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Are you working in a shadow trade? Feeling that you're almost in the line of work you're supposed to be

Okay, say you want to write books, so you end up working in a bookshop, meeting authors, more c

Things changed once Nick realised that what he was doing was hanging around in the shadows. C

The term 'shadow artist' was coined by Julia Cameron, author of 'The Artist's Way'. She explains t

Editors who want to be authors; art teachers who want to be artists; backstage hands who want to

The shadow artist might be the person who does all the work at the office, or someone who dates

Julia says that anybody who has an 'officially' creative sibling will know what she means. She was

There is a lot of conditioning to be undone as we start moving towards dreams that we have been

It takes nurturing to make an artist. Chances are that those in the shadows did not get enough nur

You may know exactly what needs to change in your life, but if you're too scared to act on your inn

When your struggle seems hopeless, and you find it hard to believe in yourself, it can be reassuring

Having such a person is a wonderful gift, but if you're lurking in the shadows, chances are you're th

Then all you can do is what 'A course in miracles' calls taking "a journey without distance to a plac

Nick Williams says that this 'I' will teach you that, as a shadow artist, your fear is based on seeking

In 'A course of miracles' it is said: "Your job is to give your gifts, not to be attached to how they are

So, girlfriend, just show up. Just show up in all your vulnerability. As Anaïs Nin said: "And the day ca