

Multiply Interrupted: Living a Creative Life Anyway

Maybe you have stories, images, melodies piling up just waiting for your attention, waiting to be made ...or maybe your creative dreams come and tap at the window like rain at 3am and vanish by morning.... Ideas and plans and project concepts pile up like laundry, and there's just no time, no time to DO anything.

Or maybe your creative dream, your creative self, got lost in the thick of living. And suddenly, there is some pull, some quiet whisper, saying "*come back*". And you're thinking: When? How?

Oh, sweet soul, you are so not alone.

Many of us are out here right now, eking out time to move our dreams ahead in tiny increments and stolen moments.

Or...just trying to remember what it is like to feel connected to our creative selves.

This post is about how to allow this, how to live this creative life, ***anyway***.

Permission

To begin, you need to give yourself permission. Wait! I know, I know... this feels impossible when so many other things are calling our attention.

Being creative is not frivolous. It is key. It is core. It is essential. It is a different kind of soul food. Yes this is important to you, but not just to you. You need to nurture yourself, so your self is strong enough for all that you do.

Yes you can: Being ready

Next, try to let go of the preemptive conclusion that you just can't do it; you just can't be creative. Not now. Not with everything else going on.

Yes, there are moments when actively pursuing creative endeavors may be impossible. Yes, there are months, even. But then there will be one day when you have an hour, an opening, a moment... and wouldn't it be great to be ready?

Adaptation

And you need to let go of all or nothing thinking: It is a novel or nothing... the big canvas or nothing... the full-length movie or nothing... the album... the year-long course...

It may be your reality that the big canvas needs to wait for now, *but not because*

it is not the right dream. It may need to wait because the logistics of right now call for smaller projects, ones that can be put down, and picked up, again and again...multiply interrupted.

So, how can you adapt your dream to your reality?

Put that marvelous creativity to work on finding solutions, breaking the dream down to the essence, into smaller pieces, into things that are possible.

If you can't figure it out for yourself, imagine what you would suggest to a dear friend... I bet you wouldn't say, "Give up your dream". You wouldn't say, "Just don't paint then". You'd say-- "Yes, this is hard, but not impossible. How can you make this work"?

Maybe you can give yourself permission to paint small for now (or write plot lines on post it notes, or collect materials, or do research, or take an at-your-own-pace course). A beloved of mine buys cheap paintbrushes and leaves them wet, yes, that's right, LEAVES THEM WET, so she can just paint whenever she has time. That way, she does not worry about ruining her good brushes, and she does not worry about cleanup. She leaves her fabulous, life-affirming, cheap brushes in a jar, ready and waiting.

I invite you to imagine giving yourself permission to live this creative life anyway, in spite of and in the midst of your complex and exhausted reality.

I invite you to adapt your dreams and ideas and plans in ways that allow you to move, to create, to take advantage of moments as they arise.

Even if it feels as if you may never have a chance to put your particular type of brush to your particular type of canvas in the big ways you dream of...

give yourself permission, precious wonderful affirming permission, to buy the cheap brushes, open the file, dance in the kitchen, and allow yourself to take the small steps that will help keep you connected to your creative self.

I invite you, even if only in tiny stolen moments, to nourish your dreams, your roots, your self, by allowing the possibility that you **can** do this. You can live a creative life.

In the spirit of this season of transition and growth, I offer this short (5 minute), guided meditation to help us all reconnect and identify something we can do in the direction of our dreams. (But if you'd rather go paint-- go to it! You have my permission).

Your heart is listening.



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