

Welcome to the Art of Purpose Podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host, Gayla. I'm an Alaskan, an artist, and an encourager. And each week I'll be sharing my personal experiences, insights, and encouragement to help you live your best, most fulfilling life. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation, and support as you practice the art of purpose.

Hi, and welcome back to The Art of Purpose Podcast. I'm Gayla. And today we are continuing where we left off in our last purposeful pause episode. Last week I told you a little bit about my journey, about how I've learned to practice harnessing the creativity in my life towards the everyday, towards practicing living intentionally while accepting the messiness of life.

Because life is messy, that is really the art of purpose. Now, here's a little bit more about how I've come to these conclusions. In 2005, at 34 years old, I took my first steps towards discovering my own purpose. I delved into the art and entrepreneur world with the support of my family. I stepped away from my career and into a new one.

I am stumbling over the words, even saying today as an artist. Though it takes some time before I truly felt comfortable with this label, the more I practice wearing it, moving forward, the easier it became. And that is where the real work came in. The inner journey. As positive force as art is in my life, it also continually reveals where I need to push and work to find balance and joy.

Another reason why I love it so much (and hate it at times). For a while, I was a decorative painter working in people's homes. It was my first step in wearing the artist and business jacket. I enjoyed it, but it wasn't truly what lit me on fire. And this is often the case when we start taking steps towards whatever we truly want in life.

It's rarely as simple as "I decided I was an artist or an entrepreneur or a historian or a traveler or whatever" and the rest is history. Well, there are always roadblocks, messiness, paths to unknown territory that we will find. Thankfully, though, creativity thrives in the messy. So back to my first foray into this, putting myself out there as an artist.

I was experimenting with different mediums and different ways of fueling my imagination and making money. And all of the self-inflicted pressures around that really began to stall my creativity. Once the initial excitement wore off or started to wear off, I was stuck in this litany of thoughts and fears that did not serve me. Old thoughts and patterns of feeling unworthy and being filled with self-doubt.

Boy, I. Well, I bet there's lots of people out there that can identify with that. I've had to learn to sit with these uncomfortable thoughts, accept them and question my beliefs, really watched my inner dialog, which is key. And then as I experimented more with different mediums, I got to refuel and find what I loved about art in the very first place with experimentation and of course, some sleepless nights in there...

...I found my way to beeswax or encaustic painting. “Encaustic” comes from the Greek word to heat or burn-in. A quick definition of uncosted painting for you, is this where artists use heat and molten wax as a creative medium and put simply for a grand experiment often challenged with finding patience like myself...It’s a medium that allows for fun, and lots of play is a way to quiet the mind and use the heat to create layers and beauty.

There’s room for precision and mastery and room for just enjoying the process without judgment and self-criticism. Either way, the end result is simply art. Creation that is uniquely the artist’s. And honestly, what a lovely metaphor for finding peace and purpose in life. You dig in, allow the heat or challenges or roadblocks to just be, and find the beauty anyway.

So that, dear friends, is the message I’ll leave you with today in this purposeful pause. I encourage you to embrace your own process (for it is a process) of your very own creative journey and always, always have self-compassion as you practice the art of purpose. Allow and watch where you resist the process of your life unfolding. I’ll be back next week, so stay tuned for the next episode. Thank you very much for joining me today.

Thank you for listening to The Art of Purpose Podcast. I hope you found today’s episode insightful and inspiring. If you enjoyed our time together, please take a moment to rate and review this show on your favorite podcast platform. Your feedback helps us reach more people and spread the message of personal growth and self-discovery.

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Thank you for being a part of this community. I look forward to sharing more insights and encouragement with you on the next episode of The Art of Purpose Podcast.