

Six Steps For Creating with Spirit

Set a time this week and every week that you can spend 30 minutes for yourself to be with nature. Choose a spot that you find lovely. Sit in your spot and complete the exercise below that teaches you “Six Steps for Creating with Spirit.” I hope you will make this exercise ongoing because it will increase your perception of the earth and be a testimony to your perceptual transformation.

If it's too cold where you live to be outside, purchase some flowers and make a little space for yourself by arranging your flowers in a vase and putting them on a table. Decorate the table in any manner you wish. The main idea here is to create an experience of beauty for yourself.

Over my years of plein-air painting I have noticed that when you put your attention on a scene or an object, such as painting a stream, your awareness grows over time and that place or object reveals its hidden depths. It makes you feel connected to everything you see. To facilitate such experiences, I have devised a system that may help you grow in your awareness and serve as record of your growth.

This system works not only for visual artists but for any person wanting to grow in awareness of spirit. Please answer the questions below in your own way in your Art journal.

Six Steps for Creating with Spirit: R-I-D-E, Write & Create

1. Red Dot Your Feelings: Put the date at the top of a new journal page. State how you feel right now at the start of your creative exercise. Pretend that you are a red dot on a map that says “You are here.” In your mind's eye center yourself on your own red dot. What are you feeling right now? Be present to yourself and to whatever you envision as a Higher Power. Are you happy, sad, tired, anxious, etc.? Express to Jesus, God, or your Higher Power what you are feeling right now. Your goal here is to be real and honest.

2. Inquire: What are you grateful for today? How are you experiencing your Higher Power, or Inner Guidance right now in this place? Do you see beauty? Is there something intriguing in the light? Do you notice anything that is unusual? Is there an unusual shape in a tree, the bushes, or flowers? If you made your own experience indoors with nature, do you notice anything intriguing about the flowers or the arrangement? Answer any of these questions that make sense to you in the journal.

3. Dissolve Away: Is there anything you find uncomfortable in this space or about writing in your journal? What do you perceive, if anything, is blocking your ability to journal with absolute confidence and happiness? Write down any blocks you can perceive. Notice anything you think of about these blocks. Now, just take your pen or pencil and dissolve those thoughts by crossing out the words you have just written. Notice how this makes you feel as you dissolve your blocks.

4. Embrace the Spirit: Now, talk to your Higher Power. Thank this Higher Power for whatever you are grateful for today. Ask this Inner Guidance to be with you as you create and/or just observe the world around you. Ask for help to write and draw, or paste, with confidence and happiness. Ask your Inner Guidance for whatever you want to get from your journaling experience.

5. Write Your Thoughts Down: Look at what you wrote above and compose a short verse, thought, or prayer that expresses points one through four. This written material will become a valuable record of your feelings about your creative endeavor, which you may want to revisit at another time.

6. Now, start Creating: Use whatever method you prefer while noticing how you are guided by the Spirit. Over time you will come to trust and communicate with your Higher Power. Try and draw one small thing you see that interests you. Remember you can always draw stick figures. Any spontaneous doodling works just fine. You can even add some embellishment to the words you have written in this exercise. You can label your small drawings. Use your watercolors, pencils, pentel sketch pen, color markers, or whatever you have chosen to embellish your drawings. You can also paste magazine photos if you prefer that method. Whatever method you use will get better and better over time. This exercise opens up the right side of the brain and expands your awareness.