

## The Creative Journey: The Creative Process

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Excerpts from *Trust the Process: an artist's guide to letting go*. By Shaun McNiff. Boston: Shambhala, 1998.

*The creative process is "unpredictable, complex, perverse, subtle, and intimately associated with the idiosyncratic landscapes of the personal imagination. Creation thrives on inspiration and affirmation rather than direction."*

*"In my experience,...., I find that the most consistent obstacle to creative discovery is the average person's reluctance to become involved in free experimentation."*

*"Creation is a process of emanation (see def below). Nothing will happen unless we start working..."*

[Emanation: the belief that things "flow" or "pour forth from" from an underlying principle, source or reality.]

On the creative environment: *"...there must be a prevailing attitude of respect and empathy [among] the participants. These attitudes provide the essential environment that people need in order to risk new expressions..."*

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Excerpts from *Make Your Creative Dreams Real*. By Sark. New York: Simon and Schuster, 2004.

*What stops you from living creatively and being the creative person you know yourself to be?*

- *Fear and negativity (staying safe)*
- *Procrastination and perfectionism (85% of us!)*
- *Resistance and inertia (opposing/refusal/paralysis)*
- *Inner critic – the inner judge (Lock them up!! Fire them!!)*
- *Jealousy and competition – it doesn't matter what others have done.*
- *The Land of NO – blame, hopeless, lost, bitter, angry, overwhelmed, unsupported, resistant.*

*DARE to try something Different.....*

*Your Resources: the World of YES!!*

- ❖ *Love*
- ❖ *Willingness*
- ❖ *Radical self-acceptance*
- ❖ *Energy*
- ❖ *Inner allies, teachers, mentors*
- ❖ *The courage to let loose the wonders inside you*

*Micromovements...*

*Increments....*

*Keep stepping forward.....*

*Along the Way: hazards and helps:*

*Hazards:*

*Frustration*

*Impatience*

*Fear*

*Failure and mistakes*

*Helps:*

*Nourishment*

*Encouragement*

*Movement*

*Keep dreaming*

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Excerpts from *No More Secondhand Art: Awakening the Artist Within*. By Peter London. Boston: Shambhala, 1989.

*"But what if imagination and art are not frosting at all, but the fountainhead of human experience?"*

Rollo May

*"The making of art can be an instrument by which we may re-acquaint our current self with our original self."*

Transformation: *"...changing the quality of life from its current condition to a preferred and elevated one."*

Art in the service of transformation:

Art made as *"powerful and instrumental vehicles of personal and collective transformation."*

- ❖ *Marking significant times, places, events*
- ❖ *Celebrating the gifts of life*
- ❖ *Grappling with the ephemeral qualities of life and with our own mortality*
- ❖ *Renewing and reaffirming our spirituality*
- ❖ *Fulfilling individual potentialities and collective potentialities*
- ❖ *Awakening us to higher levels of consciousness*

*"Art is prayer – not the vulgarized notations handed down to us..., but a fresh vital discovery of one's own special presence in the world. ..."*

Joseph Zinker, artist and therapist

Transformational tasks art-making can facilitate:

- ❖ To affirm, through practice, new ways of looking and responding
- ❖ To discard
- ❖ To fathom and celebrate
- ❖ To locate
- ❖ To assume responsibility for