



7 Simple Secrets



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1. Create for Those Who Love You

When you paint, when you write, when you make something from nothing, do it with your mind's eye on the folks who love you---those who already believe you are a magnificent human being.

Creating in the sunshine of those who believe in us helps to sharpen our focus on what really matters. We can truly be *more* ourselves rather than less.

The flip side of that---**creating with the critic in mind or trying to win the approval of some faceless, nameless crowd** can wreak havoc with the creative souls that we are, serving only to pull us further away from our inspired work instead of closer.

Note: *This phenomenon can often be noticed in live performances. The audience expressing its collective love and support for the performer is often rewarded with an absolutely outstanding performance! Comediennes come alive when an audience is tracking with them and their brand of humor! Dancers amaze even themselves when they feel the audience pulling for them.*

Mentally and soulfully create for an audience who loves YOU---- so that the amazing work you are intended to do can happen.

(It is worth noting that an imaginary audience works just fine---the price of admission being that they LOVE you!)

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2. Create Things You Love

Paint subjects that you are truly excited about. Write the stories you would love to read. Design the piece of jewelry you've been hankering to wear.

When we allow ourselves to **paint/write/create** the things we are crazy in love with--- guess what happens?

We bring an *immeasurable* amount of knowledge and a contagious passion to the subject. We find ourselves doing what we love and loving what we do.

This may seem obvious---why in the heck would anyone **ever** do otherwise???

There are probably a ton of reasons as to why artists find themselves painting subjects/writing songs/creating something that they are less than thrilled about.

Maybe it's because that subject matter seems to be selling well.

Maybe it's because it would be a good discipline and help the "critics" take us more seriously.

Maybe it's because if it's not hard we shouldn't be doing it (the no pain/no gain theory). Pretty art can't be serious art.

Someone else had a hit with the big dogs gone bad theme so maybe we should do that too even though we detest big dogs and especially the idea of them going bad.

Sometimes it may make perfect sense. We've all had the less than desirable commission offer and need to pay the bills moment.

I am not speaking to this.

I am speaking to what we are consistently allowing to direct our creative work.

Setting the table in your creative world with things that you love ensures you will show up at every meal---with a real appetite!

Let your work be guided by what you love.

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3. Let Your Loves Overlap

Stumped on what you should be painting/writing/creating? Needing direction? Look no further than where you have been.

When you look back over your years of living, what passions have you had? What joy have you found in activities like gardening or baking, ballet or beach time, family history or family pets? Jot them down. It's a map that can carry you into today's creations.

There is no need to isolate your art from other things in your life. The overlap is what makes for rich experiences!

It's no coincidence that Monet actually owned the lily pond he painted. He was an avid gardner...who liked to paint ;).

John Denver's passion for nature manifested itself in songs like *Rocky Mountain High* and *Sunshine*.

Actor Robert Duvall's fascination for old time revivalist preachers spilled over into *The Apostle*, a movie that he wrote, directed, and acted in.

If you love to cook maybe it's time to write about it. Are you a shoe hound? Maybe it's time to share your collection with the world via your brush!

Combine your passions and create from all areas of your life that are joy filled.

You have and will continue to love many things in your lifetime---let them show up in the things you create.

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4. Love What You've Been Given

Gratitude works. The more we notice what we have to be thankful for, the more good that tends to show up in our lives.

Gratitude has a way of causing things to grow. Want the things you love to grow in scope and size, and your passion for doing them to follow suit?

Start with loving what you already have.



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5. Do What You Love. Again...and Again

Do what you love.

Then do it again.

And again.

It's okay. We all have our obsessions. The more often you paint a particular subject the less confined to your box you become. The more you write about what it means to be a single parent in today's world, the more you get down to the real meat of the subject. You get more adventuresome in how you approach it. You become bolder and more confident with every stroke, every note and every word.

Think of creatives whose work you admire. I bet with each one that comes to mind, if you start going over particular things they've done, you will see a thread of subjects that they loved showing up in their work over and over again. Painters who painted beach goers at the turn of the century. Writers known for mysteries set in 18th century England.

They didn't have to re-invent the wheel each time. There isn't the huge learning curve in every painting of "how do I render wet sand or make the folds of that dress look sunlit?". There's less research needed on what the buildings and fashions were in the 18th century to write that historical novel.

Whether it's someone who was pulled to the grandeur of the Grand Canyon over and over or someone who loved painting mothers with children, or an artist who loved water lilies and haystacks---the beauty of what happens when we paint/write/create what we love, over and over, is that **we drill it down to mine its richest, most beautiful qualities.**

Go ahead.

Fall in love again...and again!

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6. Choose Your Words with Love

It matters what we think---what thoughts we allow to roam around inside us.

Wonder what the outcome would have been had Martin Luther King told himself that he had a problem....instead of a **dream**?

Or if Walt Disney had told himself that his dreams were unrealistic instead of **if you can dream it you can do it.**

Oh the power of words!

Words shape life. They reveal both the content of the heart and a vision for where it is headed. When it comes to your own creative life's work, what words are you using?

Words that come from the heart bypass the ego of the brain and the competition of life. They tap into that intuitive, all knowing, inner you which is where the real stuff comes from.

It matters what we practice what we focus on and what our energies are given to, day after day, moment after moment---these are the things at which we become proficient. Speaking good words about our art and our creative desires help to set the stage for actions that grow us in the direction of our dreams.

Make it a practice and a matter of the heart to give power to your dream with the words you choose.

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7. Remember, With Love, Who You Really Are

Yes, because sometimes we really do forget.

Other voices, stuff we read and fears we have can obscure the tender soul inside. The one who knows the truth, feels things deeply and is certain of the importance of this one amazing life ---a certainty that no one else can fill our shoes, touch lives and show love exactly the way we can---all by doing what we love and loving what we do.

So how *do* we remember?

There are many ways.

One really effective tool is the journal.

A journal is a fine holding place to collect words and entire passages from writings that resonate with you. It's a safe keeping place for your own thoughts on things that are of deep importance to you. Handwritten notes of the things you are grateful for serves to keep your focus on all the good things in your life.

All together, it's a collection of hope that not only inspires you when it's most needed but it reveals *you* and what is most important to you in the truest of ways --- ***because it is written by you for you!***

Remembering who you are gives the needed resolve, courage and faith to live the life your were born to live.

