

Week 11_The Artists

Way_2026/05/03

Summary

Course Progress Review

Members shared personal experiences regarding Week 11, focusing on autonomy and neuroplasticity. Individuals discussed shifting their professional identities toward broader creative roles and overcoming perfectionist blocks.

Final Week Preparation

The group prepared for the final week of the program. Efforts will focus on recovering a sense of faith and completing a comprehensive self-evaluation to measure progress.

Details

- **Week 11 Review and Program Overview:** The meeting transitioned to the Week 11 review, focusing on "recovering a sense of autonomy" as part of the program's progression through strength, compassion, and self-protection ([00:00:10](#)). Abigail Barnes summarized the themes of the chapter as acceptance, acknowledging themselves as an artist, success, creativity as a spiritual practice, the zen of sports, financial rewards for artistic work, and the importance of stopping the denial of who they are ([00:01:48](#)). The core questions for discussion included comfort with the term 'artist,' advice for starting the course, the definition of success, and thoughts on the zen of sports ([00:02:57](#)).

- Alan's Experience and Creative Identity Shift:** Alan shared that they had been at a chiropractic conference in Spain and had a recent breakup, which they navigated differently by making conscious decisions to avoid old patterns, such as choosing to eat alone in restaurants and swimming at midnight ([00:04:14](#)). Alan noted that they have always considered themselves an artist—first as a blacksmith, then as a chiropractor—but now view themselves as an artist and creative thinker outside of specific disciplines ([00:06:10](#)). Alan is currently redesigning their life and business, including a move from running two clinics to working independently, aiming to see five times as many clients alone in their own clinic ([00:07:26](#)).
- Experiences with Movement and Neuroplasticity:** Alan described a powerful experience with a walking meditation near the sea that was part of the "zen of sports," where they and others walked their own path while listening to an audio guide, creating a spontaneous, synchronized movement ([00:09:01](#)). Alan also discussed their past diagnosis of ADD and how medication and structured thinking, especially through the course's writing and pages, helped change their neurology, referencing the concept of neuroplasticity ([00:13:12](#)). Alan advised that they completed the course in the best way for their initial attempt, but would approach a second iteration with more awareness of the process ([00:11:33](#)).
- Beverly's Mental Block and Redefining "Artist":** Beverly shared that they experienced a mental block this week and struggled to read the chapter or listen to the audio version, noting that they barely completed any pages and did not do an artist date. Beverly related this struggle to a quote in the course material suggesting that people neglect the pages when they are about to have an "unpleasant piece of clarity" ([00:15:39](#)). Beverly reported being more comfortable with the idea of having creativity, though still not fully comfortable calling themselves an "artist," and realized their initial definition of an artist was too narrow ([00:16:51](#)).
- Advice and Success Definition:** Beverly advised themselves to let go of perfectionism, be patient and honest, and enjoy the discovery and playful side of the process. For Beverly, success means being fulfilled, using their gifts, helping others, feeling valued, and having meaning in their work. Beverly also shared that they recently attended a breath work class, which they found to be an "eye-opening" and positive experience, which they connected to the "zen of sports" concept ([00:18:04](#)).
- Breath Work and Self-Sabotage Discussion:** Abigail Barnes inquired about the timing of Beverly's breath work session relative to reading the chapter, suggesting that breath work, as a somatic practice, can dislodge trauma and trigger a nervous system regulation that might have caused the mental block

([00:20:46](#)). Abigail Barnes proposed that Beverly's struggle with the chapter was a classic pattern of hitting an "upper limit" or a fear of the unknown ([00:23:10](#)). Beverly reflected that they found themselves unable to be present while attempting to read or listen to the chapter ([00:25:34](#)).

- **Creative Practice and Visibility:** Abigail Barnes commented on the transformational power of simple practices and the "1% conversation" that exists for people who embrace consciousness, suggesting that those who are not meant to see one's artistic content will not, likening it to a "vibration thing" ([00:26:43](#)). Alan then shared their experience with doing podcasts, noting that although their initial attempts were "cringy," the practice has helped them hone their skills and expand their network ([00:28:49](#)). Alan also noted that the confidence gained from the podcasts was essential for them to feel comfortable discussing the course concepts with others ([00:32:07](#)).
- **Week 12 Setup and Course Conclusion:** Abigail Barnes emphasized the program's core message that success comes from "doing the work one performance at a time," regardless of whether the output is "good" or gets paid for. The final week, Week 12, will focus on "recovering a sense of faith" and bringing all 12 weeks together, including a final self-evaluation to measure progress ([00:32:07](#)). The tasks for the final week include reading pages 192-204, completing the morning pages and artist date, considering the chapter tasks, and completing the self-evaluation ([00:33:12](#)). Abigail Barnes concluded by sharing an anecdote about starting things now because it is never too late to begin a new endeavor ([00:34:37](#)).