

9 ESSENTIAL INGREDIENTS TO COURT YOUR CREATIVITY

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IN THIS PDF, YOU'LL LEARN NINE
CRUCIAL SKILLS YOU CAN
IMPLEMENT TO INCREASE YOUR
CREATIVITY BY STEPPING BACK
INTO YOUR RIGHT BRAIN!

I HAVE CLUSTERED THE 9
SKILLS INTO 3 CATEGORIES:
*SELF, SELF IN RELATION, AND
ENVIRONMENT.*

EACH SKILL IS BASED ON
VALIDATED BRAIN RESEARCH.

FOR EACH ONE I'LL SHARE:

SKILL DESCRIPTION

*SCIENCE TO PROVIDE BRIEF
INFORMATION ABOUT THE WHY
BEHIND IT*

*A QUOTE TO HELP YOU
REMEMBER IT*

ARE YOU READY? LET'S GET
STARTED!

SELF

*Embody Your Body
Transcend Language
Practice Unself-consciousness*

SELF IN RELATION

*Invite Stillness
Broaden Focus
Welcome Opposites*

ENVIRONMENT

*Abandon Certainty
Embrace Music
Back to Nature*



EMBODY YOUR BODY



SKILL

Your body is the basis for your engagement with the world, and it grounds your experiences. Emotions are inseparable from the physiological changes that occur in the body when they are felt (i.e., a “broken heart” or a “gut feeling”). And, our bodies are the empathic vehicle by which we connect with others. Simply put, our bodies are how we know we are alive!

SCIENCE

The right hemisphere of our brain is directly connected to our body, or “embodied self”. This is very different from our left brain’s way of knowing our bodies, which is more like a picture (usually of what we think a body part “ought” to look like), or simply a sum of a conglomeration of body parts (think of the art from Picasso’s cubist period).

QUOTE

Black mother goddess, salt dragon of chaos, Seboulisa, Mawu. Attend me, hold me in your muscular flowering arms, protect me from throwing any part of myself away.

Audre Lorde

> TRANSCEND LANGUAGE <

SKILL

There is deep wisdom available to us by means other than language. When we're too quick to apply words, it's difficult to keep the object, in its newness, alive. It is reduced and deconstructed – to “make the uncommon common”, as Nietzsche put it. However, we are not used to communing in these ways. And, just to be clear, I'm not advocating an abandonment of language and reason. Rather, it is “through and beyond” language. We need to practice accessing our innate creative knowledge! This is why art, music and movement – all forms of creative expression – are incredibly important. They are not just an extravagant luxury, they are imperative to us as humans.

SCIENCE

The right prefrontal cortex is deeply connected to the limbic areas of the brain, which are visual, sensory and emotional in nature. Creative expression targets the right hemisphere and allows for circumvention of the left hemisphere-dominated language areas of the brain. (Poetry, with its use of metaphor and non-literal language, is the exception to this rule).

QUOTE

Art doesn't merely reflect the world in a novel way, but actually brings into being a truth about the world that was not there before.

Merleau-Ponty



PRACTICE UNSELF-CONSCIOUSNESS



SKILL

Unselfconsciousness is the opposite of self-absorption, self-doubt, self-judgment and self-protection. When you are unselfconscious you are operating outside your small ego-self, and can engage more fully in life. You are open to discovery, and you're present to enjoy the now. Energy isn't bent on dominating your environment; rather, it's focused on finding a way to function harmoniously within it. Your purpose merges with the universal flow.

SCIENCE

Current research is focusing on how mindfulness meditation can transform our sense of “self”. It's been found that the precuneus, a part of the superior parietal lobule, is related to this sense of self and the brain's default mode network (DMN), or when the brain is in a wakeful, resting state. Jon Kabat-Zinn proposes the question “Is it possible to begin to alter our DMN?” This is a captivating question and one that is not yet fully understood.

QUOTE

*You are the sky.
Everything else – it's just the weather.*

Pema Chödrön



INVITE STILLNESS



SKILL

Inspiration cannot be consciously reproduced. Effort, or to aspire to, grasp, struggle, or crave something are all attributes of the left hemisphere. They must give way to stillness to receive what is unsought.

SCIENCE

The implicit realm of the right hemisphere is semi-transparent, and we have to let it “sneak up on us.” What this means is that we can’t know the right hemisphere in the same way that the left hemisphere presents itself. The right hemisphere is opaque, implicit, hidden and obscure. That is its nature. We have to be patient and learn to listen.

QUOTE

*Everything takes time.
Bees have to move very fast to stay still.*

David Foster Wallace



BROADEN FOCUS



SKILL

Insights (“Aha” moments) occur when we relax our focus and become receptive to see the whole – the “larger vista”, akin to a zoom lens zooming out to take in the whole picture.

SCIENCE

Insights associated with activation of the right hemisphere (the right anterior superior temporal gyrus) happen when we are not highly focused on them (a left hemisphere attribute). They are also the perception of the incongruity of one’s previously held assumptions, which is due to the ability of the right hemisphere to detect anomalies.

QUOTE

*We are all in the gutter,
but some of us are looking at the stars.*

Oscar Wilde

> WELCOME OPPOSITES <

SKILL

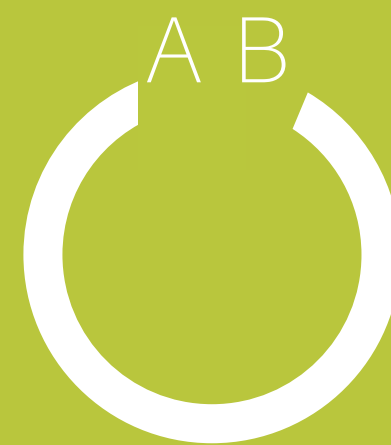
Difference, the expression of the necessary tension of opposites, can be extremely creative (for example, harmony and counterpoint in music). The uniting of opposites can create a result that is greater than the original parts.

SCIENCE

The right hemisphere has the ability to hold dichotomy. It does not categorize things as opposites, but rather sees them as connected and in relation to one another.

A ————— B

left



right

QUOTE

But there is no energy unless there is a tension of opposites; hence it is necessary to discover the opposite to the attitude of the conscious mind.

C.G. Jung

> ABANDON CERTAINTY <

SKILL

To be an amateur used to mean to love an activity (amare in Latin means to love). Now, it is seen as a derogatory term. However, creativity and change requires a willingness to be seen as naïve.

To abandon certainty is the ability to lighten up and laugh at yourself.

SCIENCE

All humans are creative. We had to be in order to survive. It is hardwired into our brains. Certainty, a left hemisphere attribute, is the greatest of all illusions (hubris). It is NOT the possession of the truth, but rather the pursuit.

QUOTE

*Vulnerability is the birthplace of innovation, **creativity** and change.*

Brené Brown



EMBRACE MUSIC



SKILL

Music is grounded in the body and communicates a vast range of emotions, many of which are so subtle they cannot even be named. Music also speaks to that which is “in between”. For instance, it is not the notes in isolation that create melody, harmony and rhythm, but rather the tension, gaps and silence between notes. Music is notes in context.

SCIENCE

Music is one of the fastest and most direct ways back into our right brains. Did you know that music was likely the ancestor of verbal language as we know it today? It expressed emotional intent and created cohesion among groups.

QUOTE

Music expresses that which cannot be said and on which it is impossible to be silent.

Victor Hugo



BACK TO NATURE



SKILL

Since the Industrial Revolution, we have been further and further removed from nature. Nature used to provide a correcting force to dominate societal ways of being that had veered too far from the humane. However, we no longer have access to nature in the same way we used to. As a result, we are confined to experiencing a world that is akin to looking in a funhouse mirror. It's distorted and dangerously inaccurate. Find time to return to unaltered nature, in whatever frequency and capacity is possible for you.

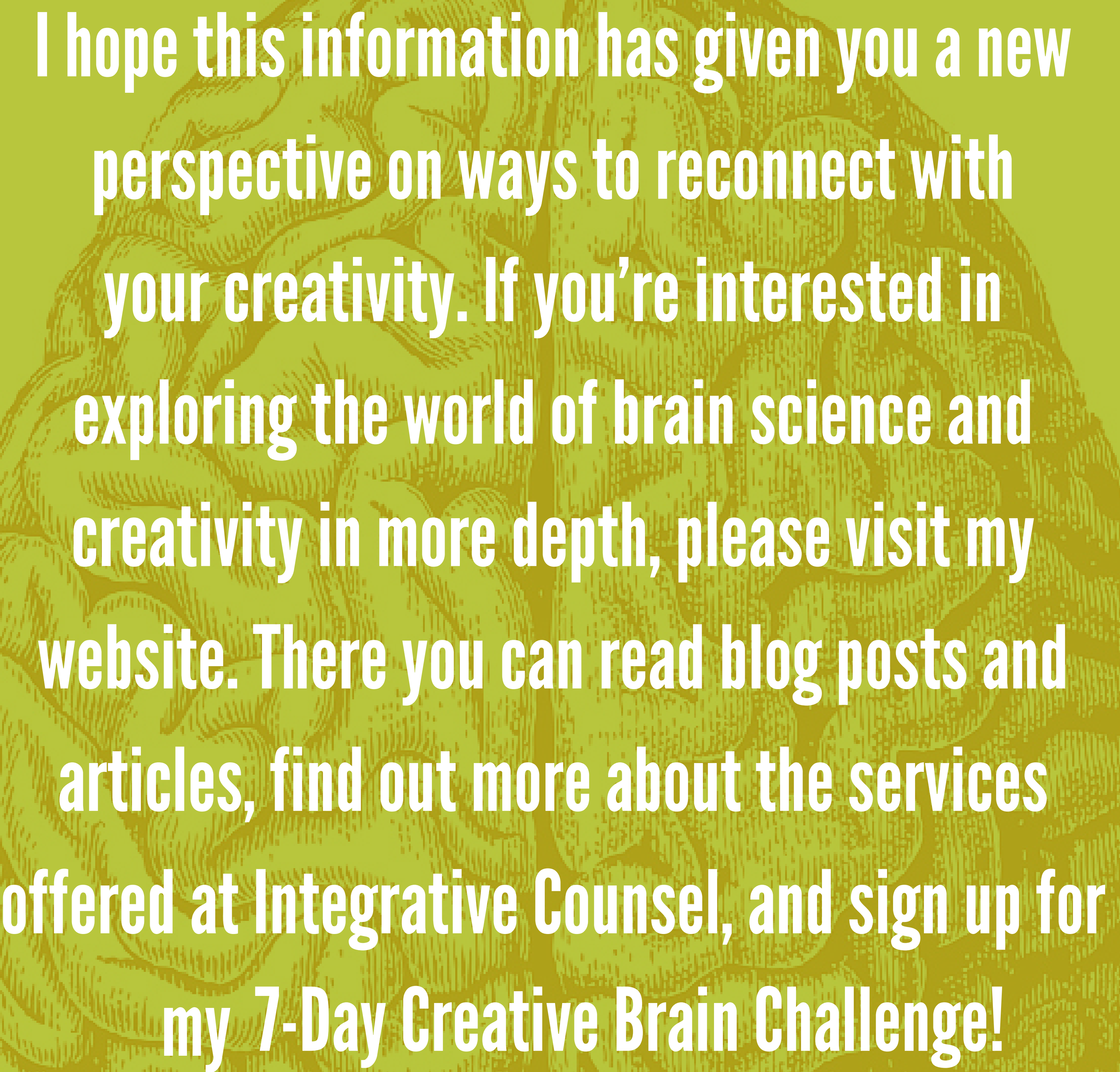
SCIENCE

The right brain attends to and comprehends that which is living. The left hemisphere, on the other hand, has a special affinity for that which has utility and that which it has made, such as tools, machines and words. The right brain, though, has empathy for that which exists beyond us (nature). It sees the whole.

QUOTE

If we surrendered to earth's intelligence we could rise up rooted, like trees.

Rainer Maria Rilke



I hope this information has given you a new perspective on ways to reconnect with your creativity. If you're interested in exploring the world of brain science and creativity in more depth, please visit my website. There you can read blog posts and articles, find out more about the services offered at Integrative Counsel, and sign up for my 7-Day Creative Brain Challenge!

*You can find a lengthy bibliography of research on this topic in *The Master and His Emissary: The Divided Brain and the Making of the Western World*, a 2009 book written by Iain McGilchrist.*



ABOUT DAYNA WOOD



Dayna applies brain science-based methods to help busy professionals and corporations improve creativity and innovation, and achieve their full potential. As a professional psychotherapist and consultant, Dayna has worked with major non-profit organizations, as well as individuals in private practice. She helps all her clients reconnect with their innate creativity to:

- *Gain confidence and clarity*
- *Grow beyond unhelpful, habitual thought and behavior patterns*
 - *Prosper and thrive*

Dayna is known for her approachable, honest, and non-judgmental style. She combines out-of-the-box thinking with solid scientific research, so her clients get the best of both worlds.