



how to think like an artist

week 1

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



to think like an artist is to make
contact with your intuitive spirit
of exploration.

Housekeeping

This book and classes are for education and inspiration.
This is not therapy and participating does not constitute a
therapeutic relationship.

Be kind, positive and respectful. Share solution-focused ideas about
what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your
Zoom image does not appear there...if you participate in class, your
voice/image will appear on the video.

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your personal use.
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T h e M o d e r n C r e a t i v e W o m a n



Modern Creative Woman

- We are a fun, supportive learning community.
- We commit to creativity and creative thinking.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

The Modern Creative Woman



Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

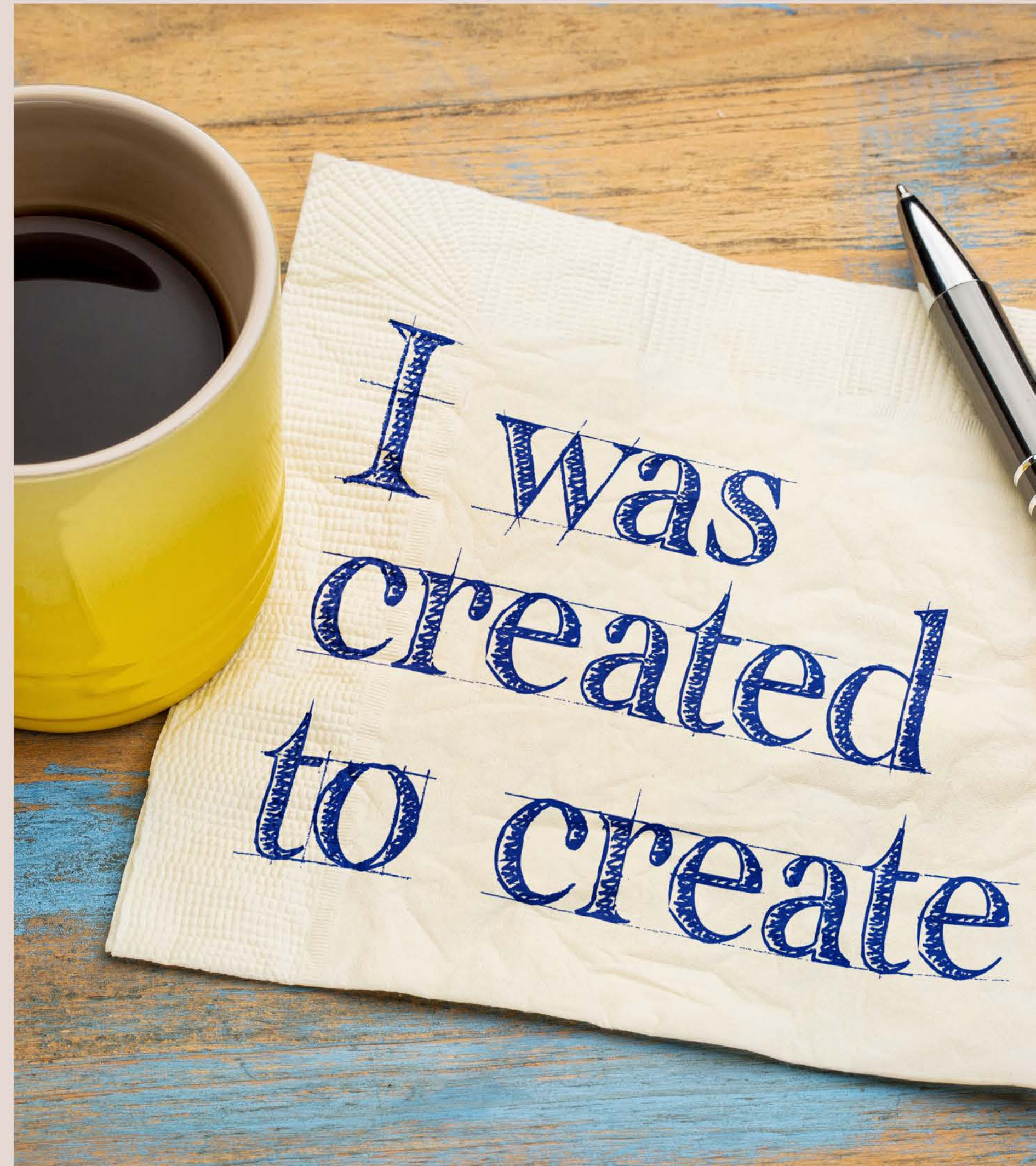
PURPOSE
YOUR
UNIQUE
VALUES

Thinking about Thinking



Metacognition

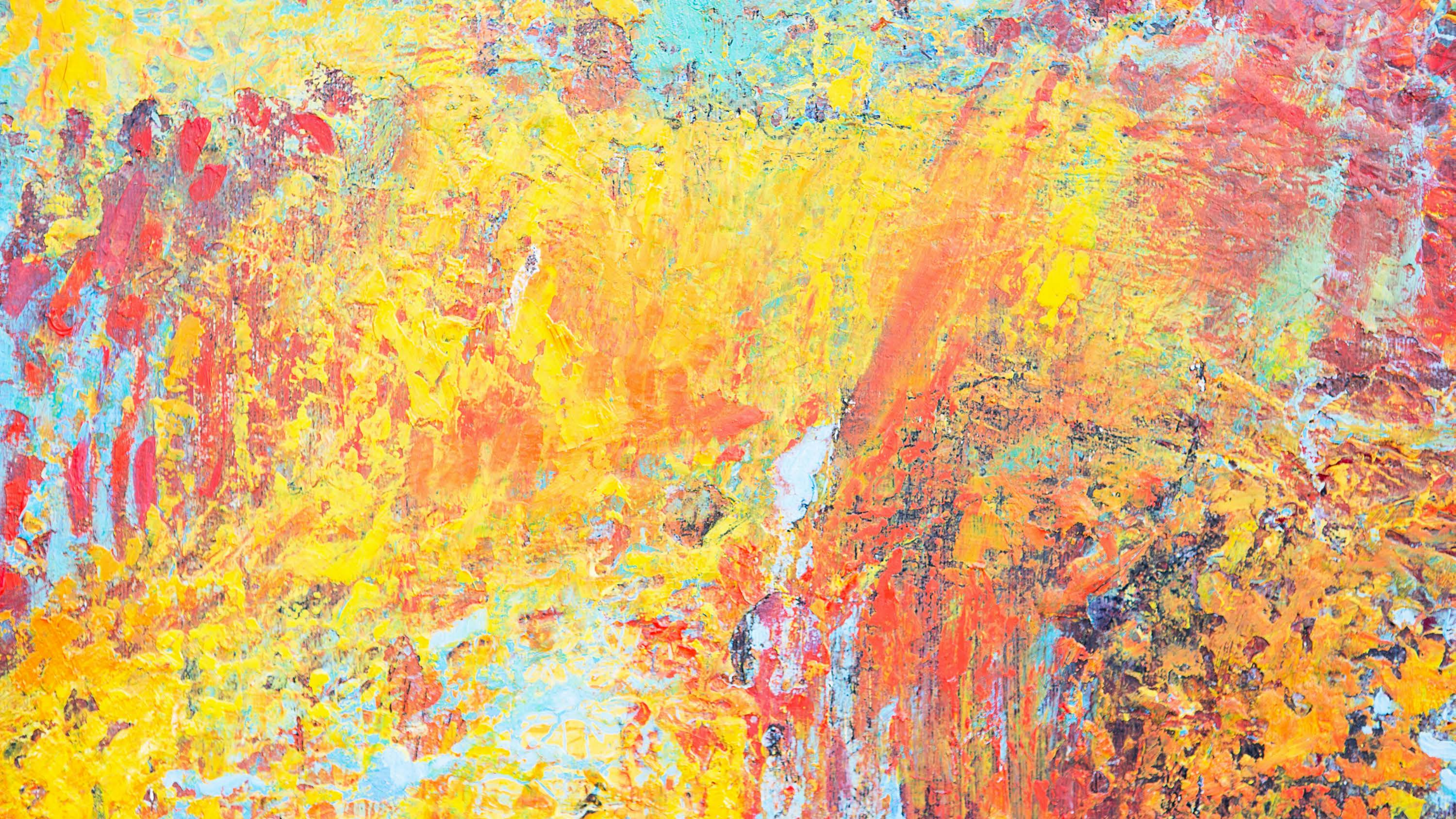
- Thinking about thinking.
- Observing your mind.
- Being curious about HOW you think (not just what you think).



Thinking about Art

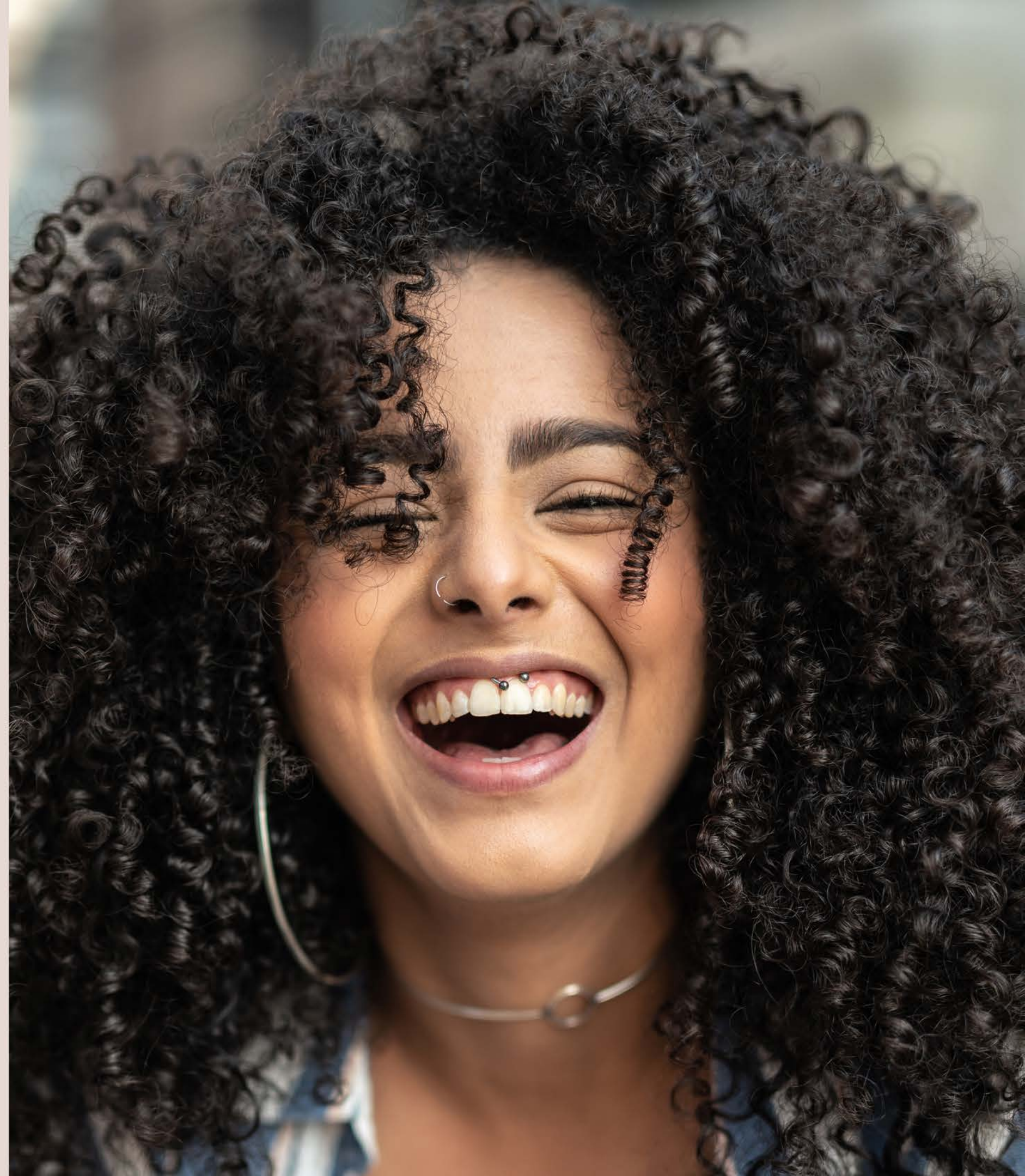
- Observe the painting on the next slide.
- Notice your thoughts and write a few words about the content of your thoughts.





Thinking about Thinking

- What were your thoughts like?
- What was your process of thinking?
- How were you thinking?





How did you think about the
painting?

Raise your Zoom hand or put your answer in the chat.

Presence



Presence in the MCW

- Making contact with the present moment
- Self as Context



Presence

Your presence includes getting out of your mind and getting into your life, making contact with the present moment and seeing yourself as the "context" for your life experiences.

Your internal presence can be whatever you decide it to be in each moment of your life.




Why Being Present Matters

- Better communication.
- Problems are manageable.
- Love relationships improve.
- Work relationships improve.
- Increased focus.
- Enjoy our own company more.
- More authentic self expression.
- Other people get to enjoy our authentic company.



Integrating Your Senses



A top-down view of various art supplies on a dark blue, textured surface. On the left, there's a white watercolor palette with many small wells of color. Next to it are two green paint jars, one open and one closed. In the center, a clear plastic palette is covered in thick, colorful paint strokes in shades of blue, purple, and pink. A green paintbrush lies across this palette. To the right of the plastic palette is another white watercolor palette with larger wells of color. Below this, there are two more paintbrushes, one with a red handle and one with a black handle. In the bottom left corner, there's a blue paint jar and a green paint jar. In the bottom right corner, there's a pink paint jar with several brushes inside it. The overall scene is a collection of tools for creating art.

Creative thinkers link
seemingly unrelated ideas
together to create art, new
concepts, inventions, or new
ways of doing things.

Synesthesia

- Neurological phenomenon.
- Stimulation of one pathway leads to experiences in another area of the brain.
- Senses are interconnected, causing unique perceptions.
- Consistent over time.
- 1-4% of the population.



Synesthesia

- The word "synesthesia" has Greek roots
- Translates as “perceive together.”
- Some studies suggest people with synesthesia may do better on memory and intelligence tests.



Examples

- Seeing colors when hearing music.
- Tasting flavors when reading words.
- Associating colors with numbers or letters.
- Certain sounds may trigger specific colors or shapes.



Famous Examples

Mary J. Blige

Nikola Tesla

Lorde

Duke Ellington

Pharrell Williams

Marilyn Monroe

Beyoncé

Patricia Lynne Duffy



Famous Example

- Alexander Scriabin (1872 – 1915) probably was not a synesthete.
- Highly influenced by French and Russian salons.
- Synesthetic motifs in his compositions.
- Prometheus (1911).



You may have similar associations

- A song reminds you of a happy moment.
- A smell reminds you of a sad moment.
- Two senses get paired.

eg. eating ice cream and petting the cat.
eg. perceiving colors during moments of pleasure.



Using Synesthesia

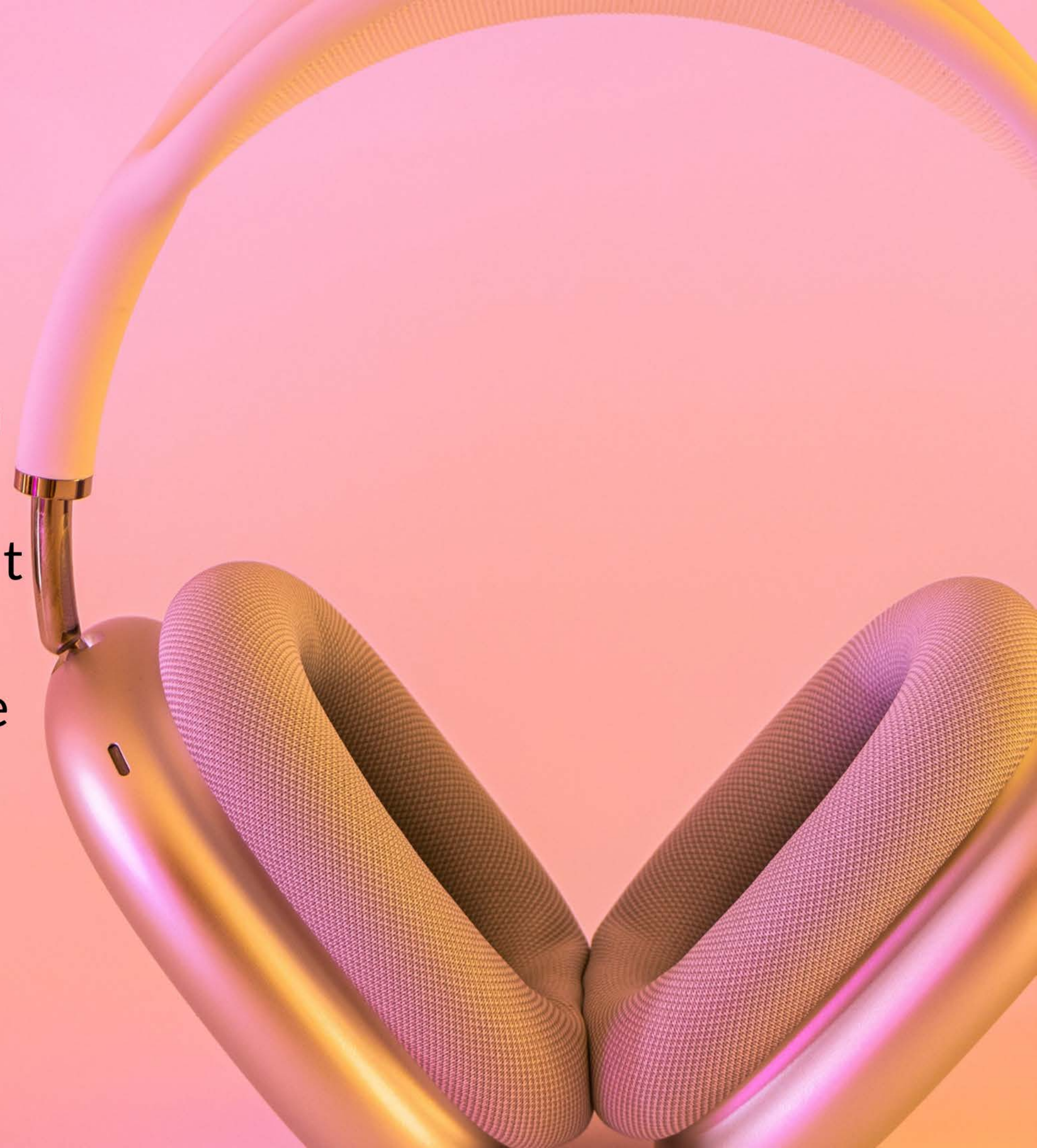
Consciously cultivating linked perceptions can help us with brain functioning, memory, and making contact with the present moment.

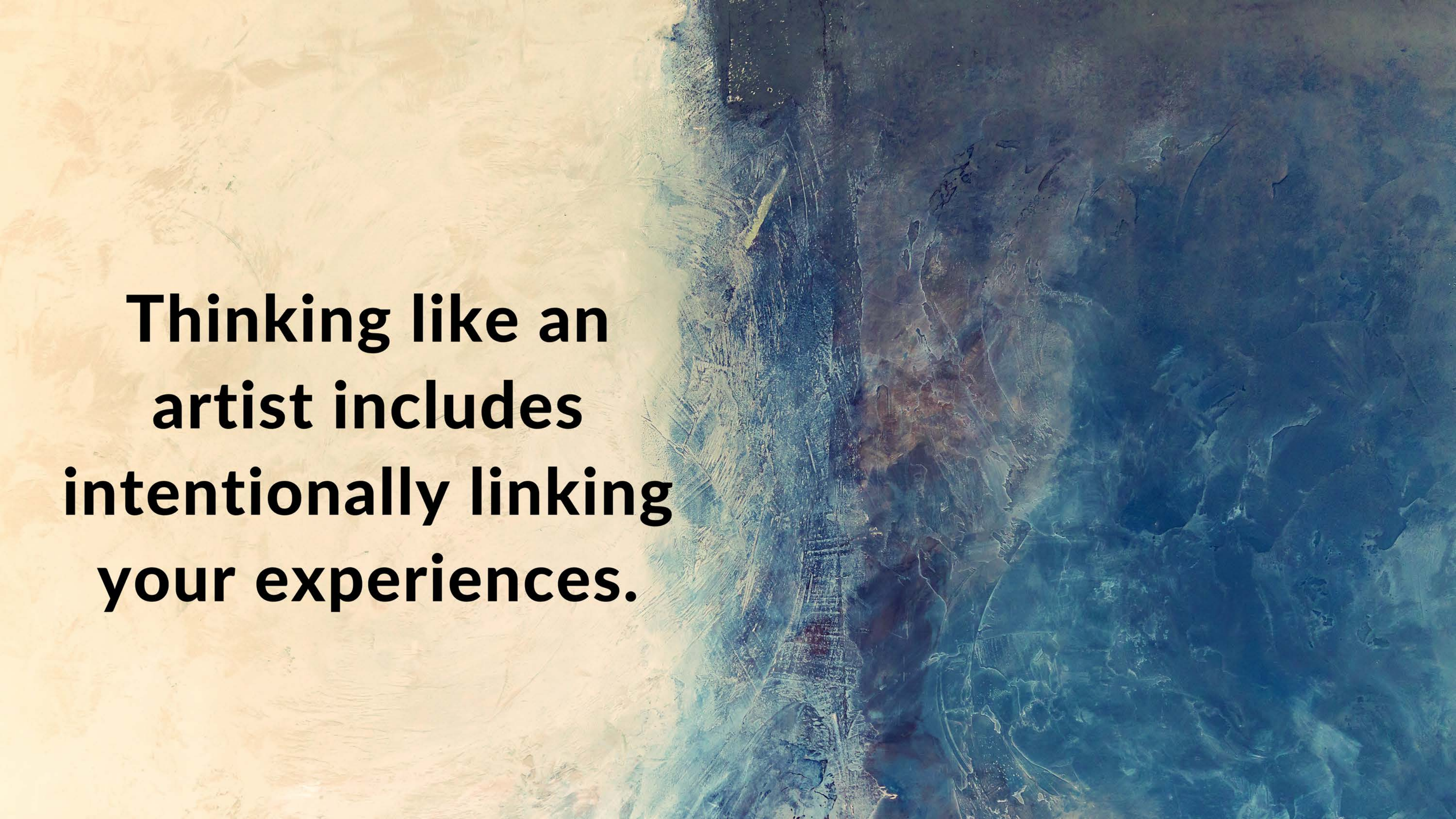


Remembering

Meeting someone new: say their name out loud, say it five times in your head, rhyme it, think of another person you know with that name/similar name.

Remembering a list: Associate the words with a familiar pathway, such as walking in your house, childhood phone number, etc.





**Thinking like an
artist includes
intentionally linking
your experiences.**

Mindful Moment



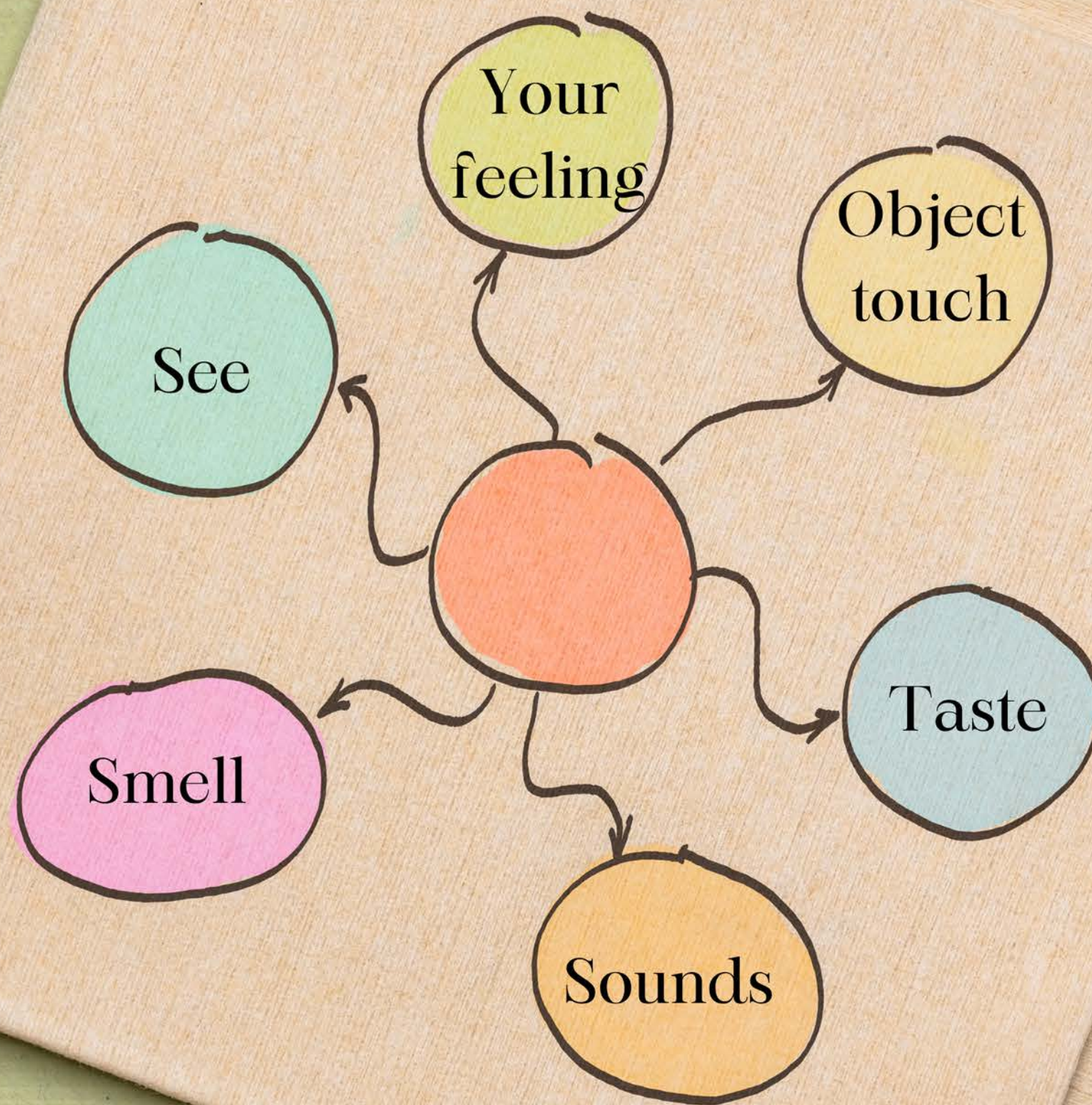
Seeing New

- Find an object.
- Look as if you had never come across such a thing before.
- Look and SEE.



Add all your Senses

- **OBJECT TOUCH** How does the object feel?
- **YOUR FEELING** How your fingers respond to it?
- **SMELL** What does it smell like?
- **HEAR** Any sound it makes/you can make with it?
- **TASTE** How does it taste?
- **SEE** How does the object look up close?





Seeing New

- What was new in your observation?
- Were you in the present moment?



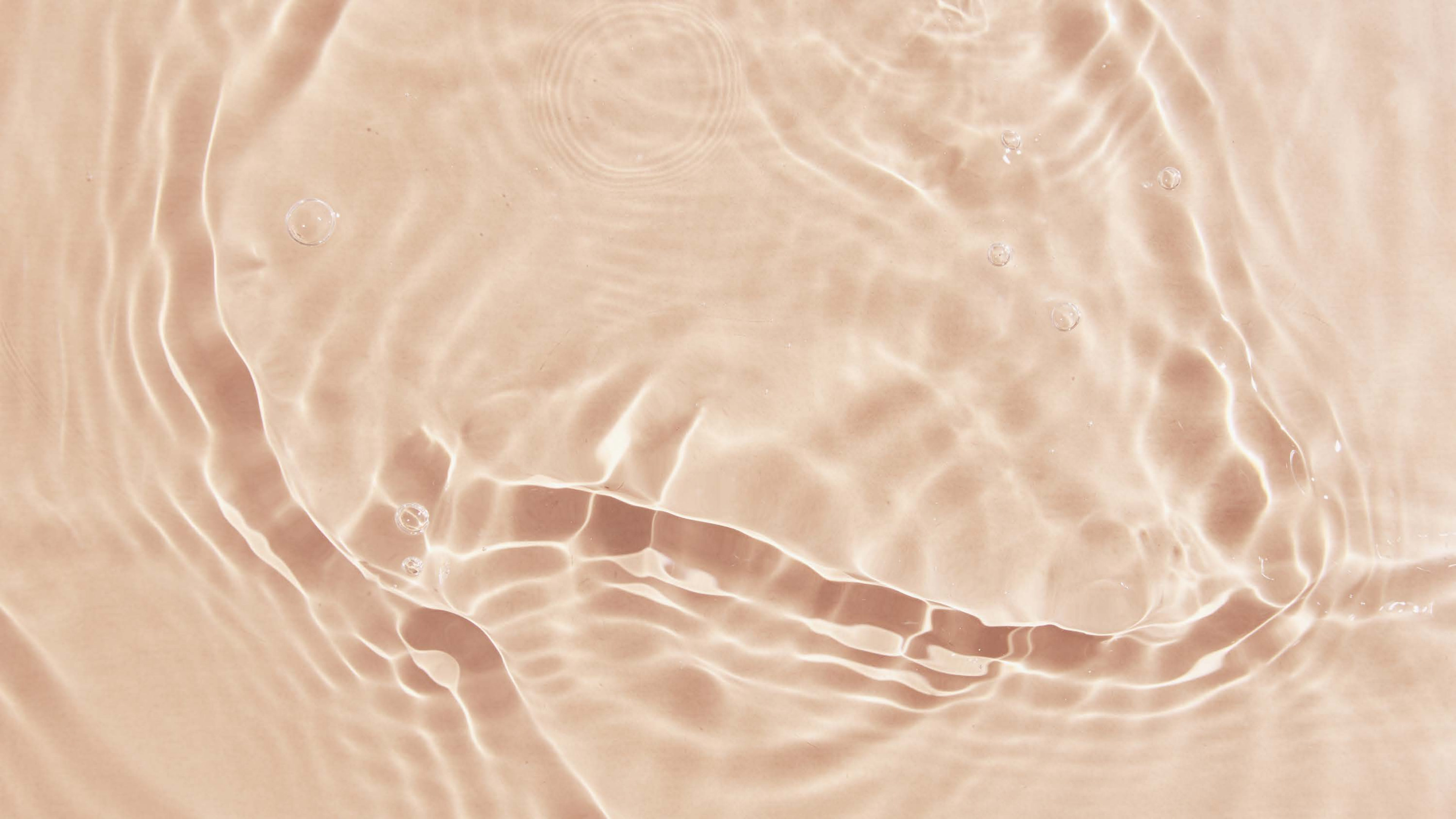
What did you notice?

Raise your Zoom hand or put your answer in the chat.

Seeing New

- **Eating:** a grape, piece of chocolate, first sip of coffee, etc.
- **Moving:** when you first get out of bed, exercise, lay down at night, etc.
- **Doing:** laundry, making art, knitting, etc.





Affirmations



**I am a Modern
Creative
woman who...
takes the
opportunity to
SEE.**





Finish the sentence in the chat:
"I am a Modern Creative Woman
who..."

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

Intentions

2

**Think Like
an Artist**

3

Mindfulness

4

**Written
Reflection**



Intentions

- What might you be willing to risk knowing that your brain can generate new ideas any time it wants?
- What would you do? What would you try? What problems would you try to solve first? How would you help yourself and others?



Think Like an Artist

- Write 10 things (places, people, objects, ideas, or concepts) that you find beautiful.
- This is not about conventional beauty - this is your unique aesthetic pleasures.
- Art response.



Synergy

- Linking your Present Moment Awareness to your senses is a powerful way to increase your creativity.
- Make a mind map to include your top 8 favorite songs.
- Ranking and ordering is a wonderful creativity skill to have, especially when you have so many options.
- Have fun and avoid judgement



Artistic Thoughts

- What are you interested in?
- Write and doodle your associations to your chosen topic.
- Infuse your writing and doodles with as many associations as you can - sights, smells, tastes, sensations and sounds.
- Let your mind wander and just see where your associations take you.



Written Reflection

- Reflect on how you have been thinking like an artist.
- What came up for you? How comfortable are you with thinking like an artist?
- Do you see yourself as thinking creatively? Whatever comes up is ok. Let go of judgement about how you think the present moment “should” be, and just let it be.

T H E M O D E R N C R E A T I V E W O M A N



**BREATH IT ALL IN.
LOVE IT ALL OUT.**

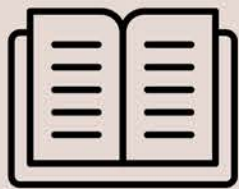


On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

Paris Trip - June 3-7

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.

A bouquet of flowers is arranged on a rustic wooden surface. The bouquet features a large pink daisy with a dark red center, clusters of small white baby's breath flowers, and various green foliage including small green buds and feathery white flowers. A light brown, rectangular paper tag with a torn edge is placed in front of the flowers. The tag has the words "Thank you!" written in a dark brown, cursive script. A small, circular, maroon-colored patch is attached to the right side of the tag, and a piece of light-colored twine is threaded through a hole in the patch.

Thank
you!