

A DAY IN THE ARTS

Making art accessible to all

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THE ARTIST'S WAY, CREATIVITY, GRATITUDE AND FEELING BLOCKED

By Leslie Gebhart

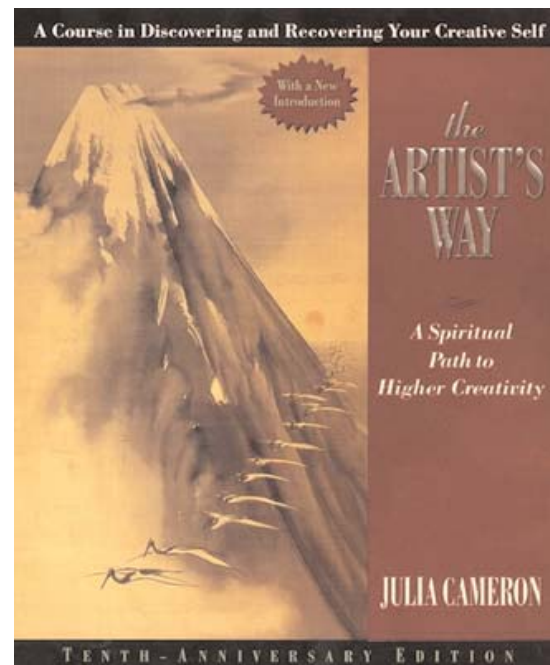
GratITUDE is one of the most under-rated aids to creativity and removing blocks. In *The Artist's Way*, a book I love to recommend and facilitate reading together, Julia Cameron provides lots of suggestions to consider when feeling blocked or stuck. Emphasizing gratitude is at the top of my list for supporting creativity's flow.

When I make it a point to list, shout, emphasize all for which I am grateful, a special vibe seems to fill the space. When my expression of gratitude includes another, we're both winners. It seems that everyone is a winner when gratitude is around.

Think about someone you know who seems always to have an attitude of gratitude. Those folks seem to radiate a special love--a contagious form of peace. Cultivating this attitude of gratitude is something any of us can choose to do. I notice that when I am filled with gratitude I'm not paying attention to what's wrong or focusing on grievances. In addition to the phrase, "attitude of gratitude" I also recently heard that "Being grateful or hateful is up to me". We have a choice.

In many ancient teachings we are reminded that giving and receiving are the

same and this surely is proven with gratitude. When you are emphasizing gratitude, you will also experience it throughout your body/mind/spirit. I do. And when I do, my creativity seems so naturally flowing that blocks or being stuck are simply not an issue. I hope you'll try it.



WORD OF THE DAY VACUUM FORMING

A method of shaping a flat plastic sheet over a solid relief pattern (also called a male or positive mold). The plastic is heated until it is soft, and when a vacuum is created under the mold, the plastic is drawn down onto it, as if forming a new skin. The plastic sheet cools quickly, retaining the shape of the pattern.

Source: artlex.com/

“A good painting to me has always been like a friend. It keeps me company, comforts and inspires.” - **Hedy Lamarr**

ART AEROBICS

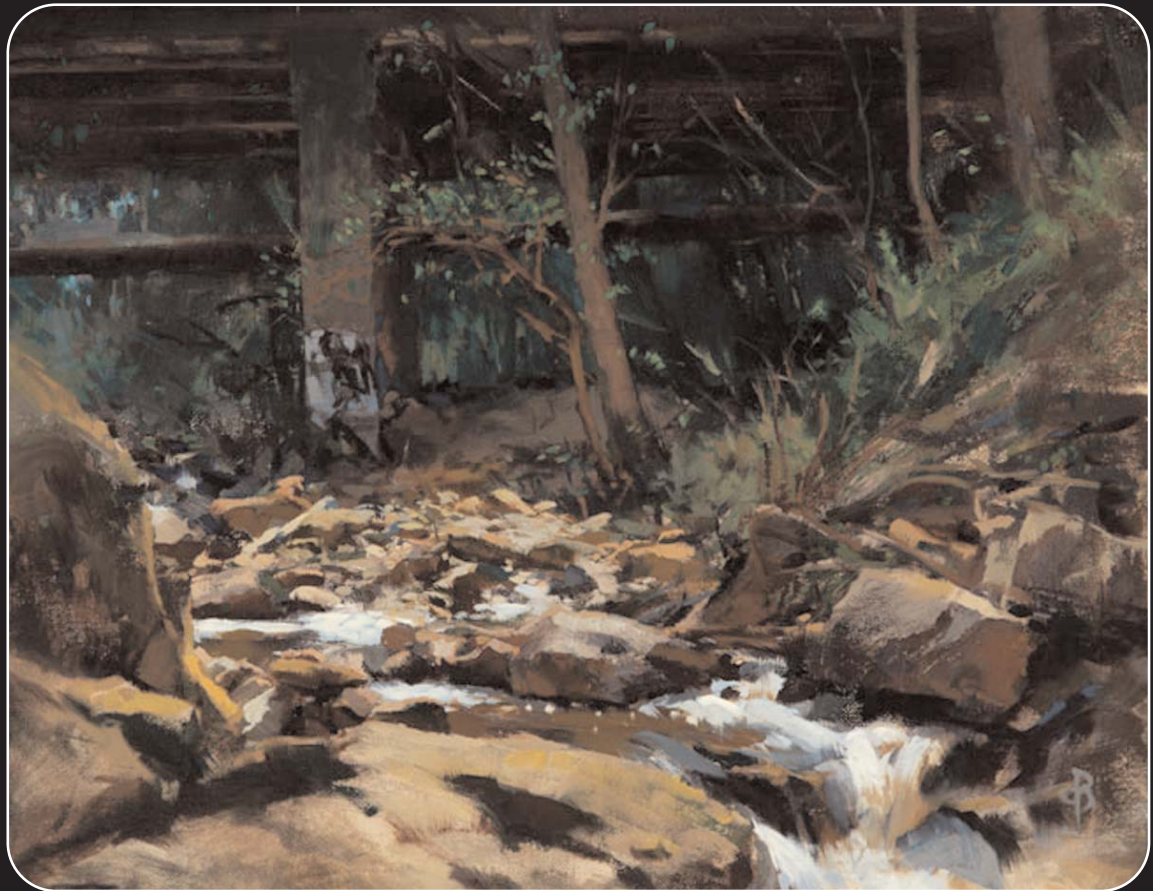
Practice you drawing skills

Light a candle. Capture the top of the candle and the flame with watercolor. No time limit. 🖌️

Think of someone who encouraged you or seemed proud of your early accomplishments. Is there a note you could write to appreciate that person by expressing your gratitude? When we pay tribute to those who have been supportive to us, our sense of gratitude expands. It may have been someone in your family or a gesture from a passing stranger. You surely can think of a few incidents where another's 'pat on the back' came at a time that mattered.

Whether to support your creativity or as an experiment to experience your own ability to cause yourself to 'feel good', consider all for which you are grateful. Go ahead and start a list. Betcha you'll find your list expanding as the gratitude vibrations radiate all around you and out to those with whom you come into contact. What a difference this will make both to your internal world and those of us who benefit from your choice to adopt an attitude of gratitude.

*You'll find immediate access to your free Special Report (12 Tested Tips on taking action to expand your creativity NOW) at <http://www.theartistswaydesert.com> This special report and the series of articles, Zapping Blocks to Creativity are offered by Leslie Gebhart, M.A., Professional Certified Coach who supports you to connect with your creativity no matter what your work or leisure schedule. In addition to coaching in support of creativity, she adds facilitating the book study of Julia Cameron's *The Artist's Way* as a highlight of her work week. <http://www.theartistswaydesert.com>*



ARTIST TO WATCH

Daniel Robbins

<http://dannydoodle.blogspot.com/>

"A Rocky Stream", 12 x 15"