



Introduction to the Creative Healing Process (CHP) Experience

Background

Back in 2001 I started receiving catalogs from the University of California, San Diego that highlighted an Art and Creative Process program that I became very enthralled with. I kept telling myself, "When you retire, you have to take this program!" Every time the catalog arrived in the mail, I'd flip to the program and drool over all the courses within the program, always with an eye toward retirement.

The problem was, retirement was still many years away! It would be a few years before realizing I didn't have to yearn for a future experience.

While on the rough waves of menopause, I needed a life-boat and one day I had an inner message so strong it couldn't be missed, "Don't wait, start the Art Program now, who cares how long it takes at least you'll be in it!"

So I did. Since 2008 I've been enjoying the wonderful benefits of creativity which I found to be the lifeboat during menopause. A healing process I had no idea was tucked inside engaging in creativity. As a healer by profession, that mattered very much to me.

As a practitioner of Chinese Medicine and healer since 1991, it was like a match made in heaven to marry healing and creativity.

I went on to take other classes, programs, and certifications that helped me bring healing and creativity together in a potent way. I'm a certified Intentional Creativity® teacher/educator which helped me weave a lot of the pieces together. Deep gratitude to Shiloh and the lineage for her devotion to Intentional Creativity.

So, here we are, ready to embark on a journey together that invites you to the sacred altar of creativity for the intention of healing.

Why Creativity for Healing?

It turns out there is more research every day that confirms the capacity for engaging in creativity to heal. In combing through the research, engaging personally, and guiding others like yourself, I've come to understand why.

You've probably heard that we are run by our subconscious mind where all our past experiences, wounds, traumas, and beliefs cobble together powerful drives that tend to be stronger than our conscious mind. It's not even a fair fight, so weak is the conscious mind in overcoming the potency of the subconscious.

You'll learn more in each specific creative process you take, but the core foundation is the following:

- The Creative Life Force (Source of all Life, Spirit, Qi, Higher Self, I AM Presence etc.) that's beating your heart right now is the same Life Force that wishes to color, collage, paint, dance, arrange flowers etc. This Life Force is a healing energy, thus the more we invite her into our body, mind, and emotions, the richer our Spirit.
- Our invitation to consciously embody this Life Force with intention, elevates the healing potential. I've found that it activates a dormant cellular intelligence.
- A creative experience involving color, image, symbol, letters, nature, and messages ***can more easily access the subconscious mind.***
- Creating is a portal through which inquiry and insights about your intention are more easily accessed.
- If you're breathing, you have a Creative Life Force, no exception. We don't create for the end result (although, sometimes that's a pleasing outcome), we create for the process of moving energy, opening, cultivating a relationship with your Source/Spirit/Divinity, healing, releasing old energy, and increasing self-acceptance.
- Because the conscious mind is about protection and the subconscious is the seat of our habits (talking about the old, programmed, no-longer-serving habits), creativity is like a magician that gets past the gates of the conscious

mind and transforms our unconscious drives into willing servants of our higher intentions.

- The images, symbols, colors, lines, words, and intentions we use in a creative healing process can release old energy and create a new, more serving, energy. Each time you 'see' your piece it activates the new energy in your system. Being able to "hold the energy" of a new intention is a crucial for its arrival into the physical (i.e. your body, life etc.)
- Creativity helps you build the muscle for: taming self judgement, holding the tension of opposites, trusting the next step will show itself in right timing, self-acceptance, asking and receiving, alchemy, and touching into joy and beauty.

How to Play

Each process includes the following and is specific to the particular theme you're working with:

- Video(s) that explain the process, demonstrates, and guide you through
- A downloadable line drawing and supporting symbols to work from
- Journal prompts
- Audio Guided Imagery

Each process contains everything you need to begin transforming your energy from where it currently is (on the subject) toward the direction you'd like to move. One step at a time as there are discoveries along the way that can't be seen from the place you stand right now. It's movement that reveals the next step.

Important considerations:

- Breathe a lot to ensure you stay loose rather than tight.
- It's impossible to do this wrong, you're exploring your energy for the purpose of healing, releasing, transforming, and alchemizing.
- You're becoming familiar with how your body responds to the unknown (i.e. next step, line, strokes, choosing colors etc.)
- If you notice you're being overly critical, call in your Higher Self so She can transform the energy of self-criticism/judgement.

- Step away and grab a cup of tea, come back with a clear head and a calm heart. Start again from here.
- Play with the process, let go of being overly serious. Being playful is one way to lower the defensiveness of the mind.
- You can do the process as many times as you want. In the spirit of repetition, you'll tap your Source.
- It's many dates that builds a strong bond and relationship just like in life.
- Notice common themes and jot them down in your journal so you can make elevated choices.
- If you feel you need additional mental, emotional, or physical support, please get that for yourself.
- Ask your Higher Self that your healing process unfold with grace and ease (yes, we're allowed, and should, do that 😊).

For example, during a creative process I have a tendency to be impatient, get upset when I don't know where the piece is going, be uncomfortable through the 'uglier' phases of the piece (Van Gogh said that every painting has an ugly teenager phase), and I often want to walk away when the energy is reaching a tipping point of transformation.

I've learned this about myself through engaging in creative healing process because art imitates life! Knowing this is gold because I can support myself when it gets wobbly so I can stick it out, and move through with more grace than resistance.

Sticking it out ALWAYS gets me the gold. This is how I've learned that the outcome is way less important than the process. It's the process that causes the energy to transform. A piece I'm happy with in the end is simply a bonus. The interesting thing is, when I follow the considerations above, the piece usually turns out in a way that makes me happy.

When I'm cranky, critical, resisting, and rebellious, it rarely ends well. Again, art imitating life.

Let these mini-journey's teach you about yourself. Creating with intention opens the door for several things:

- Names your journey, like catalogs keep library books organized, this is you, and your “Living Library”
- A visual record of what you notice, insights, integrations, working out challenges, and creating anew in your life
- Transforms and heals old energy so it can be restored and organized for your higher use
- Changing energy by intention
- Healing something specific
- Has the power to shapeshift elements of your life for the better
- Pulls you through the birth canal of change. with purpose and meaning
- Your substrate is a portal, sacred altar, and a place to bring your humanity and divinity closer
- Go at your own pace, there is NO right or wrong for a CHP
- Bring your questions, quandaries, and places you feel stuck to a call, or FB page (below). The whole point is to untangle your energy, iron things out, speak the unspeakable, be witnessed, and receive different perspectives you may not have considered. This is a REALLY important part of the journey, or at least energy moves faster if you engage with this part.
- While your journey belongs to you alone, nobody does this journey alone.
- FaceBook Private Group: ***Creative Healing Salon:***
<https://www.facebook.com/groups/1906122442956088>
- Or if you’re a Sacred Health Academy member, you can post in either FB group.

The purpose, objective and point of doing a Creative Healing Process (the purpose of all healing) is to change your energy on the given topic. To decompress and liberate old, held-too-tight energy in the body, in favor of open, circulating, intentional, unimpeded energy flow in order to access your optimal health and capacity to create something more serving.

If you enjoy transforming your energy creatively, then keep playing!

Small steps add up to big results over time. Keep cultivating this relationship with your Creative Life Force. It’s a muscle worth building as it serves all your Life.