

## **Creativity:**

### **Nourishing our intuitive expression of self frees our healing energy.**

Nurturing our creativity develops our intuition and strengthens our connection with our inner wisdom. It helps release us from old myths by giving us new insights to replace them with.

- What do we mean by creativity? Creativity is the state of original expression. It can mean originality, imagination, and resourcefulness. It involves developing something that was not there before. For example: New concepts
- New ways of healing
- A new way of seeing something
- New ideas
- New ways of playing
- New ways of being or doing
- An object
- Art, in many forms (music, paintings, writing, dancing, acting, singing, etc.)

Some of us had to connect or reconnect with our creativity (or creative aspects) that had been suppressed. Our access to it might have been stymied by old myths such as: “I don’t have a creative bone in my body,” “I’m not talented enough,” “my work isn’t good enough,” or “it doesn’t come easily to me.” Creativity is a human characteristic that we all share. Whether we have knowledge of it or not, the trait is there for us to unearth and develop.

By developing our creativity we are reclaiming a piece of our intuitive self, a part of our self that may have gone underground during traumatic times. The creative process is rich with learning opportunities about our inner world, our capabilities and strengths. Exercising our creativity can help us express our emotions and give texture to our lives. Making creativity a priority in our life will continue the process of regaining a significant part of our inner community which brings new dimensions to our healing and increases our joy.

**Vital Cycle:** The more we are creative the easier it is to heal. The more we heal, the easier it is to be creative.