

10 Ways to Expand your Creative Potential

by Cynthia Connop

Below are some simple ways to unblock your creative ability and talents, as well as regaining your sense of adventure and possibility.

1. Confirm your creative ability by making a list of several things you have completed in the past that were an expression of your creativity, big or small.

2. Identify and list your creative areas, an ability, a chosen career, a skill, a talent. Big or small – e.g. advising people, cooking, choosing gifts for others, fixing your car, flower arranging... Look at the list and go WOW! Be willing to be all you can be - why shrink into doubt when you can expand into love?

3. Enjoy a subtle pleasure and let it expand your mind. You can do this by slowly eating a favourite fruit, or listening to music, soaking in a bath or while making love. Be interested in the finer details of look, smell, sound, weight, texture. By deeply experiencing in the moment you will become more open. This increases creativity.

4. Risk being judged and express your authentic self. You may have an impulse to offer your love or creativity and then fear comes in and you pull back. Breathe, trust and act....a surprise for your beloved, a kind act for an elderly person, listening to a disturbed friend, letting someone give to you, singing your heart out on a street corner, starting that service project. There are endless possibilities.

5. Live as if you are not separate from everything and everybody. Embrace what you most dislike or resist. Why? because to resist creates a trap limiting your creative power. Choose one thing, quality, trait or persona you would never want to be and embrace it from the perspective of it being a part of you.

6. Nature is all around you and in Her heart. Notice your surroundings - If you are in the city take a walk and look for the wildness in the weeds that push through the pavements. It's a creative force. Why would you be any different?

7. Revel in this raw, gritty and imperfect life. It's what we've got. Plunge your hands into the earth, raise a sweat on your body, laugh or cry loudly. Welcome your failures and wounds as part of this messy human realm. Let them stimulate you to create what we need. In the words of Leonard Cohen 'There is a crack in everything, That's how the light gets in'.

8. Shift your view. Don't just smell the roses, become them, bloom open as the fragrant flower. Fly with the bird, sense the wind on your wings. Look through the eyes of the person next to you, what do they see? Shifting your perspective is possibly the most important part of living a creative life.

9. Be a student for a day and allow life to teach you, as if you were on a vision quest for the signs of your next step. Everything can be our teacher, our pets, co-workers, rubbish on the street, the message on a billboard. Be alert but not overly focused.

10. Retire your 'inner critic'. There is a time for discernment and judgement but its not at the beginning of a creative process. That comes later when you are refining and editing, reviewing results. In the beginning just allow the flow of ideas and energy, you can shape them later.

Happy creating!