

DR. LINDA YOUNG



CREATIVE WHOLENESS

Reclaim the Creative Self
You Thought You Had Lost

The Deeply Creative

DR, LINDA YOUNG

Course Instructor



DR. LINDA YOUNG

About the Author

Linda is an author, scholar, and spiritual creative who walks the path of creativity as devotion. She has written several books, including *Living a Meditative Lifestyle*, holds a doctorate, and has co-authored with teachers such as Deepak Chopra, Wayne Dyer, and Anthony Robbins. Her work is rooted in spirituality, inner listening, and the belief that creativity is a sacred force—one that gently leads us back to wholeness, truth, and the remembering of who we are.

-01-

STEPPING INTO
CREATIVE WHOLENESS

-02-

WHEN CREATIVITY GROWS QUIET

-03-

DISCOVERING CREATIVITY AS A
VITAL HUMAN CURRENT

-04-

PREPARING YOUR INNER GROUND

-05-

SOFTENING THE STORIES
THAT LIMIT YOUR EXPRESSION

-06-

BEGINNING WHERE YOU ARE

-07-

OPENING SIMPLE DOORWAYS INTO
YOUR CREATIVE PRACTICE

-08-

MEETING RESISTANCE
WITH STEADINESS

-09-

USING CREATIVITY AS YOUR ANCHOR

-10-

WEAVING CREATIVITY INTO YOUR
EVERYDAY LIFE

-11-

TENDING THE ONGOING
RELATIONSHIP WITH CREATIVITY

-12-

CARRYING CREATIVE WHOLENESS
FORWARD

-A Gift-

A SPECIAL INVITATION



*“If you can’t
fly then run...
if you can’t
run then
walk... if you
can’t walk
then crawl,
but whatever
you do you
have to keep
moving
forward.”*

Martin Luther King Jr

1929-1968



COURSE OVERVIEW

O1

Stepping Into Creative Wholeness

You will begin by slowing down and crossing a quiet threshold. Here, you will explore what creative wholeness means for you and begin to sense a returning to it can be gentle, simple, and entirely possible.

O2

When Your Creativity Grows Quiet

You will look with compassion, at the ways creativity may have slipped into the background of your life and discover understanding, where there was once self-judgement.

O3

Discovering Creativity as a Vital Human Current

You will begin to see creativity not as a talent you must earn, but as a natural current within you - one that supports balance, clarity, and inner movement.

O4

Preparing Your Inner Ground

You will explore what helps you feel safe enough to create, learn how presence, permission, and kindness prepare the ground for expression to emerge.

05

Softening the Stories That Limit Your Expression

You will gently uncover the beliefs that have shaped how you relate to creativity and begin loosening them with curiosity rather than force.

06

Beginning Where You Are

Opportunity to give yourself permission to start with what is already available; your time, energy, materials, and attention. You will discover the quiet power of small beginnings.

07

Opening Simple Doorways Into Your Creative Practice

You will explore accessible ways to express yourself through writing, visual exploration, movement, and reflection, noticing which doorways invite you most naturally.

08

Meeting Resistance with Steadiness

You will learn to recognize hesitation, doubt, and inconsistency as natural companions on the creative path, and you will practice meeting them with patience instead of criticism.

09

Using Creativity as Your Anchor

You will discover how regular creative engagement can steady your emotions, strengthen self-trust, and support a sense of inner coherence.

10

Weaving Creativity into Your Everyday Life

You will beginning to carry creative awareness into ordinary moments: routines, choices, quiet pauses. An invitation to allow creativity to become part of how you live.

11

Tending Your Ongoing Relationship with Creativity

You will explore how to sustain a flexible, evolving relationship with creativity that adapts to different seasons and capacities.

12

Carrying Creative Wholeness Forward

Gather what you have discovered and look ahead with confidence, knowing you can continue practicing creative wholeness in your own way, at your own pace.

A GIFT

Continuing the Journey

Explore what possibilities are before you through this surprise bonus.

C H A P T E R

01

STEPPING INTO WHOLENESS

Begin by slowing down and crossing a quiet threshold.
Explore what creative wholeness means for you and sense
that returning to it can be gentle, simple, and entirely
possible.

YOU ARE HERE FOR A REASON

There comes a moment—sometimes quiet, sometimes aching—when something within us whispers, *There is more.* More truth. More aliveness. More of ourselves waiting to be lived. If you are here, reading these words, that whisper has already found you.

This book is not asking you to become someone new. It is inviting you to remember who you already are.

Creative Wholeness is not about talent, productivity, or getting it “right.” It is about returning to the place inside you that has always known how to create meaning from lived experience.

Your creativity is not separate from your spirituality, your healing, or your everyday life—it is the thread that weaves them together. When you create with presence, you come back into relationship with yourself.

You may be arriving here tired, uncertain, or cautiously hopeful. Perhaps you’ve spent years giving your energy outward, tending to others while quietly setting your own creative longings aside.

If so, know this: nothing has been lost. Creativity does not expire. It waits patiently, ready to meet you exactly where you are, without judgment or urgency.

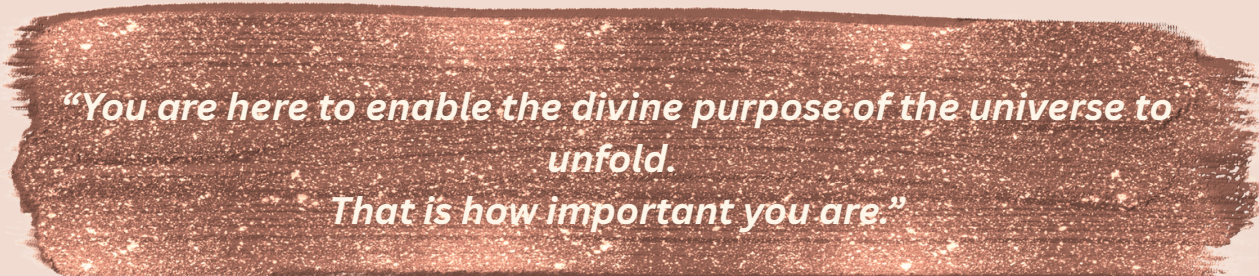


GIVE YOURSELF PERMISSION..

This first step into Creative Wholeness is simply about permission. Permission to slow down. Permission to listen inward. Permission to explore without pressure. You are not behind. You are not too late. You are right on time for this beginning.

As we move forward together, each step will build gently upon the last—opening awareness, restoring trust in your inner voice, and inviting you into deeper levels of expression and integration. This book is a doorway, not a destination. If it resonates, it will naturally lead you toward further exploration, deeper practice, and continued guidance along the path.

For now, let this be enough: you have said yes to yourself. You have stepped onto the path of Creative Wholeness. And we will continue the journey—one conscious, compassionate step at a time.



“You are here to enable the divine purpose of the universe to unfold.

That is how important you are.”

Thích Nhất Hạnh
(1926-2022)

A GENTLE BREATHING PRACTICE

Before we go any further, I invite you to pause. Not to *do* anything—just to arrive.

Wherever you are, allow your body to settle. Let your shoulders soften. If it feels comfortable, close your eyes or lower your gaze.

Take a slow breath in through your nose...
and exhale gently through your mouth.

Again—inhale, as if you are welcoming yourself home.
Exhale, releasing anything you no longer need to carry in this moment.

Now place one hand over your heart, the other over your belly.
Feel the simple truth of your breath moving you, sustaining you,
reminding you that you are here.

With each inhale, silently offer yourself this permission:
I am allowed to begin gently.

With each exhale, let go of expectations—about how this should
look, feel, or unfold.

Stay here for a few more breaths. There is nowhere else you need
to be.

When you're ready, open your eyes and continue—bringing this
sense of presence with you as we move forward.

WHAT TO EXPECT ON THIS JOURNEY

Creative Wholeness is not a course to rush through or complete perfectly. It is a companion—a **space for reflection, expression, and inner listening**. Each chapter builds gently, offering invitations rather than demands. You will be encouraged to notice, to feel, to explore, and to express what is alive within you, in your own way and in your own time.

A chapter a week is what I would suggest, so that there is time to integrate what you are discovering. You could do the reflection for that week every day, if you so choose; repetition is the hallmark of success. However, feel free to approach the chapters in any way that serves you best.

Some moments may feel illuminating, others tender. There is no right pace, no right outcome. Trust that whatever arises is part of your unfolding. As you continue, you may feel called to go deeper—to explore more guidance, richer practices, or further support.

This book is the first step, opening the door to what is possible as you ascend the path of Creative Wholeness.

YOUR TOOLS FOR THE JOURNEY

To walk this path, you don't need anything elaborate. At minimum, I invite you to have a journal and something simple to write or doodle with—a pencil, a pen, perhaps a few colored pencils if that feels inviting.

This journal will become a quiet companion: a place for reflections, sketches, words that arrive unexpectedly, and moments of truth you may not yet be ready to speak aloud.

If you feel drawn to work with other materials, you are welcome to do so. Paint, pastels, collage, movement, or any creative medium that feels natural to you can be part of this journey. There is no hierarchy of expression here. What matters is not the form, but the honesty of your engagement.

Also, use your journal often, not only for the guided practices, but whenever you feel like doodling, or creating something more substantial.



You have completed Chapter 1! How do you feel?
Chapter 2 awaits for you when you are ready.

C H A P T E R

02

WHEN YOUR CREATIVITY
GROWS QUIET

You look with compassion at the ways your
creativity may have slipped into the background of
your life, discovering understanding where there
was once self-judgment.

UNDERSTANDING THE ‘QUIET’

There are seasons in life when creativity does not disappear —but grows quiet. It doesn’t leave in anger or failure. It simply steps back, waiting for the moment when there is enough space, safety, and listening to return.

Many of us have learned to judge this quiet. We tell ourselves stories: *I lost it.* *I wasn’t disciplined enough.* *Something must be wrong with me.* But creativity does not withdraw because we are broken. It withdraws because life sometimes asks everything else of us.

Responsibilities accumulate. Caretaking expands. Survival, success, and stability take priority. In these seasons, creativity often becomes something we promise ourselves we’ll return to “one day.” And quietly, without blame, it waits.

This chapter is not about fixing that silence. It is about understanding it.

LET'S REFLECT

Take a moment to reflect—not with criticism, but with kindness. When did your creative expression begin to soften or fade into the background? What was happening in your life at that time? What were you carrying? Who were you caring for? What did you need to do to keep going?

As you look honestly, you may begin to feel something shift. What once felt like failure may reveal itself as devotion. What once felt like loss may show itself as adaptation. You did what you needed to do. There is wisdom in that.

Creativity is deeply intuitive. When conditions are not supportive, it protects itself by becoming quieter. It doesn't punish you. It preserves itself. And the moment you begin to turn toward it again—with curiosity instead of demand—it responds.

If your creativity has been silent, let this be the first moment you stop asking, *What's wrong with me?*

And begin asking, *What was true for me then?*

This shift—from judgment to understanding—is an essential step in Creative Wholeness. Compassion opens the door that force never could. And from that open door, creativity begins to stir—not loudly, not all at once—but with a familiar, patient breath.

Your creativity has not left you.
It has simply been waiting for you to listen again.

A MEDITATIVE DRAWING PRACTICE

Open your journal to a fresh, blank page. Let it be empty without needing to become anything yet.

If you can, create a gentle atmosphere around you. You may choose to play quiet, meditative music, or simply listen to the natural sounds nearby—the rhythm of birds, wind, or the soft hum of the space you're in. There is no need to silence everything. Let sound become part of the experience.

Take a few slow breaths. Feel your body supported beneath you. Allow your attention to soften and settle into your hands.

Now, without planning or thinking, place your pencil on the page. Begin to move it slowly—following sensation rather than intention. Let your hand wander. Make lines, curves, shapes, or marks without trying to create an image. This is not about drawing something **recognizable**. It is about allowing energy to move.

If your mind begins to comment—**This isn't good** or **I don't know what I'm doing**—greet those thoughts gently and return your attention to the feeling of your hand moving across the paper.

You may notice pauses. Let them be there. You may feel an impulse to press harder, to lighten your touch, to repeat a shape. Trust that your hand knows what it needs to express.

Continue for a few minutes, or for as long as feels supportive. When you sense a natural completion, slowly lift your pencil from the page.

Take a moment to look at what has emerged—not to interpret it, but to witness it. Place a hand over your heart and acknowledge yourself for showing up.

**If you wish, you may write a few words beside your drawing.
You might begin with:**

“What I noticed...”

“What surprised me is...”

“What I felt while my hand was moving was...”

Does it remind you of anything, or speak to you through its shapes, sizes, textures or movement?

**This drawing is not a product. It is a conversation.
A quiet way your creativity says, *I’m still here.***

Congratulations in completing Chapter 2! Go you!

C H A P T E R

03

DISCOVERING CREATIVITY AS A VITAL HUMAN CURRENT

Begin to see creativity not as a talent you must
earn, but as a natural current within you — one
that supports balance, clarity, and inner
movement.

CREATIVITY IS OFTEN MISUNDERSTOOD

We are taught to see it as a gift given to a few, a talent to be proven, or a skill to be perfected. When viewed this way, creativity can feel distant—something we admire in others, but hesitate to claim for ourselves.

As Pablo Picasso once observed,

A young girl with blonde hair tied in a ponytail is painting a colorful abstract artwork on a canvas. She is holding a paintbrush and applying yellow paint. The background shows other colorful paint strokes in orange, blue, and green.

**“Every child is an artist.
The problem is how to
remain an artist
once we grow up.”**

This quiet truth reveals something essential: creativity is not lost because we lack ability, but because life slowly teaches us to doubt what once came naturally.

I know this doubt intimately.

MY CHILDHOOD STORY

As a child, I had an experience that stayed with me far longer than I realized. I was about nine or ten years old, and it was a rainy school day—one of those days when we were allowed to stay indoors during lunch and quietly amuse ourselves. While most children chose games or conversation, I chose the art room. As it turned out, I was the only one there.

I remember the joy of it vividly: standing at a full-sized easel, mixing colors freely, letting my imagination move across a large sheet of paper. It felt natural, expansive, alive. Even then, I knew I was an artist. In my young mind, I believed I had inherited this gift from my grandfather, who was a wonderful painter.

When the art teacher came to look at my finished work, I stood beside it with confidence and said, “My grandpa was an artist.” I wasn’t asking for praise—I was reaching for recognition, for confirmation of something I already felt was true inside me.

The teacher didn’t comment on the painting. Instead, he pointed firmly to the paint palette and said, “Do not mix the paints.” That was all.

Though he never said my work was wrong, that is how I received it. In that brief moment, something open and trusting in me closed. I felt devastated—confused, unseen, and suddenly unsure of what I had so freely known before. That two-minute exchange echoed quietly through the years, shaping how safe it felt to express myself creatively.

This is how creativity is often misunderstood—not only by systems and structures, but through small, seemingly insignificant moments that carry great weight. A single response can interrupt the natural flow of creative confidence, teaching us to doubt our instincts and silence our inner knowing. Yet the truth remains: creativity did not leave. It learned to be careful.

Yet creativity is far more fundamental than that. It is not something you earn. It is something you **are**.

Beneath thought and effort, creativity lives as a current—subtle, intelligent, and alive. It moves through you as intuition, curiosity, and the quiet impulse to respond to life. It shows up when you rearrange a room to feel more spacious, when you choose words carefully in a conversation, when you sense what your body needs and listen.

This current does not demand productivity. It supports balance. It restores inner movement when life has felt stagnant or overly constrained. When creativity flows, you may notice greater clarity—not because you have solved everything, but because you are once again in relationship with yourself.



You don't have to force this current to appear. Like water, it responds to openness. When you give yourself permission to be present, to explore without outcome, creativity naturally begins to circulate again. It loosens what has grown tight. It breathes through places that have been held still for too long.

In this way, creativity is deeply healing—not because it fixes, but because it reconnects. It reminds you that life within you is dynamic, responsive, and wise. Even small acts of expression can shift your inner landscape, bringing a sense of movement where there was once heaviness or pause.

As you continue on this path, allow your understanding of creativity to widen. Let it become less about *doing something well* and more about *being in flow with yourself*. This is the foundation of Creative Wholeness: recognizing creativity as a vital human current—one that is always available, always responsive, and always willing to meet you where you are.

You are not learning to create.

You are remembering how to let life move through you again.



Well you have completed Chapter 3. You are doing the gentle unfolding of your inner creative.

Go kindly and compassionately whilst you are doing this important self-work.

I leave you with a blessing...

A Closing Blessing

May your hands remember their wisdom.

**May they trust what they know
without needing permission.**

**May what flows through them
be guided by kindness, patience, and truth.**

**As you continue,
may your creativity feel less like effort
and more like coming home.**



C H A P T E R

04

PREPARING YOUR INNER GROUND

You explore what helps you feel safe enough to create,
learning how presence, permission, and kindness
prepare the ground for expression to emerge.

PREPARING YOUR INNER GROUND

Creativity does not emerge on command. It arises when the inner ground feels safe, receptive, and gently held. Just as seeds do not push their way through frozen soil, creative expression waits for the conditions that allow it to unfold naturally.

Many of us learned to associate creativity with evaluation—being watched, corrected, or compared. Over time, this can make expression feel risky. Without realizing it, we may brace ourselves before creating, holding tension in the body, the breath, or the mind. This chapter is an invitation to soften that bracing.

Preparing your inner ground begins with ****presence****.

Presence means meeting yourself exactly as you are, without rushing ahead or looking back with regret. It is the simple act of being here—inhabiting your body, noticing your breath, allowing your experience to be what it is. When you are present, creativity senses that it is welcome.

****Permission**** comes next.

PERMISSION...

I can't reinforce this enough; permission is not earned through productivity or skill. It is given freely, inwardly.

Permission to begin imperfectly. Permission to move slowly. Permission to explore without explanation. When you offer yourself this permission, creativity no longer needs to hide or wait.

And then there is ****kindness****—the quality that makes everything else possible.

Kindness is how you speak to yourself when nothing seems to come. It is how you respond to hesitation, distraction, or uncertainty. Kindness creates an inner environment where creativity can experiment, pause, and reveal itself in its own time.

Together, presence, permission, and kindness form the ground from which expression grows. They signal to your creative self that it is safe to emerge—not to perform, but to participate in life.

I came to understand this truth more fully many years later.

About twenty years ago, I undertook a two-year, part-time course of study in Spiritual Direction—a contemplative discipline passed down through the great mystics, including **St. Ignatius** and **St. John of the Cross**. Spiritual Direction is not about fixing or advising; it is about listening deeply—to God, to the soul, and to the quiet movements within.

During that time, the childhood experience I shared earlier returned to my awareness. The timing was gentle and right. I revisited it not from the wounded perspective of a child, but from a grounded, contemplative lens.

What I began to see brought great relief.

I realized that my ten-year-old self had made an assumption—one that had silently shaped my creative life for years. The art teacher's lack of comment did not mean my artwork was bad. His firm instruction not to mix the paints was not a rejection of my creativity. I began to see the wider context: he had likely been assigned extra duties during the wet-day timetable and may not have been pleased about it. By freely mixing paints, I was probably creating more work for him.

His response was practical, not personal.

And then came an even deeper realization: even if he *had* said my work was rubbish, that would have been his opinion—not a truth I needed to carry or live by.

This reframing was profoundly freeing.

Something long-hidden softened inside me. The timid child-artist who had quietly retreated all those years ago finally felt safe enough to step forward again. With presence, permission, and kindness, she emerged from her hiding place and returned to drawing—not to prove anything, but to express herself freely once more.

I include one of my sketches here as a simple sign of that return. Not as evidence of talent, but as a testament to what becomes possible when the inner ground is prepared and creativity is met with compassion.

As you move forward, begin to notice what helps **you** feel safe enough to create. It may be quiet, warmth, ritual, or routine. It may be certain times of day, certain postures, or certain materials. There is no universal formula. Your body and inner knowing will guide you.

Creative Wholeness is not about forcing expression into existence. It is about tending the inner landscape so expression can arise naturally—honestly, gently, and without fear.



Linda Young - Bordertown - 2021

YOU ARE NOT PREPARING TO *DO* SOMETHING EXTRAORDINARY.

YOU ARE PREPARING TO *ALLOW* SOMETHING TRUE.

AND THAT IS MORE THAN ENOUGH.

A SAFE INNER YES

Begin by finding a comfortable position—seated or standing—where your body feels supported. There is no need to sit in any special way. Let comfort be your guide.

Gently place one hand over your heart and the other over your belly. Allow your eyes to close, or soften your gaze.

Take a slow breath in through your nose...
and exhale gently through your mouth.

Bring your attention to the simple sensation of your hands resting on your body. Notice warmth, pressure, or movement—without trying to change anything.

This is *presence***.**
Simply being here.

Now, silently offer yourself these words, or words like them:

In this moment, I am allowed to be exactly as I am.

Notice how your body responds. There is no correct reaction. Even neutrality is welcome.

Take another slow breath. On the exhale, imagine your shoulders softening, your jaw unclenching, your belly easing. If it helps, picture your breath creating a little more space inside you.

Now bring kindness into the practice. You might say quietly:

I am doing the best I can.

I don't need to hurry.

I can be gentle with myself.

Let these words land where they want to land.

Remain here for a few more breaths, allowing your nervous system to settle and your body to recognize this moment as safe enough.

When you're ready, slowly release your hands and open your eyes.

Before moving on, take a moment to notice:

Does creativity feel even slightly more welcome now?

You can return to this practice anytime—before creating, during moments of doubt, or whenever you need to remember that safety is something you can offer yourself.

A background image of two hands, palms facing each other, with fingers slightly curled to form a heart shape. The hands are a light skin tone and are set against a soft, warm-toned background.

Affirmation

When I meet myself with
presence, permission, and kindness,
my creativity knows it is safe to
emerge.

C H A P T E R

05

SOFTENING THE STORIES THAT LIMIT YOUR EXPRESSION

Gently uncover the beliefs that have shaped how
you relate to creativity and begin loosening them
with curiosity rather than force.

WHAT'S YOUR STORY?

Each of us carries stories about creativity—stories formed quietly, often without our awareness. They are not loud declarations, but familiar inner phrases that shape what feels possible.

“I’m not creative.”

“I lost that part of myself.”

“It’s safer not to try.”

“I should know more before I begin.”

These stories are rarely born from truth. More often, they arise from moments when expression didn’t feel safe, welcomed, or understood. Over time, they harden into beliefs—not because they are accurate, but because they were never questioned.

In the previous chapter, I shared how a childhood experience with an art teacher became one such story for me. For many years, without realizing it, I lived inside the assumption that my creative instincts were somehow wrong or unworthy. The story was not spoken aloud, yet it quietly shaped how close I allowed myself to come to my own artistic expression.

What changed was not the past—but the way I met it.

Through presence, permission, and kindness, I revisited that moment and saw it with new eyes. The story softened.

What once felt like a verdict revealed itself as a misunderstanding. And in that softening, my inner artist—long hidden for protection—felt safe enough to return.

This is how limiting stories loosen. Not through argument or self-correction, but through compassionate curiosity.

Rather than asking, *How do I get rid of this belief?*

Try asking, *When did this story begin?*

What was it protecting?

What might be true now that wasn't safe to see then?

As you bring gentle attention to your own creative stories, notice the tone you use with yourself. Is it harsh? Cautious? Dismissive? These voices are not enemies. They are remnants of earlier wisdom—strategies that once helped you navigate vulnerability.

When you meet them with respect rather than resistance, something begins to shift.

Softening does not mean denying your experiences.

It means allowing space around them. In that space, creativity no longer has to stay guarded. It begins to trust that you are listening differently now.

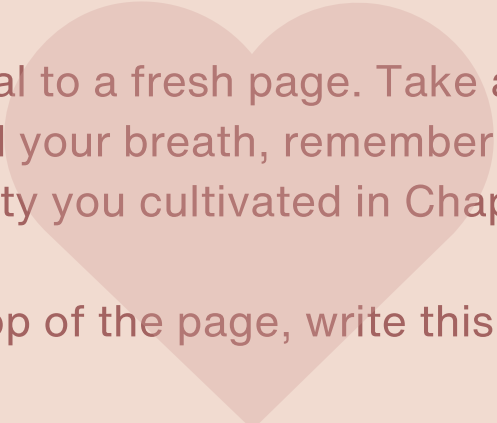
You don't need to replace old stories with new affirmations.
You don't need to decide who you are creatively.

Simply loosening the grip of what you've believed is enough.

Creative Wholeness unfolds as we release what no longer needs to define us.

Your creativity has been patient.
It knows how to return when the stories soften.

REFLECTIVE PRACTICE



Open your journal to a fresh page. Take a moment to settle your body and your breath, remembering the sense of safety you cultivated in Chapter 4.

At the top of the page, write this sentence:

“One story I carry about my creativity is...”

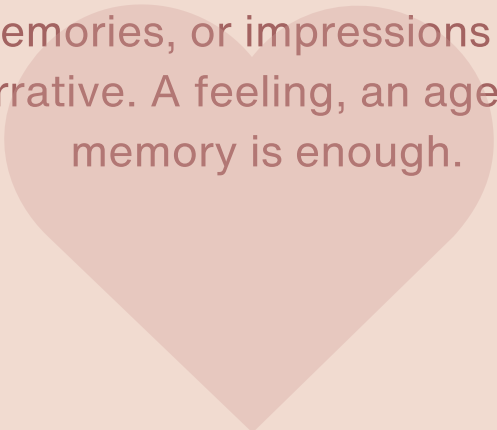
Allow a belief to surface naturally. Choose one that feels familiar rather than overwhelming. Write it down exactly as it appears in your mind, without editing or softening it.

Now pause. Place a hand over your heart or belly and take a few slow breaths. Let yourself feel the truth of how long this story has been with you.

Beneath the sentence, write:

”This story began when...”

Let images, memories, or impressions arise. You don’t need a clear narrative. A feeling, an age, or a fragment of memory is enough.



Next, gently shift perspective. Draw a simple circle around the belief you wrote at the top of the page. This circle is not to trap the story, but to **contain** it—so it no longer fills the entire space.

Around the outside of the circle, begin to write or doodle responses from a place of kindness. You might include words such as:

“I understand why this story formed.”

“This belief was trying to protect me.”

“It makes sense that I felt this way.”

You may also draw lines, shapes, or symbols that feel supportive or spacious. Let your hand move intuitively.

Finally, beneath the page, write this closing sentence:

“What feels truer now is...”

Do not rush this. You may not find a clear answer today. Even a single word—**curiosity**, **openness**, **permission**—is enough.

When you feel complete, gently close your journal. Let this practice continue to work quietly within you.

You are not erasing a story.
You are giving it room to rest.

Affirmation

I meet my creative stories
with kindness,
and in that gentleness,
new possibilities
emerge.

C H A P T E R

06

BEGINNING WHERE YOU ARE

Permission to start with what is already available —
your time, energy, materials, and attention — and
discover the quiet power of small beginnings.

RETURNING TO YOU

There is a quiet temptation,
when returning to creativity, to wait.

**To wait for more time.
For clearer inspiration.
For better materials.
For the “right” mood.**

For the version of yourself who feels more confident, more
prepared, more certain.

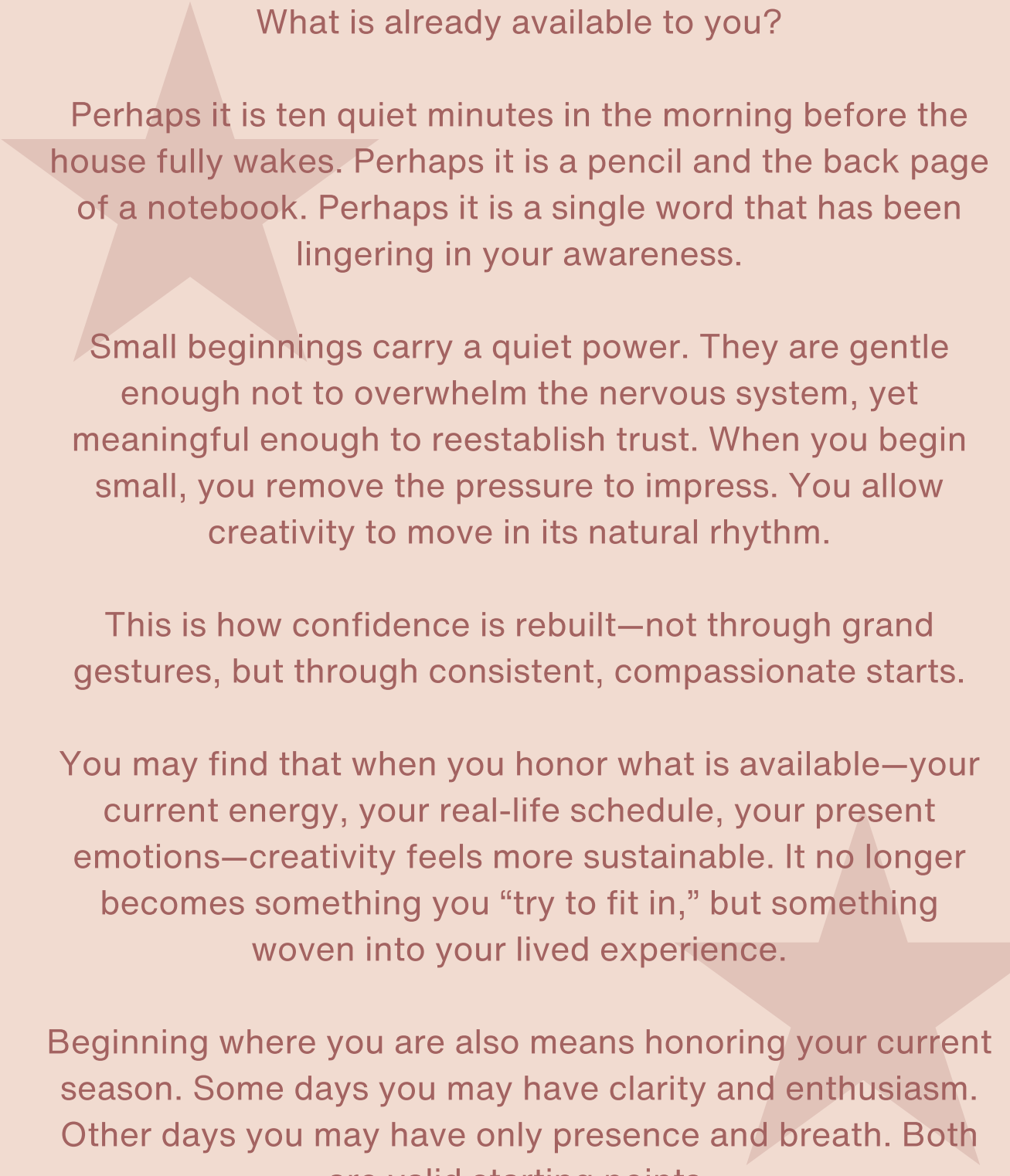
But creativity does not ask for ideal conditions. It asks for
willingness.

Beginning where you are is an act of profound self-respect.
It says: *This moment is enough. I am enough. What I have
is enough.*

You do not need a new studio. You do not need hours of
uninterrupted time. You do not need to feel fearless or
inspired. You only need to meet this moment with honesty.

As **Arthur Ashe** wisely said,
*“Start where you are. Use what you have.
Do what you can.”*

There is deep freedom in these words. They release you
from comparison and invite you back into agency.



What is already available to you?

Perhaps it is ten quiet minutes in the morning before the house fully wakes. Perhaps it is a pencil and the back page of a notebook. Perhaps it is a single word that has been lingering in your awareness.

Small beginnings carry a quiet power. They are gentle enough not to overwhelm the nervous system, yet meaningful enough to reestablish trust. When you begin small, you remove the pressure to impress. You allow creativity to move in its natural rhythm.

This is how confidence is rebuilt—not through grand gestures, but through consistent, compassionate starts.

You may find that when you honor what is available—your current energy, your real-life schedule, your present emotions—creativity feels more sustainable. It no longer becomes something you “try to fit in,” but something woven into your lived experience.

Beginning where you are also means honoring your current season. Some days you may have clarity and enthusiasm. Other days you may have only presence and breath. Both are valid starting points.

Creative Wholeness does not demand expansion before readiness. It grows from authenticity.

Today, ask yourself:

“What small beginning feels possible right now?”

Not tomorrow. Not someday. Now.

Then honor that beginning—however modest it may seem.

A single line drawn.

A paragraph written.

A color placed on paper.

A few conscious breaths before you move your hand.

These are not insignificant acts. They are declarations of return.

You are not behind.

You are not late.

You are beginning exactly where you are meant to begin.

And that is powerful.



A 5-MINUTE “BEGIN NOW” PRACTICE

****The Power of Small Starts****



This practice is intentionally brief. It is designed to remove hesitation and invite movement.

Set a timer for five minutes. Not ten. Not twenty. Five.

Before you begin, take one slow breath and quietly say:

“For the next five minutes, I am simply showing up.”

Now choose one small creative action:



* Write without stopping,
even if it's only a few scattered thoughts.



* Draw a single continuous line across your page,
letting it wander.

* Choose one color and fill a corner of the
page with shapes or texture.

* Make a short list of images, memories,
or words that feel alive today.

Do not plan. Do not evaluate. Do not aim for completion.

“BEGIN NOW” PRACTICE



Your only commitment is to remain engaged until the timer sounds.



If resistance arises, notice it kindly and continue moving your hand. If you feel uncertain, let the uncertainty be part of the page.

When the timer ends, stop—even if you feel you could continue. This is important. Ending gently builds trust. It teaches your nervous system that creativity does not require depletion.

Place your hand on your journal for a moment and acknowledge what you just did.

Five minutes is not small.
It is a doorway.

You have just practiced beginning.



As Mother Teresa reminds us,

Two starfish are positioned behind the central text. One is a large, light-colored starfish with a textured surface, and the other is a smaller, darker-colored starfish with a smoother surface. They are both oriented with one arm pointing upwards.

**“NOT ALL OF US CAN
DO GREAT THINGS.
BUT WE CAN DO SMALL
THINGS WITH GREAT
LOVE.”**

Perhaps creativity is simply this -
returning, again and again,
to small beginnings, and meeting them with love.

C H A P T E R

07

OPENING SIMPLE DOORWAYS INTO CREATIVE PRACTICE

Explore accessible ways to express yourself through writing, visual exploration, movement, and reflection, noticing which doorways invite you most naturally.

This is where the doors
begin to open.

Not all at once.

Not dramatically.

But softly.

Like morning light
peaking through the
mountains.



THE DOORWAY

There is nothing you need to prove here.
No masterpiece required.
No talent test waiting at the threshold.

Only a doorway.

And you get to choose which one feels warmest to you.

After years—perhaps decades—of tending to everyone else's needs, creativity can feel both inviting and intimidating. You may wonder:

“Where do I even begin?”
“What if I’ve forgotten how?”
“What if nothing comes?”

Sweet one, nothing is wrong with you. Creativity doesn't disappear. It waits. Patiently. Like a friend who knows you will return.

This chapter is not about becoming an artist.
It's about becoming available to yourself.

Let's explore a few simple doorways together.
Notice which one gently calls
your name.

THE WRITING DOORWAY

A QUIET CONVERSATION WITH YOURSELF

Writing is often the softest place to begin.

No supplies beyond paper and pen.

No one watching.

No rules.

Just you, meeting yourself on the page.

You might begin with:

“Today, I feel...”

“What I long for right now is...”

“If I could speak freely, I would say...”

Let the words spill without editing. Without correcting.
Without judging grammar or beauty. This is not about
performance. This is about presence.

You are allowed to write badly.

You are allowed to ramble.

You are allowed to surprise yourself.

Sometimes the page becomes a mirror.
Sometimes it becomes a doorway to something deeper.

And sometimes, it simply becomes a place to breathe.

That is enough.

THE VISUAL DOORWAY

LETTING YOUR HANDS SPEAK

Perhaps words feel heavy. Perhaps you have spent a lifetime speaking for others.

Then let your hands speak.

You do not need formal training. You do not need a studio.
You might begin with:

- * A simple watercolor set
- * Colored pencils
- * Magazine clippings for collage
- * Even a pen and blank paper for shapes and lines

Instead of asking, **"Is this good?"**
Ask, **"What wants to move through me?"**

Let color choose you.
Let shapes appear without explanation.
Let your brush move the way your body wishes it could.

There is something deeply healing about watching color spread across paper. About seeing evidence that you were here. That something moved through you.

Healing happens when we create with heart.

THE MOVEMENT DOORWAY

RETURNING TO YOUR BODY

You have lived in responsibility for so long.
But your body has been carrying stories.

What if creativity began not with making something, but
with moving something?

Put on one song you love.
Close the door.
Let your body sway.

No choreography.
No mirror.
No audience.

Maybe it's gentle stretching in the morning light.
Maybe it's slow walking outside, noticing the rhythm of
your steps.
Maybe it's placing a hand on your heart and simply
breathing.

Movement can loosen what words cannot reach.

Your body remembers joy.
It remembers freedom.
It remembers you.

THE REFLECTION DOORWAY

SACRED NOTICING

Reflection is its own art.

You might try:

- * Sitting with tea at sunrise and watching the light change
- * Writing down three things that stirred you today
- * Asking, “What felt alive in me just now?”

Creativity is not always about producing.
Sometimes it is about perceiving.

When you slow down enough to notice beauty, longing, resistance, or delight—you are creating space. And space is sacred.



DISCOVERING YOUR NATURAL INVITATION

As you explore these doorways, pay attention to
your body's response.

Do you feel:

- * Relief?
- * Curiosity?
- * Resistance?
- * Tenderness?
- * A small flicker of excitement?

There is no right answer. Only resonance.

One doorway may feel like home.

Another may feel neutral.

A third may stir discomfort that is actually growth.

Let this be an experiment, not a commitment.

You are not choosing your identity.

You are simply listening for what feels alive.

A GENTLE INVITATION

As you close this chapter, I invite you to ask:

- * Which doorway feels most natural to me right now?
- * What feels least intimidating?
- * What feels quietly exciting?

Choose one.

Just one.

And give yourself permission to step through it this week.

No announcement.

No pressure.

No expectation.

This is your space to remember who you are.

And your creativity is not a luxury — it's your lifeline.

I'm here with you.

BEGINNING WITHOUT OVERWHELM

Start small.

Five minutes.

One page.

One song.

One color.



Consistency matters more
than intensity.

You are rebuilding a relationship—with yourself. And relationships thrive on gentle return, not grand gestures.

You're not too late. You're just getting started.

C H A P T E R

08

MEETING RESISTANCE WITH STEADINESS

You learn to recognize hesitation, doubt, and inconsistency as natural companions on the creative path, and you practice meeting them with patience instead of criticism.

SOME DAYS...

There will be days when you feel open.
Clear.
Willing.

And there will be days when you do not.

Days when you hesitate.
When you scroll instead of write.
When you tidy instead of paint.
When you tell yourself, “Tomorrow.”

This is not proof that you are incapable.

This is the rhythm of becoming.

Hesitation, doubt, inconsistency — they are not signs you
are doing it wrong.

They are companions on the creative path.

The question is not whether resistance will appear.

The question is how you will meet it.

RECOGNIZING THE PATTERN WITHOUT DRAMA

Resistance rarely shouts.

It whispers:

“This doesn’t matter.”

“You’re too tired.”

“You’re not good at this anyway.”

“What’s the point?”

Instead of arguing with these thoughts, simply notice them.

Oh. There you are.

No panic.

No shame.

No story about what this means.

Just awareness.

Steadiness begins with noticing.

DOUBT IS NOT A VERDICT

Doubt will visit you.

Especially now — when you are reclaiming something tender.

Doubt may say:

“You’ve gone too long without creating.”

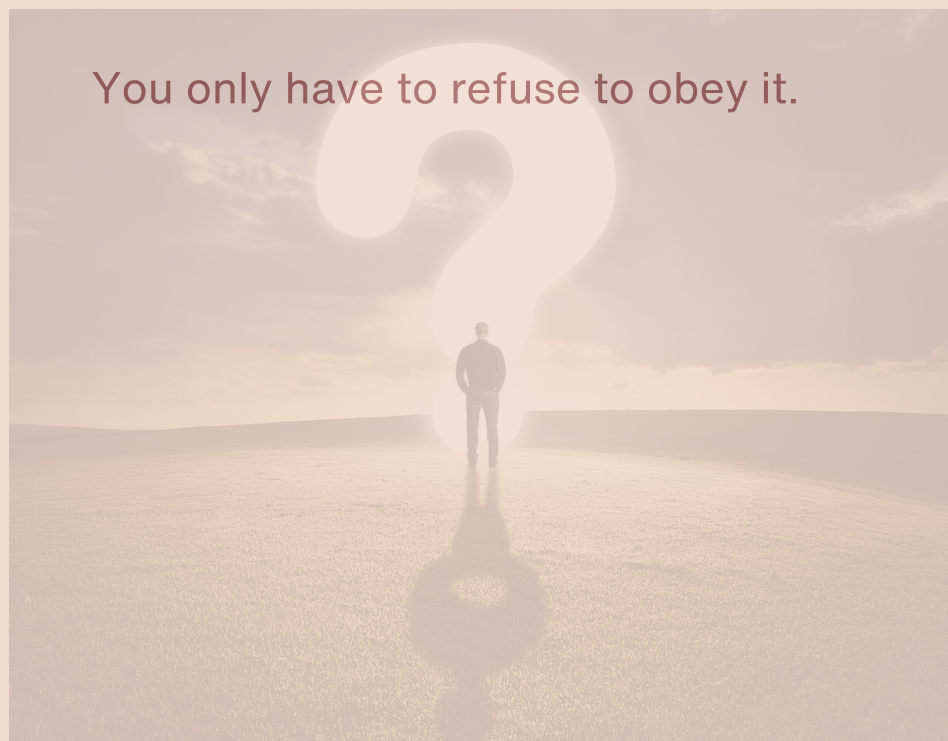
“You missed your window.”

“Other women are further along.”

Let doubt speak.

And then let it sit beside you while you continue anyway.

You do not have to silence doubt to move forward.



You only have to refuse to obey it.

INCONSISTENCY IS HUMAN

And weeks when creativity slips to the bottom of the list.

This does not erase your progress.

You are not building a streak.

You are building a relationship.

And relationships allow for ebb and flow.

Steadiness is not intensity.

It is return.

Again.

And again.

PRACTICING PATIENCE INSTEAD OF CRITICISM

Notice what your inner voice does when you fall away.

Does it say:

“You never stick with anything.”

“Why bother?”

“You should be further by now.”

Pause there.

Place a hand on your heart.

And ask:

What would patience sound like right now?

Maybe it sounds like:

“This is new.”

“I’m allowed to move slowly.”

“I can begin again today.”

“I don’t have to be perfect to continue.”

Criticism tightens.

Patience steadies.

THE DISCIPLE OF GENTLENESS

Steadiness is not passive.

It is a quiet discipline.

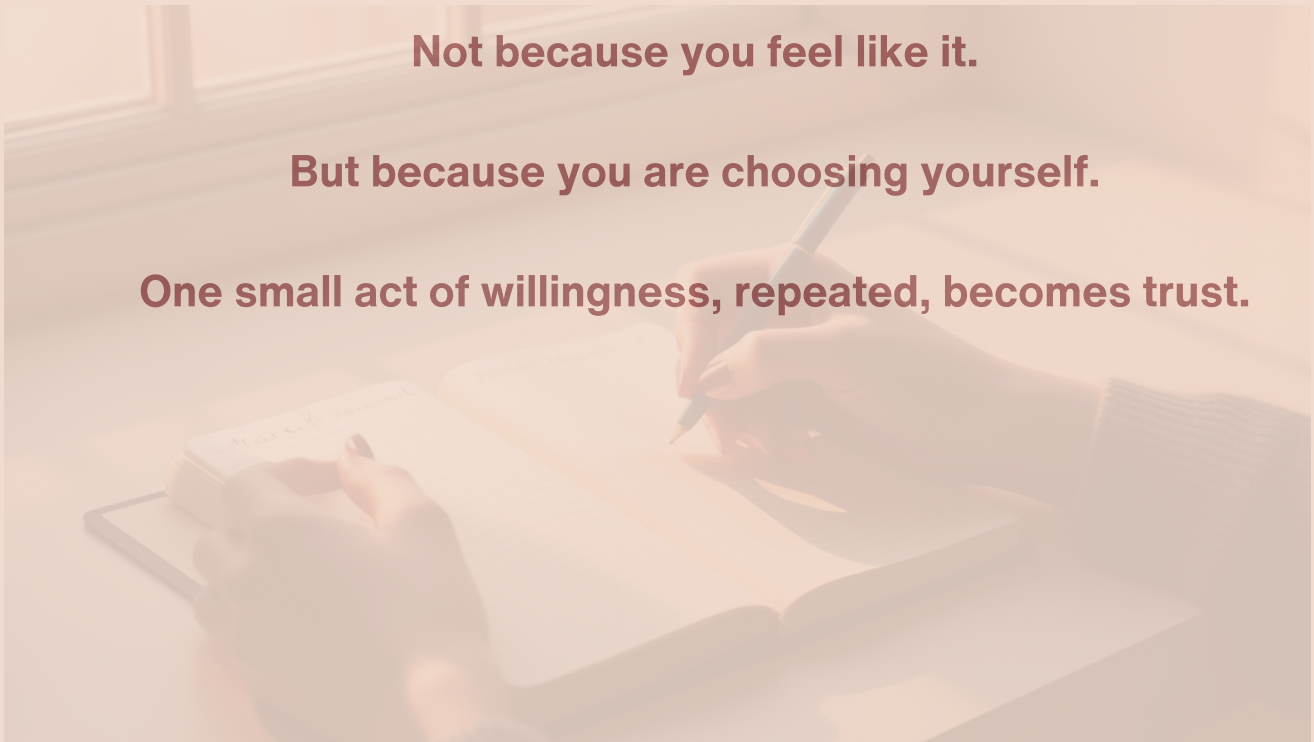
It looks like:

- * Sitting down for five minutes even when you don't feel inspired.**
- * Writing one sentence instead of none.**
- * Opening your sketchbook without demanding brilliance.**
- * Moving your body even when it feels awkward.**

Not because you feel like it.

But because you are choosing yourself.

One small act of willingness, repeated, becomes trust.



A NEW DEFINITION OF SUCCESS

You noticed the hesitation...
and you did not turn against yourself.

You felt the doubt...
and you continued gently.

You were inconsistent...
and you returned without shame.

This is steadiness.
This is maturity.
This is creative wholeness.



REALITY CHECK...

You are not failing when you wobble.

You are practicing.

**And practice
— especially when it is patient —
changes you.**

You're not too late.

You're just getting started.



“Creativity is God’s gift
to us. Using our
creativity is our gift
back to God.”

Julia Cameron
1948 - Current

C H A P T E R

09

USING CREATIVITY AS AN ANCHOR

You discover how regular creative engagement can steady your emotions, strengthen self-trust, and support a sense of inner coherence.

CREATIVITY...

There is a quiet shift that happens when you stop asking
creativity to impress —
and begin allowing it to steady you.

At first, you may have approached it with uncertainty.
Curiosity.
Even hesitation.

But somewhere along the way, something subtle began to
change.

You noticed that when you wrote, your thoughts untangled.
When you painted, your breathing softened.
When you moved, your body felt less burdened.

Creativity was not just expression.

It was grounding.

It was an anchor.



WHAT AN ANCHOR REALLY DOES.

An anchor does not remove the waves.

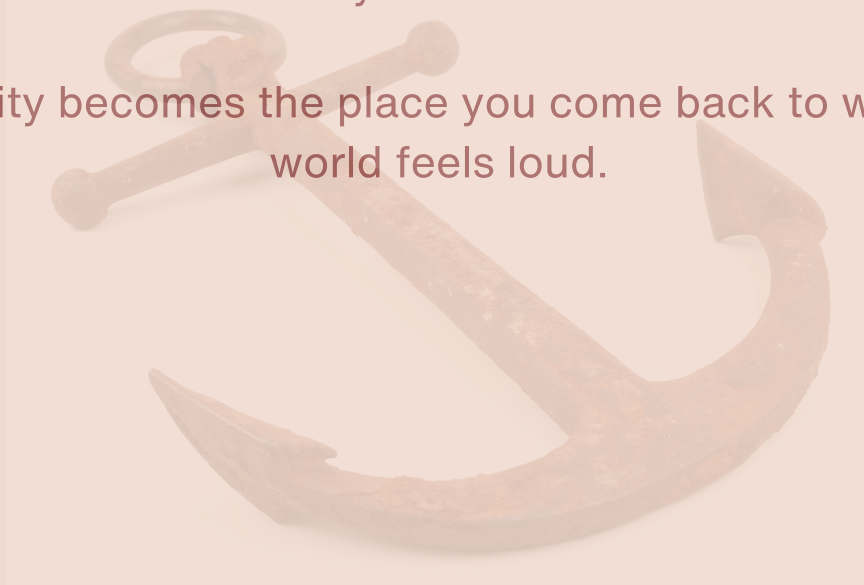
It steadies you within them.

Your life may still be full.
Responsibilities still real.
Emotions still rising and falling.

But when you return to a creative practice — even briefly —
something inside you settles.

The page receives what you cannot carry alone.
The canvas holds what words cannot contain.
Movement releases what your shoulders have been storing.

Creativity becomes the place you come back to when the
world feels loud.



STRENGTHENING SELF-TRUST

Each time you sit down to create — even for five minutes —
you send yourself a message:

“I matter.”

“My inner world matters.”

“My voice matters.”



This builds something precious.

Self-trust.

Not the loud confidence of performance.
But the quiet knowing that you will show up for yourself.

And when you begin showing up creatively, you often
begin showing up differently everywhere else.

You speak more clearly.
You set gentler boundaries.
You pause before abandoning your own needs.

Because you are practicing listening.

EMOTIONAL STEADINESS THROUGH EXPRESSION

Emotions do not disappear because we ignore them.

They wait.

Creativity gives them a place to move.

Instead of bottling frustration, you write it.
Instead of swallowing sadness, you paint it.
Instead of suppressing tension, you stretch it.

Expression creates coherence.

Your inner world and outer life begin to align.

You are no longer performing calm.

You are cultivating it.



RETURNING AS A RITUAL

When creativity becomes an anchor, it no longer requires inspiration.

It becomes ritual.

You might:

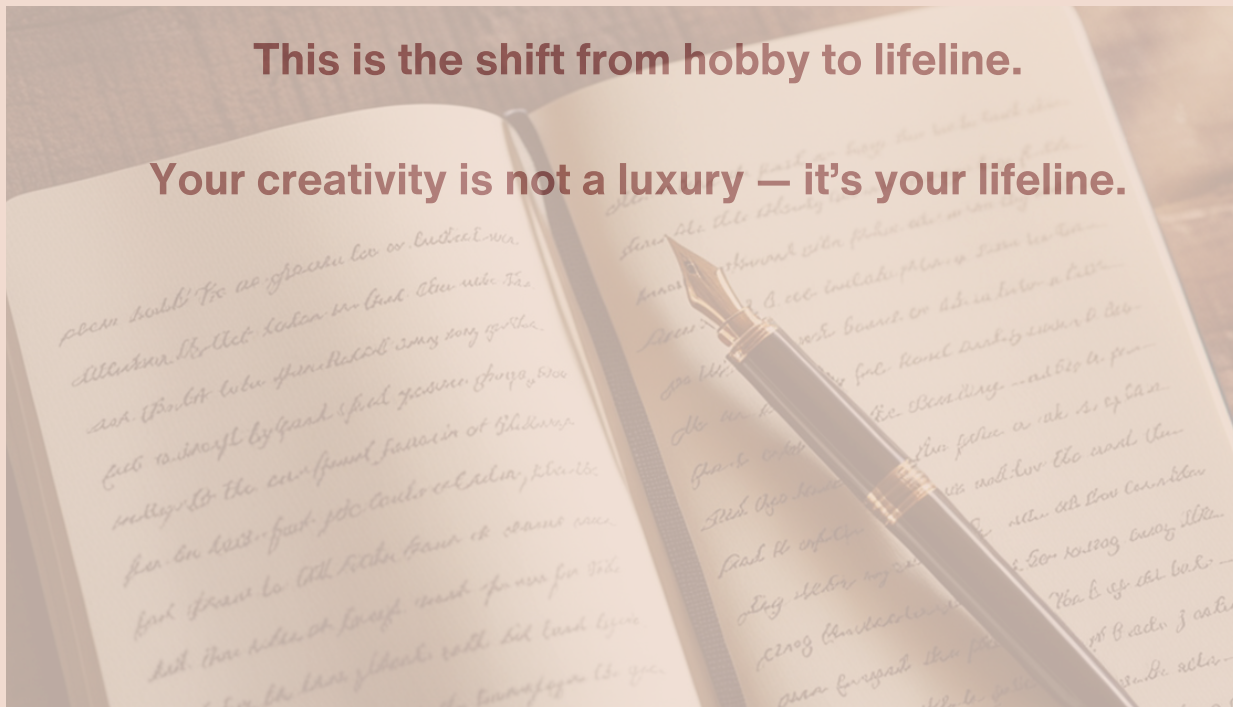
- * Journal before difficult conversations.**
- * Sketch when your mind feels crowded.**
- * Move your body after a long day of giving.**

Not because you are trying to be productive.

But because you know it steadies you.

This is the shift from hobby to lifeline.

Your creativity is not a luxury — it's your lifeline.



INNER COHERENCE

There is a feeling that begins to grow.

A quiet alignment.

**Your thoughts, emotions, body,
and choices begin to speak the same language.**

You feel less scattered.

Less divided.

Less pulled in opposite directions.

**Creative engagement becomes a thread
weaving you back together.**

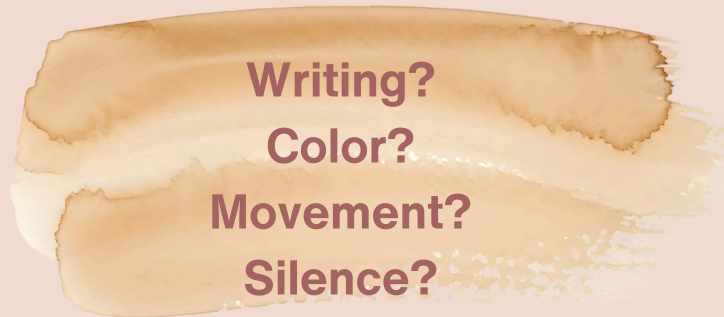
You are no longer living only from responsibility.

You are living from wholeness.

A GENTLE PRACTICE

Ask yourself:

When I feel overwhelmed, what creative act would
steady me most?



Choose one.

And let it become your anchor this week.

Not as a project.

This is not about becoming an artist.

It is about becoming anchored in yourself.

And when a woman becomes anchored —
she moves through her life differently.

With more calm.

More clarity.

More courage.

You are building that now.

One steady return at a time.

C H A P T E R

10

WEAVING CREATIVITY INTO EVERYDAY LIFE

You begin carrying creative awareness into ordinary moments — routines, choices, and quiet pauses — allowing creativity to become part of how you live.

CHOOSE CREATIVITY

There was a time when creativity felt separate.

Something you had to make time for.

Something that required supplies.

Silence.

Preparation.

But now, something is shifting.

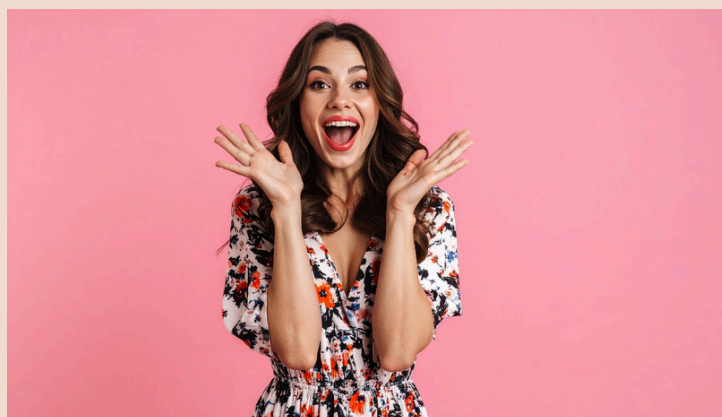
You are beginning to see that creativity is not confined to a journal page or a canvas.

It is a way of noticing.

A way of choosing.

A way of being.

It can live inside your ordinary days.



CREATIVITY IN THE SMALLEST MOMENTS

It is in how you arrange flowers in a jar.
How you season a meal.
How you write a thoughtful message to a friend.
How you choose your clothing in the morning.

It is in the pause before you respond.
In the way you light a candle at dusk.
In the decision to take the longer walk because the sky looks
beautiful.

When you begin to see life this way, nothing is mundane.

Everything becomes material.





CARRY CREATIVE AWARENESS

Creative awareness means you are awake to your
experience.



You notice color.

You notice texture.

You notice how your body feels in a room.

You notice what drains you — and what enlivens you.

And slowly, you begin making choices from that
awareness.

You rearrange a corner of your home to feel calmer.
You leave space in your calendar where there once was
none.

You speak more honestly.

You soften where you once hardened.

Creativity becomes integrated.



Not added on.

Woven in.

THE ART OF THE ORDINARY

There is something radical about treating your own life as art.

Not in a performative way.

But in a reverent one.

You begin asking:

How do I want this morning to feel?

What would make this conversation more true?

What would bring beauty into this small task?

You stop waiting for grand gestures.

You begin shaping small ones.

And those small ones change the atmosphere of your days.



FROM DOING TO LIVING

At the beginning of this journey, you may have wondered:

Can I be creative again?

Now the question becomes:

How do I live creatively?

Living creatively means:

- * Allowing space for reflection.
- * Responding instead of reacting.
- * Choosing beauty where you can.
- * Honoring your inner rhythm.

It means your creativity is no longer separate from your identity.

It is part of how you move.

Part of how you decide.

Part of how you love.

A GENTLE INTEGRATION PRACTICE

Tomorrow morning, before the day fully begins, pause.

Ask yourself:

How would a creative woman move through this day?

Not dramatically.

Just slightly differently.

Maybe she:

- * Drinks her coffee slowly instead of rushing.**
- * Writes one honest sentence before opening her phone.**
 - * Plays music while preparing dinner.**
 - * Rearranges the flowers on the table.**

Small shifts.

But intentional ones.

And intention transforms the ordinary.

YOU ARE THE MEDIUM NOW

At first, the page was the medium.
The canvas was the medium.
The body was the medium.

Now, your life is the medium.

Your choices.
Your tone.
Your pacing.
Your presence.

You are not waiting for a perfect season to create.

You are creating a life that reflects who you are becoming.

This is not about adding more.

It is about infusing what already exists.

And when creativity is woven into everyday life, you no
longer have to chase it.

It travels with you.
You're not too late.
You're living it now.

AFFIRMATION



“CREATIVITY IS WOVEN INTO
WHO I AM.
IN SMALL MOMENTS AND
SACRED ONES, I LIVE AWAKE.”

CHAPTER

11

TENDING YOUR ONGOING RELATIONSHIP WITH CREATIVITY

You explore how to sustain a flexible, evolving relationship with creativity that adapts to different seasons and capacities.

RELATIONSHIP TO CREATIVITY

By now, you may notice something subtle.

Creativity is no longer a stranger.

**It is not something you are trying to impress.
Not something you are forcing into your schedule.
Not something fragile that might disappear.**

It feels more like a companion.

And like any meaningful relationship, it needs tending.

**Not control.
Not pressure.**

Tending.



CREATIVITY HAS SEASONS

All season bring their attributes of growing, resting, hiding and preparing. So does your creativity, and actually, your life as well, go through these cycles; at different times, and at different ways.



Your creativity will bloom.

It will rest.

It will gather strength unseen.

There will be years of outward color
and years of inward rooting.

Neither is superior.

Both are sacred.

Ideas come easily.

Energy feels steady.

You want to write more, paint more, move more.

And there will be seasons when life narrows.

Responsibilities increase.

Health shifts.

Emotions feel heavier.

In those seasons, creativity may grow quiet.

This is not regression.

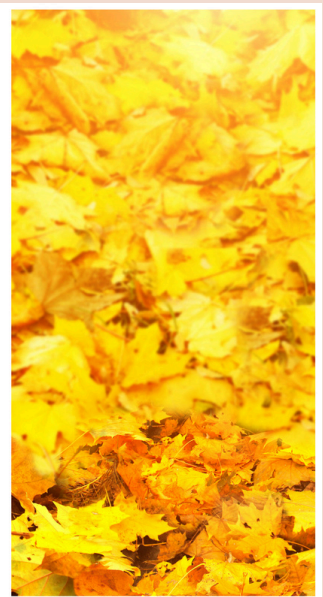
This is rhythm.

Winter is not a failure of spring.

Your creative life will have winters, too.

The key is not constant output.

It is staying in relationship.



FLEXIBILITY IS DEVOTION

In some seasons, your practice may look like:

- * Daily journaling.
- * Weekly painting sessions.
- * Long, reflective walks.

In other seasons, it may look like:

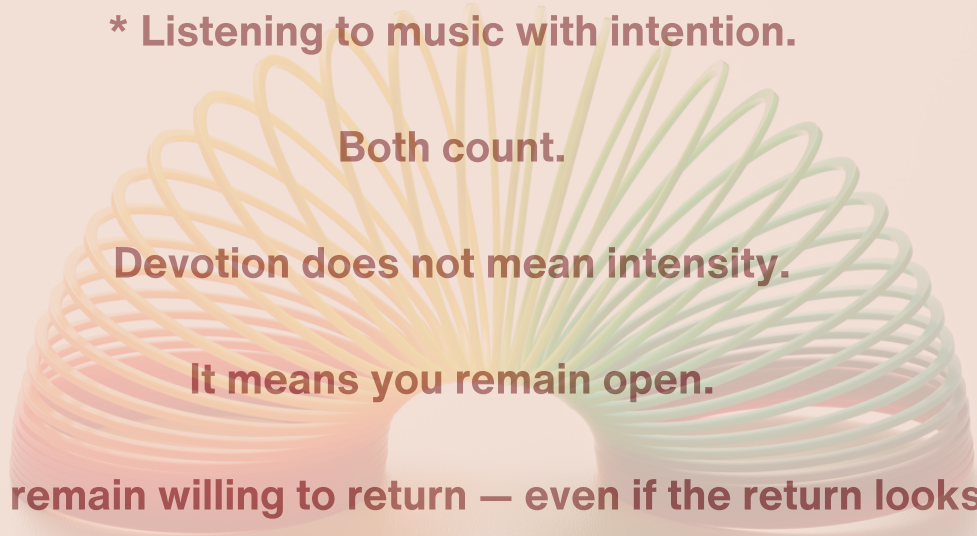
- * One sentence before bed.
- * Noticing the sky.
- * Listening to music with intention.

Both count.

Devotion does not mean intensity.

It means you remain open.

You remain willing to return — even if the return looks different than before.



LETTING CREATIVITY EVOLVE WITH YOU

You are not the same
woman you were five years
ago.

You will not be the same
woman five years from now.

Your creativity will evolve
as you do.



Perhaps what once felt like painting will become writing.
What once felt like movement will become teaching.
What once felt private may become shared.

Allow this.
Do not trap yourself in an identity.

“I am a writer.”
“I am a painter.”
“I am only creative when...”

You are creative because you are alive.

The form can change.

The relationship remains.

RELATIONSHIP COMPARISON

Comparison can quietly erode a creative life.

It whispers:
“You’re behind.”
“You should be further.”
“They are more consistent.”

But your creativity is not a competition.

It is a conversation between you and your inner life.

No one else’s pace applies here.

Your capacity will shift.

Your priorities will shift.

And your creative expression will adapt accordingly.

Trust that.

CREATING A PERSONAL COVENANT



Instead of rigid goals, consider a gentle covenant with yourself.

Not “I must produce.”
But “I will stay connected.”

You might say:
No matter how busy I become,
I will keep one small thread of creativity alive.

No matter how tired I feel,
I will not abandon myself completely.

No matter how quiet the season,
I will trust that the ember remains.

That is sustainability.

WHEN YOU DRIFT

There may be months

when you forget.

When creativity slips quietly

to the edges.



If that happens, do not dramatize it.

Do not shame yourself.

Simply notice.

And begin again.

Your relationship with creativity is not fragile.

It is patient.

It has been waiting for you before.

It will wait again.

A LIVING RELATIONSHIP

Over time, you may notice that creativity begins to support you in ways you did not expect.

It steadies your emotions.

It clarifies your choices.

It softens your edges.

It strengthens your voice.

Not because you forced it.

But because you tended it.

And tending something consistently — even imperfectly —
changes you.



CULTIVATING WHO YOU ALREADY ARE

You are cultivating an ongoing conversation with who you
already are.

That conversation will shift.
Deepen.
Pause.
Resume.

And through it all, one truth remains:

Your creativity is not a phase.

It is part of your becoming.



HONORING YOUR JOURNEY SO FAR

Before you turn the page, pause.

You have walked through eleven chapters.

Not perfectly.

Not flawlessly.

But honestly.

Take a slow breath.

This is not about what you completed.

It is about what shifted.

**Find a quiet moment and reflect on these questions — slowly,
proceed, without pressure.**

**If you'd like, I can also create a small closing affirmation line
that gently bridges into Chapter 12 — something that feels
like stepping into the next layer of becoming. 🌱**

GO GENTLY

1. What have I become more aware of about myself?

2. Where have I softened?

3. Where have I been braver than I expected?

4. What feels different now — even subtly?

There are no wrong answers.

You do not need dramatic breakthroughs to be changed.

Growth is often quiet.

It looks like:

- * Noticing your inner voice.
- * Pausing before self-criticism.
- * Allowing yourself five minutes of creative space.
- * Seeing beauty where you once rushed past it.



If you read the words — that counts.

If you reflected but did not write — that counts.

If you resisted and returned — that counts.

Place your hand over your heart and say:

“I honor the woman I was.”

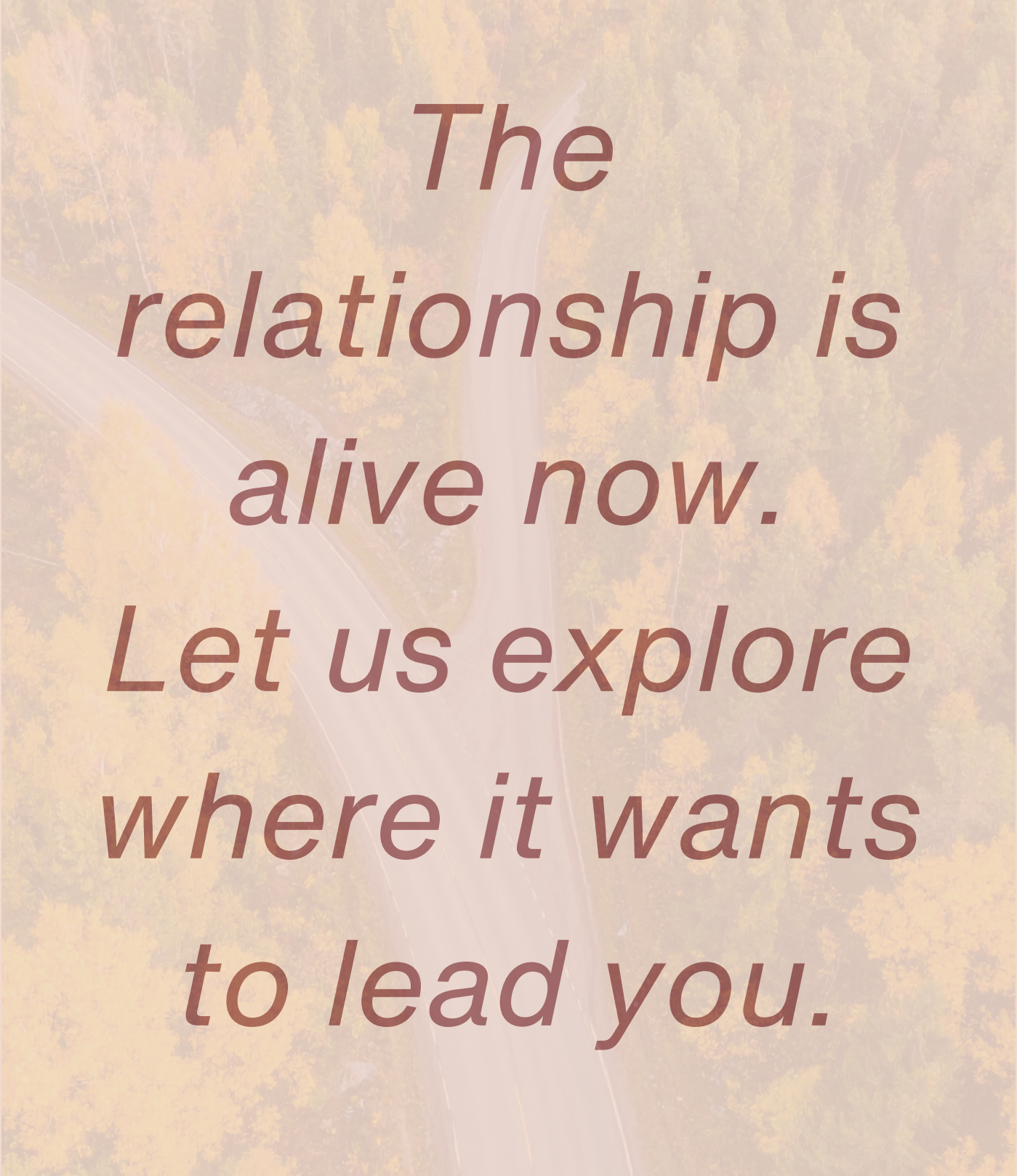
“I honor the woman I am becoming.”

“I am allowed to grow at my own pace.”

You are not behind.

You are unfolding.

And unfolding cannot be rushed.

An aerial photograph of a winding road through a dense forest. The trees are covered in vibrant autumn foliage, with shades of yellow, orange, and green. The road is a light gray color, and the overall scene is captured from a high angle, looking down on the landscape.

*The
relationship is
alive now.
Let us explore
where it wants
to lead you.*

C H A P T E R

12

CARRYING CREATIVE WHOLENESS FORWARD

You gather what you've discovered and look ahead with confidence, knowing you can continue practicing creative wholeness in your own way, at your own pace.

BEFORE YOU LOOK AHEAD, LOOK BACK

You began this journey perhaps uncertain.
Perhaps longing.
Perhaps tired of living disconnected from something essential.

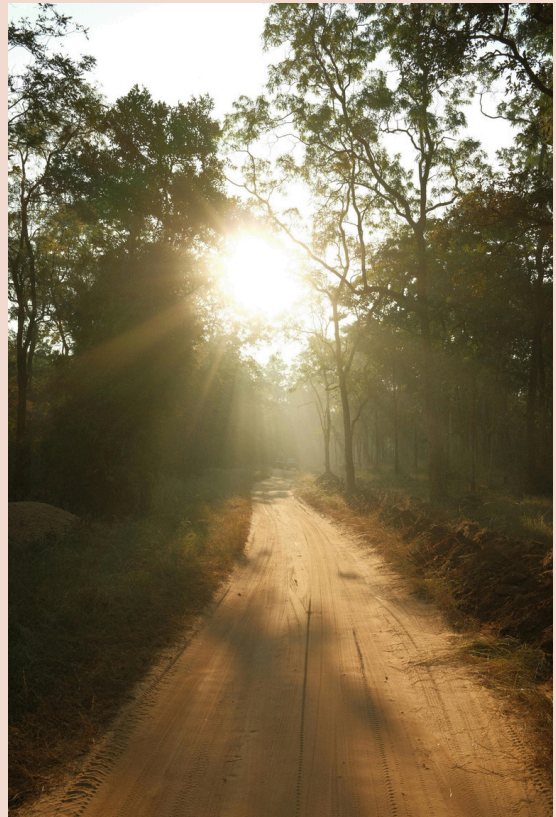
And now?

You have not become someone else.

You have come home to yourself.

LOOK WHAT YOU HAVE DONE...
You have:

- * Reflected honestly.
- * Noticed your inner voice.
- * Met resistance without cruelty.
- * Returned after drifting.
- * Experimented with expression.
- * Carried creativity into every moment.
- * Begun tending a living relationship.



Even if imperfectly.
Even if inconsistently.

You showed up.
Do not rush past that.
Place your hand over your heart.
You are doing better than you think.

YOU CAN TRUST NOW

There was a time when you wondered:

Will I stick with this?

Will I abandon myself again?

But you have practiced returning.

Again.

And again.

And every return builds trust.

Trust that you can drift and come back.

Trust that your creativity will wait.

Trust that your voice matters.

You no longer need perfect conditions to create.

You only need willingness.

And you have that.



CARRYING IT FORWARD

From here, your path is yours.

You do not need to copy anyone else's rhythm.
You do not need to perform your creativity for approval.



You can:

- * Practice quietly.
- * Share when it feels aligned.
- * Explore new forms.
- * Rest when needed.
- * Begin again whenever you choose.

Creative wholeness adapts to your life.

It grows with you.
It bends without breaking.
You have learned how to live this.



And Yet... There Is More
Sometimes, after we reclaim something, we feel a new stirring.



A deeper question.
What if I went further?
What if I didn't do this alone?
What if I allowed myself to expand?
You do not need to answer that now.
But notice if something inside you is curious.
Because growth does not shout.
It unfolds.

“LIVE THE QUESTIONS NOW. PERHAPS YOU
WILL THEN GRADUALLY, WITHOUT NOTICING
IT, LIVE ALONG SOME DISTANT DAY INTO
THE ANSWER.”

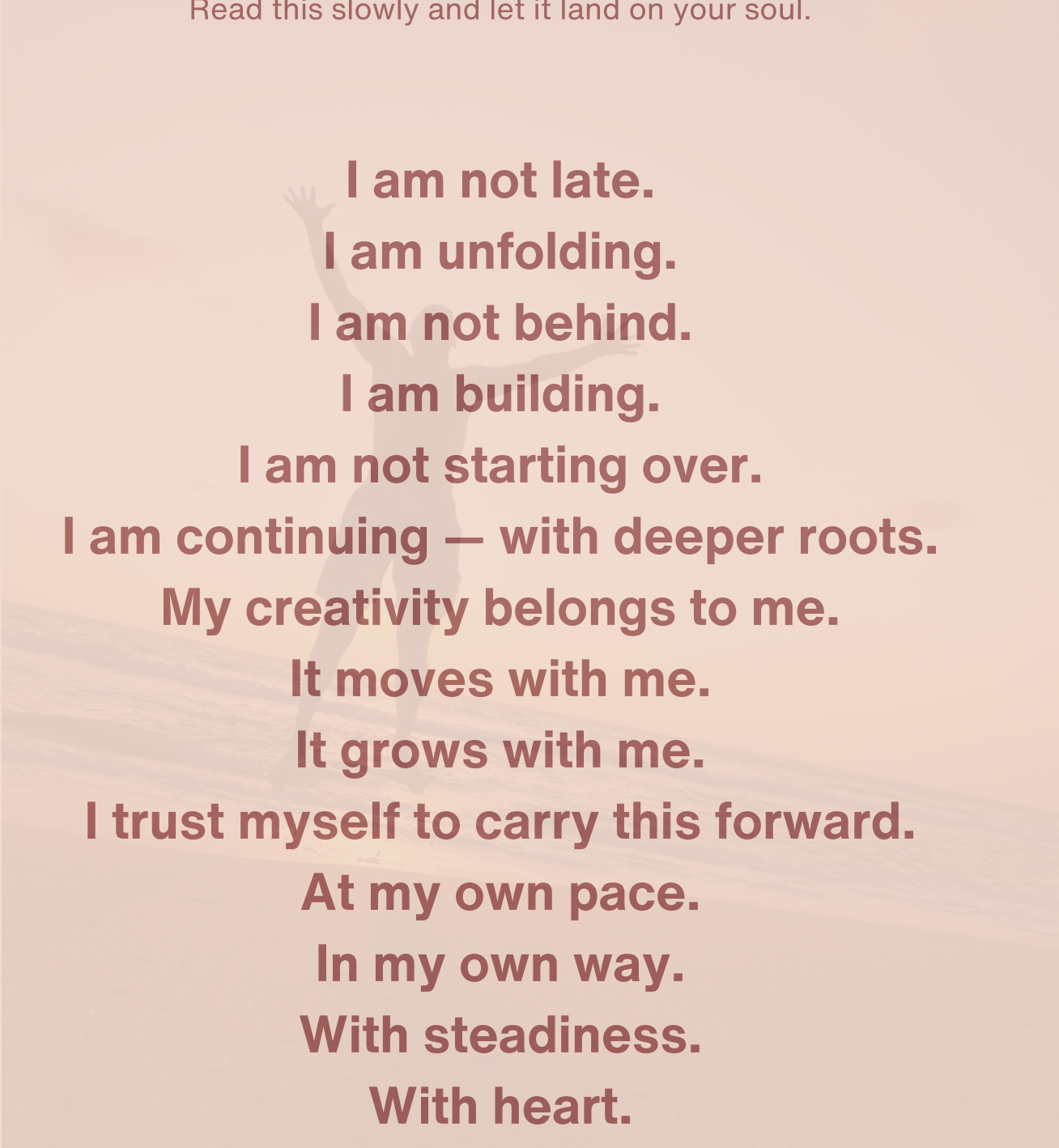
Rainer Maria Rilke
1875-1926



You do not have to force the next chapter of your life.
You only have to remain in conversation with it.
This book has helped you remember.
What comes next — whether quiet practice or deeper
guidance — will reveal itself as you continue living the
question.

A FINAL AFFIRMATION

Read this slowly and let it land on your soul.



**I am not late.
I am unfolding.
I am not behind.
I am building.
I am not starting over.
I am continuing — with deeper roots.
My creativity belongs to me.
It moves with me.
It grows with me.
I trust myself to carry this forward.
At my own pace.
In my own way.
With steadiness.
With heart.**

C H A P T E R

13

STAYING CONNECTED & CONTINUING THE JOURNEY

I'd love to continue this journey with you.
You are a person who values creativity and has
something to offer this world.
That's important to nurture.

WHERE TO FROM HERE?

If you are holding this book in your hands, something in you said yes.

Yes to remembering.

Yes to softening.

Yes to creating again.

And that yes does not have to end here.

Creative wholeness is not built in isolation.

It grows in reflection... and in connection.

If you would like to continue walking together, I would love to welcome you into the quiet, ongoing space where this conversation continues.

Join Me on Instagram

On Instagram, I share gentle reflections, creative prompts, and small reminders for women who are reclaiming their voice and rhythm in midlife.

It is not loud.

It is not performative.

Come as you are.

You never need to impress.

It is a space for:

- Encouragement on hard days
- Small creative invitations
- Real conversations about resistance and growth
- A reminder that you are not alone

If that feels nourishing, you can find me here on Instagram:

CLICK HERE

I can't wait to hear from you and to see what you are doing creatively!

A Free Live Workshop

If you feel ready for something a little deeper, I am also hosting a free workshop called:

From Reclaiming to Becoming: Living as a Creative Woman

In this session, we explore:

- * Why creativity still feels inconsistent even after you've "found it"
- * The hidden patterns that pull women back into self-doubt
- * What it actually takes to live creatively with steadiness
- * The next step for women who are ready to deepen

WHAT'S NEXT? 7 DAY MINI COURSE

It is spacious.

It is generous.

It is real.

COURSE CONFIDENCE IN ACTION

7 Day Mini Video Course

You can click on the button to find out more.

[CLICK HERE](#)

There is no pressure to join anything beyond that.

Just come and listen.

Come and see what resonates.

A FINAL WORD

Whether you choose to connect further or simply carry this work
privately into your own life...

Know this:

You have already begun something meaningful.

You have chosen to wake up to your creative self.

That choice ripples outward.

You are not late.

You are not behind.

You are living your becoming.

And wherever you go next —
may you go gently,
with courage,
and with heart.

THANK YOU

If you have read this far, I want to pause and truly thank you. Not just for reading these words, but for saying yes to yourself. For your honesty, willingness to grow and your quiet courage.

Creative wholeness is not built in grand gestures. It is built in small, sacred returns and you have been returning.

I hope these pages have reminded you of something you already knew, that your creativity is not a luxury.

It is your lifeline and you are not behind. You are unfolding.

It has been an honor to walk beside you.

With warmth,

Dr. Linda Young

“Creativity grows where your attention rests”



YOUR CREATIVE JOURNEY IS NOT FINISHED...



Click the button to begin learn
more about the 7-Day
Confidence Boost

FIND OUT MORE HERE

If something in these pages
stirred...

If a quiet place inside you felt
seen...

If you sensed even the smallest
returning - please don't close the
door now.

Creative Wholeness is not a
concept to understand. It is a life to
inhabit.

Life unfolds gently, in relationship,
in rhythm, in practice.

You do not have to walk this alone.

I have created a
7-Day Confidence Boost
- a simple, spacious email video
series designed to help you
embody what you have just been
learning.

Each Day You Will Receive an
email with:

- A brief video reflection
- A creative prompt
- A grounding practice
- A gentle encouragement.

www.deeplyimplicit.com
info@deeplyimplicit.com
Instagram: @creativitywholeness

Deeply Implicit ABN: 12 565 852 255 Australia

