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Life Coaching for Creative Women: Mixing Magic with Mindfulness

Take the High Way

Such delicate goods as justice, love and honor, courtesy, and indeed all the things we care for, are valid everywhere; but they are differently handled, and sometimes nearly unrecognizable if you meet them in a foreign land; and the art of learning fundamental common values is perhaps the greatest gain of travel to those who wish to live at ease among their fellows.

~ Freya Stark.

Creativity is more than a journey. It is an adventure, a valiant search, a daring process of discovery. It may take you to new and dangerous places: through the woods, to new pastures, into strange lands, or onto stormy seas. It may take you into the dungeon and then, up to the surface. You might have courageously faced dragons in your path, to reclaim your treasures.

Your quest for your creativity may also be a pilgrimage. If you go to Banbury Cross, goes the nursery rhyme, you will see a 'fine lady upon a white horse, with rings on her fingers and bells on her toes'. In the 13th century, Queen Eleanor of Castile made a pilgrimage to Canterbury. At each place she and her procession stopped to rest, a carved cross was erected in her honor. The final cross was situated near the site of today's Charing Cross station in London, from which it gets its name.

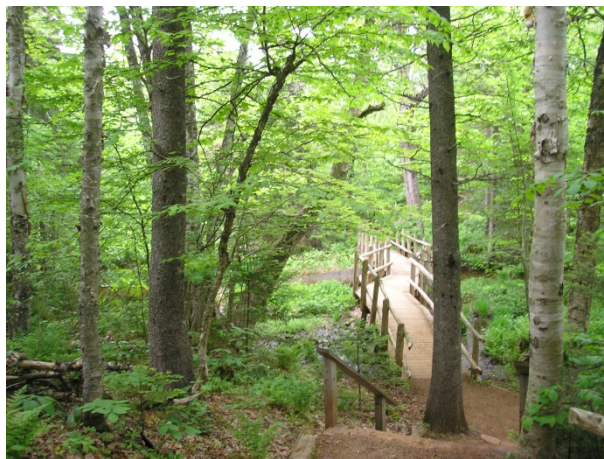
Pilgrimages were very much a feature of life in the Middle Ages. There are many old pilgrimage trails that can still be walked today. Pilgrimages can also be made closer to home.

The writer Simone de Beauvoir trained her inner heroine by setting out each day for a walk in a direction she did not know, trusting that she would be able to find her way home. Mazes and labyrinths were also created for court ladies in the gardens of great palaces to test their inner compass. Novelist and philosopher Iris Murdoch believed that we gravitate towards the good, such as justice, love, peace and honor. You can always trust that a true compass will guide you home.

In the magic of alchemy, the compass is an essential tool of the imagination. It is a symbol of divination and creation. Teresa of Avila referred to the spiritual journey as the royal road, which she said was a “path of self-knowledge that must never be abandoned”. You are on the royal road when you create in harmony with your inner compass. You are on the royal road when you live up to the divinity of your dreams.

REDGOLD CREATIVITY Exercise

Take a walk in your neighborhood and reflect on the creative journey you have taken so far in your life. Go a different route to the one you usually take. Remind yourself of the road you already have travelled, and the remainder of the journey that still lies ahead. *Saunter* – the word comes from saint. Trust that you are gravitating towards all that is good.



Trust your golden compass ...

<https://www.youtube.com/watch?v=NcGaDIGPbsk>



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!

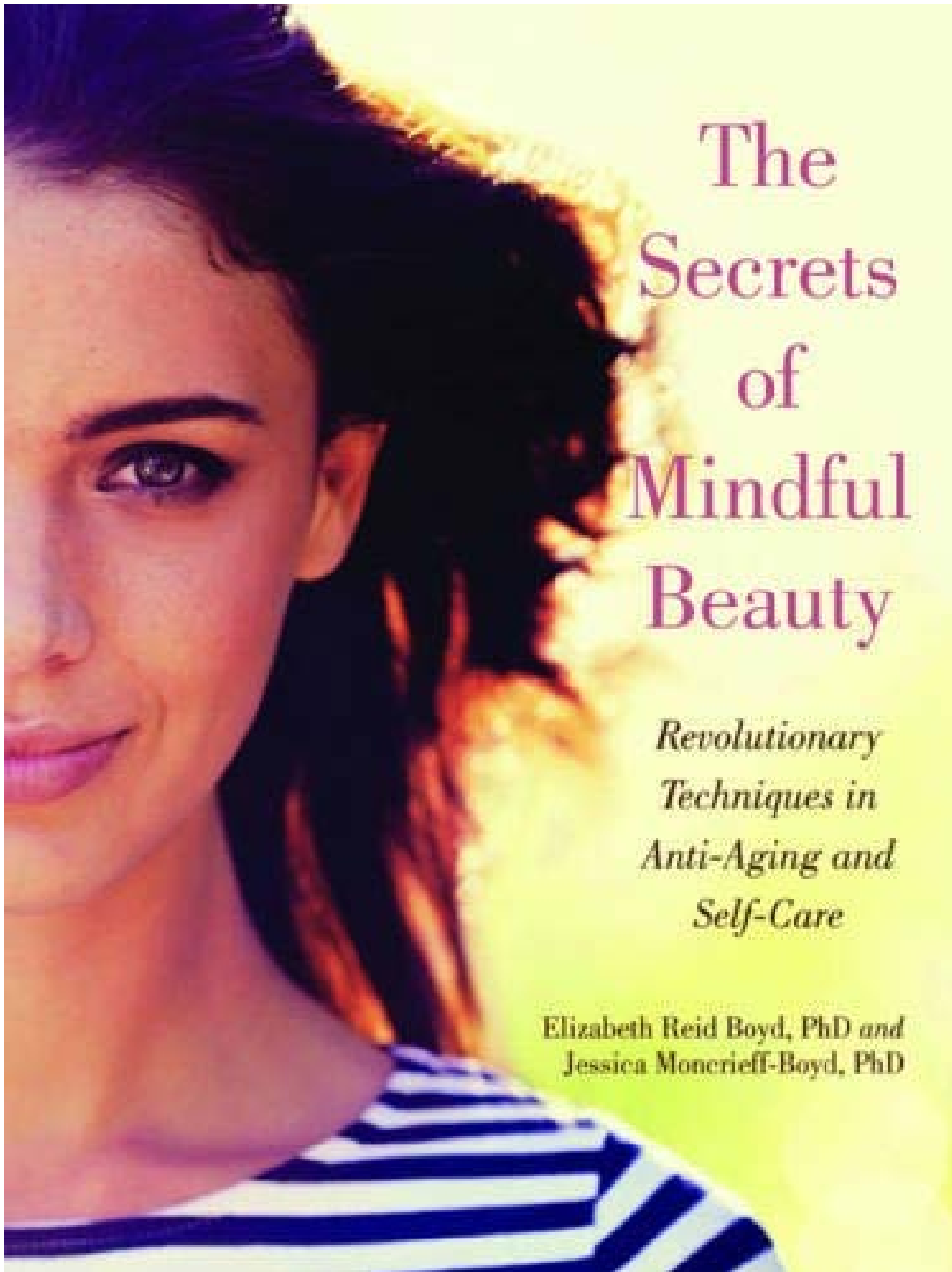
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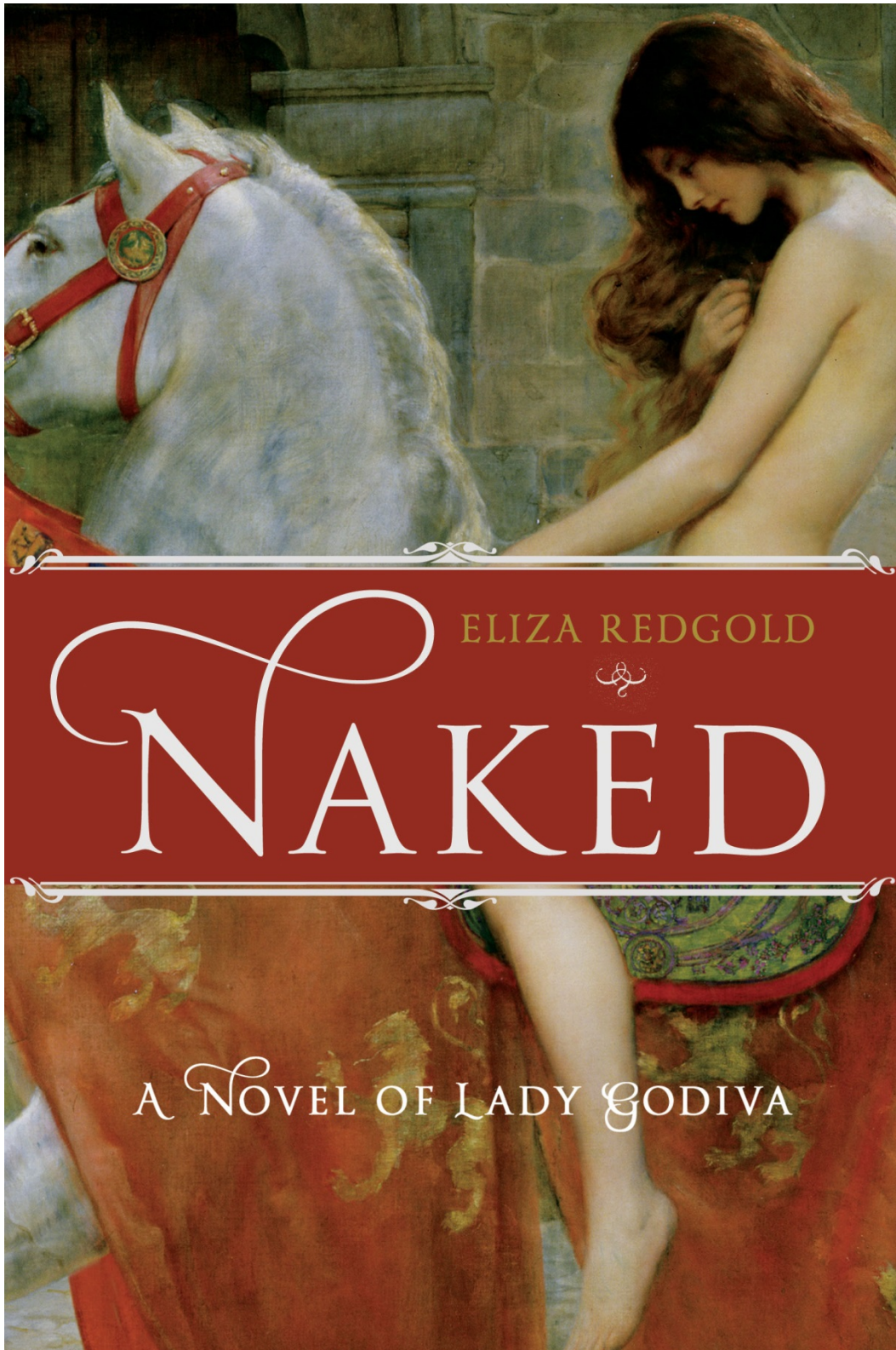
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