



# Beginning...

*a return to inspired creative action*

*by Jude Spacks*

Jude Spacks  
*Truth and Dare Creative Inquiry*



The questions and suggestions in this little book invite you home to your always-fresh beginnings, where you can hear your own wisdom nudge you towards exactly what's next.

Please take your time, and breathe your way into the pointers that resonate for you now....

*All writing and images copyright 2015 by Jude Spacks*

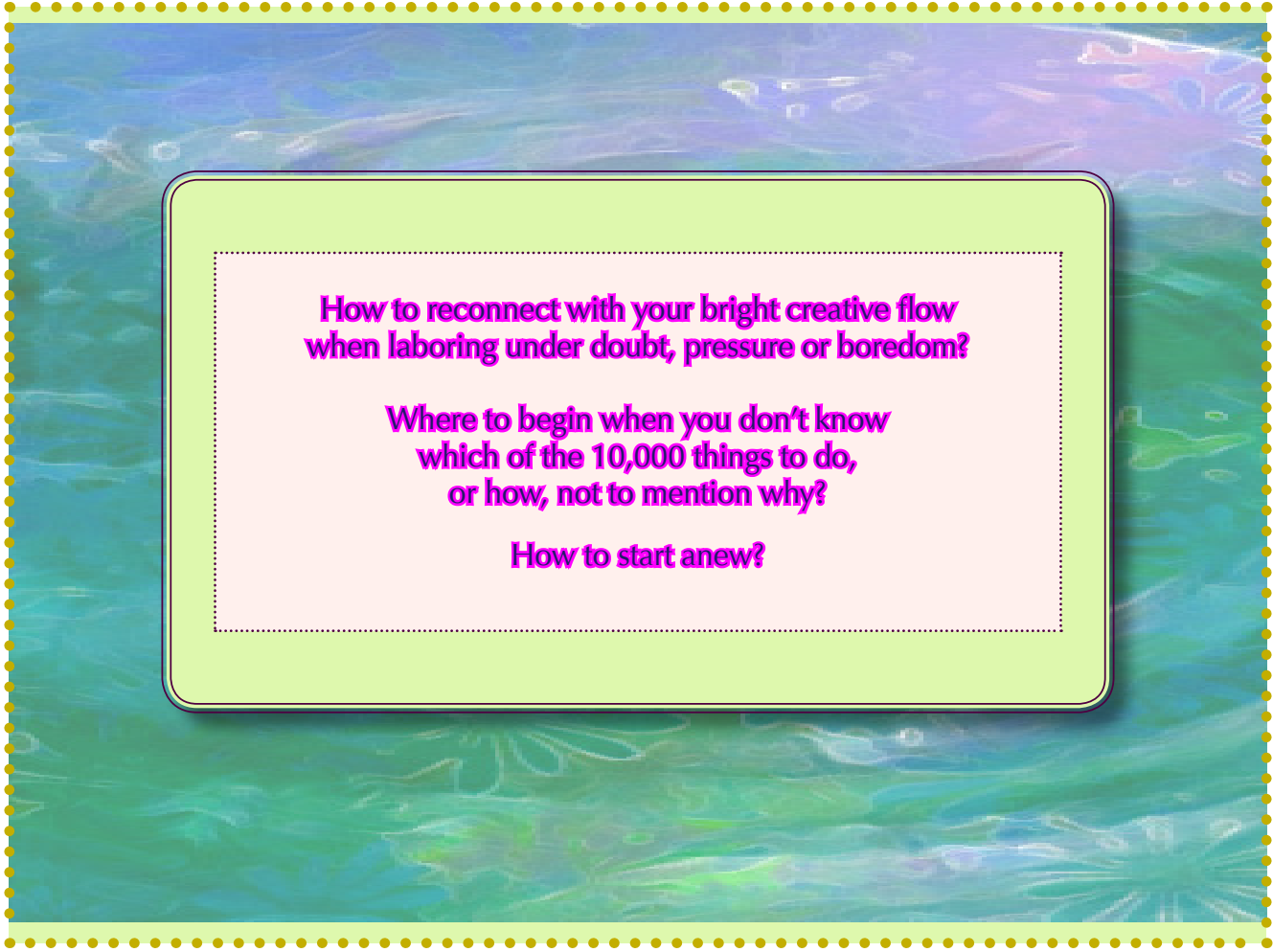
**Please share with friends!**

**Forward the whole e-book only, including links, ok?**

*Otherwise, please don't copy or reproduce in any form without permission of the author.*

[TruthDareCoaching.com](http://TruthDareCoaching.com)





**How to reconnect with your bright creative flow  
when laboring under doubt, pressure or boredom?**

**Where to begin when you don't know  
which of the 10,000 things to do,  
or how, not to mention why?**

**How to start anew?**

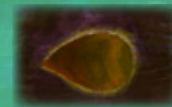
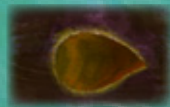
Start *small*.....

...smaller...

.....even smaller! .....



**Start by stopping.**



## What do you wish you could stop?

Stop trying so hard?

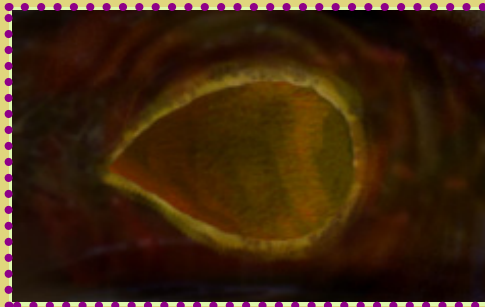
Stop pretending you're not ok already?

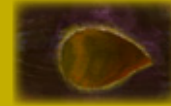
Stop comparing? Or worrying?

Stop waiting for a better time?

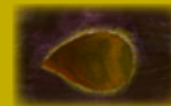
Stop believing some habit of thought?

Want to stop even *trying* to stop?






**Plant yourself, right here,  
exactly as you find yourself now.**



**Creative growth begins in Stillness.**

**Seeds lie fallow, resting  
while Winter composts the old.**





Even for just an instant,  
for the space of one kindly breath,  
could you allow yourself a deeper rest?

Drop whatever you've been mentally messing with,  
and simply space out, or space in.

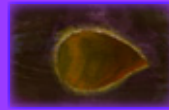
Give yourself a break, cut yourself some slack.

Not later, when it's done: Now!

No planning or problem-solving.  
No purpose or goal.

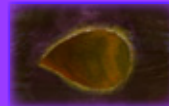
Stop.





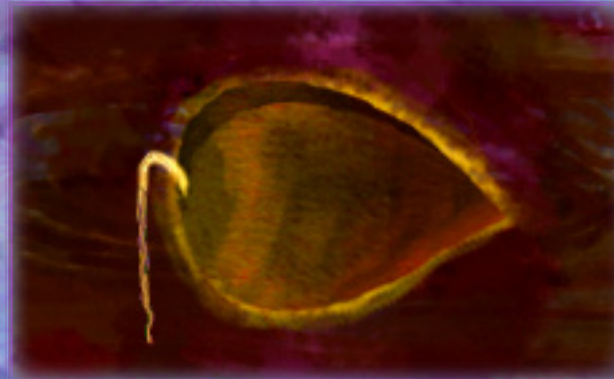
Creativity *needs* downtime—  
time to just be,  
to noodle around,  
to not-know yet.

Most of us need more of that  
than we might have expected,  
maybe more than we think is ok.

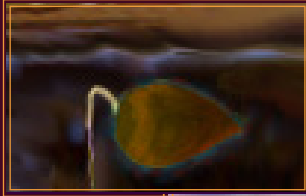


It's ok.

The first movement of growth is downward:  
rooting, grounding, seeking nourishment.



Sometimes we think we're procrastinating  
when we could be just following  
the natural motion  
of settling *down* to work.

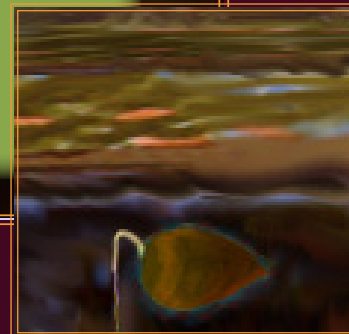


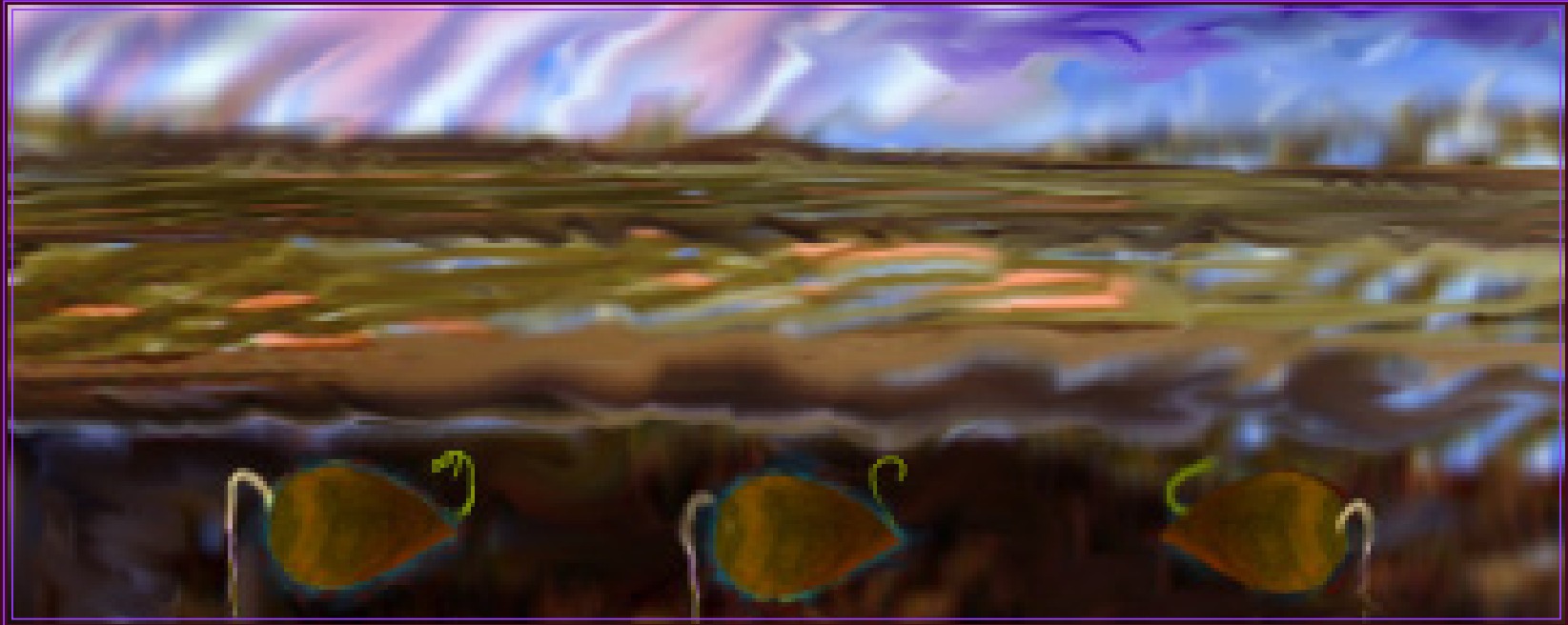
What supports you to feel  
grounded and present  
*before* reaching  
towards results?

Take a walk, or a  
conscious breath?  
Have a snack?  
Clean something?

Receive your own gift  
of nourishment.

Can you let it be enough  
for now?





As you let yourself stop and relax,  
sinking into the fertile mystery of Don't Know,  
you might sense a sprouting of curiosity,  
a nudge towards the light of action.

Could you start there, with a *small* step?



**What do you imagine the happiest ending would give you?**

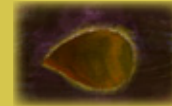
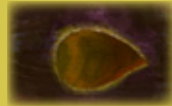
**What is the most essential gift  
you'd hope to receive from the outcome?**

**(A good feeling? A sense of satisfaction, of peace or freedom?)**

What if that very gift is already here  
before you do anything to get it from outside?

If you knew that you already *are* that kind of love...

what might you try next?



“It’s always just a beginning”

-Byron Katie



*Truth and Dare*  
creative inquiry coaching  
with *Jude Spacks*



What if you really could get out of your own way?

To get other fresh goodies and inspiration, along with invitations to limited-edition courses, groups and other offerings

[subscribe to Jude's occasional e-zine \*Insightments\*](#)

And, would you like to explore how you can more fully discover freedom from stressful mental habits and see with the clarity and ease of your natural wisdom?

Answer a few questions ([here](#)) and we'll set up a time to meet by phone, to see if we'd be a good fit to work together.

[www.TruthDareCoaching.com](http://www.TruthDareCoaching.com)