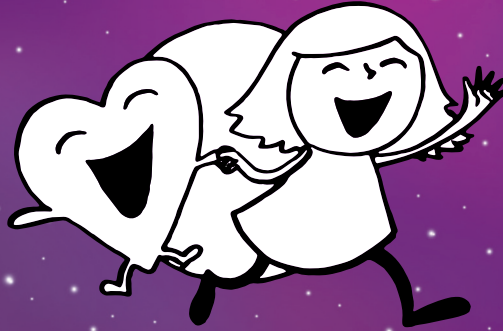
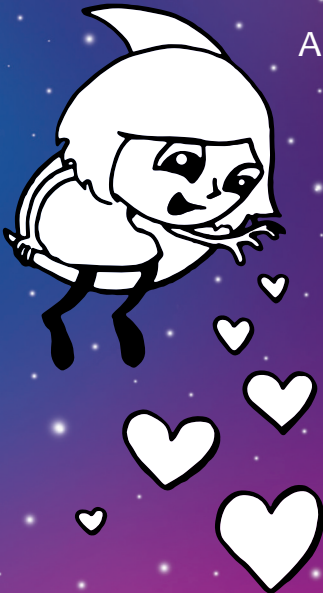


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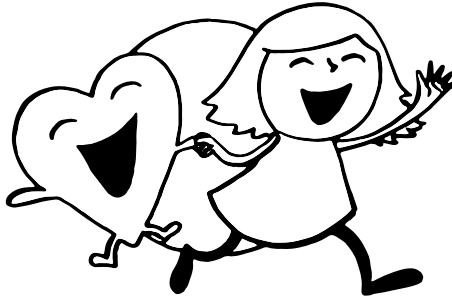


THE FOUR PHASES OF CREATIVITY

A Path to Unleashing the Natural
Flow of Your Creativity

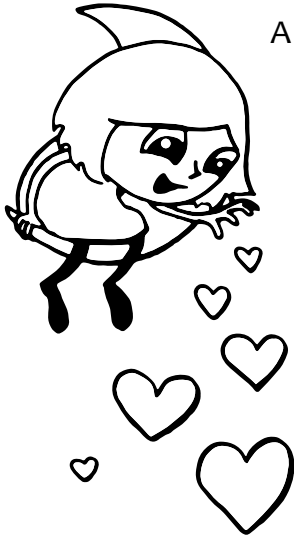


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THE FOUR PHASES OF CREATIVITY

A Path to Unleashing the Natural
Flow of Your Creativity



Dedicated to
Love, the Moon and Mother Nature.
Thank you for showing me the way to
a more relaxed, simpler lifestyle.

This book was created with the support of my patrons at patreon.com/elinap
and a grant from The Finnish Illustration Association. Thank you so much!

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Second edition

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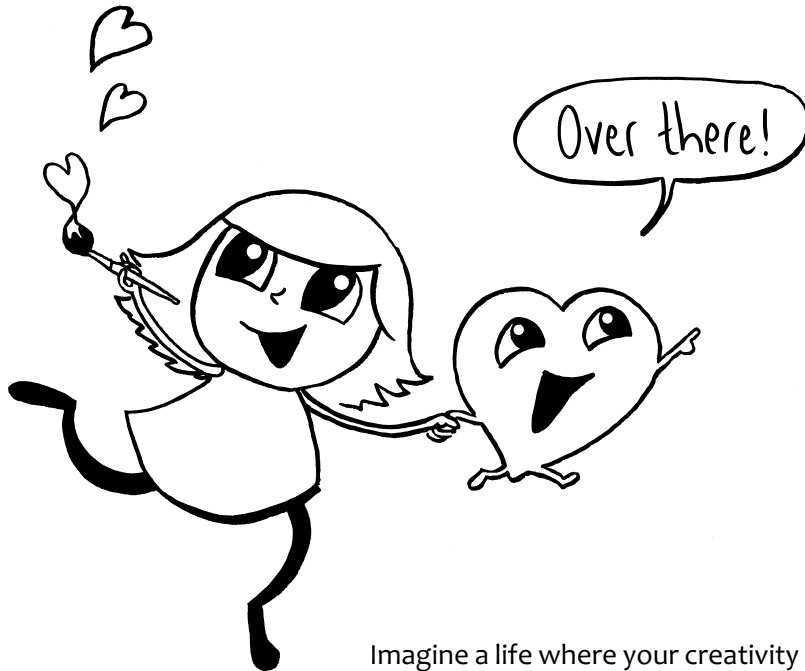
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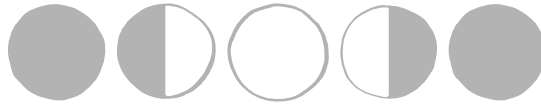
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Imagine a life where your creativity
flows freely and naturally!

One joyful project after another comes to fruition, and you
feel accomplished and nourished by your life.

Let's look at the big picture together.
Welcome to the journey with us!



Creativity is all about making your dream come true.

It starts with a vision or an idea that turns into a project with your help. At its best, it's like planting a seed, nurturing it and watching it grow until it bears fruit.

Before you know it, you get to pick the fruit and enjoy it!

The creative cycle of any project or dream follows the same rhythm as the four seasons in nature. The four phases of the moon have the same qualities as the four seasons. And even the times of the day follow the same rule:

Start refreshed in the morning, take action during the day, and then rest at night.

When every action step required for creation has its place,
creativity flows and life feels more effortless.

Showing up for your dream is all you need to do
when you know how to show up and when.

Respecting rest in between all the efforts you make may feel rebellious in the world we live in, but that's what it takes when you want to follow your heart.

Rest is mentioned a lot throughout the book, and each time it's an invitation from your heart to **rest in joy**. Sometimes it's sleep, sometimes dancing, but one thing is for sure: Resting connects you to creativity and your heart.

Keep coming back to things you love and need to do.

If you are too busy to rest, hearing your heart's whispers becomes really challenging. Thus, rest is the most important step to take first, so you'll be able to hear what she has to say. She knows which dreams to go for!

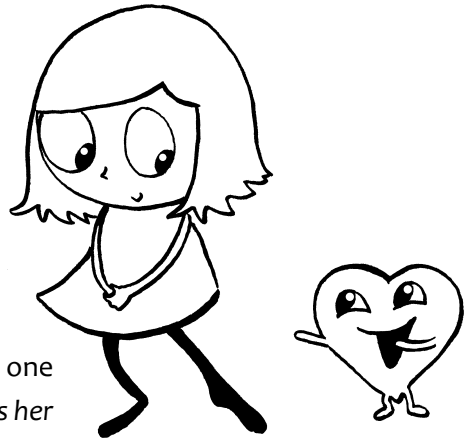
Your dream is the seed. Your life is the soil. Your dream chose you, and it deserves to be nurtured.

STUDY TIP: Get comfortable, get your coloring pens & highlighters, make notes and color the pictures. Coloring relaxes the mind and allows you to meditate on the ideas and dive deeper. This way you can connect with your heart, your own inner guidance, and unleash your creativity right now!

Let's first meet our guides — Mira, her heart and the moon — before diving into what nature and the seasons have to say about the path to natural flow of creativity.

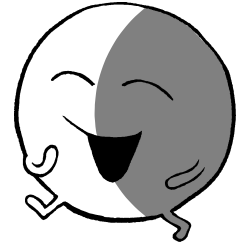
MEET THE CHARACTERS

MIRA is an ever-curious, joyful inner child who loves to follow her heart and doesn't stop, even when the ego butts in (the ego is the part of us that wants to play it safe and keep going). She determinedly finds a way to understand the situation more deeply. The drama of her life builds up around this one question: *Will she choose what her ego tells her to do, or will she keep following her heart?*



MIRA'S HEART represents inner guidance, intuition, inner wisdom, soul or true self — choose whatever word you want to use. She symbolizes the love that we are. A love that is all-encompassing, all-accepting. She knows our birthright is Joy, Love, and Ease. We all have the power to choose to follow our heart. We just need to pause, look around and remember that Love is ever-present. The heart never leaves Mira's side even if she loses sight of it. Love will stick around like the Sun. Clouds may hide it but it still shines. To make choosing love easier for you, try expressing gratitude or acts of kindness. A tiny smile offered to a stranger is a start!

THE MOON represents the feminine creative energy. Having the moon guide you to embrace the four phases of the creative cycle brings you peace and helps you take purposeful action that fills you up from inside.

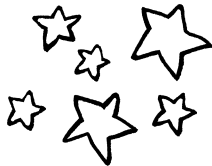
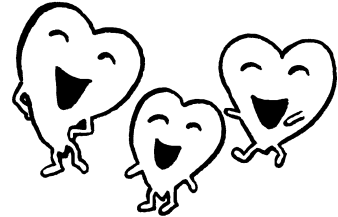


OTHER SYMBOLS USED IN THIS BOOK



A HEART-SHAPED SEED represents your dream that grows with time and as you show up for it.

LOTS OF LITTLE HEARTS represent other people who are pure love — just like you are, too.



STARS symbolize miracles, which are shifts in perception according to *A Course in Miracles*. When Mira looks back on her journey, she can see all those miracle moments she got to experience.



All creative processes start
with a dream.

**LET YOUR UNCONSCIOUS MIND
WORK ON YOUR BEHALF.**



Whether creative expression happens in nature or in your mind, it doesn't show up on the surface right away. Its roots are growing sturdy in the dark, beneath the surface.

THE FOUR PHASES OF CREATIVITY

A PATH TO UNLEASHING THE NATURAL FLOW OF YOUR CREATIVITY

Say goodbye to creator's blocks, procrastination, frustration, and anxiety...
Start dreaming! Imagine a life where your creativity flows freely and naturally.

One joyful project after another comes to fruition, and
you feel accomplished and nourished by your life!

The Four Phases of Creativity shows you what steps to take
and when — to make THE dream come true.

Join Mira in the happy doodle insights shared throughout the book and
let her introduce you to the moon phases and seasons as your guides.
Learn how simple it is to incorporate cyclical living in your own life. In this book
you also find loving solutions for getting over some of the bumps you may
encounter in each phase of the creative process. To fully embrace the journey,
use the journaling prompts offered for each of the four phases and
learn how to stay connected with your heart, and your dream.

You can return to this book whenever you feel stuck with your creativity or are
starting a new project. Let it inspire your creativity to flow freely and naturally!

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Elina Puohiniemi, aka elinap, is a Finnish artist, life coach, and the creator of Mira(cle)Doodles series. She has been illustrating her spiritual path with doodles since 2010. For the past eight years she has explored life with her doodle character, Mira, in her (almost) daily doodling.

www.elinap.me