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## *Creating Journey*

This course has been a transformative journey, introducing me to the exhilarating process of creating something from nothing. It began with a simple yet profound exercise: drawing something at random. At first, I moved my hand across the paper aimlessly, not fully grasping the significance of what I was creating. The next task - to develop something tangible from that abstract drawing - was a revelation. I was amazed to discover how I could transform a seemingly random sketch into a meaningful creation that resonated with others. This exercise marked my first realization that creativity can emerge from the most unexpected sources, challenging me to think differently and enhance my creative skills.

A pivotal learning moment came when watching an initial video featuring Kermit the Frog, where he declared, "Creativity is not a separate faculty that some people have and others do not. We all possess varying degrees of creative capabilities because creativity is a function of intelligence." This statement shifted my perception of creativity from an innate gift to a universal potential accessible to everyone, a theme that recurred throughout the course, reinforced by various activities and discussions.

The insights provided by our guest, Ming, further reinforced that creativity is not merely an innate gift but a skill that can be cultivated through practice and perseverance. His emphasis on integrating art into daily life and reflecting on personal journeys resonated deeply with me, challenging the myth that art relies solely on natural talent. This enlightening perspective aligned with my experiences throughout the course, as each project and discussion peeled back the layers of what it means to be creative.

Initially, as an economics major with no experience in art, I struggled to conceptualize and visually represent my ideas. However, after some practice and particularly helpful advice to 'think with your hands rather than just imagining what your project will be in your head, or by linear research,' my perspective shifted. This approach allowed me to create something that truly expressed my thoughts and reflections.

The readings and practical applications explored during our sessions were also highly enriching. Putting theory into practice, especially using the 'Why?' technique was transformative. Asking questions and documenting the answers helped scrutinize my thought process and led to entirely new ideas. Furthermore, the concept of lateral thinking was pivotal in transforming my approach to problem-solving, encouraging breaking away from established patterns to discover new solutions. The reading "Art and Fear" taught me to embrace imperfections and view them as opportunities for growth, helping me overcome the fear of imperfection I faced everyday.

Meditating in every class was initially an intimidating new experience for me, met with some hesitation as it seemed quite challenging. Yet, as we persisted, it became more interesting and

deeply engaging. These meditation sessions offered a crucial break from the daily grind, helping me develop a profound sense of peace and awareness. At first, calming my restless thoughts and diving deep into the practice was difficult. But with each session, I noticed a gentle change. Although this change wasn't dramatically life-altering, it was a pleasant departure from my earlier experiences with breathing practices. The guided meditations, particularly those that focused on breathing, played a key role in helping me anchor myself in the present and clear my mind.

The artist visits and studio tours were integral to my creative education, reinforcing that the process of creation is more significant than the final product. These interactions provided unique insights into the real-world applications of creativity and the workflows of successful artists. The emphasis on process over product encouraged a more exploratory and less judgmental approach to my creative endeavors, allowing me to appreciate the journey of creation as much as the outcome.

Overall, this course profoundly shifted my understanding of creativity. It demonstrated that being creative involves more than just having talent; it involves a continuous, dynamic interaction with our thoughts and the world around us. Through a blend of practical exercises, engaging discussions, and insightful feedback, I learned that creativity is an accessible tool that shapes our world and enriches our personal experiences. I am thankful for this transformative experience, which has encouraged me to apply creative thinking more broadly in my everyday life.