




The Inspired Way

INSPIRATION & INSIGHT FOR LIVING YOUR IDEAL LIFE



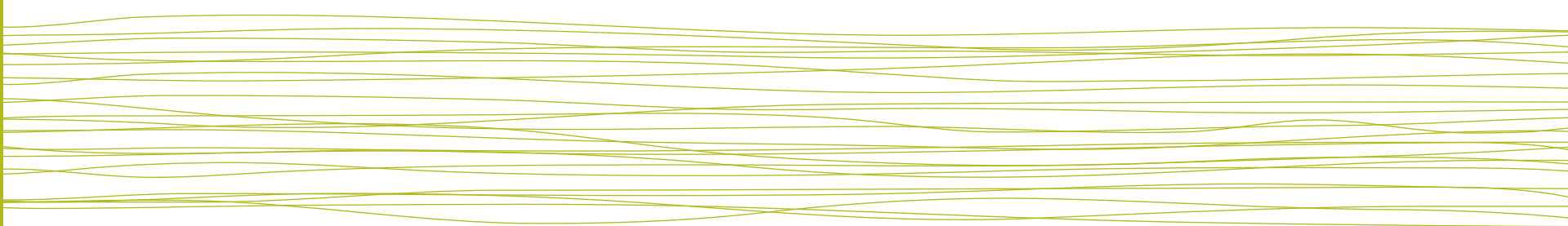
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INSPIRATION & INSIGHT FOR LIVING YOUR IDEAL LIFE

Curated by Ariane Hunter & Kate Watson
Graphic Design by Kate Watson & Danielle Terrazas
Cover Art by Jessica Swift



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Be Inspired

Hello, and welcome! You're in good company here.

The Inspired Way began with a question: "What is the key ingredient to living an inspired, purpose-driven life?"

We know it's a challenging and juicy one, so we posed it to 20 of the most insightful, creative women we know. What you're about to read are their (and our) responses. You'll see stories and words of hope, support, encouragement and, most of all, wisdom.

If you felt drawn to this guide, we already know several things about you:

You have strong passions—even if they're buried deep inside you.

You have the ability to do amazing things—whether or not you know how to yet.

You are unique, worthy and full of potential—just as you are.

You are ready to journey toward your ideal life.

The Inspired Way was written for you by phenomenal women *just like you*, who are on their own journeys to inspired living and desire to help you do the same.

So, without further ado, we invite you to grab a cup of your favorite tea, snuggle up in your coziest blanket and soak in these tokens of inspiration.

May they inspire and energize you!

Ariane and *Kate*

Special thanks to all of our contributors for generously giving of your time and wisdom to bring this guide to life. Also, to Jessica Swift for contributing the gorgeous cover art and to Danielle Terrazas for her graphic design expertise.

Alexandra Franzen

What is the key ingredient to living an inspired, purpose-driven life?

Trick question. Trick answer.

The key ingredient to living an inspired, purpose-driven life is embracing the fact that nothing is static — that your key ingredient will EVOLVE, as you do.

Right now, you may be inspired by Gothic rock & the glorious bleakness of lost love and longing.

Tomorrow, it might be a kiss that you carry in your cells, for decades.

Next year, it might be your new baby boy, and his pure-faith curiosity.

And on your 40th, 50th or 90th birthday, it might be the Post-Impressionist artwork of Paul Gauguin.

The key, truly: follow your ever-evolving bolts of fascination, infatuation & INSPIRATION without over-thinking. Without *any* thinking.

Follow. Even if the bolts of inspiration “make no sense.” (What, you’re looking for tangible order in the Divine?)

Follow. Even if they’ve got “nothing to do” with the PhD thesis you bled over, for years.

Follow. Even if it means leaving (what you *thought* was) your Work by the wayside.

Follow. Your life purpose loves a good road trip.



ALEXANDRA FRANZEN

A promotional writer with a keen eye for words that woo, **Alexandra Franzen** helps righteous entrepreneurs, authors & artists break their own sound barriers, with whoa-nelly webcopy, sales page sorcery, and spooky-perfect ghostwriting. She's been lauded as "Spock, but with a sense of humor. And better hair," and was once pronounced "a unicorn, in human disguise."

When she's not throwing neon-green lightning bolts during I-on-I **VELOCITY** sessions, you can find her **Twittering away**, sippin' on cranberry kombucha and **blogging up a storm**.

Michelle Ward

Know what the most underrated tool is to get you where ya wanna go and build a strong foundation along the way? Two unscary words: Baby Steps. OK, I take it back—it's three possibly-more-scary words: Consistent Baby Steps.

By doing a little something every single day—writing a single blog post, following 10 new Twitter people, having one coaching session, opening my mouth about what I do to one person at a party—I was able to leave the golden handcuffs behind in Corporate America and embark as a full-time creative career coach. It took

me two years and seven months to do it, as I was not gonna jump without a super strong safety net (namely, an amazeballs website, enough consultations/clients to convince me that people knew I existed, and what amounted to five months severance in my savings account), but when I did jump...well, I still get a smile on my face thinking about it.

Almost two years later and I'm living the inspired, purpose-driven dream (and helping others live theirs!).



MICHELLE WARD

Michelle Ward, aka The When I Grow Up Coach, helps creative people devise the career they think they can't have—or discover it to begin with! A certified life coach by the International Coach Academy, a musical theater actress with her BFA from NYU/Tisch, and a Corporate America escapee, Michelle has served as an expert source and contributor for such outlets as *Newsweek*, *Forbes*, and *Psychology Today*, as well as leading workshops and seminars at SXSW 2011 and the sold-out *Etsy Success Symposium*. She encourages everyone to claim their uniqueness via *The Declaration of You* and could be found coachin', bloggin' & givin' away free stuff at whenigrowupcoach.com.

Kate Watson

I have learned that two things are critical to finding your purpose and staying on track: **focusing on your own work, and trusting your instincts.**

When I first opened my photography business, someone told me that people didn't want what I had to offer and, for a while, I believed her. I tried to run my business "the right way" (aka, her way) and that led me straight to frustration and burnout.

Finding my way back has meant learning when my body, heart and soul are saying yes and when they're saying no. It's an ongoing battle to let go of "shoulds" and what others say "must" be done. But shoulds, musts and right ways don't matter.

What matters is what works for you, and what keeps you in the flow and feeling inspired.

In the same vein, I am careful how often I look at the work others are creating. It's natural to admire the beautiful work out there, but doing so takes time away from your work and can become an emotional drain—making you feel like your work isn't good enough or you aren't enough. And, that impedes your progress.

Trust your gut, your heart and your soul, and let go of what others are saying and doing.

And remember: You are the only you in existence.

The deeper you go and the more you give of your true self in your life and work, the more incomparable you'll become.



KATE WATSON

Kate Watson is a professional photographer turned arts advocate. With [Art Aligned](#), Kate has synthesized her combined experience as multi-million dollar fundraiser, nonprofit consultant and award-winning photographer into a supportive education platform for visual artists. Through consulting services, workshops and guides, Kate invites artists and photographers to tap into their true gifts, and align artistry with business savvy. You can find her online [@katewatson](#) or on [Facebook](#).

Vivienne McMaster

I tried on passions as though they were outfits hanging on the wall of my change room in a beautiful store.

“Oh, this is lovely. It doesn’t feel like me though.”

“This one? It simply doesn’t fit.”

How does one find their calling and create a passion-driven life? I had no clue how to find it, but knew that I wanted it.

I kept on searching. Looking for something that would feel like home, even if I had never tried it before.

I couldn’t find it anywhere.

I went through a rough patch, one that I can only call depression. It was there that I found it, where I least expected to.

I found my passion. It was exactly as it said in the quote I had posted on my wall by Anais Nin. “And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom.”

I found it when I finally took the risk to blossom.

I wanted to tell you this in case you are searching, in case you are seeking the part in your own story where you find it. **You will find it.**

The key to living a purposeful inspired life for me is that risk that we need to take in order to blossom, to thrive.

Take a risk on yourself.

I promise you it will be worth it.



VIVIENNE MCMASTER

Vivienne McMaster is a photographer and leader of the *You are Your Own Muse* e-course and other online course goodness. She is oh so passionate about inspiring others to explore photography and discovering their own unique way of seeing and documenting the world.

Heather Plett



Artwork credit: Heather Plett

The shape of change

I was stuck. Writer's block of the worst kind. Words were slippery buggers, wiggling their way just out of my reach every time I tried to grab them.

I knew that it was time to stop fighting with them and offer them an invitation instead. I knew it was time to get out of my left brain and into my right. Out of my logic and into my creativity.

Grabbing my coloured markers and a large piece of paper, I started building a question mandala. In the centre, I placed a shape that represented the work I was trying to do—a butterfly. Around the butterfly, I let whatever shapes wanted to show up find a place in the growing circle. After the shapes, I brought questions to the page. Questions about all of the places where the piece I was writing lacked clarity and cohesion.

Gradually, as I sat on the floor letting my right brain play with colours, shapes, and open-ended questions,

I knew what I needed to do. I knew what I'd been missing.

The question mandala shaped something new in my mind and I was able to return to the writing unstuck.

You don't have to see the path

I used to think I needed goals and a strategic plan—a path laid out in front of me like an unbending highway. It was what I'd been taught in all those leadership and personal development workshops I'd taken over the years.

But then one day I realized that I never seemed to follow those plans and usually forgot about the goals a week after I'd written them.

I'm not a linear thinker. I don't believe that life gives us straight highways. I believe in winding paths—the kinds of paths that we take up the side of a mountain. You never see the top and it usually feels like you're heading in the wrong direction, but gradually, switchback after switchback, you move toward your destination.

Now instead of setting goals, I ask myself questions. What work makes me happy? Which people bring me the most joy? What passions am I meant to follow?



HEATHER PLETT

For Heather Plett, a day without some form of creative practice (writing, photography, painting, sewing, or even just doodling) feels like an incomplete day. She teaches workshops in writing, creativity, and leadership, and blogs regularly at www.sophialeadership.com.



Artwork credit: Kimberly Schwede

Kimberly Schwede

A key ingredient for me to live an inspired, purpose-driven life is curiosity. Never lose your sense of wonder. I feel entrepreneurs are always evolving as creative individuals. Travel, read, exercise (running outside with my iPod gets my creative juices flowing) and make time for friends and family. Explore different creative outlets such as painting, photography, music and writing. Challenge yourself, step outside your comfort zone. A six-week apartment swap in Barcelona, a new city to me at the time, was

an amazing experience I'll always treasure in addition to starting my own graphic design and illustration business almost four years ago. Mentor youth, they will inspire you in unexpected ways. Currently I'm providing a graphic design apprenticeship to a 13-year-old artist through SparkProgram.org. Together we're branding her dream bakery. And with that said, I'll end with my favorite quote from Steve Jobs: "Stay Hungry. Stay Foolish."



KIMBERLY SCHWEDE

A graduate of California State University Chico, Kimberly has over 10 years of graphic design and illustration experience. Her resume reads like a bestseller—from being published in Logolicious, to creating a logo for the City of South San Francisco, to illustrating a Swatch watch. Her inspiration comes from her love of travel, fashion, children and animals. If one can smile with delight at her work, she feels it's a job well done!

kimberlyschwede.com

[@kimberlyschwede](https://www.facebook.com/kimberlyschwede)

Facebook Page



Photo credit: Kylie Springman

Kylie Springman

As much as I can, I'd like to avoid telling you what to do. I'd like to steer clear of giving you advice based on what my life has been like, because what applies to me doesn't necessarily apply to you. If you asked me how to live an inspired life, I'd respond with questions:

What tickles your fancy? **What infuses your life with meaning? I'd invite you to start there.**

I might also empathize with how heartbreaking it can be to yearn for inspiration when you feel you lack it.

I'd probably tell you I admire your question, because **I want my world to be full to the brim with people like you, seeking to inspire and be inspired.** People looking to ignite their own flame, and flicker brilliantly through life.



KYLIE SPRINGMAN

Kylie Springman is an empowerment coach and photographer who teaches people how to like themselves so they can bring all their wonderfulness to the world. You can find her on Twitter as [@kyliewriteshere](#), or read her weekly at [KylieWrites.com](#).



Artwork credit: Lori Portka

Lori Portka

The key for me is **stillness**. I ask to be guided in the stillness with an open heart, and I listen to what I hear. Then, I pause to take a look at the things my heart is saying “yes” and “no” to. I trust the divine wisdom that shows up in the quiet moments of asking, when I have slowed down enough to hear. I have a tendency to say “yes” impulsively, out of a deeply embedded desire to people-please. Of course,

that response is not my truest voice and usually feels uncomfortable. It takes me away from my purpose. In fact, listening to that voice of fear can lead me way off course. To stay on an inspired path, I keep pulling myself back to stillness...listening, observing and acting on the guidance that shows up when I'm intentionally quiet enough to notice.



LORI PORTKA

Lori is an art creator and love radiator. Her artwork is made with an open heart carrying the intention to spread love and healing. Lori's designs appear on greeting cards, prints, calendars and magazines internationally, and reach other sweet souls who connect with her genuine and compassionate spirit.

loriportka.com

Etsy shop

@loriportka

Facebook Page



Photo credit: Ariane Hunter

Ariane Hunter

What is the key ingredient to living an inspired, purpose-driven life?

Listening & Honoring.

For as long as we can remember, we are always told to listen. From the little girl in the first grade that was told by her art teacher to only color inside the lines. To the woman we are today who is always told to live life in the safe lane. We've listened to a million other voices in our lifetime, but what would it be like to listen to our own? The voice that comes from within that always wondered what it would be like to organize a charity event for underprivileged children. Or the

voice that calls to you in the middle of the night to get you out of bed and over to the blank canvas to create your artistic masterpiece.

We hear this voice within us all the time because it's always there until we decide to honor it and do something about it. Giving honor to our own voice is one of the single greatest impacts we can have in our life because it allows us to **consciously recognize the beauty of our own being.** To listen and honor ourselves, we give respect to our hopes and dreams allowing them to blossom, creating a deeper connection to our purpose.



ARIANE HUNTER

Ariane Hunter is a photographer, blogger, yogi, and aspiring holistic coach. She firmly believes that everyone is uniquely beautiful and deserves to live their best life. Her motto is See Beauty... Learn more by visiting her [blog](#) and joining her on [Facebook](#).



Photo credit: Kim Manley Ort

Kim Manley Ort

For me, it can be boiled down to two words—paying attention.

There are sources of inspiration and clues to your purpose all around. You just have to notice.

Pay attention to the beauty in the ordinary.

Pay attention to how you move in the world; what lights you up; what makes you angry.

Pay attention to a quote, a turn of phrase, a song lyric that speaks to you. What is it telling you?

Pay attention to needs—your own and others.

Pay attention to those you admire. How are the qualities you admire in them found in yourself?

Everything is pointing to your mission, your calling.

This way of paying attention is called living a contemplative life, and it is the key ingredient for living an inspired life.



KIM MANLEY ORT

Kim Manley Ort is a contemplative photographer who is always learning to see. She offers **photography workshops** (both online and in person) in visual design and contemplative photography. **Photo By Design**, an online workshop, will be offered again in mid-January, 2012. Her photographic prints can be found at **Imagekind**.

Connect with Kim through her blog, **Be Inspired**, her Facebook page, **Adventures in Seeing**, or on **Twitter**.



Artwork credit: Lisa Hsia

Lisa Hsia

If you want to live a vital, vibrant life filled with precisely the kind of inspiration and purpose that makes you wake each morning glad to be you—then you have to know, first, what makes you feel vital, vibrant, inspired, purposeful.

You must be a detective of your own desires; you have to be a “you whisperer,” following your nose and your gut and the secret wisdom of your dreams to create exactly the life that suits you.

Forget what everyone else knows. Reclaim what was torn and persuaded out of you as you grew up trying to fit into a world that was made without your participation.

The life you seek is made up of things known only to you—and even then, you have to uncover them. When you find yourself drawn to something without knowing why, **follow.**



LISA HSIA

Lisa Hsia delights in exploring the ever-changing, never-ending landscapes of her inner self, which she then translates into words and pictures. Find her work online at satsumabug.com.

SOMETIMES,
YOU MUST GO
AGAINST
THE TIDE.



Farnoosh Brock

Sometimes, the most difficult choice is the obvious one staring us in the face. It is difficult not because it is so blatantly clear that we are on the wrong path but because committing to a change from the norm takes a tremendous effort. Very few of us can jump up and down with joy at the prospect of changing our path in life, even if every bone in our body is screaming that we are currently on the wrong path! Ironically, it is easier to stay on this wrong path until one day it gets to be too much and you hear yourself say: “Enough

already! Enough living someone else’s vision of life rather than my own! Enough following the standard path that society dictates! Enough betraying my own heart’s wishes for fear that they are silly or unworthy! Enough letting the wave of pressure and tradition and culture shoving me every which way! I am going to follow my heart, create my own path, and live a life of purpose.” And that is the day that you start looking at your life from a clear perspective for the first time.



FARNOOSH BROCK

Farnoosh Brock left a 12-year career at a Fortune 500 in IT and engineering for her pursuits in writing, public speaking, coaching, podcasting, blogging and social media. She talks about smart habits for rich living with focus on smart communications, smart travel, smart living and smart entrepreneurship. She can be found at [Prolific Living](#).

Desiree Adaway

There is something amazingly freeing about not pretending. About speaking truth, taking that huge exhale and letting go...even if it means embarrassing yourself. Even if it means failing.

It is hard to admit to our mistakes, making it even more difficult to learn from them. We cannot ask tough questions about our mistakes if we do not admit to having them. I am here to tell you something that we sometime forget—opportunity and risk go hand in hand. They go together, like peas and carrots.

Within each and every one of us there is a potential so great, so powerful...that it transforms the world.

Greatness lies in you, the only question is: Have you stepped on the stage of your life and allowed your greatness to shine?

Stepping on stage means we may be judged....we might fail.

The chance of something going wrong:

The danger that injury, damage, or loss will occur. Risks are simply future issues that can be avoided or

mitigated, rather than present problems that must be immediately addressed.

When taking a risk there is also a chance of something going absolutely right.

It takes courage to create.

It takes courage to stand up and share your voice. Share your vision. Share your passion. You are building a body of work that is changing the world. It takes courage to have your creations, your great ideas, your bold vision, and your soul marched out for the world to dissect, discuss and sometimes ridicule. Yet, every day you stand tall and come back for more. Success is not about more money or a bigger office but about a life of depth and meaning.

You are vulnerable and strong all at once. You are beautiful. You are brave.

It has been said that creativity requires the courage to let go of certainties. Every day you ride the wave of possibility....and most days you get “worked” by life.

Yet you get back up and you do the most holy thing that we as humans can ever do—you rebuild, restart, rethink, recover.

You taught me that failure is not fatal.

At the heart of who you are is the ability to recover—to overcome. To try and fail. To miss the mark and make mistakes. You do all of these things...but you always recover, you always overcome. You always have, and you always will.

It takes courage to let your light shine, and to do that which others think is impossible.

The mistake itself is not important. Everyone makes mistakes! It is the conditions that led to the mistake which are most important. It is how we reflect on

these conditions that determine the future value of the mistake. And it is how we grow, learn and change as a result of the mistake that can turn failure into success. After all, the only true mistake is the one we never learn from.

Ultimately it's not about making mistakes. It is about lessons learned and growing into a stronger, more effective leaders. It is our job to leverage the learnings of the many, to share our failures with dignity and courage, and keep asking tough questions.

We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness. In the words of Erica Jong—"If you don't risk anything, you risk even more."



DESIREE ADAWAY

Desiree is a consultant, strategist, coach, speaker, storyteller and explorer. She uses her superpowers—her voice, sense of adventure and belief in the transformative power of community—to help organizations design programs that create unrestricted revenue, volunteers and advocates.

You can find out more about her at www.desireeadaway.com, or follow her on Twitter at [@desireeadaway](https://twitter.com/desireeadaway).



Photo credit: Susannah Conway

Susannah Conway

The one thing that has helped me realise my goals and ambitions more than anything else I have ever done is to simply say YES. I got a first taste of my true purpose when I moved to a new city (by myself and not knowing anyone) in the autumn of 2008. I was invited to teach a photography evening class, and that small beginning led to the creation of work I now live and breathe. This opportunity came about because I said YES.

Yes to a new city. Yes to teaching (even though I'd never taught before). Yes to doing it even though I was petrified. Yes to *trying*. Yes to owning what I knew to be true and finding a way to share it with others. It sounds so obvious, but it took me decades to realise that saying yes is so much more powerful than saying no. Yes opens doors. Yes is brave and bold and beautiful.



SUSANNAH CONWAY

Susannah Conway is a photographer, writer and the creator of the *Unravelling* e-courses. A Polaroid addict and very proud aunt, her first book, *This I Know: Notes on Unraveling the Heart* (Globe Pequot Press), launches in June 2012. You can read more about her shenanigans on her blog at SusannahConway.com.



Michelle Currie

As a creative who'd spent many years doing the 9-to-5 routine, this has been a topic near and dear to my heart!

For me, money is important, but it doesn't have 100% control over my happiness or perceived value. I always think, "If we no longer needed money to live, what would make me feel fulfilled and inspired?"

The key to staying inspired is resisting the urge to stay closed: closed-minded and closed-hearted.

When I'm closed and choose to stay that way for days, it affects my body and the people I interact with. I feel heavy and become judgmental. When I lead with an open heart and mind, I attract situations that reinforce my openness.

My day flows better. I attract the people I'm being called to help and learn from them as well. This is what keeps me inspired!



MICHELLE CURRIE

Michelle Currie (M.Ed.) is a writer, wellness consultant, and Founder of Meditative Arts, a rhythm & wellness program in Toronto. She empowers women through African drumming and mindfulness courses and workshops.

www.meditativearts.ca



Artwork credit: Jennifer Lee

Jennifer Lee

Living an inspired, purpose-driven life begins with awakening your Inner Muse. Your Inner Muse is your source of wisdom, creativity, and inspiration that comes from deep inside you. She's the one who lovingly whispers in your ear, "You can do this!" "You are enough." "Let's play!"

Sometimes the daily grind can drown out her voice, so make sure you create space to connect with her regularly. Spend 10 minutes each day having a conversation with your Inner Muse. Get to know this

creative, intuitive part of you. Ask what her name is. Find out what tickles her fancy. Go on play dates together!

Make an Inner Muse portrait to remind you of her creative essence. My Inner Muse is Sparkling Sage and I created a portrait and **manifesto** that inspires me to live in alignment with all that she represents.

Invite your Inner Muse out to play and she'll help you live life in full color.



JENNIFER LEE

Jennifer Lee, founder of **Artizen Coaching**, spent a decade climbing the corporate ladder before pursuing her creative dreams. Her bestselling book *The Right-Brain Business Plan* has helped thousands of entrepreneurs around the world grow their businesses authentically and creatively.

Lone Morch

Look at how you choose to live. Explore the whole picture of who you are, including the undercurrents of the past and its aversions, desires, dares, and start to notice how things interlink dynamically.

Yes, you are worthy of attention. There's so much to dance with. Instead of trying to push dislikes, shames and peculiarities away, invite them in and explore the richness of them. Ask how you can accept your secrets and shadows, and use any trauma or drama as stepping stones to deepening your life and creative process.

Become aware of how you choose. The biggest freedom comes when we realize that we do have a choice, to the very least in how we respond to and engage with life.

If you want to live deeply, richly, you have to engage all of you, because, in the end, it's all about your relationship to you and your life.

So, I say, open up the Pandora's box of yourself. Become curious. Get naked and honest. Allow your desires and dreams to change. Make space for creative sparks and newness. Trust yourself to know and navigate your life.

When we grasp 'out there,' shackle ourselves by living 'acceptable' often-retouched images of the perfect 'someone,' or stay loyal to an outdated story about us, it steals away from our souls and numbs out our truth.

Life is a moving feast. It's meant to be full of soul and savored and eaten up.



LONE MORCH

Lone is a passionate liberator, wandering artist, and lover of life. She writes and has worked for many years as a boudoir photographer, studying and working with women going through intimate metamorphosis in their lives, self, and relationships. Her vision is to playfully provoke courageous individuals to embrace their sexy souls through photo magic, adventurous retreats to soulful places, and deep, deep creative inquiry...all while continuing to seek her own truth and travel all over the world. She welcomes you to discover, together, what it means to be naked, sacred, and free...

lonemorch.com



Photo credit: Marie-Lyssa Dorneus

Marie-Lyssa Dormeus

To me purpose = authenticity.

Truth about oneself...the only and ultimate truth...
For the longest time I thought I was happy and had a good life, family, health, friends, great job, benefits, lateral opportunities and vertical promotion, corner office...the works... Why would I even think of wanting more, I thought...

Losing my mother to cancer was the ultimate wake-up call. I had a job, a situation, but I was not fulfilled. Purpose to me was found in fulfillment, and fulfillment happens only when your life is dedicated to

authenticity. Being real all the way. Uncovering truth and confronting as many personal demons as possible. LIVING YOU! It is a journey and I doubt that I will uncover it entirely until I leave this life but every single experience is there to take me a little closer to my purpose.

For once I feel the sweet spot I am in the zone, closer than ever before. It has nothing to do with wanting or getting more. It is about mattering more, being of service and a true inspiration to people that cross my path by just being ME...the REAL ME, the one I WAS MEANT TO BE.



MARIE-LYSSA DORMEUS

Born and raised in Canada from Haitian Immigrant parents, Marie-Lyssa Dormeus is a bilingual, award-winning, fine art photographer who is quickly emerging as one of the most sought-after portrait artists in her community. Her interest in photography began as a venue for her to ease and express the pain of losing her mother to cancer at an early age. Her private passion quickly led to widespread commercial success, as her photography has led her to capture a series of high-end weddings and events in the last few years all over North America, South America and the Caribbean.

www.marielyssa.com



Artwork credit: Tracey Chan

Tracey Chan

“As a man’s real power grows and his knowledge widens, ever the way he can follow grows narrower: until at last he chooses nothing, but wholly what he must do.”

~ Ursula K. Le Guin.

Half-asleep, I read this line and awoke with a start. I’d been working madly for a show and was casually reading. This was a lovely reminder that my chosen path is worth the consummate exhaustion. Creative life is invasive, all-consuming and dangerously good (like chocolate) so there needs to be space created for it to work.

Without disengagement, you’re going to end up on the floor in a nerve-wrecked puddle. I usually have a problem resting because I *must do everything*, but I’ve now learnt to value the rejuvenation of the body and spirit.

Sleeping, reading, and watching television help my brain to disconnect and refocus my energy. When I am at rest, some of the best ideas blossom and inspiration filters in unobtrusively. How wonderfully freeing!



TRACEY CHAN

Tracey Chan is a Trinidadian multidisciplinary artist who explores drawing, illustration, painting, photography and installation. Words and writing have played a significant role in her art in the form of asemic writing. Clever and witty, her stories are personal, but also investigate the creative lives of artists and musicians. Each piece is meant to be a collaborative exchange of synergistic thoughts and conversations. Trained at the University of the West Indies, (BA Visual Arts), Tracey has worked in design, print and media before focusing on a full-time art career that contributes to regional and global art communities.

Traceychan.com

[Facebook Page](#)

Cassandra Rae

Three things: sex, sleep and silliness—not necessarily in that order! Sleep is quite literally the foundation of health and happiness. People often comment on how joyful I am. It's because I have a regular sleep schedule that I actually stick to. When was the last time you made sleep a priority?

Next is good sex. Why? Because it's all about letting go, feeling good, tuning into your body, experiencing pleasure, and connecting with a special someone (that could be you too!) Could you live an inspired life without good sex? I say no.

Last, but certainly not least, silliness. You can't take yourself too seriously when you're being silly can you? Thank goodness. Think about how silly kindergartners can be and also how creative they are. Five-year-olds have such a large capacity for learning and imagination because they don't take themselves too seriously. Take a moment to be silly right now – your purpose will thank you.

Oh and don't forget to have some juicy sex and get a good night's sleep too!



CASSANDRA RAE

Cassandra Rae is a certified professional coach and therapist-in-training who loves to connect with people. She sleeps eight hours every night and still has time to exercise and journal. She has gone through some seriously hard times like domestic violence, homelessness, welfare, teenage pregnancy, and single-motherhood. And yet, she glows. How does she do it? Love. Love for herself. Love from her supportive husband. And an abundance of love from her two chihuahuas. She is here to remind you that no matter how crazy life gets there is always love for you too.

www.cassandrarae.com



Photo credit: Tracey Clark

Tracey Clark

I know for me, **doing what I truly love is always the spark that ignites my joy** and when I am coming from a place of happiness, I can better share my light with the world. Whether it's taking picture of my children, writing a blog post, or teaching a class, when I love what I'm doing, the end result (whatever it may be) is always something I am excited about and am proud to put out there.

I believe that we all have a purpose; a reason for being here. **When we tap into our passions and acknowledge our own unique gifts and share them with others, then we can live our life with more meaning.** It's like a ripple effect of goodness. Joy begets joy. Light begets light. It's just like magic and I'm a big believer in magic!



TRACEY CLARK

Tracey Clark is a photographer, author, teacher, mom and founder of *Shutter Sisters*. She has built an entire career on her passion for stalking and framing the beauty of everyday life through her lens. Her latest book, *Elevate the Everyday: a Photographic Guide to Picturing Motherhood* is due out in Spring of 2012. For more about Tracey visit her [website](#).



Tara Mohr

In my own life, the answer to this question has been love.

We've forgotten something important about life purpose: that everyone's life purpose comes down to love. A life purpose to heal, or to parent, to save the earth or build a remarkable business—each of those is just a different expression of the fundamental life purpose I believe every human being shares: to bring light into the world, to love.

When we focus less on figuring out the specific form our purpose takes, and focus more on our big,

deep purpose to love and bring light, things start happening. Inspiration sparks. Opportunities show up. Energy flows.

Tapping into love, again and again, is how I stay on purpose. It is how I come back when my ego's preoccupations (with success, with vanity, with comparing myself to others) have taken over. It is how I soften and forgive myself. It is how I find enough kindness toward myself to go after my dreams.

Love is the wellspring.



TARA MOHR

Tara Mohr is a writer, personal growth teacher and coach who helps people access their own inner wisdom. Tara is the creator of the global women's leadership program, *Playing Big* and is the author of her new book *Your Other Names*.

Our Inspired Team

KATE WATSON, CURATION

Kate is a Renaissance Soul, always finding new, shiny ideas and occupations to try on. No matter where her input-driven mind and love of strategy take her, however, she preserves a deep love of the arts and travel. Her goals include surrounding herself with artists, traveling to every continent (two more to go!), and turning her wildest career fantasies into her everyday life.

artaligned.com

ARIANE HUNTER, CURATION

Ariane is an ex-corporate worker turned full-time creative, free-

spirited, peace-and-love flower child who now spends her time as a photographer, yogi, and aspiring holistic life coach. She plans to one day travel the world, learn fluent Spanish/French, and ride an elephant, not necessarily in that order.

arihunterphotoblog.com

JESSICA SWIFT, COVER ART

Jessica is an artist and pattern designer who is crazy-obsessed with color. Her aim? To elicit happiness, play and lightheartedness in the world through her work. She believes our childhood dreams and obsessions point directly to the

work we're meant to do as adults.

jessicaswift.com

DANIELLE TERRAZAS, DESIGN

Danielle is a graphic designer through and through. Outside of work she loves to be creative—quilting, card-making, crafting and exploring art festivals. She also has the travel bug and enjoys exploring new places...often planning her next adventure before she's back from the previous one!

danielleterrazas.com







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