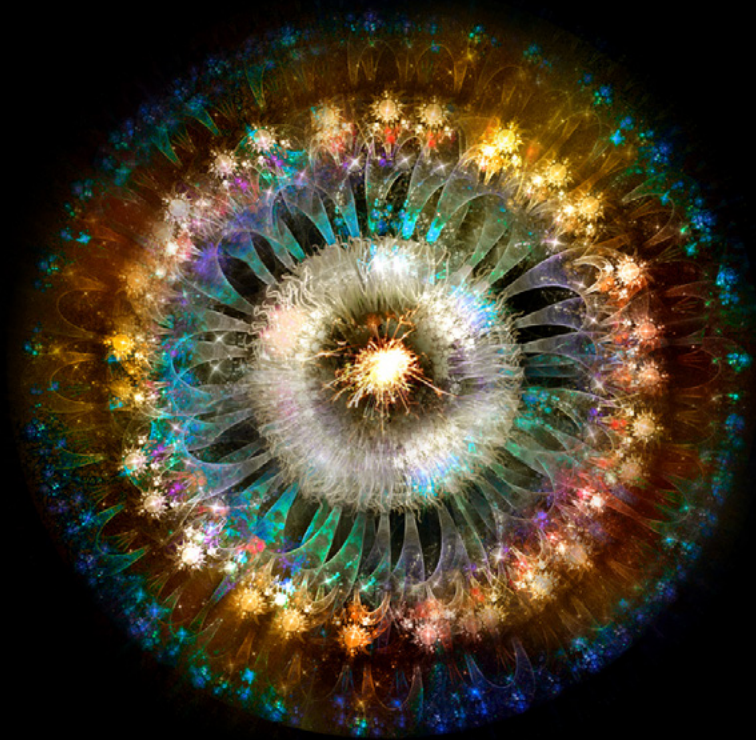




# CREATIVE-WINGS RE-CONNECT



## Welcome

...to section one of 'Creative Wings--Reconnect'  
**'Let's get started...'**

Thank you for looking to bring more depth and enchantment into your life and into our  
shared world. Enjoy! – Christina

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See more at: <http://mysticalchemistryarts.com>

or <http://www.creative-wings.net/>

\*Photo credits at end of document





# Course Design

This course has been designed to be a flexible multi-layered creative resource. It is up to you to decide how you want to use it, and at what pace. Some people may do one section a week and pick a few exercises to practice in that time. Some may decide to read through the course information in its entirety and then come back and do the activities. While still others may choose to do only one exercise in each section and revisit the others when they have more time.

It is entirely up to you.

Like with anything, the more time and energy you put into the course the more you will get out of it.

# Breathe...

Before we begin I will ask that you take a moment to centre yourself. This will help you to absorb and process the course information from a place of awareness. Eliminate distractions and make sure you are comfortable. Close your eyes, bring your attention into your body, and focus on your breath for at least ten slow, deep breaths.

Pay attention to how you feel before and after this brief exercise. A central component of this course will be learning to be more aware of mind-states and how to shift them when necessary.

**Ok... Now let's begin...**







# **What is Creativity and why is it important?**

Everyone is creative. Whether expressed through writing poetry, decorating our homes, cultivating relationships, adopting uplifting attitudes, or organizing the linen cupboard, creativity brings joy and satisfaction to our lives. Creative expression has the ability to teach us more about ourselves and our world, and adds a richer, more meaningful dimension to our individual and collective human experience. It is central to our being. Without it life would be dull and automated. Our creativity is intimately connected to our uniqueness, our passions and our highest expression. The more we connect with our deep creative source and weave its magic into our personal world the more fun, vibrant and exciting our lives become.





We all contain within us a deeply creative, brilliant spark. Some may call it the soul, or the divine self, or our highest expression. When we are connected with, and guided by, this inner creative light we feel alive and in the flow. In this space life appears open, expansive, and gracious; we see exciting possibilities and opportunities that are obscured when we are disconnected. Small children naturally operate from this space. For them, emotions flow fluidly and easily, but joy and wonder are the norm.

Unfortunately Earthly life does little to teach us how to maintain this state of grace, and many of us end up allowing fears and insecurities to gradually distance us from the source of our highest creative expression. In this course we will explore tools and strategies to reconnect with, and nurture, this creative spark so that it can shine out and light up all aspects of our lives.

However, as potent and exhilarating as this raw energy is, it serves us best when it is balanced with a grounded, rational, considered approach. So we will be examining the creative process as a whole and looking at practical ways to harness this energy and use it, not to carry us away from the everyday, but to infuse the everyday with its brilliant, lustrous qualities.



# **Let's take a look at some common myths and misconceptions around creativity**

## **Common myths about creativity:**

**Only some people are creative**

In reality everybody is creative we just have different ways of expressing our creativity. We are each unique beings with our own styles and ways of approaching/tackling things and we each have our own personal database of information to draw on based on our experience, therefore we are all capable of generating original responses.

**Creativity is something a person is either born with or not:**

Actually, we are all born with creativity bubbling from the heart of our being. Sadly in a world that values conformity and standardisation many of us lose touch with this vital source over time. Fortunately no matter how disconnected we become that inner spark never disappears. We can all reconnect with the source of our creativity if we choose to.

**Creativity is frivolous:**

Often creativity is portrayed like icing on a cake-- sweet and pretty, but not really a necessity. However, in reality without creativity there would be no cake—just a bunch of ingredients. Creativity is at the heart of human development.



**Creativity can't be structured:**

People associate creativity with right brain activities, however, as we will discover, a great creative process is a balanced one that encompasses both left and right brain strategies and approaches.

**Creativity is about art:**

In reality the modes of creative expression are as expansive as our imaginations (which of course are limitless). We can be creative with ideas, with fashion, with cooking, in the bedroom, with organization, parenting, even spreadsheets. I don't think there is one area of our life that couldn't be improved by further developing our creative skills.





# So what exactly is this inner spark?

The truth is nobody can really explain this great, mysterious force at the heart of us all!

One of the reasons I believe creativity is often brushed over in our modern society is that it reaches beyond the physical into the ethereal parts of our world, to a mystifying unquantifiable space that often defies logic and reason.

What we do know: the unconscious is our own personal super computer!

While many of us will consciously struggle to remember a ten word list, it has been demonstrated that our unconscious minds have the ability to collect and store massive amounts of information, way beyond the capabilities of any computer in existence today. In daily life we are literally flooded with so much input that in order to function we learn to filter out vast amounts of the incoming information.

While we might be focused on a conversation with a friend in a café, our unconscious mind will be taking in every other conversation within earshot, every person, piece of clothing, decoration etc. Though our conscious mind will not have direct access to this input that is streaming in, it is nevertheless there within. What is particularly interesting for us is that this 'computer' does not just have the ability to store data, it also has the ability to make leaps and connections that appear 'genius' to our 'little' conscious minds.

There are countless examples of scientific and cultural breakthroughs that sprang from dreams, visions and imaginative play.

Some notable ones include: Einstein's theory of relativity, M Theory (another theory in physics that unites versions of string theory), the periodic table, modern robotics, the sewing machine, and Mary's Shelley's Frankenstein.



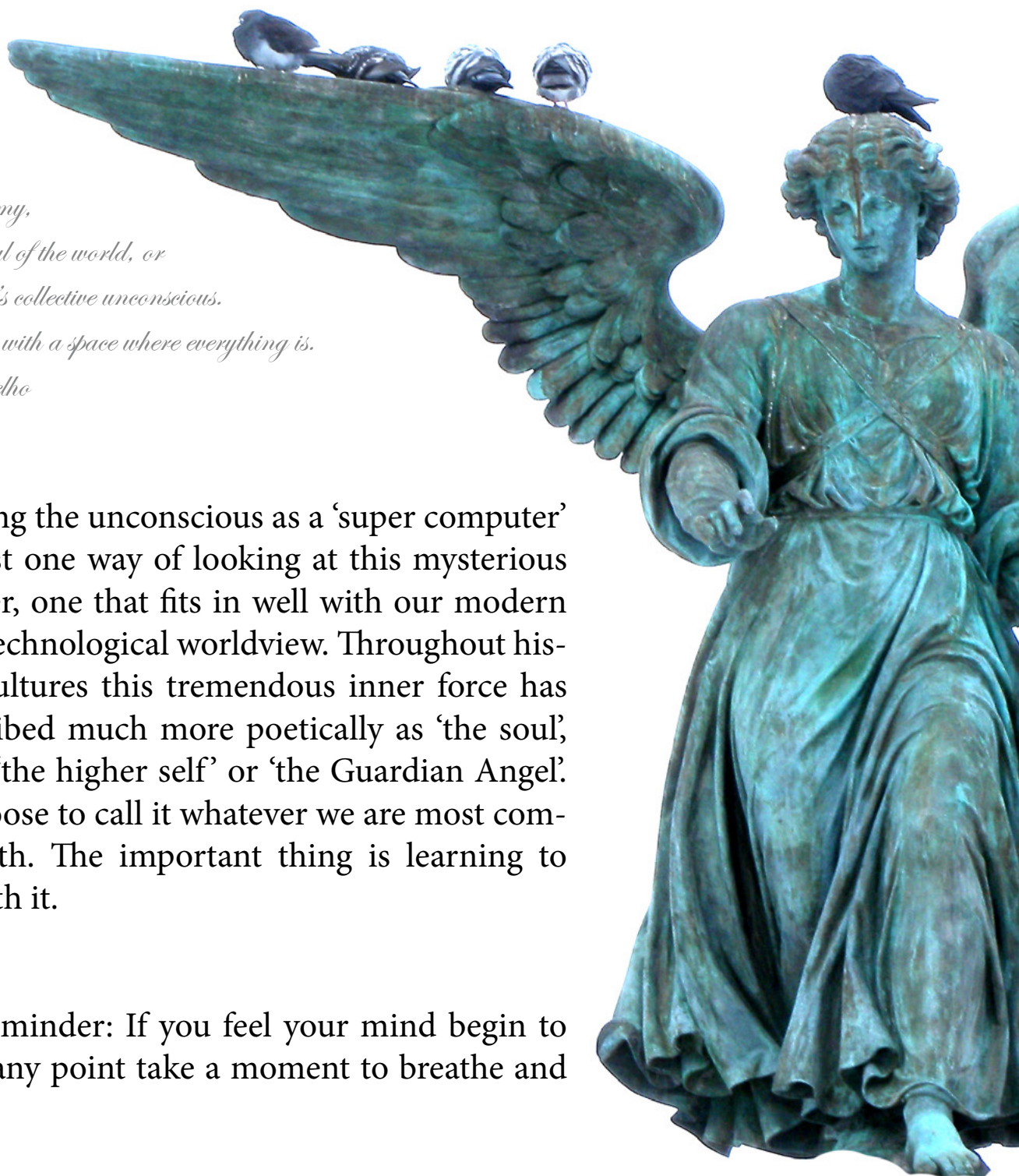


While science is able to document some of what we are capable of at the deeper levels, there is still an enormous amount of mystery around what the unconscious actually is. It is not something that can be dissected and examined with a microscope. We may have mapped so much of our physical world, even exploring deep space, but our internal one, where we return every night in sleep, is still completely uncharted territory.

*I like to use  
the term alchemy,  
which is the soul of the world, or  
those of Jung's collective unconscious.  
You connect with a space where everything is.  
- Paulo Coelho*

In fact seeing the unconscious as a 'super computer' is really just one way of looking at this mysterious inner power, one that fits in well with our modern scientific, technological worldview. Throughout history and cultures this tremendous inner force has been described much more poetically as 'the soul', 'the muse', 'the higher self' or 'the Guardian Angel'. We can choose to call it whatever we are most comfortable with. The important thing is learning to connect with it.

Random reminder: If you feel your mind begin to wander at any point take a moment to breathe and re-centre.







# Imagination

One of the most important keys to accessing this mysterious realm is a well developed imagination. Imagination is our inner vision. It is the magical bridge between the everyday and the ethereal realm, the gateway between the finite and the infinite. Children naturally have active imaginations and use this innate faculty to explore and animate life. In the past there was not a clear distinction between the mystical world and the mundane. Gods, spirits, elementals, spells and curses were a part of life. With the advent of science and rationality, a clear distinction between the fanciful and the concrete came to define our understanding of reality. The magical, whimsical enchantment of the world largely receded into the cracks and humans were left to operate within the confines of the ordinary, the quantifiable, and the normal. We came to see imagination as something to be left behind in childhood.

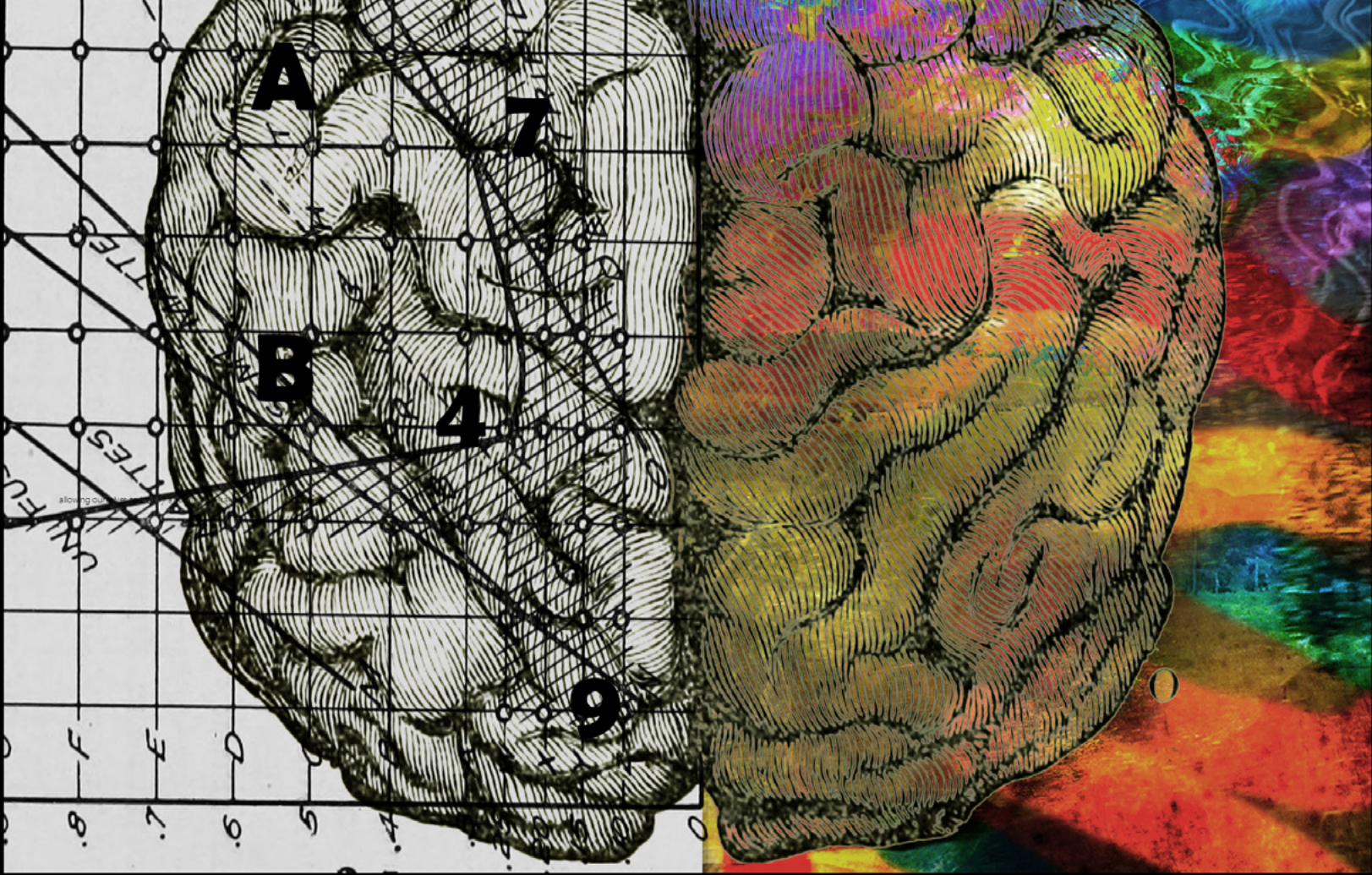


Today we are rediscovering the importance of imagination, even in the corporate world cutting edge industries are now realizing that imagination is a crucial key to unlocking our creative potential. Imagination allows us to engage and interact with our inner world. Because the language of the unconscious is loose and symbolic rather than accurate and literal our imaginations have the ability to embody the wisdom of these deep levels in a way that is just not possible with the intellect. Einstein was a huge believer in the importance of imagination and used it as an important tool for scientific exploration. He arrived at the theory of relativity by imagining himself riding on a beam of light! Fortunately imagination is like a muscle, it thrives the more it is used and applied.



- Imagination is at the root of all invention, innovation, and creative endeavours.
- Imagination opens pathways for improved communication, discovery, goal setting, planning, resourcefulness, understanding, and problem solving.
- Imagination expands the mind's potential and awakens less active parts of the brain.
- Imagination needs to be cultivated, nurtured and developed so as to maximize creative potential
- Without imagination there is no vision.





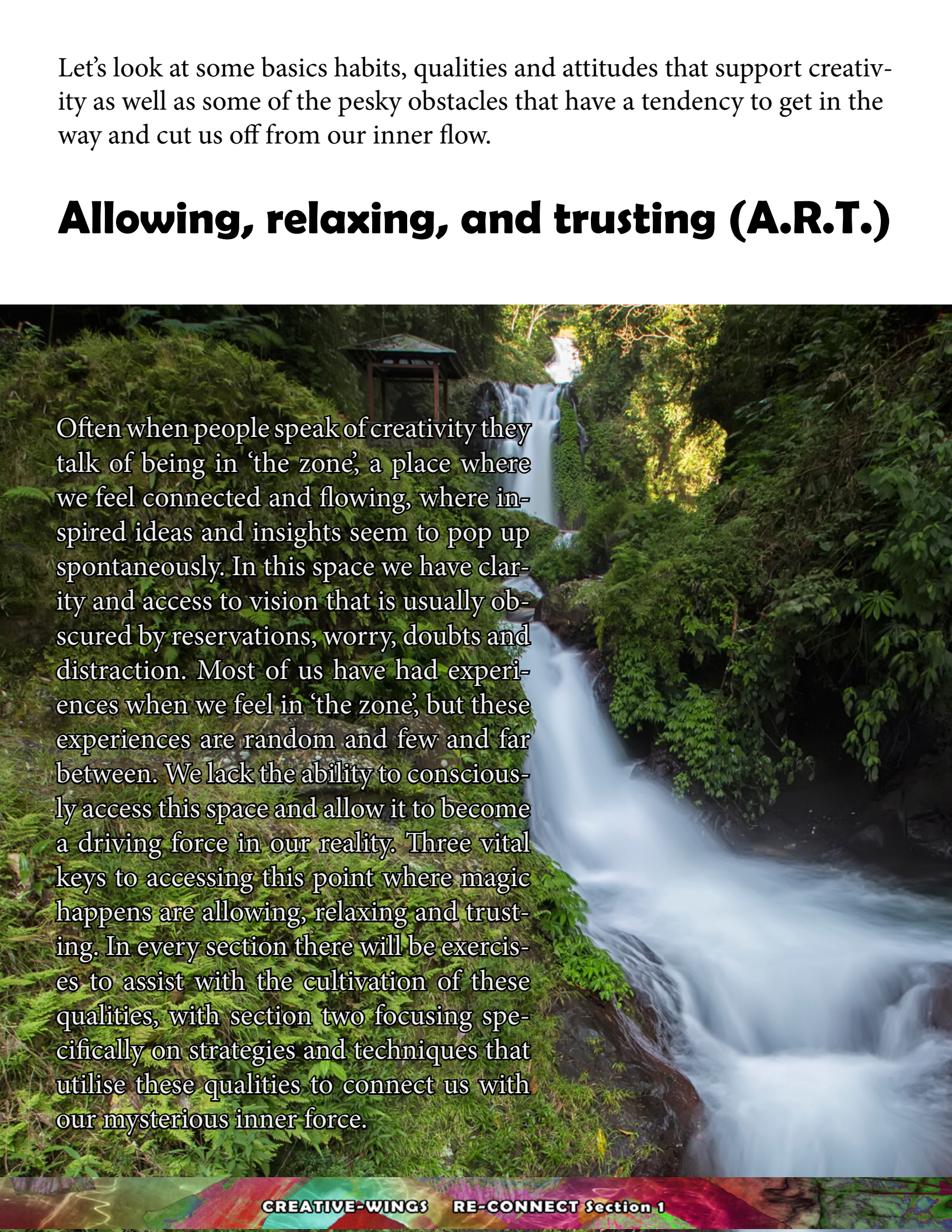
## Left brain vs. Right Brain

By now most people have heard of the idea that the right side of the brain is creative/intuitive while the left side is logical/analytic. Advancements in neuroscience are increasingly demonstrating that the brain is incredibly sophisticated and in reality the complex physiology can't be neatly divided into such simple compartments. However, in a very general sense the left brain does handle more analytic, rational, literal, detail focused functions and the right side more metaphoric, feeling, abstract, 'big picture' focused ones. Because this division is useful as a basic way to categorize brain function we will employ it at times throughout this course. The important thing to remember is that in reality both sides are relevant to the creative process and nobody is exclusively associated with one side or the other.



Let's look at some basic habits, qualities and attitudes that support creativity as well as some of the pesky obstacles that have a tendency to get in the way and cut us off from our inner flow.

## **Allowing, relaxing, and trusting (A.R.T.)**

A photograph of a waterfall cascading down a rocky ledge in a dense, green forest. A small wooden pavilion with a thatched roof is visible in the background, nestled among the trees. The water is white and frothy as it falls, creating a sense of movement and flow. The surrounding vegetation is thick and vibrant green, with sunlight filtering through the leaves.

Often when people speak of creativity they talk of being in 'the zone', a place where we feel connected and flowing, where inspired ideas and insights seem to pop up spontaneously. In this space we have clarity and access to vision that is usually obscured by reservations, worry, doubts and distraction. Most of us have had experiences when we feel in 'the zone', but these experiences are random and few and far between. We lack the ability to consciously access this space and allow it to become a driving force in our reality. Three vital keys to accessing this point where magic happens are allowing, relaxing and trusting. In every section there will be exercises to assist with the cultivation of these qualities, with section two focusing specifically on strategies and techniques that utilise these qualities to connect us with our mysterious inner force.



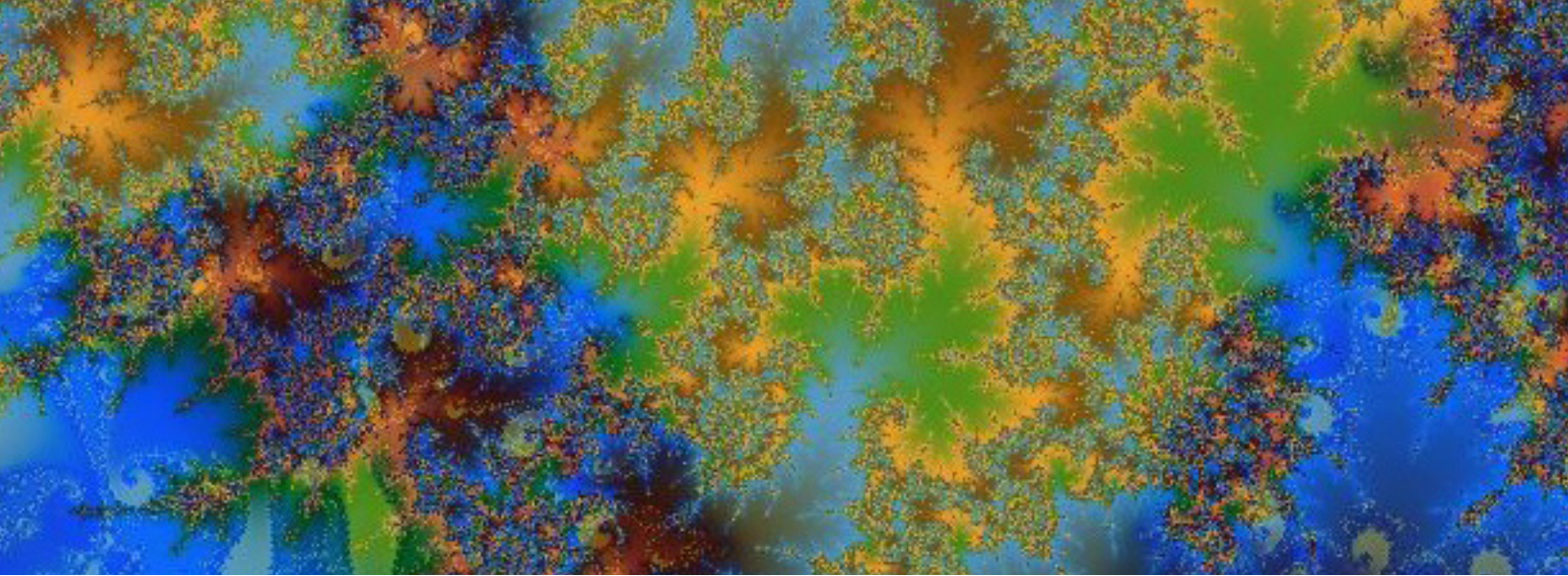
# The Inner Critic

We all have an inner critic. The job of this critic is to help us avoid making poor choices and decisions. There is a tendency to paint this aspect as a bad guy because the critic notoriously undermines our ability to be in the flow. However, the problem isn't the critic, it is the power we hand over to our inner critic. The inner critic is important and useful when it is operating in the right time and place. Unfortunately most of us, out of fear of humiliation, embarrassment and being judged negatively by others, allow the inner critic to have free reign; to squelch and censor ideas before they are allowed to manifest their potential. A big part of this journey towards igniting our creative potential is to reign in the inner critic.

In order to do this we need accept that failure is a crucial part of the process leading towards greatness, and that mistakes are stepping stones that can ultimately, through deeper understanding, bring us closer to our goals. Later in the course when we explore ways to overcome creative blocks we will look closely at the inner critic and ways to ensure this aspect is working for the good of the whole.







## Comfort Zones

We are going to finish this section with a discussion of comfort zones. We all have them, those physical, mental and emotional spaces that are comfortable, safe and habitual. Unfortunately comfort zones are not particularly conducive to active, wild creativity because they are so familiar that we easily slip into automatic mode. Routine is defined as, “regular, unvarying, habitual, unimaginative, or rote procedure.” Routine can be useful for structuring a productive lifestyle. The ability to go into autopilot can be positive in that it assists us to be efficient and consistent. But, when we don’t have to think about what we’re doing, we tend not to venture into creative terrain. In order to gain access to the really deep juicy ideas and revelations we need to be willing to step beyond the familiar into new territory that requires us to be alert and mindful; to see things from a fresh perspective.

As children we experience everything from a space of newness and wonder. But as we get older and more set in our ways, we tend to operate more and more in autopilot mode. John Bargh, a social psychologist from Yale, estimated that by the time we are adults the majority of us operate on auto-pilot up to 95% of the time! Bargh’s work emphasizes the usefulness of our automatic modes, calling them, “mental butlers who know our tendencies and preferences so well that they anticipate and take care of them for us, without needing to be asked.”

While autopilot mode is undoubtedly a useful skill we develop in life for taking care of the nitty-gritty details (and as we shall see even has its place in the creative process), it is not particularly helpful when we want to generate novel, innovative and original ideas; it does little to promote the vital, exciting, meaningful aspects of existence. Luckily it is easy to turn off autopilot, all it takes is changing the way we do things. When we practice new ways of doing everyday activities (for example exercises like eating with the opposite hand, doing things in a different order, or taking a different route to work), we open new neural pathways in the brain, which of course helps us to see from fresh perspectives and thus enhances our ability to be creative.



## Conclusion

One of the reasons I am so excited to share this course with you is because I know how beautiful, unique and amazing we each are at heart! When I look out into the world I see so much stifled potential; so much disconnection and despondency. But I also feel incredibly optimistic because I see a gradual reconnection happening. More and more people are reaching deeper and sharing the gold they discover within with the wider world.

My hope is that the information and guidance provided will help you to, not only bring more depth and vivacity to specific projects, but that it will potentially help us to bring more meaning, brilliance and beauty to our individual and collective landscapes.





## Start an ideas Journal

A characteristic that is common to inspired people, like Einstein, Michael Angelo, DaVinci, and Kurt Cobain, to name but a few, is that they all kept journals that they used to document and explore ideas. For the duration of this course, and hopefully beyond, I urge you to adopt this practice. I suggest using a large book that encourages you to think big. Try to find one without lines as a blank page is more conducive to out of the box thinking and is better suited for including drawings and diagrams. This book is just for you. It is a space to practice operating beyond the watchful eye of inner and outer critics; a place to explore yourself, to doodle, to brainstorm, dream and celebrate your unique way of seeing the world. Some pages might be pretty, some might be messy and chaotic. In fact, I highly recommend you ensure that there are some messy and chaotic pages, pages that make the inner perfectionist squirm!





For this first section I suggest doing a five minute challenge. Give yourself five minutes to fill a page. This works really well to bi-pass the inner perfectionist and encourages us to express ideas without thinking too much. If you find content flowing there is no reason to stop, but don't try to force yourself to commit to long periods of creative expression in these initial stages. Small, achievable, fun, playful, baby steps are all we are looking for right now.

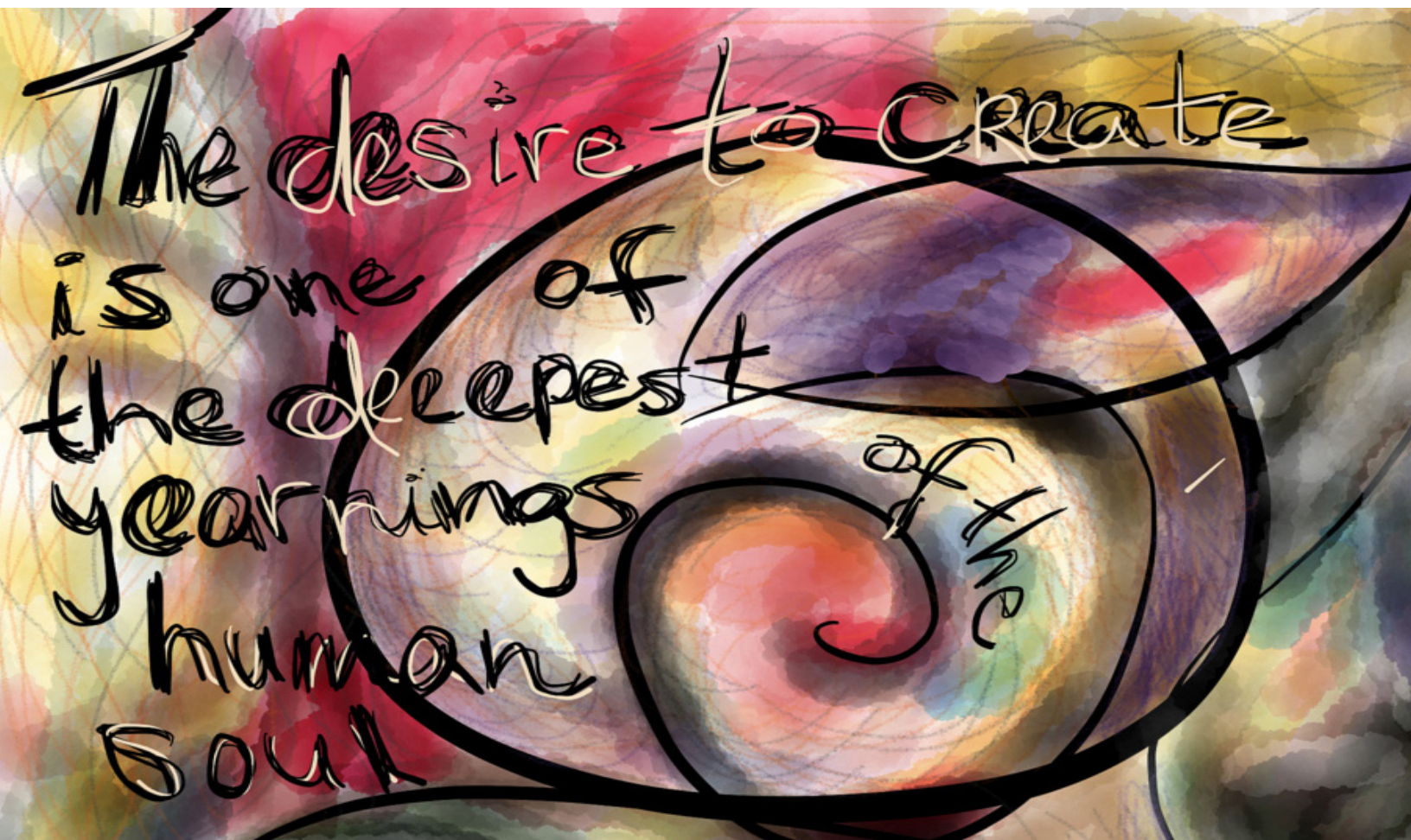
Reminder: This journal is not about end results. It is simply an exploration tool to get the creative juices flowing.

Ideas: Random thoughts and words, stories, dreams, sketches, a really bad poem, a story, collection of inspiring images, or a collage.

For more great journaling ideas check out: <http://www.kerismith.com/popular-posts/100-ideas/>

Tips: Pastels and watercolors are a great way to quickly add colour.





## Select a Creative Project

Start thinking about a project that you will apply the skills gained through this course to. It can be as simple or as complex as you want and can range from anything from writing a story, developing a lifestyle plan, and creating a design project, to redecorating a room or making a quilt. Let your imagination run wild!

Use your excitement level to help you select your project. When we feel excited about something this is an indication that it is something we should explore. When we feel passionately drawn to an idea it is often an indication that it is in line with our deeper purpose/ highest expression. When we act in line with our authenticity we generally connect with a level of determination and enthusiasm that will help drive the project, especially through the more challenging times in the process. In contrast, if we pick something based on the expectation of others, it can feel draining to muster the energy required to carry it through to completion.





## **Experiment with different ways of doing everyday activities**

An important aspect of creativity is the ability to shift our perspective. We often become so entrenched in our usual way of seeing and doing things that our actions and responses become automatic and unconscious. So let's mix things up a bit in this section and fire up some neurons and activate some new pathways in our brains. When we shake things up we activate different parts of the brain which provides a fresh way of seeing the world.

Examples: Take a different route to work; eat a meal using the opposite hand; try a new food; mix up your routine a bit... (there's so much room for creativity here!)

You can explore your experiences in your journal. The more detail you include the better.

More section 1 activities in full course...



In the **next** section we will begin to examine the more right brain focused, dreamy aspects of the creative process. We will look at the different divergent styles of exploration, and of course there will be more awesome exercises to get your creative juices flowing and help you connect to the wisdom and inspiration within!

## Buy the full course

Follow this link for more info:

<http://www.creative-wings.net/re-connect--an-e-course.php>

(if link does not work on your device try copy and pasting it into the browser)

## What you will get:

- A beautiful PDF that you can keep for all time (Including a total of six sections)
- All the high quality information you need to make radical creative improvements to your life
- A balanced approach that draws on both sides of the brain to ensure that not only do we learn to spread our creative wings and soar, but also how to 'ground' the gifts from the ethereal realms into everyday reality
- Loads of creative exercises designed to develop and hone your creative skills (Including more exercises for section 1)
- Quality links to further resources
- The entire course in one easy to use folder that allows you to progress at a pace that is perfect for you and your lifestyle.



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Thank you.

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