



Excerpt from the book *An Artist's Pillars*

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[www.AnArtistsPillars.com](http://www.AnArtistsPillars.com)

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## ~ Why ~

When you embark on the path to bring a creative idea to life, to share your artistic vision with the world, you face many challenges as well as opportunities to expand yourself. Your work or idea will be criticized. Doors will remain closed and the creative process will ask you to do things you've never done before.

It's important for you to spend time to hone your natural talents and learn business skills in order to market your work and manage the business aspect of your creative endeavor.

There is also a third component that is vital for your success and that's a solid internal foundation. A foundation that is filled with belief in yourself, inner strength and knowing of your innate value.

Your creativity is an amazing element of you and any creative expression carries with it a part of your soul's unique signature. How you see and interpret the world. When you bring your art or creative idea into form, that is such a beautiful and vulnerable act.

A piece of you exposed in the world.

Without a solid internal foundation -

Criticisms can shred any confidence that you have and make it really difficult to maintain your artistic voice and vision and not succumb to someone else's opinions, even when you know it's not the direction you want to go.

When roadblocks occur, if you question the validity and value of what you offer, these blocks may cause you to give up, give up on yourself and your creativity. And this reaction exasperates feelings of not being enough. Not being talented or important enough, not being valuable enough as a person.

Your skills, natural talents, dreams and desires can take you only so far because the creative process has a way of highlighting your insecurities.

At some point, you need to put yourself "out there" in order to bring your creative project, art or business to life.

Where insecurities on the creative path flare up is different for everyone but I am certain that this path stretches you, and it is within that stretching space that you will need to call upon your inner resources.

The inner resources to expose yourself and take that step to share your creative project with an agent, investors, potential collaborators and your audience.

Just like you spend time to learn your craft and the necessary business skills, it's essential for you to cultivate a stable and lasting internal foundation.

Instead of being derailed by criticisms, roadblocks and the uncertainty inherent in the creative process, you'll possess the inner resources to proceed with confidence and fully realize your creative potential.

## ~ Introductions ~

### **Who Am I...**

I am someone who has a rich inner world, a wealth inside of me to share, an abundance of creativity and yet, part of my story includes a significant amount of time feeling diminished, voiceless and timid.

**I used to get crushed by criticisms.** The slightest indication (verbal or nonverbal) from someone that they disapproved of what I created or didn't like a direction I was going would cause one of two reactions from me...

Either, I would modify what I created in an attempt to gain their approval.

Or, I would take cover and hide.

The swing in these reactions continued for awhile and during the times that I was in "modifying to please mode", I started to feel very disillusioned, disheartened.

I was trying.....trying.....trying but through all my modifications to meet other people's shoulds, the modified versions lost my essential vision and essence of what I wanted to bring into the world.

During times I took cover and hid, I nearly gave up. The feelings of not being good enough or that what I have to offer not valuable enough screamed through my veins.

**I used to be extremely fearful to talk with folks about what I created.** I spent a lot of time developing my skills and writing, all necessary time and effort in their own right, however, I kept hiding from another necessary component and that is, talking to folks. Giving voice to my work.

The thought alone that I would need to talk paralyzed me. The paralysis occurred whether talking was with one individual, a small group or the thought of a bigger stage.

And here was such a frustrating part of this fearful reaction. I'm very capable and enjoy conversations with people. My preference has always been to talk one to one or in small groups and I've connected deeply with people throughout my life.

This fear that held me back and strangled my voice wasn't from a social awkwardness.

This fear was from deeply seeded beliefs that questioned the value of me.

Telling myself that I needed to be more confident didn't work. As I looked in the mirror and stated, "You need to be confident. Believe in yourself." My eyes stared back at me and said, "But I'm not. I don't."

The inner turmoil in me raged. What was in me to create longed to be but my own insecurities crippled my ability to get my creativity beyond my heart and mind and into the world.

And that was the quicksand I stood upon.

But it was the feeling of quicksand that helped me realize what was missing...

You can't will confidence and belief in yourself. Lasting confidence and belief are a natural occurrence based from something deeper.

A way of being with yourself, in relation with yourself that establishes the solid ground in which to create from.

And as I fostered this way of being in relation with me, the judgments I once feared may hurt when they come my way but the criticisms no longer hold the power to stop what my inner compass knows is true for me.

I may still get nervous butterflies as I speak but the jittery resonance feels more like inner applause cheering for me as I connect with an individual or a larger audience. From silent and hidden to excited to share and speak with folks is an enormous evolution.

My story has evolved from diminished, voiceless and timid to empowered, visible and flourishing.

Your insecurities may be different from mine but the need for a solid internal foundation is the same. What you learn throughout *An Artist's Pillars* will cultivate the inner resources you need to bring your creativity out in the world and will develop a lasting foundation within you that will expand far wider than can be imagined.

The creative path may highlight your insecurities and self-doubts but this path also invites the amazingness that is inside of you to shine through. This is a path not meant to beat you down but one that supports you to step fully into who you are.

Thank you for being here. It is your time.