

Your Creative Medium

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"You are the artist, and your medium is your life." The very life you lead is more flexible than potter's clay or liquid glass. The life you lead is more enduring than granite or bronze. And it's certainly more colorful than a palette of paint could ever be. So if you tell yourself, "I'm just not creative," you are so busted. You are *leading* life! You are the culmination of the evolution of the species and you can interact with life itself. Life awaits your lead.

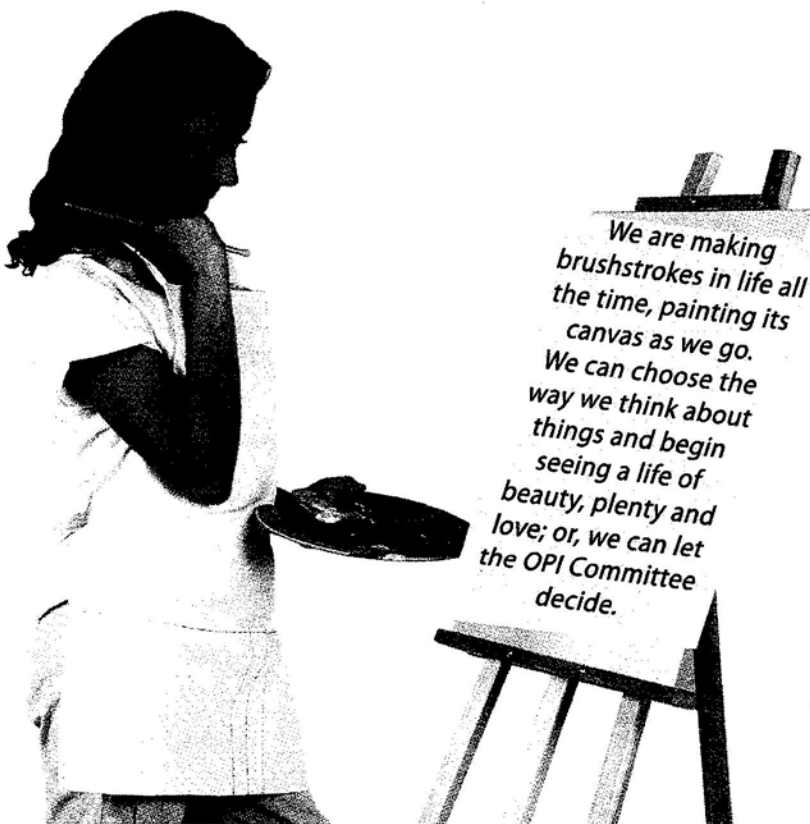
The Joyous Freedom Journal (Weldes & Sorensen, 2009) suggests that "You are the artist, and your medium is your life... which includes your thoughts, feelings, attitudes, beliefs, loves, and expectations... as well as the results, people, places, events, and circumstances." * We use these things just as the artist chooses the brush with which to lay down the next color.

We are making brushstrokes in life all the time, painting its canvas as we go. When we are conscious enough to participate in the process, life pleases us more and more. We can choose the way we think about things, and begin seeing a life of beauty, plenty, and love. Or, instead, we can let the OPI Committee decide. (OPI - Other People's Ideas about what my life should look like.) These are the thoughts, opinions and biases that have been passed down through the ages via culture and family. They are the beliefs that you've never questioned, the attitudes you hold about yourself and others, which form a default process that takes over when we don't take the lead with life.

For example: A young man sat down to a roast beef dinner cooked by his new bride. He noticed that she had cut off the end of the roast before cooking it, and thinking that was odd, he asked her why she had done that. *"That's part of the family recipe. It's been handed down for 3 generations."*

A couple of months later the couple goes to her mother's house for roast beef and when the young husband noticed that the end of her roast had been cut off as well, he asked his mother-in-law why she had done that. *"That's the way my mother taught me,"* she said. The young man finally contacted the grandmother and asked her why all of the women in the family cut off the ends of the roast before they cook it. *"Well, you see, I only had one roasting pan, and so I cut off the end of the roast to make it fit."*

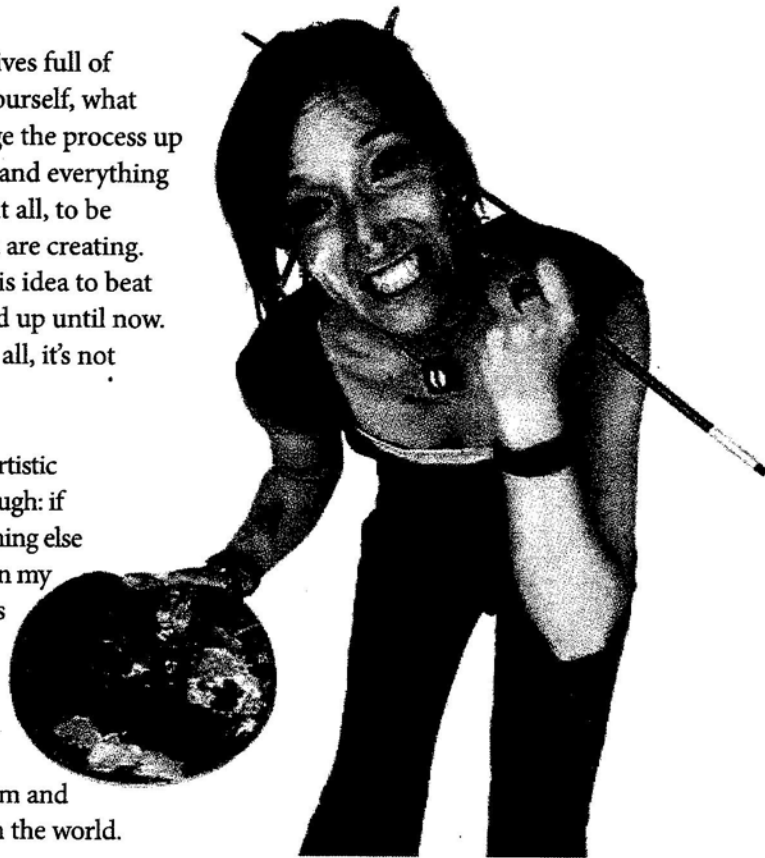
Our default to human race consciousness is not necessarily bad, it is just not capable of delivering the best that unlimited possibility has to offer. Our default thinking comes from the overall trends of human experience. So when you don't consciously take part by choosing what you think and how you react, life can sometimes feel like a bad decorator's loose.



We use thoughts, feelings and attitudes to paint our lives full of results, people, places, events, and circumstances. Ask yourself, what results am I getting in life right now? Do I need to change the process up front by changing my attitude? You are leading your life and everything in it is under your care. The human challenge is to own it all, to be willing to put your signature on the unique painting you are creating. The next challenge is that we must refrain from using this idea to beat ourselves up, or criticize others about what's been created up until now. Are you willing to suspend judgment on your life? After all, it's not finished yet.

Imagine yourself playing with your life as if it were your artistic medium. What would change? Here's a word to the wise, though: if you find that your happiness depends on someone or something else changing, you haven't got it yet. Say to yourself, "Something in my attitudes, opinions, beliefs and biases must change so that this can show up differently!"

If I'm painting with attitude, I've just shut off the flow of my creative nature. As the cutting edge of human evolution, we are learning to paint with the color of wisdom and celebrate life's positive reaction to this new way of being in the world.



*Weldes & Sorensen, (2009). *Joyous Freedom Journal for a Fuller Life*. Golden, CO: Spiritual Living Press.

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