This Guidebook Includes:

- Link for the recording for Class #5, held September 17, 2009
- Lyrics to the opening song: "Insight(de"
- ARTbundance ManifestOH!s
- Summary of Communication and Intuition Tips Presented in Class
- Inspiral Notebook Questions
- Week #5 Assignment

The recording for Class #5 is:

http://www.artellaland.com/ACT/Week5-9-17-09.mp3
Morning awakes Light warms the sea
'Bout to start on Home Hawaii beckoning me
The moment's here won't turn back now
I'm - Guided and Blessed with a Sacred Power

I have come so very far
Traveled from here to there
I look back on what I have Learned
Home really is inside

Where I have been and where I am going
Need to Reflect and sit down
Things are revealed when I get quiet
Answers I seek are inside

I have come so very far
Traveled from here to there
I look back on what I have Learned
Home really is inside

This in-si-ght
Comes from in inside
This in-si-ght
Came from in-si-de
In-si-ght
Comes from inside
This in-si-ght:
Home really is inside

Now I know, I've got what I need
Guidance it comes every time
Ask to be shown, what's my next step?
Inspired Action Is Divine
I have come so very far
Traveled from here to there
I look back on what I have Learned
Home really is inside

This in-si-ght
Comes from in inside
This in-si-ght
Came from in-si-deln-si-ght
In-sights from inside
There In-si-de
Answers I seek are inside

Morning awakes Light warms the sea
'Bout to start on Home Hawaii beckoning me
Insi(ght)de
ARTbundance™
ManifestOh! 1

ARTbundance is reaching within and without from a centered place of heart and spirit. It leads as it follows, clarifies and unifies the one and the whole. ARTbundance is a joyful, colorful, multifaceted healing light for all in its path. It welcomes all of our parts home, with no judgment.

The snoozing muse opens her eyes, peeks her head out, smiles deeply, and goes back inside to create from within ... in preparation for the coming spring. Dancing around obstacles, I rub shoulders with my joy. Illuminating my uniqueness, lifting my heart and setting my spirit free. ARTbundance allows us all to shine forth, becoming our very best self.

ARTbundance is the confidence to explore, share, create, make mistakes, be imperfect, and feel joy in every aspect of this glorious life. It is unlimited in its practice and yet cohesive in its Diversity. Utilizing ARTbundance, we change the lives of all whom we touch; thus creating a better world. ARTbundance is a doorway to richness of spirit and soul that we can open in ourselves and others. Through this opening, we welcome inspiration's life-giving breath to creations of thought, word and deed. ARTbundance is the soul making its way, a voyage of discovery, the creation of possibility...
ARTbundance™
ManifestOh! 2

ARTbundance is an opening to a new form of creativity. Desiring growth layer after layer after layer. Starting with gratitude from the heart to lead the way. With the language of intuition blending body and soul. In loving dynamic balance we seek a vision to guide us. Attracting Blessed Opportunities to practice choice. Knowing that dreams without action are just dreams. Learning that when we serve another, we are really serving us all. Feeling the peace that goes with knowing, as it settles into our bones. We leap forward in artbunDANCE connection, our community song of joy. Sounding our soul-full vibes across Time-Space.
ARTbundance is the universe opening like the petals of a flower, watching and waiting to give us the beauty that we need.

ARTbundance is the replenishing deep well of creativity within each of us that beckons us to drink and serve to others.

At the top of the well, I peer down into the rich, colorful ARTbundance abyss. My arms and legs pull me up until I find myself standing, ready to jump. Am I ready for this? My muse says “Go for it!”

As I fall, I feel intense freedom of flying through the air, and I land with a gentle splash into the petal laden clear water.

This watery world shimmers and ripples around me -- my mind, body and spirit feel gently supported and I find myself moving with grace and ease through the sun speckled waves.

Then in a very quiet moment while I am floating effortlessly, gazing up at the few puffy white clouds that meander across the brilliant blue sky, I realize that my muse is right there next to me, helping me to relax and take in all the beauty around me.

As I float and relax and see, I realize just how sharp my vision has become. The more I float and relax, the more I can see. The beauty was always there but I wasn’t always able to see it.

But now, oh...lovely, sweet, resplendent Amazing Grace...I once was blind...but now I see...I envision the Divine...deep...exotic...haunting...stirring...splendor that is me...Feeling strong and confident, I swim to shore, and wade out of the water onto the dazzling white sand, excited at the new adventure that lies ahead.

Trusting in the power of the creative spirit within and all that is possible, I take my first, small steps toward my ARTbundance dream. I look ahead of me and see nine shimmering, crystal-embellished stepping stones. Each one has the name of one of the nine ARTbundance principles etched on them. I take a step toward them as notice that the Gratitude stepping stone appears underneath my foot.....I hear a tone as I step upon the stone and then this.

Gratitude is not only the greatest of virtues, but the parent of all the others. I feel my body fill with the energy of gratitude and then decide to take the next step.

Yeah me!! Taking that next step was so energizing I decided to take another step and then another and another. Joyously dancing from stone to stone I discovered I was creating a unique ARTbundant ManifestOh! song because each stone had its own unique tone and message a gave just what I needed when I needed it.

The stones stand together, as well as alone. Together the stones sing their song, and we harmonize our voices and sing along.

Amongst our joyful singing and while stepping from stone to stone, I looked around the tribe. At that very moment, each of us gave a knowing smile, that on this journey we now share a special bond.
Summary of Communication and Intuition Tips
Presented in 9/17/09 Class

Here is a summary of the tips for communication and intuition, as covered in class.

Note that these brief summaries are here to serve as "quick references" for what was covered in class, and are not meant to be a replacement for actually attending to listening to the recording.

Communication

Tip #1 – Become aware of communication energies
Tip #2 – Communicate when you listen
Tip #3 – Clarify goals
Tip #4 – Address challenges directly
Tip #5 – Be aware of your personal communication blockers
Tip #6 – Structure your sessions with communication energy in mind

Intuition

Tip #1 – Get familiar with how you experience intuition
Tip #2 – Get familiar with other ways to experience intuition
Tip #3 – Differentiate between intuition and other sensations
Tip #4 – Practice in non-coaching context
Tip #5 – Practice in a coaching context
Tip #6 – Use intuition to guide a session
Inspiral Notebook Questions

These are journal questions that allow you to further explore the concepts presented in this week's class.

You do not need to turn in these questions to me, so your answers are completely private. Even though you don't need to turn in your answers, I do suggest that you take the time to answer these questions (either in your own head or in writing, either now or some point in the future).

Blanks are provided below, if you'd like to print out the guide and write your answers directly in the spaces. Or you may want to use your own journal, if you prefer.

1. How would you describe your communication energy?

To start, circle any word(s) that seem like that might describe your communication energy:

- Giving
- Nurturing
- Awake
- Loving
- Receptive
- Inspiring
- Enthusiastic
- Careful
- Quiet
- Invigorating
- Optimistic
- Patient

- Engaging
- Engaged
- Connected
- Innovative
- Gentle
- Encouraging
- Attention
- Energetic
- Intense
- Supportive
- Electric

Those are just a few examples…what other words might you use to describe your communication energy?
2. From your list of words, now select the ones that are *most authentically you*….the ones that best describe when you are truly being yourself, without effort.

3. What are the strengths and potential challenges that could be related to this communication energy?

4. Are there other personal strengths or potential blocks that you experience (or might experience) related to communication?

5. Write any initial ideas that you have about how you might structure your coaching sessions and your practice to best utilize your communication strengths and minimize your blocks. (We'll be coming back to this later, but this is an opportunity to write down any initial ideas, or partial ideas, that you have.)
6. How do you tend to experience intuition?

7. What will you do this week to help you practice, play, and experiment more with intuition? (Pick some suggestions I gave in class, and add your own!)
Week #5 ARTsignment™

Here are the steps for this week's assignment, including your instructions for sending your assignment to me.

Here are the steps for this week's ARTsignment, which has two parts:

1. Write a brief statement (1-2 sentences) that describes your understanding of your communication energy. You may want to refer to Inspiral Journal Questions 1-2 to help you arrive at this sentence.

Your communication energy statement can be straightforward and practical, or creatively poetic, or somewhere in between. Just create a sentence (or 2) that resonates strongly with you. If you aren't really feeling good about your sentence, keep tweaking the words until you are.

Here are some examples:

*My communication energy quietly patient, gentle, and loving.*

*My communication energy is AWAKE and is best utilized when awakening others.*

*My communication energy is reflective and moving, like a flowing river.*

2. Create a M.A.P. – which stands for My ARTbundance™ Process – to visually represent your process of working with a client.

Your MAP will serve as a reminder to you, as you are working with clients. Also, as with all the other Weekly ARTsignments, this type of project may be something that you would like to eventually pass along to a client.

For example, if you are supporting a client in finding a new job, you may give her the ARTsignment of creating a visual representation of the steps involved.
Some possibilities to consider:

- Your MAP can be a flowchart or mind map that you create to represent the basic steps of the ARTbundance Coaching Process, using words, images, symbols, or a combination

  (To review, the basic ARTbundance Coaching Process is:
  a. you make an inquiry
  b. the client shares
  c. you select the Principle that the client needs most
  d. You suggest the next action (which might be more discussion, an ARTsignment, a meditation or visualization, etc.)

- Your MAP can be a flowchart or mind map that includes the above basic steps, and also embellishes upon them, adding other steps of your own

- You MAP can also be in any unconventional creative format you like, as long as it is a meaningful visual representation of your ARTbundance Coaching Process.

3. To complete this assignment, please send the following to me at act@artellaland.com:

   - Your communication energy statement (#1)

   - If possible, send a scan or photo of your MAP Project, attached as a JPEG image. If that's not possible, please send a description of what your Map looks like.

   - Please also include a description of your MAP Project to share with me. This description can be any length (your choice!) but please include any explanations that will help me understand the MAP better.

I will respond to your assignment, typically within 24-48 hours during weekdays.

After you've sent this information to me, remember to mark it off on your ART sheet, and let your Tribe Guide know that you've completed the Week Five Assignment.