

## Creativity as a Pathway to Healing

Do you read poetry? Listen to music? Tour art galleries? Maybe you took piano lessons or played in the band as a child? Perhaps you were in 4-H and it was drawings that you exhibited at the county fair.

When was the last time you penned a poem in your own words or dared to sit at the piano without music in front of you and play from your heart? How many years have passed since you picked up your sketch pad (yes, the one buried in the closet), put pencil to page, and let yourself create?

If you're like most people, your inner voice is screaming:

"I can't do that! I'm NOT creative!"

"Sure, I sing karaoke but write my own lyrics? Not me!"

"Draw a picture and let YOU see it? You've got to be kidding!"

"No, not ME!"

Yes YOU ... why not? Imagine the feeling when a song comes on the radio and it's telling your story. You listen intently and perhaps shed some tears. You've been touched deep down in the core of your being. And that is the gift of music, poetry, or any of the arts. The creator dug deep and made a connection to their inner child, their spirit, and brought forth a truth so clear and powerful that it now cuts through all of your defenses in a cleansing, purging wash of your emotional being. And what a freeing gift that is!

So, what is a poem, a lyric, a drawing, a song? How did it come to be? One ordinary person, like you or like me, dared to open the door to his or her heart, discover the wisdom and beauty therein, and courageously share it with the world. Just imagine! If another's truth can touch us so deeply, how much more cleansing, healing, and true freedom would you experience if you allowed your own story to emerge – your inner voice to express?

Afraid? You don't need to show anyone or tell a soul. This personal journey is nobody's business – until you are ready. What do you have to fear?

Don't know where to start? Author, artist, musician, teacher, Julia Cameron, recommends "Morning Pages" throughout her works, beginning with *The Artist's Way: A Spiritual Path to Higher Creativity*. She describes Morning Pages, once referred to as "brain drain" as "three pages stream-of-consciousness writing done before the day begins" which serve to "siphon off negativity". Because Morning Pages are never to be shared with anyone and not even reread by you, they are 100% safe and non-threatening. The gifts of the pages are many: clearing mind chatter, organizing thoughts about the many "to-do's" of the day, identifying fears and worries buried deep or joys and loves long forgotten.

For those who claim "I can't do that! I'm NOT creative!" Morning Pages are the beginning of the journey toward self-expression. Non-threatening, they allow us to dip

our toes into the waters of personal creativity. Practiced daily, as recommended, they become a habit and prove that there really is time for a bit of “healthy selfishness” in our busy lives.

Soon, without realizing it, Morning Pages will lead to journaling, to meandering on topics important to our inner being. Journaling will accidentally become poetry or perhaps a line drawing on that next blank page as our inner artist forgets that she is locked behind closed doors. Be careful as that inner child might also show up and start to whistle or hum while you’re trying to complete the daily chores!

And healing is happening! Each time the voice within is given expression through the written or spoken word, drawing, or the pure release of emotion, another layer of the proverbial onion is peeled away. A load is lifted. Life seems easier and more joy-filled.

What’s more is that each creative experience adds to a belief in your own creativity! You have, within you, wisdom and talent that is worthy of being noticed. You are an artist!

What are you waiting for? Today is the only day, now is the only time. Dare to invest in you! Dare to let your inner voice express itself! Dare to begin to peel the layers that are blocking you from full freedom of personal expression. Dare to be free and to experience the healing that comes from honoring the spirit of you!

Jeanne Loehnis, spiritual singer and songwriter, with a B.A. in Music from Lawrence University, is a professional computer programmer/analyst and manager at Lawrence. Contact Jeanne at [SongsForYourSpirit@new.rr.com](mailto:SongsForYourSpirit@new.rr.com). Discover Jeanne’s creative expression at [www.SongsForYourSpirit.com](http://www.SongsForYourSpirit.com). Check out Unity Church of Christianity at <http://www.focol.org/unity/> for one source of her spiritual nourishment and outlet for creative expression.