

UNLEASH CREATIVITY



Your Creative Potential As An Artist

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Music Interval Theory Academy

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Introduction | The Creative Pool

Expectations & Beliefs

It starts right here ...

- If you believe something is true, you don't question it.
- It's hard to just stop believing that something is true.
- It's simpler to replace a belief with another one.

I can't create meaningful art because of my environment and the circumstances I'm in.



I have the power to put myself in a different environment and unlock my full creative potential.

Doubts and fears mean I'm not a real artist.



Doubts and fears are natural parts of the creative process, and embracing them allows me to grow as an authentic artist.

I'm not a creative person, and creativity is a talent reserved for the chosen few.



Everybody can receive the same amount of creativity. If you're not feeling creative, you simply haven't established a connection to the Creative Pool yet.

Creativity isn't locked away inside you, and it's not your fault if you're not feeling creative. Your job as an artist is to connect with the **Creative Pool** and become a receiver of its endless creativity.



Suggestions | Creative Health

The Creative Pool is universal and available to everyone!

- Creativity is not owned by any individual; it belongs to everyone.
- Creativity is infinite and cannot be used up.
- The abundance of creativity in one person does not diminish its availability to others.
- Everybody is able to connect to the Creative Pool, no matter the location or occupation.
- Embracing the concept of being a receiver of creativity fosters a positive mindset.
- This belief helps to overcome and handle rejection, failure, and criticism.
- A single creative thought can generate multiple ideas and lead to even more creativity.



Suggestions | Creative Health

Creativity is timeless!

- Creativity is not limited by time and only happens in the present moment.
- Time is typically measured from the past to the present or from the present to the future according to physics (so, you can't measure creativity).
- Creativity cannot be saved for the future; it's an experience that occurs only in the present. Artists may call this the state of "flow," where time seems to pass quickly and effortlessly ("Flow" is a term introduced by psychologist Mihaly Csikszentmihalyi).
- Flow describes the optimal human experience characterized by complete immersion, focus, and fulfillment => it's not about the end result necessarily!



Suggestions | Creative Health

Writer's block is a myth!

- Artists often experience periods of lacking creativity, which is normal. If you could create like crazy, you'd not be a human.
- Feeling uncreative doesn't mean something is wrong with you; it suggests a need to reconnect with the Creative Pool (via another technique or even taking a break).
- The term "writer's block" can be misleading as it implies the artist is blocked, which isn't a healthy interpretation. While the feeling of being blocked is real, the focus should be on reconnecting with creativity.
- You can always create "something", but the arrangement and order of elements on your artistic canvas may not resonate with you at times, and that's okay. Please don't confuse your judgement with the block. The struggle often comes from judging the final result before it's complete.
- To overcome this, you can develop a process to reconnect with the Creative Pool through techniques such as improving skills, boosting confidence, and adopting a healthier approach.
- Writer's block is nothing more than a temporary loss of connection to creativity. And the solution is to restore the connection and reestablish your inspirational flow.
- Seth Godin published some great materials about that subject.



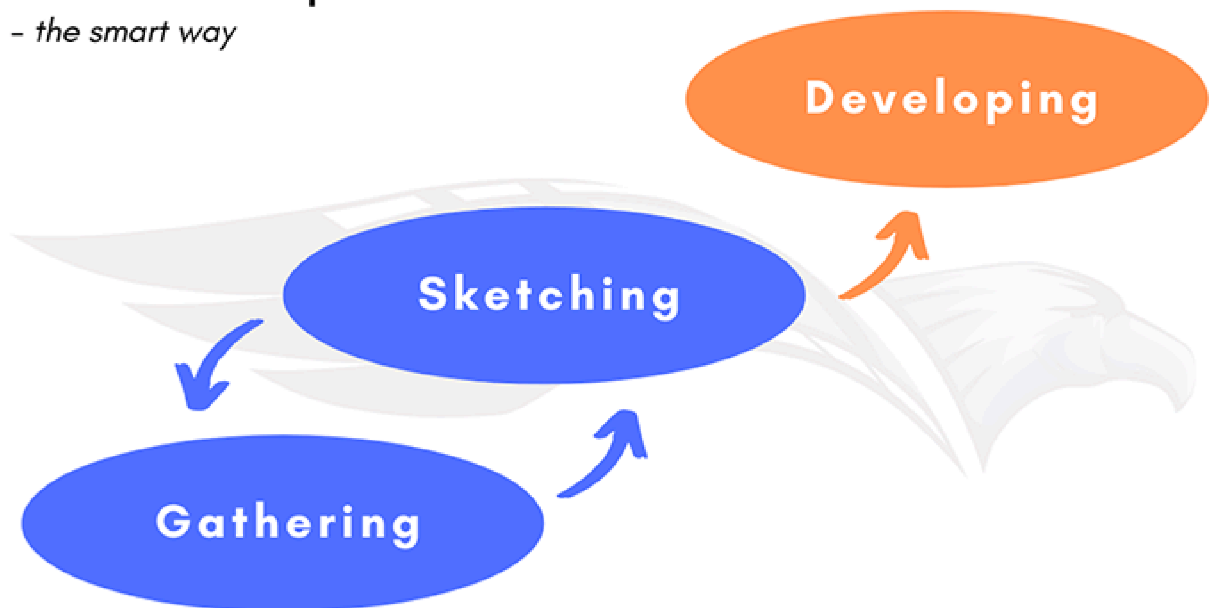
Suggestions | Creative Health

Creation is a process!

- Creativity involves more than just feeling inspired; it requires taking action to bring your vision to life. (Just an idea is "worthless").
- Reflect on your approach to the creative process and consider if you follow specific steps or methods to achieve your final result. Become aware of how you do things.
- Recognizing patterns empowers you to gain control over your creative process.
- Understanding your creative patterns provides clarity about how you work, what you like doing the most, and your goals.
- For composition, we suggest the "3-step process" as shown below.

How to start a Composition

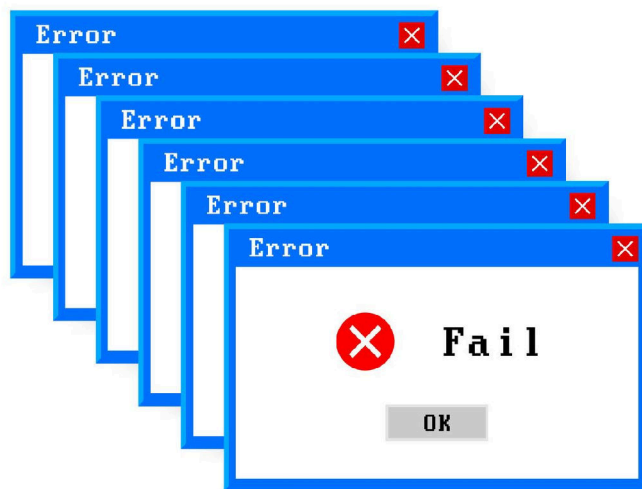
- *the smart way*



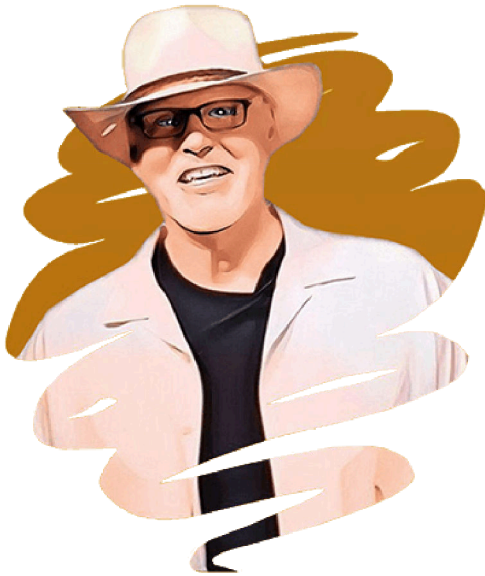
Suggestions | Creative Health

Embrace experimentation and failure!

- Is it reasonable to believe that a young artist will have massive success right away?
- Is it reasonable to believe that an artist will make the same mistakes over and over again?
- Define realistic expectations. Instead of fearing failure, expect it and embrace it as a natural part of the creative process.
- Failure is not a definitive outcome but a stepping stone towards artistic growth.
- Each failure provides valuable lessons and an opportunity to discover your authentic artistic voice.
- Failure should inspire persistence and evolution, unlocking true creative potential.
- Elizabeth Gilbert's book "Big Magic: Creative Living Beyond Fear" encourages fearless creativity and letting go of self-doubt, perfectionism, and the fear of failure to lead a more fulfilling life.



The Founders of MITA



Thomas Chase Jones

TC has been composing, producing, and teaching music for 40+ years. He's worked with all the big studios in the entertainment industry, such as Disney, Warner Bros., and Hanna Barbara. He scored internationally-aired animated series, which include The Batman, Powerpuff Girls, Dexter's Laboratory, Woody Woodpecker, Alvin and the Chipmunks, Scooby-Doo (Direct to Disc), Gummi Bears, Ducktales, Wuzzles, Captain Planet, and more.

Frank Herrlinger

Frank is a professional composer with 17+ years of experience and graduated from the University of Cologne, Germany, with his thesis being: "The Virtual Simulation of Orchestral Music Via Modern Computer Technology". Frank scored various animation projects for Disney and Mattel and worked on different theme park shows/rides around the globe. He also wrote music for numerous video games published for PlayStation, Xbox, and PC.



More Resources

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The most common traps composers fall into (and how to avoid them)! And much more ...

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