

# Week 9\_The Artists

## Way\_2026/04/19

### Summary

Participants reviewed personal creative progress and addressed emotional barriers through daily journaling and mindfulness practices.

#### Reviewing Morning Pages

Participants analyzed their journaling habits and emotional breakthroughs. They identified consistent patterns in creative output and the necessity of clearing negativity to maintain artistic momentum.

#### Creative Projects and Goals

One participant shifted their creative focus from a children's finance book to songwriting. They concluded that sequencing and professional feedback are essential for avoiding creative self-sabotage.

#### Self-Care and Reflection

Discussions centered on processing grief and utilizing healing modalities to foster self-compassion. The group agreed to maintain daily practices while continuing personal artistic and professional exploration.

### Details

- **Week Nine Review and Week Ten Setup:** Abigail Barnes welcomed the participants to the week nine review and week ten setup call, noting they were close to the end of the program. The discussion focused on recovering compassion, which was the topic of the previous week's chapter, encompassing self-compassion, writing pages, artist dates, and creative tasks.
- **Chapter Review Topics:** The current chapter's discussion centered on fear, creative blocks, procrastination as protection, and the concepts of

enthusiasm and “joy, not duty”. Abigail Barnes introduced five questions for the week, including an additional question about their experience reading their morning pages.

- **Keith Hare's Morning Pages Experience:** Keith Hare volunteered to share first and described their pattern of diary keeping, noting a tendency to start strong and then wander off, which was mirrored in their morning pages habit. They reported writing pages every day for the first five weeks but dropping to three or four out of seven days in the last two weeks, including one day where they wrote five and a half pages to compensate for a missed day.
- **Content and Tone of Keith Hare's Pages:** Keith Hare characterized the content of their pages as mostly "mooney," finding it easier to focus on subjects that were currently annoying them. They noted that even though the tone was a moan, the writing often included humor, which they enjoy. Positives, when covered, focused on family and new work, which they described as simple joys and a "thousand little wins" that compound over time.
- **Negatives in Keith Hare's Pages:** The negatives in Keith Hare's pages almost entirely revolved around their exercise, health, and diet. They noted frustration with not being able to shift weight despite riding a bike four or five times a week and mentioned "snackholism" and drinking more than they intended. Reading the pages again provided a comforting feeling, and they noted that some of the content could be revisited and developed into more fully formed creative output.
- **Keith Hare's Creative U-Turn:** Keith Hare shared that their initial creative goal of writing a children's finance book felt like a "last minute invention" before the course started. Their creative U-turn was the decision that the book is "not for now," potentially for a couple of years when their daughter Eva is older and can reason through the concepts. Instead of aiming to be like Julia Donaldson, they decided to lean toward an aspiring Tolkien, focusing on a journey for pre-teen and early-teen kids.
- **New Creative Commitment by Keith Hare:** Keith Hare documented a contract with themselves for a new artistic goal, which is to write an album, something they have never done before. The plan involves writing eight songs, starting many but finishing one a month, to create a coherent album of tunes.
- **Resentments and Creative Feedback:** Keith Hare addressed the prompt about lost support, reflecting on friendships and music-making, noting a resentment about not receiving responses when sending out new music. They also discussed "gear acquisition syndrome," where they would buy new equipment to compensate for feeling like a technically unproficient musician, a feeling

that was recently validated as unnecessary during a session with a collaborator.

- **Abigail Barnes's Perspective on Morning Pages:** Abigail Barnes affirmed Keith Hare's process, explaining that the morning pages are primarily for clearing out negative thoughts, or "clearing the pipes," to make space for creative energy. They noted that keeping negativity inside blocks creativity and that going back to read the pages can lead to self-judgment.
- **Discussion on Creative Projects and Sequencing:** Abigail Barnes spoke about the emotional journey of writing a book, which they consider three marathons (writing, talking about it, and launching it), emphasizing that it requires readiness and sequencing. They noted that Keith Hare's current focus on a new business and children suggests the book is not the priority right now, viewing it as a sequencing issue rather than a skill or artistic failure.
- **Feedback and Self-Sabotage:** Abigail Barnes discussed the importance of asking for specific, professional feedback on art only from people whose opinion matters. They acknowledged Keith Hare's tendency to self-sabotage by seeking out non-expert opinions and then compensating for perceived failure with shopping, calling it a mechanism that continues until one notices the pattern.
- **The Upper Limit and Consistency:** Abigail Barnes discussed the pattern of starting fast and then pulling back, relating it to the "upper limit" concept described by Gay Hendricks, where one sabotages progress when things get too good. They emphasized that daily practices like morning pages are needed for maintenance, not just until one feels "good," and stressed the importance of consistency.
- **Alun's Initial Reflections on the Course:** Alun shared that the course has been a "revelation," showing them how far they have to go, and expressed interest in doing the entire course again to get more out of it. They noted that not starting the pages until the third week taught them a lot about themselves and that they have now been pushed to a higher level of engagement.
- **Alun's Experience with Morning Pages:** Alun admitted their pages were largely unreadable and often didn't make sense, but the important parts, such as the pages written after their uncle's funeral, did. They shared the story of their uncle, who died three weeks prior, and their father, who died in November, describing the funeral with humor and emotion.
- **Themes of Grief and Time in Alun's Pages:** Alun shared that their pages focused on themes of grief, understanding the finality of life, and ruminations on the passing of time, feeling as if their last day of school was "yesterday".

To process their grief, they watched the film *\*Eternity\** and read the ancient story of Gilgamesh, both of which deal with themes of grief and humanity.

- **Alun's Creative and Self-Care Activities:** Alun mentioned doing some painting this week and found they succeeded even though they did it with the expectation of failure, which brought them enjoyment. For their artist dates, they prioritized "big" activities, including a Buddhist retreat and an aura transformation, which they view as essential self-care.
- **Effects of the Aura Transformation:** Alun described the three-hour aura transformation, noting they woke up feeling very different, with a calming influence, despite having a busy day afterward. A notable effect was experiencing color blindness for about 40 minutes immediately after the session, an experience they noted they handled without panicking, which indicated a significant change in their normal state.
- **Alun's Timeline Therapy and Self-Compassion:** Alun described a technique they performed as part of the aura transformation—a to-do to revisit damaged memories and collect the younger versions of themselves, putting them into a metaphorical coach. This process led to the realization that they did the best they could at the time, which aligns with the book's message about self-understanding.
- **Discussion on Modalities and Evolving:** Abigail Barnes affirmed that Alun's exploration of various healing modalities (like the timeline therapy process) is all connected and part of the same journey of evolving, not being "broken". They encouraged Alun to continue using the morning pages as an outlet for these deep emotional clearances.
- **Alun's Career Art and Future Planning:** Alun shared that their current art is their work as a chiropractor but noted they are 57 and thinking about what they will do when they can no longer do physical labor. The initial purpose of the course was to gain creative skills to potentially write a book or pursue alternative supportive careers, such as NLP or timeline therapy.
- **Next Week's Assignment and Group Positivity:** Abigail Barnes outlined the assignment for the next week, which involves reading pages 162 to 178, continuing the morning pages, doing an artist date, and updating others in the WhatsApp group with "joy and inspiration". They emphasized trusting the process and using the pages for "clearing the pipes".
- **Final Check-in and Time Tracking:** Abigail Barnes concluded by honoring both participants for their vulnerability and reflecting back their compassion and consistency. They briefly checked in with Keith Hare about the time challenge, who stated they had not focused on it but were focused on the course

concepts. Abigail Barnes noted that tracking time helps to spot patterns of deprioritizing things like diet and health.

- **Personal Work Habits and Creative Flow:** Keith Hare shared their personal optimal times for different types of work, noting that the morning is for self-criticism, while the time just before lunch is when they feel most positive and creative. They explained that creative tasks, such as article writing and song composition, often take longer than anticipated, citing one instance where a two-hour task extended until after dinner.
- **Upcoming Charity Cycling Event and Travel Plans:** Keith Hare announced that the following week is significant because of a charity cycle run scheduled from Thursday through the following Tuesday. They confirmed they would still dial into the meeting next week, but they will be participating from Portugal.
- **Discussion of the Time Audit Challenge:** Abigail Barnes inquired with Alun about their progress with the time audit challenge, specifically the "find your missing hour 10-day challenge," mentioning that Keith Hare previously stated they can only focus on one thing at a time. Abigail Barnes acknowledged that people complete these challenges on their own timeline, even though they have been receiving positive private messages about the training.
- **Meeting Wrap-Up and Future Tasks:** Abigail Barnes concluded the weekly meeting by outlining the plan to review the week's pages and upcoming tasks the following week. They also offered Alun the option to reach out for a private call to discuss any issues more privately if needed.
- **Wishing Success to Keith Hare:** Abigail Barnes wished Keith Hare luck with their activities and expressed anticipation for social media posts about the cycling event and seeing them join the next meeting from the swimming pool. They also suggested encouraging the other cyclists to take the course in the future.