

CHALICE LIGHTING AND CENTERING

Opening Words:

“Sometimes you've got to let everything go - purge yourself. If you are unhappy with anything . . . whatever is bringing you down, get rid of it. Because you'll find that when you're free, your true creativity, your true self comes out.” -- **Tina Turner**

Check-in

Focus/Topic: *Creativity*

Pass around basket with printed quotes about creativity (attached) and have each participant read the quote they drew.

- Think of a time when you did something very creative, and please share that experience with the group. How did the experience make you feel?

- We all seem to admire people who are creative. Why is this?

- What is creativity? Is there a relationship between creativity and spirituality?

- What are the benefits – to you, to society -- of creative endeavors?

Likes & Wishes

How did this session go for you? Is there anything you'd like to call particular attention to?

Closing Words

There is no use trying,” said Alice. “One can’t believe impossible things.”

“I daresay you haven’t had much practice,” said the Queen. “When I was your age, I always did it for half an hour a day. Why, sometimes I’ve believed as many as six impossible things before breakfast.” — **Lewis Carroll**

QUOTES ABOUT CREATIVITY

“Creativity is piercing the mundane to find the marvelous.” -- **Bill Moyers**

“It is good taste, and good taste alone, that possesses the power to sterilize and is always the first handicap to any creative functioning”-- **Salvador Dalí**

“The highest prize we can receive for creative work is the joy of being creative. Creative effort spent for any other reason than the joy of being in that light filled space, love, god, whatever we want to call it, is lacking in integrity. . .” – **Marianne Williamson**

“Nobody cares if you can’t dance well. Just get up and dance. Great dancers are not great because of their technique, they are great because of their passion.” -- **Martha Graham**

“Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something. It seemed obvious to them after a while. That's because they were able to connect experiences they've had and synthesize new things.” -- **Steve Jobs**

“Creativity often consists of merely turning up what is already there. Did you know that right and left shoes were thought up only a little more than a century ago?” -- **Bernice Fitz-Gibbon**

“Creativity is merely a plus name for regular activity. Any activity becomes creative when the doer cares about doing it right, or better.” -- **John Updike**

“Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create.” -- **Albert Einstein**

“Imagination is the beginning of creation. You imagine what you desire, you will what you imagine and at last you create what you will.” -- **George Bernard Shaw**

“Don't think. Thinking is the enemy of creativity. It's self-conscious, and anything self-conscious is lousy. You can't try to do things. You simply must do things.”-- **Ray Bradbury**