

FROM THE BESTSELLING AUTHOR OF
BURNING WOMAN AND THE RAINBOW WAY



CREATRIX
she who makes

LUCY H. PEARCE

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she who makes

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WOMANCRAFT PUBLISHING

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Burning Woman

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The Rainbow Way: cultivating creativity in the midst of motherhood

Moon Time: harness the ever-changing energy of your menstrual cycle

Moods of Motherhood: the inner journey of mothering

Reaching for the Moon: a girl's guide to her cycles

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For my creative tribes of blood and soul.

And the creative lights that have shone the way for me.



PRAISE FOR LUCY'S WORK

Lucy H. Pearce is a luminous voice in global change – a voice that calls out for a return to balance of the feminine and masculine energies to heal the very world all beings depend upon to continue existing – preferably thriving.

Paula Youmell, RN, Wise Woman Nurse®, author *Hands on Health*

Lucy's prose is poetic, raw and dances on the edge of outrageous – where outrageous means to defy what we have been taught and have accepted to our detriment.

Jane Meredith, author of *Journey to the Dark Goddess*

Lucy's book is a gift of beauty that feels like a waterfall of sweet nectar flowing upon the flower of our soul. Walking beside us each step of the way, she encourages our unfolding dance of creativity with a rainbow of inspirations and ideas. Guided by Lucy's vibrant support, each woman will traverse her unique path of creative self discovery... a path that leads us to the exquisitely fulfilling experience of inner communion and outer expression.

Mara Berendt Friedman, celebrated artist of the sacred feminine

All your books contain magic, it's just incredible... they are like a nest, a cave to return to when needed, always there and always offering appropriate guidance, insights, security and a safe container.

Stéphanie Ratsimbazafy

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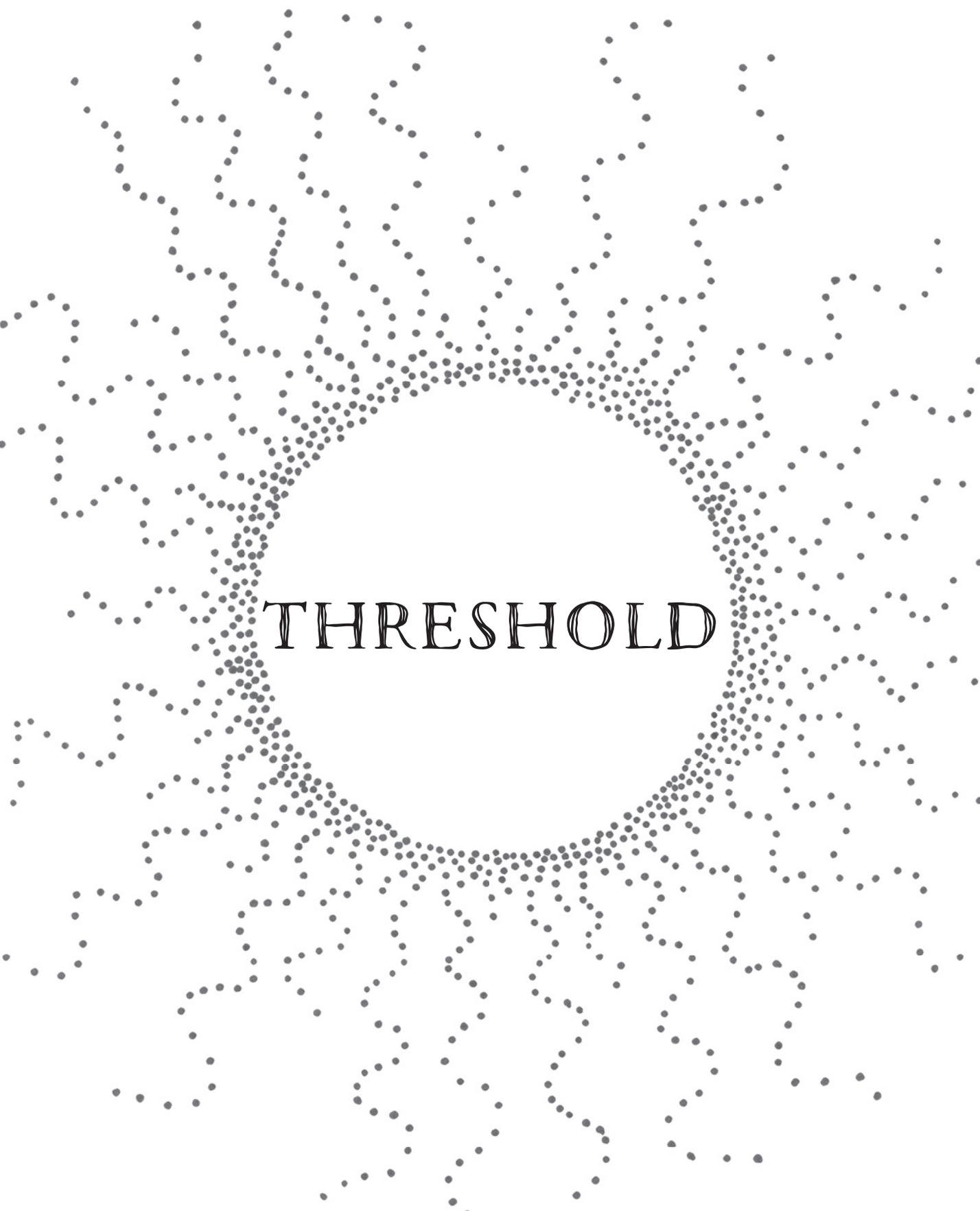
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THRESHOLD

WELCOME



...to the Book

Inside you
there's an artist
you don't know
about...say yes
quickly if you
know, if you've
known it from
before the
beginning of
the Universe.

Rumi

The first book I wrote changed my life.

I have since learned that books have a tendency to do that. You start writing them because you think you know enough about the subject, and quickly find yourself undergoing a drastic education in every aspect of yourself and the topic in order to bring forth the book.

My first book, *The Rainbow Way*, was written for myself as a new mother, struggling to find time to be creative as a way of preserving my own sanity. It was a cry in the dark: for answers, for methods of making creativity happen, and for a tribe of creative women. I felt utterly alone and deeply strange for my unstinting need to create. Until I became a mother I had taken my creative needs for granted. It was only when my time and energy to create were severely limited that I realised how central they were to me as a person.

I knew I was onto something when the idea for the book first hit me: there was nothing like it out there. I took Toni Morrison's sage advice: "If there's a book that you want to read, but it hasn't been written yet, then you must write it." And so I, who had consumed several thousand books as an avid reader, wrote my first book and then walked the well-worn path of desperate wannabe author looking for a publisher.

After several rejections I found a publisher and my first book won gushing endorsements from many creative heroines of mine. It hit number one in multiple Amazon categories in the UK and US. It seemed I was correct in my hunch: creative mothers were yearning for encouragement and support. They were longing to be seen and heard and helped. My book was doing good in the world. And it wasn't just mothers. Creative men were

seeing the impact it was having on their female partners, and were reading it. Women without children, who were trying to find time to fit creativity into their lives, were buying it as a gift for sisters or best friends, but reading it first. I had thought that the market was saturated with books on creativity for a general audience. But it seemed there was still much of value that readers were getting from my book. I was intrigued, but too busy working on other projects to follow it up.

But the emails kept coming. Messages telling me of tears as they read it. Of manuscripts that had been put away that were now being dusted off having read my book. People coming back to painting after years. New blogs, poems, magazines, businesses...inspired by my book.

It was incredible. Humbling. Exciting.

Since then I have written lots more books and started a publishing company more aligned with my own vision: one that celebrates women's creativity, supports them emotionally as they launch their work, pays them fairly and promotes them sustainably. I have taught creative blogging, self-publishing with my *Be Your Own Publisher* e-course, creative writing via my *Your Authentic Voice* e-course. I have danced the line of creative expression with my *WORD+image* course, as well as mentoring many creative souls. Each day I have new conversations about creativity with women and men around the world. I have been interviewed multiple times for print magazines and podcasts on the topic of creativity. I have written many blog posts and a couple of anthology pieces on the subject. And read even more widely on it. In short, I have been amassing material on the topic, and am delighted to finally share it in one place. It is exciting to have the opportunity to incorporate the insight and experience I have had into my own creative practice and making a creative living, in the years since writing *The Rainbow Way*.

Though I still find it terrifying, I also find it immensely satisfying, starting conversations about the profound, overwhelming and transformational experiences of our human lives. So many of us are longing to partake in these raw, hard-to-articulate discussions about the experiences of creativity, spirituality, sexuality and birth-giving that shape every layer of our beings. We have so little opportunity within our culture to give voice to and share notes on them. Often we find we lack the courage, the words to express our feelings or a safe space to start that conversation. Many of us are look-



ing for people like us: creative communities, collaborators and tribes, but don't know quite where to start, because even owning our creativity, "coming out" as a Writer or Artist can be so challenging. Putting our work out into the world even more so. Making a living from it can seem nothing shy of impossible.

Please know I understand how hard this is. I hope that this book, in combination with my others and their associated Facebook groups, will help to support you on each stage of that journey, with the insight and practical advice from many of us who walk *The Creative Way* alongside you.

.....

As always, I had to live this book as I wrote it. Over the three years I was working on this book, I found my own life being transformed by *The Work*. There were no short cuts or glamour in the writing of it, just a strange and spiralling path into the darkness as my own and family's daily lives were totally rewritten by illness and incapacity. The five-day working weeks of 9.30-3pm that I had finally gotten, now all three of my children were at school, were suddenly decimated. I had no time or energy to create: everything I had was being used to cope moment by moment and support others. I had to put our publishing company and my own creative career on ice, and then gradually reclaim each part – but on a far more limited schedule. I had to reclaim what mattered and learn to leave the rest.

I discovered how vital small daily doses of creativity were to me. When I was unable to engage in anything creative all colour, purpose and reason for living drained from my life. I had to do creative things with my hands and mind. More than I had ever understood. For the first year I couldn't write or paint, I could read very little, so instead I watched a lot, took up knitting, listened to more music, started to draw again and made seasonal spirals. It was only on reflection that I realised that the urgency of claiming the time to create is much, much more than just making art: creativity has become my spiritual practice, my healing, my way of living in this world. I create to live.

On the outside it may not have looked that different, but on the inside the shift was profound. Instead of being too-often steered by the expectations and needs of others or the marketplace, I deepened my relationship



with and understanding of the archetype of the Creatrix. I learned to embody her energies more fully – to work with her, rather than sacrifice myself at her altar. I learned to get out of the way and let her lead more than I ever had before, however messy, strange or uncomfortable the results. I learned that the creations made in this space were somehow leading me forwards, through the dark.

And so, I had to recreate the book that I had started. I was called, once again to dive deeper into what creativity means and how it works, into its energetics and archetypes, into the psychology of creativity and our souls. I had to follow my own passions: to stop writing what I thought I should, and dare to do it my own weird way. I had to get deeply uncomfortable. I am aware that this means that parts of the book will make you uncomfortable too, depending on what has been suppressed in your own life and expression. Maybe it will be my use of the word soul, or references to ritual or magic. Perhaps it will be my use of many analogies from the birthing process, that I and many other women who have given birth have found to be an extremely useful embodied metaphor for the creative process. But I know that for others who have not had babies, or have had traumatic pregnancies or birthing experiences these may be challenging. If this is true for you, I ask you to take a step back from your personal embodied experience and to imagine these birthing metaphors within the context of a nature documentary.

Or maybe it will be my predominant focus on women and my playful use of language that highlights this. So many books on creativity through the ages have been written by men, centring on the male experience of creativity and using exclusively male examples. This book unashamedly rebalances the scales. Whilst there is no exclusion of the male or masculine, you will find that the majority of the contributors, case studies and quotations are from women. And you will find the pronoun *she* is most commonly used.

This is not to say that a creatrix is *only* a woman. Nor are all women interested in creativity. And certainly not all women artists are creatrices. What defines a creatrix is less the sex of the body that a person was born into, but rather that they live in contact with that in our culture which has been designated the Feminine – the fluid and flowing – and devote themselves to bringing these qualities to birth through their bodies. In the words of Justine Musk,



I see a creatrix as someone who uses his or her creativity to take the feminine wound and transform it. To take us from pain to power. To release the shame that keeps so many of us trapped and fearful. To give voice to authentic feminine experience— every bit as bold and loud and vibrant as it wants or needs to be.ⁱ

Like falling in love or giving birth, the experience of creative inspiration has been described by thousands of voices over the years. But it doesn't make it any easier to explain! Often myself and the featured creatrices found ourselves wordless, trying to share experiences that transcend words. As one of the contributors, Eleanor Brown, says,

Trying to talk or write about creativity is almost impossible – I'm not sure there is a way to describe a process that is a kind of alchemy. Putting it into words is like trying to contain the uncontainable.

As I progressed with the book, I realised that this is exactly as it should be: creativity is a form of magic, one that happens unseen in the dark, in the space between the known and the unknowable. To seek to shine the full light of conscious awareness on it is a very Western approach. We cannot, should not, seek to rationally understand the processes of mystery or try to break them down into nuts and bolts. And so, whilst this book attempts to give language to creative experience and maps the terrain, it also leaves space for revelation and mystery.

Creatrix seeks to achieve what I have never seen elsewhere, covering both The Work of soul and the worldly work of creativity. Many books focus on one aspect or the other – my intention is to integrate both strands, because, I believe they are part of the same process.

The book is divided into six Circuits, each representing one 'round' of The Creative Way, as well as this Threshold chapter and the Centre.

Circuit One explores what creativity is. It defines The Creative Way and introduces the archetype of Creatrix.

Circuit Two shares the necessities for creativity and the structure of the creative process.



Creativity suffers under great scrutiny from ourselves or others.

SARK, *Succulent Wild Woman*



Circuit Three dives into the soul of creativity and its spiritual dimensions.

Circuit Four explores the energy dynamics of creativity.

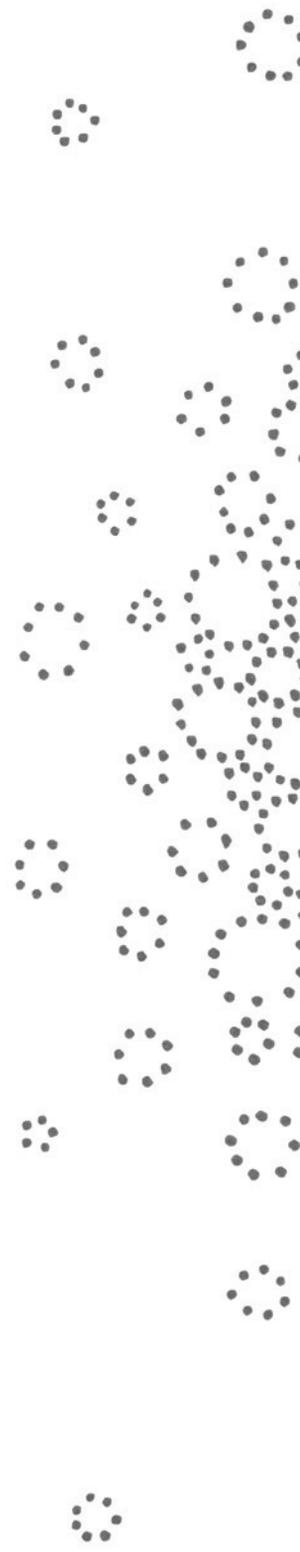
Circuit Five expands into some of the key human challenges that we must navigate in order to share our creativity.

Circuit Six brings the process out into the world and focuses on the practical considerations of earning a living from our creativity.

Centre brings us back to the central tenet of the book, placing our expanded understanding of creativity as both work and Work in a global and historical context once again.

Each Circuit ends with Creative Inquiry and Creative Practice to help you to engage more directly with the content of the book. Interspersed between the chapters are woven creative Experiences from myself and the contributing creatrixes.

After years of hearing how women love to underline and highlight passages in my books, this book has your creative interaction built into the heart of it, with space at the sides for comments and notes and the seeds and snail trails of patterns to encourage you to doodle as you read. In the past I have resisted drawing in books because I didn't want to mess them up, but in the last couple of years it was the books that I was invited to draw in that have stayed with me the most. Something about interacting with the content on the pages and adding my own mark helped the material to sink in deeper. So dive in, please don't hold back because you're worried you'll mess it up – follow the dotted lines, add to them, embellish them, add colour...make this book truly yours.



...to the Creatrixes

This book was written by many women around the world. Each of us alone, reflecting on our own experiences. I then wove these disparate pieces together into my manuscript at the end. What fascinates me is the similarity of themes and motifs that run through each woman's experience. Most contributors simply had the basic topics of the book; we were writing blind of each other. I only had a conversation with a few of the women in person, which I then asked them to expand upon in writing. And yet our words are cohesive, which lets me know that the process we are describing is universal. However, I must caution that only their own words speak directly to their personal experience, and they may well not agree with everything that I have written. Just as you may not. And that is okay. One experience does not invalidate another, as woman have so often been taught, but rather each adds richness and diversity.

To have these women's words and hard-won insights in the book is a privilege, because each of them is special to me. We have found ourselves drawn into each others' orbits because of our creativity, through odd synchronicities and the insistence of mutual acquaintances. I am so grateful that, thanks to the wonders of the internet, I am connected to them. We have passed the creative gift backwards and forwards through mutual inspiration, gratitude and support, through conversations and collaborations. Some of these women have literally saved my life during my darkest days. All of them have changed it. To call them soul sisters may sound trite, but it is my truth. My life is filled with their music, words, images, figurines and other creations. Their creativity, their being, their vulnerability, their beauty and strength inspire me daily. I am infinitely richer because of them. I know myself better through their creations. This is why I invited them here, to share their wisdom with you.

If you read my first book on creativity, *The Rainbow Way*, you will recognise some of them from there. Those women contributed to that book when they were still new mothers. Now we are several more years down the road of motherhood, our children older and our projects are now impacting the wider world around us. Many of us are now the main family breadwinners through our creative work, whilst others have poured this



Here she
comes, running,
out of prison
and off the
pedestal: chains
off, crown off,
halo off, just
a live woman.

Charlotte
Perkins Gilman



energy in a voluntary capacity towards national campaigns of political and social change and international collaboration.

The creatrixes featured range from their twenties to fifties and are scattered across Europe, the US and Australia. We certainly do not represent every woman, but a fair diversity: some of us are partnered, some single; some mothers, some not; some gay, some straight; and we hark from various economic and cultural backgrounds.

All of us have travelled through life-shifting experiences. Collectively we have known: chronic and terminal health diagnoses of ourselves and loved ones; miscarriages and unplanned pregnancies; partner separations; the sudden deaths of close family members; depression, anxiety and mental health breakdowns; losing homes...not to mention the political, emotional and environmental disruptions that are the backgrounds of all our lives in these turbulent times. And all of us have used our creativity to help us navigate through these challenges. We have dedicated ourselves to creating beauty and healing from the chaos of our inner and outer worlds. I am reminded of the quote from Michelle Rosenthal,

*Trauma creates change you don't choose,
Healing is about creating change you do choose.*

Note the key word in both sentences: create.

We don't make art because we have perfect lives or immense privilege. We create in order to live through the lives that have revealed themselves through us, because of, in spite of, the chaos, the confusion, the grief, the anger, the overwhelm, the terror, the trauma, the tragedy, the feeling of powerlessness. We cannot control much of what happens to us in our lives, but if creativity is our default processing response, our ability to heal and transform is enabled.

One of the creatrixes, Erin, who recently lost her mother, puts it so well,

"Tell me about the artist's struggle, what is something you struggle with daily?" she asks.

"grief"

it tumbled from my mouth. instantly. grief is the daily struggle.

it isn't my artistic struggle. it is my life now.

*it was given to me without asking.
and life is my artistic...being.*



We use our creativity to find and weave the beautiful and the meaningful through and from these experiences, in order to reach an understanding of ourselves and an acceptance of unacceptable situations. We create in order to both transcend and immerse ourselves more fully into the feelings that are otherwise too hard, too big or too overwhelming to feel. In a world where there is neither the time nor the space to experience the depth and mystery of our lives, we create both. We make our lives our art, creating our own unique and original body of work within and from our own bodies.

I recognise that each of these women walk The Creative Way, each has dedicated her life to it. Each has found a way to weave herself into the world, and the world through her heart by using her creative skills. Each has made impacts on the world around her through the harnessing of her creative energies. Each has become attuned to her own creativity, its ebbs and flows, and honours it as the centre-point of her life. Each is a beautiful and very human example of the Creatrix archetype embodied.

Let me introduce them to you.

Clare is an artist based in Liverpool, UK, who creates creative community with a radical and irreverent approach. She sells a range of stunning clothes made from her artwork. My mum first met her at an art retreat that I gifted to her, and insisted that I make contact as she was my sort of woman. How right she was.

Dawn is a poet and mother based in the UK who writes about and for healing passionately and authentically. A student on my *Your Authentic Voice* course, she has blossomed as she has reclaimed her connection to her voice.

Eleanor is a songwriter and music-maker who connects deeply with the natural world and the changing times, creating from both the descent and the rising. She lives in the UK. I share the story of our creative collaboration later in the book.

Eli is an artist and writer who has a talent for building creative communities

that support and nourish. Originally from the UK, she lives in Denmark. I have contributed to several of her powerful online community projects.

Erin is a US-born mother, painter, photographer and writer of motherhood and womanhood. She is a celebrated creatrix of political movements that have shaped her heartland of Ireland, and gained her an Irish passport in recognition of her work. We have been online friends for many years.

Jen is a mother based in Ireland, who is reclaiming her creativity through painting and teaching classes in nature connection. We became good friends from meeting at a local women's group.

Laura is a mother and writer, creatrix of rich spaces for togetherness. She is a doll-maker specialising in healing dolls, and creatrix of the Babóg project that brings women together to create dolls for each of the babies lost in Ireland's Mother and Baby Homes. Originally from Scotland, she is based in West Cork, Ireland and is a soul friend.

Lewis is a singer-songwriter, performer and co-founder of Embodied Artists. She is passionate about archetypal work, and is based in Brockley, UK. We were brought together through my book, *Burning Woman*.

Lucy is a mother, writer, visual artist and creatrix of ceramic goddess and female figurines based in Australia. We were fortuitously thrown together by people misspelling our names when they referenced our work on the internet. We have never met but I call her my name sister.

Marsia is a US-based photographer, artist, singer-song writer and storyteller of deep soul. I first found her work through the soundtrack to the movie *Things We Don't Talk About: Women's Stories from The Red Tent* and we later camped next to each other at the Daughters of the Earth gathering, sharing morning exchanges about the movements of a bear in the woods!

Mirin is a yoga teacher, artist, poet, writer, clothing designer and cook who lives a nomadic lifestyle traveling the globe. She is also my only real blood sister in the world.



Molly is a mother, home-educator, writer, priestess and entrepreneur. She is a well-known creatrix of goddess and female figurines designed to empower and heal women through every phase of their lives, which we sell on our Womancraft webshop. She lives in the US.

Rachael is a mother, writer, entrepreneur, a creatrix of ritual and products for women's and girl's menstrual journeys. She is based in the wilds of Wales. We have been online friends for many years.

Tracy is a writer, performer, mother and embodied movement practitioner exploring the liminal spaces of what it means to be human. My best friend and deeply beloved creative collaborator, she also lives in Wales.

Zoé is an emerging artist in many forms – painting, sewing, ceramics, writing – and the French translator of my book *Reaching for the Moon*. A mother, she lives in Switzerland.

You can find out more about them and links to their work at the back of the book.



The people
who are crazy
enough to
think they can
change the
world are the
ones that do.

Steve Jobs

...to Me

If we haven't met before, let me introduce myself a little more.

I am a multi-passionate creative who loves words, pattern and colour. Though best-known for my books – both as publisher and author – I have worked as an artist in paints, pens, buttons, clay, sand, stones, leaves, drama and dance. I have collaborated in various media, led groups and run arts festivals. I have spent twenty years teaching creativity from improvisation to blogging, via creative writing and image making to adults and children. I'm also a mother of three and was recently diagnosed with Aspergers.

My intellectual background is in the History of Ideas – philosophical and other ideas in a historical context. I love this approach, but it is a field dominated by male voices and the rational. My soul's passion is in the transformation of consciousness and the empowerment of women. And so

my Work is dedicated to exploring and embodying this knowledge, adding in lost Feminine perspectives, in what I call Living Philosophy. I try to do so in language that makes these ideas accessible to those of us outside of academia, in the hope that it can contribute to personal and cultural transformation.

If I could tell my nine-year-old self or even my eighteen-year-old self what I do, she would pee herself in delight, barely able to believe that she would one day earn her living doing what she most loved in the world.

But I remember when this was just a dream.

For the whole of my life, before I finally got up the courage to write and then self-publish a book, I was always asking: *what is the way...how do I do it?* I would go to writers' talks at conferences and festivals, write them letters, read their blogs. I wanted to know the magic formula.

Nowadays I'm on the receiving end of that. From others just starting out on their creative path, wanting to know: *how do you do it?*

I know it might be just a dream for you. And that getting from your private vision to integrated physical reality probably seems nigh on impossible. Often when we are in that situation we expend a lot of energy, looking everywhere for the bridge that will take us from here to there.

Most of my work, I realise, is being that bridge for others: shining a light on the realities of The Creative Way. The Way that is right there before you, hidden in plain sight, covered in the weeds of shame, the need for approval, the fear of failure, the desire to be perfect or to keep yourself safe.

I'm here to help share what I know of the creative process with you. But let me tell you here and now, up front: there's no seven-step magical formula to instant fame and fortune. There are no shortcuts to making creative work that matters. And anyone who tells you that there are, is simply after your money. The Creative Way necessarily incorporates failure as well as success. The richness of the creative path is that we must each make it in our own image for it to nourish our souls. It must be this or it is nothing.

I've made my living entirely from my creativity for many years now. Whether this is your intention or not, creativity makes all of us who engage with it a life worth living. A life more challenging and rewarding than one without it. A life where we are more fully engaged.

Let this book be a mirror to help you to see yourself more clearly, your brightness and your shadow, to help you understand your own unique



creative self. Let it open your eyes to the tribe of creatives around you and help connect you with them. Let it guide you to create the life you want for yourself.

The world needs as many of us as possible on The Creative Way.

I'm so glad you're here.

...and Finally, to You



A writer only
begins a book.
A reader
finishes it.

Samuel Johnson

Creative Inquiry

Only half of this book currently exists. The half I have written. The other half comes from what you bring to it, what emerges from your bodymind and soul as you read it. I must warn you now if you're new to my work: reading my books is not a passive process! They require that you open yourself to the energy that is transmitted through them and find ways to let it into your own life.

All creativity starts with curiosity. With inquiry. With questions: *I wonder what if... Why does... How about...* As Day Schildkret so beautifully puts it in his book, *Morning Altars*,

If wondering is a dance, then questions are its choreography. Good questions move you. They connect you to that which you're wondering about. And the purpose of asking questions is not so you can finish dancing but so you can get more into the dance.

Questions hold power. But often we back away from them. Either because we are scared of the answers...or because we are scared that we don't have the answers.

I get it, it's easier and safer not to ask questions, so you'd rather not, thanks very much all the same. It's why many of us leave therapy well alone until we're pretty far along the road of life and all out of other options. But

inquiry is where it's at if you want things to start shifting in your inner world – and inner shifts tend to precede outer shifts. And both help to loosen your creative flow. Naming our truth unleashes magic.

So, here's the deal, at the end of each Circuit, I'm going to ask you some questions. And your job is to consider them. Don't force a quick, off-pat, clever or rational answer. Brood on them. Let them gestate within. Sleep with them. Take a walk with them. Journal them. Come and join us on our Creatrix Facebook group or bring them to your book group or women's circle or art group and discuss them with others. Whatever works for you. But, please, give yourself the opportunity to live creatively into these inquiries. Even the simple, stupid-seeming ones. Especially them. Allow the possibility that they might be doorways into the dark for you.

Let's start from now. Right here. Take a moment and get a sense of where you are in your life, in your creativity.

Your Creative Self

- What brings you to this book? What are you wanting from it? What are you feeling nervous or sceptical about?
- What are your initial feelings about meeting myself and the other creatrixes?
- Do you currently consider yourself creative? Why or why not?
- When did you first feel that you were creative?
- How do you most enjoy expressing your creativity?
- In which areas of your life are you expressing your creativity at the moment: your work, your hobbies, your home, your relationships with partner, children or friends...?
- What is the creative dream that is currently tugging your heart strings? And what is standing in your way?



If you've read through these questions and allowed yourself to inquire, even if you haven't written anything down, the work has begun!

The insight will continue to unfold. You will notice that these questions will keep unravelling themselves in your life. You may find them niggling you. You might notice things in articles that you read, little clues leading you further along The Creative Way. You will begin to look more closely at where and how you are expressing your creativity...and looking for areas to do so more often. You will have to admit where you're shutting it down or running away from it.

You will begin living the questions out in your daily life. Until one day, a few weeks or months down the line, you'll realise that your answers to them are quite different to those you gave initially. You will realise that your creativity is a rich, vital, integral part of your life, and your understanding of The Creative Way is always evolving. As are you, dear one. And that is as it should be.



Doing is a
quantum leap
from imagining.

Barbara Sher

Creative Practice

My hope is that the questions above have initiated fruitful creative inquiry for you. But creativity is not just in the mind. It requires action and expression. And so each Circuit will conclude with creative practice: activities to help you to integrate what you are learning into your body. Of course you can ignore them. Or just do them in your head. Or bookmark them to come back to later.

Or you could accept the invitation and get creative with them!

A PORTRAIT OF THE ARTIST

Whether or not you consider yourself a visual artist, I invite you to take some images of you creating. Use a tripod, or the selfie setting on your phone, or ask someone you feel safe with to take them...

See how you feel about showing your face in the picture, does it feel good or too vulnerable? Try a photograph of your hands or body working, a picture of you 'in process'. Take another of you with the tools you use to create.

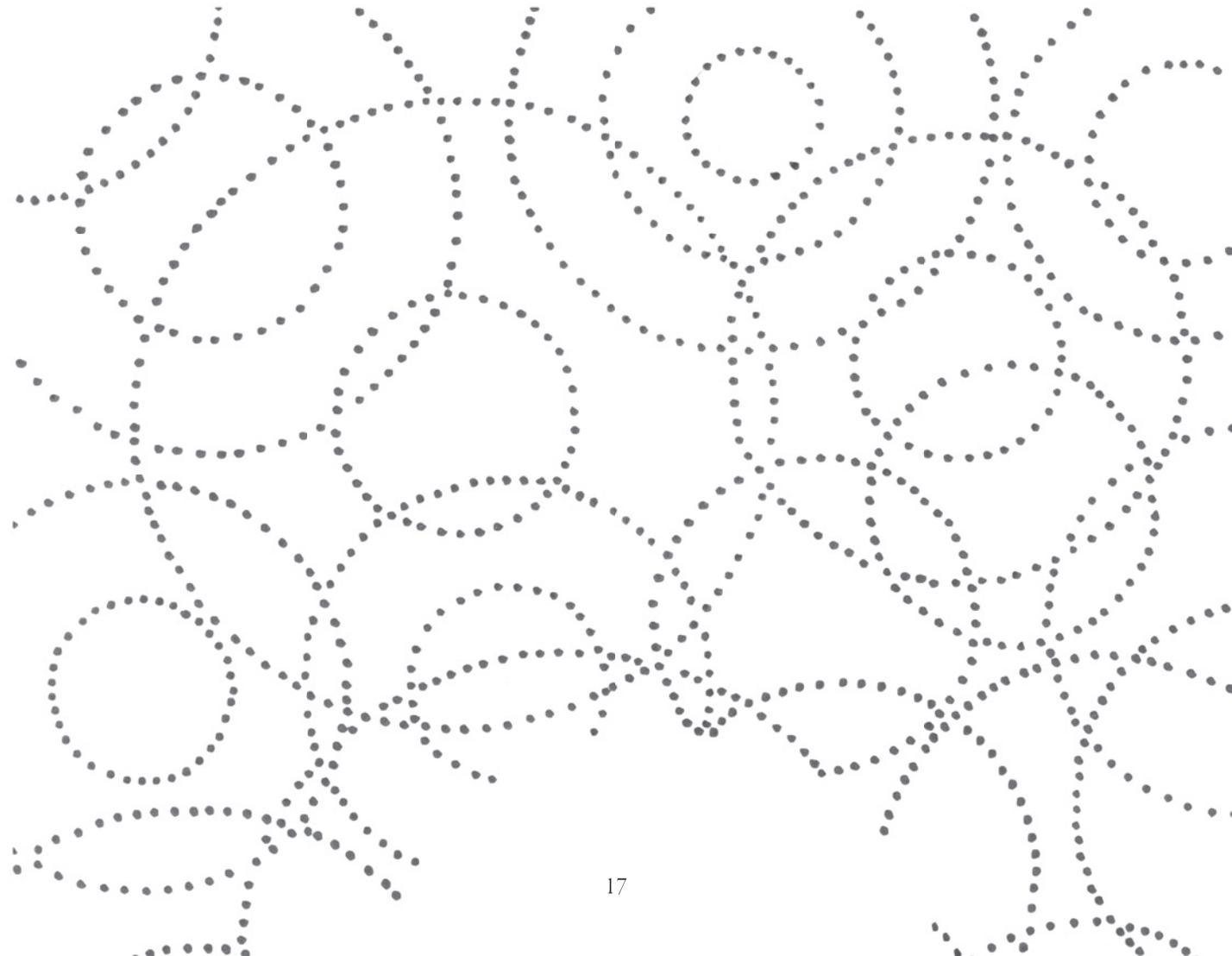


WELCOME

And another of you with a finished piece of your work that you love.

Do you like them as they are, do you want to put them through a filter to make you look prettier or more acceptable? How about continuing the creative process digitally or manually through editing, collage, making one into a mixed media piece?

Print a copy out and place it on your desk, altar space or mantelpiece. Take some time to really witness it: do you notice anything that you weren't aware of before? Consider sharing it with others on social media or in real life. How does it feel to have your creative self witnessed? What can we see...and what can't we see in this image about what creativity means to you?





I

*I am Creatrix,
Constantly becoming
Endlessly flowing
Without limits.*

CREATIVITY



The Road Less Travelled

Two roads
diverged in a
wood, and I –
I took the
one less
travelled by.
And that has
made all the
difference.

Robert Frost

To live creatively is to take the road less travelled: this is The Creative Way. The path walked by we who have dedicated ourselves to embodying the archetype of Creatrix.

This book is a companion to support the life that unfolds when you say yes to The Creative Way. In it I hope to articulate a little of what lies unseen, to deepen your understanding of yourself, the role of creativity in your life, the joys and challenges of inhabiting the world as a creatrix.

It is not my job here to persuade you *why* you should create, nor teach you *how* you should create. I believe that long ago you made a deal with your creativity. Though sometimes you question it. Perhaps most days. You may try to cover it up. Tone it down. Hide from its demands. Censor its strangeness.

I'm guessing you probably question your sanity from time to time. As do many around you. Sometimes you long to throw it all in. To choose again. To have a normal life. To be normal.

But still this big energy keeps urging to be birthed out through you.

This book asks you to (re)consider the gift that you have been given and the courage that lies within you to commit more and more fully to embodying your creativity in every aspect of your life. And why this matters.

Because, believe me, it does.

You see, I don't believe that it's a one-way street. I think that this creative energy has intelligence and purpose. The Creative Way is a real thing, a living thing. And it's longing for you as much as you're longing for it.

You, dear one, are one of its chosen points of expression. It's time to honour that gift more fully.

What is Creativity?

When people hear that I am passionate about creativity, one of the first questions that they ask is: *what exactly do you mean by creativity?*

Most people confuse “creative” with “artistic” and associate creativity with its end product – an accomplished painting or beautifully iced cake. But creative does not (necessarily) equal artistic. Creativity is the basic quality inherent in nature that is responsible for making energy come into form. Creativity is all around us, all the time. Plants produce flowers and fruits. Birds and insects lay eggs. Spiders weave webs. Creativity’s basic biological purpose is to reproduce and sustain life. But it seems to do so in the most dynamic, beautiful, bizarre, extravagant and elegant of ways. Think of the exquisite markings on animal fur, the iridescent plumage of birds, the elegant design of a seashell, the lustrous sheen on a ripe berry, the intricate pattern of a braided river, the vivid colours of leaves in autumn, the seams of precious stones in caves... None of these beautiful forms are strictly necessary. And yet, this is how creative energy expresses itself as it reproduces and transforms the constituent parts of the natural world from one state to another. This creative energy is just as diverse and wondrous, as it expresses itself in music through humans from Bowie to bhangra, in visual arts from expressionism to Pride marches, from ballet to baking, from the extravagant clothes and scents of Chanel to the austere restraint of Zen monks writing haiku.

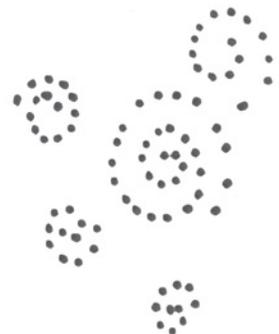
But creativity is not just about an end result. Creativity is the process itself: a way of thinking and problem-solving ‘outside the box’, finding innovative solutions. It is the application of the thought, *I wonder what would happen if...* onto the material world. At its heart creativity requires and engenders changing perspectives. I love renowned land artist Andy Goldsworthy’s take on this, “You can walk on the path or walk through the hedge, there’s two different ways of looking and I think that’s the beauty of art, that it makes you step aside and discover a whole new way of looking.”ⁱⁱ

Creative thinking – sometimes known as divergent thinking – has got us where we are now: a noisy man-made world of planes, mobile phones, computer games, smoked salmon foams and graffiti on the side of sky scrapers. It is at the root of all advances in science. Each advance in tech-

”

Creativity is not a talent, it’s a way of operating.

John Cleese





Creativity is
intelligence
having fun.

Joey Reiman

nology has boosted our ability to transform more natural resources into evermore complex and diverse products. It is no surprise, therefore, that creative thinking is the buzz word of educationalists and business leaders who want to make greater profits.

Over the past few hundred years human creativity has been harnessed for ego and greed on ever-grander scales, with little consideration of the repercussions of all this blue-sky creative thinking on the original creation we inhabit: the Earth and the lifeforms we share Her with.

We have unleashed the creative minds of a few...but kept the creative souls of the majority suppressed, harnessing their energy to do the mechanical tasks that our machines cannot yet do.

But the brain is only half of the creative equation. And creating merely from the head produces soulless objects and disconnection. The soul, the body and feeling – the innate, energetic flow of creativity, traditionally associated with the Feminine – have been sidelined as insignificant or less important within the patriarchal model.

And so here we are.

To fully integrate our creative potential as a species, for it to be life-affirming rather than destructive to our planet and our health, it needs to incorporate mind and body, thinking and feeling. It needs to work with the Earth's creative processes, rather than ignore them.

Conscious Creativity

As we have seen all of nature is in a constant state of creativity. But *conscious* creativity is an ability that we as humans are unique in possessing. Our symbolic abilities, what Jeremy Johnson describes as, “the indecipherable gap between what makes us art-making human beings or pre-art making hominid ancestors,” allow us to conceive of ideas and visions far beyond our basic instinctual or survival behaviours, and bring them into physical reality.

Conscious creativity at its best is deep communion: with ourselves, with our audience, with the world of forms and ideas, and with the divine or transcendent. Where consciousness meets matter, the imaginal realm meets the material realm and something new is made, on purpose.

ABOUT THE AUTHOR

Lucy H. Pearce is the author of numerous life-changing non-fiction books for women and a vibrant artist of lost archetypes of the Feminine.

Several of her books have been Amazon #1 bestsellers around the world, including Nautilus Silver award-winning *Medicine Woman: reclaiming the soul of healing* and *Burning Woman*, an incendiary exploration of women and power written for every woman who burns with passion, has been



burned with shame, and in another time or place would be burned at the stake; *The Rainbow Way: cultivating creativity in the midst of motherhood* and *Moon Time: harness the ever-changing energy of your menstrual cycle*.

Lucy's work is dedicated to supporting creative people's empowered, embodied expression through her writing, teaching and art.

A mother of three, she lives in East Cork, Ireland, where she runs Womancraft Publishing, creating life-changing, paradigm-shifting books by women, for women. She blogs on creativity at: LUCYHPEARCE.COM

Social Media



DreamingAloudNt



lucyhpearce



dreamingaloudnt



dreamingaloudnt

Artist Statement

Spirals weave their way through my books and my art. I love pattern finding and making, and the spiral is the pattern I am drawn back to again and again. So many of my paintings have this snail trail of spiralling white dots over the surface, for me it is a way of making visible the magic, the creative matrix that underlies all of existence. I am a colour lover, and the majority of my artwork includes a vivid full spectrum of rainbow hues, seeking to include all colours within a careful visual balance.



ABOUT WOMANCRAFT

Womancraft Publishing was founded in 2014 on the revolutionary vision that women and words can change the world. We act as midwife to transformational women's words that have the power to challenge, inspire, heal and speak to the silenced aspects of ourselves.

The Womancraft community is growing internationally year on year, seeding red tents, book groups, women's circles, ceremonies and classes that honour the Feminine.

We are the change we want to see in this world.

Join the mailing list for samples of all our new titles, plus exclusive pre-order offers, discounts and Womancraft news.

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OTHER BOOKS BY WOMANCRAFT

Medicine Woman: reclaiming the soul of healing

Lucy H. Pearce

NAUTILUS SILVER AWARD 2018



This audacious questioning of the current medical system's ability to deal with the modern epidemic of chronic illness, combines a raw personal memoir of sickness and healing, woven through with voices of dozens of other long-term sick women of the world and a feminine cultural critique that digs deep into the roots of patriarchal medicine. Pearce takes us from its ancient Greek roots, through the influences of the Enlightenment and Christianity, the wholesale destruction of the wise woman tradition and Western colonial destruction of native medicines to the current technocratic, capitalist model of medicine.

Medicine Woman voices a deep yearning for a broader vision of what it means to be human than our current paradigm allows for, calling on an ancient archetype of healing, Medicine Woman, to re-vision how we can navigate sickness and harness its transformational powers in order to heal.

Packed with dozens of healing arts exercises and hundreds of medicine questions to help integrate body and mind in the healing process. Like *Burning Woman*, this book promises initiation by transmission, reconnecting us directly with the soul of healing.

Burning Woman

Lucy H. Pearce

NAUTILUS SILVER AWARD 2017

A breath-taking and controversial woman's journey through history – personal and cultural – on a quest to find and free her own power.

Uncompromising and all-encompassing, Pearce uncovers the archetype of the Burning Women of days gone by – Joan of Arc and the witch trials, through to the way women are burned today in cyber bullying, acid attacks, shaming and burnout, fearlessly examining the roots of Feminine power – what it is, how it has been controlled, and why it needs to be unleashed on the world in our modern Burning Times.

A must-read for all women! A life-changing book that fills the reader with a burning passion and desire for change.

Glennie Kindred, author of *Earth Wisdom*



The Mistress of Longing

Wendy Havlir Cherry

An invitation to listen and trust the deep feminine that longs to be heard.

A love letter from, and for, devotion.

A prescription for a passionate and creative life.

A sacred reclamation.

A liberation of desire.

A hymn to kindness.

The voice of a modern mystic.

The Mistress of Longing is like the fragrance and softness of rose petals offered to our collective hearts. Wendy speaks directly to the Soul and whispers to our fear and hesitation, beckoning us to live the fullness of ourselves. She not only inspires but also offers concrete, potent exercises to help guide our journey. Don't miss this bounty.

Heidi Rose Robbins, The Radiance Project podcast



The Other Side of the River: Stories of Women, Water and the World

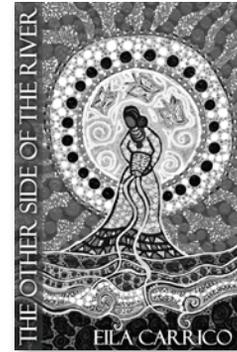
Eila Kundrie Carrico

Rooted in rivers, inspired by wetlands, sources and tributaries, this book weaves between the banks of memory and story, from Florida to Kyoto, storm-ravaged New Orleans to London, via San Francisco and Ghana through flood and drought to confront the place of wildness in the age of technology.

Part memoir, part manifesto, part travelogue and part love letter to myth and ecology, *The Other Side of the River* is an intricately woven tale of finding your flow...and your roots.

An instant classic for the new paradigm.

Lucia Chiavola Birnbaum, award-winning author and Professor Emeritus



Full Circle Health: integrated health charting for women

Lucy H. Pearce

A creative approach to holistic health for all who love planners, trackers and bullet journals to guide and support you in a greater understanding of your physical, mental and emotional health.

Whether menstruating or not, pregnant or post-partum, *Full Circle Health* provides a highly flexible, deeply supportive way of tracking your health, whatever your current health conditions.

With 35 daily charting spreads, a monthly habit tracker, planner, and charting grid, this integrated tool will help you to track symptoms, medication, self-care, energy levels, build positive health habits and mindful awareness.

