

Recovering a Sense of Possibility, 'The Artist's Way' (extract) – Julia Cameron, 1993

"Summary

Purposeful work asks us to hold a vision larger than our current circumstances. In this extract from 'The Artist's Way', Julia Cameron argues that our greatest limits are often the ones we unconsciously place on ourselves through scarcity thinking. Her invitation is simple but demanding - recover a larger sense of possibility, then take the next courageous step:

"Pray to catch the bus, then run as fast as you can."

Limits

One of the chief barriers to accepting God's generosity is our limited notion of what we are in fact able to accomplish. We may tune in to the voice of the creator within, hear a message—and then discount it as crazy or impossible.

Remembering that God is my source, we are in the spiritual position of having an unlimited bank account. Most of us never consider how powerful the creator really is. Instead, we draw very limited amounts of the power available to us. We unconsciously set a limit on how much God can give us or help us... and if we receive a gift beyond our imagining, we send it back.

Some of you may be thinking that this sounds like the magic-wand chapter: I pray and presto! Sometimes, that is how it will feel. More often, what we are talking about is a conscious partnership in which we work slowly and gradually, clearing away the wreckage of our negative patterning, clarifying the vision and then, one day, presto! The vision seems to suddenly be in place.

In other words, ***pray to catch the bus, then run as fast as you can.***

We come to recognise that God is unlimited in supply and that everyone has equal access. This begins to clear up guilt about having or getting too much. We can begin to let go of having to sabotage ourselves.

One reason we are miserly with ourselves is **scarcity thinking**. We don't want our luck to run out. Remembering that God is our source—an energy flow that likes to extend itself—we become more able to tap our creative power effectively.

Recovering a Sense of Possibility (cont.)

By listening to the creator within, we are led to our right path. On that path we find friends, lovers, money and meaningful work. **Very often, when we can't seem to find an adequate supply, it is because we are insisting on a particular human source of supply. We must learn to let the flow manifest itself where it will—not where we will it.**

Cara, a writer, spent far longer than she should remaining in an abusive agent relationship because she thought it would be creative suicide to sever that professional tie. The relationship was plagued with evasions, half-truths and delays. Finally, after a particularly abusive phone call, Cara wrote a letter severing the relationship. When her husband came home, she tearfully told him how she had sabotaged her career.

He listened and then said, "A week ago, I was in this book store and the owner asked me if you had a good agent. He gave me this woman's name and number. Call her."

Cara got on the phone and connected immediately to the new agent's sensibility. They have been working together, very successfully, ever since.

Once Cara became willing to receive her good from whatever source it appeared in, she stopped being victimised.

As each idea comes to us, we must clear away our inner barriers to acting on it and then take the concrete steps necessary to trigger our synchronous good.

Activity

If this still sounds airy fairy to you, ask yourself bluntly:

- What next step are you evading?
- What dream are you discounting as impossible given your resources?
- What payoff are you getting from remaining stuck at this point in your expansion?