

Creative Expression

In the hands, creative expression is marked on the Apollo (ring) finger in both hands.

For any artistic expression, the question for YOU is, "Do you own your artistry?" Owning your artistry is a journey. And it can change depending on your artistic expression. For your 'artist' to feel confident take a look at something creative you've done for years. New endeavors may challenge your confidence. Ultimately, all that matters is what you believe is true about yourself. Each time you look at a creative endeavor, what do you say to yourself?

- What is your emotional response?
- Are you fully lined up and believing?
- Do you feel hesitant?
- Do you feel like an artist 10% or 25% or 50% or 100% when you decorate for the holidays or do your photography or paintings?
- Or if you are a writer do you feel like a writer with a critique group, for instance, but at a writer's conference where many published authors are, does that diminish your faith in your artistry?

What is it that encourages and supports you in your craft/artistic expression? What gets in the way?

Maybe you feel the most creative while planting flowers even though you're not highly skilled at it. You still do it. Or you've been known to create a recipe or two. Endlessly craft project ideas flow into your head, many of which you implement, some not. Maybe your artist part is not afraid to try new creative expressions but sometimes you judge them as not good enough or uninteresting. They don't always turn out the way you imagined and that's OK. At least you put pen to paper, paint brush to canvas or thread to fabric.

The Creative Urge

The creative urge is that feeling, that inspiration to start a new artistic project, enhance one that exists or brainstorm ideas with others for solutions. You can't force it. It happens. Maybe you are at a gallery and see a sculpture done by somebody else. Suddenly you visualize a sculpture you want to create. Or somebody's gown on TV inspires you to enhance clothing you already have.

The urge can come from any source at anytime with no limits or parameters on how, when or why. But it does require space and time to allow it. If you are busy at activities and projects, when can the muse come through to speak to you?

If you are carrying with Apollo markings, surely the creative urge will be part of your experience repeatedly. Trust your impulses and go with them when it feels right. It will make you happier.

To investigate all your Apollo markings (finger prints, stars, lines and finger sections) the book *Creative Expression* is available to assist you with that journey. [Click here to own it for yourself.](#)