

MAGIC ZONE CREATIVITY CLASS

Connect to your creative brilliance

8 Mondays, 4 - 6pm Feb 15th - April 5th

Welcome to The Magic Zone, an 8-week class guided by Kelly Sullivan Walden and Aspen Matis, wherein you get to (re)discover the boundless untapped power of your imagination, supported by weekly accountability, creative community, and a team of several artists who are at the top of their respective creative professions.

Throughout the class, you'll be encouraged to:

- **DAILY** ~ Begin each day with Morning Pages and/or Breathwork
- **DAILY** ~ Take creative action, 1 small step/action that brings you closer to fulfilling on your intention for this class. Take a risk and focus on the *doing*. Take at least one small action that forwards a creative dream you foster.
- **WEEKLY** ~ Embark on what Julia Cameron calls an Artist's Date: a once-weekly, festive, solo-expedition in which you explore something that interests you. The Artist Date need not be overtly "artistic"—think mischief more than mastery. Artist Dates fire up the imagination.
- **ONGOING** ~ Notice addiction: Drama (our own and other people's) can be a major addiction—and this imposter-energy can exhaust us if we allow it in. Practice releasing it, resisting it, alchemizing it, and/or letting it go.

WEEK 1: DESIRE & THE CALL TO THE ADVENTURE OF CREATIVITY

In this class we'll explore via meditation and writing prompts your entelechy and the call to adventure.

Imagine your creativity maxed out, *peaking* in the most enlightened sense of the word. With your creativity at its apex, what are the three primary qualities that you would embody? What part of that vision/reality can you start integrating into your life/reality, now?

Questions:

- What is your ambition/dream outcome for this class?
- What do you want to discover/accomplish?
- What do you want to release?
- What do you want to bring in?

Guest Artist: Suzanne Heathcote — Showrunner of Emmy award-winning TV series *Killing Eve*

WEEK 2: CREATING SPACE FOR YOUR CREATIVE INNER CHILDREN

Understanding our inner child is the key to discovering our creative freedom. This week you'll get in touch with—and honor the desires of—your inner child.

In an in-class exercise, your adult-self will interview your child-self in order to unearth innovative methods of overcoming your creative blocks.

This week's homework will encourage you to devote an uninterrupted hour (or more!) to an endeavor that has no endgame—anything you would enjoy, for the simple *sake* of joy.

As you do this, you'll find that when you let your rational mind rest and you abandon the outcome-oriented approach that most adults embody much of the time, feelings and emotions you usually repress can surface in your art, through your fingertips. And... inspiration might swoop in and carry you away, down a fresh road... a road less traveled by.

Guest Artist: Grace Phipps — Actress

WEEK 3: OVERCOMING THE ADULT

This week we'll explore the process of alchemizing perfectionism and transforming it into creative liberation.

Often, we wait for the perfect time, the perfect condition, and the perfect state before we take a bold action because we think external “perfection” will lead to a guaranteed success or some sense of safety and security, but safety is a very expensive illusion.

Because waiting for “perfect” can lead to jealousy and envy when we see others doing what we know we *could* but haven't really attempted. Even worse, it can lead to inaction, stagnation, and depression. (*Even illness, as illness and depression can be a symptom of the energy and exertion required to repress your creative flow—the energy of withholding your soul from yourself.)

In this class you'll create your own Fairytale narrative—and discover the ways in which you can make it real in your actual life.

Guest Artist: Rassouli — World-renowned fusion artist

WEEK 4: WELCOME SUBPERSONALITIES

This week we explore the many hidden dimensions of your creative soul, via your subpersonalities.

We'll also discuss the bright side of jealousy, and how it is often a mask for fear—fear that we aren't able to get what we want; frustration that somebody else seems to be getting what is rightfully ours even if we are too frightened to reach for it. In this class we'll create a jealousy map to bring you to your creative next steps.

Guest Artist: Pamela Phillips Oland — Grammy-nominated lyricist

WEEK 5: PRIORITIZING MAGIC

This week we explore our personal relationships with time, our society's glorification of busyness, and how to make time for your most important creative priorities and values.

We will enter the [Kingdom of Less OR *kingdom of less*] by becoming conscious of our addictions to the dopamine hits offered by social media, news media, and creative media (movies, TV, etc.) that can so easily distract from what our soul came here to do.

In order to shake a creative rut, we must puncture the denial and refuse to keep pretending that it's "okay" we haven't attended to our most important work. It's no longer okay that we have allowed for distraction and interruption to dictate our lives and suffocate our dreams; it is no longer okay that we have allowed ourselves to be led by someone else's agenda.

Guest Artist: Kosar Abbasi — Dancer

WEEK 6: EMBRACING THE ANGST

This week we explore the notion that the unknown is your friend, in spite of the fact that a blank page can be a scary place.

We'll explore exercises that will make the uncomfortable comfortable and help us to embrace the unknown; and Kelly will teach us the most fruitful approach to Morning Pages.

In making the inner critic our friend, we discover that we can more clearly hear the voice of our inner champion.

"An admission of uncertainty is so often, in our culture, seen as weakness. Yet it is only when a mind admits *I do not know* that it becomes open to unseen possibility, and honest inquiry. It's as if discovery becomes possible only when the fixed channels of one's mind become electric, charged with the untamed energy of wonder. In this way, humility is the necessary precondition for all *learning*. ... When you believe you know everything, you can unearth nothing." — Aspen Matis, *Your Blue Is Not My Blue*

Guest Artist: Manny Mashouf — Founder of the Bebe fashion empire

WEEK 7: BREADCRUMBS OF BLISS

This week we explore the notion that serious art is born from serious play.

Many people get stuck creatively because they're overly focused on an end-goal that can seem so daunting, so far away and overwhelming, so difficult to achieve. But, when we scale back and focus simply on the next step before us, the work becomes simple. *Flow* is a state of movement—a state of

participation in the dance of the next step, the next twirl, the next pivot, the next leap in creativity's ballet—free of expectation as to any “best” endgame or landing place.

“It is no accident that you are on this planet at this time, in this place, with these people. It’s no accident you’ve been endowed with unique gifts. Your gifts and talents are within you for a purpose. It’s not your job to know how your life is meant to unfold. It is only your job to be attuned to the bliss that moves you, guides you, and underlies your every interaction, moment by moment. When you honor your dreams, your inner guidance, and the promptings of your soul, you are rewarded every step of the way with a resurgence of soul juice—a.k.a. bliss. This is not a temporary high that leaves you crashed and burned out. The breadcrumbs of bliss will lead you to the best place to be, in divine right order.” — Kelly Sullivan Walden, *The Hero's Journey Dream Oracle Deck*

Aspen and Kelly share about their own experiences following their breadcrumbs of bliss, and how, upon the moment of commitment, the entire universe conspires to assist you.

Guest Artist: Eric Morris — Acting teacher to the Stars

WEEK 8: BECOME THE ELIXER

Artist's Salon (a.k.a. Show & Tell)

In this class you will discover that you *are* the creative elixir you've sought.

We'll also explore the notion of “shifting your assemblage point” in order to master your power over your own attention and your ability to refocus on your creativity, no matter what the world throws at you.

The rest of the class will be dedicated to our Artist's Salon—a celebration of the progress you've made toward your creative project over the course of the past 8 weeks together.

Guest Artist: Susan Shapiro — *New York Times* bestselling author and writing coach

Suggested Reading:

- *The Artist's Way*, Julia Cameron
- *Big Magic*, Elizabeth Gilbert
- *The Art of Dreaming*, Carlos Castaneda
- *The Art of Writing Love Songs*, Pamela Phillips Oland