

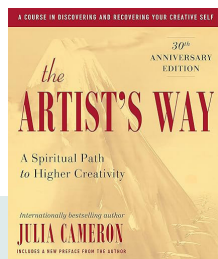
Soulful Reads

with Allison Bruce



Hi, Readers! Towards the end of 2025, I realized that I had yet to include one of the most important books that transformed my life a decade ago - *The Artist's Way* by Julia Cameron. I feel so lucky to have the opportunity to be reading her latest work, *The Daily Artist's Way: 366 Meditations for Creative Living*, and also an Advanced Reader Copy of the revised edition of *The Prosperous Heart* that will be published around the time of this column printing.

And, the icing on the cake is an opportunity to curate a Q&A with Julia Cameron. As always, if you want to share your thoughts on the reading, please email me at allison@flourishintegralhealth.com. Joyful reading to you! Allison



1. The Artist's Way: A Course in Discovering and Recovering Your Creative Self

By Julia Cameron

"What do we mean by "I feel okay"? The Morning Pages force us to get specific. Does "I feel okay" mean I feel resigned, accepting, comfortable, detached, numb, tolerant, pleased, or satisfied? What does it mean?"

The Artist's Way: A Course in Discovering and Recovering Your Creative Self by Julia Cameron, published by Tarcher, is a 12-week program of self-discovery dedicated to cultivating your creativity compassionately. Julia teaches you to honor your work as an expression of God/Universe/Source/Higher Self working through you. It was the foundational elements of the book, the morning journaling pages and weekly artist dates, that had the most influence. I found journaling about my fears and dreams daily to be a healing process. With a newfound sense of self-reflection, I more confidently pursued going on weekly artist dates to explore my interests. Some interests were packed away - such as going to the bead store and making jewelry after 20 years. Some interests were

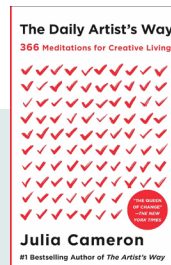
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recent subjects - such as learning about the principles and mechanics of biofield Energy Medicine. (Taken from my book, *Flourish, A 365-Day Guided Path Towards Love*)

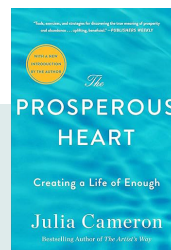


2. The Daily Artist's Way

By Julia Cameron

"I have seen blocks dissolved and lives transformed by the simple process of engaging the Great Creator in our creative recovery."

The Daily Artist's Way by Julia Cameron, published by St. Martin's Essentials in November 2025, is an inspiring 365-day reader. Each daily page has a focus like 'Our Dreams,' 'Art for Art's Sake,' and 'Starting and Finishing.' The daily page includes a quote, a mantra, and writing prompts. Opening the book while I wait for my tea water to boil makes me truly happy and present. I try to walk directly over to my dining room table and write my morning pages with my tea in hand. I had put the morning pages aside before receiving this book and *The Prosperous Heart*. The combination of reading and writing has resulted in clearer thinking.



3. The Prosperous Heart

By Julia Cameron

"We dare to imagine what could be—and, trusting our vision, we take steps toward realizing it. We must simply move ahead, doing "one right thing" after another. This is how all art is made."

As mentioned in the introduction, I've had an opportunity to read an updated version of *The Prosperous Heart* for this column. The book is lifting my artist spirit and aim. Similar to *The Artist's Way*, *The Prosperous Heart* is a twelve-week journey to help you flourish in your artistic endeavors—not only in your commitment, output, and confidence but also in your income. The book includes end of chapter check-ins and exercises. The intention is to use the basic tools of morning pages, counting, debt absence, walking, and time outs to support your creative dreams. I found the accompanying quotes to be highly inspirational, too. Overall, the book's offerings have helped me commit to being an artist and expand my thinking about what being an artist means and how I can create more. I have an influx of creative ideas. €