



Creativity is more than painting, dancing, writing, or other art forms. Creativity is your own innovative impulse to authentically express ourselves. When you are in a state of aliveness and complete self-expression, you are creative. Creativity shifts you out of the predictable and into a brand-new experience. You'll know you're creative when you feel deeply alive.

When we are creative, we have an inner calm, a sense of engaging life and others. Being creative enhances the conscious connection to oneself. Writing, singing, or re-enacting a moment of your favorite film may be all it takes to feel creative again. When you reconnect with your creativity, you'll find yourself organically discussing what matters most: expressing deep authentic feelings, living in celebration, and having conversations about sustaining our planet. Perhaps, most importantly, being creative opens up a space for you to discover, name and express what you most want. When we are creative, we shift out of life happening to us, and we gain the confidence to initiate how we most want things to be.

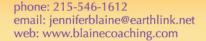
When you turn on the news, you often see portrayals of violence, war, corruption, and chaos. If you ask people how they are, they often relate how overworked and underrested they are. Perhaps you've thought: "Wow. I notice that all of these things are destructive -- either to ourselves, the planet, or our relationships. I need and want my life to be about constructive conversations and explorations which heal the world. How can I do that?"

We can be constructive and healing by being creative.

When we make a commitment to expressing our creativity, there is a positive ripple effect throughout our lives. One of my clients had been feeling blocked about her creative expression. After college as a Creative Writing major, she was left thinking about her abilities in a critical, negative light, much like the program had trained her to think. Once she committed to actively expressing her creativity again, she noticed that her life fell into order, literally. She had been feeling pressured as to how to complete things, but once she started writing again, she organically got things done. Now she writes magical, luminous fables with positive messages about the power of nature to heal and transform. Her creativity is restored and healed.

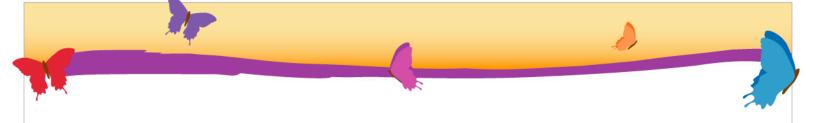


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We live at a time when parents, children, and families are so pressed for time. They are often overbooked, overworked, and overstressed, challenged to develop deep connections. How many of us escape in front of the television, and allow our children to do the same because we're too spent to really engage with one another? We break this cycle through our creativity, even if we aren't making creativity the center of our lives. When I visit my nieces, I may start out tired, but by the time we draw, jump, and dance, I'm energized. We tell stories and make up jokes. When I initiate this playful connection, we all become endlessly creative.

Our creativity has the power to transform the world.

Creativity can break through problematic patterns in society. I work with women in prison, empowering them to communicate their lives in stories. They become creative in life, out of their creative writing. One project at a maximum security prison had a dozen inmates write and perform a semi-autobiographical play for the general population. Women without a high school diploma were able to improvise, create dialogue and weave conflicts from their lives into riveting drama. The experience was new and energizing; they developed writing skills, expressed buried feelings and gained self-confidence. One of the women announced to the rest of the prison community: "I've never performed in my whole life. I was always sick on school performance days. But Ms. Blaine and this project made me want to be seen and heard for what I have to share." Ever since, she has been an active participant in the prison's Creative Writing class and has completed part of a memoir.

Creativity provides a constructive paradigm to focus and direct our energy. In being creative we claim ownership of our ability to create not just art, but better worlds.

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