

Shaping the Bowl – The 4 Layers of Intentional Creativity

In understanding how powerful Intentional Creativity can be, and the impact it can have on consciousness, it can help to give language to an often invisible part of the process – the part that happens in your heart.

There are 4 layers of intention to consider and that one can use in creating. Let's use the shaping of a clay bowl as our example - as that was what I was working on when I had the first teaching from Sue Hoya Sellars about Intentional Creativity.

1. INTENTIONAL FORM: You are shaping the bowl to be of use for eating or drinking or display, it has an intention or a function.
2. BELOVEDS: As a Blessing and/or as Beauty for the intended recipient: You infuse the bowl with your blessing for the future person that will use it and/or so that it will be beautiful to them (and desirable for sale perhaps)
3. YOU: As a Blessing or as a Beauty for You: This is where Intentional Creativity really comes in - while you create you enter into inquiry and openness about receiving the gift of the creative process, you put your personal intention into it - are you are changed by it as you work - and as you witness the resulting form, function and beauty.
4. EVERYONE: As a Collective Offering for Earth and Others : As you work you hope and intend this 'loving offering' can be a prayer, that it makes a contribution and in a quantum way travels out on your intention.

It is here in the 4 layers, that consciousness through creativity comes alive. It is here that we discover more of who we are and just what we are here to cause and to create. Art becomes ritual in the hands of the creative who cares for all beings and for creation itself.

~ Shiloh Sophia, Co-Founder , Intentional Creativity®