

CREATIVITY

The creativity lives inside us and needs to get out. But sometimes doesn't find the way or it doesn't show itself.

Today is very difficult to be original. We think it's all thought, when it isn't true. We cling to that idea, of wanting to do something different that there comes a point where we get blocked.

There are mental blockages that don't allow us to advance or enjoy the way for demanding so much of us and that do that we get the urge that doesn't do anything.

Our mind it's under a storm of doubts, fears and insecurities.

That makes us not believe in ourselves and for this reason, we aren't able to see the potential about our own ideas.

The reality is not to judge them, but look at with curiosity.

When we watch people do things of which we think we aren't capable, that frustration is strengthened and won't let us see beyond.

We arrive to think that we have only bad ideas. Don't get it wrong. There aren't bad ideas.

Let our mind create. Without thinking whether it will like or not. Let it flow.

We will be inspired by the people who we admire. Those who manage to capture their thoughts in ink, image or sound, and do the same with your thoughts.

It isn't easy. Who says it was? Let's think how great is doing things you like.

Enjoy it. Otherwise you'll get disgusted.

Without forcing the mind. Letting it happen.