



## Helpful Qualities and Attitudes for Creativity from *The Future of the Body*

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Qualities that enhance creativity as outlined in *The Future of the Body* can serve as reminders of the need for openness to change, allowing us to step outside of the ways that we have held ourselves and our understanding of reality. It is useful to refer to this list from time to time as we evaluate our stance relative to our practices.

- Tolerance of ambiguity
- Openness to experience (including altered states)
- Willingness to temporarily set aside reality testing
- Non defensiveness in relation to strong feelings or unusual ideas
- A flair for rendering novel forms from complex stimuli
- Unusual capacities for intuition
- Psychological risk taking
- Emotional sensitivity
- A strong drive to find pattern and meaning
- Feelings of oneness with others