

## CREATIVE FREEDOM - HANDOUT #3

**ARTIST STEREOTYPE/MYTH:** Artists have raw talent – “*You either have it or you don’t*”

**ARTIST STEREOTYPE CHALLENGE:** pursue inspiration / take action on ideas

**ARTIST JOURNEY LESSON:** How to work with creative energy / life force that we all have access to

**EXERCISE TO WORK WITH LIFE FORCE ENERGY:** check in with energy centers; run different types of energy – fire, water, air, earth.

**ARTIST STEREOTYPE CHALLENGE:** practice and persistence (through adversity)

**ARTIST JOURNEY LESSON:** Self-empowerment - - *practice makes “perfect enough”* - at least it’s preparation that gives confidence and makes us ready to make use of creative energy and “genius” inspiration

**ARTIST STEREOTYPE CHALLENGE:** transform perfectionism (static) into excellence and mastery (growth and expansion)

**ARTIST JOURNEY LESSON:** healthy relationship with your genius & inner artist

**EXERCISE TO INCREASE SELF-EMPOWERMENT:** communicate with inner artist

### **IS IT ART? INNOVATION WITHIN FORM HALLMARK:**

Freedom within form - originality of the soul poured into the form and expressed through it, sometimes creates whole new forms.

## DEFINITIONS

### **Talent**

1. a special natural ability or aptitude: a talent for drawing.
2. a capacity for achievement or success; ability.

synonyms: capability, endowment, expertise, aptitude, capacity, facility, faculty

## PERFECT

1. conforming absolutely to the description or definition of an ideal type: *a perfect sphere; a perfect gentleman.*
2. excellent or complete beyond practical or theoretical improvement.
3. exactly fitting the need in a certain situation or for a certain purpose: *a perfect actor to play Mr. Micawber; a perfect saw for cutting out keyholes.*
4. entirely without any flaws, defects, or shortcomings: *a perfect apple; the perfect crime.*
5. accurate, exact, or correct in every detail: *a perfect copy.*
6. thorough; complete; utter: *perfect strangers.*
7. unqualified; absolute: *He has perfect control over his followers.*
8. expert; accomplished; proficient.

## QUOTES

*"It took me fifteen years to discover that I had no talent for writing, but I couldn't give it up because by that time I was too famous."* – Robert Benchley (author, best known for *Jaws*)

*"It had long since come to my attention that people of accomplishment rarely sat back and let things happen to them. They went out and happened to things."* – Leonardo da Vinci, Italian Polymath

*"In the studio you learn to conform, to submit yourself to the demands of your craft so that you may finally be free. Your goal is freedom, but freedom may only be achieved through discipline."* – Martha Graham (dancer/choreographer)

## HOMEWORK TO EMPOWER YOUR CREATIVITY

Using an art that is NOT your medium, express your feelings for someone (if you are a poet, do NOT write a poem, instead you might make a card that has a collage or drawing...) Not necessarily romantic - could be for a child, family member, friend, mentor etc..

Allow your creativity to flow and have fun like a kid - enjoy the process while making a 'product'. Give it to the intended recipient – completes the circuit of energy.