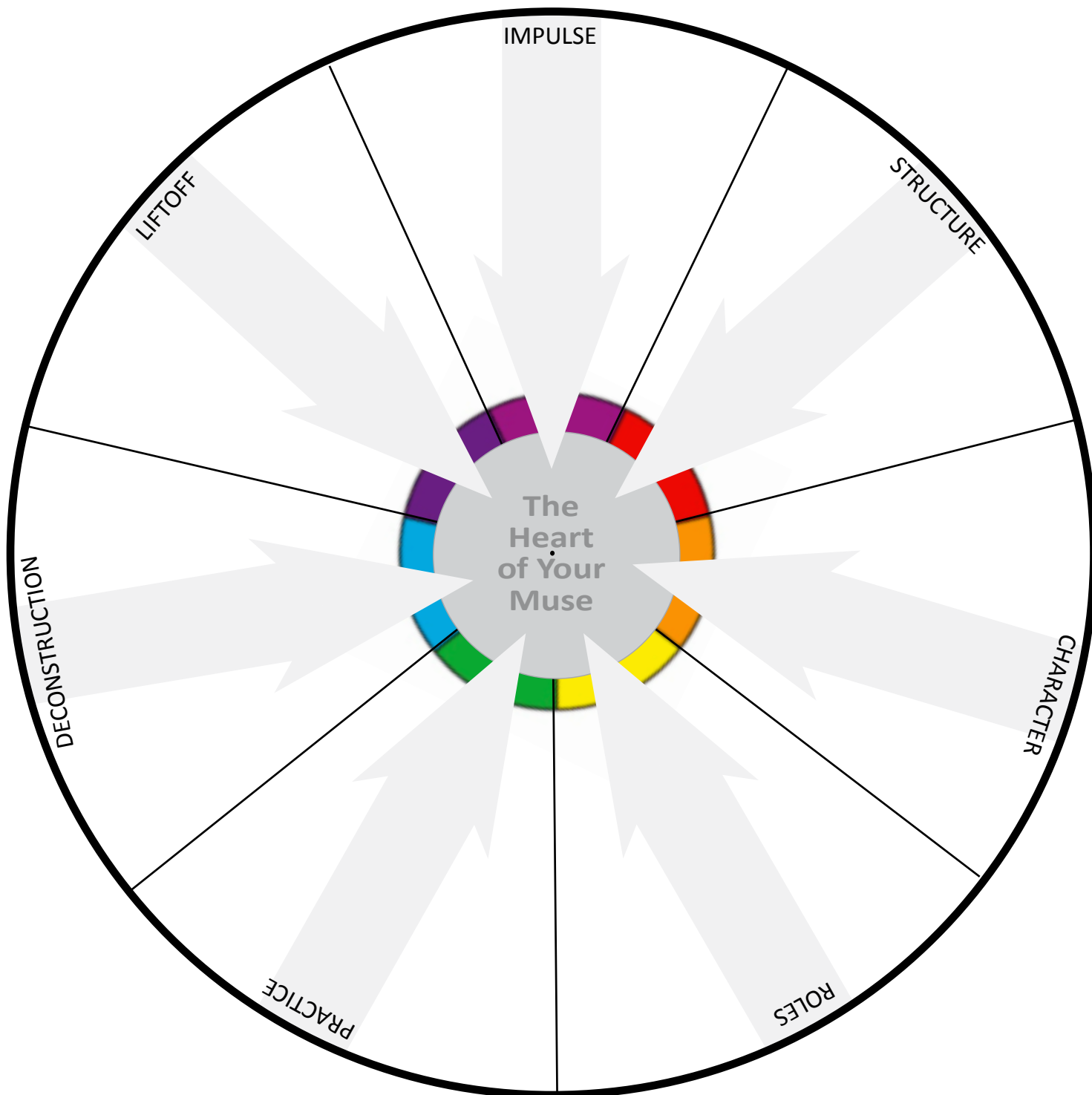


Meet Your Muse ~ Mandala Map

1. What was your first **IMPULSE** toward creative expression - the moment you came alive?
2. What **STRUCTURES** do you LOVE (what games, kinds of stories, WAYS you love to play with things?)
3. What qualities of **CHARACTER** feel rich and alive to you?
4. What **ROLES** give you a sense freedom, self-expression, empowerment, wonder, belonging?
5. What **PRACTICES** bring you closer to a sense of your true self?
6. How could you **DECONSTRUCT** the journey to your muse so you could do it over and over in different ways?
7. What does it feel like when you let go and simply **LIFT-OFF**? What kinds of things make that possible?



String 1: IMPULSE			
String 2: STRUCTURE			
String 3: CHARACTER			
What is 'it' DOING?	What do you SEE?	What do you HEAR?	What do you FEEL?
String 4: ROLES - Your muse turns to you & says one thing. What does it say?			
String 5: PRACTICE & PRACTICES			
String 6: DECONSTRUCTION			
String 7: LIFT-OFF			

String 1: IMPULSE

The desire to do, be, have, touch

String 2: STRUCTURE

Simple, flexible internal structure supports freedom of creative expression

String 3: CHARACTER

The flavor, dynamics, colors, textures that give an expression the greatest effect of *being itself*

String 4: ROLES

- A. Leadership and **followership**
- B. **Knowing the role you play** (ex: bass, accompaniment, melodic), knowing when/how to switch roles - how to predict the cleanest time and how to communicate the switch
- C. **Role as Archetype** creates a connection to expressive or performance abilities you don't 'normally' have

String 5: PRACTICE

- A. Being **bad** to be **good**
- B. What is a **creative practice**?

String 6: DECONSTRUCTION

Remove details to **reveal essential structure** & support reinvention

String 7: LIFT-OFF

We lift off when we **let go of what is holding us down**, and launch with full intent exactly as we are.

QUESTIONS to ASK

- How do we engage in non-music life with these?
- How do we bring them to our instrument?

Learn more and register at:
StringsOfPassion.com and
HipHarpAcademy.com

PRACTICES

Choose one practice you want to add to your life. How will you add each element of the 7 Strings of Passion so that the practice becomes richer ... and enriches your creative expression? Sometimes it's as simple as thinking about each string: Impulse, Structure, Character, Roles, Practice, Deconstruction & Lift-off in order to create the resonance of that principle on what you're doing.

