

Week 2_The Artists Way_2026/03/01

Summary

Abigail Barnes explained the program structure, emphasizing the importance of trusting the process, completing three pages of daily morning pages, and prioritizing the most challenging chapter task, while outlining the week two theme of "Recovering Identity" and the week three theme of "power." Sarah Mason shared realizations about identity shifts and career focus, Keith Hare reported momentum in their new business and enjoyment of the morning pages, and Alun discussed the cathartic effect of writing and the challenge of balancing multiple reading assignments, with Alun Walker also offering an update on the difficulty of attending the next session.

Details

- **Approach to the Program and Resistance:** Abigail Barnes affirmed that participants can undertake the journey in whatever manner they choose, emphasizing that there are no mistakes and that resistance is an energetic relationship ([00:06:48](#)). They noted that sometimes what is mistaken for resistance is simply not needing the task at that moment, while other times, resistance can cause issues to persist ([00:07:34](#)).
- **Meeting Structure and Logistics:** Abigail Barnes explained the session's structure as the end of week two review and the week three setup ([00:08:33](#)). The course includes weekly Google calls for reviews and Q&A, a training portal for replays, a weekly progress tracker, AI notes, a WhatsApp community, and pre/post self-evaluations ([00:09:53](#)).
- **Week Two Assignments and Review:** For the preceding week, participants were instructed to read pages 41 to 59, complete morning pages daily, go on an artist date, and complete the tasks at the end of every chapter ([00:12:06](#)). The weekly cycle involves working on Monday to Friday, reviewing on Saturday, and meeting on Sunday to review and reset ([00:13:14](#)).
- **Importance of the Process and Morning Pages:** Abigail Barnes stressed the importance of trusting the process and having fun, noting that challenges may arise as unconscious issues come up for attention ([00:13:14](#)). They advised writing three sides of notes daily, regardless of the notebook size, and emphasized that "progress beats perfect," encouraging participants to start again the next day if they miss a session ([00:14:22](#)).
- **Managing Chapter Tasks:** Regarding the multiple tasks at the end of each chapter, Abigail Barnes recommended selecting the one task that the individual least wants to do and completing that first, rather than letting the sheer number of tasks cause overwhelm ([00:16:29](#)).

- **Week Two Theme: Recovering Identity:** The theme for the week was recovering one's sense of identity, which involves identifying who one has been versus who one wants to be ([00:17:31](#)). This process requires noticing and challenging automatic reactions, recognizing that simply knowing information is not the same as acting upon it ([00:19:49](#)).
- **Week Three Assignments and Upcoming Theme:** For the upcoming week three, participants are assigned to read pages 61 to 77, complete daily morning pages and an artist date, and review their week on Saturday before the next Sunday meeting ([00:22:06](#)). The theme for week three will be "power," focusing on observing emotional responses ([00:24:37](#)).
- **Sarah Mason's Weekly Realizations:** Sarah Mason's biggest realization was a shift toward her authentic identity, which resulted in uncomfortable feelings of losing close people, including her husband and their social circle, as she made decisions like skipping an event they were hosting ([00:25:47](#)). However, she also felt "unstoppable" in her career, though she experienced a push and pull between her old life and her exciting new path ([00:28:08](#)).
- **Sarah Mason's Challenges and Insights:** Sarah Mason found the tasks the most challenging part of the course, having had a less stable week and needing to force herself to complete the morning pages on one night until midnight ([00:29:24](#)). They initially resisted the book's "God element" but, after a few days, felt a warmth and calm, and acknowledged they needed to set time aside for the tasks going forward ([00:30:25](#)).
- **Keith Hare's Enjoyment and Artist Date:** Keith Hare reported enjoying the daily morning pages, which they completed around 7:00 or 7:30 AM, ensuring they did not write them as a diary summary ([00:35:34](#)). Their first artist date was a walk along a local canal path, where they enjoyed a break in the rain, despite forgetting to wear appropriate footwear and getting muddy ([00:37:24](#)) ([00:45:34](#)).
- **Keith Hare's Productivity Realizations:** Keith Hare's biggest realization was the need to execute non-urgent but important tasks for their new business, leading them to author eight articles and other content this week, gaining significant momentum ([00:39:48](#)). They view this process as a clarification of their identity recovery journey over the past few years ([00:47:18](#)).
- **Alun's Catch-Up and Cathartic Writing:** Alun apologized for joining late and shared that they were two and a half weeks behind, having been away on two trips and struggling to keep up with the reading, which includes the course book plus a book a week from their mentor ([00:50:16](#)). Their biggest realization was the cathartic effect of writing down emotions and feelings, notably writing three sheets on a recently ended relationship and then burning them, which provided a great sense of relief and mental clearing ([00:53:03](#)).
- **Alun's Career Goals and Challenges:** Alun, who runs two chiropractic clinics, is participating in the course to become more creative and establish the foundation for writing a book ([00:55:21](#)). The most challenging part is trying to read this book along with other books, and they plan to prioritize catching up to avoid tasks piling up ([00:56:27](#)).
- **Recommendations for Reading Materials:** Keith Hare suggested that Alun utilize the book in multiple formats, including the audio book for driving, the e-book for adjustable text size,

and the physical book for the tasks and checklists ([00:59:27](#)). They found that using all three formats helped them catch up completely with the course material ([01:00:33](#)).

- **Use of Technology for Summarizing Books:** Alun Walker shared their experience using chat technology to summarize reading material, specifically by asking it to create 30 key points from a chapter. They noted that they have applied this method to books other than the one currently being discussed, including *Count Your Blessings* by John D. Martini, *The Five Love Languages*, and *The Secrets of the Millionaire Mind*. Although Martini is a chiropractor, the books mentioned are generally not specifically about chiropractic, but focus on topics like vitality and business ([01:01:25](#)).
- **The Transformative Power of Reading:** Abigail Barnes discussed how books can change lives by offering a new perspective, approaching the idea that a person is not broken and does not need fixing. They emphasized that reading becomes a "win-win" when undertaken for personal growth and from a positive mindset, rather than viewing it as a chore or job assigned by someone else. Abigail Barnes explained that the structure of *The Artist's Way*, after the initial setup and contract signing, makes it manageable, with weekly chapters being only seven or eight pages, which can be read quickly ([01:02:37](#)).
- **The Process of Self-Discovery and Identity:** Abigail Barnes described the 12-week process of the book as gradually stripping back layers that life and society have imposed, ultimately leading the reader to hear, see, and channel their true self. They used the metaphor of swimming through a bog of mud, explaining that the early weeks involve getting out of the bog and the subsequent weeks involve washing the mud off, preparing them for a new role or identity that they were always meant to play ([01:04:01](#)). The journey involves confronting and letting go of past limiting beliefs, even while continuing to manage daily life responsibilities such as running a business, reading books, and paying bills ([01:05:25](#)).
- **Embracing Personal Authenticity:** Abigail Barnes stressed that being oneself is safe, allowed, and "no big deal," though the brain may initially struggle to comprehend this idea. They related that personal realizations in this journey can happen suddenly, like "popcorn," and that the process is often like a roller coaster, featuring extreme emotional highs and lows. One mentor suggested viewing emotions like a heart rate monitor, where the up and down movement indicates life, warning that living without emotional fluctuations is like being "the living dead" ([01:06:28](#)).
- **Upcoming Focus and Group Accountability:** Abigail Barnes expressed excitement about the continuation of the journey, noting that the following week's focus will be on "recovering your sense of power". They encouraged participants to trust the process, utilize the group for discussion, and shared that Sarah Mason was listening to the meeting while traveling, confirming that participation is possible regardless of location ([01:07:42](#)). Abigail Barnes also requested that any voice notes shared in the WhatsApp group be kept short, ideally six or seven minutes, rather than 15 minutes, as the group discussion is an essential bonus and accountability feature of the program ([01:10:48](#)).
- **Personal Impact of the Program:** Sarah Mason shared that they were participating remotely from the tube at Turnham Green, confirming they had been listening while traveling to London ([01:07:42](#)). Sarah Mason revealed that participating in the last two weeks of the

program was instrumental in giving them permission to travel to London unexpectedly, resulting in "incredible, wonderful moments" they otherwise would not have experienced. They attributed this shift in their ability to act to writing their morning pages and expressing their feelings ([01:09:48](#)).

- **Attendance for Next Session:** Alun Walker informed the group that attendance for the following Sunday's session might be problematic because they will be attending a course in Manchester that is scheduled to finish late. They noted they might be able to make the last half-hour of the meeting if their course finishes at 8:00. Abigail Barnes confirmed that if Alun Walker cannot attend, they can catch up on the replay but should still keep in touch via the WhatsApp group ([01:10:48](#)).