



# Tasha's greenhouse

{ where creativity grows }

## love your unique voice

:: Sprout  
creativity  
coach

*Do you like it?*

Children and adult students alike have asked me this question while sharing a completed piece of artwork. Even I have been guilty of asking such a question. But if we are to bring forth our most authentic voice in our work, we must be sure that we are asking that question not of others but of *ourselves*.

Think back upon your work for a moment. When you created a piece for approval or acceptance, how did the work feel? Were you excited about it? If so, was that excitement lasting? When you think about it now, does it inspire you to create new work?

Now think about a piece you created simply because you were having fun. What does that piece feel like? Does it carry with it that feeling of freedom and exploration? Did you learn something? Do you remember letting go and not worrying about making something "pretty,"

so that the piece could become whatever it needed to be, instead?

There are times we may need to create work to sell or give to another. But when we can approach our creative expression with open arms and allow ourselves to see what will happen, then we are bringing our authentic creative voice to life.

We trust in our intuition—not our head—and allow that voice to guide us. When we do that, we open ourselves to a new way of learning and thereby seeing the world. We find a way to express our distinctive vision as we explore the stories that live on our inner landscape.

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In order to tap into your most authentic creative voice, try these tips:

- + Begin a project without reason, other than expressing yourself.
- + As you sit before that blank page, canvas, keyboard, etc., set an intention to play and listen without judgment.
- + Give yourself permission to make anything, knowing it might be weird, unexpected, ugly, different, or a million other things. Then let all those thoughts go.
- + Tune into your thought process now and again. If you catch yourself wondering what other people will think—stop. Breathe. Remind yourself of your intention and begin again.
- + When you reach that point where you hate what you are creating—as artists often do—acknowledge the thought/feeling and remind yourself of your intention. Push through. Play it through to the end. I guarantee that you will surprise yourself with what you find.

Our society will tell us when it comes to art that there is good art and bad art. They will tell us that pretty is exactly what people want, thus what you should create for others.

I resisted these very thoughts as my latest piece came to life. When I was finished with it, I allowed myself one question—do I like it? The answer was yes, because I allowed an image to surface that opened more windows into my imagination, thought process, and heart's desires.

The truth is that—whether or not we admit it—we are most interested in one another. We are fascinated with seeing life through differing perspectives. So don't worry about pretty or expected or trying to fit in. Instead, create art that inspires, surprises, enrages, or excites you. Then, let the world see life through your unique eyes by creating art that you like. Wait—strike that. Let the world see life through your unique eyes by creating art that you *love*.

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artwork by Tasha

I would absolutely love to see your artwork. Please share your fabulously creative, authentic voice with us on Instagram using the hashtag #sproutmag (you may appear in an upcoming issue!).