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

### ***Ride the Merry-Go-Round***

*And on the horses they come riding past,  
Girls too, bright skirted, whom the horse-jumps here  
Scarce now preoccupy; in full career  
Elsewhither, hitherwards, a glance they cast –  
And now and then a smile, for us intended,  
blissfully happy, dazzlingly expended  
upon this breathless, blindly followed fun.*

*~ The Merry Go Round: Rainer Maria Rilke, 1905*

Life is a merry-go-round. Creativity is rarely a linear process. It is more often a spiral – taking us round and round again. Going towards our goal in a strict, straight line, lock-step, following marching orders, may not always achieve the best results. Even if we may sometimes feel frustrated by going in circles, ploughing over the same old ground again and again, the Celtic spiral teaches us that circular motion can pull us deeper still.

Rainer Maria Rilke, the 19<sup>th</sup> century poet and the author of the famous *Letters to a Young Poet*, was full of advice for those who want to live a more creative life. Rilke adored

merry-go-rounds. He regularly sat and watched one turn in the *Jardin du Luxemborg* in Paris that featured not just horses, but many different animals (he liked the white elephant best). On the merry-go-round children would play *jeu de bagues*, a ring game that's a version of a game played at medieval tournaments, when knights on galloping horses would spear rings with their lances. From this we get the expression 'reach for the brass ring', encouraging us to aim for the highest prize we can reach in life – quite a balancing act while remaining on the merry-go-round.

Merry-go-rounds also remind us that creativity is supposed to be fun. It's not all meant to be drudge work even though creativity requires discipline and effort. While the name *carousel* comes from the games knights once played as an essential part of their training, it also has a deeper, mythic meaning. To *carouse* comes from making merry – to indulge in a bout of revelry. Even older – and wiser - is the meaning of carouse: 'to the bottom, all out, or all up'. "Bottoms up!" is a cheeky toast in England. In Shakespeare's play of revelry and fun, *A Midsummer Night's Dream*, the character called Bottom has strange dreams and creative inspiration while playing the fool. "It shall be called Bottom's dream," he says, "because it has no bottom."

The creative life cannot be stagnant. "If your daily life seems poor, do not blame it; blame yourself, tell yourself that you are not poet enough to call forth its riches; for to the creator there is no poverty and no poor indifferent place," advised Rilke.

Get out of your rut. Make merry. Part of the creative process is to drink deep from the cauldron of life - but be aware that doing so might just stir things up.

## **REDGOLD CREATIVITY Exercise**

Find a merry-go round and take a ride!



### **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!

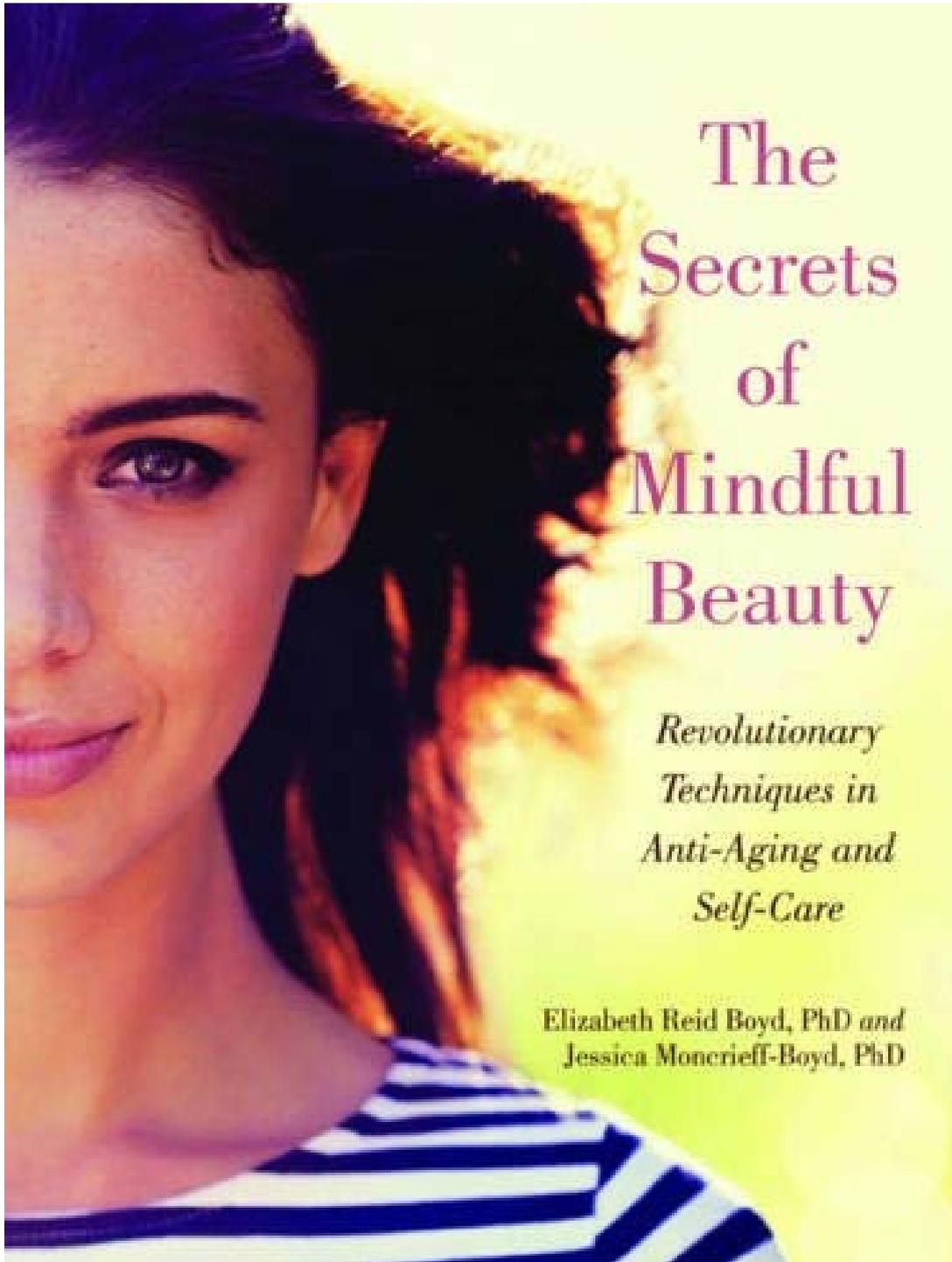
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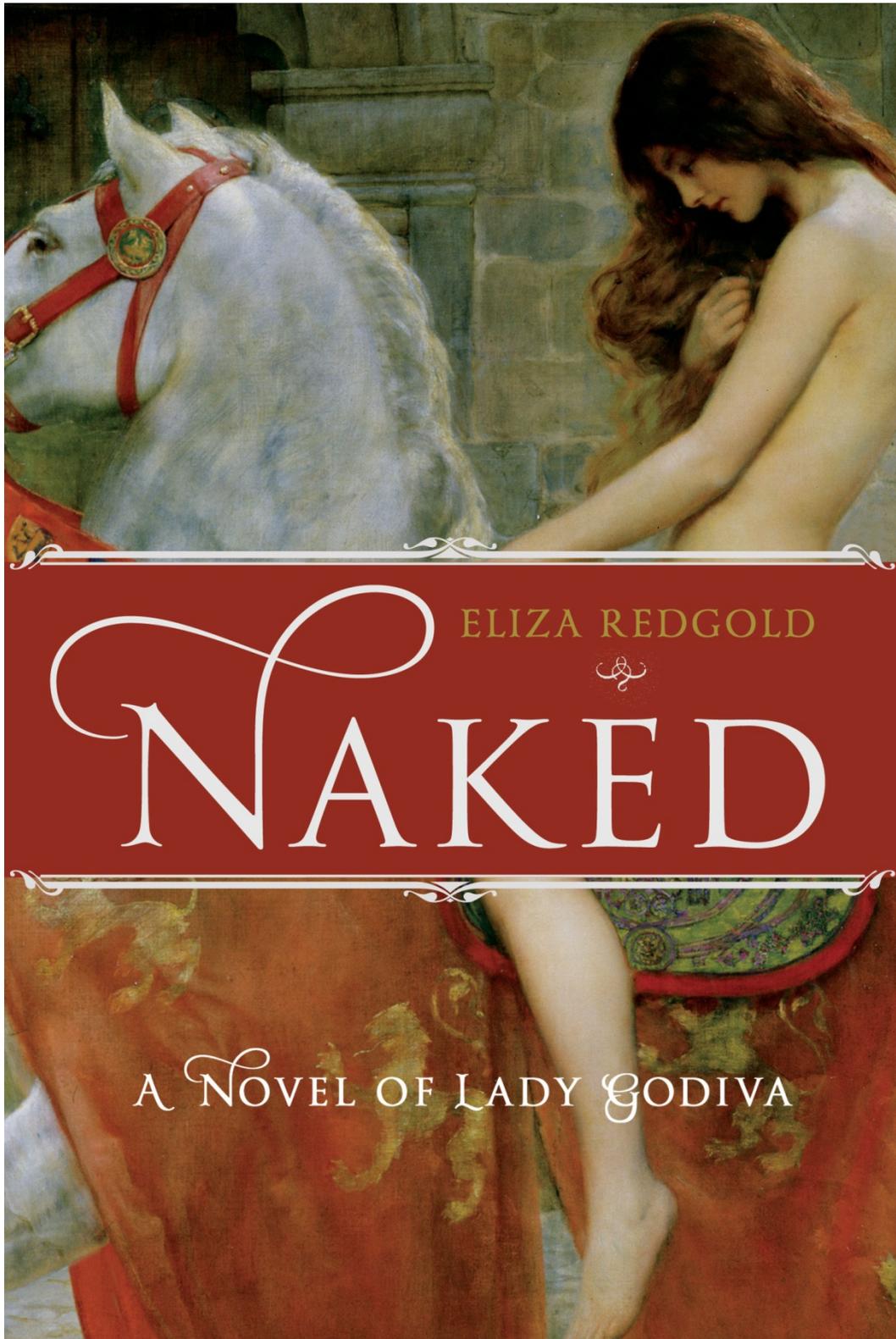
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