

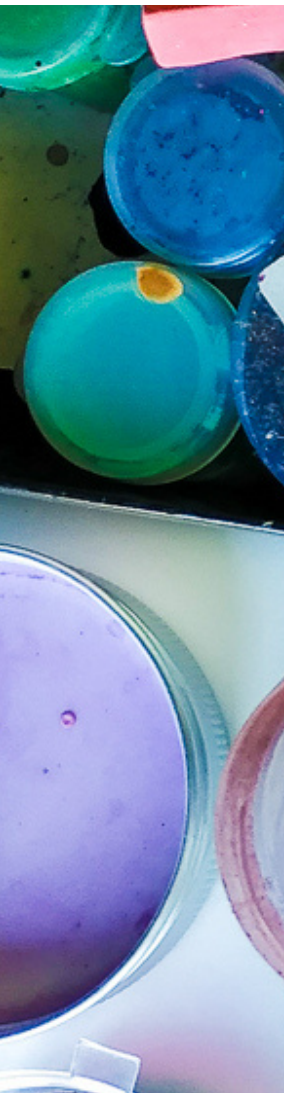
Unearthing Creativity

Gateways to creative activity - Worksheet

Busy 'doing nothing'

“You have to allow time in which you are doing nothing in order to have things occur to you.” — Mortimer Adler

- Purpose** A strategy to prevent overwhelm and gain clarity. If there are too many choices, it's easy to become a 'rabbit in the headlights' and not create anything!
- Materials** A quiet space, with no distractions or potential for interruption
A notebook and pen (optional), a timer
20 minutes
- Process** Sit comfortably in your quiet space – ensure that you can maintain this position. Grab some cushions or a wall to support your back – or a comfortable chair. Close your eyes. Breathe in slowly for a count of 4. Exhale, at a more slower pace for 6. (Try exhaling through your nose if possible.) Repeat this breathing cycle 3 times.
- Now that you have settled and feel calmer, think about materials that you would like to use. Keep it simple. Choose no more than 3. Why do you like them?
- Think of a scene that brings you happiness. Is there an image that follows this thought? Would you be able to recreate one thing from this thought?
- Think of 3 colours.
- Focus on your breathing again. This time for a shorter, more energising cycle. Breathe in more deeply this time - in for 4 and exhale for 4. Repeat 3 times. Open your eyes.
- Set the timer for 20 minutes. If you feel ready, jot down any ideas that came to you. Put those ideas into action! If you require more time, set the timer for another 10, slowly building to 30 minutes.





Things to consider...

- Use this technique to gain focus and clarity if you have to switch between tasks - for instance, if you have been doing a lot of screen-based work or admin and need to carve a little bit of creative-time out for yourself.
- You could use this meditation and new energy to find clarity in your home / studio / creative space / kitchen table. Clear away old materials and clutter.
- We'd love to see your visualisations! Please share them if you would like to... by tagging us on Instagram: #UnearthingCreativity #Unearthing #doingnothing #creativelivescl
- Join our private Facebook group 'Unearthing Creativity'
<https://www.facebook.com/groups/3995839470641387>

Unearthing Creativity is a collaborative project which is being delivered by artists Marion Cheung, Naz Syed, Creative Lives and Age Cymru.

For further information, please see
www.creative-lives.org/unearthing-creativity

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www.creative-lives.org

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