



deeper
WHERE WE STAND
an invitation to wholeness...

EANTCONFERENCE2011

Music, Movement, and Creativity ~ Imagination and Playfulness as Related to Type

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What inspired creativity and imagination when you were young?

Do you still keep it alive?

What was a time when creativity was hurt, damaged, or constricted?

What regulates or influences the free play and the flow of our imagination, and the energy, passion and commitment to connect to our creativity?

How can we work through issues of shame, inner critic, fear, pride, sloth in order to be able to tap the wellspring of creativity? Creativity is often related to play. Playful situations may be, indeed, a key to open the gates to new experiences of joy and imagination.

Dr. David Daniels has been addressing the topics of the "exploratory instinct" and the "curiosity gene" for many years. We also know that play and seeking are two emotions that we share with all mammals.

As a music educator, working with children and adults, I have had the opportunity to observe the differences in people's creative processes and correlations to various types. When we were children, our creative side was open and flowing. Then the judging mind, the doubt, shame, image issues and more got in the way and the creative process becomes dampened.

We will start the workshop by singing together simple songs and playing rhythm games, as well as some simple movement with music. Next, I will lead a short meditation, taking participants back to their early years. Lastly, we will have a panel of Types 1, 4, and 7, representing the three centers as well as exhibiting contrasting approaches.