

## SEVEN STEPS TO GREATER CREATIVITY

By Terri Marie

*“There’s an artist imprisoned in each of us.  
Let him loose to spread joy everywhere.”*

Bertrand Russell.

One of the questions people ask me the most, is how come I am so creative? I believe that creativity comes in phases and cycles but we can definitely do things to attract more creativity into our lives.

Creativity provides the means for success and money. Success results from creative ideas and creative thinking.

Creativity has been a gift I have truly been grateful for but at certain times it’s been heightened. When I attend a meeting or an event and the next day I write a poem or a song about it, it amazes people. Because I trust that there will be a song or a poem to write, there usually is.

1. So **trust** is the first key to creativity.
2. The second is to **start** - just take that first step. Do something. Take an action. Correct it if you need to. But start.
3. Find something that **sparks your interest**. What is it about a person, idea or event that excites you? It is in that attraction that you will find your creative magic.
4. **Never deny the muse**. When the muse knocks, answer the door (quickly) and welcome her.
5. **Do not judge your work**. Naturally some things you create will appeal to you more than others, almost like a favorite child. I enjoy playing some songs more than others, but I believe each one is given in order to build the next song. Therefore, each one is critical. Who knows why? Again, refer to step # 1 and trust.
6. **Creativity needs time**, periods of great inspiration and joy. I get these by going out in nature, sitting out in the woods, riding on boats, watching dolphins, going to art shows and best of all, stimulation from other wondrous creative minds through conversation and cultural events.
7. **Love**, I think this is the basis of all creativity, of all creation. We are creatures of God, created by God, in God’s likeness, thus creativity is a divine right we all own, a divine cloak we all wear. Love rules all creativity.  
The earth must love the plants.  
The sun must love the changing clouds, the living paintings in the sky.  
You must love your ideas and your creative “babies.” Your passion for what you love is the treasure map to your creativity.

The above techniques have enabled me to write 160 poems since February of this year 2005, about 100 songs last year – that’s three a week - write 5 more books, plan the marketing campaign for my published book and write a monthly column.

Let’s see what great things are held in creativity’s basket for you.  
You have amazing things locked within you.

First you dabble, then you define  
Next you enjoy and dance it.  
Then you may become an expert as you find and discover more of how wondrous you actually are.

Things don’t have to be hard. They can be easy. A last little tip - choose your inspiration well, for it will affect your tone of creativity as using good ingredients will make for a great meal.

Happy creating!

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