

## The Human Side

The Master Classes at SkyMuse 4-29-17

Ron Jones notes:

Creative People are very complex  
Being Creative is both difficult yet also a source of great joy and meaning.

If you are to create you need ways to manage the stresses of being creative because there will be a lot of anxiety.

Time, resources, ego, status, money, opportunity to be creative, success, failure the stress and strain of creating is a huge challenge.

So if all this pain is part of it, we should ask several important questions:

How can I manage myself?

Is it just too complex?

What are the ways available to achieve some sort of balance?

Eric Maisel, Ph.D. has landed on the moon as far as understanding how we operate as creative people:

Here is his table of the Stages of Creativity (from his book Fearless Creating)

Stage	Anxiety	Solution
1. Wishing	Hungry Mind	Appropriate Feeding
2. Choosing	Confused Mind	Appropriate Clarity
3. Starting	Weakened Mind	Appropriate Strength
4. Working	Chaotic Mind	Appropriate Order
5. Completing	Critical Mind	Appropriate Appraising
6. Showing	Shy Mind	Appropriate Performing
	Attached Mind	Appropriate Detaching

I want each person to come away with some or all of these realizations:

If we choose to be creative, its going to cause pain and anxiety. It is part of it.

We as Creative people are all dealing with the same challenges

There are experts on creativity and creative humans who have a lot of great insight and ways forward

How to use the pain involved with creativity to make something amazing, rather than letting it crush or hold things back.

How to better understand what is happening and why?

How to develop effective tools you can use to solve creative issues, maybe even anticipate what is going to happen so you can choose to avoid the obstacles and traps.

If you already have all this together, take time to help others figure this stuff out.

Stress is good if we learn from it. Stress in creativity is really bad if we don't understand it.

The top professional athletes know about peak performance and how to dial in "The Zone"  
Why can't composers, musicians, artist pick up a few more tactics to improve their performance, their inner and outer "Game"?

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Let's talk about developing tools to help creative people do their amazing work.

Thinking is something natural, something we do 24 hours a day.

Elevated approaches involve taking in much more information.

NASA Satellites are designed and employed to study things like amounts of groundwater they have sensors to scan and interpret huge amounts of data. This is an elevated thinking system.

Is it possible to employ and deploy smarter thinking into our creative work?

Can we design and employ new and improved ways to solve problems, maximize creative output, attain and maintain balance as we live and work?

Let's talk about breaking things down into a set of effective tools. A creative person's personal toolbox filled with an array of instruments and tools that can help improve the way we work?

Let's visualize a Tool Box. A good sticker to put on the outside is a slogan like, Failure is Not an Option. Maybe, Love The Battle, maybe Just Do It! Maybe, I can take the Heat, just bring it on! Make up your own slogan.

In this Tool Box is a Journal. Each day write down the creative things you do each day, no matter how small or large. When you ever feel you are not really doing creative work, just open your journal and read the many pages of all you have done. Call this the Journaling Tool.

If your Journal is blank then take action. Do something. Action is the cure for inaction. This is a BIG DEAL concept. DO SOMETHING. Don't talk about doing something, actually do something.

It is all about doing.

Learn how to Do stuff, create stuff even when you don't really feel it. Your life is a project, you will not always feel good, or be motivated. The elevated thinking is to use this information so you will have ways to create no matter what is going on around you, rich or poor, sick or well, happy or sad. When you see this, when you understand this, you can take yourself to much higher levels in your creative efforts.

Note on being "Stuck". Facing the blank page is a huge challenge. It caused anxiety always. You can deal with this, you can use this to motivate and to drive you forward. You can learn to love and appreciate the frustration, the pain, the troubles.

You must have a Dealing with Stuck tool. Everyone needs this tool.

Let's look at some more important tools that can come in handy as we create.

Information/Map building Tool

Thinking/Critical Thinking Tools

Envisioning/Imagination Tools

Time management and time utilization Tools

The giant ACTION tool

The Enjoying stress tool

The dealing with stress tool

The "Why ain't the phone ringing with people asking me to create stuff" tool

The "How to design may day so I can focus on creating, and yet somehow be functional in the real world" Tool

The Listening Tool

The communication Tool

The "Making sure you are doing Meaningful stuff" Tool

The Sleep and Recovery Tool

The Social Meaning Tool

The "Energy/Power to create" Tool

The "Humor"Tool

The "Appreciation of Others" Tool

The "Champion someone other than yourself" Tool

Come up with some more tools that would be good for the Tool Box

Composition and Music Production Specific Tools:

The "Dealing with the Blank Canvas" tool

Theme Creation tool

The Harmony Tool

The Rhythm Tool

The Groove Tool

Film Scoring Tools (This is a huge Box)

Orchestrational Tool

Son Creation Tool

Expression/Performance Tool

The great Bassline Tool

Mixing Tools (Another really huge tool box)

The "Knowing you are done and don't need to treak or change it any more" tool

Listening and learning from Listening Tool

The "Self-Promotion" Tools (another huge box of tools)

It might seem silly to break the big issue of being Creative into all these smaller tools but like the NASA Satillite that scans for groudwater, one can increase the effectiveness by giving each problem a tool that is designed for dealing with those specific aspects.

The more we try to take a big complex set of issues on all at once, the more we average things and we can often miss the best way forward so we can create our best work and do it in a more informed and effective way.

TOOL UP. Remember the cure for inaction is ACTION. So just Do It! Do it now!

Here are a few Great Books with really great and usable tools for Creative People

Eric Maisel really gets where Creative people are at. He works with the top authors, artists, musicians, performers, painters, composers, songwriters, actors and even scientists. For some reason he has figured it out.

Start by reading is classic book Coaching the Artist Within by Eric Maisel Ph.D.

Then continue with these:

Fearless Creating by Eric Maisel Ph.D.

Creativity for Life Eric Maisel Ph.D.

The Van Gogh Blues Eric Maisel Ph.D.

Making Ideas Happen by Scott Branson

Distracted by Maggie Jackson

Hit Makers by Derek Thompson

Not F\*ing Around: The No Bullsh\*t Guide for Getting Your Creative Dreams Off the Ground  
by Jeff Leisawitz

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Consider it part of the vital Map Building, Insight and Information Tool to always seek out great ways to move forward.

List some other books to read:

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