

Ep #22: Shadow Work



Full Episode Transcript

With Your Host

Leah Badertscher

[The Art School Podcast](#) with Leah Badertscher

Ep #22: Shadow Work

Many of my clients come to me with desires, and also related frustrations that I am all too familiar with from my own life. On one hand, there's the desire to be who you're meant to be, who you feel born to be to do and create what you feel destined for. And then on the other hand, there's the frustration, which seems that something that's just outside of your control, that's just in your blind spot, continually arises to thwart you or frustrate you.

On one hand, there's a desire to take up all the space you came into this world to take up, to do all the things you came to do. And then, on the other hand, there can be this dawning realization that in order to fit into society and the world, that you've tamed yourself and that you've had to reduce yourself in order to be a good person and you've become domesticated, tamed, and dulled down in a way that now doesn't serve your greater vision or your dreams.

If you've ever experienced this phenomenon where you're pitted against yourself and you're your own worst enemy, you are going to love the topic of today's episode. Today, we're discussing what Carl Jung first coined as shadow work, and it is the pathway forward from this experience of being a house divided against yourself.

So, if you want to learn more about some of the most powerful healing work I've ever done for myself and with my clients, if you want to give yourself back your full creative power, then you don't want to miss this episode.

You are listening to *The Art School Podcast*, a show for artists and creatives who want to become the next greatest version of themselves. Learn how to cultivate an extraordinary way of being and take the mystery out of making money, and the struggle out of making art. Here is your host, master certified life coach, artist, and former lawyer, Leah Badertscher.

[The Art School Podcast](#) with Leah Badertscher

Ep #22: Shadow Work

Hello, everyone out there, and welcome back. I want to give a special shout out to Michaela, I hope you're listening, for the awesome review you left on iTunes and everyone else who has been listening and reviewing. Thank you so much. It's really alike, at the heart of my work, is wanting to help you make everything in your life work better, from your creativity, to your art, to money to relationships, to cultivating that really extraordinary way of being, a holistic mind, body, spirit approach to helping everything work better for you.

I believe tapping into your creativity and empowering your creativity is an important part of that and it's also my hope that if I really help you do that in your own life, that we're all going to be moving the world forward and that you're going to take that and you're going to make the world a better place and that this is also going to be part of your mission; to help other people make everything in their life work better in whatever way you do it.

So, if that resonates with you and that's part of your mission, please, I would love it if you would share this podcast and talk to people about it and take these tools and make them your own and implement it so that it's really part of this greater movement, this creative revolution, where I've said too, embedded in that word, revolution, is that you decide, on your own terms, what you need to do to evolve and to make the world a better place. And you're revolutionizing old ideas that don't fit you about how you should create a successful life.

So, again, I would love it – I appreciate already those of you that are sharing and running with this and I love hearing from you. The more the merrier, so please share away. It means a whole lot to me because, again, as I like to joke around with my clients in *The Art School* and my private clients, there's nothing big going on here; we're just changing lives. So that's what we're about; the real stuff, changing lives.

Ep #22: Shadow Work

What else are we about here lately? It seems like spring. Spring is touch and go here. Our chickens are a lot happier. They're laying a lot more eggs. My children are happy. My boys have spring break this week, which means I have been doing a lot of trampolining because it seems like I would just have trampolined for what seems like three hours and it was probably 20 minutes. And then I think I can come in and maybe paint for a while, and then I hear, "Mom, mom, will you jump with us? Will you jump with us?"

But it's good and it's fun because I realized something about a trampoline is that it is the ultimate coaching tool, because you cannot both simultaneously be upset, frustrated, mad, sad, angry, and jump on a trampoline. And it's really hard to jump on a trampoline with children and not laugh. So it's like the ultimate guaranteed silver bullet mood changer. And as my son, Sammy, said the other day mid-jump full on glee bliss, he was just laughing so hard. It was adorable. He said, "I can't imagine a world without trampolines. What would life be like?"

Yes, I know about all the emergency room things. My sister works in an emergency room and tells me, but she also sees just how awesome it is with kids. So that's kind of what's going on here. And next week, I'm super excited, I get to go back to Savannah to meet up with my mastermind that I'm a part of; an awesome group of just badass powerful female entrepreneurs and thought leaders and I cannot wait.

So, that's some of what I'm looking forward to here, and also, so looking forward to today's topic because, speaking of silver bullets, trampolines, and shadow work, I wonder what Carl Jung would think of that comparison. Really, this is some of the most profound and powerful work that I have ever personally done and that I hold a space for with clients. It really is a game-changer and sometimes works in ways that you can't even quite explain, it just seems to work like magic.

Ep #22: Shadow Work

So, I'm really excited to talk with you about it today and trust that this is a primer and an introduction and a taste, because there is just no end to the reading you can do on this, but if you've never been exposed to it before, I wanted this to be an introduction. And if you have been exposed to shadow work before, I think I might say some things in a way that maybe hits you differently this time or there will be other things for you to take away.

So, as I said, at the heart of my work is really wanting to help you make everything in your life work better. And I do focus on creativity and money because I feel like those are two common inroads for my people that help facilitate and make everything better, because for me, as a coach, it's never just about the art. It's never just about the money or the business. It's about the person and it's about the health and healing and empowerment of the person and what they want their life to be.

So, a couple of weeks ago, I did the podcast on how creativity heals and how creativity and tapping into your creativity and harnessing creative energy is an act, and also creative energy is an energy in and of itself that's healing, and tapping into both that healing energy and also engaging in creativity empowers a putting back together of ourselves and integration of ourselves and our lives. So, saying that another way is creativity is whole-making. And I don't think it's just a play on words that it can also be holy-making. A recognition of our innate wholeness is then an understanding and a knowing of our holiness.

So, this week, we're going to continue on this topic of how creativity heals by talking about shadow work. Again, a brief introduction about what it is, how it heals, and a little bit about what it can do for your creativity in life. And I'm going to give you an exercise at the end. And there will also be, trust me, plenty more episodes on this topic because it is vast and it is deep. And I also have a lot of stories that I could share with you that I think are really inspiring. And again, what is most personal in people's lives is often also most universal.

Ep #22: Shadow Work

So I think there's a lot of stories that would be helpful to many people listening. So, if you have been listening to my podcast or have worked with me, you've likely heard me say how an extraordinary psychology produces extraordinary art or extraordinary results.

So, shadow work, in my opinion as a coach, is a powerful and necessary part of cultivating an extraordinary psychology. And I think, contrary to a lot of what you hear in pop-psychology or new age thinking, where they warn you that you can only focus on positivity and light and that if you don't, you'll lower your vibration and you'll lose your way and you won't be a match to what you're wanting to create or that your energy and your psychology will just spiral downward. I disagree.

And I think you've heard me talk before about the concept that life is 50/50, that there's always going to be pain and that that's part of the human condition. Carl Jung also spoke to this when he said, "Filling the conscious mind with ideal concepts is a characteristic of western theosophy, but not the confrontation with the shadow and the world of darkness. One does not become enlightened by imagining figures of light, but by making the darkness conscious."

And he also wrote – and this, if you meditate on it, if you reflect on it, grasp it, is where you can see that shadow work is life-changing. And that was, "Until you make the unconscious conscious, it will direct your life and you will call it fate." So, that right there sums up what happens if you don't do the shadow work, or what the shadow is.

So, maybe I should back up for a second here and give you a definition of the shadow. So, the shadow was a concept that was coined the shadow by Swiss psychiatrist Carl Jung, and he uses it to describe those aspects of us, our personality or ourselves, that we reject, judge, repress, try to cut off from ourselves, or deny.

Ep #22: Shadow Work

For one reason or another, we all have these aspects of ourselves that we don't like or we think society doesn't like or doesn't accept, so when we reject them, we don't actually obliterate them. But what happens is that we just suppress them. We repress them and those parts go down into our unconscious psyches. And so it's this collection of repressed aspects of ourselves, or psyches, that Jung talks about as the shadow.

He wrote that, "The shadow is a moral problem that challenges the whole ego personality. For no one can become conscious of the shadow without considerable moral effort. To become conscious of it involved recognizing the dark aspects of the personality as present and real. This act is the essential condition for any kind of self-knowledge."

And for that to happen too, what he's talking about for this heavy lifting work, this considerable moral effort to become conscious of the shadow requires first that you make it okay to become conscious of your shadow, that you do away with this idea that humans can only be good and should only be good, but then you take on a more mature philosophy and own that all humans are all things.

And really, the bigger work done around this is if we look at the atrocities, anytime, throughout human history and we could just stay with the last century for a lifetime and look at atrocities committed by humans and that the real danger that we do – disservice is an understatement. But the dangerous predicament that we put ourselves in when we look at people that committed atrocities and call them monsters, call them unlike ourselves, that that then is an act of repressing the shadow, when we deny that actually they're human and we're human and we all have this potential for great evil and great destruction, as well as potential, for Carl Jung, there was also a golden aspect, a light aspect to the shadow. There can be, and that we also have great potential for good.

Ep #22: Shadow Work

So, if you deny that though and say, I can only be good by denying these bad aspects, then philosophers like Jung would say, well then we're setting ourselves up just to recommit the horrors of the past. Because when we don't understand what it is to be human, you'll know thyself, then it's really dangerous because then we don't understand that in certain circumstances, we too could act in really horrific ways.

And then bring that back to more micro situations where you're not faced with the horrors of war, or you have the situations like you have a situation at work where you think, well of course I would do the ethical thing. But if you don't completely own your capability to also be dishonest, to lie and to cheat, or to even be predatory, like throw someone underneath the bus, if you don't own that you have that in you, you repress that part of yourself.

It goes into your unconscious where you can no longer control it. And then it directs you now that it's outside of your control. Again, to the definition, according to Wikipedia, in Jungian psychology the shadow or shadow aspect archetype may refer to, one, an unconscious aspect of the personality, which the conscious ego does not identify in itself. Or two, the entirety of the unconscious, i.e. everything of which a person is not fully conscious and short, the shadow is the unknown side.

Contrary to a Freudian definition of shadow, the Jungian shadow can include everything outside the light of consciousness and may be positive or negative. Everyone, Jung said, carries a shadow. And the less it is embodied in the individual's conscious life, the blacker and denser it is.

So, you can already see, through these definitions and through these quotes I've already shared is that the objective with shadow work is to bring the shadow into consciousness. So, the more that we can bring it into consciousness and the more we can embody it in our conscious life in conscious and constructive and healthy ways, then the less black and dense it is and the less unconscious control it has over our life and that it is

Ep #22: Shadow Work

healthy to embody these aspects and to look consciously at ways to channel them in your life.

So again, a lighter example would be things like aggression or competitiveness. If you try to deny those and push them away, they will – like the way I describe it to clients is, those things come out sideways. But if you're like, you know what, I do have a competitive aspect to my personality, I do have this sort of very aggressive behavior. If you can get beyond, for a minute, the negative connotations that our language labels of competitive and aggression have for this kind of powerful energy and you can think instead, how can I embody those things in a healthy way and channel it in a way that serves me?

Now you are embodying that shadow aspect in a conscious and healthy way. And I use that example not on accident, but because I see that as one example that comes up for a lot of my clients, men and women. For women, it's an aversion to, that energy is women are not supposed to. We're taught we're not supposed to be aggressive and that competition is bad, especially among certain spiritual circles and schools of thought.

The thing is though, if you have those aspects and you're not tapping into that energy in a healthy way, then you are giving yourself access to only half of your power. And that's a lot of what rejecting our shadow does, is it cuts off our ability to tap into these reserves of creative potential, creative power, just pure power, because we've been taught to reject them as bad instead of bringing them into the light where we could look at them consciously from a mature and conscious place, how could I access this energy and channel it in a way that serves me.

So, another way that it comes up often is because I work with so many creative powerhouses, they will come and say that they still feel held back. And it's because we've been conditioned that if we don't show up in society in a certain way, we're going to be cast out of the tribe and we all want

Ep #22: Shadow Work

connection. And we're afraid if we're just full out who we really are and really fiercely true to ourselves, that it will be too much for people and will be rejected.

And then, what can happen though is that slowly over time, you tame yourself, you tone yourself down, you become very mediocre and you get very mediocre and vanilla and average results, when really, something inside of you knows it's anything but average, that it's not meant to fit in. It's meant to stand out and shine and lead and be an example. But that's an example of shadow work that, not brought to light, then cuts you off from those potential sources of power that could help fuel your life and help your life work better.

And there can be other way that can be seemingly unrelated that when we're not tapping into, not integrating these shadow aspects, that our life doesn't work well. So it could seem like, well, suppressing my aggression would be good for relationship. But that actually then maybe it comes up over and over again that you're constantly in relationships where you are feeling controlled or like the child. And that could very much be related to you haven't accessed these darker aspects of your personality that would give you that access to energies that would help you feel like a mature adult and having equal power in a relationship.

So, if that shadow is that collection of aspects that we repress and reject, then the object of shadow work is to become conscious of these aspects and then to integrate them. And integration, by Jung's definition, means that we stop rejecting parts of ourselves and our personalities and we find ways to embody them and bring them forward into our everyday life in healthy ways. When we don't do the work of making conscious these shadow aspects and of integrating them and mastering them, then that's when we're judging and rejecting and attempting to repress these aspects of ourselves. That has real negative ramifications for our life.

Ep #22: Shadow Work

That's why Jung was saying, if you don't make the unconscious conscious, it will direct your life and you will call it fate. You can't just deny these aspects. You can't ignore them. If you do, they just go underground where you can't see them and can't control them. You literally disintegrate yourself. You pretend you're breaking off a part, but instead, you disintegrate this aspect of yourself and it becomes this abstract force that now is beyond your control because it's in your subconscious because you're denying it.

And this kind of disintegration of self is, not surprisingly, very disempowering for every aspect of your life. So, if you think for yourself about any aspects of your life where you feel less powerful than you think you could be, or despite all of your best efforts, things just don't seem to turn out for you or you're not living up to your vision for yourself despite all your best efforts and it all seems a little bit like a mystery to you, there could be a repressed shadow at work.

So, integration on the other hand, integration allows this true whole being knowingness of your wholeness. And when you know your wholeness, which is not just goodness, but the entire truth of being human, then you are at your most powerful. Then you are no longer a house divided against itself. You are a house united. And when we are a house united, we give ourselves the fullest access to the full range of our power and ability.

So, think of someone you know who is smart and talented but kind of naïve. And then think of someone else who is equally smart and talented and seems to have been to hell and back and survives. And who between these two seems to be more powerful?

You can just feel the difference between these two because somebody who has had wisdom, who embodies wisdom, has an energetic sense of being more mature and they have a sense of being more powerful. That second

Ep #22: Shadow Work

person has successfully integrated some painful aspect of the human experience into their personality and it's not just an imagined abstract thing.

It has changed them and other people can sense it. You can sense that they have touched their wholeness by touching this full range of what it is to be human and what closer to a full range of truth for them is. And Jung also famously said, "I do not want to be good. I want to be whole" Because that's when you're integrated, that's when we are at our optimal.

And now I'm not, and he wasn't, endorsing evil or that you act from evil. Shadow work is not about condoning acting out mindlessly from the dark aspects of ourselves. But it is based on the understanding that what we reject and condemn as unacceptable doesn't just cease to exist. It simply goes underground into our subconscious and where we can't see it. And what we can't see, we can't manage. But we still know something's controlling us.

So what you refuse to see and accept doesn't destroy it. It actually just gives it a dangerous power because you've said, essentially, I can't bear to see this in myself. And so, then because you can't bear to see it, you've told your consciousness, we can't see that. So it makes it invisible to you and invisible to your eye, but it still is in you. Now it's just this phantom-like invisible mysterious force, this disintegrated aspect of your own spirit that is outside of your control, but still running your life.

And you can have a clue that it's running your life, that the shadow is at play, if you know that there are areas in your life where the following sort of things are manifesting. There's like tension that you just can't seem to find the source of, physical ailments even that are mysterious and chronic that you can't find an obvious cause for, bad habits that you can't seem to break, even though you really want to, self-sabotaging behavior.

Ep #22: Shadow Work

And again, like I mentioned in the intro, just that maddening sense that you're your own worst enemy and you're getting in your own way, but for the life of you, you can't figure out how to stop it, or maybe there are other patterns that keep showing up over and over in your life, like you reread the same chapter in a book but it's different players, different people, different set, but it's the same storyline and it's one that you don't want, or patterns that seem to kind of revolve around you saying things in your life like, this just isn't meant to be for me. This just isn't in the cards for me. I can see that it's possible for other people, but that's just not me.

Another very easy way to spot the shadow is in the way we judge others, which is doing the projection aspect of shadow work. So, if you find yourself constantly judging others, particularly in certain areas, or it's good to notice what you notice about other people, whether it's things that you are critical of in them or judging them for or it's things that you admire them for, but you're seeing that is something that is separate from yourself. Looking at the places where we project is an excellent way to become more aware of where your own shadow is.

Herman Hesse, for example, famously said, "If you hate a person, you hate something in him that is part of yourself. What isn't part of ourselves doesn't disturb us." So the really exciting – I think it is incredibly exciting and, like, literally empowering, you will feel like your life has power that it didn't have before after you do this work. And we dive into it much deeper in personal coaching work and in *The Art School*. But again, today, I wanted to tell you about shadow work, make the case for doing it, give you an intro into ways you can start to become conscious of your own shadow aspects, and again, really drive home what an important part of cultivating that extraordinary psychology shadow work can be.

Jung stated it another way when he was talking about his clinical practice, his work with patients. And he was talking about how this disintegration we do, this repressing that we do and essentially making ourselves unwhole,

Ep #22: Shadow Work

which you could also say is unhealed and disintegrated, by denying and rejecting our shadow, manifests then in splitting ourselves against ourselves. And whose like works when you are split against yourself?

But he also explicitly called it neurosis. He said, “Neurosis is an inner cleavage, the state of being at war with one’s self. Everything that accentuates this cleavage makes a patient worse. And anything that mitigates it tends to heal him. What drives people to war with themselves is the suspicion or the knowledge that they consist of two persons in opposition to one another. The conflict may be between the sensual and the spiritual man, or between the ego and the shadow.”

And then he references that Faust quote I shared towards the beginning. “It is what Faust means when he says, two souls, alas, dwell in my breast part.” And Jung continues, “A neurosis then is a splitting of the personality.” So, if you really take in what he is saying there, our soul, our heart, our mind, our selves are split when we reject these aspects of ourselves. We are truly divided against ourselves.

And it is like the phenomenon that I recognized in myself, where I could see that I was continually arriving at similar impasses or at the same frustration because I had the sense of me being pitted against me, and it is such a perfect matchup that no one wins and everybody just fights until the death or until they drop over in exhaustion. Having been to that not so fun place for quite a while and having worked my way through it and out of it, I could see it so clearly when clients came to me with that same phenomenon, where they’re doing everything but it seems like there’s this equal force pushing back with them in their life.

And it is disheartening and it is maddening and it does feel like disintegration and it does feel like the opposite of feeling whole and holy and healing. And so, the first course of action then is to then be able to hold

Ep #22: Shadow Work

a space for yourself and for others where all things can come to light and be seen and they aren't going to be rejected.

So, this is really what it means to hold an unconditionally loving space. And I firmly believe that that, in and of itself, is healing. And I have witnessed it over and over in watching coaching and coaching myself that that act of holding a space for another human being where you let all things come up and be seen, it's all out on the table, people's fears, the darkest things they've ever done, and you hold that's pace, you don't reject it, and you still are a loving presence, that's transformative.

You can see their physiology transforms. They become lighter. Their energy changes. Their voice changes. Something after that moment is irrevocably put back together a little bit more and I believe too that that is like the universe healing itself stitch by stitch. And our human heart – human hearts coming back together like that, stitch by stitch, heals us all, moves us all forward, and empowers each and every one of us.

And then the other really beautiful thing that happens once this kind of wholeness and integration can occur is that then people get to experience what it's like to really be themselves, to really have all aspects of them at their disposal, rather than feeling like life is a game stacked against them and they've also got both hands tied behind their back, and that it is possible then, once you bring all of these things to light and they're seen, you bring it out of the shadow, the darkness of the unconscious and into the light, then it's possible to transmute something that's dark into something that is either light or a prerequisite for healing or light and that you can then use these darker forces to be integrated and them become a force for something good.

So, this brings me to the part of the podcast where I want you to do more than just listen. I want you to take this informational and make it

Ep #22: Shadow Work

transformational. And you do that by integrating it into your own life, and so let's talk about ways that you can implement this.

So again, this is a huge topic and we have tiny podcast time, because podcasts, I'm told, are supposed to be under 40 minutes. So, this is like a bite of a really delicious big elephantine apple. So we'll keep coming back to this. But for today, here's what I want you to coach with me on. Let's bring the dark things into light and let's know, between you and me here, there is a loving space, sending it across the waves.

Let yourself hold that unconditionally loving space for yourself, no matter what comes up; the worst things you've ever done, the worst things you've ever thought about doing, the worst things you've ever felt capable of doing. Trust that that's a part of all of us and bring it up into the light where you can see it so that then you can become conscious of it. And then you can decide what you're going to do with it, so that then you can start the healing.

And so, if you need some help seeing those shadow aspects, refer back to what I was saying earlier. Are there places in your life where you have bad habits that you would rather not have, otherwise we wouldn't call them bad? Do you have recurring patterns that you'd like to be free of?

One I worked on for a while, and it was miraculous – I use that word a lot on this episode because shadow work and miraculous just seem to go together in my experience. But I did it around my pattern of under-earning. I became really, really good at making other people a lot of money, like more than suitcases of cash, doubling and tripling their income and landing awesome opportunities. And I was not able to do that for myself. So I was in this pattern of under-earning. And I can talk more about that. That's a whole podcast series in and of itself.

Ep #22: Shadow Work

But doing shadow work, accessing parts of myself, and I will say, allowing myself to access what felt to me in the beginning like an unacceptable fierceness or bitchiness was, actually, I found a deep reservoir of immense creativity and immense earning potential.

So, once I started to integrate an energy that first I was negatively labeling and then started to get to know that energy more intimately and started to understand how I could integrate that again and feel that and own that, I understood that fierceness to really be this aspect of myself that was very powerful and very creative, including very creative when it came to creating money.

So, what areas in your life, again, do you have habits you'd rather not have, experiencing patterns you'd like to break free of? And then here's a huge inroad into shadow work; projection. Are there people in life that you constantly judge, and why? What is it about them? And are there people in life that you're constantly admiring and what is it about them? And do some exhaustive journaling here and come back to it and come back to it again because, as a coach, it's really one of those fun places for me because it's rarely what it seems to be at first blush.

So, for instance, I was recently having a conversation with someone who was telling me that she has a friend who she feels is very beautiful and at ease with her sensuality and her sexuality. And she was saying, "But I just could never do that, but I admire how this woman does it and the way that she does it." And then she gave me a big hint, "Unlike this other woman who is just so in your face with her sexuality. It's just so..." and you could tell she just described a golden shadow example, the woman who's charming, and a dark shadow example, like the woman who is off-putting to her, offensive with the sexuality.

So I said, "Well what is it about that woman that you find so offensive?" and she's like, "Well you know." And I'm like, "No, I don't know. What is it?" And

Ep #22: Shadow Work

she says, “She’s just, like, this woman just wants to be that sexual to shock you, to get a reaction.” So I told her about shadow work. So she’s like, “Maybe my shadow is around embracing more of my sexuality.” And I said, “Sure, for starters, but then it’s also what aspect of yourself is shocking that if people knew about they would be shocked? Like, what aspect about you are you afraid that if came to the surface, people would be shocked?”

And then she was like, “Oh...” and you can feel when you’ve got the shadow because there’s a click of recognition, and often it’s for surprise, like I hadn’t thought of that, and then the second thought is, oh my god I think we’re onto something here. And already, that click feels like – it’s like the exhilaration and also the relief of an epiphany.

My suggestion when you do this coaching part is that you’re exhaustive with your journaling and you muse on it for a while. You contemplate it and you come back to it. And then also try to look at it as, if I were to do more of what that person is doing in my life, what would be so bad about that? What might change? What might be good? Is there a way I could calibrate it? Why am I resistant to it? Going through that line of first just surfacing all the possibilities and then reflection is going to uncover a mind, a treasure trove, of information that you can then tap to access the latent power in those shadow aspects for yourself and harness it for your own life.

Because at its heart, shadow work is taking responsibility for your entire life, your entire beingness as a human, which also is this bigger task. I believe we have an opportunity available to us of taking on what it means to be human and the entire truth of what it means to be human. And I think we really need to do that before we can make the truly meaningful changes we want to make in the world.

Thank you again so much for listening to this episode of *The Art School Podcast*. If you enjoyed this episode, I’d love it if you’d share, if you’d leave

Ep #22: Shadow Work

a review, and if you love this work and want to take it deeper and want to run with it in your own life, *The Art School* is one great place to do that.

We're currently in the middle of our winter-spring semester, and then the next session opens up in fall, September of 2019. But we're already taking applications for the master class and we've already started to enroll both the open class and master class.

So, if you'd like to learn more about that, you can go to www.leahcb.com and then you can follow the link to *The Art School* page. So, you're closing thought for the day, the thought I want to leave you with is a quote from Isadora Duncan, the dancer, choreographer, and she said, "You were wild once. Don't let them tame you."

Thank you all again so much for listening. I hope you have an awesome week and I look forward to talking with you next time. Bye-bye.