



# Artist

AWAKENING  
THE SPIRIT WITHIN

JOCELYN JONES

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ARTIST

*Awakening the Spirit Within*

ISBN 978-1-5445-2830-4 *Hardcover*

978-1-5445-2829-8 *Paperback*

978-1-5445-2831-1 *Ebook*

978-1-5445-2832-8 *Audiobook*

*This book is dedicated to my three greatest loves:*

*My husband, Miles*

*My daughter, Samantha*

*And to the trees, who raised me...*

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# Artist

*The artist is a soulful sort of being*

*A person who longs to express their experience  
in some way*

*They leave behind a trail of breadcrumbs*

*Like colored hands on cave walls*

*Reaching back to the age of stone*

*“I am here! I am alive!*

*My hand, therefore, I am!”*

*Once you see those hands on walls*

*Calling out as if to say hello*

*From there to here*

*From you to me*

*And back to you again*

*You are forever transformed*

*As if awakened to the timelessness that is NOW*

*All those hands*

*Reaching out through the ether*

*Somebody saw it*

*Somebody dreamed the idea*

*And once it was thought, it was done*

*And once it was done, it belonged to everyone*

*The artist sees what no one has seen before*

*And once expressed is embraced by all*

*As if it had always been there*

At their most inspired, the artist seeks not only to express the truth of their discoveries but also to point us in the direction of our better angels. Their mission in life is to remind us that the potential of humanity is immeasurable.

The artist seeks to discover what we can *be* beyond what we already are.





# Introduction

“Inside you there’s an artist you don’t know about.”

—RUMI

*This book is not your usual memoir*

*It is a teacher’s tale*

*The stories told hold the seeds to personal lessons*

*The lessons learned grew into a teaching*

*The teaching bore more seeds*

*And on it goes*

*I offer this book to you because you are seeking*

*And because you found it*

*Or maybe because it found you*

I am a teacher first and foremost. A reluctant teacher, true. One who—as you will learn—found traditional education insufferable. One who instead offers tools that inspire others to discover for themselves.

I believe there is an artist in everyone, and connecting to that creative source will lead you to your heart’s desire.

I believe the evolution of humanity is the art of consciousness becoming aware of itself.

I believe we are far more than a person—we are a presence. And that presence of awareness is available to guide us in our life and art.

## Asleep on the Job

We live in turbulent times, distracted by the complications of artificial intelligence, algorithms, and an ever-present tsunami of advertising and “influencers” coming at us from every direction.

We are bombarded with “information” from an out-of-control media hell-bent on telling us what we should think. How we should feel. What we should look like. How much to buy. Who we must vote for. And what and whom we should hate.

We are exhausted by a pandemic. Terrified by our political landscape. Overwhelmed by the environmental crisis. And despondent at man’s inhumanity to man. It seems as if the whole of humanity has lost its way.

In the absence of leadership, education, civility, and common decency—the “wonders” of technology have come along and

hijacked our attention, rendering us little more than spectators trained to consume.

Speeding through existence—barely skimming the surface—we wonder why our lives seem superficial, unsatisfying, and unreal. Many of us feel detached from the planet, ourselves, and each other.

We don't realize this state of affairs persists because we *agree* that it does.

Whether we agree to *this* or we agree to *that* doesn't matter—we are agreeing to an *outside* reality—a media reality, a popular reality, someone *else's* reality, simply because we haven't been taught or encouraged to wake up and think for ourselves.

The answers to our problems are simple, but each individual must rise to the occasion for themselves.

If you feel like you're asleep, underwater, discouraged, defeated, lost, lonely, disheartened, hopeless, drugged, victimized, and/or addicted to things you know are unhealthy—I understand.

I have felt every one of these things at times. I believe we all have.

I was never beaten as a child. Never went hungry. I never worried about money—or whether I'd have a comfortable bed to sleep in. But I was disregarded. No one around me offered genuine interest in who I was or what I was going through, which led me to feel increasingly lost, alone, and terribly, terribly sad.

I think many people feel this way: ignored. In our current, highly narcissistic society, many of us suffer from not being seen or heard by a real-live, caring human being.

From a very young age, I turned to nature for comfort. And through that cherished relationship with the natural world, I discovered a connection to my own inner spirit. I learned to heal myself. I learned how to be whole. And so can you.

What is turmoil but a demand for change? What is an existential crisis but the opportunity to get back in touch with our values, meaning, and purpose—a signal to adopt actions and a direction that will lead us to a life we can be proud of?

We are being called upon to stop looking *outside* ourselves for answers, validation, and even love. We have reached a time in history when it is imperative for us to discover our own autonomy as beings. To heal ourselves, parent ourselves, love ourselves, and, most importantly, *listen* to ourselves. By “ourselves,” I don’t mean the incessant chatter of our self-centered egos, but rather the trustworthy counsel of our soul—which is there, waiting for us to be still, breathe into our hearts, and listen.

By listening to our own inner guidance, we have the opportunity to create our lives in concert with our higher selves and, in so doing, with the best in each other. This is what’s meant by oneness, by wholeness—by unity. This is what’s meant by awakening consciousness.

The chaos we’re experiencing both individually and collectively is a sign of the times. It is summoning a new way to move forward. The time is: *now*. The question is: *how?*

# Time to Wake Up

The answer is so simple it's difficult to believe: wake up!

Turn off all the noise. Ignore all the “influences,” and connect to your own inner truth. The Law of Attraction is real. We *are* what we *believe*. We need to wake up and take responsibility for our thinking and what the hell we're placing our attention on. We need to understand and believe that a universal truth lies within each and every one of us. And we need to *believe* that truth into existence.

When we seek counsel from what we know in our own heart—and *act* on that truth—we move toward a higher state of humanity. This is the nature of evolution. This is why we're here! Our peril contains a message: *it's time to wake up and realize who you are and what you're capable of.*

Artists have always been our greatest opinion leaders. Artists are possessed by a need to reflect on what we're capable of beyond the day-to-day grind that dulls our senses and lures us into a collective sleep. This book is a humble attempt to wake up the artist in everyone—to connect you to your own source of inspiration and the solutions that live in the ether, waiting for you to tune in and listen.

If this book calls out to you, it is not because it offers answers to your most intimate questions, but because it offers stories and lessons that might lead you to discover those answers for yourself.

My goal is to help people uncover the very best in themselves—who you really are and what you are capable of when you listen to your own inherent knowledge. The book offers some age-old, very simple disciplines you can practice daily that will set you on the road to recovering your own autonomy.

My dream is to inspire people to contribute to the whole of humankind, each in their own unique way. I believe the most important thing in life is acting on what we know in our own heart to be true. If I can help others do that a bit more, I will have served a purpose.

## My Story Begins and Ends with Acting

I am an actor's daughter. My father, Henry Jones, was a character actor whose Broadway career peaked in 1958 with a Tony Award for his performance in *Sunrise at Campobello*. In the play, Henry played Louis Howe, friend and advisor to Franklin Delano Roosevelt.

I was eight years old when it opened. I remember sitting fourth-row center, staring up at the grown-ups play-acting like children. To my young eyes, it looked like they were cavorting in a giant dollhouse. It still looks that way to me. A well-done play has a magic about it. I feel blessed to have grown up surrounded by the spirited people of that world. I loved their flamboyance, their humor, and their grown-up love of make-believe.

After my parents divorced, my father moved to Hollywood, where his life revolved around television and film work. Although "Henry Jones" wasn't exactly a well-known name, he supported our family through acting jobs alone. When he worked, we splurged on theatre tickets and dinners out. When jobs were scarce, supper might consist of a tuna sandwich or chicken noodle soup.

Everything about Hollywood seemed larger than life. To my young eyes, it was like living in a movie. The houses were mansions, the women glamorous, the men charming—even the freeways were triple the size of anything I'd ever seen—big roads leading to big dreams.