

Creativity...Yes!

by Edie Weinstein-Moser and Peter Moses

Creativity is an inner force, a guide, if you will to the vast potential for expressing and joyfully sharing our unique gifts in the world. Each of us has an innate ability to create from our heart's longing. For some it takes the form of dance; soaring and floating seemingly effortlessly to music, for others it is the composition of that melody and harmony from which the dancer weaves the moving tapestry. For another, it is infusing the music with words that are to be sung in a crystal clear voice. For others still, it is taking color to canvas and embellishing it with rainbow hued mosaic. There are myriad additional means of being creative; from raising children to raising flowers, from cooking a superb meal pleasing to the eye and the body, to using that body to perform athletic feats. Creativity is also a key element in seeing alternatives and making positive choices in each moment.

Unfortunately for many of us, our sense of creative delight was squelched at an early age when we may have been given the message by perhaps well-meaning adults: "color inside the lines", "don't sing too loudly", "you have no talent." "you'll never make it as a singer-actor-artist-model-athlete-musician-writer...." In this way, we had learned to say "NO" to the inclination to create, for fear of rejection. We encourage you to say a resounding "YES!" to your own passion for living and translate it into beautiful creations.

Some ideas to nurture creativity:

- Breathe. The word 'inspiration' contains within it the Latin word for breath. The Hebrew word 'ruach' means both Spirit and breath.
- Ask yourself: "If there were no limits, what would I create today?"
- Surround yourself with creative people.
- Decorate your environment with items that inspire you.
- Meditate. Take time in stillness and silence that feeds your soul.
- Spend time with children; be silly with them and allow the child within you to blossom.
- Send your inner critic on an extended vacation.
- Keep your senses alert to serendipity. You'll be amazed by what you will see that you have been missing!
- Play, dance, sing, write, plant...harvest your own garden of creativity, enter your own imaginarium!

Please call 215-996-9081 to check dates and locations for the workshop entitled: "Creativity...Yes!" with Edie Weinstein-Moser and Peter Moses. Or visit the website at www.liveinjoy.com. An experiential workshop incorporating music, movement, drawing, writing songs and poetry, drumming, and spontaneous speaking. When you leave, we trust that you will have gotten to know your Muse a whole lot better and welcome her guidance in your personal and professional lives.