

# Tamara Herl

inner wisdom coaching and retreats

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## **The Gift of Creativity**

by Tamara Herl

Do you consider yourself creative? Many people answer "no" when asked that question. However, I believe all people are born with the ability to be creative, and that, with guidance, they can recover or discover this special gift. Why would one want to access this gift? For one thing, creative problem solving is a valuable skill no matter what profession one has chosen in life. Plus, many people are waking up to the fact that each of us has something unique that only we can offer to the world. Tapping into creativity is a way to explore what that "something" is, and how it you can use it to enhance your own life and benefit society.

We have been conditioned in western society to seek outside ourselves for guidance, wisdom, and answers. Yet, I have found that people can use creativity as a tool to get in touch with the wisdom that lies within each one of us. How does this process work? First, decide what it is that you want to know: What is a question that you have or an area in which you need guidance? Write this down. The next step it to close your eyes and, with your non-dominant hand, scribble for about 10 seconds. Now, open your eyes and look for an image within the scribble, just as you can find an image by looking at clouds. You can ignore some lines and add others as needed. Finally, write down all of the things that you associate with the image you see within your scribble.

Ask yourself, "Of all the things I could have seen within the scribble, why did I see this?" Continue to work with this image and ponder its meaning. Usually, the gift within the image becomes evident. If not, contact me so we can arrange a time to uncover your treasure!

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