

Creativity, The Spiritual Connection

by Tracy Swartz



One of the side effects of being a creative beast is the rush of life pulsing energy that courses through you when inspiration hits or working with a new project. When you create, you tune into your spiritual side. For those of us who often delve into the creative vortex, we seem to have an ability to take something from our mind's eye and birth it into a tangible five sense physical creation. Some have the ability to capture a moment, a mood, or the light from a heightened perspective.

Everyone is creative. The good news is our society is realizing that although left-brain logical thinking has its place and purpose, we have sorely neglected the creative right brain. It too has its place and purpose, more now than ever.

I don't have a creative bone in my body!

I thought you might say something like that. Creative activity isn't limited to the arts and has various forms. Most importantly it's not about creating the next masterpiece. It's taking a journey into a broader perspective or connecting the dots where they've not been connected before. Creativity allows you to download from deep inside and express that in your unique way. Creative activities also induce a meditative state. This keeps your attention on the most important time of all, the present moment.

The power of creativity shows itself when the left chatty side of the brain is turned down allowing the right side to step up with its colorful collage of images, symbols, feelings and wide panoramic view.

Your inner artist would love to doodle, journal, play music, mold clay, or dance in wild abandon with you. Answers to problems or new perspectives seem to find their way to us through creative play. You can consciously tap into that unseen hand that nudges and guides you. You may even discover talents previously hidden inside.

Your inner artist is waiting. Will you come out and play?

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The Domestic Gourdess is an eclectic and creative gal who loves to play with *Lagenaria siceraria cultivars* (hard shell gourds), write, and help others remember their spiritual connection through playful art. Please visit <http://tracyswartz.com> to see her gourd art, class schedule and show schedule.