



A: I believe when we practice creativity, we are contacting the power of the universe to move through us. This creative energy is profoundly healing.

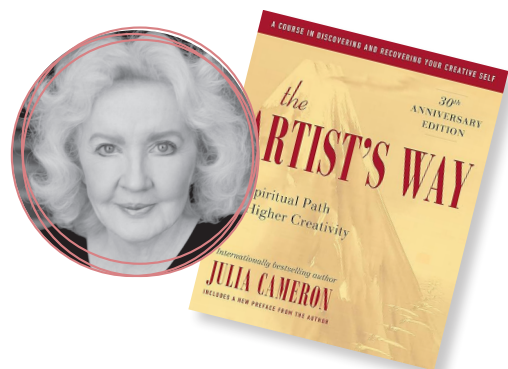
Q: *The Artist's Way* has greatly influenced my life and impacted many others. As I read *The Prosperous Heart* and work through the 12-week course, an influx of energy and inspiration has sprung forth. This is especially exciting because I'm approaching four years of living with Long COVID and have been feeling hindered. While you are writing, can you sense that you are authoring a life-changing book? What work of yours has had the most impact on your life?

A: While I find that reading *The Prosperous Heart* gives me an influx of new ideas, I find that the original *Artist's Way* gives me a steady flow of inspiration. All the subsequent books are useful, but I believe *The Artist's Way* holds inspired healing.

Q: You grew up in Libertyville, Illinois. I live nearby in Highland Park. You've also lived in L.A., New York, Washington, D.C, and Santa Fe. I love the story about your move to New Mexico. Do you feel a different flow in the desert now compared to in other cities you have worked in? How does your location affect you and your work? What was your catalyst to write *The Daily Artist's Way*?

A: I believe that our environment does affect us. Life here in the high desert is invigorating. The desire to write *The Daily Artist's Way* was a desire to put healing practices under one cover, giving practitioners a chance to pace themselves, a day at a time. €

Allison Bruce is the award-winning author of *Flourish, A 365-Day Guided Path Towards Love: How to Experience More Joy, Live with More Intention, and Be True to Yourself*. She is the founder of Flourish Integral Health. She is an international intentional jewelry artist, conscious product designer, and healer. Visit her online at <http://www.flourishintegralhealth.com> and on IG [@flourishintegralhealth.com](https://www.instagram.com/flourishintegralhealth.com).



Q: What expectations did you have while writing *The Artist's Way*?

A: While writing *The Artist's Way*, I had an expectation that the book would serve a small group-- of me and my friends. I knew the exercises worked, but I didn't expect so many people to use them. The popularity of the book was a delightful surprise.

Q: When you don't know what to do next, what do you do to stay aligned to your North Star?

A: I use a practice I call "Writing for Guidance." I ask a direct question of the universe, and then I listen for a response. I find asking for guidance to be a useful practice-- one that neatly evades blocks.

Q: What do you think it is about creativity that heals?