

INSPIRING
CREATIVITY

INSPIRING CREATIVITY

An Anthology of
Powerful Insights
and Practical Ideas
to Guide You to
Successful Creating



EDITED BY RICK BENZEL, M.A.

Published by
Creativity Coaching Association Press
8180 Manitoba Street, #151
Playa del Rey, CA 90293

For information about quantity purchases of this book or to inquire about publishing your manuscript on a creativity-related subject with the Creativity Coaching Association Press, please visit our website at www.creativitycoachingassociation.com or contact us at publisher@creativitycoachingassociation.com

Cover Design and Book Design
Cherryl Moote
www.mootepoints.com

Library of Congress Control Number: 2005926705

FIRST EDITION

International Standard Book Number (ISBN): 0-9767371-0-8

Copyright © 2005 by Creativity Coaching Association Press
All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means electronic, mechanical, photocopying, recording or otherwise, without the prior written permission from the Publisher.

Printed in the United States of America

10 9 8 7 6 5 4 3 2

TABLE OF CONTENTS



Publisher's Note and Acknowledgments

Foreword by Eric Maisel, Ph.D.

I: GIVE YOURSELF PERMISSION TO CREATE

It's Not What You Create, It's That You Create

By Kate R. Quinlan 3

Creativity is Your Birthright: How To Get Over Feeling You Don't Have "Permission" To Create

By Dave Storer 11

Becoming an "Imperfectionist": How to Stop Letting Perfectionism Keep You from Being the Artist You Fear

By Edward B. Kurpis 19

II: CHOOSE A MUSE FOR INSPIRATION

Choose Your Muse: Ten Ways to Jump Start Your Creativity

By Stacey Rasfeld 27

Creative Courtship: Learning to Love, Honor and Cherish Your Muse

By Kyle Morrison 35

Get BeMused: How to Find Yourself a Creative Muse in the Unlikeliest of Places

By Kaylen Bennett, M.A., C.S.L.C. 41

Of Flying Monkeys and Modern Day Muses: Who You Gonna Call?

By Jill Badonsky, M.Ed. 51

III: CREATE BIG IDEAS AND WORK SUCCESSFULLY

- Mining Creative Gold: Fifteen Ways to Find Your Mother Lode
By Deborah Bouziden 63
- Igniting the Creative Spark Within: How to Establish Creative Focus
By Suzanne R. Roy, M.A. 71
- Getting Unstuck: Nine Ways to Escape from Creativity-Halting Goo
By Rick Benzel, M.A. 81
- Seeking Liminality: Making the Most of Threshold Experiences
By Cheryl Moote 91

IV: LIVE YOUR CREATIVITY EVERY DAY

- Balancing Acts: Walking the Tightrope between Your Creative Path and Daily Life
By Laura Cater-Woods, M.F.A. 101
- Warts and All: A User's Guide to Living a Creative Life
By Christine Francis 109
- Creativity Challenges for Persons with Chronic Illness: How to Thrive, Not Just Survive When You Want to Create
By Louise E. Sawyer 119
- Profit from Your Creativity: Turning Your Passion into a Profitable Business
By Danny Mallinder, B.M.A. 131

V: EXPRESS AND HONOR YOURSELF

Self-Appreciation: How to STAR in Your Own Life!

By Beverly R. Down 141

Writing Your Own Pages: The Art of Living Creatively

By Prashant Ziskind 151

Writing the Memoir: A Creative Opportunity for Self-Expression

By Nancy Manocherian 159

Drinking at the Well of Creativity: The Case for Collage as a Personal Practice

By Dru Simms 169

VI: CHALLENGE YOURSELF TO HIGHER CREATIVITY

The Hero Within: Using the Mythic Journey to Discover Meaning in Your Creative Work

By Michael Mahoney 183

Creativity and Your Inner Guide: Connecting to Your Power Within

By Briana Riskin 195

Life Around Us, Life Within Us: Finding Our Creative Selves in Nature

By Pamela Burke, Ph.D. 201

PUBLISHER'S NOTE

Dear Reader:

Welcome to this first creativity anthology, *Inspiring Creativity*. This book was borne out of a creative moment. One minute the idea was not there, the next minute, it was. The concept came to me during conversations I had sharing coaching experiences with many of the contributors in this book. I realized that my coaching cohorts -- and others like them around the world - possessed a wealth of insights to share with artists and creators of all kinds. It dawned on me that many readers could benefit if each of these practicing creativity coaches would write their wisdom in a book... and then it hit me, why not make a single book with all their tips and advice?

Inspiring Creativity is thus intended to offer you a diverse range of thought and insight into how to develop your creative potential. The 22 articles are grouped into six categories, or sections, which address fundamental issues that creative people face at some point in their careers: the need to give themselves permission to create; the drive to find and hone good ideas; the lessons to learn about overcoming fears and blocks that interfere with deepening one's work, the difficulty of finding time and space every day to do your creative work; the importance of honoring your creative soul; and the challenge of going on a creative journey wherein you finally understand your inner creative essence, your guide...your own creative hero.

You are welcome to read this book article by article in sequence or you can dip into it by individual articles as you wish, seeking insights as they pertain to your specific interests or situation in the moment.

On behalf of all 22 contributors, it is our collective hope that this anthology will inspire you in powerful ways and that your work will slowly but surely begin to move you toward realizing your full creative potential.

Rick Benzel

Publisher

Creativity Coaching Association Press

Email: publisher@creativitycoachingassociation.com

ACKNOWLEDGMENTS

The Publisher would like to gratefully thank two special people who worked tirelessly and with great creative effort to make this book an attractive, professional publication:

- Cheryl Moote, who threw her amazing design talents into developing the cover and interior design of the book, and who went above and beyond the call of duty in laying out the pages and making the whole publication process go smoothly.
- Julie Simpson, who helped nurture the idea and contributed her valuable expertise and extensive volunteer time copy-editing and proofreading the entire manuscript and participating in several important decisions in this book's publication.

In addition, I want to thank Eric Maisel, whose writings and approach to creativity coaching have mentored all of us in this book, and who provided guidance to me during the course of this project.

Finally, I thank all contributors. This anthology could not exist without their intelligent, inspiring articles.