

## **Preparation for G57 – Planting Creativity**

Creativity encompasses more than the artist, the poet, or the musician. *Creative* is defined as “having the power to bring into being.” What is it that you wish to bring into being? A recipe? A party? A relationship? A new job? A piece of art? A song? A change in your life? In this session, let your imagination run wild as you plant the seeds of creativity.

In Mexico, the Otomi Indians plant paper seed dolls as part of a growing festival. The dolls hold paper cutouts of corn, chili, and whatever else the Otomi want to grow and flourish.

For your own personal planting festival, sit down with notepaper and write down ideas you want to pursue, but don't have the time for right now. Use a separate sheet of paper for each idea. The ideas can be expressed in words, in pictures, in clippings from newspapers or magazines ... whatever is easiest for you. Tuck the notes into your materials -- your books, a kitchen drawer, your toolbox, your desk drawer, your sheet music, your art supplies or craft materials, or anywhere else you might run across them occasionally.

Continue this process. When an idea crosses your mind, make a note and plant it.

Whenever you run across one of the notes, take a moment to develop the idea further -- or use it!

This preparation is inspired by a Shereen LaPlantz print.