

SACRED SPARK

TRANSFORMATION. CREATIVE EMERGENCE.
JUICY FLOW. MAKING! MANIFESTATION.
ALLOWING. PLAY. DEEP LISTENING.
YOUR WORK, OUT IN THE WORLD.
SACRED SELF-EXPRESSION.
LIT UP. ON FIRE.

YOU!

SIX-MONTH
CREATIVITY
INCUBATOR

WITH KATHERINE TORRINI



UNAPOLOGETICALLY CLAIM YOUR CREATIVE CALLING!

Are you feeling called to finally manifest your creative dream
...to unapologetically claim your identity as a creative being
and birth the work that wants to be born through you?

Dearest Sacred Spark,

I see you. I feel you! I honor your courage in admitting the longings of your creative spirit, even to yourself. To open what can feel like a “forbidden” door—even just a crack, to fully own that you are a creative visionary with a divine mission in the world—is a truly radical act.

It takes incredible courage, vulnerability, and faith to unapologetically claim your creative vision (whether that manifests itself as art, writing, music, business or in a thousand other ways) and to build your life around that calling. The good news is that you are not alone!

If you can no longer pretend that you are happy with your creative vision as a side-line, a hobby--or just a dream...if you feel the ache of your unfulfilled potential pushing against your heart, weighing down your spirit, dulling your joy, here's what I want you to know:

What you *long* to do is what you are *supposed* to do. The world needs your work. And you do NOT have to walk this path alone! As you read this rest of this invitation, I invite you to imagine your Sacred Creative Spark at the *center* of your life, lighting it up from the inside out--as well as illuminating the lives of those around you--your loved ones as well as the people you are here to inspire

Enjoy!

Katherine

YOUR POTENTIAL IS YOUR DESTINY

The time has come to move your Sacred Creative Spark to the center of your life and birth your dreams.

But how do you do that? How do you...

- FIND TIME IN YOUR BUSY LIFE TO DO YOUR CREATIVE WORK?
- HAVE THE CREATIVE LIFE YOU DREAM OF-- WITHOUT ABANDONING YOUR LOVED ONES?
- OVERCOME THE INNER AND OUTER CRITICS THAT SHUT YOU DOWN?
- MOTIVATE YOURSELF IN A CULTURE THAT IS TOXIC TO CREATIVITY?
- FIND AND TRUST YOUR OWN UNIQUE CREATIVE VOICE?
- BE PRODUCTIVE WITHOUT KILLING THE PLAYFULNESS AND PLEASURE OF THE PROCESS?
- CHOOSE WHICH OF 2,000 PROJECTS TO PURSUE?
- STAY INSPIRED THROUGH COMPLETION AND AVOID DISTRACTION?
- STAY "ON TRACK" IN A JOURNEY YOU ARE CREATING AS YOU GO?
- STAY MOTIVATED & COMMITTED WHILE YOU CLOSE THE GAP BETWEEN WHAT YOU ENVISION AND WHAT YOUR SKILLS CAN CURRENTLY PRODUCE?

What I can tell you is that the answers you seek are not where you think they are and your path looks nothing like what you are used to. And if you wait for someone else to give you permission to go for what you want—you will wait your life away.

HERE'S WHAT YOU NEED TO KNOW:

You have not been seeded with someone else's dream. That crazy, wonderful vision you have-- is yours! No one but **you** can manifest it. But the good news is that you do not have to manifest it alone. (In fact, trying to do things all by yourself is a part of the problem!)

You have been given the exact gifts, tools, resources (and even challenges!) that you need to manifest what wants to be born through you.

Your path of Creative Emergence will look and feel different than you imagined—and most people (even your loved ones)—cannot lead you where you need to go. For that, you need someone who has walked that path before you as a guide.

The answers that you seek are in the

whispering of your Creative Spirit, your Sacred Spark. It is up to **you** to learn her language, listen deeply, and allow the answers to emerge—and then have the courage and faith to follow them no matter what.

And here's where it gets really good! When you tap in to your power to act and step forward in trust--your Sacred Spark will light up the path as you take each step -- to show you the way!





LEAPING... that's where most people get stuck, turn back, and waste years of their life thinking instead of acting, filling their minds with distractions and excuses.

Does this sound familiar?

- "I WILL SET UP MY STUDIO WHEN... THE KIDS GROW UP... I RETIRE... WHEN I HAVE MORE TIME..." BUT EVEN WHEN THAT DAY COMES AND GOES--THEY STILL DON'T LEAP!
- "I KNOW THAT I HAVE SO MUCH POTENTIAL, BUT I DON'T KNOW HOW TO MOVE FORWARD..." _SO THEY COMPLAIN AND STAY SAFE, NEVER RISKING THE VULNERABILITY IT TAKES TO SEE WHAT THEY'RE CAPABLE OF.
- "I'M EXHAUSTED JUST KEEPING MY HEAD ABOVE WATER--I'LL NEVER HAVE THE TIME AND ENERGY TO COMMIT TO MY CREATIVE WORK." _BECAUSE THEY AREN'T LOOKING IN THE RIGHT PLACES
- "I SHOULD BE GRATEFUL FOR WHAT I HAVE--A GOOD LIFE AND AN ENTERTAINING HOBBY." _AND EVERY DAY THEY DIE A LITTLE INSIDE, NOT REALIZING THAT THEY CAN BE GRATEFUL AND ALSO WANT MORE!

WHEN YOU ARRIVE AT THESE BIG MOMENTS IN YOUR LIFE, EVEN THOUGH YOU WANT TO LEAP & BE FREE, THE TRUTH IS, IT CAN BE TERRIFYING!



All by yourself, birthing your creative work can be as scary and difficult as birthing a child! But no woman need labor alone. As humans we are designed to support one another--and often fail alone precisely because we are not meant to be striving all by ourselves! With me as your wise and loving "creative mid-wife," the emergence of your Sacred Self Expression can be joyful, full of flow--a transformational experience.

It is my great JOY to open up six private Creativity Incubator mentorships to women who are ready--and I mean ready-- to birth their creative dreams.



WHAT IS A SACRED SPARK?

Our Sacred spark is our life force, the innate creative spirit that burns within each of us. We are all born with our sparks burning with purity and brilliance, but almost everyone learns to ignore, hide or otherwise dim their Sacred Spark as they grow up. Our challenge, as adults committed to full self-expression, is to identify and release the beliefs and patterns that keep our Sacred Spark hidden.

WHAT IS CREATIVE EMERGENCE?

In my work as a Creative Catalyst--helping "closet creatives" come out and express themselves--I have observed and mapped out a Creative Emergence cycle that my clients and students go through (as well as myself!) Each phase of the cycle involves both inner work (awareness) outer work (doing)--and higher work (the spiritual component). Each stage has its lessons and challenges, but they all build on one another and are actually spiral in nature. Attempting to

skip steps is unsustainable--and leads to short-lived success at best, and at worst--crushing failure, burnout, and blocks that can last for years! I first assess where you are in your Creative Emergence then determine what phases need development, so that you create a deep, sustainable foundation for your creative expansion--during these 6 months--and beyond.

WHY A CREATIVITY INCUBATOR?

A Creativity Incubator holds space for both your creative work to emerge and YOU to emerge as your fully expressed self. Not everyone is ready for the intensity and focus of this process, but for the six women who who are-- I feel the call to be your guide!

If you, too, feel called to this process, I invite you to read this through this entire invitation with your heart and soul listening to see if indeed you are ready and if indeed I am the person to guide you through this transformation.

If you feel something stirring as you read, then the next step is to complete an application. Enjoy!



...ARE YOU ONE OF MY SACRED SPARKS?

Answer these questions YES or NO:

Are you ready to....

- ▶ Rearrange your life to reflect your values and your priorities?
- ▶ Let go of commitments, beliefs, habits--even relationships--that no longer serve you?
- ▶ Embrace and accept support at a level you never have before? (This is mission critical!)
- ▶ Surrender to the process of creation, over and over, without attachment to the product?
- ▶ Take concrete steps to making your vision real, take leaps of faith and lean in to your fear?
- ▶ Ditch the Starving Artist/ Starving Healer identity once and for all?
- ▶ Come out of hiding and share your Sacred Self Expression with the world--in whatever form you are called to?

The more YES answers to the above, the more ready you are and the better fit you are for the Creativity Incubator with me. You don't need to know *how* you will achieve this-- but you must be committed to the journey of making it happen.

WHAT IS THE SACRED SPARK CREATIVITY INCUBATOR?



Over the course of 6 months together, I will coach, guide, teach, mentor, advise, and support you to bring your Sacred Spark to the center of your life and manifest your creative vision. I will offer you what I've seen work over the years of walking people through these intense--but SO rewarding--transformations:

- **The full spectrum of my experience and wisdom** as a transformational coach & teacher, artist, business-owner, mother of two, world traveller, and happily-married woman of 16 years. Every struggle and triumph I've had has been-on-the-job training for what I am here to teach. I'll share with you everything I've learned so you can transform faster and with more ease.
- **A Creative Emergence Plan:** A map for your journey--complete with the inner, outer, and higher work of manifesting your creative vision.
- **Your Unique Creative Process:** Set yourself up for success by designing your life and your time around how you work best. When you know what to expect, you can anticipate your needs and actually see bumps in the road as a sign of your progress!
- **My Inner Critic-Busting Tool shed:** your Inner Critic doesn't stand a chance!
- **Critic doesn't stand a chance!**
- **A highly functioning Inner Team:** With your Inner Critic tamed, we will take it to the next level by converting "the committee" in your head into a highly functioning Inner Team --all pointing in the same direction towards your goals instead of spinning their wheels and beating up on you.
- **A powerful energetic "container"** to lean in to when you would otherwise let fear stop you.
- **The inner vision, grounded-ness and strength** you'll need to leap even when you're scared, follow your muse blindly in the dark, and trust your creative urges, no matter where they take you.
- **Whatever else you want to know** about how to create a juicy, colorful life that supports your Sacred Self-Expression.

I will share with you every tool, teaching, insight, intuition, and resource that I have in service of your transformation. Greater than all of the things, however, is the space I hold for both you and your Creative Work to emerge..



HOW THE CREATIVITY INCUBATOR WORKS:

If we identify that you are one of the six women ready for this Sacred Spark Creativity Incubator, here's how this powerful, magical, and magnificent adventure will roll...

SACRED SPARK ACTIVATION SESSION LET THE MAGIC BEGIN!

We activate our 6-month Creative Incubator in January with a process that will get your creative juices flowing! Clients say this process has allowed them to understand their creative work and purpose like never before. This allows us to begin your Creative Emergence with power, intention and awareness.

First you will take an internal journey with the Sacred Spark Creative Emergence package I send you. Then, we will continue the process with an hour-long activation Session via Skype. This session will serve to spark things inside of you that you've never been able to articulate or see before. We will get you focused on some immediate actions and get you ready for our powerful visioning retreat later in the month.

Creative
Life Spark

PRIVATE CREATIVE EMERGENCE RETREAT YOU, ME, AND YOUR SACRED SPARK-- ON RETREAT TOGETHER!

To kick off this 6 month transformation, we will go deep and wide in style! You'll arrive in Austin, Tx the day before, where you'll be met by a driver who will escort you to your beautiful accommodations to enjoy quality time with yourself before we meet. You'll find fresh flowers, delicious snacks, and a gift basket of my favorite journaling supplies waiting for you when you check in.

Two nights in beautiful, inspiring, accommodations. Nature, beauty and pleasure fill your creative well-- so you will be soaking in them on your personal visioning retreat!

On the retreat day itself, I will come to you.

We'll meet all morning, break for a yummy lunch together and continue with an afternoon of intensive visioning, emergence and creation--along with lots of fun and laughter! I will bring my personal collections of art supplies so that all that we activate will be captured in your visual journal through collage, mixed-media, and any other creative expression that wants to come through you!



This is YOUR day! We will customize it to fit your needs. I'll be completely at your service. By the end of the day, you'll have a very clear set of action steps lined up and an overall plan for our work together, so you'll know exactly where to get started.

My Custom Graphic Illustrations of your Creative Emergence journey In addition to the creative touchstones you will make yourself, you will also take home deeply resonant visual touchstones of your journey that I create for you during our day together.

A Custom Henna Tattoo! I will hand paint a (temporary) tattoo on your hand or foot that will last for several weeks--as a physical touchstone of your commitment to yourself and the Sacred Spark that we have activated!

NOTE: For those women who live outside of North America and may not be able to travel to Austin, for the right woman I will consider doing a virtual retreat via Skype. So don't let location stop you from applying. If it's meant to be, we will work it out!



2 nights of accommodations, limo service, art supplies, custom illustrations, henna tattoo and lunch on the day of in-person session are included. Airfare and/or transportation to Austin, Tx and other meals are not included.



JUICYBONUSES!

DEEP & EXPANSIVE 1:1 PRIVATE COACHING & MENTORING FOR 6 MONTHS

We meet twice monthly for one hour phone/skype sessions January through June, where we do the inner, outer, and higher work of your Creative Emergence. (11 session total in addition to your in-person retreat.)

Stay on track with accountability and support

-- creatively, emotionally, energetically and strategically. I cover it all - from filling your creative well, owning your unique creative process, handling resistance and avoidance, and productivity structures that work with you instead of against you, to getting your work out in the world and developing your audience & income steams.

Vaporize any blocks or patterns that show up. You commit to bring your fears, resistance, and blocks to our sessions, where we will transform them!

Exclusive Access to my private client line-- exclusive access to me via text and email--whether you need witnessing, encouragement, a pick-me-up, or feedback on what you're creating (artwork, writing, websites, marketing materials, etc.)

JUICYBONUS #1 (\$100 VALUE) MY JUICY JOURNAL E-COURSE 30 DAY VISUAL JOURNALING E-COURSE

The juice is in the journal! All the structure, accountability and inspiration you need to make journaling an easy and delightful part of your day--and life!

JUICYBONUS #2 (\$300 VALUE) LOVE YOUR VOLTAGE! HIGH VOLTAGE WOMAN LIVE TELE-COURSE JAN 15- MARCH 5TH, 2014

This 8-week live Tele-course with my High Voltage Soul-sister Zoe Wild gives you essential keys and tools to being a self-possessed and fully expressed High Voltage Woman in the world--including how to regulate your voltage, shine brightly without blinding others and how to not scare the shit out of men-- (and much more!)

JUICYBONUS #3 INNER CIRCLE ACCESS

As one of my Sacred Sparks, you get access to all my planning, writing and marketing templates, coaching forms and processes, as well as my personal network of contacts. I delight in connecting you with other Creative Sparks-- who might become friends, project partners, affiliates, or contributors to your book or blog...and I happen to know some amazing people!



INVESTMENT & COMMITMENT

This mentorship will require you to make a commitment on multiple levels – Spiritual, Emotional, Physical – and an investment on multiple levels – Time, Money and Energy.

TIME INVESTMENT:

6 months. You show up for our retreat, our calls and you do what you say you will do. Transformation is possible in 6 months when you commit and hold the focus.

ENERGY INVESTMENT:

You choose to GIVE energy to yourself, your vision, and your Sacred Spark. You hold the energy consistently for these 6 months with me – understanding that the Incubator will create powerful shifts for you even when we are not together.

MONETARY INVESTMENT:

A **non-refundable deposit** of \$1500 is due upon acceptance into the Sacred Spark Creativity Incubator. Then you have two options:

Monthly payment of \$950 per month for 6 months for a total investment of \$7200

OR save \$700 and pay the \$5000 remainder in full at our retreat, for a total investment of \$6500.

YOUR COMMITMENT:

- ▶ **Take excellent care of yourself**—deep self-care is mission critical to your sustained—and sustainable Creative Emergence.
- ▶ **Be honest with yourself & with me**—even when it is hard, even when I challenge you (which I will!)
- ▶ **Take the actions** you say you will take. Feel the fear and do it anyway.
- ▶ **When you procrastinate, resist**, etc-- bring it to our sessions so we can transform it .
- ▶ **Hold this Spiritual Transformation**—and yourself—with the sacredness they deserve.

MY COMMITMENT:

I commit to give you the structure and support, accountability, creative and spiritual guidance, professional counsel, boundless love and support as well as connection to the resources you need to birth your creative vision into form and release it out into the world.



You can do this!

IF SOMETHING IS STIRRING INSIDE OF YOU...

Are you feeling inspired, excited-- craving a chance like this to leap--
(and a little terrified at the same time?)

Is your Sacred Spark jumping up and own in side, saying

"Yes! Yes! Yes!"

or even

"Oh how I would love to do that!"

...then your next step is to just [fill out the application](http://creativelivespark.com/wordpress/application), at
<http://creativelivespark.com/wordpress/application> & email it back to me .
Then, if you're a good fit, we'll schedule a 1:1 conversation to go deeper.

Just filling out the application is inspiring and catalyzing
and does not obligate you in any way.

There are only 6 spots available for a Sacred Spark Creative Incubator,
and applications are accepted on a first-come first-served basis,
so kick that Inner Critic out of the driver's seat and let your Sacred Spark drive...

[get the application here:](http://creativelivespark.com/wordpress/application/)

<http://creativelivespark.com/wordpress/application/>



YOU WERE BORN TO MAKE

BY KATHERINE TORRINI

you were
born to make
beauty with
your hands

you were
made to breathe
life into
these words

you were
sung to sing
gods voice
into our hearts

you were
designed to drum
the rhythm
of our souls

you were
made to dance
the wisdom
of our flesh

our very genes
are hard-wired
to create.

you were born
to make.

so pick up your tools.
listen to the
secret longing
of your heart.

ignore the fools
who tell you no
and go!