

# *Inviting the Muse: Things to Think About*

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## *The Muse of Courage*

- What is the arena that calls you to perfection?
- Are you willing to NOT be that?

## *The Muse of Compassion*

- Apply TLC: Tender Loving Care of Self, Others, IdeaRs
- What is Tempting? What is Lacking? What might you Change?

## *The Muse of Purpose*

- What is the larger purpose that you bring to your challenge

## *The Muse of Energy*

- What is it that you do that creates the mind state for creativity?

## *The Muse of Connections*

- Choose a random object, thought or image that comes up:  
Connect it to your project or your life.

## *The Muse of Complaints*

- Voice your complaint  
(What is annoying, upsetting, driving you nuts?)
- Turn it into challenge statements  
(How to resolve, transform, solve or cope with the complaint)
- Generate ideaRs and apply The Muse of Compassion
- If all else fails, Sing the Blues

## *The Muse of Playfulness*

- Look at the project inside out, upside down. Have fun! Be silly!
- Recall child hood fantasy figures that inspired you. Consider how the qualities of that figure may inspire your challenge

## *The Muse of Emotion*

- Pay attention to feelings, use it as information that something may need to be addressed, changed or emphasized

## *The Muse of Passion*

- What is your Passion?
- How can you bring your Passion into your Project, Work, and Challenge?

## Wisdom for the Muses:

"The test of a first rate intelligence is the ability to hold two opposed ideas in the mind at the same time."

F.Scott Fitzgerald

"Ring the bells that still can ring. Forget your perfect offering. There is a crack in everything. That's where the light gets in."

Leonard Cohen

"If you want others to be happy practice compassion, if you want to be happy practice compassion."

The Dalai Lama

"We are not here mainly to earn a living. We are here to enrich the world"

Woodrow Wilson

"The more you lose yourself in something bigger than yourself, the more energy you will have."

Norman Vincent Peale.

"The world is but a canvas to the imagination".

Henry David Thoreau

"Everything is relevant. Making things relevant is the creative process."

Wm. Gordon

"Every problem has a gift concealed in it for you. We look for problems because we need the gifts."

Richard Bach

"The thing we fear most in organizations: fluctuations, disturbances, imbalances are the primary sources of creativity"

Margaret J. Wheatley

"I merely took the energy it takes to pout, and wrote some blues."

Duke Ellington

"Almost all creativity involves purposeful play"

Abraham Maslow

"Feeling and longing are the motive forces behind all human endeavor and human creations."

Albert Einstein

"Following your feelings will lead you to their source. Only through emotions can you encounter the force field of your own soul."

"Passion is energy. Feel the power that comes from focusing on what excites you."

Oprah Winfrey

"We always know we are close to our true mission on earth when what we are doing is touched with the energy of enthusiasm."

Paulo Coelho

"Nothing great was ever achieved without enthusiasm."

Ralph Waldo Emerson