

CREATIVELY CULTIVATING CONSCIOUSNESS POETRY JAM

“Essentially, mythologies are enormous poems that are renditions of insights, giving some sense of the marvel, the miracle, and wonder of life.”

~ Joseph John Campbell

Joseph John Campbell was an American writer. He was a professor of literature at Sarah Lawrence College who worked in comparative mythology and comparative religion. His work covers many aspects of the human experience.

Hello, Creative One,

I'm introducing and inviting you to another fun way to ignite the exploration of Muse Self that doesn't require doodling or drawing. However, if you want to incorporate any additional creative work that is wonderful and encouraging. Do this as often as you like. You will be provided with new Poetry Jam prompts monthly.

Instructions:

Begin by sitting with your thoughts for about 5-10 minutes in relation to the prompt in the Poetry Jam post, in this case, it is Spirit.

Step 1. Notice any **single words** that connect with your thoughts. Write down those words, we're looking for 3 or 5 words.

Step 2. Notice any **colors** that connect with your thoughts. Write down the color name, one word for each word you captured in step 1.

Step 3. Notice any **single-word nouns** that connect with your thoughts. Write down those nouns, one word for each word you captured in step 1.

Step 4. Notice any **single-word action verbs** that connect with your thoughts. Write down those action verbs, one for each word you captured in step 1.

Step 5. Use these words in 1 sentence they don't have to be long. Since the focus was on Spirit. We shall start the sentence with **“My spirit ...**

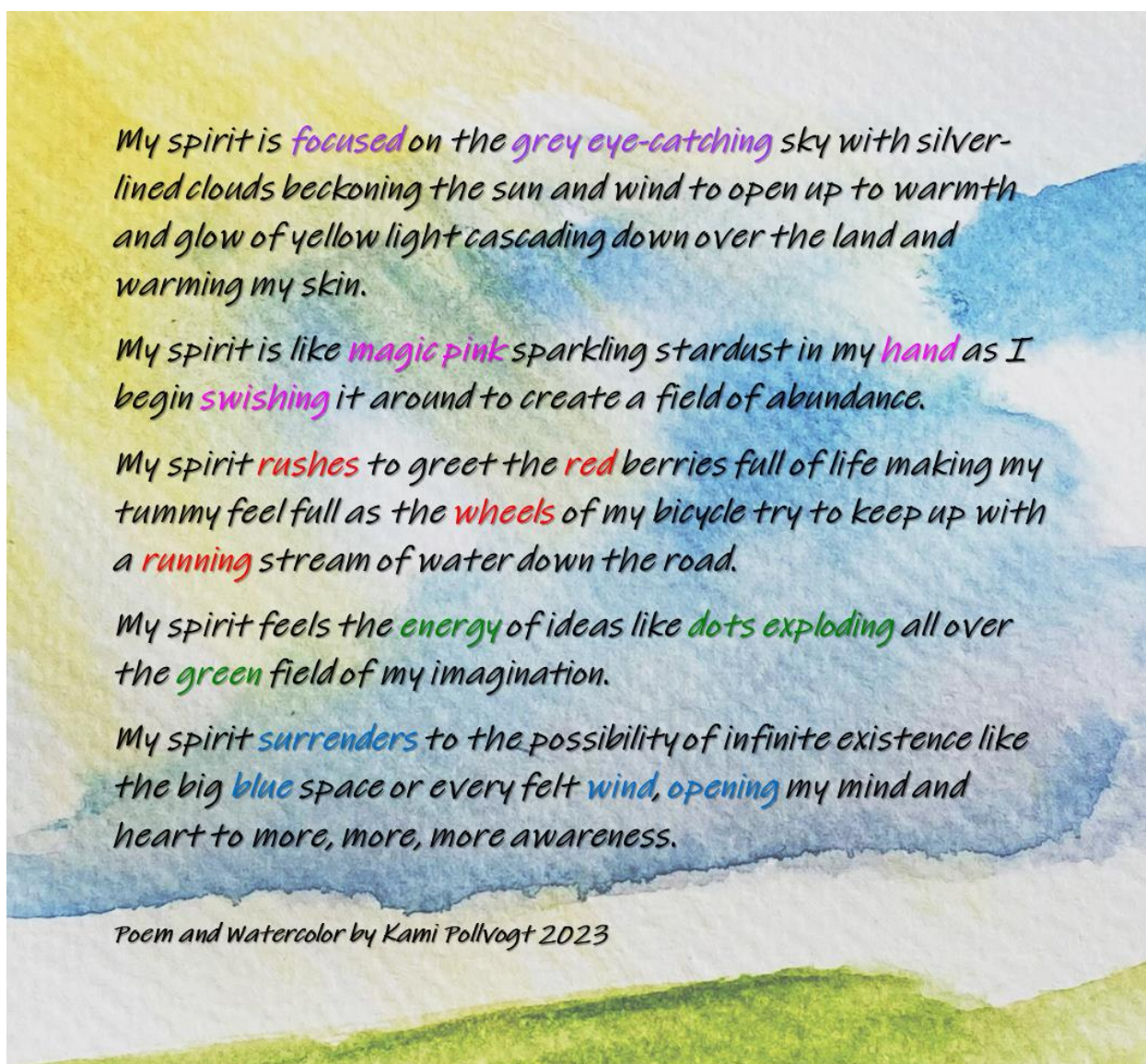
Each time a post for **Poetry Jam** appears on our discussion thread you are invited to write and share the outcome. You will notice the Poetry Jam prompts changes. The example today is **“My Spirit ...”**, it will change to **“My Heart...”**, **“My Soul ...”**, etc.

The next page contains an example of a completed Poetry Jam.

You don't have to capture your words in a table like this, below is an image of one way to capture your Poetry Jam words.

Step 1 Capture Single words	Step 2 Capture Colors	Step 3 Capture Noun	Step 4 Capture Action Verb
Focused	Grey	Eye	Catching
Magic	Pink	Hand	Shaking
Rushes	Red	Wheel	Running
Energy	Green	Dots	Exploding
Surrender	Blue	Wind	Opening

I've color matched the words into the finished poem below. Hopefully, it demonstrates the process with additional clarity.



I have not edited my poetry. The point of this process is not to control what comes to your thoughts, simply let what comes up be what it is.

Practice holding space for what arises and interpreting it for what it means to you. Someone else may sense something different from you, that is their stuff, not yours to take on unless it resonates as true for you.

Enjoy any silliness, strangeness, and feelings that bubble up as you get in touch with what is revealed to you from within you.

This is self-awareness, Muse Style!

Reminder, each post will be from a different perspective. This example is Spirit.

MORE ABOUT THE MOTIVATIONAL MUSE SELF FROM MY BLOG



What is the Muse Self?

The word Muse is defined as a person or personified force who is the source of inspiration for a creative artist. As we all know everyone is a creative artist, including you, therefore **Muse Self is the personified force within ourselves as the source of inspiration and motivation.** I like to refer to the Muse as an archetypal name given to the part of us all that connects to our creative imagination and helps us to gain insight and inspiration for the things that we already truly know because it's held in the subconscious.

Why connect with Muse?

The Muse senses light and dark qualities within ourselves and invites us to explore the meaning without judgment and criticism. **We connect with our muse, at will, to appreciate parts of ourselves that are brave, passionate, hilarious, goofy, sensual, magical, etc.** In other words, we can tap into the uninhibited self which is mostly an

unconscious mechanism that mediates between the superego (the conscience), the psyche, the Ego (the part of the psyche where our conscious awareness, sense of identity, and existence resides) and societal expectations.

Imagination is one of the best qualities of the human mind and we use it to imagine potential threats and problems. This enables us to solve problems before we get into trouble. However, this capability to imagine threats can also work against us by turning our minds into “random negative thought generators.” Our mind tries to keep us right where we are – any place it perceives to be safe and comfortable. In addition, our negative thoughts become habits. **90% of all thoughts are repetitive; we will have almost the same thoughts today that we had yesterday.** When we think the same things daily, we create neural pathways, the more we think about things the stronger the connections in the brain become. This is how habits are formed good or bad (also why we feel something is off when we’ve missed something and why it’s hard to break a bad habit). Below is a list of a few automatic negative thinking habits that I often reference from psychiatrist Dr. Daniel Amen.

- **Fortune Telling** is when we begin predicting the worst, even though they don't have any evidence.
- **Mind Reading** is when we arbitrarily believe that we know what someone else is thinking, even though they didn't tell us. This one is rough on relationships.
- **Guilt Beatings** is when we think with words like “should”, “must”, “ought” and “have to”. Guilt is not a very good motivator for change. Telling yourself “I shouldn't eat that donut” rather than “I don't want that donut” only serves to make you feel negative.
- **Blame** when we blame someone else for the problems in our life, we make ourselves the victim that can't do anything to change it. Stay away from blaming thoughts and take personal responsibility for changing the problems you have.
- **Labeling** is when we call ourselves or someone else a derogatory name. This diminishes your ability to see situations clearly and labels are very harmful.
- **Imposter Syndrome** is when we feel anxious and not experiencing success internally, despite being high performing in external, objective ways, often resulting in feeling like “a fraud” or “a phony” and doubting our abilities.

Here is a list of fill-in-the-blank thinking patterns that I hear from clients and some of my own that my Muse Self is helping me with.

As you read fill in the blanks with what the inner “ANT” voice inside of you says. If you don't have any, I invite you to share how you've overcome the inner critic on the [Change by Design social media page](#).

- I am not _____ enough.
- Who am I to _____ ?

- You aren't going to _____, are you?
- You aren't that _____.
- You aren't qualified to _____.
- No one wants to _____ me.

When we are faced with challenges in life we can ask “**What would my muse do or say?**”. The muse has no boundaries/limits, it is free to explore all possibilities. The Muse archetype isn't shut down by the inner critic, it has an impenetrable force field of protection against being held back by automatic negative thinking (A.N.T.s).

The Muse Self...

- Attempts to be the antithesis of the negative thinking part of us.
- Knows that negative thoughts are for the most part untrue and clobbers them.
- Teaches us to follow our intuition, divine light, inner calling, and inspiration, and to let go of fear. Fear (doubts – negative thinking) is like booby-traps holding us back from many opportunities, expressing ourselves, and having more life experiences.
- Helps us step into our inner knowing and then access a visual/imaginative state of seeing ourselves as doing those scary things, helping us realize that it's not going to be as bad as we think it will be.
- Encourages us to be responsible with our power to change and declare... I AM capable, powerful, smart, imaginative, strong, _____.

YOUR Muse Self Invites you to Create your I AM statements today!

Consider dressing up as your Muse Self and taking a few photos for inspiration whenever you want to channel your inner MUSE! We often say Let the Muse Choose!

As always with Love ❤️ and Light ✨ – Kami