



© **REDGOLD CREATIVITY**

*Life Coaching for Creative Women: Mixing Magic with Mindfulness*

### *SWEEPING IN THE NEW*

*'I will tell you where to seek your fortune. Go on further and further into the wood, until you come to a little old cottage, where the green lady lives. Knock at the door, and when she opens it, tell her you've come to seek service. She will take you in; mind you be a good girl, and do all she tells you to do, and you'll come to no harm.'* So the little girl ... went on her way. Presently she came to the little cottage in the wood, and she knocked at the door. Then the door was opened by a pretty green lady, who said: 'Little girl, little girl, what do you want?' 'I've come to seek service, ma'am' said the little girl. 'What can you do?' said the green lady. 'I can bake and I can brew, and about the house all things can do,' said the little girl. 'Then come in,' said the green lady; and she took her into the kitchen. 'Now', said she, 'you must be a very good girl; sweep the house well; make the dust fly.'

*~ The Green Lady: Folk Tales of Britain.*

Folk and fairy tales offer us many clues to the creative life. The first is that we must find our way through the woods. This initial step towards the entrance of this sacred grove is full of courage. We might be told we are crazy, that it is dangerous, reckless, to set out on such a

path on our own. We might get lost. But to enter the sacred grove, we must be willing to be lost for a while, to become a stranger to ourselves, to undergo a journey into the unknown. We must be prepared to be transported elsewhere, outside ourselves, if we are to seek our fortune.

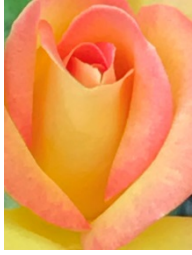
The girl in the old Celtic fairy tale ‘The Green Lady’ sets out to do just that. Finding her way through the wood, she goes into service to a green lady: keeping her house and essentially, becoming her apprentice. She must work hard and keep her wits about her if she is to succeed, and she must pass many tests along the way.

When she takes her in, the green lady gives the girl her first command. The little girl must “sweep the house well; make the dust fly”. The girl does so. The tale tells that she swept the house with her broom with such vigor that the dust flew upwards like sparks.

In fairy tales, heroines often do a lot of sweeping – clearing out old energies in order to make way for the new. (Think of Cinderella and Snow White). The undertaking of this clearing process must be undertaken with due care; her house must be in order. A vital aspect of creativity is to become an artist of the everyday. Each small task is necessary to the craft of life. The little girl must show right respect for her chores, her sacred tasks. She must not only clean with care, she must clean with vigor, wielding her broom with power.

In Zen Buddhism the broom is the emblem of the sage. For wise women, the broom is a symbol of great potential. Daily sweeping is an old tradition that links the divine with the mundane, bringing us down to earth, in order to prepare us to reach greater heights.

“Begin at the beginning,” said the famous philanthropist and Scots born self-made man Andrew Carnegie. For success, he said, our first task should “introduce us to the broom”.



## **REDGOLD CREATIVITY Exercise**

Feeling stuck? Whatever your creative endeavors, you can change your mental, emotional and physical state by simply picking up a broom.

Sweeping has a hypnotic, spiral action that can quickly, safely and easily take you into a more mindful state. Choose an area to work on, either outside or inside your home.

Begin to sweep. Undertake the task mindfully. Focus on each movement of your arm. Notice the sights, sounds and scents around you. If your mind wanders return it gently to the task at hand. Sweep for a minimum of ten minutes, longer if you get into a rhythm.

When you have completed the playful chore, return to your creative work. Make sure you note down whatever comes to mind – your intuition will surprise you. Expect a new insight.

Repeat as necessary – and if you really want to make a change in your life– go out and buy a new broom.



# She Sweeps With Many-Colored Brooms

She sweeps with many-colored brooms,  
And leaves the shreds behind;  
Oh, housewife in the evening west,  
Come back, and dust the pond!

You dropped a purple ravelling in,  
You dropped an amber thread;  
And now you've littered all the East  
With duds of emerald!

And still she plies her spotted brooms,  
And still the aprons fly,  
Till brooms fade softly into stars -  
And then I come away.

~ Emily Dickinson



### About the Author

Hello, my name is Eliza Redgold. It's based upon the Gaelic meaning of my full name, Dr Elizabeth Reid Boyd. English folklore has it that if you help a fairy, you will be rewarded with red gold. I'm an author and academic. I write fiction (as Eliza Redgold) and non-fiction (as Elizabeth Reid Boyd).

There are some **exciting new releases in 2017. Out in March is The Secrets of Mindful Beauty** to be published by Skyhorse Publishing, New York. These revolutionary techniques in anti-ageing and self-care will change how you look and how you feel - forever.

In 2017 the first in my Ladies of Legend fiction series will be released as an audio book. Listen out for **NAKED: A Novel of Lady Godiva** - and there are more exciting announcements on the way!

Also on its way is a non-fiction book about the spirit of fairy tales and how you can transform your life with a forgotten fairy tale philosophy. It's the culmination of a decade of research and I'll be very excited to share it at last. Stay tuned!

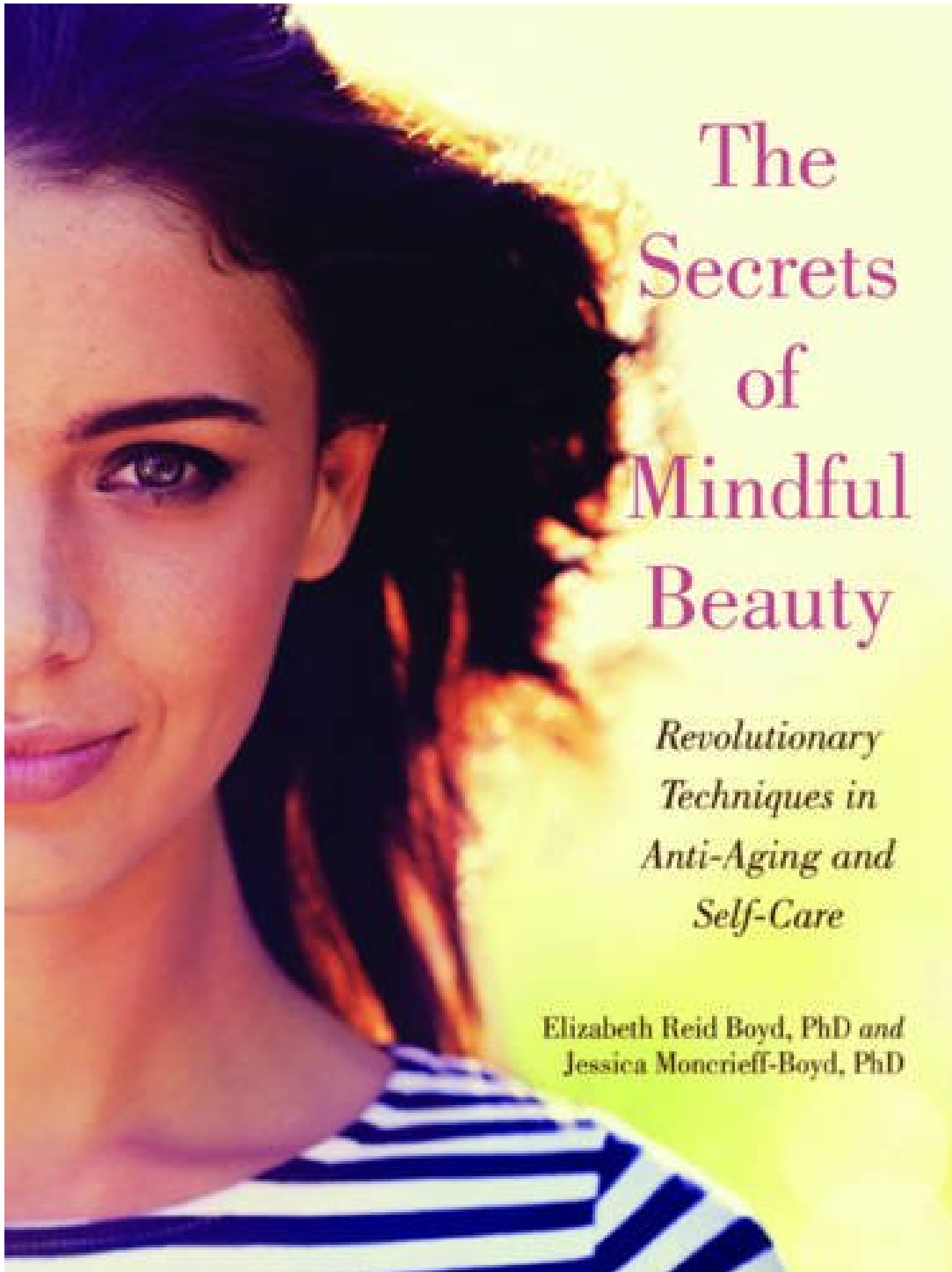
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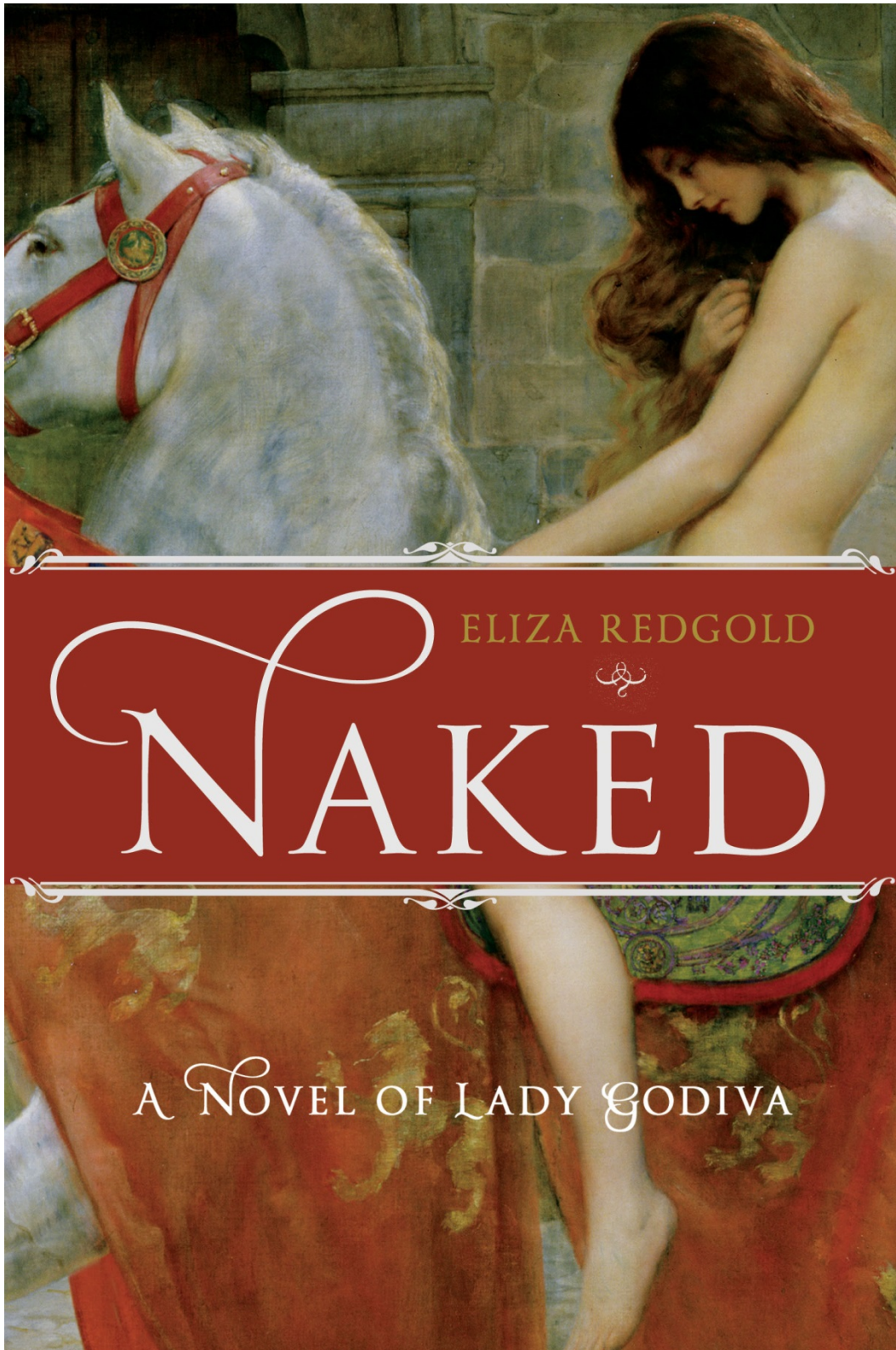
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