

# .Life Book Manifesto.

You are welcome to be your own authentic self. We celebrate your shadow and your light. You can shine big and bright or you can quietly sit at the back of the room: no matter how you show up: you are loved, you are worthy, you are glorious, you are welcome. Your art is valued and appreciated. When you create art, we see your soul speaking, we see it reaching out, expressing itself. Your nature is creative and we will provide a safe space for you to explore your artistic yearnings. Your art matters. Your story matters. You, matter. On Life Book it is safe to make mistakes, to dance like no-one is watching, to play, to make messy art, to be crazy happy, to blow bubbles, to sing out of tune, to cry, to fumble around, to giggle-snort, to laugh out loud, to be wild, to find yourself. It is safe to be who you need to be. On Life Book, we encourage our fellow creative friends on their personal and artistic path. We look to become our own super heroes and our own best friends. We celebrate our positive qualities, we celebrate our triumphs, we mourn our perceived failures and defeats. We feel our feelings. We lean into discomfort and see where it takes us. We honour our inner world, we sit down with sadness, we sit in the

fire and we rise again, like the phoenix. We keep an open mind and heart. We strive to be kind to ourselves and to love ourselves more deeply. We befriend our inner critic so that she may become less critical of us. We dance with our angels, we dance with our demons. We breathe, we dive, we stand strong. On Life Book, you can play like a child! You can blow bubbles, fling glitter and jump in muddy puddles. You can dye your hair blue or pink and you can revel in your paint-stained hands. Wear odd socks, stripy stockings, bear hats or rainbow nail varnish: it's all celebrated here! There are no shoulds or musts, just a gentle encouragement to follow the path that leads you to joy, freedom, kindness and inner peace. On Life Book, we say YES, we follow our bliss and show up without apologising. We make miracles happen, dance in the rain and run wild and free. We follow our dreams, but treasure the beauty of the NOW. We strive to be the change we want to see in the world and become better versions of ourselves by exploring our inner worlds through our creative practice. We share our hearts, we fly high and we are true to ourselves and each other. On Life Book, we are ARTISTS.

**.We Honour You.**