

Creativity as an Intuitive Process

Laurel Art Guild, Barry Goldstein, Oct. 10, 2016

Major obstacles to the joys and wonders of intuitively guided creative process

- Our fragile ego: Our ego does not want to feel vulnerable; our mind judges, criticizes and doubts to protect our ego; our fears and doubts stem from our vulnerable ego and serve to discourage us from taking risks
- Being invested in the outcome or product. We want a particular result and we want to know the outcome. It becomes all about our expectation; "the result must be good enough, and measure up to some standard. If this standard exists, it is already limiting.
- We limit possibilities by evaluating, judging, interpreting and doubting. We think to ourselves: "We don't like," or, "We can't, should, shouldn't etc."

Distracting our mind and letting go of our mental control of the creative process to allow ourselves to experience the wonders of our inherent intuition

- Trust that we have all we need to tap into the flow of our intuition and creativity;
- Do without motive, with mindless intuition, a relaxed, meditative mind;
- Feel the experience rather than think the result;
- Paint/draw quickly, spontaneously and intuitively;
- Follow first urges and inclinations; be spontaneous;
- Avoid doubting, questioning, judging, criticising and interpreting;
- Ask the question – "If our (*insert our specific fear, doubt, embarrassment, concern, discomfort, etc.*) were not an issue, what would we paint (or draw) next?"
- Take risks, feel free and explore;
- Be a child again; find joy and have fun!! Revel in the surprise and wonder of the creative experience.