

Creativity as Deep Knowing

From his experience as an octopus Paul learned all about creativity and how to listen in order to create.

Below are the different ways Paul sparked his creative fire as an “Eight Footed”, can you practice creativity like an octopus?

New places, people, and even thoughts can help us be more creative. Quieting our minds can help us listen to them. And then when our deep knowing lights up, our creative fires ignite.

Larger Pacific Striped Octopus © 2013 California Academy of Sciences. All rights reserved.

Quiet:

How do you find quiet?

Places:

What new places have you been to lately?

People:

What new people have you met recently?

Thoughts:

What ideas have you been thinking on lately?

Deep Knowing:

How did you know what to apply to your creation?

