


THE CREATIVE PROCESS

IN THREE STEPS

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1/THE FIRST STEP IS
TO CREATE HIGHER
VIBRATIONS INSIDE
OURSELF AND IN THE
SPACE AROUND US



WE HAVE TO BE ALIGNED WITH OUR AUTHENTIC SELF

No creations are possible without inner freedom.

The first step is to disconnect from our daily life, our negative thoughts, our stress.

We must leave our Ego-self, connecting to a deeper part of ourself, our inner authentic being.

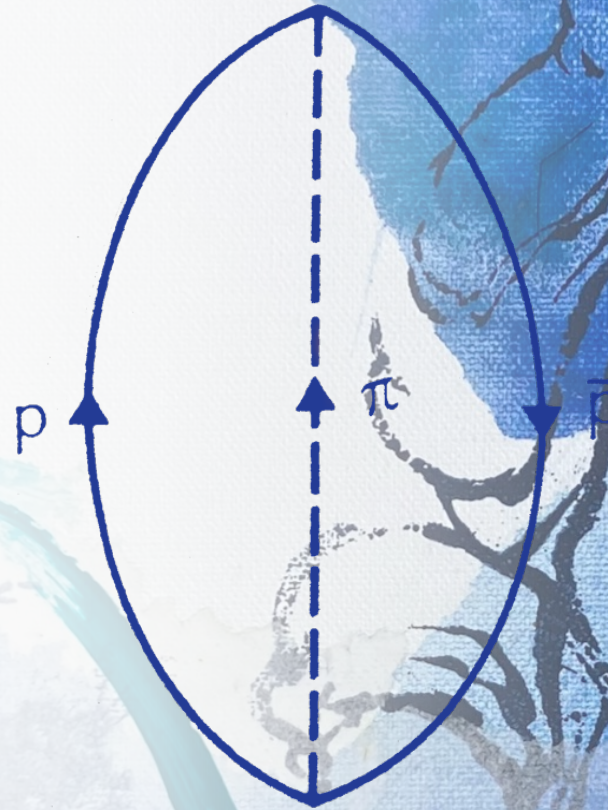
It is like the particle being wave...In this state we are « no body », we are « wave » connected with the field around us..

We can prepare ourself in different ways. It is a process.

We can use music, poems, listen to something inspiring, reading, meditating...or just go out in nature.

We need to be JUST present, to calm down and feel joy, love and gratitude inside.

Creating is a play, and must be done in a feeling of « nothing is important », without any expectations...!





AND THEN CREATE A SPACE FILLED WITH PRESENCE

The creative space could be seen as a Sanctuary.
We create her a connection to invite “presence”.
We activate the space.

I can then feel this vibrating NOW moment
as if I have created a sphere on the linear
time-line, a sphere in no-space, that
opens up for infinite possibilities...

The CREATION of higher vibrations in ourself and in the
space is what then connect us to the creative flow, the
field...



In this first step, I also choose and prepare the images I will use, and my tools...

- I isolate the images I want to use for my project on my silkscreen frames, and I print them on thin papers as materials for my paintings.
- Here are texts, symbols, Sumerian images, geometry, organic images...fragment.
- I prepare my tools, paints, pencils and my canvases...listening to my intuition.
- I am prepared. I now just have to wait.

2/ THE SECOND STEP IS THE
« THE TURBULENT PHASE ».
IT IS WHEN, IN A MOMENT OF
GRACE, I GO INTO MY
CREATIVE FLOW...

Nothing more than the present moment exists here. I become »no-body«, just a tool for this invisible presence to unfold. It is a moment of joy and love, when I am not anymore in my mind but in my heart space and in the creative flow, in the movements.

Here no expectations are possible. What unfold are always perfect. It just IS.

Everything is still possible. It is an **open state**, that will be more and more closed when the paintings are taking form on the canvas. It is a moment of “all possibilities” and a moment of freedom.



A STATE OF FREEDOM!

Isn't this inner freedom, our state of co-creators where our actions are no longer colored by our limited Ego self?

In this present moment state of mindfulness and awareness we are free from our unconscious programs, blocking and changing directions of our actions.

When we become aligned with ourselves and with the creative field around us, we help the world to evolve and unfold. Our action, gesture are in the flow.

It is all a PROCESS.

A dance of joy.





ACTIVATION OF THE CANVAS AND THE FIRST DIRECTION

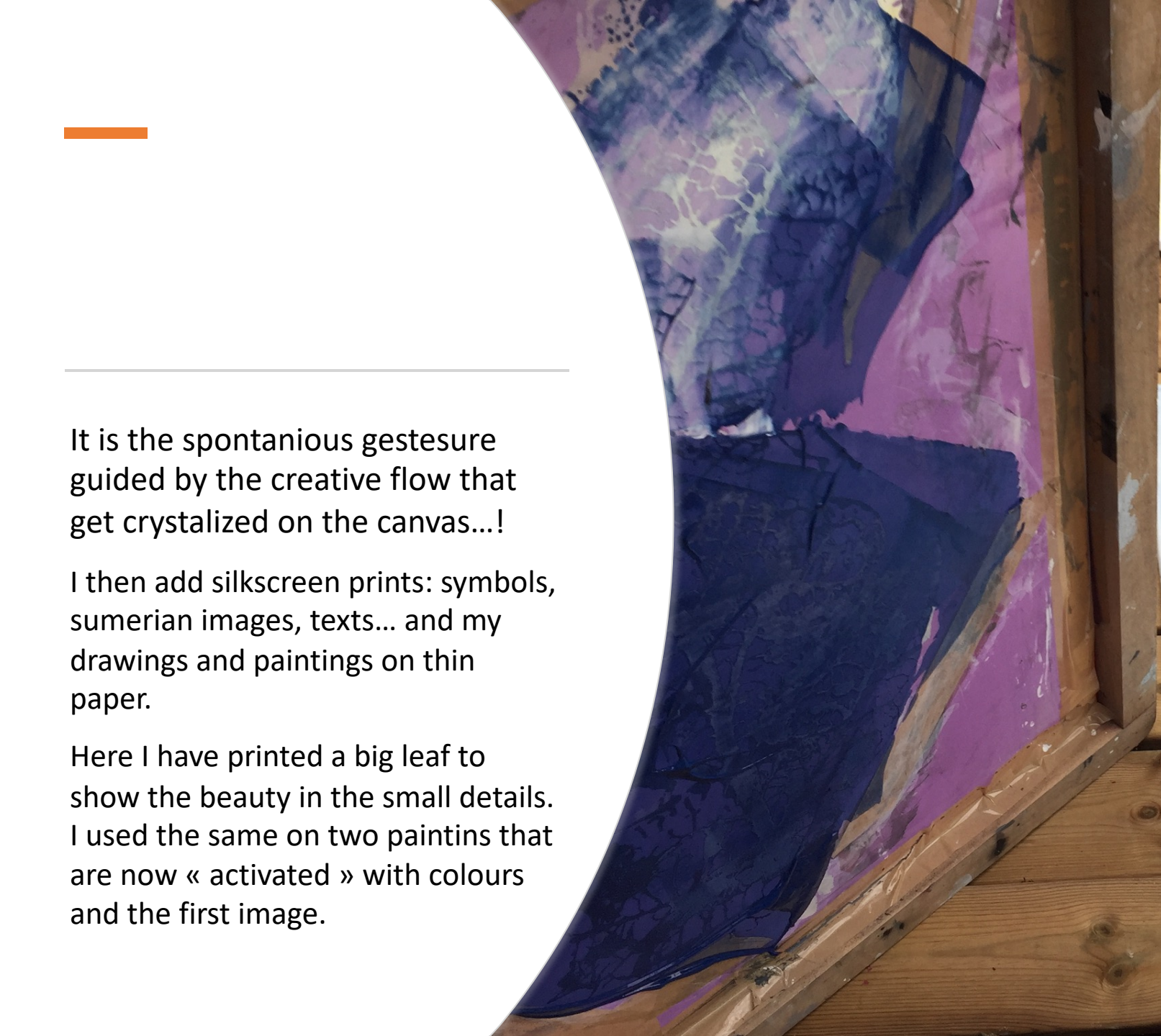
I then start to give my paintings directions.

I activate my canvas with the first images that I often choose « randomly » but , off course, « random » doesn't really exist.

I add colors and I work layers of layers often outdoors with many paintings at the same time.

All hesitations will break the creative flow! I work quickly, just following the movements my brush will take. It is a flow of joy.

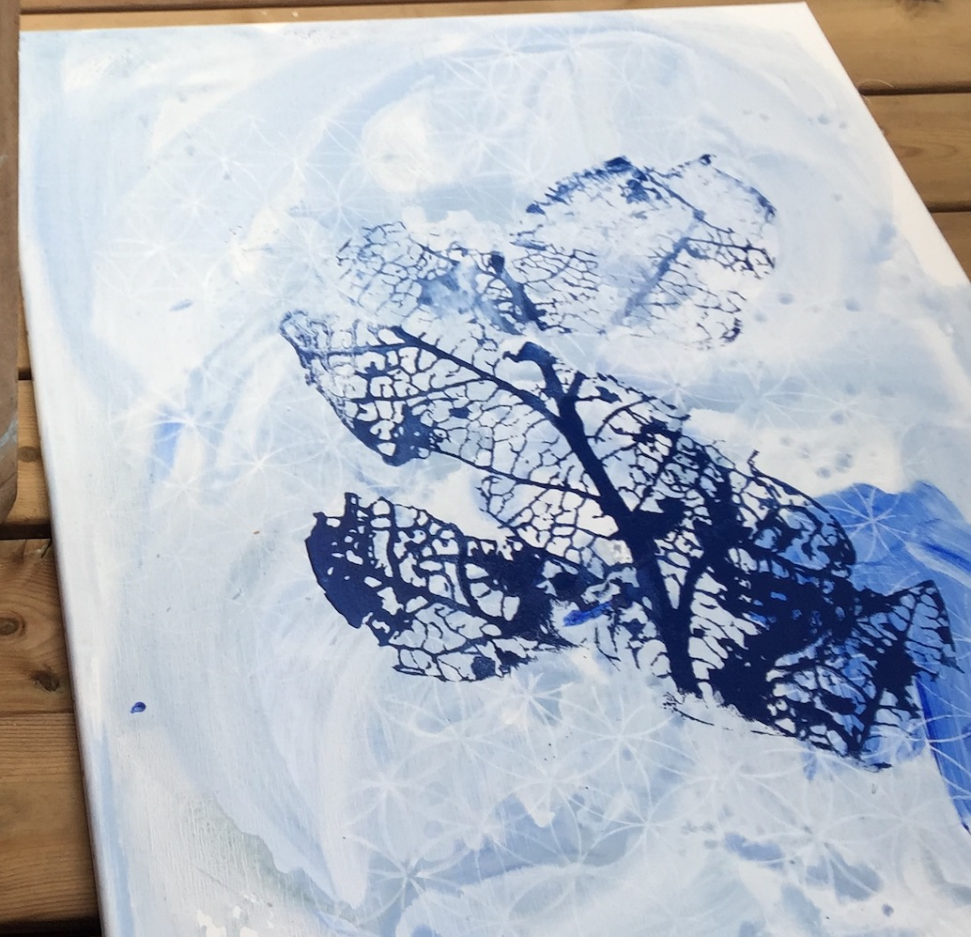
When « nothing is important » then everything becomes possible. This is the key to creation!!!

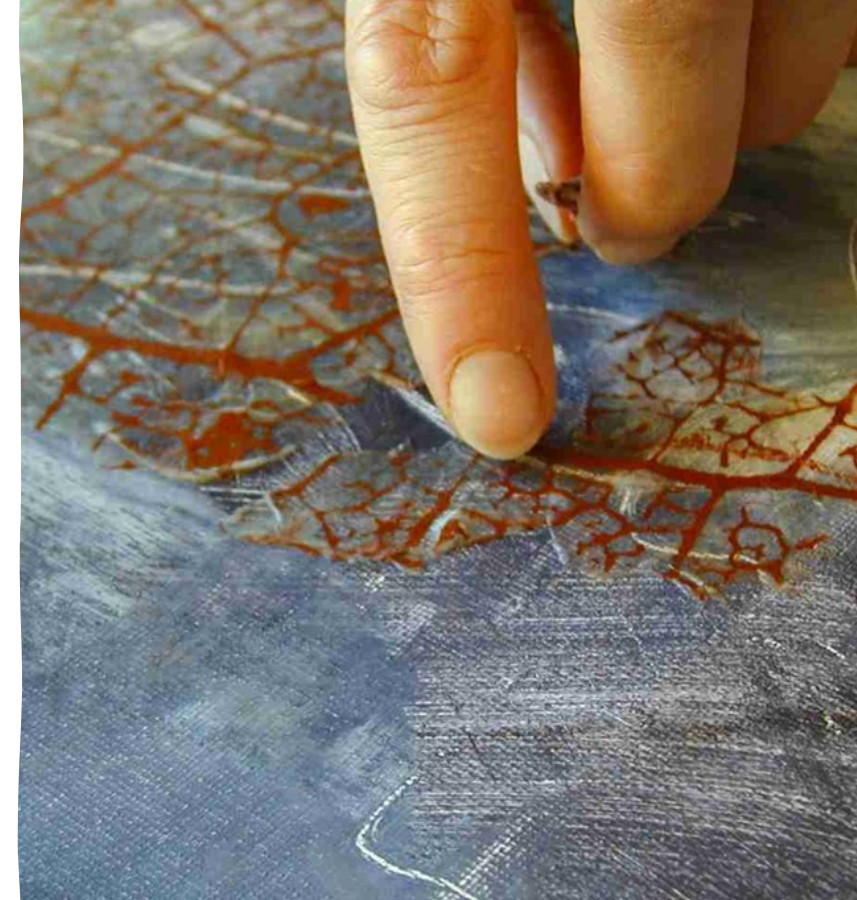


It is the spontaneous gestesure
guided by the creative flow that
get crystalized on the canvas...!

I then add silkscreen prints: symbols,
sumerian images, texts... and my
drawings and paintings on thin
paper.

Here I have printed a big leaf to
show the beauty in the small details.
I used the same on two paintins that
are now « activated » with colours
and the first image.





I THEN BUILD MY
PAINTING FROM
INSIDE AND OUT...

This is a spontaneous intuitive state. I often know inside what image I need to continue a painting...and often I find it just close to me.

It is important to always go further, not getting stuck in the known, repeating what I know « works ». An artist must always surprise himself, creating situations where he hasn't been before, with new combinations, colors and forms.

There is always new ways to move further into the unknown...



THEN COMES THE NEXT ACTIVATION STEP...

The open creative space with infinite possibilities are becoming smaller and smaller and the painting is now giving me the direction to follow.

Every painting wants to unfold in its own way. It is a mystery and for me a discovery of infinite new worlds opening up through me...unfolding with my paint strokes and images.



I like to see the paintings as temporary frozen moments. Like if something from the invisible field are penetrating the surface of our world and are then disappearing again into another dimension.

The painting is like a prints of the vibrations in the present moment, or like a window transmetting a message, an energy that could help the observer to wake up the same vibrations inside himself and then connect and aligne to the same invisible field.



I think that is why I love so much transparency!

Like veils between two worlds,
membrans, windows, sometimes
more transparent and open and then
all off a sudden all opaque and
closed...



In my paintings I try to create this transparency in using layers of layers of transparent papers, every paper with its messages.

It is for me also a symbol for our a multidimensional world filled with memories, old cultures, symbols.

And everything on a deeper level, are connected...into a big huge whole, the unity field.



3/ THE THIRD STEP IS « THE FORMAL PHASE ». THE MATERIALIZATION IS FINALIZED, THE FLOW CRYSTALIZED



The turbulent state are now being structured and the creative flow are becoming controlled. I am becoming « Helena » again.

We are back in a dualistic and logic world.

It is the phase of cleaning up and perhaps start to analyze the creations, find the inner meanings and structures that now, perhaps, can be explained with our mind.

I put the painting on the wall in our living-room and it start to be part of my reality, vibrating into the world.

Often I can be surprised of what I have done, knowing I could never repeat it again!

My challenge is now how I could help others to go into the creative flow, to be creators in their life.

One thing is to do it as an artist, but the other, even more important, is to create the higher vibrations, that will attract more beauty and harmony into our world ...and unfold the beauty inside ourself and in the world around us.

To create our self as a work of art!

Isn't « Paradis on Earth » here already, if we humans with our higher consciousness vibrations, create its unfoldings and activating it when being aware of it?

When seeing the beauty, feeling the gratitude for the colors and forms, for the smells and for the hidden patterns...



WE CREATE OUR VIBRATIONS
TO CREATE OUR WORLD
WE HIGHER OUR VIBRATIONS WITH LOVE
AND GRATITUDE
TO CREATE NEW HIGHER TIME-LINES
MOVING INTO THE FUTUR.

**ISN'T THE SIGNIFICATION OF BEING
HUMAN, TO BE A CREATIVE BEING, A
CREATOR?**

And again, the key is to go into our
heart space...into accepting the
flow of love inside us and in the
world around us...and then accept
the miracles into our life.

A miracle is just the creative act of
shifting perception from fear to
love, from the Ego vision into a
vision of oneness.

