

## **Week 7 Let Go of Form / Happy Accidents**

### **Shift in Perspective:**

### **Happy Accidents become a New Creative Form**

#### **“Mistakes” are Limits of the Mind**

Letting go of how the mind may limit or its limiting perspective opens your creativity. When you get outside of the box, outside of the lines, outside of the mind’s database, something new shows itself. Make room for your first layers or what you consider to be a mistake, which makes room for each step into your full creative form—whether it is something you create or your inner transformation coming together.

**There are no mistakes.**

**What seemed once as a mistake is now part of a weaving,  
the foundational layers of the new form.**

#### **Art**

When I paint, sometimes I make a “mistake” on the canvas. It is a stroke that is not what my mind intended. I may have had an initial vision of what I was going to create, the colors and the form, and now this stroke went beyond that vision. I may have left layers of paint on the canvas that now stick upward, like a relief map of mountain ranges. Instead of getting a new canvas, **I may work on something else or I may take a break or put it aside and a few days later come back to it.** Then I come back to the canvas and paint over it, noticing that the **layers show through, rising upward to become the foundation of what I am creating.** The same applies when I paint over a fully completed painting from another phase of my life or another creative time. The first painting then becomes the foundational layer, an integration that happens both inside of me and onto the canvas.

## **Happy Accidents**

**Happy Accidents** lead you to create a new form, or integrate something in a new way. Relax the mind, stay in the moment, and notice where the piece of art wants to take you. **When I hold the process loosely, I begin to see where the paint or stroke wants to go instead. I allow a flow to take over, and I become part of the process, a character that is watching and moving and letting the process show itself.** This truly applies during abstract paintings. I may not know what the final image will look like. It takes layers and foundations of feeling, applying, and stepping back, and noticing what colors want to go where. Sometimes turquoise speaks to me and says,

**“I want to go in that corner and fill in or rest into that space,”**

or a line of color wants to hang out and become a border against another line of color. The colors speak to me. You decide who you share your creations with and when, or keep them for just you. Allowing for happy accidents will open you up in a new way.

## **Collage Form**

Over twenty years, my collage process began to show itself. In between each step, I may **rest, play, and enjoy nature time, to inspire me.** Each step of the process may blur, circle back again, and come in any order it wants, too. The main thing I notice is that between each step or layer of the process, **I continue until my body feels complete.**

### **Creative Form:**

**Paint Strokes/Images/Words/Themes/Movement**

### **Loose Steps:**

**Gathering: ripping, cutting, layering  
Moving Things Around**

**Placing: Gluing and Stitching Together**

**Editing: Ripping, Refining**

## **Writing: The Form of The Book**

**My writing form eventually came to me to teach me.** When I wrote my memoir, I didn't know the form it wanted to take. It felt daunting to bring in my mother's words, my grandmother's words, and my own. I was concerned that some aspects had to be historically accurate, and that some information I was not fully integrated or mature enough to write yet. I became stuck. It took thirty years before I could write the book.

## **Gathering:**

**Then, over the years, the chapter's themes began showing themselves to me. One piece at a time, one fragment or one word at a time, would show up at my doorstep. Just like quilt squares or collage images, words and phrases would do the same thing. Initially, it felt like a piecemeal process—a little here, a little there. I decided to place all the words that wanted to come to me, even if I felt myself repeating myself, into one computer document.** I did not censor myself at all. It was not time for censoring or editing. The mind needed to relax and just allow this movement in whatever way it wanted to be. It may have seemed that nothing much was happening. The mind needed to relax and just allow this movement in whatever way it wanted to be. Once the process felt complete, or my body felt a huge sigh of completion, I knew I was to move to the next phase. Sometimes it was an ***I am complete for today*** message to stop and rest and come back to it another day. Later, it became an ***I am done adding to the document*** message. I felt a deeper completion in my body that wanted to stop and rest. The bulk of the writing was done.

## **Writing: The Form of A Poem**

**Sometimes a poem showed up to explain a theme in a concise way. The poem may also want to go outside the box: I would leave out punctuation or capital letters to free the words, or I would visually place the words in a certain form on the page, creating it visually as a piece of art; or I would listen for the *sound* of the words as if it were a song.** Each of these out-of-the-box nudges would free the poem to express itself in a new way, for how the poem wanted to be written, for the style that wanted to show itself through me.

## **Moving Themes Around**

**Within the computer document, I did a computer search on the themes that would repeat, and moved the themes together into one section. I consolidated what I repeated and added wisdom where it wanted to speak. I allowed this process to happen in a loose way.** Some may write full sentences and chapters clearly. Sometimes I had days when the writing flowed clearly and full sentences and chapters came through that needed no editing. Yet the days when it did not flow, whatever came through, even in the middle of the night, I would write down or e-mail a snippet. I just allowed what wanted to come. I saved editing for later. **The moving around and the refining of the themes were my main movement here.** You may need time before you can edit the sentences. This is not just a left-brain process, yet involves the entire body or full integration to happen first.

## **Stitching Together: Poem Placement**

**Part of my writing movement included poems.** Since I felt I was covering emotionally intense topics in the memoir, poems wanted to help out by beginning each chapter, doing three things: **explaining that chapter's theme in a concise way, giving the reader a pause or a breath to rest, and then stitching together one chapter to the other.** The poems were right! Once I let go of how the form *should be*, this unique form presented itself. Only later, as I was about to publish the memoir, I saw a separate form of poetry come to light: the book of poems from the memoir wanted its own home.

## **Editing and Refining**

**The final step is refining and editing actual sentences or your creative form.** Do not allow your own judgmental mind or someone's judgmental mind to get in the way of this important process. **Creativity is a tender process.** Give it room to be and grow. However, at some point, you may enlist the help of someone to help you edit your sentences, and refine your words. **If you are a writer, be discerning who you choose to help you.** Whether it is you or someone else that edits your work, make sure that **the essence or heart of what you are offering and its nourishment remains on the page.**

## **Meditation**

Breathe deeply in and out.

Keep breathing until you feel more grounded in your body.

Go to a space within you.

Rest in that space.

Be loose.

Give yourself permission to go outside the lines of the form.

Go in between each movement.

Rest, play, and enjoy nature.

Gather.

Layer.

Move.

Stitch Together.

Weave.

Refine.

Allow a form to come to you.

What do you see?

What do you hear?

What do you feel?

What wants to come to you?

What is in the white spaces between form?

## **Collage**

Create a collage from what you experience in your meditation or allow the flow of the process to guide you in each moment. Allow the silence or the sound of the music to guide you.

## **Journal Questions (Pick one or two that resonates with you.)**

- What does your creative process look like? Try something that you read about above that inspires you in a new way.
- What does your creative form (poem, words, images, characters, your inner world) want to say?
- Can you hear/feel/allow a loose movement to come through you?

- What have been “mistakes” you have made in your life or in your creative projects? Can you see them with new eyes, with a more compassionate perspective?
- What have been happy accidents for you? Journal about them and what they led you to become or to create.
- What new ways want to reveal themselves to you?
- How can you hold your process more loosely?
- What brings you joy?

### **Homework (Pick one that resonates with you.)**

- What does your creative process look like? Try something that you read about above that inspires you in a new way.
- Can you set time aside each day or week for your creativity? You may just notice that times of rest, play, and nature time may be part of that process. Find what works best for you and give that to yourself. Notice what comes from that time.
- Have an art area already set up so when you get the urge to create or have a flash or vision, you can start creating right then and there... or, have a tiny book you carry around with words or phrases you write as they come, and then add it to your big document when you return that day.
- Put a pen on the paper and make a mark or line or design as long as you want. Do not take your pen off the paper until you are ready

or feel complete in your body. Notice the unique ways that your body gives clues when a process *feels complete* for you. (For example, notice when your body sighs, you feel something anchor in your body, or something unhooks for you. Notice whatever way your body tells you it is complete for now, or complete for a project.)

- **Dance**

Feel how your body wants to move. What genres of music invite you to move? What do you feel? Close your eyes as you move. Choose music to guide you to move outside of your own lines. Let your body and the music allow you to be all the characters and expressions you wish to feel. Notice what gets released and freed within you.