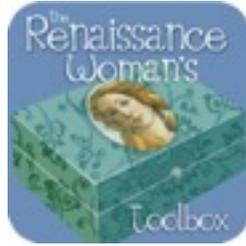


# Week 6 Explorations



## Part 1 Your Main Job

The purpose of this exercise is to claim and embody your Renaissance Woman's birthright. We are not beholden to the mainstream model of "Pick something and stick to it until it's finished." We get to enjoy the fact that our systems get fired up for their own reasons, and those reasons usually aren't connected to accomplishment in the conventional sense. As Barbara Sher says:

"Happy dendrites firing off in our brain don't care about accomplishment."

Coming up with new ideas and exploring them to your heart's content is "**the way your brain dances**". Our main job is to all ourselves to be pulled into The Sweet Spot (aka the Slipstream, aka creative flow) by the power of good feeling. This is Open Space. This is living from our Essence.

To take this down into your cells, try the following. You can do this on your own or take turns with your Learning Buddy. For each of the phrases below, repeat this sequence:

- Stand up
- Take 3 easy connected pleasurable breaths, starting with a complete out-breath, all the way out. Lengthen your in-breath and out-breath to 3-5 seconds each
- Do a little **Creative Joint Play**: move your body (arms, spine, hips, more) in a way that feels natural, organic, delicious, new, and even a little silly; the movements can be little or big, shy or bold
- Say out loud each of the phrases below; repeat until you feel the fullness of the statement filter down into your cells:

**"I consider it my primary job to generate pleasure at being alive."**

**"I fully allow myself to receive the pleasure of the way my brain dances."**

## Week 6 Explorations

When you feel complete with the process, share or write down a few sentences about your experience – here, in your daybook, a journal, or with your Learning Buddy. What “monkey mind” thoughts arose as you said the sentences? What did it feel like in your body? Describe the sensation(s), including where they’re located and the details of the sensation(s).

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### Part 2 Claiming Flow

This is another exercise in claiming and luxuriating in your birthright.

Here, in your daybook, a journal, or with your Learning Buddy, describe how you feel when you’re in **full-speed-ahead Scanner mode, completely captivated by the object of your attention**. Again, what does it feel like in your body? Describe the sensation(s), including where they’re located and the details of the sensation(s).

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# Week 6 Explorations

## Part 3

### Your Creative Practice

#### Purpose

- To build up your pleasure tolerance
- To give an important message to your whole system about putting your creative play FIRST
- To prioritize pure play

#### Try this!

Every day for the next 1 to 2 weeks, upon waking, but before diving into any of the logistics of your life, set a kitchen timer and give yourself a minimum of 10 minutes of Creative Play. The only “rules” are that it be an activity that you absolutely LOVE that gives you immediate and deep pleasure. When the timer goes off, you can then go about the business of your day, or choose to keep playing.