

7 ways to Make More Room for Creativity & Your Muse



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Workshops & Coaching for Women

Inspiration for bringing creativity to life

www.thecelticmuse.com

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Dear Lovely Creative Person,

This e-booklet offers seven ways to nudge your creativity along with some serious Muse-inviting potential, too!

If some of these practices are new to you - have fun trying them out. Just by committing to try something new to make room for more creativity and your Muse you're already practicing # 2: Shake It Up - one of my personal favorites! You're off to a brilliant start already!

And, by the way, for you linear thinkers...these steps don't have to be taken in any order...remember -Shake it up!

I suspect, though, some of you readers are "creativity pros"; you've read tons of books and articles, gone to scores of workshops centered around Creativity: how to get it, how to find it, how to inspire it, what it is, and how to keep it once you've found it. You are very closely related to the many of us who are always trying to convince that ever-elusive Muse to stay...just a little bit longer... (think Jackson Brown here, folks).

Well, to you experienced creativity enthusiasts this probably won't be new information to you. But it is a plan.

Something you can commit to right now. Today. As soon as you're through reading. In which case...you've got an awesome creative prompt in front of you.

To all of you, I say this: I can't promise that if you practice these 7 steps you'll find your Muse poised at the foot of your bed in the morning, Divine inspiration in hand, ready to WOW you again for the fourth time this week.

But what I do know is that when you create a personal environment that invites Creativity, you make more room for it, which greatly improves your chances of inspiration and an encounter with your Muse.

Enjoy! I'll catch up with you at the end of this booklet.

Maggie

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Inspiration for bringing creativity to life

1. Create a space

Do you have a space in your home that is just for creating? Or do you write in the same place you send emails and pay bills? Do you paint in the living room? Sew or decoupage on the dining-room table?

Having a space that is dedicated only to your creative work is important above and beyond practical reasons. Whether it's an entire room, a corner of a room, or even just a special chair, defining a space for your creative work makes the statement to yourself and others that something magic, creative & sacred happens here. When you enter the room, go to that corner or sit in that chair it is a signal that important & meaningful work is about to begin.

And...speaking of space...What about your "head" space? Is your mind cluttered with thoughts and judgements, racing toward tomorrow or stuck in yesterday?

Every manifestation begins with a thought. Do you have room for one?

Practice being present in the moment. You'll stop the mental chatter and diversions; you'll turn down the noise, squelch the static. You'll be able to hear a creative pin drop!

2. shake it up

This step is about doing things differently. It's hard to be creative when you're stuck in a rut or running in default mode.

Here are a couple of suggestions to rock your rhythm & get you started:

1. Use your opposite hand today. Eat, drink, reach, scratch, push telephone buttons and even try writing with your other hand. It's going to feel weird, but your brain and body will have to engage with the world differently...can you see where this is going? Yes...a different perspective offers a different view. Who knows what you might see!
2. Sit in a different place. Don't sit in your usual place at the breakfast or dinner table, cafeteria, church or a regular meeting you attend. On the bus or train sit on the opposite side to where you usually sit. Find a place in your back yard or garden where you've never sat and go and see what the world looks like from there. Sit up in your child's bed and see what they see.

Got any ideas yourself? Try doing something different each day for a week. Oh...and don't forget to keep your Creative Notebook for Creative Notes nearby!

3. Let it go

Does any of this sound familiar?

- You feel creative energy stirring and you don't know what to do with it....
- You need to figure out where this plot is actually going...
- There are two notes that just don't sound right...
- You've loads of ideas you want to get on canvas but you can't decide on one
- You need one more unifying piece to pull the whole work together...

With each of these scenarios, the more you try to figure it out, the more frustrated you become, and I think we've all proven to ourselves that frustration is not a creativity magnet.

If you're trying to figure out a solution, try letting it go for a while. Working too hard is....well, working too hard! Take a break; go for a walk, do something physical, go to a movie, clean your closet.

Give it to your subconscious to work on while you move on to other things that make you laugh, bring you joy or put you in flow.

4. get inspired

What inspires you? Think back to a time in the past when you felt inspired. What inspired or motivated you? Here are activities that opened the door for inspiration for others...

- A trip to the museum
- Shooting hoops
- Reading biographies
- Inspirational quotes & videos
- Lunch with friend
- Doing a jigsaw puzzle
- Listening to opera
- Weeding the garden
- sitting by the lake

Sometimes what inspires us seems to have no direct connection to creativity - but if it works, do it!

5. surround yourself with positive people

Nothing squashes your inner Creative Goddess more than negativity - either yours or someone else's.

Become aware of your negative thoughts, and turn them around as soon as you catch them. When you hear yourself saying or thinking "I don't want....", stop and ask yourself this simple, huge question:

"Okay, what DO I want?"

Your answer will be a positive statement, bringing with it lovely images of what you want to accomplish, and what makes you happy.

Here's an idea: Teach your family & friends this little gem, and before you know it you'll all be saying positively wonderful things!

Find the supportive people in your life and have a party!

6. feed your senses

Stop right now and notice what's around you...

What do you smell?

What do you hear?

What do you taste? Garlic? Coffee? Chewing gum?

What do you feel? The computer keys? The chair?

What do you see?

Take a few moments and go deeper.

Anne Morrow Lindbergh said, "One can get just as much exultation in losing oneself in a little thing as in a big thing. It is nice to think how one can be recklessly lost in a daisy."

Look around and and take in your surroundings; allow your eyes to linger where they're drawn: it might not be a whole painting, but the corner of one..a flower..a coffee mug, a pencil sharpener, a fold in a curtain.

Consider this an invitation to get recklessly lost. You can't imagine where it will take you.

7. write it down

Keep a pad or an index card and pen or pencil with you all the time - especially beside your bed, always ready to catch that idea when your muse decides to send it! (Reader please note: eyeliner and lipstick will also work)

How many of us have had an absolutely brilliant idea, felt that long-awaited sweet inspiration, only to lose it? Our numbers are legion! The part of us that said, "I better go get something to write this down", was outvoted by the part that said, "Nah, I'll remember it. I'll never forget this!".

If you write down your idea immediately, when you are ready to create with it you are much more likely to recapture the energy that went with it as well.

When you are out and about in this world, immersing yourself in life, getting recklessly lost in daisies, or fish bowls or an absolutely perfect aria, you run a very high risk of being inspired. Believe me, you won't want to miss it!



So, now you have some action steps you can take to make your life more muse & creativity-friendly. Let us know how they work for you - we'd love to hear about it. Just drop us a line.

Visit our website to sign up for our monthly MuseLetter, check out the blog, and read about upcoming retreats, workshops, tele-classes and coaching - all designed to inspire you and dedicated to bringing creativity to life.

Here's to your creativity,

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