt ignited her passion to help others overcome the fears that hold them back from sharing their gifts in a bigger way.

Recent highlights include her roles as keynote speaker at *eBay*, workshop facilitator at *Omega Institute*, and inspirational singer at *Sounds True’s Wake Up Festival*. Sandra is married to her co-star from *The Phantom of the Opera*, actor Ron Bohmer. They share a home in a quiet neighborhood just outside of New York City with their adopted chow mix, Murphy.



The purpose of life is
to experience creation, the power of creation,
to experience the call to create.

~ Caroline Myss, *Your Creative Soul*



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1. What am I being called to create?

At the height of my professional success, I began to experience something that at the time felt like a crisis, but which I now recognize as a blessed unrest: the unsettling realization that the career I'd trained for my entire life was no longer my path. I was at the pinnacle of my profession, having achieved success beyond anything I'd ever imagined as a kid growing up in Detroit. I had earned the title "Longest-running leading lady in Broadway's longest-running show." Musical theater had been my first love, but I no longer felt the same passion for playing roles as I had during all the previous decades of my life. I now realize that I needed a break from playing roles in order to honor the yearning of my soul. I longed to explore the character of my real self—the me behind the mask.

I wanted to use my creative energy in a different way, but had no earthly idea what I should do next. I asked for signs, prayed, meditated, journaled, attended workshops, read books, hired mentors, thought about getting a real estate license or opening a clothing store. Nothing felt like a fit. How could I still use my voice? Finally, one night, I had a vivid

waking dream in which I saw and heard myself standing on stage speaking and singing (not playing a character, just being myself - a terrifying thought), encouraging others to move through fear and self-doubt and inspiring them to go after their dreams.

I didn't even know there was such a thing as being a "speaker" or that one could make a career as a "speaker/singer" which is what I find myself (blissfully) doing these days. It began as an ache at the edge of my awareness, the faint sense that my soul was calling me to be of service in this world in a completely new way. God speaks to us through the longing in our hearts. On the program we recorded together, Caroline Myss puts it this way:

"The spirit in you begins to awaken your appetites. What does the spirit feel like? You evolve into sensing it. You develop a thirst for awe."

Exercise

Take a moment now to close your eyes, enter your heart, open your palms on your lap, and ask for guidance. Offer your own prayer in your own words. Visualize yourself being a vessel of divine light in this world.



Set a timer for ten minutes. Write without stopping. Write your prayer. Then, begin writing down whatever you sense God is saying back to you. If it helps to think of taking dictation from your own inner wisdom, use that image. Keep your pen moving and don't overthink. Go!

A Prayer for Your Creative Soul

**"God,
Take me down deep.
Show me the reason
you gave me life.**

**Reveal it to me:
Why did you put me
into creation itself?**

**What do you want
me to create?**

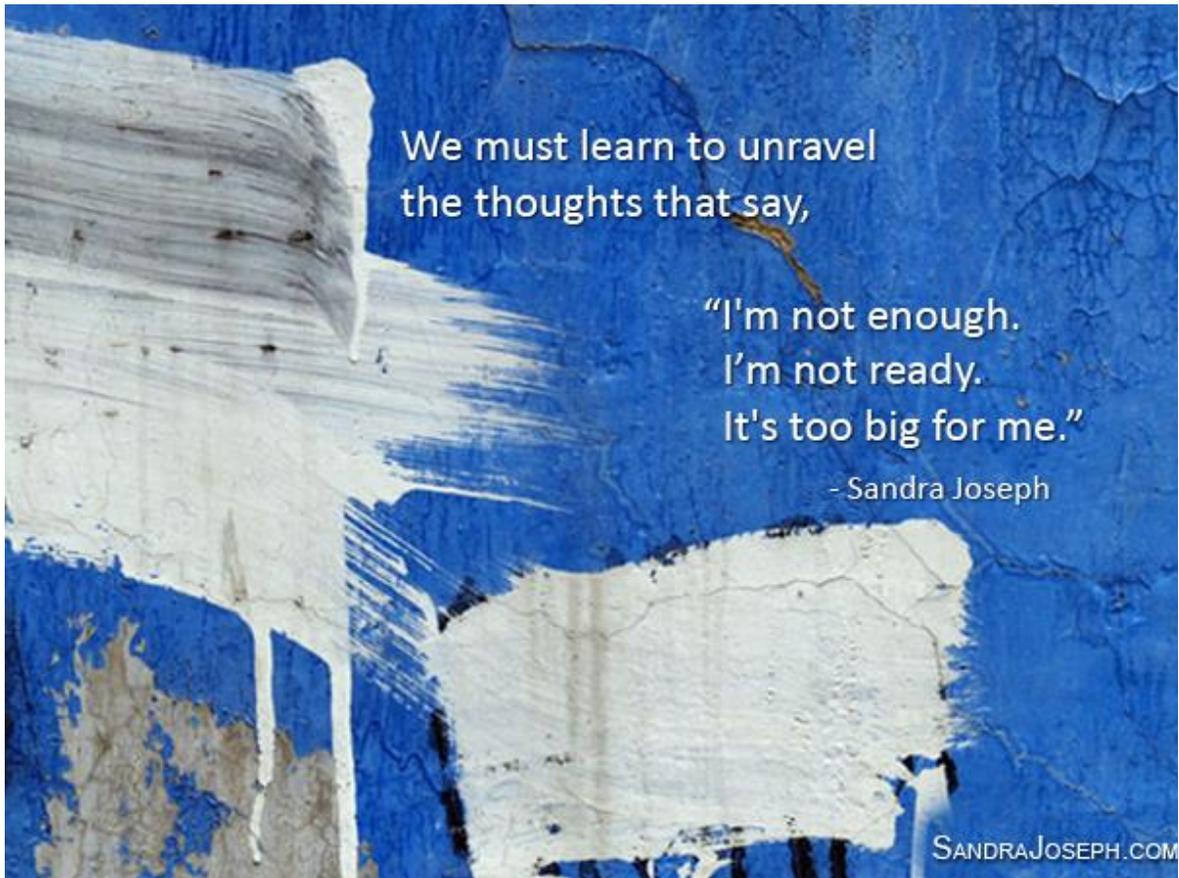
**Partner my
consciousness.**

**Awaken my spirit so that
creation is conscious."**

~ Caroline Myss

A blank sheet of white paper with horizontal ruling lines. The paper is framed by a decorative border with a light purple, textured, torn-edge appearance. The ruling lines are evenly spaced and extend across the width of the page.

A large rectangular area with a light purple, torn-edge border. Inside this border, there are 20 horizontal black lines spaced evenly down the page, providing a template for writing.



2. Am I dreaming big enough?

“What’s true about the mystical journey is that when you are given guidance and you hear it deep in yourself, a characteristic of it is that there’ll be a mark of, ‘Are you kidding me?’ It’s not rational. It’s not logical. It’s almost absurd. And, in fact, you should actually say, ‘Is this absurd enough to be from God? Is this preposterous to require faith?’ because if it is not preposterous enough to require faith it is not from God.

If it’s something that doesn’t require you risk yourself and come out of it a better person because you’ve risked yourself then you’re not listening and you have not heard correctly. Because every true counsel from God is actually about a journey of empowerment in which, at the end, you have become more of a human, more of a soul, more integrous, more congruent than when you began the journey. It does not shatter you, it makes you whole, though it may shatter the world you are leaving, though it may shatter the cocoon you’re stepping out of in order to become that butterfly. And in order to survive this journey you have to rely on two things: your creative instincts and all the faith you have.”

– Caroline Myss, *Your Creative Soul*

When I was 8 years old, during a family trip to see the musical *Annie* at the Fisher Theatre in Detroit, I was struck with a deep inner knowing: I wanted to sing and act like the red-headed girl on stage. This knowing, however, made no sense to me – a shy, introverted kid who went out of her way to avoid the spotlight. A couple of years later, I backed out of the first solo I was ever given just moments before my 5th grade Christmas concert began because I saw the crowd and panicked. But despite the belief that I might never learn to cope with my stage fright, my love for musical theater was strong enough to override my fear and keep me moving forward. I started taking singing lessons, acting in high school plays, and eventually—baby step by baby step—love carried me all the way to Broadway.

Exercise



Set a timer for ten minutes. Write without stopping. No editing allowed.

Consider what you could create, accomplish, achieve or become in every area of your life if you followed the path of love instead of fear and write it down. No one needs to see this but you, so really let yourself go for it and think big.

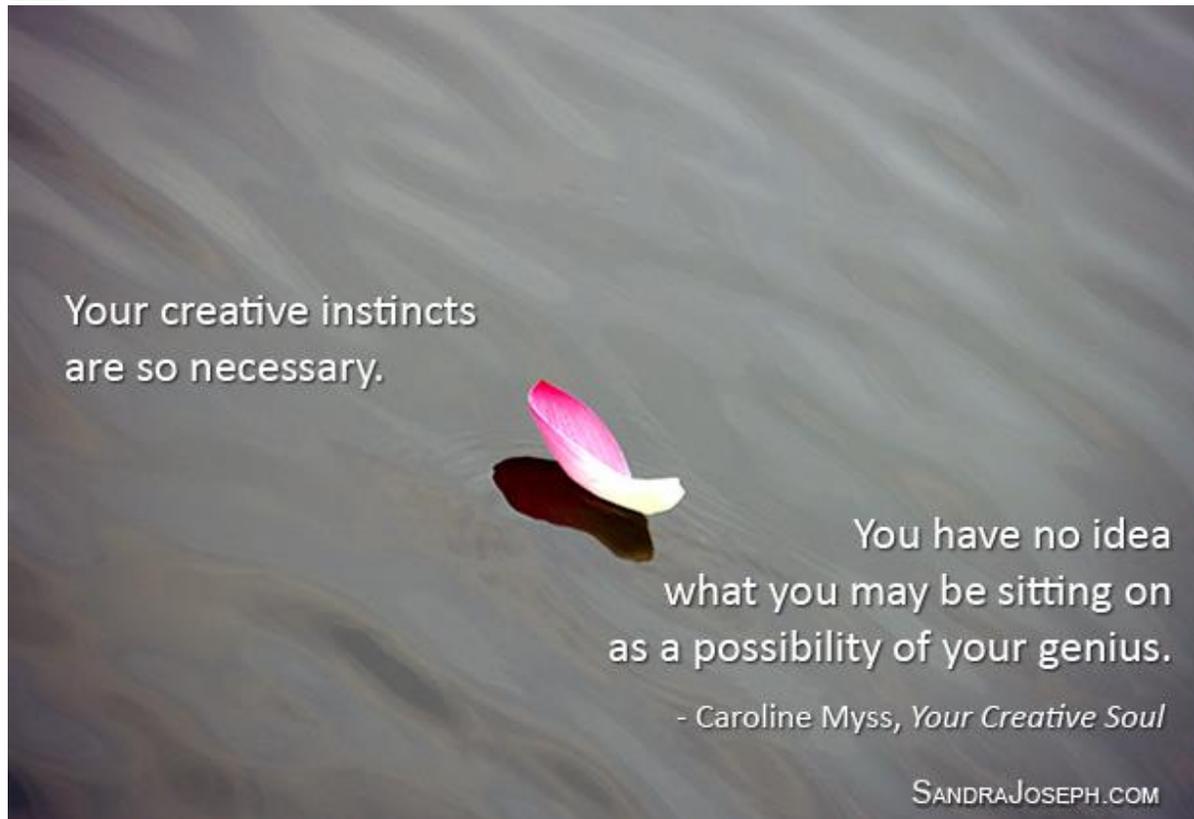
Unleash your inner dreamer, the you that you were before anyone (including you) told you what was rational, logical, or likely.

Let's awaken your capacity for limitless potential. Here's a prompt as a jumping off point. See where this exercise takes you in only ten minutes.

If I really allowed myself to dream big, I would . . .

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A large rectangular area with a light purple, torn-edge border. Inside this border, there are 20 horizontal black lines spaced evenly down the page, providing a template for writing.



3. Is my creative energy blocked?

Whatever it is that you're thirsting for, you can use your creative energy to bring it into existence. But creative energy can get blocked. On *Your Creative Soul*, Caroline Myss and I discuss some of the most common blocks to creativity.

Take a look at the following items on Caroline's list and **circle any that feel true for you**:

- The paralyzing fear of being judged by others
- The association that everything you create has to be productive, and therefore, financially viable
- The belief that creativity needs to be educated, that you need to go to school for it, that you need permission
- Laziness - the inability to commit to your own creativity, to your ideas

In what other ways does your creativity get blocked?

Circle your answer to the following statements:

Even if my creative pursuits are for personal pleasure only and I never share them with another person, expressing my voice will raise my vibrational frequency and consequently, influence the people around me.

TRUE or FALSE

I recognize that my creativity has the potential to change the world.

YES or NO

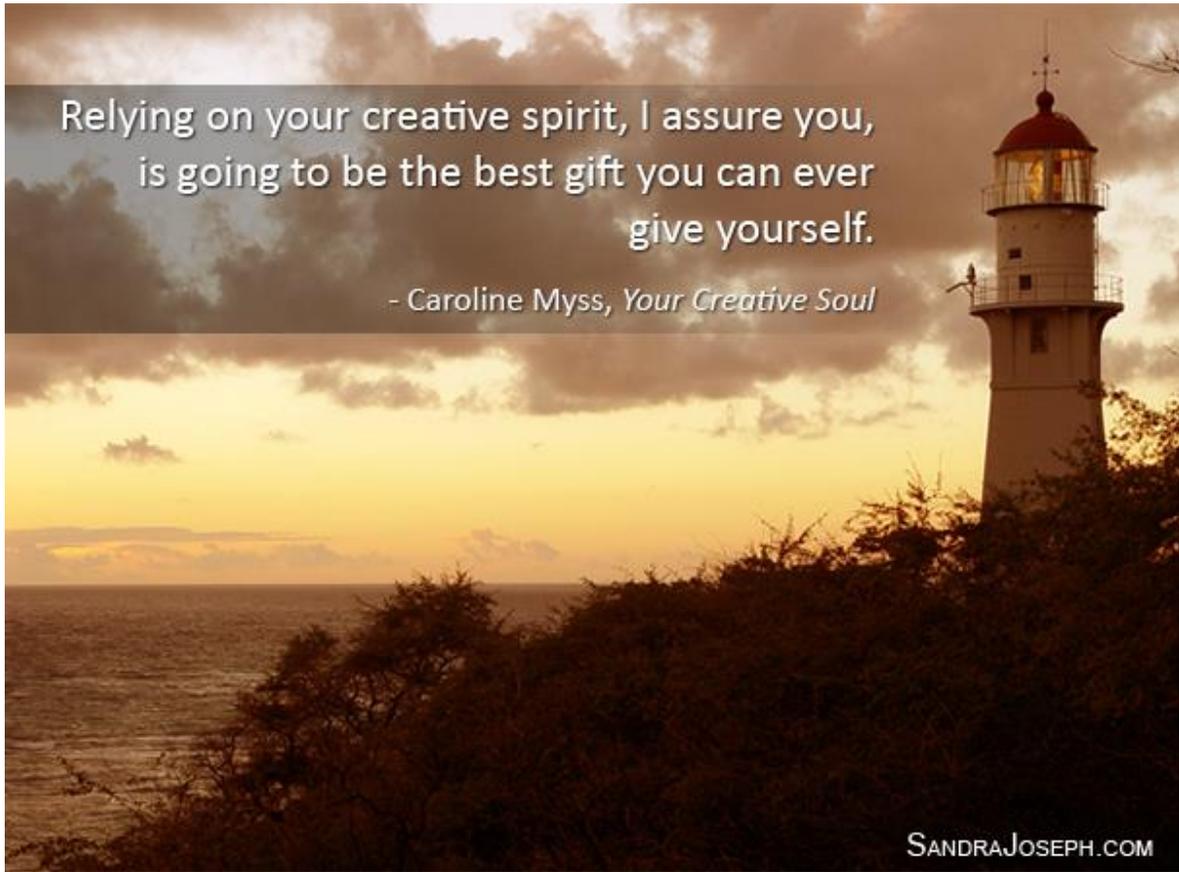
I am willing to take responsibility for getting myself unstuck and creating what I am here on this earth and in this life to create.

YES or NO

***“The only thing that influences your sphere of creation,
of what you leave behind, is you.***

***You’re the one that has to decide what your soul’s legacy is,
whether you’re here to live this life
to take, or to leave this world a better place.”***

– Caroline Myss, Your Creative Soul



4. How do I get my ego out of the way and make creativity and my spirit the place from which I live?

Dive into your fearful ego and see what you find. Answer the following questions as honestly as you can, with no reservations.

If I express my creativity, I'm afraid that . . .

If I express my creativity, I'm afraid people will think I'm . . .

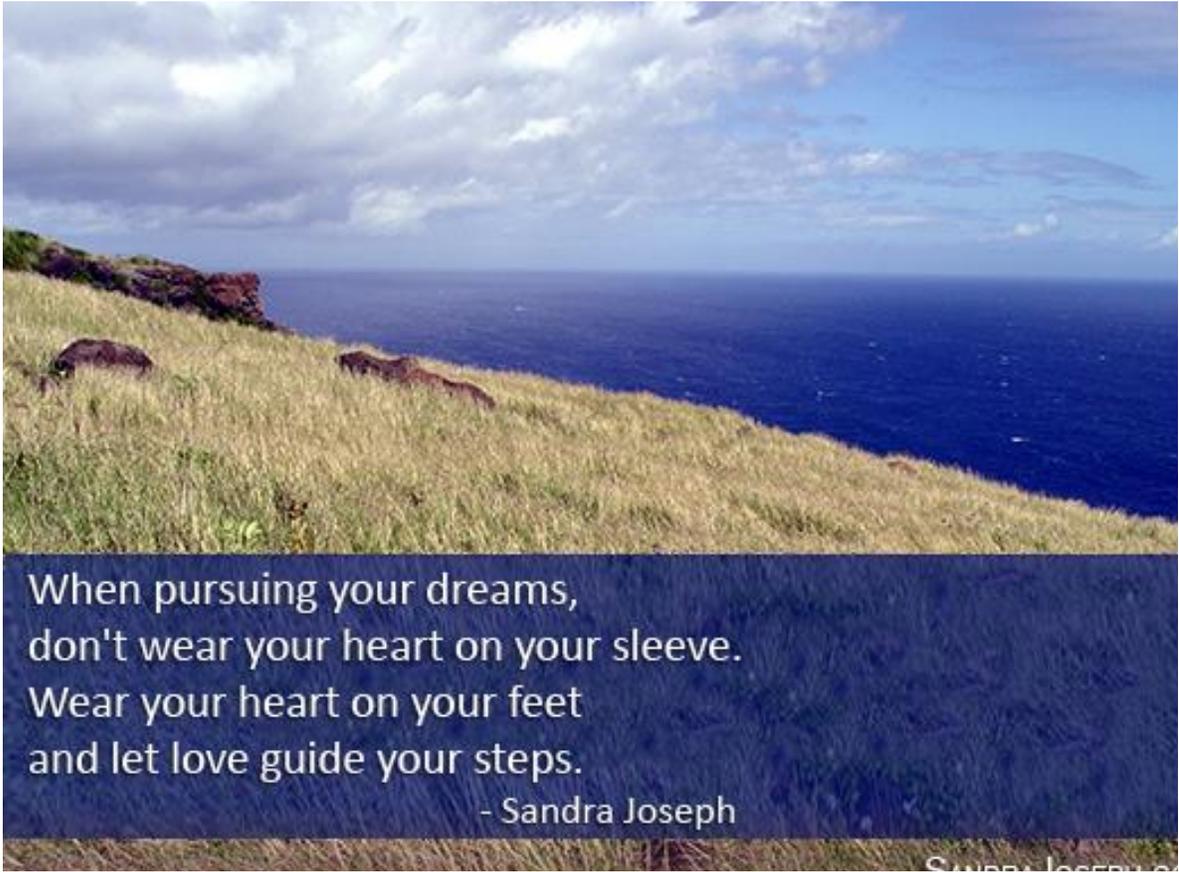
- A. Delusional
- B. Talentless
- C. A fraud
- D. A failure
- E. Selfish
- F. All of the above
- G. Other _____

The worst thing someone could say about my creative expression is:

The thing that helps me the most to move out of my fearful ego and into the larger space of my soul is the practice of shifting from a mindset of criticism to a mindset of compassion.

1. Recognize that expressing your creative voice takes tremendous courage.
2. Bring to mind someone you care about very deeply.
3. Read your responses to the above questions as if the person you care about had written them. Write down what you would say to him or her.

Dear _____ ,



5. Where am I in the life cycle of creative expression?

On the audio program, *Your Creative Soul*, I talk about the three stages in the life cycle of any creative expression. In simple terms, one could think of them as “Before,” “During,” and “After,” but I like to call them **Preparation**, **Flow**, and **Surrender**.

The 3 Stages in the Life Cycle of Creative Expression:

1. **Preparation** is everything you do to get ready. Warming up before a performance, research, training, buying art supplies, etc.
2. **Flow** is when you are in the midst of a creative expression. Singing the song, fingers on the keyboard, paintbrush touching the canvas, etc.
3. **Surrender** is what happens after you're finished. The curtain comes down, you've typed “The End,” or placed the final brushstroke on your work of art.

Different roadblocks will inevitably pop up depending on where we are in the life cycle. The most common roadblocks are what I like to call **Procrastination, Flop Sweat, and Self-Sabotage**.

The challenges at each stage often look like this:

- 1. Preparation becomes procrastination.**
- 2. Flow turns into flop sweat.**
- 3. Surrender yields to self-sabotage.**

In an ideal world:

1. Every creative act would begin with healthy due diligence or **preparation**. You would get training and coaching if you needed or desired it. You would research the historical novel you want to write. You would buy all the necessary paintbrushes, oils, and canvases.
2. Then you would enter your creative time with ease and grace, you would find your **flow**, and simply let what wants to come through pour out from your soul until – “VOILA: C’est finis!”
3. Finally, once the curtain comes down on the performance, or the book is sent off to publishers, or the painting is hung on the wall, you would pat yourself on the back for creating something that has never existed before and **surrender** it to its cosmic destiny with a humble bow of gratitude.

. . . But in our humanness, we are bound to get tripped up by insecurity, fear, or the dark forces that seem to push back against our will to express our creative voices.

How fear and self-doubt hijack the creative process:

1. Preparation → Procrastination

You keep taking singing, acting, and dancing lessons but you never go to an audition because you still don’t feel ready. You get so lost in the research that you never actually write the first sentence of the book. You buy all sorts of supplies but never get started on a painting.

2. Flow → Flop Sweat

You're in the middle of a scene on stage and your internal monologue starts whispering, "You're off your game tonight. The audience isn't buying it." You're halfway through the novel you've been aching to write for years and you're stopped dead by the thought, "Who's going to care about this? The world doesn't need another book." The painting is halfway finished and you suddenly decide you have no talent and never should have used oils because, who do you think you are? This is a waste of time, and it's selfish of you to be spending so much time on something that is never going to earn you a dime.

3.Surrender → Self-Sabotage

You've finally done it! You've completed a performance, written that book, or finished that painting, but instead of feeling good about your accomplishment, you immediately start finding the flaws within it. "I didn't hit that high note the way I did in rehearsals." "The book didn't get picked up by a publisher. I knew I would be a failure as a writer." "I should have used a different shade of blue. A more sophisticated painter would have gone with turquoise."

Let's be honest; expressing your authentic voice is one of the most anxiety-provoking, raw, excruciatingly vulnerable things you can ever do. It takes tremendous courage and internal fortitude to put your originality out there. That is precisely why so many people will never do it. It is far easier to sit on the sidelines and criticize or mock someone else's ideas. I urge you to summon your courage, find the support you need, and give voice to the creative soul that lives within you. Your life and the lives of those around you will be better for it.

So, how can you move through the roadblocks and stay on track? **Awareness** is always the first step.

Exercise

Take a moment to write down where you are in the life cycle of any creative expression you are currently in the midst of and explore any roadblocks you might be experiencing.

The Five Pathways to Presence

1. Relationships

You are always in relationship with your environment. Use your immediate surroundings to bring your attention to that which is life-giving and supportive. What can you see right now that is beautiful, that brings you a sense of delight or a feeling of gratitude? Also, drawing strength from other people is a very effective way to support yourself. Imagine you are surrounded by the people you know would be cheerleaders for you. See them standing in a circle around you. Invite in any spiritual leaders, role models, ancestors, wise ones throughout history, authors, and mentors, anyone you can think of who would stand around you and hold a supportive space, encouraging you to express your authentic voice. Look around the circle and make eye contact with each person.

2. Emotions

As a creative being, your emotions are incredibly useful. You can use any emotion you experience to fuel your creative expression. When a wave of emotion washes over you, turn toward it. Get familiar with the landscape of your emotions, where you sense them in your body, what color and texture they are and see if you can incorporate these elements into your creative expression.

3. Sensations

Ground yourself in your body. Feel your feet on the floor. Sense yourself as a physical being. Feel the blood pumping through your veins the life force coursing through your cells. Breathe low and deep into your abdomen. Bring full-bodied awareness to everything you create.

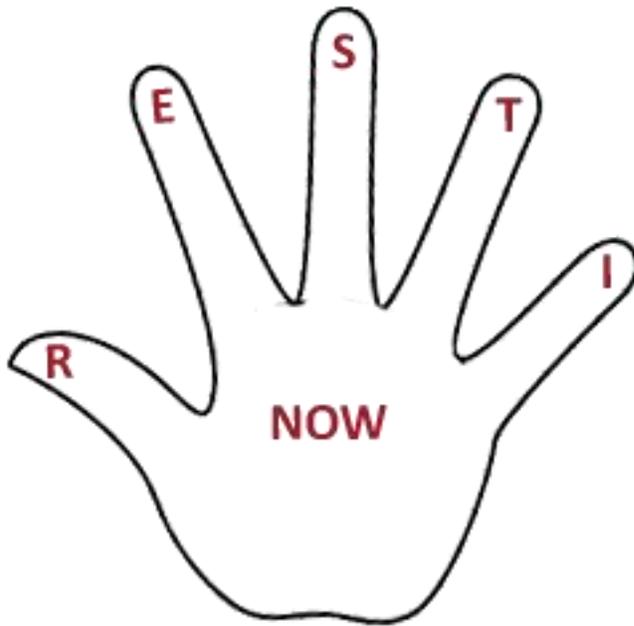
4. Thoughts

Beware the self-sabotaging, loud-mouthed inner critic. When you catch a negative thought pattern, see if you can replace it with a more self-supportive one. Create a creativity affirmation and say it silently to yourself.

5. Intentions

Ask yourself, "What is my intention for this project?" Keep your good intentions at the forefront of your mind as you embark on the creative journey. And finally, bring your attention back to the NOW, to the spaciousness of the present moment where all creative potential resides.

Use the mnemonic device and acronym “R.E.S.T. I.N. NOW” as an easy way to remember these five pathways whenever you need them.



R.E.S.T. I.N. (NOW) - acronym for:

Relationships – Find beauty, visualize your support team.

Emotions – Use whatever comes up to fuel your expression.

Sensations – Breathe. Move. Feel.

Thoughts – Replace negative thoughts with self-supportive ones.

Intentions – Stay ever-mindful of your purpose for each project.

Now – Bring your attention to the present moment, always “rest in now”

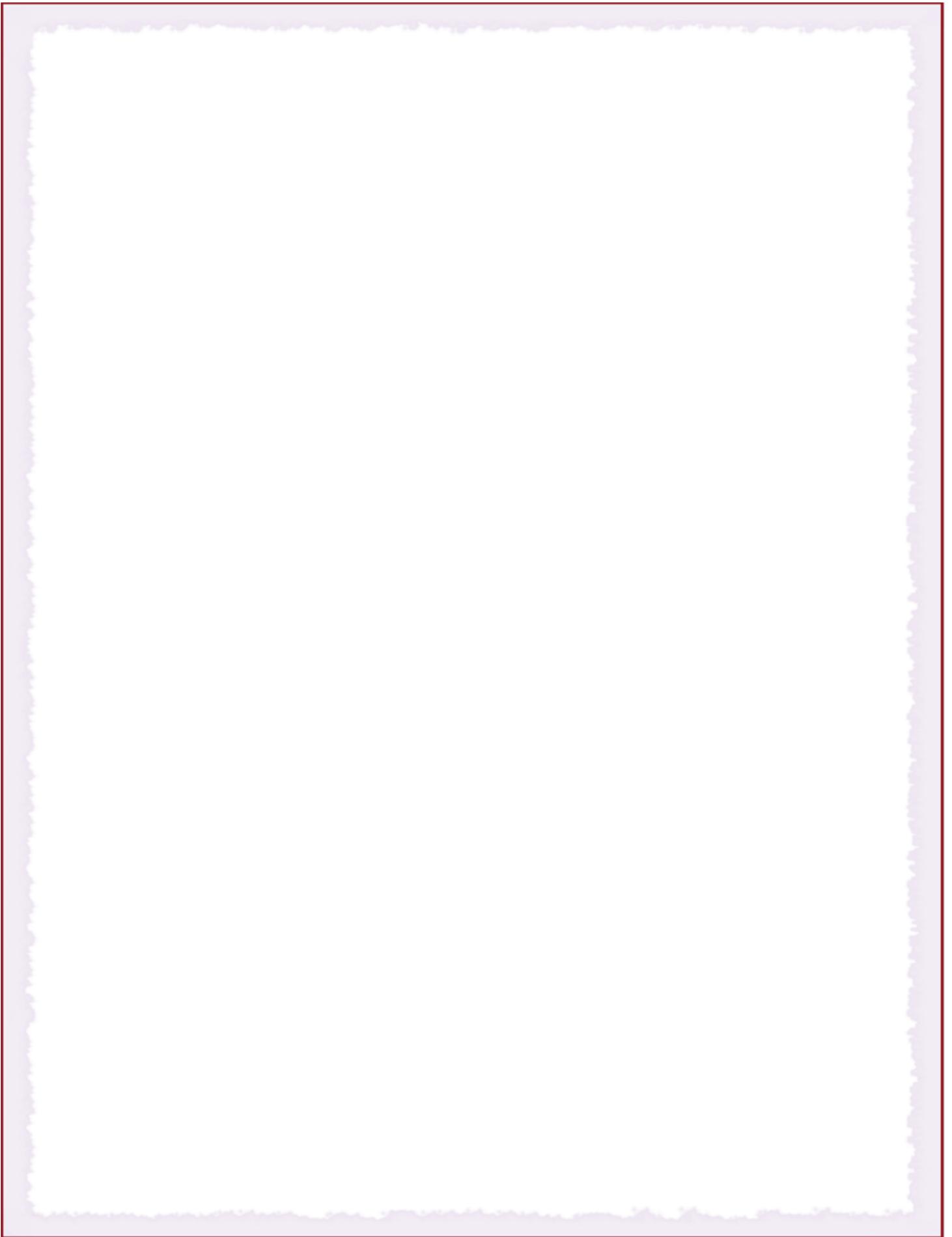
On the next page, place your right hand on the paper and trace it.

Exercise

Draw your own reminder to R.E.S.T. I.N.NOW.

On your thumb, write “R”, index finger “E”, middle finger “S”, ring finger “T”, pinky “I”, and on your palm write “N” or NOW” to help you remember the pathways. If you recall only one thing, use this image to remember to “Rest in Now.”

Use markers, crayons, colored pencils or pens to illustrate each of these pathways. What images symbolize the safety and beauty you might find in relationships? What images come to mind when you think of embracing your emotions? How would you draw the experience of taking refuge in your own body? What color would you like your thoughts to be? What words, colors, images, or symbols represent your creative intentions? How might you illustrate the indwelling presence of the divine in the palm of your hand? Let your creativity flow with abandon on the next page.





We need a new definition
of success as creative souls.

Whenever we take the risk
to do something that brings us alive,
that is a successful creative act.

- Sandra Joseph, *Your Creative Soul*

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6. What am I not creating now that I long to be creating?

"Your energy, your being, flows into matter. Think of steam into water into ice. You are steam (the soul) into water (your beingness) into ice (matter). That is the system that you are.

You could have 12 ideas in a minute because they don't cost you anything. Having an idea is a temporary buzz. Maybe you're the sort of person who will get a creative buzz going, and it's good for maybe a week but then nothing ever happens. I know people whose best creativity is invested in making excuses. Most people will not devote themselves to what their creative soul has in it. They simply won't."

- Caroline Myss, *Your Creative Soul*

Make a list of five things you'd like to create in your life that you are not currently creating:

1. _____
2. _____
3. _____
4. _____
5. _____

Circle the one that has the most energy around it for you right now.

Now imagine you've completed this creation in an even more extraordinary way than you could ever imagine. Your vision has become your reality and exceeded your expectations. How does this make you feel?

If I could _____,

then I would feel _____.

Look at the feeling states you've described. What exists in your life right now that gives you even a *faint* sense of that same feeling?

What steps can you take right now to bring more of that feeling into your life?

What single baby step can you take this week to move you toward what you desire to create?

Schedule it in your calendar—or better yet, do it right now. Truly, what are you waiting for?

There's nothing you can think,
there's not the tiniest response you can have
that doesn't somehow engage
the huge energy grid of the creation that is life
itself.

Another way to say this is
you can't get away with anything.
Everything you do is registered and observed.
Or, to put it in extraordinarily positive terms,
everything you do matters.

- Caroline Myss, *Your Creative Soul*

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7. What am I creating in my relationships?

"The spirit is as capable of creating darkness as it is light. And in fact, it creates that together. You cannot look at yourself and look at your acts of creation and only focus on what you create positively and blank out when someone says, 'And what do you create negatively?' This is the reason people don't heal."

- Caroline Myss, *Your Creative Soul*

On *Your Creative Soul*, Caroline mentions the following examples. Do any of them strike a chord in you?:

- I create a very effective deceitful life
- I create any excuse I want at the drop of a hat and it doesn't bother me
- I create ways to pass on my suffering to others because I see myself as entitled to do that

More wisdom from ***Your Creative Soul: Expressing Your Authentic Voice***:

“The spiritual life is about constantly reflecting on:

Why do I make the choices I do?

What do I want to create looking at creation and creativity not just as, ‘What am I creating in artistic form?’ but ‘what am I creating in every aspect of my life as a being that creates, period?’

What am I creating in my relationships?

What kind of energy field am I establishing?

What kind of energy field do I create with people?

Your 5th Chakra is one of the major power centers of life; this is your power of choice . . . in which you negotiate your choices, it’s your power zone of expression. This is central to your being. It is the place between your head and your heart and when your head and your heart are blocked or not together, not congruent in what you are creating, your spirit gets jammed between them in the 5th chakra so what you create begins to implode and it implodes in your throat.

We are not all singers, but we are all communicators and it’s a form of singing.

We all sing with our voice when we speak to each other. And we all create the energy field we live in between each other. What am I creating with the tone of voice I’m using? The tone is music.

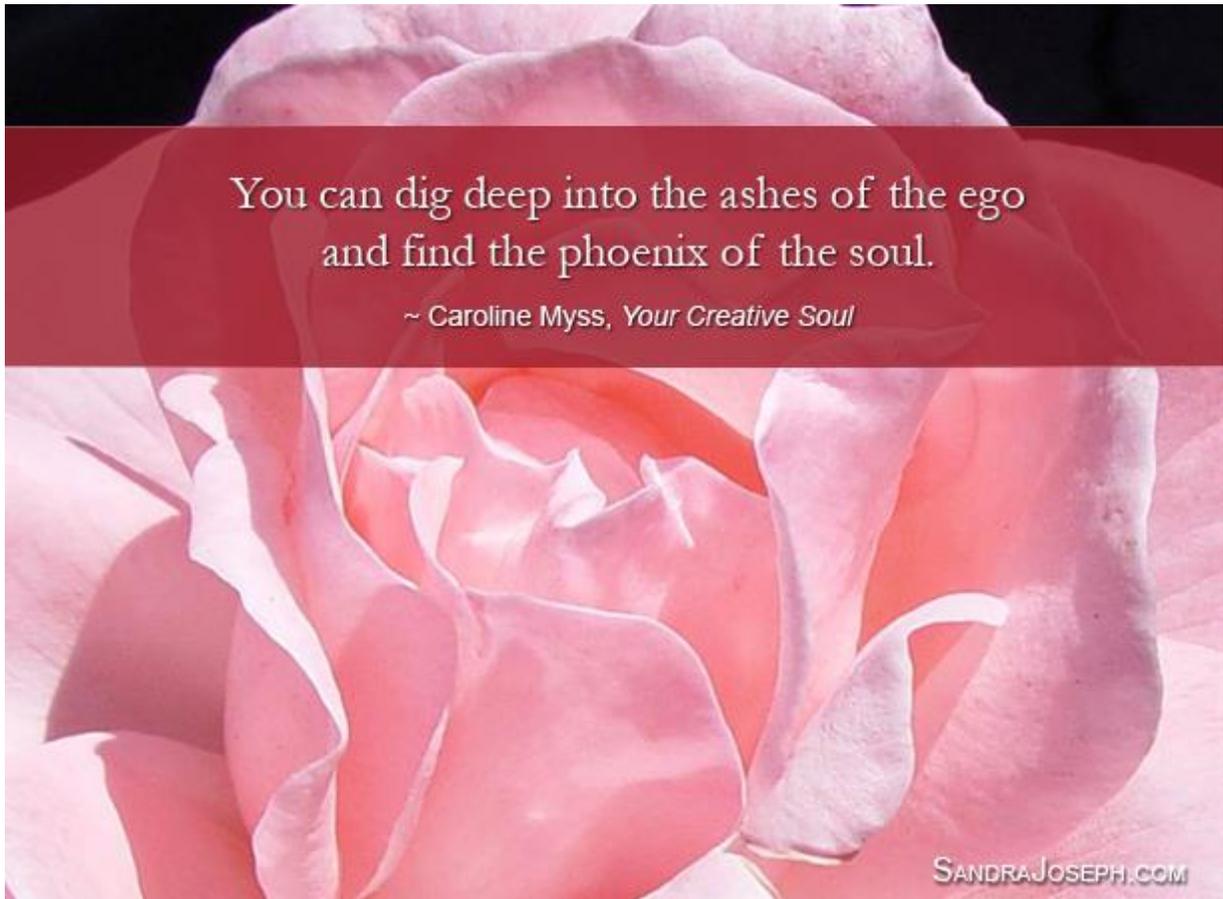
What am I creating with the tone of my attitude? Your psychic field is music. Tones are music. Your attitude is a laser gun. You can take someone down in a glance or you could embrace them, and what they’re feeling, what they’re sensing, you could think of as a musical vibration. They’re sensing what you’re communicating because that’s what we do, and what you’re sensing is the sensitivities or the capacities of your spirit to create a language at the vibrational level. You’re sensing how subtly you can create and set in motion the laws of the universe which are action and reaction and cause and effect and that’s what’s true. This is who and what we are evolving to now.”

– Caroline Myss, *Your Creative Soul*

In singing, we spend a lot of time studying tonality. A tone is a musical or vocal sound with reference to its pitch, quality, and strength. A tone might be sharp or flat, thin or fat. In *The Phantom of the Opera*, there’s a section of music that the musical supervisor described (in his regal British accent) as “jagged” and “angular”. Singers often talk about tones in terms of color and texture: silvery or creamy, slender or flabby.

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A large rectangular area with a decorative, torn-edge border. Inside, there are 20 horizontal lines for writing.



You can dig deep into the ashes of the ego
and find the phoenix of the soul.

~ Caroline Myss, *Your Creative Soul*

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8. Am I repressing my creative voice?

“How many times I’ve heard women say, ‘I wish I could wear that. I wish I could do that.’ And the part that’s talking is their originality. That’s their original voice talking through a fear that if they let their original voice, their creative voice, actually connect with the spirit that’s saying, ‘C’mon let me do that! I have this need to express myself . . . I would burst out with color all over me. I would wear that. I would do that now. Why won’t you let me do that? Why can’t you let me do that?’ I want you to think about that as your creative nature talking to your soul, and when you say, ‘No. What will people think?’ that’s your signal that maybe you should hit a pause button and say, ‘Am I repressing my spirit? Is this an opportunity for me that I should really listen to right here? Should I actually be paying more attention to what’s going on inside of me? Am I negotiating my inner life because of something on the outer?’ And in that moment I want you to think of yourself dying – all alone – and where are all these people that you were thinking about in that moment? What will ‘they’ say? Where are the ‘they’? Where are they? They are nowhere. And then make your decision about whether or not to repress yourself.”

– Caroline Myss, *Your Creative Soul*

When you hear a call from your soul, when you recognize that your spirit is saying, "Let me out!" you have a choice to make. Sometimes fixed or rigid beliefs about ourselves can hold us back from fully expressing our originality.

Exercise

What beliefs do you carry about yourself that could be holding you back from fully expressing your creative voice?

The old belief I am willing to drop is:

"I could never _____
because I am _____."

The new belief I am willing to try on is:

"I can _____
because I am _____."

The qualities I am willing to develop in myself in order to fully express my creative voice are:



Create what you were born to create.
Let your spirit sing. Learn how to sing the song
your soul was given. Don't look for anyone else's music.

- Caroline Myss, *Your Creative Soul*

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9. What can I imagine?

"What are you going to do about becoming creative now, about animating a spirit you already know you have, about not being fearful of the life you're living?"

These are your two options: You have the option of feeling the positive, which is "I feel inspired, I feel wonderment, I feel compassion, I feel the desire to create and expand." Those are all the energies of your spirit, the graces of your spirit. But what happens if you don't have the courage to open all those graces and fly? What happens if you feel so alone [because you don't have that kind of support system] that you feel so alone that what you are afraid of – and follow me very carefully - is that if I actually pursue my creative instincts it will engage transformation. I might discover I really am creative. I might discover something profound about myself. So let me just mention here the fear that 'what if I set something in motion that carries me away? What do I do? Because I don't know my inner self and my own inner potential.' This is called your deeper or higher potential. 'Take me down deep and show me why you gave me life.' You're standing at the door of that."

“Today – the new frontier – we are our own new frontier. We are pursuing the study of ourselves. What’s in us? We are intrigued, fascinated and compelled to go deep within our spirit to find its potential to create and its potential to transform ourselves and others. We also by nature instinctively, inherently know ‘if I unleash myself, if I do this, if I let my energy turn into grace, if I do it, if I pull the plug and I truly illuminate’ -- this is a mystical term – ‘if I truly engage illumination from the inside out and fall into wonderment about myself— wonderment—and I truly become that, where my interior world becomes more authentic than my exterior, where I am filled with awe for the first time in my life, where I hear a voice say, ‘Finally. Be still. I’ve got you.’ And you’re instructed. ‘Now. Let’s go. Let’s do this.’ And your head whirls. And then you know . . . This world shrinks in importance. It becomes paperwork. Lovely paperwork, but paperwork. That’s when creation becomes all that matters.”

– Caroline Myss, *Your Creative Soul*

If we, as a species, really allowed our creative souls to sing, what could we accomplish? What problems could get solved? It begins with individuals finding the courage to spread their creative wings. You have the power to influence the collective creative soul’s destiny. It’s up to you. Will you step into your authentic power and use the creative instincts you’ve been given?

Exercise



Set a timer for ten minutes and free-write your answers to the following questions:

1. How would having **total creative freedom** transform my life?
2. How might my creative freedom impact the world?

A large rectangular area with a light purple, torn-edge border. Inside this border, there are 20 horizontal black lines spaced evenly down the page, providing a template for handwriting practice.

A large rectangular area with a light purple, torn-edge border. Inside this border, there are 20 horizontal black lines spaced evenly down the page, providing a template for writing.



And the day came
when the risk it took
to remain tight in a bud

was more painful
than the risk it took
to blossom.

- Anais Nin

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I leave you with one of my all-time favorite quotes and one final question to ponder:

10. Which risk will I choose?

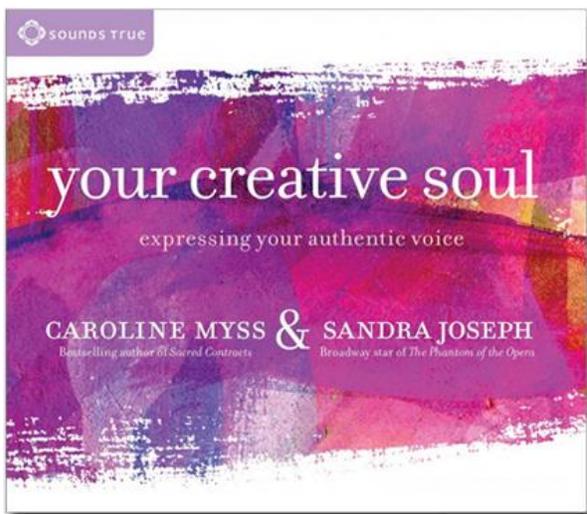
Thank you and congratulations!

I now invite you to

Connect with me and share your experience.

I'd love to hear about your personal experience with this workbook and action guide and continue to support your creative expression.

Please join me here:



If you enjoyed this creative journey, I hope you will consider listening to the entire program on which it is based.

Your Creative Soul is now available from:

[Amazon](#)

[Barnes and Noble](#)

[SoundsTrue.com](#)

[IndieBound.org](#)



Caroline Myss has written five New York Times bestsellers and has been featured on two highly successful public television programs as well as on *The Oprah Winfrey Show*.



Sandra Joseph is a speaker, singer/actress, and workshop teacher who holds the distinction of being the longest-running leading lady in Broadway's longest-running show.

Gratitude

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To share this workbook and action guide, and the entire "Find Your Voice, Live Your Truth" free gift collection, please direct friends to

www.SandraJoseph.com