

Lucy's CHAKRA CHALLENGE

[Calling all
Muses...]

*Living
the
Art Life*

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1. GET GROUNDED

[root of spine]

essential task

**I need to take care of basic business
(financial, household, family).**

risk of not doing

**If I don't, I'll be distracted by these
gnawing demands.**

risk of getting stuck

**But I can also get stuck here, letting
daily demands overwhelm my creative
ambitions.**

just for a moment

**Or briefly I might soak up the energy of
all the riches I possess and all the gifts
my ancestors and mentors have given
me.**

2. COMMIT

[sacrum]

essential task

I need to cross the threshold, take the plunge by committing myself to a project.

risk of not doing

Otherwise I'll never get started. I'll keep procrastinating to avoid the risk of time and energy — and failure.

risk of getting stuck

But I can also get stuck in the sheer pleasure of being an “artist,” because I have a project. All celebration, no work.

just for a moment

Or briefly I might allow myself to be vulnerable, exposed to all influences, possibilities and all fears.

3. SET UP

[solar plexus]

essential task

I need to have my work area and my tools ready to go.

risk of not doing

Otherwise, I'll be disorganized & not ready to work when the ideas start flowing.

risk of getting stuck

But I can get stuck here by obsessing over my tools and space. Better pens! Better paper! New software!

just for a moment

Or briefly I might recognize that my life's purpose is larger than this challenge. And the only way out is through.

4. OPEN UP

[heart]

essential task

I need to open up to new guidance & new influences (reading, researching, consulting).

risk of not doing

Otherwise, I'll be a lonely misfit, insulated from the ideas & inspiration of those who've gone before me.

risk of getting stuck

But I can get stuck on reading & research. I can also get intimidated by the genius of others.

just for a moment

Or briefly I can offer to contribute what I know to the common good.

5. DO IT

[throat]

essential task

I need to begin expressing — use my instruments and tools to write, sketch, outline, compose, etc.

risk of not doing

Otherwise, “the art life” is just a fantasy. The project is a pipe dream.

risk of getting stuck

But I could get stuck in sheer volubility, devoid of details, nuance, problem-solving. Hack work.

just for a moment

Or briefly I might let the words, lines, music flow forward without thinking first.

6. DISCERN

[brow]

essential task

I need to make new connections and gain new insights.

risk of not doing

Otherwise, I'll wind up recycling the old templates, the hackneyed formulas.

risk of getting stuck

But I could get stuck in my own myth-making, rapt by my own poetry, failing to see exactly what is.

just for a moment

Or briefly I might break out of the old mental model to see with entirely new eyes.

7. BREAK THROUGH

[crown]

essential task

I need to reveal the truth — the universal in the particular.

risk of not doing

Otherwise, my final product will be too safe, too intellectual.

risk of getting stuck

But it's possible to get stuck in a magical mystification of "truth."

just for a moment

Or briefly I might awaken to the bliss, the truth beyond all understanding.