



FREQUENTLY ASKED QUESTIONS ABOUT MY ARTIST'S WAY CLASSES

The Artist's Way is a powerful process that has helped millions of people worldwide connect with their creativity and move forward with their goals. Whether you want to write a novel, start a business or simply be more creative in your daily life, *The Artist's Way* will help you rediscover your natural creativity.

I have facilitated ten *Artist's Way* groups with nearly 90 total participants over the past three years, and this fall I'm offering two sections at Soul of Yoga beginning Tuesday, September 7, 2010 and one section at One-Heart One Mind Center for Spiritual Living beginning on Monday, September 13. The classes run for 12 consecutive weeks

Tuesday afternoons beginning September 7 from 1:30-4:00 PM
Tuesday nights beginning September 7 from 6:00-8:30 PM
Soul of Yoga; 627 Encinitas Boulevard; Encinitas, CA 92024

Monday nights beginning September 13 from 6:30-9:00 PM
One Heart-One Mind Center for Spiritual Living;
10225 Barnes Canyon Rd., Suite A102, San Diego, CA 92121

The cost of the 12-week class is \$360 with a discount of \$30 if you sign up by August 29, 2010. A \$50 deposit holds your space, credit cards are accepted, and a payment plan is available. There is a \$15 materials cost payable on the first night of class.

What is your background? What makes you qualified to lead *Artist's Way* groups?

In a nutshell, I have a masters in counseling/psychology from Hofstra University, a certificate in Expressive Arts from Saybrook Graduate School, and have trained in creativity coaching with Eric Maisel. I'm a former teacher and a registered yoga teacher. To learn more, please go to my website www.excoveries.com and click on the link titled *About Judy*.

What is *The Artist's Way* and how did the movement begin?

Julia Cameron, the author of *The Artist's Way*, is a writer, playwright and composer (three of her many talents) who began teaching creativity workshops to people in the arts and entertainment industry over 20 years ago. Her workshops were of great help to people in getting past their creative blocks. People in her groups supported each other as they moved forward with their creative goals. Her workshops evolved into the book, *The Artist's Way*, which has now helped and inspired millions of people worldwide.

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What is the format of your Artist's Way groups?

In my groups, I use *The Artist's Way* as a basic text. We cover one chapter each week for 12 weeks. We follow the traditional *Artist's Way* process of checking in with each other and sharing whatever is appropriate for each person first, then in each session, there is an expressive arts activity designed to go along with the theme of the chapter and to meet the needs of each individual group.

What do you mean by the term “expressive arts”?

Expressive arts activities help promote insight and self-knowledge. Expressive arts activities might be drawing (think image making, NOT creating a work of art), writing, movement, guided visualization, role-playing or any combination of these. **No artistic talent is required!!!** These exercises help access the right hemisphere of the brain, which of course is where our creativity resides.

Expressive arts activities also help you gain deeper personal understanding and overcome the issues that are blocking your creativity. As an example, we do some work on the inner critic (you'll never see her quite the same way again!), and there are activities to help you connect with the child still within you. For more information on expressive arts, please visit my website and click on the link titled *Creativity Classes and Coaching*.

Will I feel comfortable in your group?

If you're familiar with the book, you know that *The Artist's Way* process goes deep. The depth of the process is what makes it so powerful and helps people to overcome their past programming—which is often why they are creatively blocked. My top priority is creating a safe environment for my classes. I set the ground rules in the beginning. Throughout the 12 weeks we share, laugh, reflect and sometimes cry. No one is judged. Each person's individual process is honored, and no one tries to “fix” anyone else. You are always free not to share or not to participate in any activity if it doesn't feel comfortable for you.

How much time does *The Artist's Way* process take, what's required, and what will I get from it?

I will answer first with a question. What do you want to get out of the class?

The Artist's Way program can be transformational, but like anything else, the more effort you put in on the class, the more you will get out of it. Many people in my groups would tell you that the experience was life changing for them—read the quotes on *The Artist's Way* page on my website. Other than attending each class, the requirements of *The Artist's Way* class are daily journaling, called “morning pages,” and a weekly “artist's date.” The morning pages are three pages of writing each morning.

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The artist's date consists of doing some new activity once a week for at least one hour *by yourself*. This could be something as simple as going to a greenhouse (walking around, looking at the different plants, smelling the dirt) or going to a museum. This break from your normal routine will help jumpstart your creative juices. The reason for doing this on your own rather than with someone else is because when you are alone, you can focus totally on the experience rather on the person you might be with. The chapters of the book are rich with self-discovery activities for you to choose from. These are all optional. Julia Cameron suggests that you plan to spend 7-10 hours a week on your Artist's Way activities.

Do I have to do all the activities?

The book is filled with rich activities at the end of each chapter. In addition, I'll be sharing other materials and activities that you may want to try. Think of all this as a smorgasbord. Fill your plate with the activities that seem the most meaningful for you, leaving the rest for another time or choose not to do them at all. While you are in a group, this is your personalized journey, and you design it yourself.

What materials do I need to buy if I'm going to join your *Artist's Way* class?

All you really need is the book, *The Artist's Way* by Julia Cameron. I often suggest that people who feel they have a strong inner critic buy the book *Embracing Your Inner Critic* by Hal and Sidra Stone. You do not need to buy any of the other Artist's Way publications such as the workbook or the morning pages journal. You should choose a journal that feels right for you whether it's a leather bound book or simply a spiral notebook. You might want to have a loose leaf notebook or folder in which to keep the handouts.

I hope you can join me for this very special journey!

A handwritten signature in cursive script that reads "Judy Balian". The signature is written in black ink and is positioned to the left of the contact information.

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