

The Seasons of Creativity

By Gioya McRae

I think creativity has seasons. The winter is when ideas hibernate. Cocooned in a warm home, they morph from ripened apples into a holiday cobbler of creative pursuits. We allow our minds to relax and slip into the aromas of holiday kitchens. Periodically, we scribble a crumb of an idea on a convenient paper towel or brown bag.



The spring allows the imagination to take a stroll around the neighborhood, absorbing the fresh air and sweet smell of crocus, enhancing its nuances. We shake off the chill of winter and clean our closets. We pull out forgotten sheer floral curtains, along with repressed creative ideas that just need a little sprucing up. We shake them out in the warming air and breathe new life into old projects. We make pungent lemonades to awaken our creative palates.

In the summer sun, concepts mature into full-grown creations that are off and running through our souls, bursting from us in uncontrollable spurts like dandelions. Our creative processes fully bloom. We invite our neighbors to come to our well-crafted barbeque and indulge in the elements of our tastiest new ideas.

Autumn settles our psyches as we harvest old ideas and germinate new ones to start the cycle again. These new beginnings are like comfort food to our souls. We put away our summer thoughts and revel in the memory of how we shared our talents with friends and family. What originality can we bring next time? What new seasonings will we mix into our next events? What chutney of inspirations will we offer in the future?

Whatever the seasons bring, believe that we will always have something special to offer...the gift of our creative soul.

Recipe for Creativity

1 Cup of Your Essence
2 Tablespoons of Faith
1 Teaspoon of Courage

Mix ingredients in an alabaster bowl. Infuse batter with a love of your craft. Allow your family to lick the spoon and comment on your talents. Cover the bowl and allow mixture to rise. Resist urges to tamper with perfection. Pour your batter into a bake pan along with your heart and soul. Allow to bake until a heavenly aroma fills your home. Share your creation with as many people as you can reach. Enjoy!

~ ©2013 **Gioya McRae**, CCA Certified Creativity Coach, founded Mocha Mind Communications: Coaching for Write-Brained People. She coaches people in writing and self-publishing.

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