

The Successful Dilettante

from Susan Henderson

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Greetings/News

Welcome!

Happy Autumn, Creative Multipreneurs! Oh how I love this time of year. While we still have the look and feel of a Pacific NW summer here, there is a sense of excitement and newness in the air. The kids at the bus stop near my home office are wearing their new back-to-school finery as they noisily greet and chase each other around while waiting for that big orange bus with the squeaky brakes to come down the hill.

Autumn is a fresh, crisp move-into-new-action time for me. What's new? Or, maybe I should say: renewed. I am back on track with publishing this ezine twice a month on the 5th and 20th. Starting this Monday (September 8th), I will be blogging regularly at <http://www.creativemultipreneurs.com>. And, I am finally getting back into writing the book I'd intended to publish last autumn. Are you catching the writing theme?

Featured Video

Gratitude makes your happy! Gratitude makes you Dance!
<http://www.youtube.com/watch?v=R9z2ELaBVJY>

Social Networking

Join me for friendship and networking on Facebook:
<http://profile.to/susanhenderson>

Follow me on Twitter (and I will follow you, too):
<http://twitter.com/susanchenderson>

Featured Article: Write Your Way to Clarity

"In order to find our creativity—or, for that matter, our spirituality—we must begin with where we are." ~ Julia Cameron

Recently, I added Julia Cameron's book *Finding Water: The Art of Perseverance* to my home library. It completes her bestselling trilogy on the creative process—beginning with *The Artist's Way* and *Walking in This World*.

In each one of these books, she starts out asking the reader to make a commitment to using three basic tools:

1. Morning Pages
2. The Artist's Date
3. Weekly Walking

Morning pages have been a part of my life off and on for sixteen years. What are morning pages? They are simply three pages of longhand, stream-of-consciousness writing usually done upon awakening—whenever that may be for you. It could even be done after a nap.

There is no right or wrong way to do morning pages. Just let it flow. These pages are just for you. Nobody else is allowed to read them. So let loose and dump it all out on your 8 ½ by 11 pages.

Don't know what to write? Then write that you don't know have anything to say and how that makes you feel and blah, blah, blah... off you go. Just get that hand moving across the page and write whatever comes to mind. Nothing is too stupid, silly, petty, whiney or weird. Just write three pages... and then do it again the next day.

When people ask Julia, "Why do we write morning pages?" She says it is to get to the other side of our fear, our negativity, and beyond the reach of our internal censor, which tends to reside in our Logic brain—to move us from our neat, linear logic brain and into our creative artist brain where all things are possible.

So, how does clarity come from writing longhand, stream-of-consciousness pages every morning? They are immediate. We are grounded in the "now" of our lives. We drain away our negativity and in clearing out the gunk, we gain a clearer picture of where we are and where we want to go. Try it for at least 30 days. It works.

With loving kindness,

Susan

Recommended Resources:

Did you know that Autumn is the best time to treat your body to a cleansing detox program?

Nutritional Consultant, Janet Gomez, is offering a program this month to help get your body working at its optimum best.

This course will be delivered in three teleclasses on consecutive Thursdays September 11, 18 and 25 at 12:00 pm Eastern Time. You dial in to a U.S. teleconference line at the appointed time. You will be provided with a recording of the teleclass, so don't despair if you have a scheduling conflict.

In this 3-part teleclass series you will discover how detoxing your body can bring your more energy and sense of well being than you ever dreamed possible. Janet will teach you how to determine your body type and design your own personal detox plan that you can easily integrate into your everyday life.

Janet is offering a discount just for the readers of this ezine until Monday, September 8th at 10:00 pm Eastern. Use the discount code: detox0509. For more info and to register: <http://teledetox.nutriyoti.com>

What Can Susan Henderson Coaching Do For You?

Put Me In Coach... I'm Ready to Play!

I currently have openings for a couple of one-on-one clients who are ready to play a bigger game. If results are important to you, I invite you to contact me. We can chat awhile to learn if I am the right coach for you and you are the right client for me.

Grab a *TastyBite Coaching for Clarity* session if you who would love a power boost in clarifying where you are headed in the next six months and a 3-stage plan to get there. You will not only come away more motivated and energized, but with your own recording of the call and a written summary in hand for when you get a little wonky and lose your way. <http://www.susanhenderson.com/tastybite.html>

The DIY Mastermind Group: Insider Secrets to Creating a Successful Mastermind Group of Your Own ebook (by yours truly) is available on my website at <http://tinyurl.com/2nyuhs>.

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