

# Theory Five: The Creating Life

- “And those who were seen dancing were thought insane by those who could not hear the music.”  
–Frederick Nietzsche
- “A dreamer is one who can only find her way by the light of the moon, and her punishment is that she is forced to see the dawn before the rest of the world.” –Oscar Wilde
- “It requires a very unusual mind to undertake an analysis of the obvious.” –Alfred North Whitehead

Betty Friedan  
*The Feminine Mystique*

*“The only way for a woman, as for a man, to find herself, to know herself as a person, is by creative work of her own. There is no other way.”*

# Keith Sawyer

Prof of Educational Innovations  
UNC – Chapel Hill

**Belief One:** The Essence of Creativity is in the Moment of Insight

*“Creative people get their great idea in a flash of insight. After that, all they have to do is execute it. They could even delegate the execution to someone else, because execution does not require creativity.”*

**Belief Two: Creative Idea Emerge Mysteriously From the Unconscious.**

*“Creative people have radical new ideas that come out of nowhere and that cannot be explained by their prior experience.”*

## Belief Three: Rejecting Convention Results in Greater Creativity

*“Creative people blindly ignore convention; convention is the enemy of creativity, it blocks the pure inspiration welling up from the creative spirit.”*

**Belief Four: Creative Contributions are More Likely to Come From an Outsider than an Expert**

*“Sometimes the most creative people know the least about the domain. The leading people in any field are so bound up in the old way of doing things that they never have the great new ideas. It takes someone from the outside to see things in a new way; it’s not important for that outsider to first learn those old ways of doing things.”*

**Belief Five:** People are More Creative When They  
Are Alone

## **Belief Six: Creative Ideas are Ahead of Their Time**

“Creative people are far ahead of their time, and their brilliance is not acknowledged during their lifetime. They are recognized after death, when everyone else moves along to catch up with their vision.”

## Belief Seven: Creativity is a Personal Trait

*“Creativity is a general personality trait, like IQ. More creative people are more creative at everything they do. People who do not have much of this personality trait have little hope of being creative.”*

**Belief Eight: Creativity and Mental Illness are Connected**

*“Creative people are more likely to be mentally ill.”*

## **Belief Nine: Creativity is a Healing, Life-Affirming Activity**

“Creative activities are the fullest realization of human experience. They express the inner being of the person, and result in great personal fulfillment. Creative activities contribute to psychological health; this is why art therapy and music therapy are effective.”

## Belief Ten: Creativity is Based in the Right Brain

“Creative people display ‘right brained’ pattern of behavior and thought. Creative brains have identifiable biological differences from uncreative brains.”

# The Roots of Creativity Found in the Brain

By Tanya Lewis, Staff Writer | September 16, 2013 03:00pm ET

705

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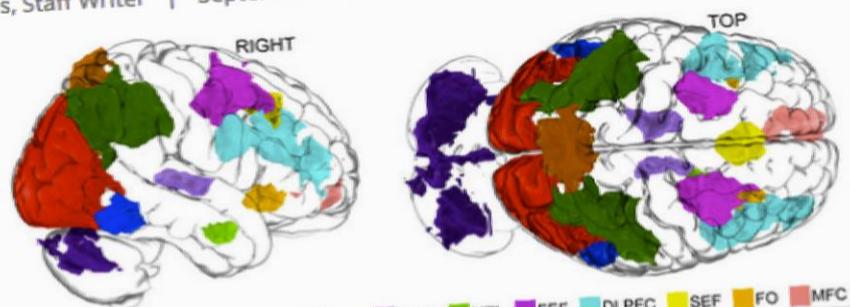
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Eleven areas of the brain are showing differential activity levels in a Dartmouth study using functional MRI to measure how humans manipulate mental imagery. Credit: Alex Schlegel [View full size image](#)

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Live Science – Creativity in the brain

# Scientists shed light on creativity by studying pianists' brain activity

Images of pianists' brains highlighted areas that seemed to underpin their musical creativity

Ian Sample, science correspondent, in San Diego  
theguardian.com, Tuesday 12 November 2013 12.21 EST  
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The brains of creative piano players



# BRAIN SCANS SHOW JAZZ MUSICIANS 'SPEAK' MUSIC

**JOHNS HOPKINS UNIVERSITY** → Original Study

Posted by [Stephanie Desmon-JHU](#) on February 24, 2014

When jazz musicians “trade fours” they use parts of the brain linked to the structure of spoken language, but not those tied to spoken meaning.

“Trading fours” is a jazz pattern in which musicians play brief alternating solos, usually four bars in length, introducing new melodies in response to each other’s ideas, and then elaborating on and modifying them over the course of a performance.

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Johns Hopkins and *Jazz Brains*

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The image shows a screenshot of a news article from the University of Wisconsin-Madison website. The article is dated June 25, 2007, and is titled "Brain scans show meditation changes minds, increases attention". The article text discusses a study on Tibetan monks and how meditation affects the brain. It mentions that researchers used a scanner to observe brain activity during meditation, finding increased activity in regions used for attention and decision-making. The article is partially cut off at the bottom, showing the beginning of a quote: "The changes were associated with the practice of...".

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## Brain scans show meditation changes minds, increases attention

June 25, 2007

68  77  440

For hundreds of years, Tibetan monks and other religious people have used meditation to calm the mind and improve concentration. This week, a new study shows exactly how one common type of meditation affects the brain.

Using a scanner that reveals which parts of the brain are active at any given moment, the researchers found that meditation increased activity in the brain regions used for paying attention and making decisions.

The changes were associated with the practice of

**"Most people, if they heard**

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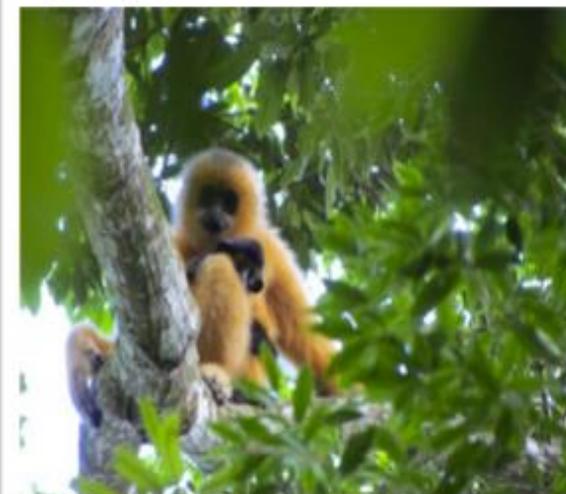
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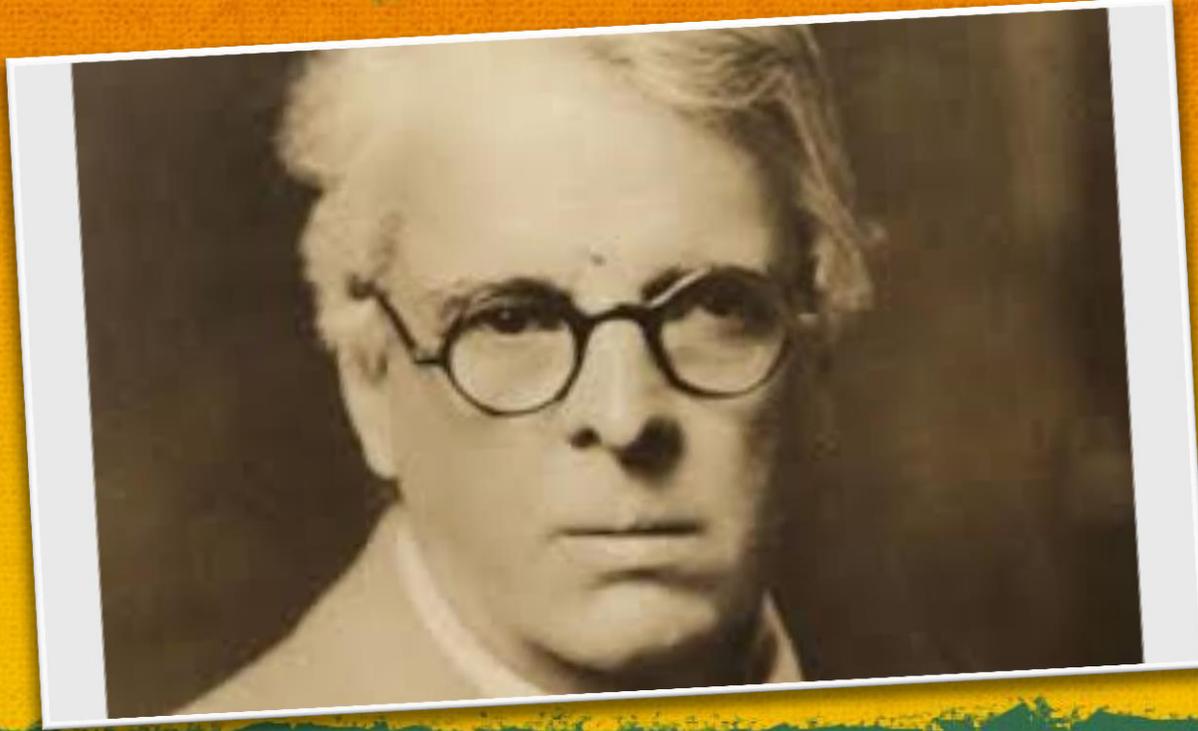
## Brain scans of rappers shed light on creativity

Functional magnetic resonance imaging shows what happens in the brain during improvisation.

**Daniel Cressey**

15 November 2012

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“Daimon  
is  
Destiny”

“When I think of life as a struggle with the Daimon who would ever set us to the hardest work among those not impossible, I understand why there is deep enmity between and man and his destiny, and why a man loves nothing but his destiny.”

William Butler Yeats



**Dionysus**

**God of wildness, festivity, and wine**



# Apollo

God of Structure, Order, and Sober-Thinking



The Nine Muses of Zeus

# Hesiod

(ca 750 – 650 BCE)

- “It is through the Muses and far-shooting Apollo that there are singers and harpers upon the earth... happy is he whom the Muses love: sweet flows speech from his mouth. For though a man have sorrow and grief in his newly-troubled soul and live in dread because his heart is distressed, yet, when a singer, the servant of the Muses, chants the glorious deeds of men of old and the blessed gods who inhabit Olympus, at once he forgets his heaviness and remembers not his sorrows at all; but the gifts of the goddesses turn him away from these.”

Plato, ca 427 - 347

**“A lover of music like yourself ought surely to have heard the story of the grasshoppers, who are said to have been human beings in an age before the Muses. And when the Muses came and song appeared they were ravished with delight; and singing always, never thought of eating and drinking, until at last in their forgetfulness they died. And now they live again in the grasshoppers; and this is the return which the Muses make to them -- they neither hunger, nor thirst, but from the hour of their birth are always singing”**

# Callistratus

3<sup>rd</sup> Century CE

“Not only is the art of the poets and prosaists inspired, but likewise the hands of sculptors are gifted with the blessing of divine inspiration.”

# “Christianity happens”

- *Creatio Ex Nihilo*



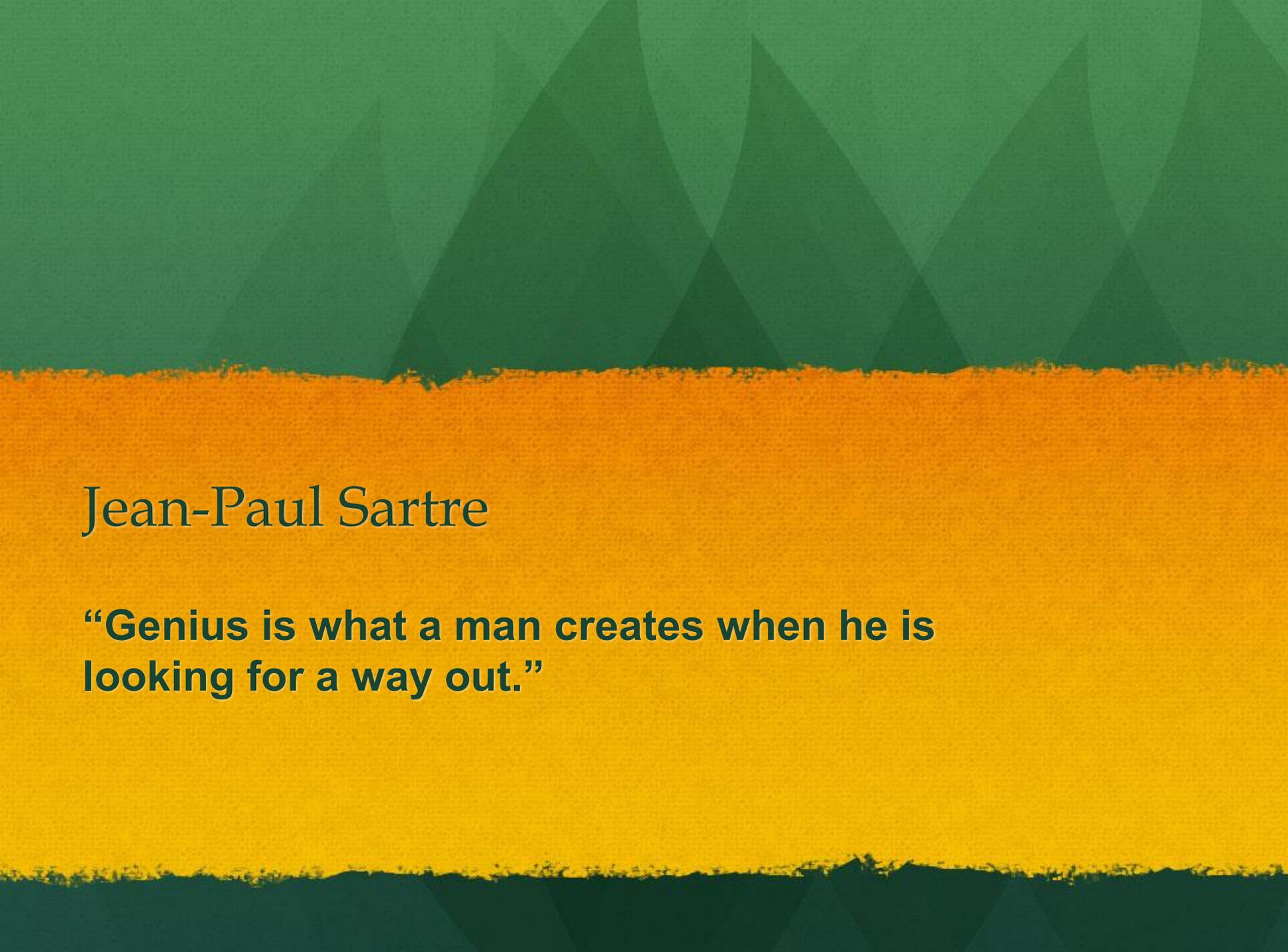


## Romans 13

Let everyone be subject to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, whoever rebels against the authority is rebelling against what God has instituted.

“We switched our views of the relationship between gods and humans. It is not so difficult to see why this happened. When the first myths of creation arose, humans were indeed helpless, at the mercy of cold, hunger, wild beasts, and one another. They had no idea how to explain the great forces around them—the rising and setting of the sun, the wheeling stars, the alternating seasons. Then, slowly at first, and with increasing speed in the last thousand years or so, we began to understand how things work, and humans no longer seemed so helpless after all. Great machines were built, energies harnessed, the entire face of the earth transformed by human craft. It is not surprising that as we ride the crest of evolution we have taken over the title of creator.”

Mihaly Csikszentmihalyi



Jean-Paul Sartre

**“Genius is what a man creates when he is looking for a way out.”**

*“My dear Mr. Heifitz,  
My wife and I were overwhelmed by your concert.  
If you continue to play with such beauty, you will  
certainly die young. No one can play with such  
perfection without provoking the jealousy of the gods. I  
earnestly implore you to play something badly every  
night before going to bed.”*

*-George Bernard Shaw*

