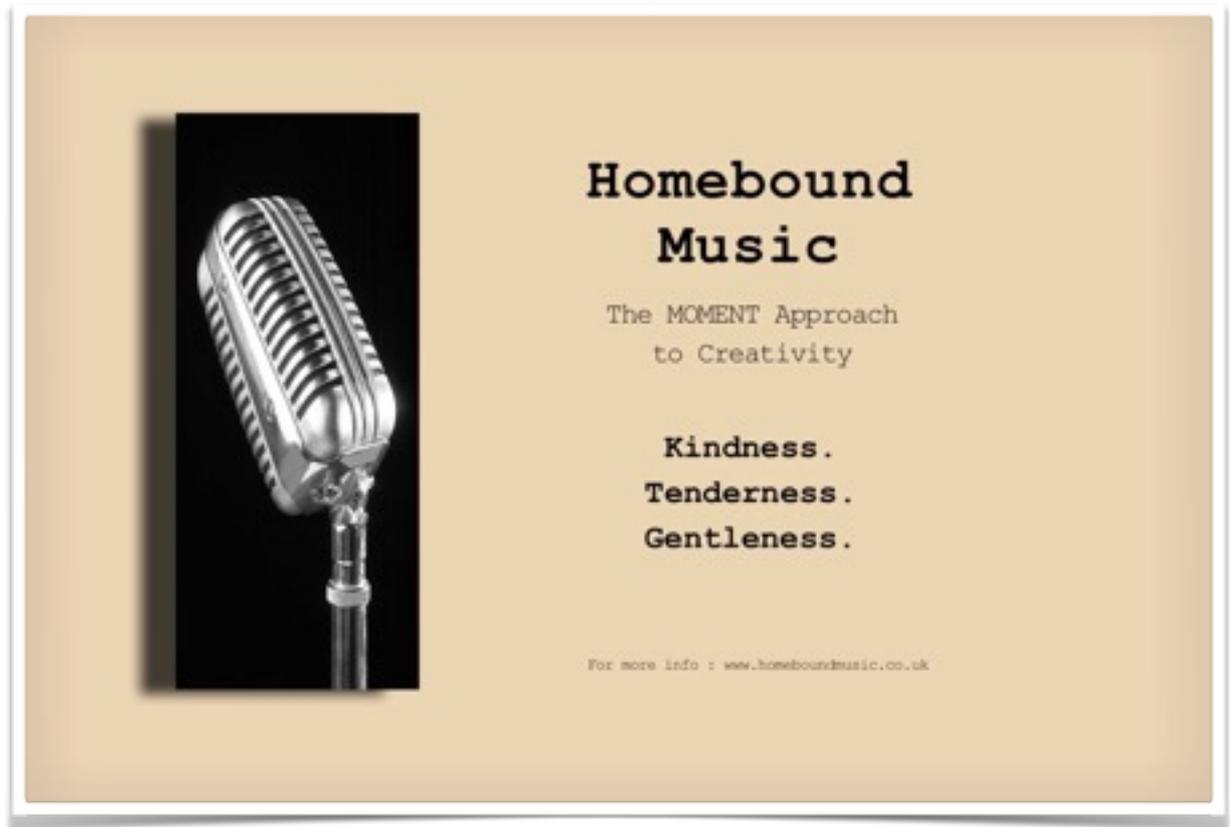


HOMEBOUND MUSIC

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*THE MOMENT APPROACH TO CREATIVITY*



GREG & LINDA CROWHURST  
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# Homebound Music

# Moment Approach To

# Creativity

Greg & Linda Crowhurst

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**This guide was written to help me, if it helps you  
that is beautiful and wonderful.**

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# THE MOMENT

## *APPROACH TO CREATIVITY*

### SO YOU WANT TO BE CREATIVE.

You want to express yourself, whether in music, song writing, prose, poetry, art, yet when you get right down to it, there is nothing there to come out. You want it, but you cannot feel it or see it or express it yet. So what do you do?

I find applying the MOMENT approach is a great concept for life. Initially developed to help me care better for my wife in the face of complex chronic illness, the MOMENT approach has much to offer everyone, especially the burgeoning artist within, who simply needs, wants, must be expressed, yet sometimes hits a block.

This then is the MOMENT for kindness, tenderness, gentleness with yourself.

This is the MOMENT for wisdom to come to your aid, rather than allow the more basic, self destructive instincts, the frustration, self-deprecation, disappointment, boredom and despair to take hold and crush the possibilities that still lie within you, waiting to be expressed!

**Maximise the  
Opportunity  
To  
Meet  
Each  
Need  
Tenderly**

Each word in this phrase is equally important and applies to you! Yes, you!

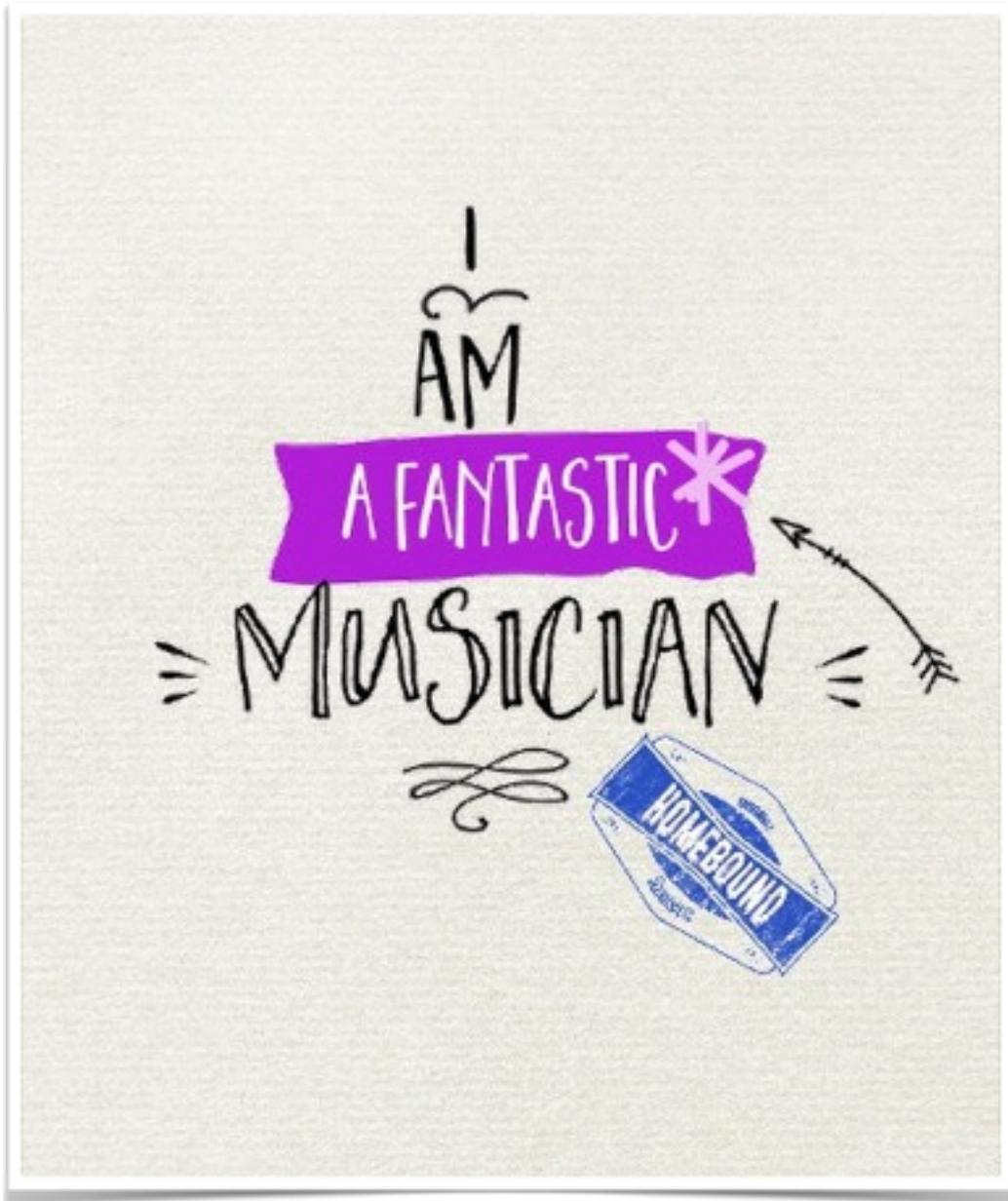
Do not beat yourself up for being unable to hear or find that right note, struggling to articulate in lyrics that special feeling or experience, desperate to find just that right blend of colour you need for your image, blocked from flowing in the moment by moment process necessary for beauty, awesome, wondrous expression to reveal itself once more or even for the first time!

We have learned from experience that you cannot force creativity. You cannot make something be good just because you want it to be so. If you try to paint

without the feeling you need, without the image, without the focus, it will not come out as you hope it should. If you cannot find a chord or a tune or a phrase of a song, that works for you, pushing and pushing yourself may not be the best way to achieve what you desire.

*If you are blocked, anxious, frustrated, negative, you will find it difficult to connect with yourself and express what is hidden inside you, waiting for expression and freedom..... We have always found that the right moment must be waited for or discovered, in order to create naturally, flowing easily in an outpouring of the heart.*

So here is what you can do to be in the moment! Then discover what the next one has to offer!



# Maximise

When you feel stuck, blocked, empty, low in energy or imagination, creativity diminished, think of what the word maximise can mean to you.

Let's do a visualisation.

*First get yourself in a comfortable position, breathing easily, physically supported.*

*Now take a moment to be still.*

*Still your thoughts.*

*Still your mind.*

*Still the 'I cant' messages you are giving yourself.*

*Still all the raging negativity.*

*Still the fears.*

*Still the voices of attack upon yourself.*

*Still the pity if it is there.*

*Imagine a wall between you and all these unkind, unhelpful thoughts and feelings.*

*See the wall sparkling with vibrant energy.*

*Maximise the power and the verdant, sparkling colours of light, shimmering in your mind.*

*How does it feel to see that shining light sparkling between you and everything that is blocking you from flowing with creativity.*

*Reassure yourself that you are protected by that sparkling light.*

*Let the negativity and fear diminish as you focus on the power of the sparkling light surrounding you now.*

*See that the wall of light is not actually solid, but a pure, dancing, uplifting energised river of light.*

*See it shifting, vibrating, dancing, swirling with possibility.*

*Where might it take you?*

*What do you want to do?*

*Will you take a step toward it and bathe in its beauty?*

*Will you be cleansed and renewed by that effervescent power?*

*Will you let yourself turn away from the blocks and the emptiness that assails you and dare to follow it instead?*

*Where does it lead?*

*Where does it flow to?*

*Will you step out upon it and glide to a new, brighter, shinier moment, where new possibilities await, where new ideas flow, where something different can materialise, where the light illuminates the beauty within you?*

*Will you say farewell to all the thoughts that stand in your way?*

*Bid them leave you.*

*Bless yourself and all parts of you.*

*Choose what you need to do now.*

Take a moment to refocus on the room, on your gifts, on what you want to create.

Is there any shift in your energy, your imagination, your perception, your ideas?

Perhaps a visualisation has helped, perhaps not.

Sometimes to **maximise** the opportunity in the moment, we might choose instead to walk away from it and do something completely different. Take a complete break. Think about something completely other. This can lead our minds to rest, to not push so hard or demand so much, it can lead our inner sight to new pastures or help ourselves re energise.

The important thing is to develop awareness.

Awareness is key to creativity...try to figure out when you can, when you can't and when you might focus your energy to be creative. Not every moment is necessarily right.

Are you hungry?

Are you thirsty?

Are you tired?

Are you overloaded with other things crowding your mind?

Are there too many demands upon you, mentally, physically, emotionally?

Are you overcommitted?

Sometimes creativity can be therapeutic in itself, especially when we let it flow out of us and see where we can follow, but sometimes, if we make it a demand, an expectation, when frustrations, 'shoulds' and 'oughts' come into play, the easy joy of creating a song, a piece of music, a painting, can disappear completely.

We need to find a way to return to a more open, less pressurised space in ourselves, where there is less pressure to form and more possibility of easy being.

Sometimes it helps just to take a step back, relax, go with what you know. Just play for playing sake. Just repeat a familiar chord or sing a song that touches your heart that you already know and love, look at your art, or take a moment to

look at a famous painting and immerse yourself in the sheer pleasure of it, read a poem that touches your soul, whether with exquisite beauty or strong, powerful emotion.

Just enjoy to the maximum, the moment that you find yourself in and if you can create something new, just revel in the beauty, the joy, the wonder that already exists and let it lift, transform, inspire you toward your next freely creative moment.

*To maximise means to free yourself of 'oughts' and 'shoulds' and 'cant's' and 'don't's'.*

It means to celebrate the fullness of what is, that it might lead you forward, toward a healthier, happier, brighter, lighter moment next, where new possibility awaits.

Become aware if you are someone who catastrophises. Notice the messages that you give yourself. Are they true? Are they affirming? Are they honest? Are they uplifting? Are they kind? This is where the 'Tenderly' comes in!

Or are they based on a fantasy that you, yourself are constructing - a negative view of yourself and what is possible? Are they all or nothing thoughts?

If you are telling yourself that nothing is possible, that all your music, art, whatever gift you have, is gone for good now, then you are probably a catastrophiser. I myself am one such person.

When I cannot find something I am convinced that it is totally and utterly lost and gone forever, has disappeared into a void, never to return. For of course I have looked everywhere, done everything possible to find it, therefore it must have disappeared. That is, until of course, it miraculously reveals itself once more!

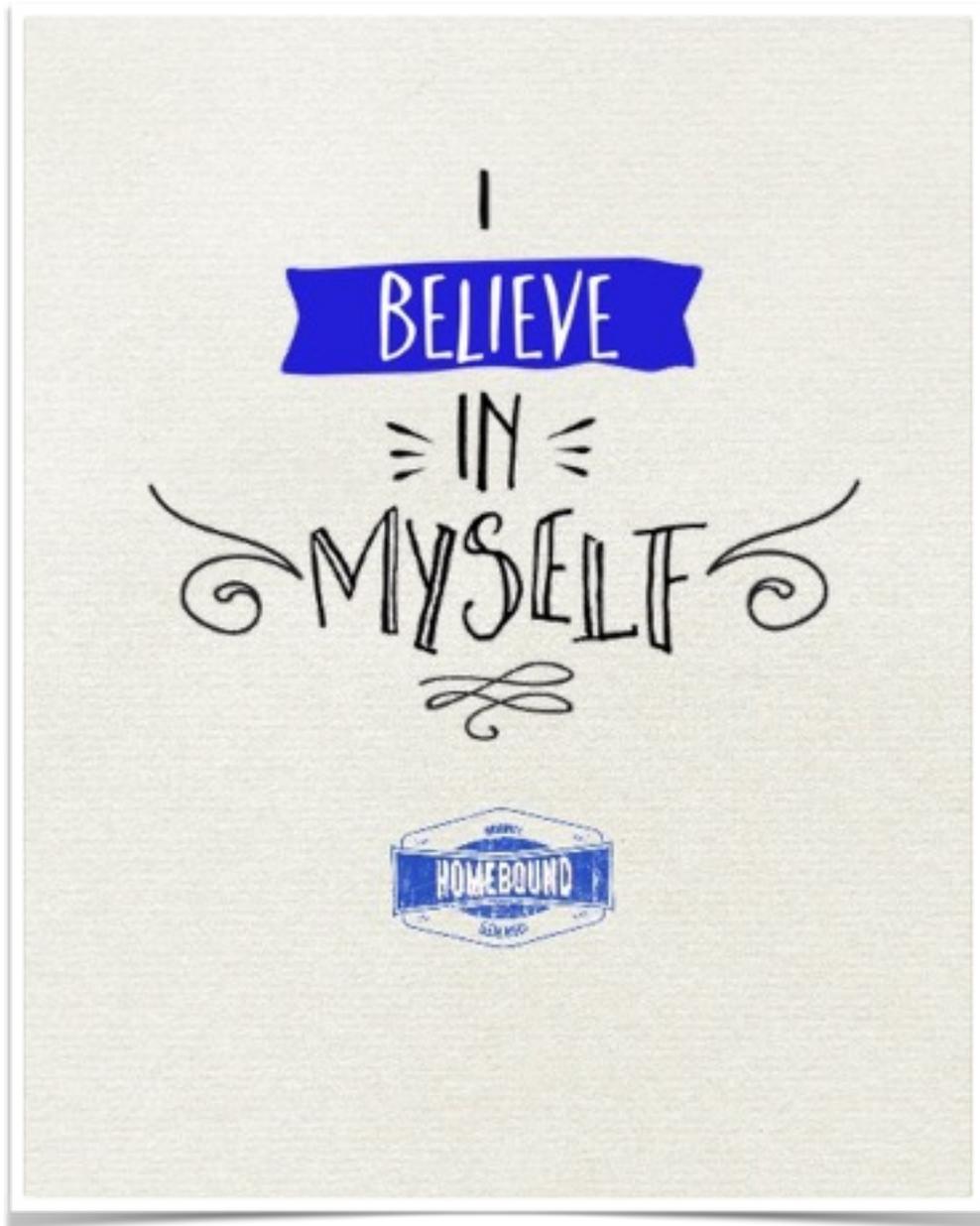
What a happy moment is that then!

# Opportunity

Every moment, believe it or not, is a moment of opportunity, to live, to enjoy, to appreciate, to be open...to play, to dance, to sing or hum even....to create something new, to generate new thoughts, new ideas, to be different if you

choose, to change, to grow, to appreciate, to expand, to celebrate life and the living of it!

Next time you feel stuck, cannot appreciate the awesome potential of the moment you feel stuck in, cannot see a way forward, cannot think of anything you want to do or cannot find a way to express yourself or pass the time, stop and look around you then look within you.



First of all, look for all the things you have, notice them and name them, give thanks for each one, no matter how small and seemingly insignificant, everything in your life is of importance and has value.

Now look at the gifts that you have been given. These may fit into different categories and you may prefer to think of them under the following headings of Mind, Body, Emotion and Spirit. You can just think about them or you may want to write them down in columns in a notebook or journal so that you can keep a record or just better appreciate what you have within you: the awesome gifts that help you to create.

Think how each gift is used or could be used to express your artistic passion.

## **Mind**

I have the gift of poetic expression.  
I see the world in poetic ways.  
Words come to me that help me express how I feel and what I see.  
I can write songs!  
I can visualise.  
I can identify colour and shape and sound.  
I am quick to learn new tunes.  
I understand the digital media.  
I have a rich vocabulary to express myself.  
I think best at night.

## **Body**

I can play 4 musical instruments: electric guitar, acoustic guitar, dulcimer, piano keyboard.  
I can write music.  
I can sing in tune.  
I can hear my own music internally and then play it externally.  
I can use a computer keyboard to create digital music.  
I can do animation.  
I can make videos and share them.  
I can paint.  
I can draw.  
I can write freehand and type.

## Emotion

I love.  
I feel things deeply.  
I express a range of deep emotions.  
I am not afraid of grief.  
I cry.  
I laugh.  
I am inspired.  
I feel good.  
I am emotionally aware.  
My music expresses a range of emotions.  
I write love songs.  
I write fun songs.  
I love to write songs that tell stories.

## Spirit

I reach out to others through my music.  
I share what I create.  
I love to give of myself to others.  
I am aware of my own spirituality.  
I am conscious of spiritual connections throughout my day.  
I touch the whole world through my music.

Can you see how all these gifts come together to create opportunities for you to fully express yourself and be the creator that you are?

*Had you forgotten how gifted you are? Perhaps you have been taking all this for granted or perhaps you never fully appreciated how gifted you are?*

Maybe doing this exercise has inspired you to think of gifts you would like to acquire? Or gifts you want to hone? Perhaps it can be an opportunity to look at yourself more honestly or to appreciate yourself more than you have been doing.

Not everyone can write music or sing a song or play an instrument or paint a picture or write prose or a poem. These are all amazing, wonderful, uplifting gifts and skills.

Let us take a moment to really appreciate them!

Let us give thanks that we can use them.

Let us be open to grow still more creative.

Take a moment to think about what it feels like when you are flowing in harmony with your gifts, when you have just written a song that feels awesome and expresses your deepest self or when you have written some beautiful lyrics that are balanced and perfect and come together in a beautiful, haunting way.

Use this moment as an opportunity to remember how great it feels. How great you are!

Never let a moment of stuckness take you away from an opportunity to be your self and express yourself through the gifts you have been given.

Never forget that they are unique to you. That they are your individual expression. That they are your beauty shining in the world and that each time you say 'Yes, I am a musician', 'I am a poet', 'I am a song writer' , 'I am an author', 'I am a singer', 'I am an artist', **you offer the opportunity to share your world, your gifts, your inner beauty and passion with others and that is an amazing opportunity for connection, for love, for joy, for beauty to go out further into the world and touch other peoples lives in unimagined ways.**

You never know how you have helped someone else, through your unique creative expression, how you have touched some one else's heart, expressed some hurt that perhaps they could not express without your song or your words, articulated some emotion or experience that perhaps they had buried or struggled to express.

*You never know what hope and healing you bring to the world.*

If you remain stuck and lost, forgetting the amazing talent you have, not allowing it out for fear of being seen or criticised or not being good enough or not daring to express yourself or simply allowing the gifts to go unused in their fullness, to not be all you can be, that is a loss for the whole world, that is a lost opportunity.

The world needs art, expression, beauty, creativity and you have an opportunity in every moment to choose expression over blockage. A block is merely a moment when you have forgotten how to use your gifts or how to access them, how incredible and enthusiastic and able you actually are.

A block is an opportunity to refocus and reframe and remember your passion and your beauty. Or simply time to take a break and restock your energy and choose a new direction.

There is always a message in a block. You just have to reflect upon it and discover what it is!

Now just write a list of affirming words that reinforce how great you are, to help you remember your potential.

*I am....awesome, amazing, incredible, talented, inspirational, passionate, clever, knowledgeable, colourful, shiny, thoughtful, deep, expressive, compassionate, loving, gifted, determined, interesting, inquisitive, bold, adventurous, confident....*

*I am a creator!*

## To Meet

Meeting is essential . The person must first meet themselves, in a way, in order to release what is inside. This means that they must develop some form of inner awareness to tap into their full potential.

There needs to be a meeting of head and heart, of body and spirit for the process to unfold unimpeded.

There needs to be an understanding and recognition of gift.

There needs to be a free flow of creative expression that then flows out from within the person into existence and on out to the world, to meet and connect with others. Creativity then, becomes a connecting process, a process which brings the person to meet and engage more fully with the world to find its full expression.

*As a musician you have to first meet your instrument. What does this mean?*

Well, like any relationship, you need to get to know it better. Each instrument has its own unique feel and energy. No two instruments will sound exactly the same.

If you play guitar, which strings will you use? What colour will you choose? What make? What sort of tone do you prefer? How much can you afford? Do you give it a name? How high is the action on the bridge? How heavy is the body? How is it weighted in your hands?

All these things will influence the relationship that you have with it, how you feel about it, how much you want to be with it and play together? All relationships can grow in understanding and affection as familiarity and knowledge builds, though over time your needs may change. If you love your instrument you will build the best relationship possible.

*You learn how to get the best out of your guitar and your guitar learns how to bring the best out in you!*

Whatever instrument you choose, be bold, learn to love it, meet with it in a harmony and passion that is infectious and uplifting. Just enjoy it for its own sake. Then the music will flow!

As a writer or poet, you need stimulation, ideas, enthusiasm, passion, but first and foremost you need a pen and paper, a type writer or a computer to put your ideas down on or a voice recorder of some description, if you are unable to physically write any reason.

Nowadays there are a lot more options to choose from. The important thing, once more, is to make an easy relationship with your tools, to wear them in, so that they flow with you: take the time to familiarise yourself with your tools, whatever you choose, get to know their quirks, their advantages and disadvantages, learn what works best for you, so that recording your thoughts becomes a second nature to you.

Comfort and practicality are both important. You need to be comfortable and the tools you choose need to be affordable and easy to use. There are constantly new products on the market, making access and function so much more easy.

Whoever would have thought that a computer tablet, where you just touch the screen to write and which can access a range of media outlets with just a few taps, sending video, blog, poetry, webpages, books out to all the world potentially, would be a real possibility, even a few years ago. Computer world is a fast moving, creative space!

*Meeting up is no difficult thing then, in a virtual world. You don't even have to leave your front room!*

## Each Need

As a creator you will find you have a range of needs. Ignore them and you may find things simply do not flow so well or at all. All of you is important, especially when you want to create a masterpiece or a best seller or a stunning piece of music!

Again, you might want to consider these needs from a mind, body, emotion, spirit point of view although they do in truth overlap and interconnect.

## Mind

Look at the needs you have to be mentally bright and available. Start with the fundamental basics! Are you hungry? Did you eat enough today? Have you got the energy required or do you feel sluggish, mentally tired, not on top form.

The creative space requires mental and physical energy, though you also may find that the stimulation draws in energy itself and fires you up with the passion of the process! Make sure you have snacks near by to top up that flowing fountain of thought!

Or do you actually need to rest or even take a nap in order to better approach your creative space? There are no right answers, only you can know whether you need to switch off and unwind your mind, begin your session with a meditation, a prayer, some form of exercise or just jump right into it? Perhaps you need to stimulate thought, ideas, tunes? Consider how you might do this. Everyone is different and therefore has different ways of approaching their art.

What works for you? Are there other ways of approaching it? Perhaps you might try a different instrument to get another sort of style or sound, or perhaps you might try righting or drawing with your less dominant hand to stimulate a different view.....really, its just about experiment, what works for you.

Notice what thoughts you might be thinking yourself and your music. Are they kind, hopeful, helpful, positive or negative, critical, judgmental, mean even?

*Try to notice your thoughts so that you can identify what you really need.  
If you are being negative, is it fair comment or weariness settling in?*

If you notice your thoughts, you may be able to think about your true need.

Take a moment to still your thoughts and listen to the need beneath them. Can you focus on what is your underlying need? Can you find a new way forward based on meeting need more kindly?

## Body

Are you thirsty? Its easy to get carried away with creativity and forget to drink and take care of your basic needs!

Are you too warm or too cold. The ambient temperature of the room can encourage you to fall asleep or stay awake! So easy not to notice, when creativity is the focus.

Perhaps you might consider the lighting do you need? Daylight bulbs might be an issue for budding artists! The colour may appear quite different, for example, in different lights, daylight, electric light, depending on light and shadow, what time of day you are able to be creative in.

There may be other basics that are important to you, for example the acoustics of the room or how comfortable your seating is, how good a screen you have may affect your eyes....it is worth considering all your physical needs, if you want to maximise the opportunity to flow with your muse!

# Emotion

This is a big one! Creativity itself can meet your emotional need. You may thrive on it. Or perhaps you are overloaded with the emotional burdens you carry. Is this then an outlet for them or perhaps another burden when it doesn't work to your satisfaction?

Emotional need is very important to be aware of. What do you need to flow with your art?

Do you need space to cry or will you channel your loss, grief, tears into an amazing outpouring of creativity?

Does anger dull your edge or can it help you write with acerbic wit or write an expressive, challenging political poem?

Even happiness might be an issue if you hoped to write a great, emotional, lovesick masterpiece, but you feel too happy to plummet to the necessary emotional depths of despair required.

*Sometimes holding on to emotion, not expressing it, can make you feel extremely tired or bored even.*

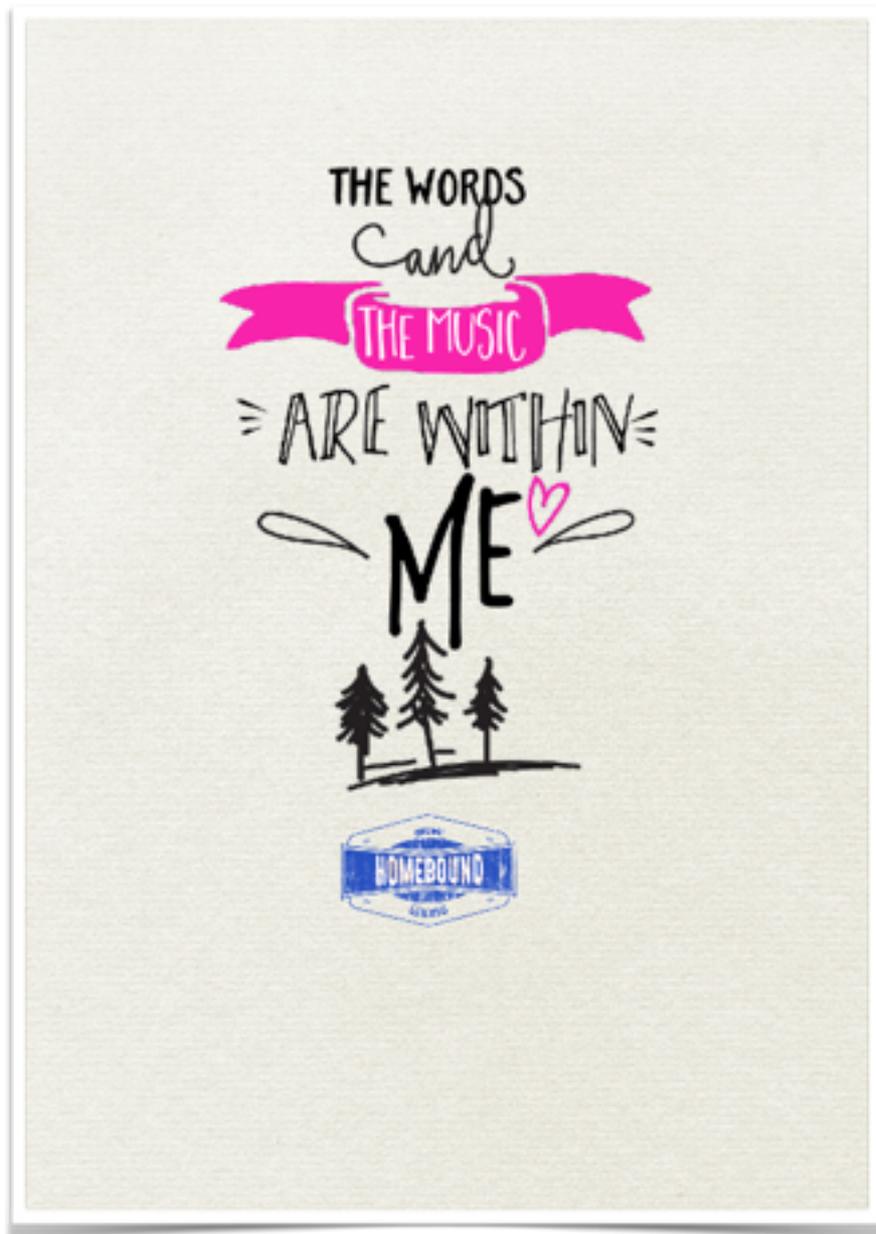
Just notice how you feel and try and identify what you need in this moment to free up your energy. Perhaps you need to express your emotions, channel them or have a break from them. Only you know truly what you need, even if you don't always know it!

# Spirit

Are you feeling disconnected, with yourself, with others, with the world? What do you need to feel connected and allow the music to flow out from you to others?

How can you connect that tapping toe of a rhythm you feel running through you with those words lurking in the corner of your mind and that music flying round your heart? Do you just need to say yes! ?

Do you really believe in yourself? This is where the affirmations can help you over a block!



Do you have a music community to connect with? Do you have likeminded people you feel safe to share with? Are you building a community to hear your music and get feedback? nor is fear getting in the way, limiting your self belief and your power base?

*Make a decision to meet your need to express yourself.*

Take a brave look and see all that is beautiful, all that is good, all that is inspiring, all that can flow in you? Then make a step toward yes. Do not let yourself be limited by fear and false voices that tell you harsh things.

If you need to improve, then allow yourself to practice, to play, to learn new notes or chords or scales or try writing lyrics in a different way. Just decide to enjoy yourself and be grateful and celebrate that you can make this choice, be happy in your music and it will touch others with its enthusiasm.

If you cannot play one instrument you love, then perhaps there is another that might suit your need. If you cannot make a noise in your environment, then see if you can use headphones instead of speakers.

Be flexible. Look out from yourself. And see solutions, possibilities, different ways of reaching out and communicating what is in your heart. Look up and go forward, flowing with the music, the writing, the poetry, the art that flows from your soul!

And that brings us most importantly to the T of Moment.

## Tenderly

Whatever you choose to do. Do it tenderly with love and compassion for your self and others. Find out a way to meet your need tenderly in the context of your life. Look after yourself tenderly and look after those you live with tenderly too.

*Find a gentle way forward, one that allows you to stretch and grow creatively, so that you can grow, building on each moment of expression and learn to dare to share your art with others.*

But do not force it.

Do not ignore your concerns, your inner knowledge. Find a way that is right for you, meeting each artistic need tenderly, compassionately and passionately. Be happy and more fulfilled by taking a step by step, in the moment approach to all you love to do.

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