

Reclaiming Your Creative Power

Life is a creative process. As children we learn about life through play and are taught it's applications through academics. It is the practical applications more than play, that are most thoroughly impressed upon us as we grow to become responsible adults. In time however we come upon opportunities to realize that the most important life lesson was learned while drawing, singing, dancing, telling stories and playing make believe; and that is we are naturally creative.

As an artist I often meet adults who confidently assert they are not very creative despite the fact that they have careers, homes, relationships, or families that they build on and manage regularly. Eventually, the completion of responsibilities or unexpected changes, bring up circumstances that beg the question be asked and answered, "Now what?" While it might seem sensible to stick with what we know, that is sometimes no longer an option. When *Now what?* comes up we have the opportunity to consciously choose what and how we wish to create in our lives.

The first step in reclaiming your creative power is to realize we have never lost it. Much of our creative abilities are used to build a safe, stable, dependable life. When that seems to change, whether it is a career change, empty nesting, or something else, we are able to see what is safe, stable and dependable is not what we created but that we can create. If we look at life changes through practical eyes we may not be satisfied until we once again have order. When we look at it through an artist's eyes, we can thoroughly appreciate the chaos of creating.

Next, eliminate limiting conditions. Life is full of conditioning that require our choices have to make sense. This can have three draw-backs, stopping before we ever start, replacing passion with practicality, and only doing what we already know. Try these chants to break through:

Start Before you Stop. Use your creativity to work around, over and through all the reasons the practical mind may offer as to why there's no use in trying. There is always a way. If you haven't found it yet, you're not finished looking.

Passion Before Practicality. There will always be practical applications for your creative energy, but for now prioritize practicality *after* finding your passion. Make the play and adventure of being creative just as important as taking the trash to the curb, and dare to dream without making sense.

Be Comfortable Not Knowing. Einstein said imagination is more important than knowledge. He also said insanity is doing the same thing over and over again while expecting different results. If things have changed, don't try to change them back, move forward. Not knowing plays a critical role in creativity and even brings with it some important health benefits *like growing new brain cells*.

Finally, find ways to experience and express your creative energy with others, it is the collaboration of creative power that make life an exciting multidimensional adventure.

About: Pic Michel is the resident cartoonist for the Whole Living Journal and the Creative Director of The Heart Studio, LLC. Pic enjoys three careers simultaneously as a commercial, fine, and teaching artist and facilitates classes, workshops, and discussions to hone and strengthen creative connections with oneself and others.

Visit www.picheartstudio.net for more information.