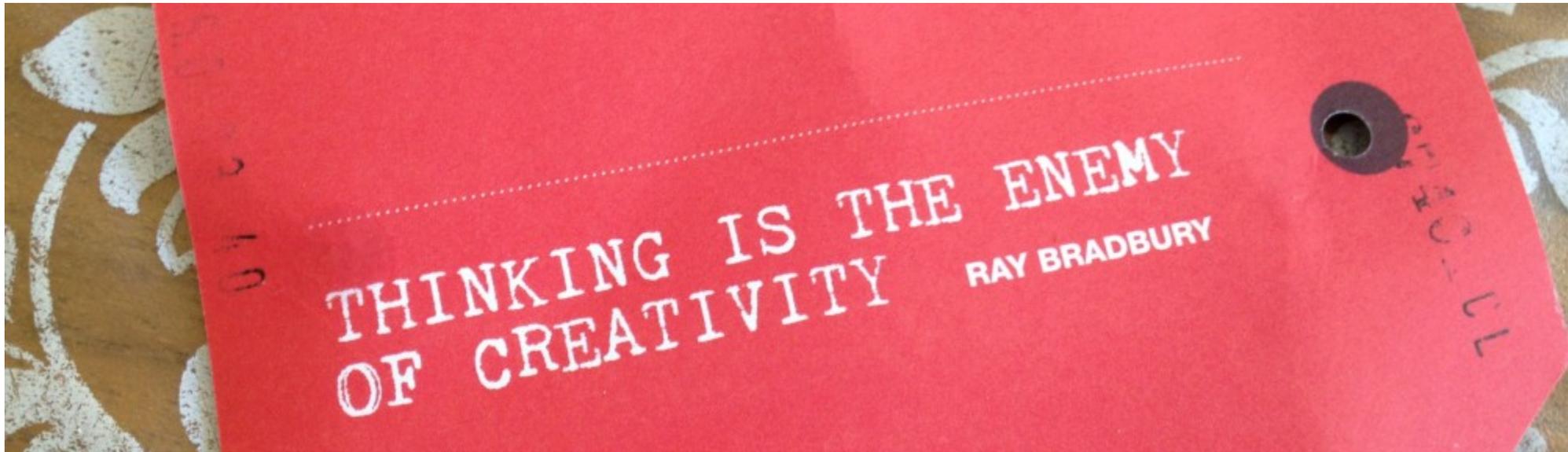




BEFRIENDING YOUR CREATIVE MIND

Rev Will van der Hart

IS YOUR ENEMY YOUR BRAIN?





THE MYTH OF CREATIVITY

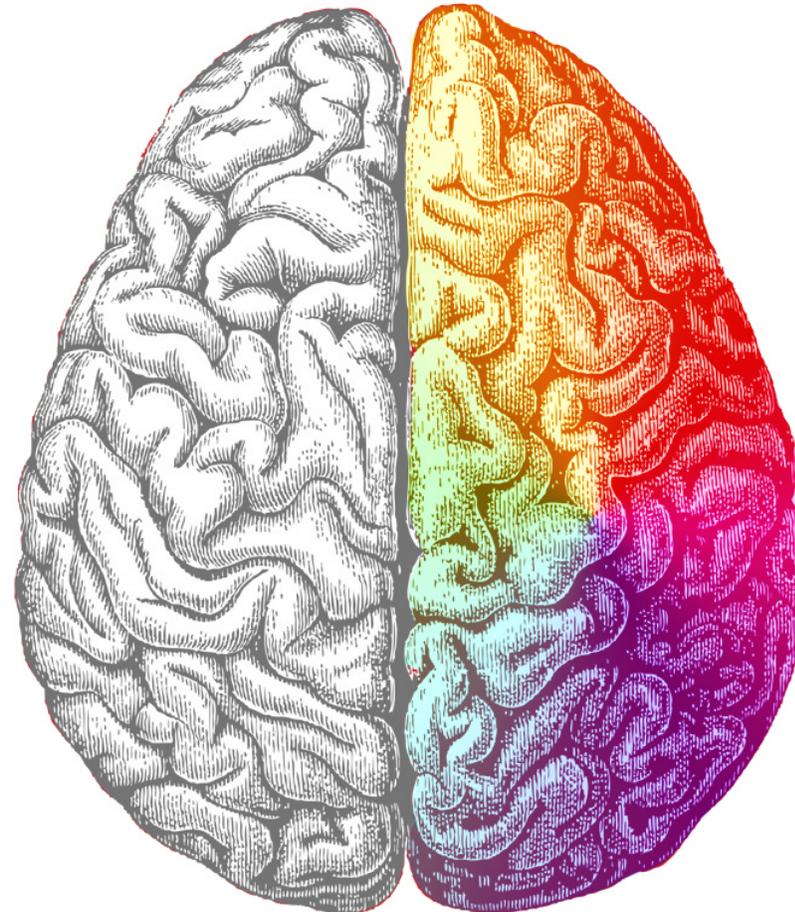
“People believe creativity comes in a sudden moment of insight that is this ‘magical’ burst of idea...extensive research has shown that when your creative, your brain is using the same building blocks you use every day...”

Dr R.Keith Sawyer

Washington University

OBJECTIFYING CREATIVE FRUSTRATION

left



right



LOVING MY BRAIN ON PURPOSE

“Creative People, like those with psychotic illnesses, tend to see the world differently to most. Creativity is uncomfortable.”

Professor Fredrik Ullen
Karolinska Institute

SUPPORTING CREATIVE BRAIN FUNCTION

Sleep
Diet
Exercise
Range

Social Stimulation
Social Withdrawal
Solitude

Experience &
Reflection

THE FLIP SIDE

“Its as if neither of us, especially myself, had any skin...I am afraid I am not solid but hollow.”

Sylvia Plath

Emotional Sensitivity

Low Mood

Flows of High / Low Energy

Self Doubt / Critical Narrative

Introversion (Matched to
Stage Persona)

Rapid Stimulation / Distraction

ACCOMMODATE DON'T BERATE





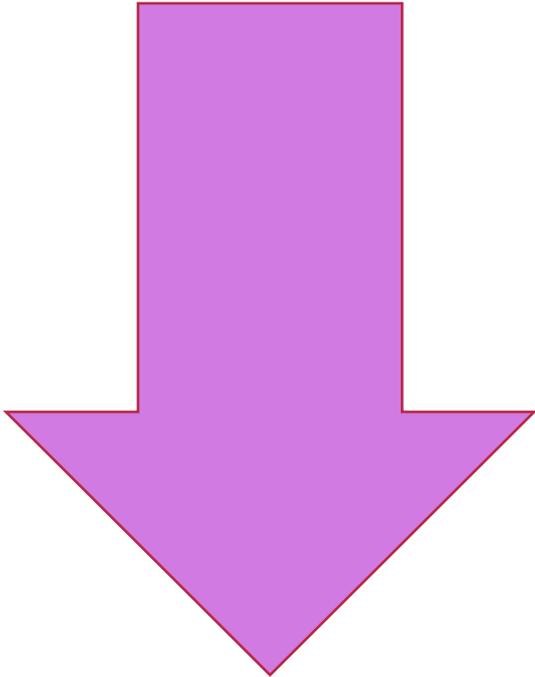
LIVING *IN* PROCESS

“All research shows that the creative process is basically the same: generating ideas, evaluating them and executing them, with *many creative sparks* over time.”

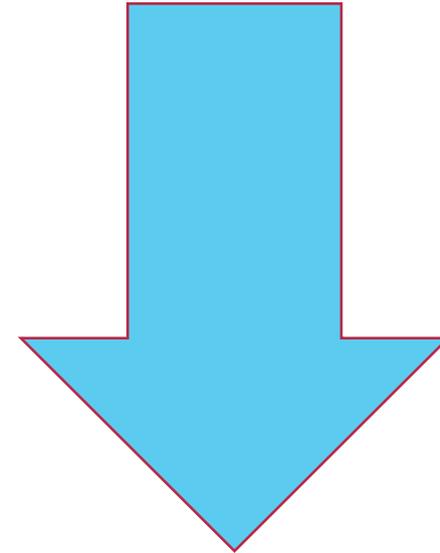
Dr R. Keith Sawyer
University of Washington

NO 9AM TO 5PM RULES

Creative



Creative





CREATIONSHIPS

“Spark off
people. See how
other people see
things-how they
see God.”

Nick Herbert

“Every
collaboration helps
you grow.”

Brian Eno

“No creative has all the elements”

Ben Cantelon



STIMULANTS



Am!



CHRYSALIS OF CREATIVITY

“Move your
brain by half a
degree.”

Nick Herbert

“A place that
stretches you.”

Sam Bailey



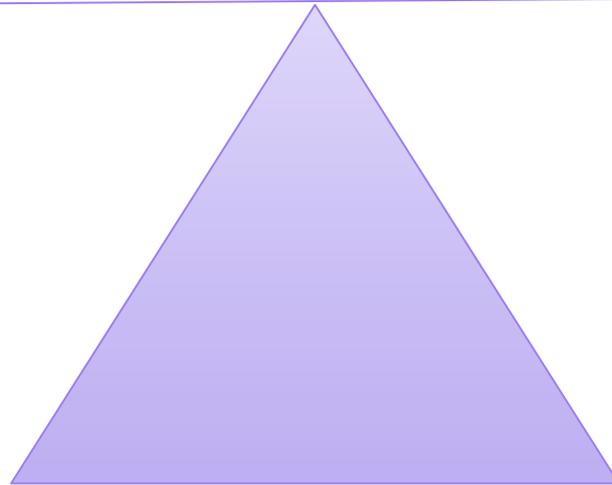
“You have to feel
safe. You have to
have the right
people in the room.”

Tim Hughes

NOT CARING V CARING

Highly Creative
Innovative
Rule Breaking
Inspirational
Disconnected
Melancholic
Self Absorbed
Addicted

Successful
Popular
Marketable
Connected
Mainstream
Uncreative
Dependent
Paranoid



THE CREATIVE PERSONA





INCREASING CREATIVITY

Results in... “a significant rise in well being, so as opposed to creativity being associated with mental illness it becomes associated with good mental health.”

Gary Fitzgibbon
Psychologist



RESPONSIBILITY

“Each of you must take responsibility for doing the creative best you can with your own life.”

Galatians 6:5 *The Message*

END

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