

THE BASIC PRINCIPLES OF CREATIVITY

from The Artist's Way: A Spiritual Path to Higher Creativity, by Julia Cameron

1. Creativity is the natural order of life. Life is energy: pure creative energy.
2. There is an underlying, in-dwelling creative force infusing all life, including ourselves.
3. When we open ourselves to our creativity, we open ourselves to God's creativity within us and our lives.
4. We are, ourselves, creations. And we, in turn, are meant to continue creativity by being creative ourselves.
5. Creativity is God's gift to us. Using our creativity is our gift back to God.
6. The refusal to be creative is self-will, and is counter to our true nature.
7. When we open ourselves to exploring our creativity, we open ourselves to G.O.D (good orderly direction).
8. As we open our creative channels, many gentle but powerful changes are to be expected.
9. It is safe to open ourselves to greater and greater creativity.
10. Our creative dreams and yearnings come from a divine source. As we move toward our creativity, we move towards our divinity.