

# Syllabus

## TAPPING THE CREATIVE UNIVERSE By Jim Paredes\*

“A potent and dangerous workshop to awaken you.”

If you find yourself stuck-- in between careers, dreams, loves, or can't even seem to identify the source of the gridlock in your life, read on:

Here is a workshop that will help uncover, identify and set aside the blocks that stand in the way of creativity in everyday life. By actively engaging self-defeating attitudes and instilling practices that will help the participant overcome them, the workshop hopes to awaken a new way of seeing that will bring back the inner joy and natural creative impulse each person possesses.

Through 6 two hour sessions spread out in 2 weeks, the workshop will partly employ the techniques every successful, working creative employs plus Jim Paredes's practices as a successful, multi-faceted artist these past 36 years. These have proven to be effective in dealing with blocked individuals, most especially those who find themselves in a creative rut.

The sessions will extensively deal with issues of creativity in everyday life through personally assigned tasks and interactive exercises that will get to the core of the creative blockage and the introduction of new disciplines and practices for everyday use to overcome them and remain unblocked.

### The Syllabus

#### Days 1, 2, 3

##### Causes of blocks-

##### Affirmations vs. negative beliefs

- Introduction of "morning pages", "solo dates"
- Map to Recovery
- Handling criticism
- Personal archaeology
- Exercises in "forbidden joys"
- Instituting changes in life
- Imposed deprivations

#### Days 4, 5, 6

- Getting out of the need to look good
- Relating with the Creator
- Declarations
- Abundance and gratitude
- Listening and guidance
- Perfectionism
- Knowing your blocks
- Fear and creative failure
- Confronting your blocks
- Building your artist's altar
- The 48 hour journey