



Out Of My Mind: Life Lessons as an Oil Painter

Karen Weihs

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This book was born out of sharing. Through teaching and being taught, the author, Karen Weihs, has learned that people who develop their creativity are more confident and courageous in life. Whether your profession is one of retail, medicine, service, writing, or the arts, pursuing your creative self will deepen your life and work experience. Maybe you have a creative spirit, but you have had to suppress it because of life's demands, or maybe you feel you have lost it completely. Perhaps someone has told you there are more important things to do with your life than contemplate art, music or drama, or risk a new idea in business. You can heal your creative spirit by changing your attitude. If you open up your mind, your spirit will again be free to accept new goals, develop skills and enable your intuition to help guide you toward more creative behavior. Creativity needs cultivating, serenity and a support system. Your desire and your positive energy are essential. Years ago, the author abandoned her fear of being creative to embrace a love for it. Through the love of doing, she became afraid not to be creative. Through love, Karen Weihs found the courage to bring every thought, every pain, and every fear with her on the road to discovering her potential for creativity. This book explores how creativity can become a life force for you. If you become confident in your creativity, it will reward you. There is always risk involved, but the only failure is not trying. If you feel disconnected from yourself, and you are crying for the person you used to be, maybe the inner child, that lost spirit of youth; know that it takes a hurt to wake you up. Wake up, get up and get to work on your creative self. Creativity is not always sensible, but it is tantamount to personal happiness, therefore necessary.

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