

The Hijacked Creative Flow

Pandemic Support



reenesilvus.com



Community Hub McCall

Eight Minute Process to Strengthen the Creative Mindset

-Vanda North (from M. Gelb)

Set a timer for one minute each:

1. Establish deep belly breaths.
2. Meditate on the word *One*. Count how many times your thoughts move away from *One*. The goal is to keep your score at...One.
3. Review the past 24 hours. On your nondominant hand, count how many times you might have acted or spoke in a more positive, creative, and helpful way.
4. Review the past 24 hours. On your dominant hand, count how many times you did act or speak in a positive, creative, and helpful way.
5. Breathe into your bodily sensations, and feelings right now.
6. Inhale creative energy deeply into your belly. Exhale residue of stress. Focus on the positive, creative, and helpful ways you want to embody.
7. Envision how you will think, feel, and act over the next 24 hours.
8. Sit in gratitude for all you have already received and what you will receive.



The Creative Process

Preparation, Invitation, and Generation

Incubation and Absorption

Inspiration and Illumination

Evaluation

Verification

Implementation

Restoration

Preparation

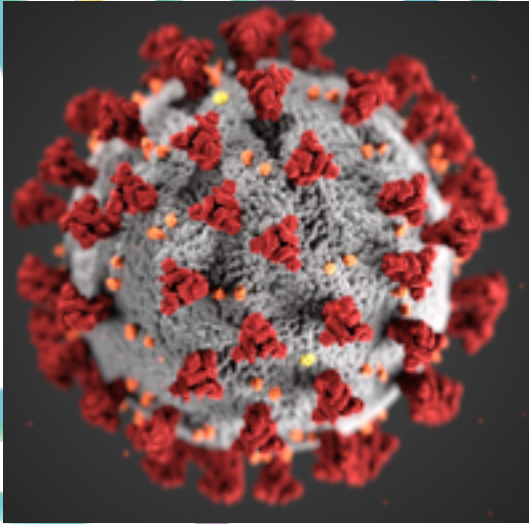
Evaluation

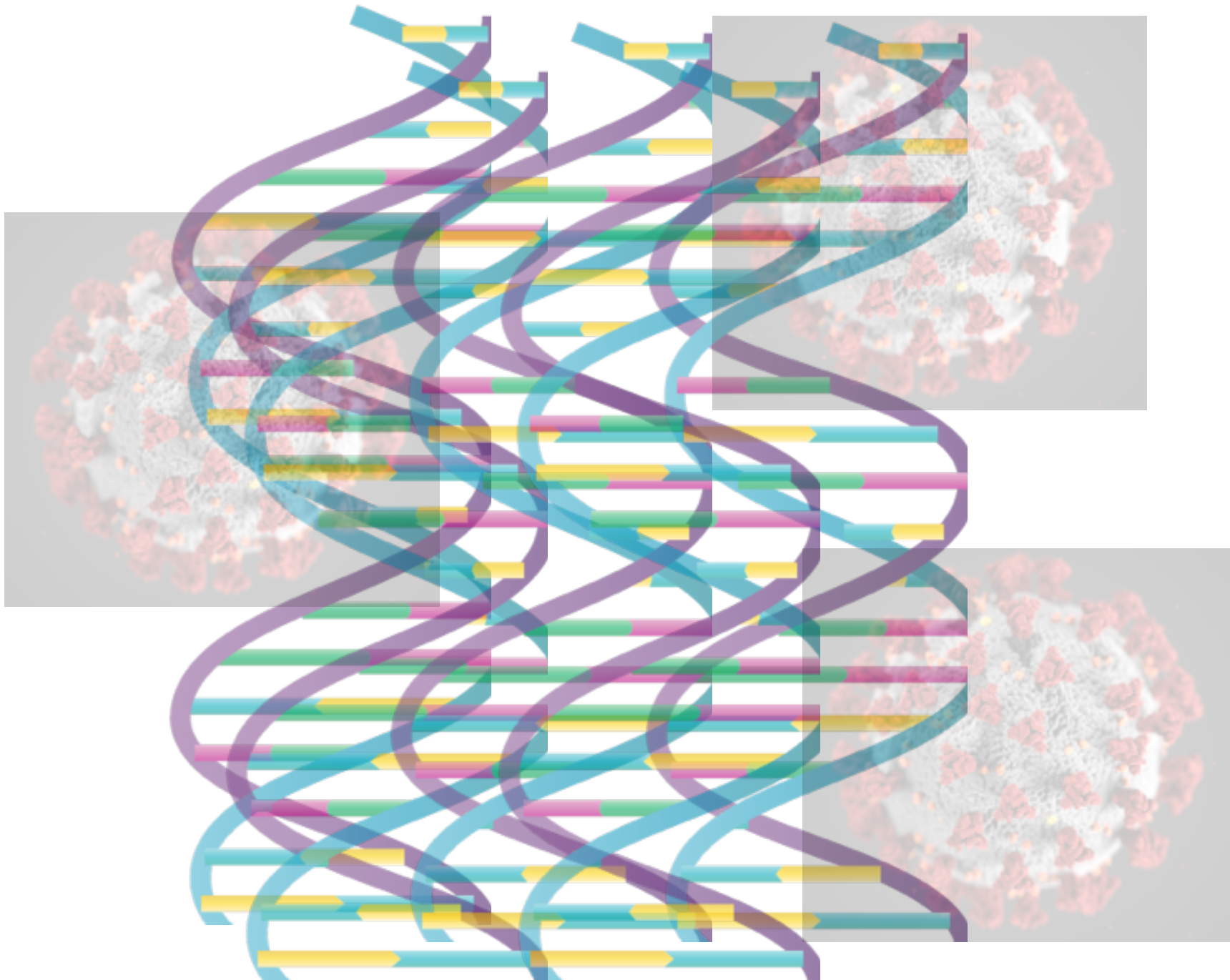
Verification

Implementation

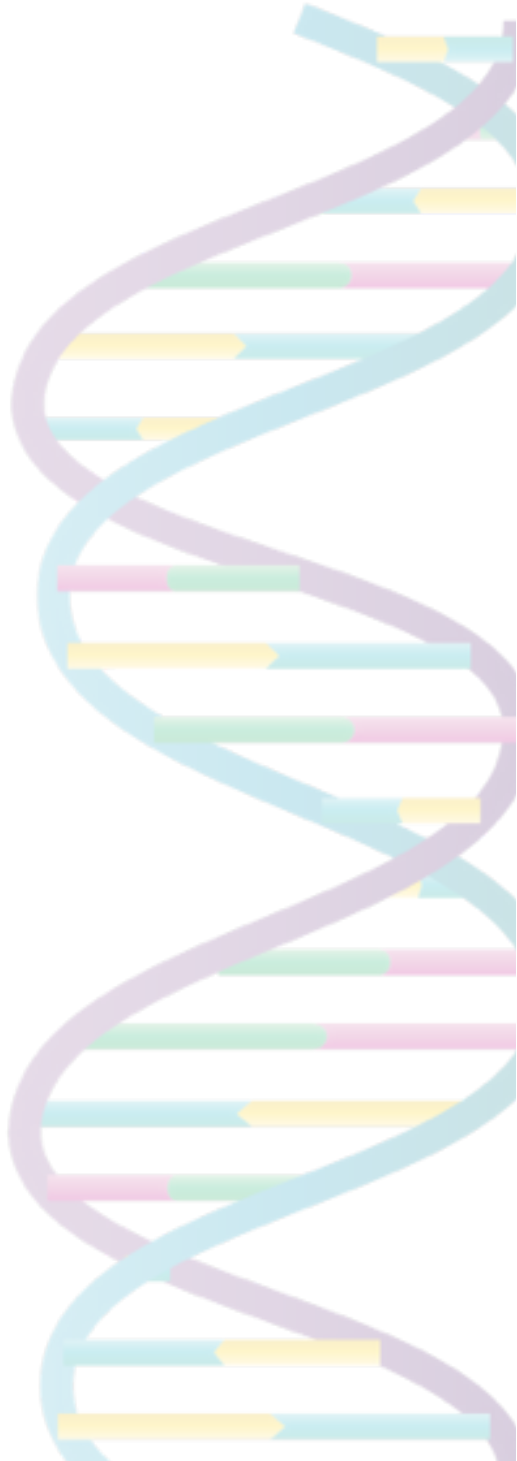
Illumination

Inspiration





Restoration



The Creative Process

Preparation, Invitation, and Generation

Incubation and Absorption

Inspiration and Illumination

Evaluation

Verification

Implementation

Restoration

Consider which phase is

Your Golden Default

Your Shadow Default

Attributes of Creativity

- We are ALL Creative.
- Understand creativity as *energy*, as a *current*.
- Creativity can be cultivated.
- Clarity builds, may not be instant.
- Creativity ebbs and flows.
- Rest and incubation are necessary.
- Effort matters:
 - 10, 000 hours to Mastery.
- Often we have a series of “ahas” rather than a Whopper.
- Environment matters.
- Under stress, focus on one thing.
- Under stress, choose distractions.



Preparation, Invitation, and Generation

Examine...

preconceptions

assumptions

expectations

prejudices

“One of the secrets of effective idea generation, for both individuals and groups, is to exhaust habitual responses....

One of the most important things to understand is that the experience of increased uncertainty is a positive sign.”

Michael Gelb on Creativity



Incubation and Absorption



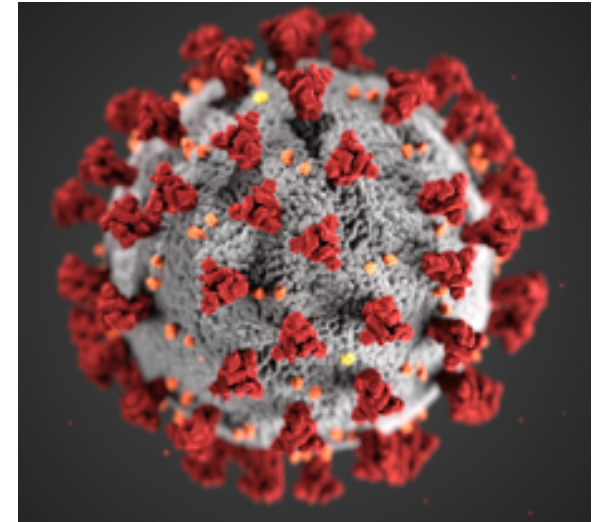
Incubation and Creative Block Strategies

- I. Create “fuzzy frameworks”
 - * rough draft
 - * sketch
 - * trial run
 - * beta version
 - * rehearsal
 - * model
 - * mind map or diagram
 - * photo map

Incubation and Absorption, Incubation and Creative Block Strategies

2. Take a **'detour'** to let brain reorganize and re-assimilate. Like a pandemic!

- * Change medium:
 - * switch from computer to pen
 - * alter pace of walking
 - * new environment / scenery
 - * draw instead of write
 - * switch which brain hemisphere you are using
- * Move your body : or phantom movement
- * Go outside, especially into wilderness
- * Play video games
- * Cultivate beginner's mind
- * Get in water
- * Meditate- get quiet and *listen*
- * Nap or sleep- REM is best
- * Know when you need a detour (witness mind)
- * The more time in preparation stage before a detour, the better
- * 30 minutes optimal, no more than 24 hours



Incubation and Absorption, Incubation and Creative Block Strategies

3. Reframe the situation:

- * Go around the problem.
- * Paint it over, cover it up,
i.e. helping someone 'save face'
- * Reverse it: *Do This* instead of *Don't Do This*.

Reframe: How is an obstacle an opportunity?

4. Talk with someone

5. Give away some control

6. Be patient

“18-month rule”~ new ideas and paradigms take about 18 months to settle in, especially in organizations.



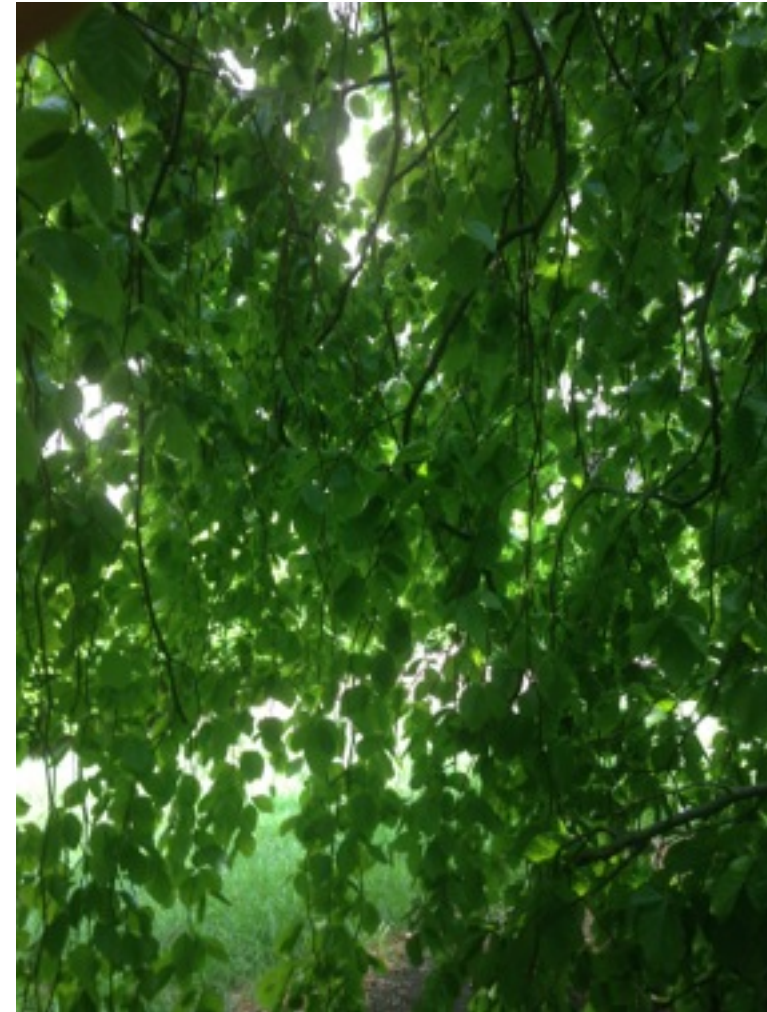
Be aware of *premature organization*, our tendency to implement new ideas or projects before they are fully formed.

Inspiration and Illumination

- the creative process may begin here -

Living with the Muse, Ways of Being

- * Cultivate receptivity to a 'growth mindset' where you are open to learning and new situations.
- * Surround yourself with positive, inspiring people.
- * Be *in conversation* with positive, inspiring people.
- * Expose yourself to beauty, sensory delight and nature.
- * Learn to appreciate ambiguity: novelty, complexity, 'perceived insolubility.'
- * Live within your passions.
- * Honor where you feel movement or flow, a sense of ease, resonance.
- * Cultivate your flow and resonance.
- * Change direction and attitude when the movement is stuck.
- * Tap into *your* spiritual practices- prayer, invocation, meditation.
- * Cultivate courage and take risks.
- * The crazier the idea, the more likely it is Divinely Sourced.
- * Move and Breathe consciously.
- * Build a culture of insight- teach your communities.
- * Smile, laugh, feel joy, be present, live in gratitude.



Inspiration and Illumination

Breaking the Blocks, some specific Insight Tricks

- Look for *odd* connections, relationships, patterns.
- Have structures *and* pay attention to the moment.
- Look for what isn't there.
- Move beyond either/or thinking.
- Change up your routine.
- Do something purely for fun and enjoyment.
- Get quiet and still and stay there.
- Tap into energy tools, rituals, and blessings.
- Play with children or animals.
- Dance or listen to music.
- Clean house.
- Do something kind and thoughtful for someone.
- Take a conscious barefoot walk on the earth.
- Go outside, especially somewhere 'wild.'
- Say blessings and gratitude prayers.
- Shift your focus to positive intentions.



Go Write to the Source, Invoking the Muse from Gelb

1. Settle, breathe, Feel. your. heart. Write down or speak out loud: *I ask for the guidance of--* (God, the Holy Spirit, Mother Mary, the Muses, my Higher Self, my angels, Divine Source....)
2. Write out 100 questions in stream of consciousness style~ keep writing without judgment.
3. Read through and circle the 10 most inspiring questions.
4. Copy your 10 Power Questions on separate paper.

For the next 21 days, consciously work with your 10 questions.

Some suggestions:

- * Use in meditation or prayer
- * Use in conversations~ ask others, get curious.
- * Continue inquiry in Morning Pages~ write 3 pages or for 10 minutes every morning.
- * Have journal or notebook on hand throughout the day for insights.

Evaluation and Verification



Evaluation

- * Prioritize your ideas and steps
- * Reframe any limiting Either/Or thinking
- * Engage *devil's advocate*- question, debate, examine
- * Engage *angel's advocate*- express positive outcomes
- * Honor somatic intelligence- how do choices and possible outcomes *feel*?

“Genuine creativity demands ruthless criticism...*if you don't play this role, then reality will do it for you.*” Michael Gelb

Verification- test and check:

- * against existing information and theories
- * with peers
- * with someone *out* of the field for simplicity and clarity
- * by looking back on process with a critical eye

Implementation

- * “Assume Chutzpah!”
- * Create clear goals, plans and frameworks
- * Have a debriefing: what went well and what could be better.



* SMART GOALS

Specific

Measureable

Accountable

Relevant

Timeline

Restoration



- * Essential for balance, recharge, and alignment.
- * Creates space for the next arrival
- * More time than you think!
- * Structure: make yourself rest, ie: go on a vacation.
- * Plan OR Allow
- * “Schedule” unscheduled time.
- * Create rest time before exhaustion arrives.
- * Review positive things : do gratitude practices before resting.



Recalibrating

- * Use the pandemic as opportunity
- * Either shift location in your flow
or
shift activities within the stage.
- * Be creative with your creative.
- * Cultivate the phase that speaks to you now.
- * Receive a phase being given to you.
- * Consider defaults: golden and shadow—
and leverage or mitigate this.
- * Receive the effects (ie: relief) of a phase
taken away from you.
- * Have clear structures in the next phase
to help move you along.





Luminaire 
Be the Light

reneesilvus.com



Community Hub McCall