

The Creative Path Mini-Training: Reactivate Your Creative Power

Fellow Creatives! Welcome to this Creative Path Training. Whether you're a beginner or a professional artist, this is *the place* to really become the artist you're meant to be - an artist with your own unique style and message to powerfully uplift the world.

This is the first in a series of three training videos, where I'll be teaching you how to clear creative blocks, in order to get to the really fun stuff - creating your prolific art practice to become the inspiring artist you're meant to be.

So! Is it just me, or have you noticed the world is insane lately? More than ever, we need artists - like YOU - to add beauty, understanding, truth, and hope to the world. When you live your most creative life, you can model for others what it means to live with purpose, meaning, and fulfillment.

Now this can sound a little harsh, and I hate to say it, but a lot of artists will give up. It may just seem too hard to live your full, creative potential. Today's political and economic realities can really wear you down. But that makes it even more important to step up as an artist - because artists make the world better.

NOW is your time to make a choice

Are you going to fulfill your potential legacy, or are you going to quit? You CAN embrace your creative potential, you can create a prolific art practice, and help heal the soul of the world. We need you!

It can be a scary path to take, I know, but it doesn't have to be... and that's where I come in - I'm Meghan Oona, I'm a Master of Fine Arts, and I founded the Creative Path Workshop to help artists just like you.

I can help you discover specifically where you're stuck and how to move on to the next level. And that's where the magic happens! So no matter where you are, whether you're a hobbyist

who's stuck, a student who's blocked, or a professional who just wants to take your practice to the next level, this method can really help.

Here are a couple secrets I learned, having been through it all myself: I've always been an artist, but I had to remove a TON of blocks to finally embrace my true calling and live a prolific, creative life. I know you artists are sensitive people, so rejection can set you back pretty drastically. For example, for me, it hurt terribly when I didn't get into a college art program, as a very young artist years ago. I almost gave up right then!

Plus no one in my family really believed being an artist counted as a real job, including myself. We all kind of carried some deeply held beliefs about sacrifice and duty. This made me think I'd be too selfish if I became a "real artist."

And on top of that, I allowed my energy to get drained from a really toxic relationship in my 20s, which is kind of embarrassing to admit, but it's the truth! So I was treading water to keep my self-esteem and self-compassion afloat... So how could I really embrace myself as functional, effective artist if I let all those blocks get in my way?

It took a kind of dramatic, life-changing decision to heal all that junk.

I dumped my boyfriend and moved out to a retreat center in the middle of the desert a mile from Mexico, for a whole year. And that's where I re-focused my energy to learn how to embrace being an artist so I could really build an inspiring, prolific art practice.... and I'll share more of that story soon....

So! Right now, for limited time, I'm offering a free ebook to help you get over your own blocks, to open up to taking your art to the next level, where ever you are in your practice.

Three common creative blocks

The first block I cover is Martyrdom... this is especially common among parents... It's about sacrificing your creative-self for something else in your life - it may be your kids, your job, your family... Martyrdom can be rooted in a sense that art isn't really important enough to spend time on...

If you don't take your art seriously, and you deny the pleasure, beauty, truth, and understanding it adds to your life and to the world, you're never going to prioritize it as a way of life.

And that may be because you suffer from an inner feeling of guilt and shame about making art - that it's selfish, or indulgent. This is really common, and if this is you... I want you know - it's actually selfish to avoid doing your art! Because what makes humanity so special? It's art.

It's film, music, dance, painting, drawings, photography - it's art that lifts us up, helps us evolve to be better, makes our spirits sing, and leads us to moments of transcendence. Art isn't just a funny little hobby or pastime.

Because art comes from so deep within, denying your creativity is like killing your inner child. It's like living a life that's never quite satisfying... never quite full... because you never shared yourself in that sacred way.

The second block facing so many of us artists is... Drama! You may have heard the term "Tortured Artist," which is a stereotype that unfortunately is rooted in a reality. Tortured Artists happen when creative people suffer from drama.

Now as an artist, you have certain characteristics that can make you more likely to be affected by drama. You have amazing imaginations and open hearts and often are very empathic. This can leave you vulnerable to toxic relationships.

This is where I was for a few years, and it was awful. If you're involved in any way with difficult people who drain your energy like this, you can become too exhausted and even too depressed to work on your art. Life's too short for that.

And a third, super common block is... Perfectionism! Perfectionism is actually a fancy name for procrastination. So if you're a Perfectionist, you may struggle to finish work, or you avoid sharing work, because "it's not quite good enough yet"... Or you're stuck comparing your art to other art... Or you may be afraid to even start, because you don't want to create an imperfect piece of art or be judged...

The fear of being seen and exposed is so intense... We all crave validation and we all avoid rejection... but that's the ego talking... your true self, at your core, doesn't need to get bogged down by all that.

The problem is that you're not really allowing yourself to BE an artist, because making imperfect art is an important part of the Creative Path!

What do creative blocks cost you?

Every new piece makes you a better artist, and being afraid of those awkward stages can paralyze you... but it's actually worth it to embrace those imperfections. How is it hurting your creative self to procrastinate, to devalue your voice, and to compare yourself to others? There's an emotional and energetic cost to not living your most creative life.

It may be costing you peace of mind, or preventing you from expressing your true purpose in the world. And if you have kids, what message is your creative frustration sending to them? Being a prolific and creative artist overflows into your life, sharing your joy and inspiration with the people around you.

And that is totally something I can help you achieve, because I share how to overcome these blocks with practical, specific exercises. And that's the first step - becoming aware of the self-sabotaging blocks that stand in the way of living your most creative life.

So what actions are you willing to take to change? When you download and complete the exercises in the ebook, you'll discover a lot about what's been holding you back, and what you're missing by playing small.

So what did I learn out there in the desert, when I retreated for a year to heal all this stuff? I'll share exactly what I discovered in the next video, so stay tuned for that in your inbox... And within the next video, I offer a free quiz that assesses exactly how much you may be struggling with specific blocks, and how to clear them away.

Imagine living your most creative life, up-leveling your art practice, and being prolific in a way that's true to your unique voice.

Right now, let me give you a little assignment...

Saying YES!

Start by saying YES to going deeper on the Creative Path. You may have to schedule it in, or work it out with your partner or job. Saying YES also means saying NO. So set good boundaries and devote yourself to this very important work.

Saying YES will set you up to walk that Creative Path - of living your most creative life and becoming the artist you're meant to be. And then you get to the juicy stuff:

- expanding your skills and portfolio
- developing an inspiring art practice
- and most importantly, expressing your unique style and message with the world!

Thank you for watching this video, it's the first step in awareness about your Creative Mindset... and the Big Question is - what will you do with that awareness? And how far do you want to take it? Do you want to take it all the way to building that highly creative and inspiring life?

Signing up to live that kind of life is giving yourself and your world a gift. So if this resonates with you, I've got a quick favor - If you have any questions or thoughts, please join the conversation right now below, and be sure to share with your creative friends who this may also resonate with.

Thanks again and see you soon!

~ *Meghan Oona*