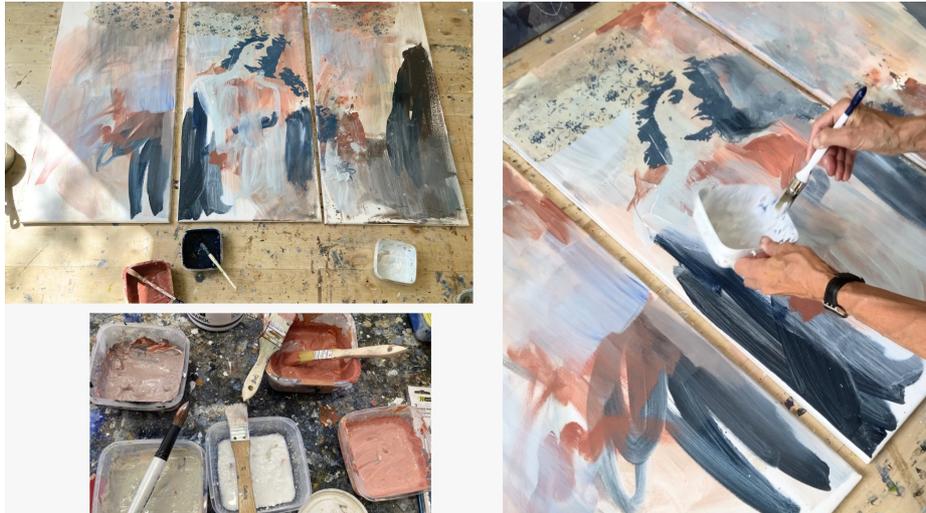


Add beauty
Inspirations



We are all creators!

After the summer, it is always hard for me to reactivate my creative activities. I try to make lists of my projects, I clean my studio...I prepare my fabric, trying to reconnect. It is a process to come back. I almost felt lost until yesterday morning, when all of a sudden I decided to create a triptych inspired by an old painting I call "DREAMS"...It was so great to find my way back into the creative flow again!



To enter the flow of creations, we first must find ways to stop the mental process. I often feel that when being in our mind we can copy but not create. To create we need to just let go of time and space and activate our hearts and then just follow the intentions it gives us.

There is a little book I love, a real source of inspirations: *"Être vivant, méditer, créer"* by Philippe Filliot. (In English *"Be alive, meditate, create"*)

There is no real creation without first aligning with your inner self!

You need to be in contact with your authentic being. The first step is to create a space inside, that could then be filled with what is only your own unique creations. Often we are so filled with what we see and hear in social media that it is easy to "copy", trying to do what we think is what people want.

But when we create what comes from deep inside ourselves, that express our unique authentic being, often gives an echo deep inside others! What is created will touch people, consciously or unconsciously on a deep level. We are all interconnected on this deeper level, beyond our personalities.

It is the level of our soul, always connected to what we can call the "source" or intelligent field of light (the quantum unified field is another word for it) that we are all a part of. We can always reach it with our intuition and with our heart. Most of the artists, musicians, poets and scientists find there inspirations and solutions here...

After the first phase of alignment and "meditation", comes the state of "turbulence" where everything becomes possible. It is a "let go" process, stopping the mental process and going into a state of flow without time and space. It is a state when we collaborate with the paint, the canvas, the brushes in a kind of "creative flow" as if the borders disappears.

When I create, I often listen to music I love, to help myself not to think and I work fast without hesitations often on many painting in the same time. The movements are then inspired directly by my intuition and I try to create what want to unfold by me. I prepare all my colours mixed in small boxes, using big brushes and water so that i can work in a fluide way...



Painting DREAM 100x100c

We are all creators, and we create with our thoughts in every moment.

We activate what we are focusing on in the world. We add to the world our unique energy in all our actions, our unique creations, in all the unique expressions of ourselves.

We can learn to more and more master the creation of our

reality.

I would love to share with you what I have learned. Just follow my Masterclass for free!

[Follow my Masterclass for free](#)

On my website, I share with you a PDF about my own creativity:

[Learn more about my creative process!](#)



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