



A DAY IN THE ARTS

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HOW TO END YOUR CREATIVE BLOCK

By Annette Colby

For the past three weeks, I've been experiencing writers block. Previously, inspiration had been flowing. It was a beautiful experience. Ideas fell neatly into place, difficult concepts were easily expressed, and I had words! I was living in the land of milk and honey.

Then one day I woke up and the creative juices had stopped flowing. I've been writing long enough to know that creative blocks can be due to a variety of issues. Some blocks are due to anxiety, a lack of focus, time constraints, writing about what you "should" instead of what you love, perfectionism, or needing to resolve an inner fear before moving forward. Other blocks are simply due to the natural ebb and flow in the creative

process.

After assessing the nature of my block, I knew this time I was simply in the natural cycle of writing and not writing. This too would pass. As of yesterday, my writing ability has returned!

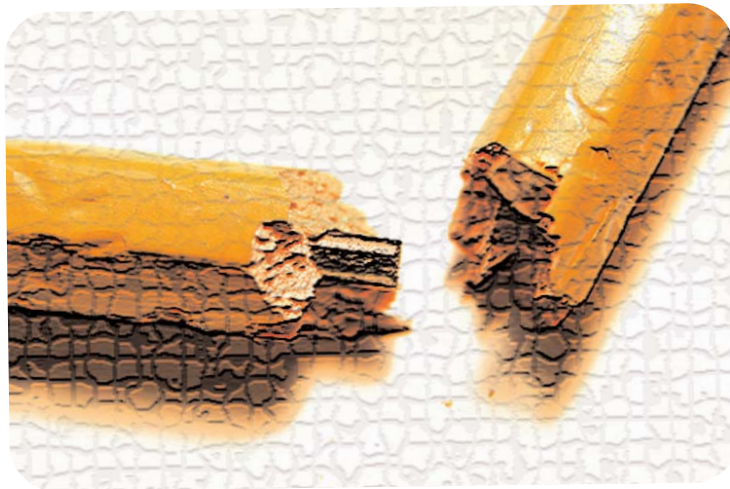
You may not be a writer, but creative blocks are common to all.

Perhaps there are areas in your life where you want to move forward, but just can't get over the hump? If so, it's easy to get disillusioned and push your dreams and goals to the back burner.

However, just because things

aren't moving forward at the speed you had intended, you don't have to give up.

If you're suffering from a creative block, you're not alone. It's typical to experience creative highs and dry spells. Sometimes



WORD OF THE DAY HAPTIC

(ha-p'ti(k) .

adj. Of or relating to the sense of touch; tactile.

Origin:
1890-95; haptic < Gk haptikós able to grasp or perceive, equiv. to háp(tein) to grasp, sense, perceive

Source: Dictionary.com

I am essentially a painter of the kind of still life composition that communicates a sense of tranquillity and privacy, moods which I have always valued above all else. - **Giorgio Morandi**

ART AEROBICS

Practice you drawing skills

Use oil pastels or crayons to sketch a scorpion. Seven minutes. 🐍

the cycle is long while other times it can pass quickly. What's most important to remember is that this creative block will pass. It's up to you to keep your creative project in the forefront until you bounce back.

Here are five tips to get through your block and back into the flow once again.

1. Keep on working. You may not be producing your best work, but keep yourself actively engaged with your project.

2. Don't give up and throw your project away. It was meaningful when you started and it's still meaningful. Believe in your ability to express yourself even when the going is difficult.

3. Relax. Creativity cannot be controlled or forced. Take the necessary action steps that help you alleviate stress, relax, and think self-supporting thoughts.

4. Something bigger is coming. Creative blocks are frus-

trating when they occur, but they often lead to greater inspiration once they have passed. Often a block occurs because a bigger "wow" idea is trying to get through. Accept that there is value in your down time, take care of yourself, and breathe often.

5. Change a habit. When you're stuck in a rut, change something habitual or routine in your life. Make it easy but different. For example, get up earlier than usual, wear clothing you don't normally wear, eat a new food, or take a new route to work. Breaking old habits can lead to feelings of renewed possibilities and excitement.

The next time you hit a creative block, remember that's all it is. Your creativity hasn't run out, it's just temporarily blocked by something. You have infinite creativity within you. Use these simple yet profound tips to overcome to get your creative juices running again! ✎

Article Source:
<http://EzineArticles.com>



ART NEWS

VINCENT FECTEAU NEW WORK SERIES

In a marked departure from past New Work exhibitions at the **San Francisco Museum of Modern Art (SFMOMA)**, Not New Work: Vincent Fecteau Selects from the Collection presents drawings, paintings, and sculptures from the museum's holdings chosen by the San Francisco-based artist. Over the past year, Vincent Fecteau has sifted through thousands of objects in SFMOMA's collection, gradually narrowing his choices down to approximately 25 works that have rarely, if ever, been on display at the museum. The resulting exhibition features artists ranging from well-recognized names such as Judy Chicago, Max Ernst, and Jess to the lesser-known Richard Feralla, Ralf Humphrey, and Dorothy Reid. Organized by Fecteau in close collaboration with SFMOMA Assistant Curator Apsara DiQuinzio, this latest New Work presentation will be on view from July 25 through November 8, 2009.

In organizing the exhibition, Fecteau examined the museum's collection through his own aesthetic lens, deliberately seeking out overlooked and idiosyncratic works that have seldom been on view. His final selection offers thought-provoking juxtapositions and an eclectic group of objects, providing a different way for visitors to appreciate SFMOMA's collection. The exhibition also represents the artist's attempt to depict a more complicated aspect of collecting, one that questions traditional ideas of what constitutes a masterpiece.

"Fecteau has a deep interest in narratives that often go untold but are present nonetheless," says DiQuinzio. "This exhibition reflects his desire to talk about how the story of an art object extends beyond what is typically seen in the museum. It also serves as a diagram of how Fecteau moved



Max Ernst, Bauta, 1964; Collection SFMOMA; © 2009 Artists Rights Society (ARS), New York/ADAGP, Paris

through the collection, and poses important questions about what makes a work of art relevant, interesting, and worthy of attention."

The presentation also creates an opportunity for the museum's conservation team to thoroughly study and maintain some of the more unsung yet fascinating objects in the collection. SFMOMA Deputy Head of Conservation Michelle Barger states: "Many of these pieces have been in storage for a long time. Our work is so often driven by exhibition schedules—it's wonderful to be able to give due consideration to pieces that normally we might have less time for."
<http://www.sfmoma.org>

MoMA WILL STAY OPEN LATE ON THURSDAYS IN JULY AND AUGUST, WITH LIVE MUSIC IN THE SCULPTURE GARDEN

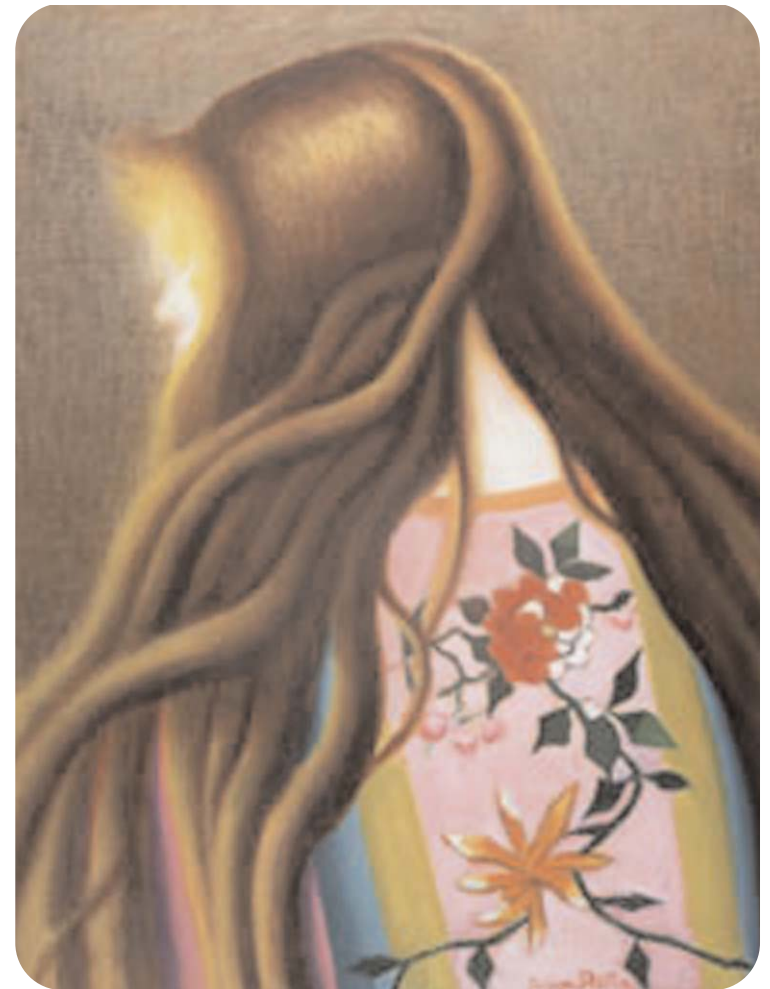
The **Museum of Modern Art** will remain open until 8:45 p.m. every Thursday in July and August, providing visitors with a relaxed atmosphere in which to view MoMA's collection and special exhibitions, and enjoy live music and tapas in the The Abby Aldrich Rockefeller Sculpture Garden. Exhibitions this summer include James Ensor (opening June 28), In & Out of Amsterdam: Travels in Conceptual Art, 1960–1976 (opening July 19), and Ron Arad: No Discipline (opening August 2).

Live music will be presented in Sculpture Garden, weather permitting, in two series, MoMA Music: BRAZIL (July) and MoMA Music: CHINA (August). Performances will be in two sets, at 5:30 and 7:30 p.m.
<http://moma.org/>

PHILADELPHIA MUSEUM OF ART COLLECTION OF AMERICAN AND EUROPEAN MODERNISM

The **Philadelphia Museum of Art** this summer will present **Adventures in Modern Art: The Charles K. Williams II Collection**, an exhibition of approximately 100 paintings, sculptures, watercolors, and drawings from the early decades of the 20th century. It is drawn from the collection of Charles K. Williams II, a distinguished archeologist and Director Emeritus of the Corinth Excavations of the American School of Classical Studies in Athens, who has amassed in under two decades an important and personal collection representing most of the major American artists and movements of the modern period, as well as several European masters. The collection is marked by a passion for color, strong compositional designs, and occasionally eccentric images, with an emphasis upon several favorite artists, among them Joseph Stella, Oscar Bluemner, Charles Demuth, and Arthur Dove, each of whom is represented by several examples. Organized by Innis Howe Shoemaker, The Audrey and William H. Helfand Senior Curator of Prints, Drawings, and Photographs, the exhibition will be on view in the Dorrance Galleries (July 12 - September 13, 2009).

"The remarkable caliber of the works of art in the Williams Collection reflects both his distinctive spirit of inquiry and his keen eye for excellence," the Museum's Interim Chief of Curatorial Affairs Alice Beamesderfer said. "The Museum is honored to present these works



Joseph Stella (American, born Italy, 1877-1946), *Golden Fall*, 1940. Oil on canvas, 26 x 20 inches. C.K. Williams, II Collection

together, and we are delighted that the Williams Collection will eventually join and greatly enhance the Museum's fine representation of strong currents in American and European modernism." All of the works in the exhibition are gifts or promised gifts or have been bequeathed to the Museum.
<http://www.philamuseum.org/>