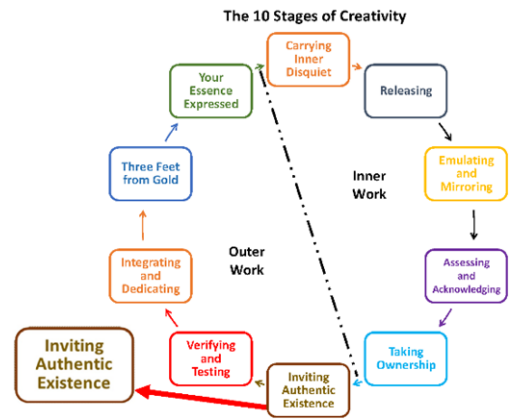


Inviting Authentic Existence

At the guidepost of **Inviting Authentic Existence**, you are stepping further through the opening offered by the previous guidepost, **Taking Ownership**, where—as you developed more mastery in your creative work—you recognized your autonomy, reduced your reliance on teachers and mentors, and increased exploration and risk-taking.

While previous guideposts involved primarily inner work, **Inviting Authentic Existence** is where outer influences become more demanding to navigate. While you are still at a point of welcoming in a new way of being and attracting what will later support you to integrate and embrace your fullest self-expression, you are more willing than ever to lean into your sovereignty. That can bring a feeling of unfamiliar territory and even newness for both you and others. As you enter this deeper stage of growth and development, family, friends, and colleagues may see you in a way they never have before, which can fuel the potential for judgment and criticism. Cultivating resilience is key to moving forward and that's where the next guidepost, **Verifying and Testing**, comes in.



1. Based on this description of **Inviting Authentic Existence** and our discussion about it in [Episode 29](#), have you ever been in, or are you currently in, this stage of the creativity cycle?

2. What does **Inviting Authentic Existence** look like in your life? How do you experience it? How does it show up in both your day-to-day living and in your writing practice?

3. What do you believe this stage has to teach you? About yourself? About your writing practice?

Inviting Authentic Existence is most closely related to the season of [Spring](#).

In a balanced Spring, we maintain healthy boundaries and hold clear visions. We are decisive and enjoy a good challenge. In unbalanced Spring, we take impulsive, even reckless, action, and we be easily irritated by obstacles.

Look to our future episode for more on the relationship between this guidepost and the seasons of our inner landscape. We also talk more about Spring in [Episode 4](#).

4. Do you feel “stuck” in this stage? If so, what would it take for you to move forward? Or do you already feel ready to move on?

5. Sometimes we repeat a particular stage or we “loop” back to it because we haven’t yet learned, experienced, or come to believe something that we need from this stage in order to move on.

If you’ve experienced this stage before, why do you think you’ve come back to it again? Did you try something last time (perhaps a new way of thinking or doing) that did or did not help you move on? If it didn’t work, why? If it did work, do you think it might work again? Or do you need to try something else?

You may not have the answers in this moment, but I invite you to journal about your current circumstances related to this stage. Include your external situation (think people, places, things in your life), as well as your inner landscape (your emotions—good and bad; your beliefs; your values). Be open to the possibility that allowing yourself to explore all aspects of your life as it is now will uncover what you need to do or think next to move forward.

Creativity, the writing mindset, and this journey are not linear. But, for simplicity, we are exploring them as a 10-stage cycle or quest. Be sure to tune into the [Around the Writer’s Table](#) podcast for our discussions about each stage/guidepost. Next: **Verifying and Testing.**

