

# *How to release your inner artist*



Dear beautiful Soul...

It all started just over three years ago when I raced out to my local recycling 'shed' and purchased several second-hand canvases. I had such an urge to paint... something... I just wasn't sure what really as I hadn't painted before.

Armed with acrylic paints, the canvases and Flora Bowley's book "Brave Intuitive Painting" I started. I got courageous, I made marks, I worked hard at not being self-critical of my first little dances with colour and experimentation.

And so, I've journeyed... through questioning myself, through the struggle with comparison (don't we all do that!) ... with 'am I good enough?' 'can I succeed?' and so on. But I've kept going, putting one foot in front of another. It's felt hard, messy, depressing, elating and just so 'organic'... the path hasn't been straight at all.

You somehow imagine that life just unfolds in an A to B fashion, with no ups and downs, no times of crying and wondering 'what on earth?' But somehow, even with all the back and forth and life zigzagging all over the place, it does come together, ever so slowly. One step forward, two steps backwards.

And so, I'm here... still... somehow... because I know my voice, my creative expression matters. And so does yours. No matter what it looks like. There's only one you on this planet now... or ever. We all need the beauty of who you are to shine through right here, right now. Your creative expression could make a difference to someone today. It makes a difference to you first which is a wondrous gift to your life but It could give others a lift, light their life, make it just that bit better... so shine sweet one, shine, whether it's gardening, cake decorating, writing poetry or painting, it's all creative expression, remember that :) xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx



But... exactly what is an artist you may ask? Someone with flowers in their hair, wearing loud floral designs with holes in their stockings?

Wikipedia says: “An artist is a person engaged in one or more of any of a broad spectrum of activities related to creating art, practising the arts, and/or demonstrating an art.”

Personally, I think this is a very narrow description of what it is to be an artist. What if you weld scrap metal together to create sculptures? Or cook up batches of delicious mouth-watering cookies for visitors? Or dig seeds into the garden to watch them grow and flourish?

We can have these preconceived ideas about what it is to ‘artistic’ or creative and by measuring ourselves against these ‘norms’ or ideas, and we feel we come up short! Everyone is an artist. Creativity is not limited to someone with a paintbrush or pen in hand! You, my dear one are 100% artistic! I have a friend who often says she’s not creative, yet she can cater for events of 100 plus people! :O Now to me that’s major creativity in the kitchen! I couldn’t do that! 😊

What dreams did you have when you were small, about what you’d do when you grew up? What did you used to enjoy doing when you were younger that you’ve stopped doing now? When I started to release my inner artist, it was a simple exercise of asking myself what I felt like doing at the beginning of every day (before my lists and to-dos took over). I knew I wanted to paint. It felt illogical and unhelpful to my life in general to paint because I had soooo many other things to do! But I had to give my heart’s desire a priority of time... And when I did paint it felt like my soul was on fire! And what a difference that made to the rest of my day... I felt more in touch with myself, calmer, greater levels of fulfilment and just generally happier. Even if it was half an hour of painting, it would make a difference to me. My painting was purely for me, no-one else and it was such a precious process. I just ‘allowed’ myself to ‘be’ and I didn’t critique what I did or my process. Private, enjoyable and fun!

So...

- What is it that you’re rationalising that you can’t, shouldn’t or ought not to do?
- What is it that makes your soul catch fire?
- How can you practise some of your soul fire activity today? Buy some seeds? Get out into nature and take some photos? Unpack your paintbrushes from up in the store cupboard?
- Make a decision today to ‘invest’ in yourself and your life to bring greater enjoyment. It doesn’t have to make sense to anyone else but you. You are so precious and worth taking the time to create in whatever way makes you come alive!

I'd love to hear about your process of releasing your inner artist more. Message me at [allijane001@hotmail.com](mailto:allijane001@hotmail.com) and tell me about your dreams and what you enjoy creatively or you have questions about increasingly releasing your inner artist :)

If you enjoyed reading this article, you can find out more about working with me below 😊

## Ways to work with me:

- **Soul Portraits** are spiritual intuitive paintings, to bring forth a profound message for your soul; a heart opening, an aligning with the greater purpose of your life. If you're in need of inspiration and Soul recognition today, read these exciting success stories [here](#).
- **Vibrant life-affirming original art** to inspire your world and brighten your day. Click [here](#)
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## More about me here:

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**Natasha, Amaroo ACT AUSTRALIA**

*Alli xxx*