



Making Mud Pies

*“To be human is to be creative.
You don’t have to go outside yourself to find
creativity – You already have it. It lives in your heart
and mind in every moment of every day.”
– Sandra Magsamen*

A downpour on a hot summer afternoon was always a call to action for my two children. As soon as the clouds parted and the sun came back out, they would spill out the door to the inevitable – squishing bare toes in the ooze of soft dirt and making mud pies from a secret family recipe. A bit of this, some special gravel from the bank behind the house, a few leaves, an herbal powder of mashed greens plucked out of the garden with clenched hands and . . . Voila!

What made those times, and many times like them, so magical was the wild abandon with which my children created their masterpieces. No worries

about doing it right or wrong, no concerns about messing up clothes, no hesitation to switch from one creation to the next when something cool caught their eye. The quality of curiosity, of wonder and of beauty in all their creative endeavors wafted in the air like an old timey rose heavy with blooms.

It is interesting to note how easily creative freedom can slip past you as you grow older. You worry: *Gosh, how will I look? What will they think? What if I fail?* creeps into our language and beliefs. The view of what is possible narrows, your resourcefulness to see past the obvious is dulled and the creative spirit that pranced about unabashed gets tucked away in the shadows of a cob-webbed corner.

Rekindling that spark requires a call to action. In what ways can you entice your creativity, and with it greater joy, back out and into the light? How can you step past limiting beliefs and renew a childlike experience of creativity in your life? With intention – that’s how!

Living an extraordinary life requires you infuse it with a creative spark. The more intention you bring to nurturing creativity in your life, the more resourceful and playful you become. It is

more about *remembering and becoming in* than about becoming. Think of it this way: you are an original and you were from Day One. There is no one else like you on this entire planet. By showing up fully-expressed, you are giving rise to a voice unlike any other. How, then, can we fan the flames of our uniqueness in a way that rekindles our spark and fuels a creative bonfire?

One approach would be to dig deep to reveal the baggage and beliefs that may be stifling your self-expression and to send them packing. Without jumping too quickly to solution, how might you approach this differently—dare I say, with more creativity and more flair? An outside-the-box approach might be to forget about analyzing what gets in your way on this one and simply step past it. With this shift you expand your resourcefulness and capacity to create new solutions.

Next, try having a conversation with yourself. Ask yourself:

- What activities make me feel joyful?
- What are great creative outlets for me?

- How might I feel if I were living a more creative life?

Then open the flood gates. As for me, I would play more music, dance more freely, learn to splash brilliant colors on a canvas, live and read and write more poetry, stitch a colorful line across colorful fabric, see more possibilities in every direction, inspire innovations, transform the ordinary in my life into the extraordinary, celebrate the artist in me, celebrate the artist in others, create amazing things and live amazing experiences. What would you do?

Ingenuity, imagination and creativity allow a glob of sticky mud to become a delicious and juicy pie, and allow new insights and revelations to pop into the light. Coax your creativity out of the corner and celebrate its return home! At every turn think: *What would creativity have to say about this?* Sometimes the old approach is the best. Sometimes by simply asking a new question, you can blow the lid off what's possible. It can give you a charge, a thrill, a fresh perspective, a dose of fun.

A little secret from me: my kids weren't the only ones who loved making mud pies!

You choose . . .

A handful of words can make a poem

*A doodle on the edge of a scrap of paper
can make a drawing*

A twirl in the sunlight can make a dance

A hum while you fold clothes can be music

. . . You choose

Field Notes

Creativity in my life looks like . . .



Field Notes

One thing I will do today
to live a more creative life is . . .

