



Creativity Circles format, intention, preparation.

Creativity Circles will help you form a new relationship with yourself as a powerful creator. Over the four-week journey, you will learn tools and a timeless map for navigating your onward practise. Our creativity is a gateway to self-discovery. When we consciously befriend it, the door opens to fun, freedom and fulfilment.

Creativity is also the dance partner of the unknown. It will inevitably lead us into the great mystery and depths of our being – usually hidden and often projected onto the external stage around us. Our creativity becomes a metaphor for our relationship to life – our hopes and fears, our dreams and disappointments, friends, families, jobs and spouses. It amplifies the liberations and struggles in our everyday world – how boldly we speak our truth and value our time and energy. We can guarantee that along the way, we will encounter allies, foes (not so friendly allies) – the threshold guardians guiding us (however unlikely that can sometimes seem) to the inner sanctum of our unique creativity, deepening our courtship and relationship to Muse.

In our time together, as we celebrate the rich mix of gifts to be claimed, you will get to face your deepest fears that can sabotage your dream. That might show up as distractions, excuses, avoiding your truth or stopping you

from speaking out, or picking up the pen, instrument, garden tool, needle or paint brush; also stopping you from being fully seen, heard or met. You will learn to uncover the unlimited medicine in your unique, authentic voice.

Between our meets, there'll be exercises/practises. Journaling is important to nurture growing awareness and record discoveries, challenges, breakthroughs)

How? In a closed group setting, over four evenings aligned to the lunar cycle, you are coached to explore your unique expression, unleash your creative energy and how to maintain it. You will learn simple rituals and ways to introduce useful boundaries, for yourself and with others; to manage time and create a routine that inspires and serves you. At home you'll be applying everything explored and learned into your chosen art form. You will also receive a half-hour 1:1 telephone coaching session with me, to be booked during the course.

Part 1: Mapping the Physical. Here-and-now resources

Exploring Presence. The breath. Nature's Context. Cycles.

Inventory of where we are at in relation to our dream.

Body-mapping: clues to help our descent into the alchemical recesses where our gold is to be mined.

Mapping the creative territory – our everyday resources available to us, as fuel for our creative intentions.

Journey to the Upper World – encountering our Guides. Highest Self guidance.

Introducing the power of intent – and using symbols.

Sand-painting ritual – demonstrating in the garden or inside how this powerful practise can hold our intent and inform it.

Empowerment anchors.

Part 2: Befriending the Saboteur. Honouring Shadow + her gifts.

Have you noticed how when something really matters, it becomes more invested in importance and seriousness? The stakes seem higher? Steven Pressfield, author of *The War of Art*, points out as the soul calls forth its unique expression, it will meet with an equal level of resistance.

How do we disable ourselves – what are the ways we give our power away? (not just to others, but the clock, or the belief there's a better time and place waiting for our optimum creativity?)

Exploring fear and relationship to perfectionism.

Identifying areas of sabotage. Resistance. Limiting beliefs.

Journey to the Lower World: sourcing our primal feline.

Befriending Saboteur: ceremony to forge an empowering contract.

Part 3: Playing with the Mythic

Bridging previous week and its rich material – diving into challenging energies: transforming them into creative fuel.

Maps: The Heroine's Journey. The Hero's Journey.

Exploring the way of descent: Soul Retrieval

Archetypal guardians– who are they?

Playtime with the Tarot's Major Arcana

Part 4: Unifying vision + voice – embodying the dream in this world.

Overlapping worlds: the creative marriage.

Unity: a ceremonial walk along the vertical axis of descent: to embrace the medicine of **in, down** and **through...**

Group story-telling practise: the dive of the sensuous.

Heightened perception exercises.

Enlisting timeless tools for our everyday challenges and movement forwards. Elevating the mundane to the extraordinary and magical.

Practical steps

Sharing re-sources

Council of Gurus

(optional pot luck feast date to be set – for on-going check in +connection)

Who is Mags MacKean?

My second book, *The Upside Down Mountain*, along with an audio version, is being published January 29th 2016 – about my experience of 'descent' as the axis for my own creative transformation. The story forsakes the summit for the journey downhill, as a sustainable route to lasting freedom and joy. I'm continually exploring how to nourish, free up and enrich my own voice and creative expression. Having learnt from many inspiring teachers, medicine people and creatives from different cultures, Life and Mother Nature are my most instructive Guides. Only through practising my craft, have I learned how to face and move through every day challenges, such as...

* Distinguishing doubt from constructive self-appraisal; persistence can be a measure of commitment, or failing to recognise a new way forwards.

- * Juggling roles and responsibilities that conflict with my creative priorities.
- * Being too invested in the outcome of a project. Having an intention is one thing. Being covered by critical self-talk - how others might receive it and whether it'll be 'good' enough is another!
- * Being so time-focussed, that the mystery and joy of being creative has no room to take life.

For all the ups and downs of this creative journey, there has been one constant: knowing I'm at my most fulfilled when I keep true to my dream and intention, however small it might be. Sometimes, I have to strain to listen to a soft voice urging me on, that my unique song matters. And so does yours.

Brief bio: a former BBC Journalist, I set out to explore other ways of telling stories to make sense of our world. My first book, *Meetings On The Edge. A High Level Escape From Office Routine*, tells the story of quitting my London life to climb mountains around the world. I have since immersed with shamans in the Amazon, Andes and South Africa, and am a graduate of Alberto Villoldo's Healing The Light Body School. I am a qualified coach and support individuals and groups to transform whatever fears have stopped them from living fully and freely. My core belief + commitment: we are the ones we've been waiting for.

How to register:

There is a max of 9 participants.

Course price: £275. Deposit: £50 deposit confirms your place.

EARLY BIRD: £245 (paid in full on registration/call/email to Mags) THREE weeks before course.

(limited concessionary places available)

Please pay the outstanding balance of £225 a week before the start date.

Email for payment details: mags@magsmackean.com

Or arrange to call if you want to run anything by me by dropping me a line.

2. Please also send me a paragraph of what your intention is for the course. What is the medium to support your exploration of your voice + intent? I'd love you to include a few lines about your first memory of being in touch with something mysterious: a brush with the 'otherworld'. What is your relationship to your creativity? What is your dream that whispers to you, or (as in my case) tugs at you like an irritable child with low blood sugar?

What to bring:

Course materials:

A new notebook, chosen for this course. A pen, chosen for this too. Crayons/pencils - should you want to use them.

Any object(s) important to you, to bring to our altar each week.

A branch that you found out in nature. Set the intention on a walk for one to call you: to be your medicine tool for this journey. If a living one calls you, check in and see if it's happy to be taken from the tree.

A poem that speaks to you.

If your chosen creative medium is a heavy material – eg. a large instrument, clay, wood, oils – perhaps bring something along that represents it. Although you will be practising and exploring with it outside of our Creativity Circle time, it would be wonderful to honour its presence. Together, we will share and explore with some talking and inquiry, physical and imaginal practises, toning, note-taking, sketching and free-fall writing.

Venue:

7 Kenilworth Road, BS6 6ER. Ground floor buzzer. Parking is free from 5pm. May be limited on the street but enough choice nearby.

Please arrive for 7 prompt start, **start date to be confirmed.**

- * Wood-burning stove will keep us warm.
- * Hot drinks will keep us refreshed.
- * Garden will be used for certain practises.
- * Rex, my dog, may want to greet you – for the most part, he will be snoozing in his bed in a different room (got that Rex?!)

Excited for this time with you ahead.

Here's to our creativity, commitment and forwards motion,

Mags