

One Week on the Creative Path

Clearing Blocks and Showing Up

Hi there Fellow Creatives, and welcome to this Creative Path training. Whether you are a beginner or a professional artist, this is place to really become the artist you're meant to be. Imagine being that artist - with a unique style, and an uplifting message to powerfully inspire and uplift the world.

So first of all, a big thank you for all of your comments about the last video and the ebook, where I showed you how to clear the top three creativity blocks. I loved hearing all your insight, so keep 'em coming.

By the way, I'm Meghan Oona Clifford, hello! And ten years ago I earned my Masters Degree in Art because I wanted to teach art at the highest level. Since then, I developed this incredible system to keep yourself clear of blocks, expand your skill set, develop your very own prolific art practice, and most importantly, to express your unique style and message.

To share this formula, I founded the Creative Path Workshop. So now, I'm distilling some of the lessons from the workshop into this training, to help you clear those blocks so you can take you art practice even deeper.

So today, we're going to work on our creative mindset so we get to the really fun, really juicy part - of creating your prolific and inspiring art practice.

NOW IS THE TIME TO MAKE YOUR ART

So if you ever feel blocked, unmotivated, or just too overwhelmed to start your next project, you're going to love what we're talking about today. You're feeling called to

share your voice with the world. Artists, this is our time! The world needs our voices, and activating our creative process to its highest potential helps us deliver that art to those who need to see it.

**As an artist, your role is add beauty, truth, and understanding to the planet.
Is it just me, or does the planet seem to kinda need that right now?**

To help with this process, I'm sharing a quiz. It's so cool because it uncovers exactly how much specific blocks are affecting your art practice. Then, it shows you exactly what to do about it. Let's unpack why this self-assessment is so important.

Unless you're really willing to show up and do the work, you'll probably stay blocked from expressing your true voice, and be left behind. And I'm not trying to be a downer, I'm just saying that your willingness to show up and do the work is *the most important thing*.

I know you want your work to be created from your truest voice, in your own style, and you want to leave a legacy, so this work goes beyond just physically making your art.

It's about doing the inner work of uncovering your blocks and clearing them away, so you can then do the magical work of discovering your own style and message. You're called to express yourself for a reason. ***The world needs those creations, that only you can share.***

HOW TO CLEAR THE ROAD BLOCKS

So, how do we clear these roadblocks? Let's do some digging, and get back on our creative path. **Let's talk about what's possible when you start this process.**

Often, a few things start to happen:

- Ideas form more quickly
- A sense of play returns
- A sense of enjoyment and freedom returns
- You start making work from your truest self more effortlessly
- You have deeper conversations with collectors about the meaning of your art
- Your work comes from unique, personal intention

This system is so effective because it's practical and wholistic, working on all aspects of your art practice. It works because you're showing up, deciding you want to upgrade your creativity, and **taking those next steps** specifically designed to clear away resistance.

Then I'll give you exercises to find your intention, discover your voice, and identify your unique style. Those exercises become the foundation for the whole process and allow you to deal with any fears or obstacles as they come up.

MY STORY

I remember years and years ago, thinking that being an artist was self-indulgent and self-centered. Can you believe that? I was block myself with these misguided beliefs.

Now, I've been passionately obsessed with art history and art making ever since I can remember. Art, in it's many varieties, is what opened my heart the most. And it moved me the most. I've grown and evolved the most because of... ART!

And there I was, calling my deepest desires around art "selfish" and "indulgent." In the last video, I mentioned my life took a big turn so I could heal those blocks, (and if you haven't listened to the first video in the series, click the link below to see it in full), but what happened was, I was really lost, searching, and I didn't even know what for.

I wound up at this retreat center for a full year, in the middle of the desert, and I began

the work to unpack my own obstacles, and my blocks, and my fears around being an artist. I was letting go of so much of my old life - a toxic relationship, an exhausting career in business, and a sleepy town that wasn't really feeding my soul.

I remember on my birthday, on the phone with my mom, I was sobbing because I was so lost, and in all this personal turmoil about my life direction. She mentioned getting my masters, and bless her heart, she meant an MBA, but in my heart of hearts, I knew my passion was art. So at the end of the year, I gathered up my courage and clarity, and I moved to San Francisco to attend the oldest art school in the country.

I earned my masters degree in Fine Art and became a full time artist, which was my calling. I wanted to teach art at the highest level, and exactly what I wanted to teach became clear to me in the decade after earning my masters, as I created a super prolific art practice from the ground up.

I wanted to share the system I developed to help you really come alive to your true style and message, and create a prolific art practice to help inspire the world. Once I started to embrace my innate, passionate creativity, I started to come WAY more alive. I felt more free, and more me.

I've done a LOT of work to get to this place where I'm 300% living my most creative life. I'm so much happier, purposeful, and alive.

And I'll go into all that yummy stuff in the next video, so stay tuned.

TAKING A PERSONAL ASSESSMENT

So - if these ideas are resonating with you, and you're craving more, be sure to take that quiz (check your inbox) because it'll only be up for a limited time. It's a powerful assessment to help you work through those eight main blocks that may be holding you back.

Those blocks include: Martyrdom, Perfectionism, Drama, Chaos, Overwhelm, Insecurity, Stress, and Disapproval. These blocks can keep you from becoming the artist you're meant to be. You may make excuses like "I'm too busy," "I have a day job," "I'm too stressed out," "I can't afford it," or "the kids come first." Those are just excuses!

Because once we shift our mindset, our whole reality changes for the better. We can show up, we can inspire the world, we CAN live our most creative lives! So, take the quiz, and then, meet me back here for the next video in a couple of days, where I share the map to your highest creativity.

GETTING TO THE FUN PART!

I'll also show you how you can continue to work with me, and I'll be dropping a very cool, but super limited special offer. This is your time to claim the creative life you want. And some of you may think "why can't I just do this on my own?" Well, you totally can, I'm just here to save you years of struggle.

I've intensely studied and practiced art all my life, and I earned that masters degree specifically so I could teach at the highest level, so I could help artists just like you.

So, I invite you to pour a cup of tea, check your inbox shortly and take that free quiz... give it some thought, give yourself a quiet space to really contemplate your best answers. We're digging deep here.

I'd love to hear what you learn, so please share what came up for you. You can also share the quiz with your creative friends. And I can't wait to go even deeper with you in this training, so I will see you there!