

Bio

Mindy Jo Sloan: A created and creative person like you, mother, grandma (Nene), artist, writer, educator, minister, and life-long learner. Fav quote: *You must be the change you want to see in the world.* Mahatma Gandhi

Happy alentine's Day

This is the season of love. And love is never more powerful than when it is toughest to give. No one said it would be easy. In fact, it is better if loving is not easy. It is the ability to love when it is tough that makes love most powerful. This is when love can transform. These tough times include many opportunities to send very powerful love. They are a blessing if we use them for good. And we can do that. We can love. Because, as creative beings love is what we were born to do. Indeed, it is the strongest link we have to our own Creator. It is our very essence. Our creator made us to create, to create love.

Sometimes loving takes a bit of creativity. Many times, I have been asked if I thought creativity could be taught. That is an odd question because it assumes that some people have no creative abilities. A mistaken assumption. We are all creative beings. In fact, creating is our natural state. We begin to create from the moment we are born. We hear the sounds around us and try to emulate them. We pick objects up with our awkward fingers and stick them in our mouths to see what they feel like. We stretch and move, pushing our little bodies beyond what they are capable of doing at that point in time. We sing, we make crayon marks on the walls, and we move to music with no fear of being critiqued or rejected by others. As children, we begin our lives loving those around us. All life, all living things, are loved by us.

And then, all that changes. Sometime in our early school years we learn that trees must be green, suns must be yellow, and what we create will be judged. Most sadly, we learn that we will be judged. Some of us, as small children, learn that we may not be loved. Perhaps we begin to judge as well. Perhaps we begin to question if we should love so openly and so broadly. So, we conform. We conform to be accepted and to belong. We push aside and then forget the pure joy of creating. And with that, we each push away our uniquely creative self. Our self that came into this world to create love. The irony is that the more that we conform and the more that we deny our own natural creative state the further we are from true love, from our own Creator. From our ability to receive and to create love.

During this season of love, break yourself free. Return to love, to your natural state of creating. Disrupt a routine, do something completely child-like, and by all means, make a choice that brings you great joy.

Love Love Love your creative self.

Then go out there, find the least loved and lovable people you can, and *perhaps from a distance*,

send them a beautiful bouquet of huge energetic love.

Yes, you will make a positive difference.

It is the season to create love and transform.

P.S. Sunday, Feb 14 at 1:00. If you would like to talk about ways to remember your creative self, send me an email and I will send you a Zoom link. mindyjosloan@gmail.com

(Optional photo on page two)

