

Bonnie Kelso

The following sample chapter "Circles," is part of the book "Vitalize Your Creative Life." To purchase the entire book that this chapter has been excerpted from please visit:

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Circles



by Bonnie Kelso This chapter sample "Circles" is excerpted from: Vitalize Your Creative Life: How to access the creative person you were always meant to be by getting to know your inner-child again through the power of creative play.

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One line forms the circle,
Without a beginning and without an end.
The circle represents wholeness.
It is the shape of our foundation.
It is the form of the eternal soul.

For my children.

Your Infinite Potential

Circles have been around for a very long time. They are a part of every human culture's visual vocabulary, since man's beginnings. Circles have strong ties to spiritual beliefs that transcend any one religion, making the circle an important member of the family of *sacred geometry*. Circles are powerful symbols of infinite potential. They represent the beginning and the end in one singular form. They are representative of completeness, wholeness and at the same time, everything you need to begin a journey.

Circles are powerful symbols of infinite potential. They represent the beginning and the end in one singular form.

As you dive into the rich and diverse waters of your creative life, always keep in mind that the circle is your beginning point. Just like the circle, you are already a complete, whole person. You are enough right here and right now. There is nothing you need to add. Everything you need is within you. You are here. The experience of yourself and your life in this present moment can clearly reveal your infinite potential to you. There is no other destination you needed. You have already arrived, because you are here. This makes a circle the perfect starting place when beginning a journey of growth. Since the day you were conceived you have been in a state of growth. This growth has been physical, mental, and emotional. Growth is felt through sensations of restriction and expansion. Like the circle, growth can be infinite.

Consider the circle. It is one of the most common shapes found in nature. The sun, moon, earth, and other planets appear to us as circles. It is naturally pleasing to the eye bringing a sense of familiar comfort. Close your eyes, take a few long deep breaths and imagine a circle now.

Draw A Circle

CREATING EXERCISE #1

Draw a circle.

(Just do it, don't think about it, just draw a circle right here, right now, right below this sentence.)



(By the way, this icon means "go ahead, draw in this book. Really, I want you to!") Whew! Glad we got that out of the way. Not so bad,

right?
How did that just feel?
 What were you thinking about when you drew your circle?
Look at your circle. What details can you observe about your circle?
As a symbol of creativity the circle represents a gift you were born with. Look inside the circle you just drew. What do you see?

I hope you didn't just write the word "nothing." It is true that there is space inside the circle, but this space is not empty. It is sacred. It is the space that holds all that you have created and will create. This space is what *infinite potential* looks like. You can choose to see nothing, or you can choose to see endless possibilities. All you have to do is flip a switch in your way of thinking.

Creativity is a state of mind, a way of being, and it comes from a sacred place within.

Creativity exists inside of me, inside of you, inside of your friends, your family members, your neighbor, and every stranger you meet on the street. It is inside every one of us. Creativity is your birthright. It is a part of your soul. As strange and simple as it may sound, if you ever want to open up that channel between you and your creative self, all you have to do is:

start...

drawing...

circles.

Ready to hear a story?



An ancient story, tells of a time long before people roamed on Earth in bodies. We were all there, every one of us. You were there. I was there. We existed together without the burden of our bodies. We existed in spirit form as oneness.

The shape of our existence was indescribable because there was nothing else with which to compare it. Only later would we discover that our form was the circle. Together you and I were part of the same being. We all were one, even the ones who are now lost in the deep dark woods of anger and loneliness. There was only one. Our footprint on the Universe was small, but our love was infinite.

One day, a bright golden comet soared near our circle.



"What was that?" you remarked, or perhaps it was me. We both thought it at the same time in the same way. As we grew curious, a funny tingle began to grow within our circle. It was the tingle of an idea. It was one singular spark that would begin a long pursuit for experience.

"What would it be like to be a comet?" we asked one another simultaneously. "What would it be like to move in a straight line? What would it be like to not be a circle anymore?" We tried to imagine what it would be like and we couldn't. We couldn't even imagine it, so we did something drastic. We divided our beautiful perfect circle-self into two. As soon as we did, we knew that everything had changed. That nothing would ever be the same.

"Oh my," you said, "what have we done?"

"Oh my," I said, "You just thought that without me!"

"What?" you asked in astonishment. "You mean you don't know what I'm about to say?"

"I don't think so...," I began. "Try thinking of something totally crazy."

"Okay," you replied, "I'm thinking of something totally crazy right now. Do you know what it is?"

"No." I sighed. "Wait, give me a minute..." I thought really hard for almost a whole minute and then...

"I love you!" You finally blurted out, not being able to stand it anymore.

"What?" I said, bewildered.

"I said, 'I love you!" You repeated.

"Why, that feels... that feels... really nice," I said as I shed one single solitary sparkling tear.



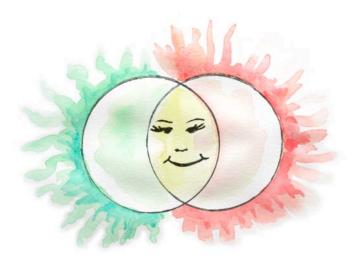
"What is that?" you asked.

"What is what?" I responded innocently.

"What is that sparkly wet thing?" you asked.

"I think it came out when I felt something inside. Something different. Something I had never felt before."

We sat together for a long while in silence, you with your thoughts and me with my mine.



Finally I broke the silence. "You know what?"

"What?" you asked with a slight tremor in your voice.

"I love you, too." I said softly. You sighed and then I felt a squeezing sensation. "What's that?" I asked a bit alarmed.

"I don't know," you said, "I liked what you said and I think I just wanted to be closer to you again, you know like we used to be."

"That felt very interesting. Could you try that again, please?" I asked shyly.

"Sure!" you answered, "Here goes..."

"Wow! That really feels...," I searched for the right word, "nice. Thank you."

"You're welcome." We both started to glow.

That's how it began. We realized we would never be one again, not like we used to be, but we could still feel connected in new and interesting ways. We explored our own thoughts. You had funny thoughts that made me laugh. I grew increasingly curious and asked you a lot of questions. I made you think about things you had never thought of before. One day I asked you what might happen if we could divide ourselves again. Having experienced it once, we imagined what it might be like.

"Okay, are you ready to try?" I asked.

"Okay, ready," you responded. "On three, right?"

"Yes. One... two... three!"

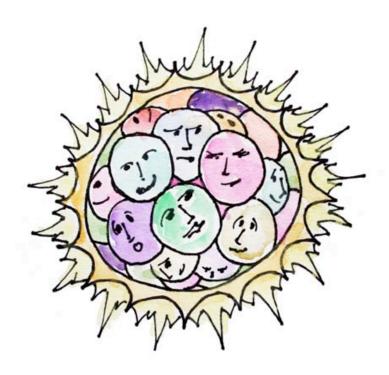
Together we divided ourselves again, and then we were four.

"Whoooa ...," said someone.

"I know, weird!" said another one.

"This is awesome! Not one of us is less than the other." Observed another.

"What conversations we will have! What experiences we will enjoy! Each of us independent, and yet each of us from the same source," waxed the philosophical one.



And so it went on and on... every so often we all decided to divide, until we became a large community of souls. One day, someone had a very bold idea...

"What if we left the circle?" someone said.

There was a lot of murmuring and mumbling. Someone spoke out, "What do you mean? How could we leave the circle? Why would we want to?"

"Well," the someone answered, "so we can experience something different. That's how we got where we are now. I'm just proposing we take it to the next level."

"Where do you *propose* we go, then?" asked another one with some skepticism.



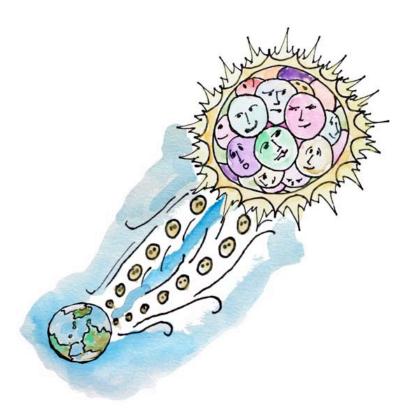
"Oh, I don't know, maybe we could go to Earth. It looks pretty," said the someone.

"You mean, just float around Earth? That would be weird," chimed in another one.

"Well, we could use bodies. They're getting pretty evolved down there. Could be fun!"

"Well, shall we have a vote then?" proposed another one.

Being of such curious natures and lovers of experiences, we decided to go for it. A few decided to stay back in the circle and look after the others while they were on their adventure.



And thus began the human race as we know it. Bodies inhabited by eternal souls, searching for interesting and meaningful experiences. When the bodies wore out, the souls returned to the circle and new souls were always heading back down to Earth for new experiences. The cycle continues today, but only some of us are truly aware of our eternal oneness while we are on Earth. This keeps things very interesting indeed.

The End
... kind of

Trace A Circle

CREATING EXERCISE #2

Another way to draw a circle, besides just winging it like you probably did in Creating Exercise #1, is to trace a circle using a template. Circle templates are *everywhere!* Find a template or several templates of different sizes that you can use to trace circles with.

Possible "found" templates could be container lids, bottle caps, cups, bowls, CDs, and so on. There are endless sources of circles around us everyday. If you just look around your home for them, you will start to see them. The more you discover, the more you will begin to truly appreciate how much human kind loves circles. Collect a variety so you can start creating some circles right here. Allow yourself to create some random circles.



Extend this exercise to a piece of paper separate from this book. Open up a watercolor set and try painting or tracing some circles with a brush. Play, experiment, and begin to understand circles again through a fresh perspective. What will you discover about circles through the process of creating circles? Feel free to record any thoughts or insights below.

Instant Circles

CREATING EXERCISE #3

Have you ever created a circle in a non-linear way?

Maybe you've discovered this during Creating Exercise

#2. A circle doesn't necessarily have to have a beginning
and an end during its creation; it can happen all at once.

Dip your template in a puddle of paint and stamp it on
the paper. *Bam!* There is something very satisfying
about doing this. Try one now, right here:



Sometimes, circles will just create themselves, like when you leave a wet coffee ring on a table with a cup. Whoops!



The Neurology Of Creating

How do you feel after doing those exercises? Do you feel calm, peaceful or joyful? Do you feel anxious, angry or sad? You weren't just drawing a bunch of circles, you were in the act of *creating*. When you create, you are engaging parts of your brain that get neglected during your day-to-day routine. Creating can elicit a wide range of responses.

By the way, this is your brain watching TV:



I am not a neuroscientist, but I create a lot. Even though creating is my field of expertise, I won't take full credit for anything I create or any experience I have because I am a *co-creator with the Universe*. That's right, it's not just about me. I am a conduit of source's creativity. Something amazing is happening behind the scenes inside your brain while you are engaged in even in simple acts of creating. What is occurring as you create is nothing less than profound growth and healing.

Clinical studies are being conducted, data is being collected, and theories are being proven. The results are in:

Nurturing your creative life benefits your brain physically and emotionally.

If you don't believe me, ask a neuroscientist. The exercises in this book (which you have already started playing with just by drawing a few circles) will help you to get this process of healing and growth started.

Whether you can feel it or not, inside your brain connections are occurring, neuron pathways are

reconfiguring, synapses are sparkling, and new neurons are being called into action, resulting in functions being restored.

If you really get cooking, you brain will start releasing dopamine and endorphins that help you to feel really good. Because of the physical and emotional benefits of creating, I am committed to inspiring every one I meet to take action, even if it is just one small baby step towards meeting their creative potential. This is the message I am shouting out from the highest mountain tops:

"It's time to start creating, people!"

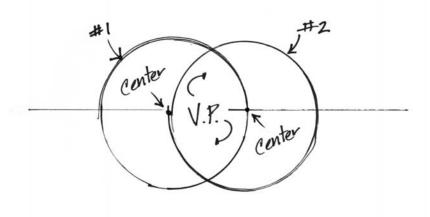
Your very life may depend on it. Now back to creating some more circles...

Vesica Pisces

CREATING EXERCISE #4

Let's get you acquainted with some more sacred geometry. I want you to create a Vesica Pisces. Don't be frightened by the name. This is a shape that is most basically two circles that overlap. I would like you to draw it in this very specific way so that you will gain an understanding of its proportions.

To begin, take one of your medium-sized circle templates and trace a circle. Now locate the center point of the circle with a small dot. Draw a horizontal straight line through the center. Next, place the center of your template where the line intersects with the edge of the first circle. The edge of the new circle should pass through the center of the first one.





Congratulations! You just drew a Vesica Pisces! It's that "football" shape where the two circles intersect. Take a few minutes to play with your colored pencils. Create some colorful spaces around your Vesica Pisces. As you do so, here are some questions to consider:

- Why are you reading this book?
- What are you hoping will happen?
- How might your life transform once you start believing in yourself as a creative being full of creating potential?
- What might it feel like to live a vitalized creative life?
- Are you starting to smile? You should be!

The Vesica Pisces is a symbol that represents a multiplication of the circle. It is the moment when one circle becomes two. This can be imagined as one consciousness separating itself into two in order to experience self through the lens of another. Every time you create something, you are creating from yourself. You are in the act of manifesting a piece of your inner world into the physical world.

Creating is a natural act. It is simply what we humans do.

We create whenever a thought shifts into the physical realm. This is the act of creation whether it is thoughts into words, movements into dance, sounds into song, or pencil marks into a drawing.

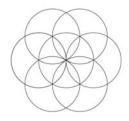
All creations begin with thoughts.

This is a powerful concept to understand if you truly want to vitalize your creative life. The Vesica Pisces is symbolic of this important relationship between your thoughts and your actions. It represents that first step you take as you move from infinite potential (the circle)

to a state of creating (the expression of the circle). This shape can represent other relationships that might be helpful for you to consider at this time as well.

It can represent the relationship between you and your inner child. Your inner child can represent a real childhood memory or it can represent a childhood that was never permitted to be fully expressed. This inner child can be very present when you wish it to be. Once you have reconnected with the energy of your inner child, simply invite it to come out and play. Both circles are full of infinite potential. The overlap (the Vesica Pisces) represents connection.

(You can use this space to write your thoughts and reflections down.)



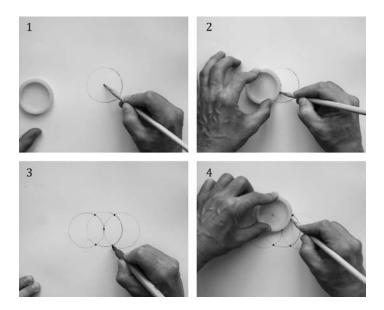
Seed Of Life

CREATING EXERCISE #5

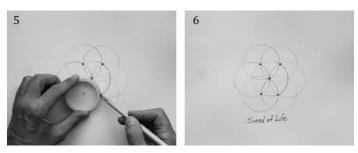
The Seed of Life is a symbol that you will see in many ancient cultures all over the world. It is this global use and recognition that classifies the Seed of Life as another symbol of sacred geometry. It has many profound and beautiful meanings but for the purpose of this exercise it will represent the beginnings of change in a journey towards self-actualization. Self-actualization is the need present in everyone for the fulfillment of one's talents and potential.

As you explore and begin to access your creativity I want you to think of the Seed of Life. Imagine with the creation of each new circle you are building the foundation of your creative life. If you allow it to, this symbol can become a guiding force that will inspire you, lift you up, and help you to build confidence in your own creating potential.

Let me help you create one now. You begin with a circle. Use one of your templates.



Next, create a Vesica Pisces. Now draw a third circle on the other side of the original circle. The circles intersect at four points. These will be the points that you line up your next two circles with which will also cross through the center point of your first circle.



The entire shape is composed of seven circles. Try drawing one below. Perfection is not necessary.

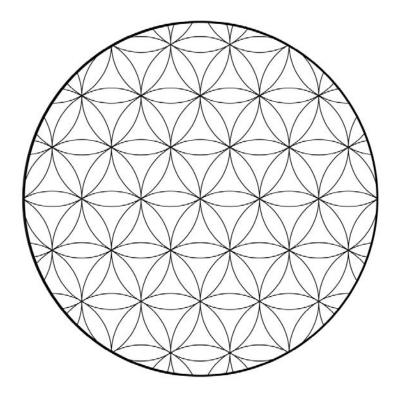
Intention is everything. Create the Seed of Life often as you work your way through this book. It will help you to stay focused on your intention of vitalizing your creative life.



The Flower Of Life

BONUS CREATING EXERCISE

If you want to extend your Seed Of Life into a Flower Of Life continue creating circles in the same manner as you did for the Seed of Life as you expand outward. Have courage. Give it a try!



(Feel free to trace over or color the one above.)

Perfect Intentions

After doing these exercises, how do you feel about creating circles? Even if you draw a circle with a compass, you will notice slight imperfections. Subtle shifts within the instrument, imperfections in the paper, or a tremor in your hand all produce imperfections within a seemingly perfect symbol. Circles are not perfect, not even the ones you find in architecture. Most engineers accept that tiny flaws exist within circle structures. This is a bi-product of fabrication, but not to worry, because these structures are still perfectly safe and still perfectly appear and function as any perfect circle might if one were to actually exist.

I have a confession to make. I am not perfect, nor do I wish to be perfect. That, however, is **not** my confession. My confession is this: I *used* to want to be

perfect. The problem with wanting to be perfect was that I could *never* achieve it.

Wanting for something you can never achieve sets up an infinite circle of unfulfilled desire.

Perfection is a continuous loop of struggle that never allows for a feeling of satisfaction. Without a feeling of completion, you can't move forward. It forces you to cycle through your old patterns and behaviors, until you simply run out of steam. Can you see this cycle now in your imagination as an energetic force? Can you see how this energy could run along the perimeter of a circle endlessly when fueled by desire?

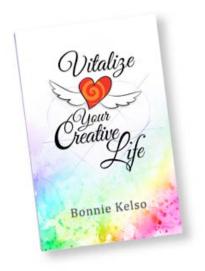
It was only when I consciously decided to stop the momentum created by my desires and look at the circle from a new perspective that I finally broke free from all that was making me unhappy. I spent many hours in quiet contemplation as space began to appear. Not empty space, but rather a feeling that is hard to name accurately with words. It sounded something like a long deep breath being released. "Ahhhhwe!" I felt deeply connected with the creator inside of me, who reassured

me that I was enough and unconditionally loved.

Since accepting myself as **not** perfect, I find I can focus more fully on my positive intentions. Now when feelings of lack and not being enough rise up again, I recognize them quickly. They are my own limiting beliefs. Politely, I ask them to step aside, because they don't belong in my circle of infinite potential.

Every time I look into a circle now, I see only inspiration. The perimeter is no longer a racetrack of desire but a call to create. The center is not empty, but filled with my infinite potential. I can see it shining back at me like a glorious mirror. My greatest hope is that you, too, will be able to let go of perfectionism and move toward focusing on your potential.

My perfect intention is for you to recognize your infinite potential as you vitalize your creative life.



I hope you have enjoyed "Circles." To purchase the entire book that this chapter has been excerpted from please visit:

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About Bonnie Kelso

Bonnie is a Creativity Coach, Art Facilitator, and Artist living and working in Las Vegas, Nevada. She has most recently been working as an Art Facilitator with groups of men and women in addiction recovery programs. She also has experience working with young people and people with physical and mental disabilities. She is the mother of two young boys, whom she credits for endless inspiration during the creation of this book.

Bonnie studied Fine Art at the Rhode Island School of Design in Providence, RI. While she completed her BFA she also worked as a teacher assistant for the RISD Printmaking Department, the Rhode Island School of Design Museum, the Rhode Island School for the Deaf, The Boston Children's Museum, and United Cerebral Palsy.

After college, Bonnie began a twelve-year career as an Exhibit Designer, Design Director, and Independent Contractor. She designed visitor centers and museum exhibits for high profile organizations such as The Smithsonian Institution, National Geographic, NASA, and The Newseum, as well as many others. She was often asked to create content that was easily understood by either a fifth grader or a US Congressman. This practice has served her well in developing her personable and easy to follow writing voice over the years.

In 2004, Bonnie decided to make a shift in her life path. She traveled extensively and began painting full time. She pursued her career as a fine artist for ten years while at the same time cultivating a family of her own. Currently she devotes most of her creating time to Creativity Coaching, Art Facilitating, Public Speaking, Painting, Drawing, Writing, Blogging (www.CreatingYourExperience.com), and playing right alongside her most favorite people.