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CREATIVE AID HANDBOOK DOWNLOAD



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CREATIVE AID HANDBOOK



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THE CREATIVE AID HANDBOOK

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Preface

The crowd, all reaching for the sky,
We looked up and saw a glass ceiling above us all.
Beyond the glass the sun shined the brightest.
Beyond the beams holding tight, the air was the purist.
Freedom was the breeze that could only slip through the bricks.
No matter how far we reached, we could never touch the ceiling.
No matter how hard we pushed, the glass would never break.
No matter how strong we were, the beams simply never gave.
In acceptance, we began to admire the glass.
From where we stood now we could see the job of the beams,
With the idea of a billion bricks in support of a building.
All of us reaching for each other instead of the sky,
With encouraging pushes from a united intention,
We could climb and touch the ceiling.
We could finally steer the beams.
We could easily break the glass.
A billion bricks in unison
Could bring down an entire ceiling.

In a Unified Effort:

Vexx: Chris Toon

SuperNaturale

The Bricks and the Mortar - Kooroo Kooroo

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About us

Maker and supporter of all things good for the collective heart.

Producer of fun, moving, thought-provoking initiatives.

Collaborator and accomplice to those who want to help soothe the burden
of the human condition.

However we can, wherever the will...

How to Use this Guide

This guide is meant to serve as a mini resource for your creative projects and food for your creative thoughts. We've included our own valuable references and resources we know and trust as a means to help you get your project done. We hope this gives you the creative push from a direction you may not have thought of, be it informative, inspirational, or simply entertaining.

As a reminder, all of the art featured, plus extra concept art for this book is downloadable in vector format. This means you are free to download, keep, re-use and alter any art for whatever creative needs, purposes or endeavors you may have. We encourage you to pass it on and let us know what magnificent ideas, projects or even products you come up with.

You can find and download our files at our blog www.koorooblog.com. There are a host of other icons and vector work we did not use for this particular project that is also included on our blog. We will try our best to continuously update the book, and art while working on future projects baring the same free-to-share concepts and theories.

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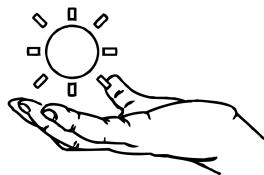
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RISE AND SHINE

Super brain yoga and practices to get you into
the proper mental state to start the day.



T H O P P U K A R A N A M

Rise and Shine with Thoppu Karanam

Also known as “Super Brain Yoga,” Thoppu Karanam is an excellent way to wake up both the analytic and creative sides of the brain.

Things You'll Need:

- Sunlight
- Hands
- Earlobes
- A Sense of Humor

S T E P 1 : Face the sun with your feet parallel to your shoulders and press your tongue against the roof of your mouth.

S T E P 2 : Pinch your right ear lobe with your left thumb and index finger. This activates the left side of your brain.

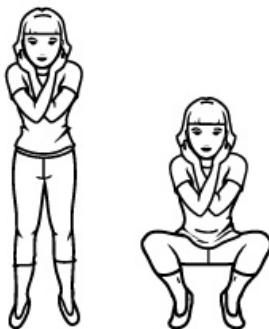
S T E P 3 : Pinch your left ear lobe with your right thumb and index finger. This activates the right side of your brain.



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S T E P 4 : While pressing on both of your earlobes, squat while keeping your back straight. Do this 10 times, inhaling through your nose and exhaling through your mouth.

S T E P 5 : Feel both sides of your brain wake up, charged and ready to create!



HOW TO MASSAGE YOUR BRAIN

Brain Massage Done Well

Giving yourself a good brain massage is an excellent way to relieve tension headaches, alleviate stress, and reduce hair loss.



Did you know that hairiness has been shown to correlate with intelligence?

S T E P 1 : Start at the lower back point of your head, using your fingertips rotate them in a circular motion.

S T E P 2 : Continue making circular motions and move up along the sides of your head; focusing on your temples.

S T E P 3 : Rotate your hands so your thumbs are on top of your head, massaging both the sides and top of your head.



S T E P 4 : Put pressure into your fingers as you continue to move along the top and sides of the head.

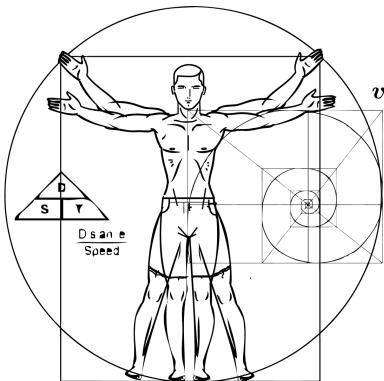
S T E P 5 : Relax.

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WIDEN YOUR EYES WIDEN YOUR MIND

A quick exercise that you can do to broaden your mind's view is to broaden your eyes' view. A study by the Creativity Research Journal, found that by opening your eyes widely, you can increase your perceptual attention. By increasing your perceptual attention, you also increase your conceptual attention.



INTRO TO FENG SHUI

In this section, you'll learn to harmonize and cultivate the breath of life to maximize your environment's creative potential.

THE FIERCE FORCE OF FENG SHUI

Chi, one of our favorite subjects. Chi, in Chinese culture, is the energy of life that flows like water. It is literally the life force and its essence. It can be described and understood in a limited scope as [energy](#). You may know it best as "[The Force](#)" in Star Wars. Either way, Chi is and Chi will always be in its complexity a force to be reckoned with.

Let's learn how to use the force as it pertains to willing an energizing, creative environment. You can control the flow of your chi in order to energize it by using Feng Shui techniques in designing the space around you.



THE BASICS OF FLOW AND CHI

A good first step to achieving Feng Shui in your space, is to check how the Chi currently flows. Imagine a scent or water coming through your front door, pulsing through your home. Note all the areas that the flow of Chi might be disrupted. These areas are where Chi might get trapped. You can keep the movement of Chi moving by unblocking cramped spaces or using water, plants, and light.

FENG SHUI SHORTCUTS

Feng Shui is a very broad and complicated subject, but there are basic underlying principles. You can use these 4 easy rules to quickly spruce up your space, in case you don't have enough time to redecorate your whole house.



Clean Air and Natural Lighting: Open up the windows to let the sunlight and fresh air in.



Use Scents to Bring in Chi: Try using grapefruit, lemongrass, or basil scents to bring in Chi that accelerates your mental and creative energies.



Declutter: Throw out what you don't need and simplify your surroundings.



Color According to your Birth Element: There are 5 elements in Feng Shui, defined by your birth year, find out yours and the colors that give you energy.

F E N G S H U I I N Y O U R W O R K S P A C E

Your home is the central focus of Feng Shui, but the area where your creativity most counts, is the space you work in to create. If your home is your workspace, try to separate the area where you sleep and work as much as possible. The same general principles of Feng Shui apply in your office as they do in your home, but here are some quick tips on maximizing specifically your workspace:

A L W A Y S 1 : Sit in the corner farthest from the entrance, this is the “command” position.

A L W A Y S 2 : Keep a clock on the wall, the circular motion creates new ideas.

A L W A Y S 3 : Move your computer to the north or west areas of the room to enhance creativity.

D O N O T 4 : Sit in line with the door. Sit facing towards it.

D O N O T 5 : Put mirrors in the room, as they bounce the negative energy of others.

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FENG SHUI ELEMENTS & CYCLES

A QUICK AND EASY GUIDE

Colors in Feng Shui are important as they relate to the 5 elements: wood, fire, earth, water, and metal. It is important to know how these elements interact with each other and which colors are associated with each, because they are affected by your personal birth element. Each element also has associated shapes and certain cardinal directions that enhance its energy when placed in specific areas of your home .



Placing certain elemental colors in different areas of your home helps to not only obtain specific goals, but create a calmer, creatively evocative environment as well. You can create harmony by balancing between all five elements or use the listed information to emphasize or mask a specific energy in your home.

S T R E N G T H E N I N G :

Water → Wood → Fire → Earth → Metal → Water

W E A K E N I N G :

Water → Fire → Metal → Wood → Earth → Water

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FIRE: activates your own personal energy in support of your career efforts and recognition.

SHAPE: Triangle

COLORS: Red, Deep Yellow, Orange, Purple, Pink

DIRECTIONS: South, southwest, and northeast



EARTH: Creates stability and harmony in all relationships.

SHAPE: Square

COLORS: Light Yellow, Light Brown

DIRECTIONS: Southwest, northeast, and the center

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M E T A L : Brings the energy of clarity, precision and focus.

S H A P E : Round

C O L O R S : White, Gray, Metallic

D I R E C T I O N S : West and northwest



W A T E R : Refreshing and calm energies of purity, trust, and renewal.

S H A P E : Wavy

C O L O R S : Black, Blue

D I R E C T I O N S : North, east, and southeast

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W O O D: Brings in the energy of vibrant health and lush abundance.

S H A P E: Rectangle

C O L O R S: Green, Brown

D I R E C T I O N S: East, southeast, and south areas

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IF ALL ELSE FAILS

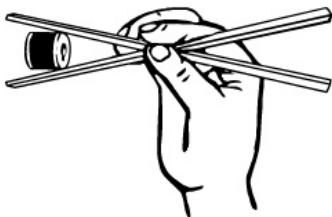
Put a Bird on it!

The intricacies of Feng Shui are vast and complicated. Sometimes the average artist doesn't have time to check the flow of their Chi and balance the elemental energies of their home. You're busy, you have freelance, an upcoming craft show, and various creative projects.

So, if you find yourself dizzy and confused after spinning around tilting your furniture to face the best direction, birds work as a convenient shortcut to sprucing up your home or space. Simply, put a bird on it!

["Put a Bird on it!" - Portlandia](#)





F E E D Y O U R C R E A T I V I T Y

S T A R V E Y O U R S T R E S S

If you are stressing over a creative problem, with energy too low to cope and your brain malfunctioning due to rising tensions, here are some cures for what may be ailing you.

Z E N F O O D S

Zen Foods for Stress Reduction

Nothing can be less conducive to accessing your inner creativity than stressful invading thoughts. It's a deteriorating mental condition that is just as harmful to your well-being and overall health. There is no need to quote scientific finds here, as most of us are well aware of the fact that stress is bad for your psyche. Luckily there are things you can do to reduce it. Shake off stress with these foods:

GREEN TEA:

It contains L-theanine, which stimulates alpha brain waves to put the brain in a calm state.

MAGNESIUM:

Calms the nerves and relaxes muscles, it can be found in: tuna, rice, wheat, oats, pumpkin seeds

POTASSIUM:

Helps soothe nerves and can be found in: bananas, dates, honey

SEROTONIN:

Helps regulate your mood and sleep and is found in foods like: kiwis, strawberries, oranges

TRYPTOPHAN:

Is used to create serotonin in your body. It is found in foods such as: oats, sunflower seeds, almonds

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NATURALLY ENERGIZING FOODS

Maybe moving around your furniture all day has drained your Chi and you need a boost. Indulge in foods with norepinephrine in them, it keeps you awake and perky and best of all, it helps you focus.

- almonds
- apples
- bananas
- fish
- lean meat
- tofu



SMART BRAIN FOODS

Other foods can help with the functions of the brain to work more effectively, such as improving memory, mood, concentration, and overall clarity. If you've conquered stress and a lack of energy, but are low on brain fuel to pump out creative ideas try to eat things like:

- blueberries
- mangos
- mixed nuts
- eggs
- broccoli



CHOCOLATE TOO?

If fruits and veggies don't peak your interest and lean meats, fish, and nuts don't tickle your palate, not to worry, there is always chocolate too. You and your sweet tooth will be pleased to know that cocoa and dark chocolate have magical qualities, that you may not want to reveal to your kids:

- Contains dopamine
- Promotes blood circulation
- Contains serotonin and tryptophan
- Induces a euphoric feelings and heightened sensitivity

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GET THOSE CREATIVE JUICES
FLOWING SUPER SMOOTHLY:

Inspirational Smoothie Recipe

INGREDIENTS

- 2 Cups Almond Milk (Energy)
- 1 Mango Chopped (Brain Power)
- 1/4 Cup Ground Almond (Energy)
- 6 Tablespoons of Cocoa Powder (Euphoria)
- 1/4 Cup Dates (Zen)
- 1 Cup Oats (Zen)

Blend it all together, drink, and begin crafting!



LUCID DREAMING

Dream a Creative Dream or Bring me a Lucid Dream: A co-op with
the Sandman.

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THE WONDERS OF LUCID DREAMING

Lucid dreams are dreams in which you are suddenly aware that you are dreaming. It is when your conscious self suddenly starts taking over what is typically your subconscious self's job. Through lucid dreaming, together you and your subconscious can go on amazing adventures together, without any of the odd symbolism your subconscious tries to create that confuses your identity in the morning.

For creative purposes, lucid dreams are an excellent way to explore your ideas in the wild, before they become real works. In a lucid dream, anything you can imagine is possible.

HOW TO INDUCE LUCID DREAMS

As you've probably already learned through various experiences in life, simply wanting something to happen is not usually good enough. The same thing applies for lucid dreaming. Listed below are a few techniques to let your subconscious know that you're going to be calling the shots for this dream:



TAKE COMMAND Taking control doesn't start during dreaming, but before. While falling asleep, tell yourself you will have a lucid dream. Nurture a lucid dream by repeating "I will lucid dream tonight." Once you fall asleep, at some point, you must try to realize that you have fallen asleep.



DO A REALITY CHECK: Usually you don't try to rationalize your dreams, choosing to accept the subconscious' creativity, while rejecting the details that don't typically make sense in waking life. You believe everything that's going on in a dream is real until you wake up (and sometimes not even then). A major key in lucid dreaming is constantly asking yourself if what is happening is actually possible.



ANCHOR YOUR REALITY: Have something in real life (your hand typically works) that you have a very clear memory of (why your hand works well). Tell yourself before you go to sleep, that if you see this object, you will know you are dreaming. However, try not to confuse yourself by thinking you're dreaming in waking life every time you look at your hand.



WAKE UP EARLY: You are most likely to have a lucid dream right before you wake up. So wake up before you need to, about 1 - 2 hours and tell yourself then, that you will have a lucid dream just before resuming sleep.



F O O D S T H A T I N D U C E
L U C I D D R E A M I N G

If you are having troubles using mental tricks to induce lucid dreams, you can eat certain foods before bed to help make it easier. Vitamin B6 has been shown to help induce vivid dreams, many people swear by it and scientists have even found lucid dreams to be a symptom of too much B6.

Tryptophan works with vitamin B6 to help create higher levels of serotonin, which can cause extremely vivid dreams. Cheddar cheese has the most amount of tryptophan, but you can also try eating chicken, salmon, or eggs before bed which contain both tryptophan and B6.

Foods that also work well are:

- bananas
- oranges
- fish
- beans
- nuts
- eggs
- chicken
- carrots
- spinach

If you're looking to make your lucid dreams more vivid as well, try taking Calea Ternifolia, also known as the "Leaf of God." You can also try valerian root and chamomile, which make your dreams more vivid, but also help induce sleep.

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LUCID DREAMING

A QUICK AND EASY GUIDE

You can refer back to this book as a means to a “quick and easy” lucid dream in order to remind your subconscious that you will indeed be taking control of the bedroom tonight.

PREPARATION AND TECHNIQUES

- Get to know what your dreams typically look like so you can easily recognize where you are when you arrive.
- Establish objects or gestures that remind you that you are dreaming.
- Reality check, reality check, reality check your surroundings. Don’t ignore that weird duck following you.
- Encouraging your lucid dream is a bit like surfing. Go with it, don’t force it.

TYPICAL REALITY CHECKS

Remember, a reality check can spark a signal to your conscious that you are in subconscious territory. This is the most important part of gaining control of a dream. To learn lucid dreaming, you must be able to spot when you are actually in a dream.

- Does the environment abruptly change?
- Does what's happening make any sense?
- Can you push your hand through the solid matter of a door?
- Does your reflection look normal in the mirror?
- Do things look normal close-up?

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HOW TO MASTER YOUR DREAM DOMAIN

Now that you are able to have lucid dreams, it's time to learn how to control them. Up until now, you have been watching your dreams from a distance, like a tourist on a safari trip. Now you have left the jeep and are out in the wild dunes of the desert that is your subconscious and you will need to learn some new super powered survival skills, that rival those of the Sandman.



Studies show that video games before bed are good way to practice controlling your dreams.



HOW TO FLY: If you've ever wanted to fly, now you can. Flying in lucid dreams is not as easy for the beginner as it would seem, however. Try to think of yourself as an airplane, create a dream runway for yourself and run. Feel yourself getting lighter and lighter until you are up in the air!



HOW TO DREAM UP A PARTICULAR PERSON OR OBJECT: Dreaming up people is probably why you are here, right?! That vivacious checkout girl (or stoic checkout guy) behind the counter who would never give you the time of day, let alone bag your meats properly, can't deny the charm of a little R.E.M loving.

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The express lane to creating that dreamy figure is to use dream doors or liquid portals. Reach inside and expect to grab the hand of your dream figure, then simply pull them through. Try picking up a phone and calling them to aisle 2 or shouting the person's name as if he or she was in the next aisle over. If you've done this correctly, there should be no more self service checkouts for you, only quality customer service handling your personal goods.



HOW TO TELEPORT: Now that you have the attention of that specially crafted someone, you can change the scene up. Visualize puddles that appear below your feet, that drop you in the place of your choice. Whatever you choose as your mode of transportation, remember the important part of teleporting is simply to focus on where you are going.



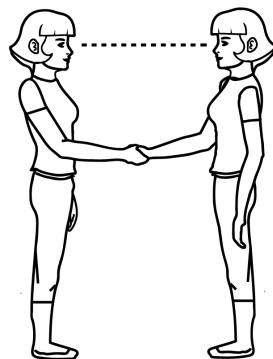
HOW TO TIME TRAVEL: Time travel is similar to teleportation in that, the important part is focusing on the time and place you want to arrive at. Try slowly melting your body into a puddle of liquid that seeps through the flooring and rains down into a new area. Or if you need a simpler solution, dream up a scientist who can build you a time machine.

FACING YOUR SUBCONSCIOUS

As we mentioned before, you are now doing your subconscious' job for it.

Depending on the type of person s/he is, they may not be too happy about maybe writing a good, long nightmare for you, the next time you fall asleep. If you are practiced in the ways of communicating telepathically, communication may come easy for you.

However, if it has been a while since you last practiced, you may want to try giving the mirage of your subconscious a physical form. Reflections are a great tool for subconscious connection in the oasis of your mind. Imagine what type of person s/he would look like, maybe it looks just like you or maybe it looks just like you, but with a bowler hat and a monocle. Creating a physical representation of your subconscious will make it easier to find it and communicate with it.



When you are facing your subconscious, remember that it is a very emotional and irrational being. You may ask it questions, but make sure to be an astute listener. Figure out where your subconscious gets inspired from for all its ideas or why you are always naked in your dreams... and right now.

D R E A M D I C T I O N A R Y

While delving into your subconscious and manipulating your dreams in order to find inner inspiration, you may notice that your subconscious is using some reoccurring plots. If you're having trouble understanding the symbolism, try using these most common dream themes and their interpretations.



If you keep forgetting your clothes:

You may be feeling vulnerable or shameful. This may also be a sign that you are trying to hide something from others and your subconscious is letting you know, your “disguise” is not working. However, if you are proud to be in nothing but your birthday suit, you are likely proud of who you are and very carefree.



If someone is always chasing you:

You are likely dealing with anxieties in life which you'd like to run away from and if you are running from yourself, you're trying to mentally run from your feelings. If you are the one doing the chasing, this could indicate two things; either you are a very ambitious person or you feel you are trying to catch up with everyone else.



If you keep losing your teeth:

This may have to do with how you perceive yourself in front of others, usually coupled with feelings of incompetence or embarrassment. Other cultures also believe, bad teeth in dreams is a sign that a close friend is falling ill. Crumbling teeth may also mean crumbling power in your waking life.



If you are always flying around...

When you are having troubles flying, it's indicative of other problems you might be having and are unable to keep control over. Soaring through dreams, on the other hand, may indicate you do have control over a situation.



If you are constantly falling...

This, again, is a theme which usually means you have feelings of insecurities or anxieties in waking life. Falling indicates you feel you have lost control of a situation or fear that you might. In Freud's opinion, these dreams mean you may be about to give into a sexual urge.

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YOU ARE MOST CREATIVE
WHEN YOU ARE SLEEPY

If you find yourself staying up until 3AM stuffing yourself with salmon, memorizing all the lines of your hand, and not sure anymore if you are in a dream or reality, don't worry. Studies have shown that simply being tired can help bring on creative thoughts.



CONQUERING FEARS
&
MENTAL BLOCKS

Developing and strengthening your courage to create.



F E A R & S T R E S S

Creativity's Arch Nemeses

Fear and stress are the number one causes of death for creative ideas. When we let fear enter our thoughts, it causes stress and breaks down the rest of our body.

“On receiving fear signals from the amygdala (the lizard brain) breathing, digestion, blood circulation, brain activity and body fluid flows are instantly affected. Fear dilates pupils, it reduces saliva, drying the mouth. Fear causes sweating and a decrease in skin resistance.

Fear decreases peripheral blood flow and causes hands to become cold. The signals speed breathing and dilate bronchial tubes to allow more air to the lungs. They tighten stomach muscles, slow digestion and close down the excretory system. Fear paralyzes us leaving little room for creative thought or innovative ideas.” - *Seth Godin*

[Seth Godin: Quieting the Lizard Brain](#)



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A GUIDE TO OVERCOMING FEAR

Try these strategies to overcome fears which may inhibit your creativity:



EXERCISE: A study at Princeton shows this grows neurons that respond less and less to stress over time.



ACCEPTANCE: Fears may not always be unfounded, it's good to occasionally understand a situation is fearful as motivation.



TAKE A NEW PERSPECTIVE: See your fears from a new angle to change what is causing it.



GIVE YOUR ART MORE POWER: See your art as something that must be done no matter what, give your art more power than your fear



SEE IT AS A CHALLENGE: Fears are growth opportunities, overcome this challenge and next time the fear won't be so great.

"Every human being must have a point at which he stands against the culture, where he says, this is me and the damned world can go to hell."

Rollo May (*Artist, Author, Psychologist*)



MENTAL BLOCKS

The Best Way

The best way to rid yourself of mental blocks is to ignore them. Contrary to popular belief, thinking harder about the the path behind the obstacle does not clear the obstacle. Think of a creative block as a Chinese finger trap, the more you work against it the more it works against you.

A study done at the Austrian Academy of Sciences' found that when participants were given a word puzzle to work on, those whose brains were in a more focused state, took longer to solve the puzzle. “Our findings suggest that it is actually better to tackle problems with an open mind.” - Joydeep Bhattacharya. Participants in a more relaxed mental state were more likely to have an instant “eureka” moment and discover the solution.

As many people know, trying to think about not thinking about something can be very difficult, so here are some quick strategies to help put your mind in the premium state for an “ah-ha!” moment.

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GET AWAY:

Physically remove yourself from the area you've been sitting in while focusing on this idea. Preferably to somewhere you haven't been before, like a new coffee shop, into a different area of town, or if you have time get on a plane (See Travel Tips).

TALK TO PEOPLE:

Listen to thoughts coming out of someone else's head for a while, but make sure it's someone whose thoughts are interesting enough to hold your attention.

CHANGE YOUR HABITS:

Do something you don't normally do or haven't done in a long time, pick up a new hobby for an hour, learn how to do something new.

MEDITATE:

If you can't empty the one block out of your head, empty all thoughts out of your head. Meditation will also help you reduce the stress and frustrations you might be feeling from the situation.

LISTEN TO MUSIC:

If you don't have time to take a mental break, take a short one and just listen to music, try at least for some new songs so you still disrupt your normal thought patterns (See Mindframe of Music).

CREATIVE AID HANDBOOK

FIGHT FEAR AND MENTAL BLOCKS

A QUICK AND EASY GUIDE

Fear can keep you stuck, but fret not. Here is a quick reference guide to quickly refer to when needed.

FOR A MENTAL BLOCK

Unblock the blockage holding you back in your creative endeavors. Get motivated and challenge yourself to do the following:

- Change your Environment
- Change your Thinking
- Meditate
- Listen to Music
- Relax a Bit

FOR FEAR OF FEAR

Fear paralyzes you, but your opportunity to grow is now.

- Exercise
- Accept it
- Change it
- Let it pass



Fear of Ducks Anatidaephobia: The fear that somewhere, somehow, a duck is watching you right now.....



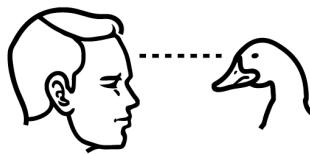
ACCEPTING AND ADOPTING
THE DUCK AS YOUR CREATIVE ANIMAL

Now that you have the techniques to reduce and face your fears, it is time to face the duck. Before facing it, understand the nature of the duck.

The Duck:

A Celtic animal symbol of honesty, simplicity and resourcefulness. Particularly in the water, ducks are respected for their beauty and adaptation to nature.

Go to your local park or lake and locate the duck, you know where to find him, he won't be with the others, he'll be behind you, watching you from the shadows under the bridge. Approach him slowly, try the "Bread and Patience" method, keep feeding him small pieces of bread luring him closer to you. When he is within only a few inches of your reach, grab him by the waist and look into his eyes.



Now, see, understand, and respect the duck for what it is...
just a duck.

THE EMPOWERING HANDSHAKE

Now that your fears have been kicked and that duck has been handled, learn this empowering handshake.



Shake hands with the person you are greeting...

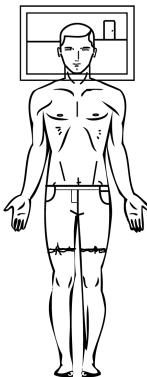


Turn your hand so that it is above the other person's, this is the more powerful hand position.



E L E V A T E Y O U R A R T

The artistry of a proper telepathy.



TELEPATHICALLY CONNECT
WITH YOUR ARTWORK

As your artwork is an extension of you, know that you have the ability to communicate directly with it on a higher elevated easel. Before beginning to communicate with your art, you must first connect with it on an emotional level. Your artwork needs to know that you care about it and are vulnerable to its sensitivities. Build a bond through movie nights, casual strolls, and home-cooked meals. After a bond has been established, you may begin attempting to telepathically connect with it:

S T E P 1 : Know what information you are seeking to gain or trying to share.

S T E P 2 : Let your vulnerabilities hang out.

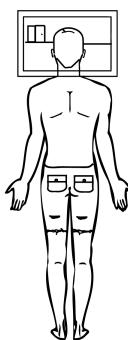
S T E P 3 : Relax your mind. (See: How to Massage your Brain)

S T E P 4 : Attempt to send simple messages, such as Pantone colors or textures.

S T E P 5 : Slowly attempt to send more complicated messages, spaced further apart, such as layered dimensional depth, color shades, hues, or the intricacies of a stylistic technique.

S T E P 6 : Keep a focused heart and a patient mind.

S T E P 7 : Be open to any kind of message you may receive from your artwork; do not be a critic. Your art must trust that you will stand up for its creative sensitivities.



People who have developed this ability have been known to procure large grants, gain gallery credibility, establish large art followings, and in certain cases obtain historical recognition. Practice and you will be able to communicate with your art pieces over great distances and by extension know when your artwork is in trouble or being used poorly as sofa art.



COPING WITH TELEPATHIC PIRATES AND INTERFERENCE

Pirates and Interference

On a novice level, when telepathically transmitting ideas to your art, you run the risk of your ideas being tangled with outside interferences or being stolen by telepathic pirates.

Interferences are the transmissions of others; freely dancing, mingling, and floating together in an ocean of creative cooperation. Sometimes, these can help heighten your ideas, but other times, they can clog your message.

Telepathic pirates, however, are merciless. They can intercept your valuable, verbal, mental, or napkin scribbled transmissions, pawning them off to other artists with bigger budgets. In order to reduce the risk of pirates crashing the party, you must know yourself and your art, on an intimate level. Keep some of your more personal transmissions private, while reducing the ego's temptation to broadcast them.

CREATIVE AID HANDBOOK



$$D_v \Delta v + r u^2 = \text{bird}$$

TROUBLESHOOTING TELEPATHY

Quotes from the Help Desk

If you're having a hard time connecting with an unfinished piece of artwork, can't seem to dislodge the cumbersome mental blocks hindering your progress, or struggle to valiantly fend for your artistic concepts in a fight against troublesome pirates, try your best not to grieve or let it stress you. (See: Happiness and Stress) Instead find grounding in this:

"What has been will be again, what has been done will be done again; there is nothing new under the sun." -Ecclesiastes

Now, go and do it anyway. We believe that while there is nothing new under the sun to create, "nothing new" can always be done better.

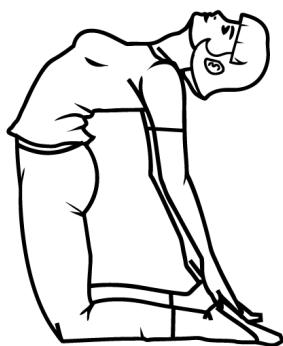
THE 6 STAGES OF ARTISTIC GRIEF

If you lose your confidence and find yourself back-sliding and entering Artistic Grief, refer to the stages listed below in order to help guide you through the process.

- 1. DENIAL:** A state of shock where “this” just doesn't make sense.
- 2. ANGER:** Projection of irritation, frustration, and mean-spirited thoughts and wishes, leaving you with questions like why or how did this happen.
- 3. BARGAINING:** Entertaining the idea that maybe, just maybe you can fix this, or if only I...
- 4. DEPRESSION:** Empty feelings arise, and loathing enters the picture on a deeper level.
- 5. ACCEPTANCE:** Things will be okay. You are a resilient artist, with much to give. This is only the first of many projects.
- 6. INCORPORATION:** Full throttle. Incorporate these feelings and now you are ready to grab the paint brush or wacom pen and beat the creative shit out of the competition on the next level.

Welcome back to the land of the living.

CREATIVE AID HANDBOOK



HAPPINESS & STRESS

CREATIVE AID HANDBOOK

B E H A P P Y , B E C R E A T I V E

You may find yourself trying to complete a project which increasingly frustrates you, because of a craft show deadline or a mental block that slowly leads to stress. Many studies have shown that stress is damaging to your health, but it is particularly damaging to your creative abilities.

On the other hand, being happy not only avoids the perils of stress, but it broadens your thinking skills, which promotes creativity. According to a study done at the University of Maryland, being happy correlates with increased abilities for creative problem solving and innovative thinking.

CREATIVE AID HANDBOOK

QUOTES TO HELP BUILD HAPPINESS

“Ask yourself, if today were the last day of my life, would I want to do what I am about to do today. Whenever the answer is no for too many days in a row - it's time to change something.”

- Steve Jobs

“The experience that translates everything is in the mind, while a control on the outer world is limited, temporary, and often illusory. We spend surprisingly little time taking care of what matters most , the way our mind functions, which is the ultimate thing that determines the quality of our experience ”

- Matthieu Ricard

“Train your mind to seek inner freedom opposed to intense external grasping and obsession, inner peace is the ultimate source of happiness”

- Dalai Lama

**THE CRESCE N T YOGA POSE
FOR HAPPINESS**

If you need a quick happiness boost, this yoga move has been proven to release endorphins in the body:

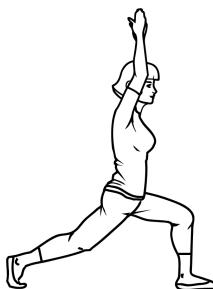
S T E P 1 : Start with your feet parallel to your shoulders. Bring your left foot back as far as you can while you bend your right knee at a 90 degree angle.

S T E P 2 : Extend your lower back while you bring your arms straight up above your head, parallel with your shoulders.

S T E P 3 : Rotate your arms so that your palms are facing each other, while broadening your upper back.

S T E P 4 : Lift your gaze upwards.

S T E P 5 : Bring your palms together.



Repeat with the opposite side and feel endorphins release throughout your body.



S A Y C H I I I I I I

On the path to a happier expression of life, just remember to smile and just say chi. In 1989, a psychologist named Robert Zajonc published a study showing how smiling could facilitate happiness. Subjects were made to repeat vowel sounds that would mimic the facial expressions of both smiling and frowning within the sounds of the vowel. Subjects who were asked to make the long “e” sound (mimicking smiling), reported more positive feelings.

It may be tough to smile and keep it steady, but remember that the advantages of happiness far outweigh the dangerous disadvantages of a stress-filled life. We personally feel strongly about positivity and walking through the world with an ease and comfort that helps to calm and promote happiness for others walking with us.

CREATIVE AID HANDBOOK

OUR PRINCIPLES FOR HAPPINESS

Live with Purpose
Accept No Stress
Share Compassion
Simplify your Needs
Accept Life
Keep Learning
Smile and Say Chi

9 TALKS ON HAPPINESS AND STRESS

For more information on happiness from people much smarter and probably a bit more happier than us, check out this playlist on Ted for 9 videos on what makes us happy.

[What Makes us Happy - Ted](#)



CREATIVE AID HANDBOOK



MIND FRAME OF MUSIC



WHAT MUSIC DOES TO THE BRAIN

The Effects

A multitude of studies have shown the positive effects of listening to and creating music on the brain. It increases the cognitive functions of not just the areas of the mind associated with music, but others as well. It broadens our scope of thinking, but even more powerfully, it can elicit strong emotional responses. Music which could be classified as “happy music” will even increase the production of dopamine in the brain.

CREATIVE AID HANDBOOK

CLASSICAL SONGS FOR CREATIVITY

Try these classical songs, which commonly inspire others, including Einstein who regularly listened to Mozart.

- Wolfgang Amadeus Mozart (Anything by Mozart)
- Ludwig van Beethoven (Symphony No.9, Symphony No.5)
- Frédéric Chopin (Nocturnes, Op. 9)

SONGS THAT INSPIRE US

- “The Dave Brubeck Quartet” - Take Five
- “Kind of Blue” - Miles Davis
- “Si tu Vois ma Mère” - Sidney Bechet
- “Take the ‘A’ Train” - Duke Ellington
- “La Horse” - Serge Gainsbourg

CREATIVE AID HANDBOOK



LISTEN WHILE YOU WORK

Although you might think silence is the best medicine for concentration, a recent study showed that actually, having a constant noise (not too loud) playing in the background helped people concentrate better.



Did you know that music stimulates the reward centers of the brain.

F R E E M U S I C D O W N L O A D

A contribution by one of our very talented cooperative partners and friends has supplied music to zone-out to while your busy crafting that magnificent masterpiece. Uranus: Seventh planet from the sun, Greek god of the sky, slowest orbit with a mellow wonderful sound.

Music by the Vexx:

[“Uranus” - Chris Toon](#)

Update: After a successful co-op, talented music artist Chris Toon wants to share his entire album with you! Be sure to show your support and enjoy.

CREATIVE AID HANDBOOK



ORGANIC MUSIC

If you'd prefer a more natural approach for your musical accompaniment while you work, try bird songs. They've been proven to keep your nerves relaxed while keeping your mind alert. Try out the "Tweet of the Day" from BBC radio to listen to different bird songs each day.

["Tweet of the Day" - BBC](#)



CREATIVE AID HANDBOOK



T R A V E L T R A V E L T R A V E L

Travel until your head explodes full of knowledge!



W H Y T R A V E L H E L P S

It's not traveling that actually broadens the mind, but seeing and living other cultural experiences even if for only a single day. Gaining a new perspective on the way the world works gives you an incredible creative and personal advantage. Observing how other people live, as well as simply seeing new sights, can help you gain better perspective, more creative knowledge and invaluable wisdom. By incorporating cultural differences in what you create and do, you become more balanced rather than having the same, limited routine and set of ideas.

Travel can change the way you view, handle and live in your current situation and set of creative problems. It can help to promote a healthier, more expansive, and much more compassionate view of the world. If none of this intrigues you, then for no other reason, you should travel to promote the possibility of the almighty paradigm shift that every artist continually seeks.

We challenge you to the idea that if you are not traveling regularly and seeing other worldly things beyond your scope and neighborhood, you are drastically limiting yourself to the confines of what others would have you to believe. There is a whole world, created with the intent that you explore and connect the dots of a universal culture.

CREATIVE AID HANDBOOK

S E E K O U T I N S P I R A T I O N A L P L A C E S

Inspirational Places to Visit

New Yorkers, you should visit California. Californians you should visit New York. Everyone should visit both and exercise those stereotypes away.

Beyond California and New York, there are many other inspiring places that exist outside of your comfort zone and the limits of your imagination. Most of them vastly different experiences, mesmerizing in beauty, culture, and simple awe that reminds you that we live in a large, abundant world full of unknown inspirations.

[MOVE - Rick Mereki](#)



S O U G H T A F T E R P L A C E S

Here are 4 suggestions we also happen to have on our to-travel-to lists; ones you may not be likely to find mentioned elsewhere:



SAO PAOLO, BRAZIL is where you'll see things clearly. You'll find no advertising here. With the Clean City Law, São Paolo has banned all advertisements on streets, cars, parks, and the sides of buildings since 2006. This clean city is a blank canvas to inspire new ideas and gain a new perspective on what things in your life you may not realize are unnecessary.



HYPOGEUM OF HAL-SALFIENI, ISLAND OF MALTA is a sanctuary built underground during the prehistoric period. With advanced acoustics, chanting in a specific spot will reverberate throughout the complex and actually stimulate the creative center of the brain. It's also amazing to see what a group of people could build despite being "impossible" for its time.



SUQATRA ISLAND, YEMEN has a natural environment very different from our own including Elephant Leg trees. It's becoming more popular around the world in recent years for eco-tourism, go now before it's too popular.



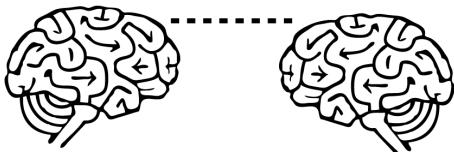
JIUZHAI GOU VALLEY, CHINA or the Five-Color Pond is a breathtakingly colored underwater landscape. Vibrant with some of the richest and brightest color exchanges that nature can conjure. In person, the Five-color pond blows away CMYK, RGB, Hex, and Pantone colors even when combined.

CREATIVE AID HANDBOOK

T R A V E L R E S O U R C E S

The biggest hurdle of traveling for most people (with us included) is finding the money to do so. Below we've included some resources you might find helpful. Traveling to far off places is far from impossible. By making traveling your first priority and having a small amount of discipline, you'll be surprised what you'll see, find, and experience.

- European Destinations: European travel packages
 - www.europeandestinations.com
- Last Minute: Deals for last minute vacations
 - <http://us.lastminute.com/uslm/index.html>
- Affordable Asia Tours: Asian travel packages
 - <http://www.affordableasia.com>
- Gate 1 Travel: Travel packages for around the world
 - <http://www.gate1travel.com>
- AirBnB: Home rentals across the world
 - <https://www.airbnb.com>



H A N D E Y E B R A I N
C O O R D I N A T I O N

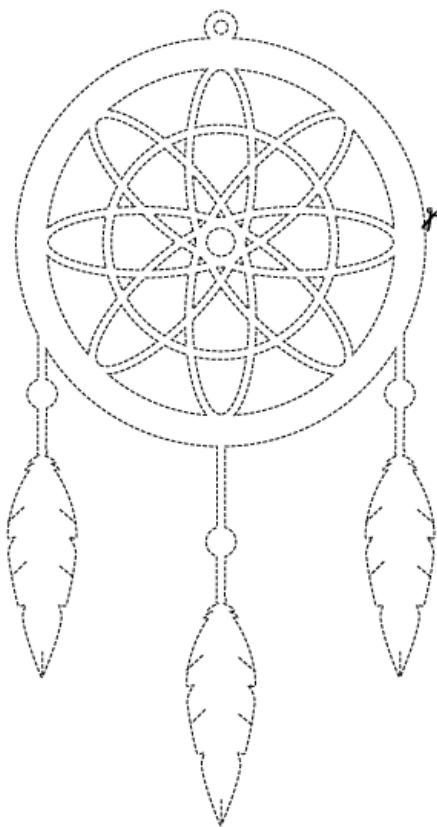
Now that you have read this creative guide, here are some opportunities for you to learn through doing.

CREATIVE AID HANDBOOK

PAPER DREAMCATCHER

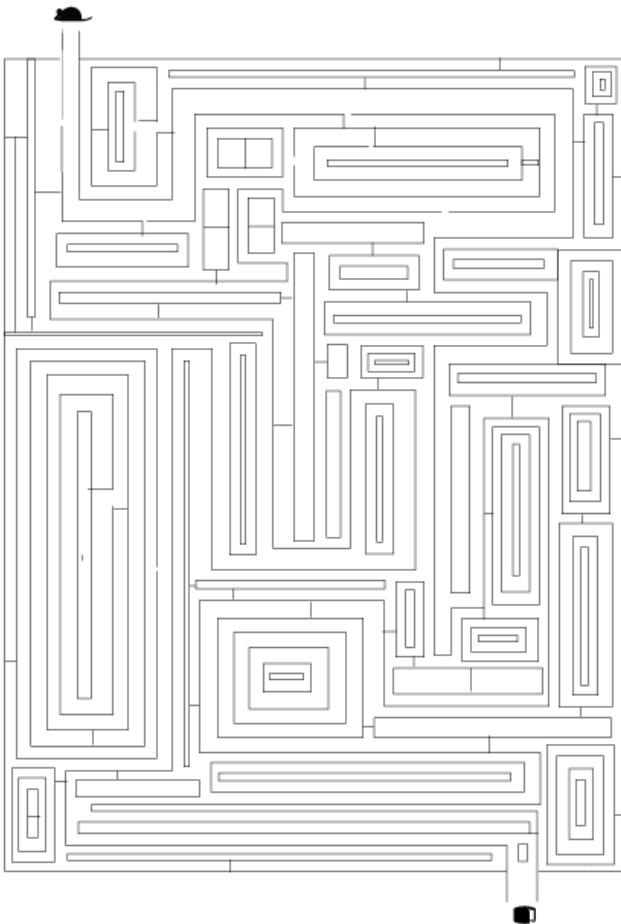
Cut-out a dreamcatcher for you to place above your bed to help catch and remember those lucid dreams and the creative inspirations.

(CUT OUT THE IMAGES)



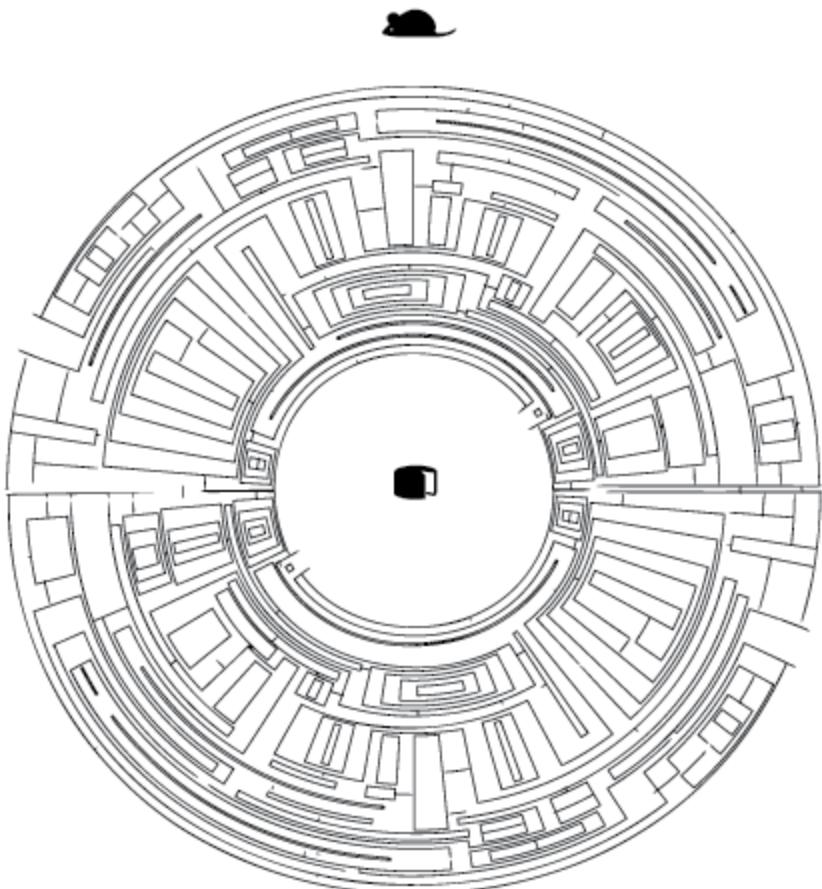
A M A Z I N G M A Z E

This amazing maze should help distract your mind and keep it preoccupied, while you try to focus on something other than the creative problem at hand. This is a great way to avoid thinking about that mental block while still exercising your brain.



SUPER AMAZING MAZE

If the previous maze did not distract your mind long enough to forget about your mental block, try this *super* amazing maze. We've found that it also helps to channel your Chi, when you use the "force" to navigate through it.



CREATIVE AID HANDBOOK

S E R I O U S L Y !

P U T A B I R D O N I T ...

If you've designed your home based strictly on all the Feng Shui rules, but still feel something is missing, it's probably because nothing has birds on it. Try applying this bird to things. Spruce it up. Make it pretty. Put a bird on it! Emphasize and strengthen the energy by painting it to match your birth element!

N O W A I T !

P U T A B E A R D O N I T ...

Recent studies performed by Dr. Aikarakudy Alias, have shown a correlation between body hair and intelligence. Color this beard to match your own hair and apply it to your face (or other body areas) for a quick intellect boost!

B E T T E R S T I L L !

P U T A B I R D W I T H A T I N Y B E A R D O N I T ...

CREATIVE AID HANDBOOK



----- (CUT OUT THE IMAGES) -----



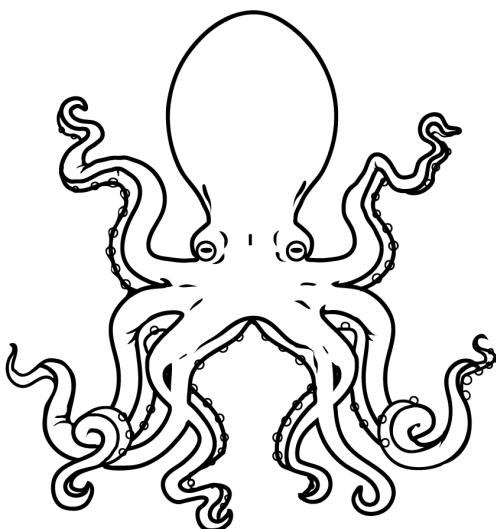
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KEEP THOSE FINGERS BUSY

AND YOUR BRAIN MOVING

THINK LIKE THE OCTOPUS

The octopus is the only invertebrate which has been shown to use tools. It also has the ability to store long term memories, learn, and use the information they gather. Think like an octopus and use this book as a tool to store away those useful facts that you've just taken the time to learn.



As a reminder to always think like an octopus, our buddies over at Super Naturale have a tutorial on how to crochet one of your very own baby octopi. SuperNaturale is also one of the many great resources for craft projects, craft inspiration, and helpful user submitted DIY walkthroughs (See Resources and Vendors).

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(See Resources and Vendors).



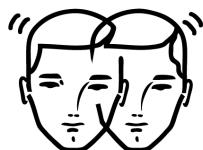
I N C O M I N G

P S Y C H I C M E S S A G E

C A N Y O U S E N S E I T?

With your new found powers and abilities, you should be able to easily sense just how thankful we are that you've downloaded this book. We are extremely appreciative of your continued love and support.

CREATIVE AID HANDBOOK



C H A N N E L

K O O R O O K O O R O O

If you've read thoroughly through this book then you should now have the skill to channel us directly either through telepathy or liquid dream portals.

No worries if you can't, the easiest way by far is still by computer.

O U R B R A I N F R E Q U E N C I E S I N C L U D E :

- Facebook: <https://www.facebook.com/KoorooKooroo>
- Email: Contact@Koorookooroo.com
- Pinterest: <http://pinterest.com/koorookooroo/>
- Twitter: [@KoorooKooroo](https://twitter.com/@KoorooKooroo)
- Our website: <https://KoorooKooroo.com/>



CONTINUING THE EFFORT

In our Continued Effort for Creative Growth and Collaboration

While putting together this booklet we have honestly learned a tremendous amount of information we simply never knew. On the deepest level, we sincerely hope this booklet helps in some form or another for brightening your day, illuminating a creative spot in your mind, changing a lightbulb to power your creative intellect, or even just a good laugh.

We will always continue to support the creative efforts of those who help to break the glass ceiling for us all and ask only that you spread the continued love and support for not just us, but the overall artistic community, one small initiative at a time.

Our hope, is to continuously grow this book with contributions from other artists along the way. If you'd like to join us in creating this living, creative guide, please channel us. We'd love to learn from you and include any knowledge or advice you've gained over the years and would like to include it in our guide as we share it with other artists on our journey.



S H A R I N G T H E L O V E

You can also share with us on our Facebook page or through Twitter any similar experiences you have had over the years.

W E W A N N A K N O W !

- What's the weirdest most creatively vivid dream you've had?
- When you are able to control your dreams what will you do?
- What music is inspirational to you?
- Where around the world have you been that gave you that creative boost?
- What part of the book did you like the best? Which part was most informative?

For the Bricks and the Mortar

- *Kooroo Kooroo*

CREATIVE AID HANDBOOK

HELPFUL RESOURCES & VENDORS

PACKAGING

Burgopak

<http://burgopak.com/>

ClearBags

<http://www.ClearBags.com>

Bags and Bows

www.bagsandbowsonline.com

U-line

<http://www.uline.com/>

WEB DESIGN CODING OR TEMPLATES

Gylo (Jason Lefton)

<http://portfolio.hellogylo.com/>

Rockbeatspaper (David Peele)

<http://rockbeatspaper.com>

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PRINTS & SCREEN PRINTS

Kingscreen

<http://www.kingscreen.com/>

STANDARD DELUXE

<http://www.standarddeluxe.com/>

Vgkids

<https://www.vgkids.com/>

Printing for Less

<http://www.printingforless.com/>

Uprinting

<http://www.uprinting.com/>

ONLINE STOREFRONTS

BigCartel

<http://bigcartel.com/>

Shopify

<http://www.shopify.com/>

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StoreEnvy

www.storeenvy.com

PHOTOGRAPHERS

Jessie Rae

<http://jessieraephotography.com/>

Mechal Roe

<http://www.mechalroephoto.com/>

Christopher Kuehl

<http://christopherkuehl.viewbook.com/portraits>

CRAFT INSPIRATION

Super Naturale

<http://supernaturale.com/>

BLOGS

NotCot.org

<http://www.notcot.org/>

Lovely Packaging

<http://lovelypackage.com/>

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Packaging of the world

www.packagingoftheworld.com/

The Contemporist

<http://www.contemporist.com/>

Trend Spotting

<http://joshpear.com/>

The Dieline

<http://www.thedieline.com/>

T O Y W O R K I N G

Irarmadillo Boy

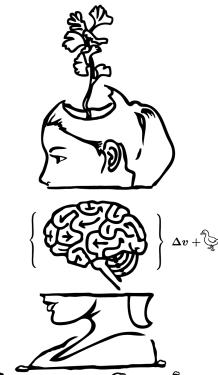
<http://cargocollective.com/irarmadilloboy>

CREATIVE AID HANDBOOK

THANK YOU FOR READING

TO ALL WITH LOVE
LOOK KOO LOVES YOU





“EDITIONS”

Additional thoughts, edits, theories and newly discovered insights not previously written in this book. This is the section where you will find updated information and newly added material.



ICE ON THE BRAIN

SCULPTING ICE

A resource for breaking and melting the ice with partners to sculpt friendships and tread the waters of craft shows and events alike.



B R E A K I N G T H E I C E

The greatest references ever mentioned for breaking the ice at a craft show with your ideas.

Founded in January 2005, [The Indie Craft Experience](#) is a nice way to get your finely-crafted projects out there. I.C.E. is a grass-roots effort, organized by two Atlanta crafters – Christy Petterson of a bardis and Shannon Mulkey of Patina. In between the two big summer and winter events, you can get your finished creative project out there through the other events they host like Salvage; a curated vintage show, Wedding Day Hooray, and various popup shows all nestled between the two major Summer and Winter craft show events.

The point is to always be out and active everywhere. Larger entities with a far greater budget than ours, have the means to be everywhere, and they use it to be so. For the independent artist, it is necessary to be heard against all this loud noise by conquering craft shows and small venues alike.

CREATIVE AID HANDBOOK : EDITORIAL

With that being said, we are providing you with one of The Greatest References Ever Mentioned. Jarringly clever, this is a film that for multiple reasons, just may help you to understand how important the work that you are doing as an independent artist is in the overall scheme of things.

[The Greatest Movie Ever Sold - Morgan Spurlock](#)



MELTING THE ICE

A resource for breaking the ice with partners.

We had never had a macaron in our lives, but we will say the vendor [Bookie Macarons](#), one of the many I.C.E. vendors we got a chance to spend time and hang out with, were AMAZING! We returned to their booths in shifts just to smell the aroma of handmade, deliciousness. They were extremely nice and in the idea to get better acquainted with our two neighbors ([Crafts and Love](#)) and ([Lip Glosserie](#)), we bought a few to share. Bookie Macaroon actually gave us a giant bag to share with the entire row of neighbors, boosting a friendly environment for our entire section and we absolutely love them for that.

We believe that claiming your space and making it your own (See Feng Shi tool) helps to create an artistic retreat. You are building your own environment that induces creativity based on a personal commitment and consistency: an inviting environment wherein positive energy bridges connection. This is a great way of melting the ice and tensions between you and other vendors to create a positive, friendly and open working environment.



TACTFULLY AND GRACIOUS
QUICK AND EASY GUIDE
TO BREAKING AND MELTING THE ICE

- Talk to everyone
- Give positive energy
- Ask for help
- Give help
- Don't overstay your welcome
- Listen
- Keep in touch
- Thank your friends



T R E A D I N G W A T E R

What we learned from our new found friends. Lessons after Breaking the Ice, Melting the Ice and now Treading Water...

The other two vendors we had the pleasure of sitting with, Jinny Suh (LipGlosserie) and Courtney and Christain (Crafts and Love) were equally as nice. With I.C.E. being our first craft show we had no idea what to expect. They gave us a few tips and advice for future endeavors that we will share with you:



TOO MUCH ADVICE CAN BE A BAD THING

Follow your own agenda, but be open to ideas that could potentially improve your concept.



EXPECT THE UNEXPECTED

The building lights went out over our booth and it started raining dimming our sections. Fortunately our booth was set up to have a glowing display. Unfortunately we didn't have electricity.



THINK ON YOUR FEET - DESIGN ON THE GO

While it started to rain, the window leaked on our items. As a nice gesture, Lip Glosserie volunteered a white bag to tape on the back of our display, but with our intent to keep the integrity of our booth we spent hours designing, we had to think on our feet. We took some of our packaging and hacked it into a make-shift cover that the attendants never saw, but still kept our product dry.



BE FLEXIBLE

We learned very quickly to alter our strategy if something wasn't working. It proved to be beneficial when we decided to switch from having a background display of product with a clean counter to opened product scattered across the counter.

Also... standing versus sitting in larger crowds, having two people man a booth as opposed to one, how much you pitch a product versus letting the product stand by itself... these were all other lessons learned through flexibility and thinking on your feet.



RESPECT BOTH THY BOOTH NEIGHBOR AND CUSTOMER

As social as you should be with your booth neighbors, respect when they have a customer. We learned not to take offense in the midst of a deep conversation when one of us quickly stopped to help a customer or point out to the vendor that they had a potential customer waiting.

You must remember to think about your neighbors, as energy is very cyclical. We noticed that our neighbor couldn't get lunch because she was the only one running her booth. We offered to grab her a bite so that she had the energy to keep going. Later she returned the favor by actually sending a few of her customers our way. Which reminds us...



DON'T STEAL CUSTOMERS, SHARE

There were a few occasions where a customer was toggling between our booth and the edge of our neighbors. Do not steal customers as excited as you may be while they may have many customers as the next booth over may have.



ENJOY THE EXPERIENCE

Be extremely happy about your opportunity to be at an event with so many like minded and talented people. Thank the curators in whatever way that you can, be it promoting the event beforehand, sharing their adverts and links or even mentioning the opportunity to other artist for future events.



BE ENERGETIC, HAPPY, AND POLITE

Your energy absolutely comes across to the customer no matter what you think. Tired, bored, sleepy: it shows and either creates a boundary or builds a bridge. We try to keep positive energy around our booth at all times to create a welcoming environment for customers to approach



T R E A D I N G T H E W A T E R S

O F S P E C I A L E V E N T S

A Q U I C K A N D E A S Y G U I D E

- Trust your artistic instinct: too much advice can be a bad thing.
- Be prepared. Think about the unexpected. Design on the go.
- Respect both your booth neighbors and your customers.
- Be fair. Competition is good, but do not show off.
- Be social and get to know everyone.
- Expect differences.
- Know your story, share it clearly, with what you are selling.
- Have a tactile version of what you are selling.

Realize that its not 100% about the money, but about the contacts and friends.

C R E A T I V E A I D H A N D B O O K : E D I T I O N A L



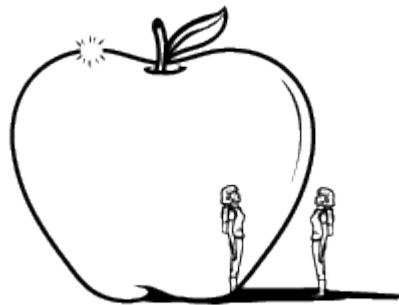
N E W Y O R K 2 0 1 3 :

S E T T I N G T H E T O N E

The sound of the Great City.

C R E A T I V E A I D H A N D B O O K : E D I T I O N A L

If you've set the tone before reading on, then this is how I
feel...



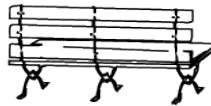
NEW YORK 2013:

RHAPSODY IN BLACK & WHITE

CITY OF INSPIRATION

C R E A T I V E A I D H A N D B O O K : E D I T I O N A L

S U N D A Y 4:00 A M



W H E R E
I N S P I R A T I O N T A K E S Y O U...

Here is the one place in the world where everything stands upside down, yet right side up. Buildings bolt down from the clouds and smash into the concrete of the wet sidewalks. They shatter the pavement with aging strength. Stars fastened in the sky have fallen onto the roads. Some are broken, others only dimmed. They travel to and from, shimmering red and white in a hazy morning mist.

The oceans ebb and flow above us all, stirred by the wind. Its chilly breath drags – carrying away the city's smog, dust and the smell of sulfur on its tongue. In a few minutes that ocean, with its dark, dusty grey-blue color, will ignite into a deep orange fire. The rays of warm red sunlight will pour out of its mouth and over the city washing it for the next day.

I'm standing on the rooftop of our Neapolitan hotel. It's 4:00 AM in New York on Sunday. This is our last day here.

I realize, I adore this place or, that I adore the scene that exists in black and white. With sunrise approaching, this is the quietest time you'll find here. The easiest time to think.

Black-white, dusty-blue transitions into color.

I put on my headphones. I listen.

[George Gershwin - Rhapsody in Blue](#)



TO NEW YORK WITH LOVE

SUNDAY 1:15 PM

This is One Hell of an Inspiring Place to be!

I'm never surprised by the sheer amount of talent and imagination exhibited by the artists of the city. It's amazing to visit a place where experimentation, various arts, values and ideas are not only widely accepted, but very much encouraged to merge. This is why we make an annual visit. While demanding in spirit and at times overly stimulating, draining, and ego-saturated, New York is a mental overload of culture, knowledge and for the artist of any sort, a true connecting point of the views and freedoms of the many like-minded talent.

Where we live, it's common to have your best creative ideas rejected for the lack of adhering to some existing standard of consumerist need. Culturally enhancing, technologically mind-shattering, or philosophically eye-opening concepts have no place here... if they don't sell. A changing, but still very much prevalent reality that exists in far too many places. In New York, there were amazing artists that challenged that overly prevalent pattern of thought and we were happy to see a few of our *own* ideas floating among the scene!

This is why, to us, it is so important to travel and to see things outside what your typical art medium would be. At times, it can be difficult and exhausting to get people to trust, try, back, support or even just to hear your ideas. So it's invigorating to see various artists you've never heard of share the same conceptual observations, practices and theories. It's what I imagine it feels like to make a connection with someone from across the globe.

With more cities to come and a wider array of countries to visit, New York for now, undoubtedly feels like our home, albeit an expensive place to live and a home that we cannot afford. Truly, an annual visit quite simply isn't enough for us, so here's our checklist to help you get the most out of your stay.



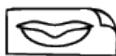
FIND THINGS ON A WHIM

SUNDAY 2:03 PM

A Little Bird Told Me

“This is the place that you’re looking for: The New Museum.” Despite what we’d expect, the most inspirational part of the trip wasn’t actually the New Museum itself (which *was* amazing), but it’s joining show “Open Structures.” Neither of which, did we specifically look for, but stumbling upon it made it all the more exciting of a find. In the New Museum window we had an art piece literally speak out to us from giant white letters reading : "PUT A BIRD ON IT!" With an art piece by Juan Fontanive that was almost exactly like one of our own ideas we had been trying to figure out the mechanics behind.

This piece was massively inspirational to us, not because we saw our same exact idea in the window, but because we understood the idea beyond its atheistic. To see the physical representation of a piece by way of a shared thought process from another human mind was astounding. This piece was what brought us into the New Modern Museum’s show initially...



S H U T U P A N D L I S T E N

S U N D A Y 2 : 4 5 P M

The New Museum

Usually we would opt out of joining a tour group, but in the spirit of the day (and in the spirit of hearing someone else speak for a change) we decided to squeeze into a group and listen to the tour guide speak on Llyn Foulkes' work in New York's New Museum. This may be a normal routine for some people, but it can be difficult for creative's who'd rather take in an exhibition independent of other people's opinions.

For us, it was more inspiring in this instance to not just take in our own opinions on someone's art, but to hear someone else's interpretation. It was an inspiring change of pace to hear details about the art we would not have noticed and to hear not only the history of the piece, but also the history of the interpretations of the pieces over many years.



S E E A R T Y O U N E V E R L O O K A T

S U N D A Y 3 : 0 0 P M

Llyn Foulkes

At least for one of us, the aesthetics of Llyn Foulkes' "Who's on Third?" and his similar paintings, would not be the type of art I would normally be interested in. If I saw his work outside the museum, I wouldn't go in. If I saw an article or a website dedicated to his paintings, I wouldn't care to read about it.

It turned out that he had much more similar opinions to us then I would have guessed and the technique in which he painted "Sleeping Rock" (1969) via the usage of dry rags to apply and wipe away paint was astounding. This isn't like "don't judge a book by its cover" but more like "don't judge a portrait by the blood dripping over its face."



SEE THE WHOLE AS LARGER
THAN THE SUM OF IT'S PARTS

SUNDAY 5:00 PM

Open Structures

Next door to the New Museum was Open Structures, by far the most inspiring experience during our visit.

Open Structures was a contemporary show/movement featuring 3D printed objects, DIY manuals, self empowering, educational and visionary projects in a room of collective thoughts right in line with our current vision. These artists were trying to change aspects of the world through important observations and clever artistic project statements.

It was moving to see what a much larger impact you can have by simply gathering similar initiatives into the same room. The whole is absolutely greater than the sum of its parts, and a powerful collection of independent projects make a much larger impact than one standing alone.



S E E K T H E E D G E

S U N D A Y 6 : 3 5 P M

The Edge of a new movement. The edge of Culture

Seek the Edge of a new movement. In culture, if you aren't constantly seeking out the edges, then you'll continue to believe that the world is still flat. Live there. Study it.

Don't round the sharp edges, they are meant to hurt. The first initial emotion walking into Open Structures, was not awe, but "Awww" with a heavy wave of disappointment. Seeing already finished projects standing in front of us, with the ideas we had worked countless hours trying to perfect, was immediately a shattering, yet jolting experience. It was only, just a month before visiting New York that with great confidence and clarity we *knew* the direction our next project should take and we *knew* it would be impactful.

We had a grand idea, but figured it would take years to complete, years to even start, and it would be a long while before people would even be receptive enough to care for the ideas. But HERE it was - the same idea, in physical form, done and already having sat there, finished for months, and WE cared! We learned 2 lessons from this experience:



With the world speeding up exponentially whatever you're ideas are they *can* be done. In fact, you're already a few years behind, if you think "The worlds not ready."

You *cannot* see the details of the edge of culture through a computer screen.



We assumed in our modern society, keeping on the edge of culture and the waves of inspiration comes easily to everyone with a connection to the internet and a social media account. Ironically, the day you make this assumption, you see less of the world.

Simply put, you cannot see, feel, or comprehend the details of the world through a screen. Years to come when tactile sensory information and avatars provide you with that possibility, you must realize that still, it will *never* make up for physically entering a new world, for physically traveling, for physically getting up off your ass and going!



M I N D , B O D Y , S P I R I T ,
R E L A T I O N S H I P R E C H A R G E
S U N D A Y 9 : 0 0 P M

A Date Night...

Date night! Yes, it's important. I'll spare you the details of the full evening, but needless to say New York has some of the liveliest places to visit for a night out on the town with your significant other.

We would normally choose to mellow out after a wiry fast paced day of running around the city by slowing down our tempo and zoning out to smooth contemporary styling's of NYC Groove's best Jazz musicians. Our second option, as back up, to change the hue of the evening with tunes from the legendary Blue Note composers.

But, this evening we would decided to try something a bit more spontaneous and off the grid. Two spots that did not disappoint.



Peels: This was a great place to pick up brunch after visiting the New Modern museum complete with hard hitting cocktails, breakfast and “Frenchesque”, semi-hip atmosphere the equivalent to Atlanta’s own Flying Biscuit. The waitress were attentive, food was healthy and great, and the location was perfect for the two of us to chat on what to do next.



Veloce: For an evening out and quality time with your spouse this is a wine bar that we undoubtedly will be back to. The Appetizers were awesome and the wine specialist very knowledgeable, while the atmosphere was a bit rowdy it was still pleasantly alluring and relaxing enough to change the pace of a whirlwind day of exploration.



T A R A N T I N O E D S A T U R D A Y

Additional Places

For us, Sunday (our last day in NYC) was the most inspiring day to find and visit places. If you wanted to know what we did the first half of the weekend, we've compiled a list.

There are multiple galleries to check out in the Meat Packing District, Between 10th and 11th Ave, Perpendicular to 11th Ave And following Lincoln Highway. Many shops to visit with refreshingly robust and finely crafted items in Flatiron and downright good food on the Lower East Side.

We spent most of our Saturday running between them all and crafting a list for you to use. So here is a compilation of places to visit, with photos on our [Facebook](#) and [Pinterest](#) pages to coincide. Check them out and let us know what you think.

(*In addition, [here](#) is a link to our Google maps for all the places we visited, listed below and highly recommend checking out.*)

CREATIVE AID HANDBOOK : EDITORIAL



Chambers Fine Art



David Zwirner Gallery



Jim Kempner Fine Art



ET Modern



Charles Bank Gallery



Garis & Hahn



ABC carpet factory



Eli Klein Fine Art



DTR Modern Galleries



Parsons



Drunken Horse (Bar)



Bar Veloce

CREATIVE AID HANDBOOK : EDITORIAL



SVA



Cooper Union



Muji (Creative Home goods)



Obscura



New Modern Museum & Open Structures



Peels –Food



Papabubble (Handmade Candy)



Pylones (Art Toys)



Opera Gallery



MOMA Design Store



The Evolution Store



GIFT OF A RANDOM DAY

IN OUR OBSERVATIONAL STUDY

ON THE BURDEN OF BEING HUMAN

A five point essay



PRESENTS IN PRESENCE

In our observational study on the burden of being human...

To *be*, as opposed to simply existing, is no doubt a commonality we all share, but often times forget to acknowledge and discern. Our busy schedules rife with responsibility would have us forget the principle discrepancies between the two ideas: existing presently and being profoundly present. With this in mind, the gift of a random day became an idea we felt necessary to share.

In this idea, the gift itself is *not* the music (you could easily find such music online), but rather the medium to deliver an evocative feeling. The gift we *are* suggesting is the present isolation of time: here and now, while reading.

The total acceptance of personal thought, feeling, or reflection within those fleeting moments in the music is akin to "The Holy Moment," in cinema, a phrase associated with Andre Bazin, suggesting a record of the divine spirit present at all times on screen.

In this case the music is its auditory equivalent. A similar

recording, carrying with it the ability to express the unique sentiment of being human and what it really means to live through the senses in all of their grandeur.

For us, working independently, sitting at our own respective computers with our own individual music loud and blaring, one song in both of our libraries jolted us into a moment of common awareness. A moment of unspoken recognition of our mutual emotions for this particular song, made us stop, shut off our computers, question and interact, pondering individual and universal questions, we have all somehow forgotten to ask along our busy routines.

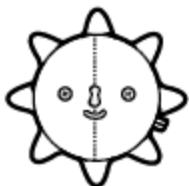
What followed was a period of subdued thoughts, acknowledged and suspended in the tranquil sound of the great vocal human aptitude and recognition for such a holy moment. We stumbled upon the notion that an unknown commonality, a sudden sense of genuine connection, could actually become a gift to punctuate the profound present.

From cognition to cessation, connection, enjoyment, memory, pain, and the ability to feel and be deeply moved are reminders of the great human aptitude: to be. This was a gift on a random day, which bore no particular significance according to the calendar. Yet we were given one of those rare and special moments that would remind us, what it is to be human. It was a momentary experience that encouraged us along a collective path of rethinking the gift-giving experience itself...

So on a random day in the week, to break a monotonous routine of only just existing, a gift to help you become more profoundly present as if to put things in a slow motion, isolate time and stretch that moment extensively in honor of your own personal awareness. Below is the aforementioned song in hopes that this reminds you what it means to be human in whatever way it helps you realize your own aptitude “to be...”



Ave Maria - Franz Schubert



G I F T S W O R T H G I V I N G

In our personal lives...

We've often found ourselves unsatisfied with the idea of buying gifts to commemorate a calendar reminder as if it were a decree. A month to go before Christmas, we instead took time to reflect on our values and purpose.

Reflection has helped us clear our minds, muster more creative solutions and grow in our own creative agenda.

On our return, we realized just how incredibly intoxicated the holiday could make you feel. Three years without celebrating a Christmas was a hard sobriety that made stepping off the wagon a whisky too hard to swallow. Instead, we peered over the edge as we couldn't stop noticing the bitter taste we had in our mouths...

The 4 most Insulting TV Ads you see every Christmas

W E L C O M E B A C K

We support all things good for the collective and united heart in order to seek an overall perspective of a healthier, intellectually expansive human condition.

A purchased gift, cannot possibly capture the sentiment of life's momentary actuality or hold a true significance in the overall reality of conscious awareness. Christmas for us, even with gifts given out of the pure and eager intent to see the other person happy, was still mostly empty gestures. For us, nothing could contain the essence of joy in celebrating an accomplishment made possible by friends and family. For that we also thank you.

F I N D I N G S

The market's current selection is comprised of supposedly "targeted" products that do not contain a complete thought or any inherent meaning; all made for the purpose of serving a manufactured and generic need.

With the industry, stuck in the repetitive cycle of manufacturing processed goods and ideas for general consumption, buying any of it would demean the integrity of a gift worth giving.

Steve Levitt's, Professor of Economics at the University of Chicago and co-author of the Freakonomic's genuine concept on what it really means to give someone a gift suggests:

"The very best gifts not only show someone that you know about them and care about them. But they actually demonstrate that you know more about them than they know about themselves."

Christmas: A New Marketplace Podcast

A T R U E - I S H A L T R U I S M

The long-standing debate as to the possibility of "true" altruism is a tangled argument weaving through various cultural viewpoints, doctrine, and philosophies. Where some maintain that altruism is motivated by self-interest in the form of personal or beneficial self-gratification, many see it as an individual moral obligation to benefit others selflessly for the welfare of all.

In this way, even the best gifts were still a search for gratification in the expression of your loved one, reinforcing your own happiness through a purchased good. To us, gifts worth giving should be sentiments that go far beyond just a product that you buy with a shiny red bow. If this was to be the first Christmas in years that we would actually get a chance to do things right, it would also be the best time to try a creative and

much more meaningful alternative.

In conclusion, our unconventional approach we chose hinged on the basis that a holiday, such as Christmas, should not be defined by consumerist dictation and instead focus on some form of a pure non-commercial altruism.



A NEW TRADITION

THE LUNAR RESOLUTION



THINGS OLD, MADE NEW

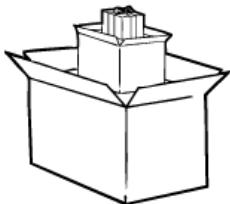
The Will to Change

What prompted the desire to change was the weight of our determination to do our best. We were extremely stressed. We were not advancing. We were not growing and we were stuck trying to achieve a result with the same basic ideas. We were tangled in the traditional mindset of thinking and doing based on a habitual framework of reoccurring people, places, activities, and ideas.

We needed a newfound perspective built on increased positivity that would require us to think and do differently. We decided to give gifts that would break traditional habit and introduce newness into our lives. Instead of buying goods “to make you whole,” we decided to give gifts that would make us new.

As a result we merged Christmas and New Year’s and would now celebrate an entirely new tradition in respect to both holidays. The obvious and consistent resolution would come about: a goal to always naturally continue forward with new, thoughtful challenges rather than to let each year fade out on old broken promises, made the eve before.

Our gifts would advance our personal and collective aspirations in happiness, growth, and newness in whatever form we believed would help support the other or aid us both in traversing a personal and/or collective path. This eliminated the idea of WANTING or NEEDING for Christmas and made us sincerely focus whole-heartedly on each other's future wellbeing, as well as acknowledgement for the others goals, dreams, and ambitions.



ON A SINGLE DAY OF CHRISTMAS

KOOROO KOOROO GAVE TO ME

Creative gifts not found on TV



Opportunity: One of most inspiring gifts that was exchanged for Christmas was not a physical gift at all, but an opportunity. Few people think in this regards as to a gift worth giving, but I will say in all my years of exchanging presents, this has been the greatest.

Completely in line with our love of film, we were given the opportunity to juror in the 2014 Atlanta independent Film Festival. If attending the festival and awarding the prize to a hardworking talented filmmaker for their inspirational and creative contributions were not exciting enough, we were given the opportunity to preview and screen some of the brightest works this side of the indie field of film. Complete with the chance to chat-up and

question a few of the visionaries behind the work.

While we can't share all the actual works as of yet, if you love films like we do, here is a pdf of trailers and shorts in hopes of inspiring you to pass on the gift of opportunity, and one short that we really enjoyed;

Malaria from Edson Oda.



Ability: The second gift, the ability to fly was a great one too. More than just the ability to fly a plane; it was an appreciation for extending one's capacity to learn and capability to do. Going far beyond the business or school related approach of learning what's expected because you HAVE to do so, and into something that can ultimately be personally satisfying, stress relieving, and infinitely expansive. For me it's not the idea of learning to fly a plane that motivates me, but the idea of an "ability" in itself or a skill to do something, that you previously could not. Level up!



Experience: The third gift given was the experience of travel. It was only a year ago that we had the pleasure to revisit New York, now on this New New Year's —we would travel to a place that would actually serve as a tremendous source of inspiration for 2014.



DOWNTHE
VIRTUAL BRICK ROAD

SEEN THROUGH TEACUP EYES

Through the eyes of our future selves we could see a great mythical creature and its cub emerge from the sea and rest on a crest of waves. Standing over 8 meters tall, it had the head of a lion and the body of a fish; and as it opened its mouth wide, something like a waterfall; a continuous cascading stream poured from its jowls with a multitude of colorfully vibrant fish from the east and west.

Both ears of this giant had been burned from the sky. While the right still ablaze; more deafened was the left. Its scales made of porcelain plates shimmered and its head made of concrete, fixed high its expression of confidence for all time and everyone to see. Its eyes were small red teacups filled with the drink of rediscovery.

Its acoustical roar was a great one. Its cry reverberated deep in the belly of the ocean and borrowed through the heaviest weight of the pacific. Its insides were not always mechanical. A tectonic ribcage encased an old heart. The

majesty of this creature was divinity and its purr was welcoming.

As it stared off the horizon of the Ancient city of the sea and over the zenith of a land of progression, its roar, by great distance, drowned under the ocean; a low frequency echo, nearly silent, a rumbling seiche would call out to all who love art, and harmony "eat with my cub, drink from my eyes and come to be inspired by all that is uniquely this great city."



S I N G A P O R E 2 0 1 4 :

A N E W N E W Y E A R

I N A N E W N E W P L A C E

The first question we often get when speaking about our eastern travel is “why?”



THE GREAT TIN CITY

Why Singapore?

Truth be told, Singapore was among a list of much more popular destinations such as China, Tokyo, Hong Kong, and a few others. As mentioned before, we were interested in the idea of a NEWNESS. What better way to find and experience shiny newness than starting out a new year in a completely different place, at a completely different time.

Lunar New Year, would be a great place to start on our quest for the new. We would get the opportunity to experience a new culture and join in celebrating a completely different year, in a completely different manner (other than our own) all on a completely different continent. This could be said for many of the listed places we could choose from, so the question still begs to be asked, why Singapore?

H A V E Y O U S E E N P I C T U R E S ?

A quick image search of Singapore's architecture will put you into a split second of disbelief. You might even begin to question if such a place could actually even exist. There is another deep-rooted question we often personally seek answers to: the idea of possibility and potential in relation to an exponentially expansive digital culture. Seeing these images brought about new and various concerns, questions and theories regarding the same area of thought.

We spent some more time crafting yet another great map for you to use. So here is a compilation of places to visit with photos on our Pinterest pages to coincide. Check them out and let us know what you think on Facebook.

(In addition, here is a link to our Google maps for all the places we visited, and highly recommend checking out.)

So, while all these places offered many of the things we were looking for, Singapore stood out to us as a uniquely individual experience. Here was a place with a completely different visual cityscape. Futuristic is not the right word, nor a proper description. Yes, there were super modern shiny buildings, but these stood alongside rustic colonial buildings nearly worn away by time; a very fitting sentiment that would serve as a visual representation of its people and stand as an allusion to its history and multicultural sensitivities.

Singapore offered a seemingly contradictory and oppositional architectural sense that balanced itself extremely well. Past and present would come together seamlessly to build something new for the future. How ironic!

This was the offering of newness we were looking for with the promise of something that we connected with on a deeper level. The artistic merit of Moshe Salfie's architecture alone was enough to get our bags packed, but the mere fact that a unitary state would allow such wildly open forms of architecture was confusing. These were massively constructed super buildings and they entrapped our curiosity, enticing us to further find out more behind the art and philosophies of such a contrasting place.



RECOLLECTION
AND THE ROOM OF LONGING

The Art & Artist of Singapore

When we recall our trip to Singapore, there are a few artists that spring to our minds. These are special artists that have found a place in our creative hearts as like-minded, thought-provoking masters.

Jeremy Sharma and his exploration into the electromagnetic pulse of a collapsed star gave us a new level of awareness within our own projects and ideas.

Toni Kanwa's view into the Cosmology of Life showed us the possibility and potential of human tenacity down to the tiniest detail.

Suzann Victor's Rainbow Circle reminded us of the organic occurrences within nature we often

times overlook.

Nguyen Huy An and the simplicity of The Great Puddle managed to convey the murky dark weight of its message reflected as one simple essential form.

Vu Hong Ninh and the Little Soap Boys scattered around the Singapore museums, let us join in the work and interact with our own youthful rebellious spirit.

Ang Sookoon appositionally, gave us a poetic glimpse into the darker angst and unease of teenage youth.

(As you know, we love lists just as much as gifts, so below are a few of the artist with attached video interviews)

Royston Tan . Kumari Nahappan . Sookoon Ang
Anon Pairot . Khvay Samnang . Shieko Reto

ART WITH A BRAIN

A multitude of work and a tremendous array of talented Singaporean artists, not just from SAM, 8Q, or the National Museums, but RedDot and various other galleries resonated with us; simply far too many to list here. However, one of my personal favorites was Royston Tan's Ghost of Capitol Theatre, a mesmerizing video performance that reminded us of the beauty within the desire to keep a memory like that of our Singapore travel alive.

Extracted from the Original Singapore Biennale Educational Kits and Art Folios of over 80 featured artists, we've compiled a pdf of just a few of the work we had a chance to see.

[Singapore Biennale \(CUT\)](#)

You can find more Creative Artfolios here:

[Original Singapore Biennales \(UNCUT\)](#)



N O P L A C E L I K E H O M E

Yes, some of what you may have heard is actually true. Are you chewing gum while reading this? Well, Singapore retains both corporal punishment (in the form of caning) and capital punishment (by hanging) for serious offenses. So kick off your ruby red slippers, and get acquainted with a few of the unlawful customs here to avoid;

- Failing to flush
- Spitting
- Cheating
- Littering
- Jaywalking
- Smoking indoors
- Littering with chewing gum
- Bringing durians in banned areas
- Making a gesture intended to insult the modesty of a woman

For all the penalties and bans on what some people would consider common courtesy, Singapore has a lot to offer if you are open and willing to see new things.

We are NOT advocating acceptance of the laws, nor are we demeaning or even suggesting that the laws are not a bit ridiculous. But this is meant for the art lover and to express

our appreciation for the creative re-charge and overall enlightening experience made possible by Singapore.

(Although, honestly, if you have ever smelled durian in close proximity then you'll understand the decision to deem it criminally offensive).

NO PLACE LIKE HOME

(Continued)

It's difficult to speak about Singapore without mentioning the politics. Artists we've seen, seem to show a genuine and concentrated effort to disclose how they feel about the city-state and make their concerns felt. This is FAR more apparent in the independent areas than in any major museum or galleries we visited. On one end, we see amazing artists backing and supporting the rich history of Singapore and its multicultural, multi-religious, design-driven, technological future that zips along the wire full stream ahead of itself.

On the other end we see, nestled into back alleyways, bold courageous artists voicing their concerns along an urban railroad held together with strings and tin cans at all ends. Views that reflect major issues such as capitalism, restricted freedoms, privacy, and general welfare are all here, but tucked neatly away. The idea of suppression here, has indeed spurred a grand melee of expressive artwork reminding us that we are still on the outside looking in with interconnected, global world issues we all face. We're just not sure how effective or how politically visible this side of the scene is.

We were reluctant to visit Singapore after researching the policies and principles, but it does stand to reason that while Singapore does in fact have some of the strictest laws we've encountered thus far, it remains one of the safest

places we've ever visited with very few of the laws actually strictly enforced.

NO PLACE IS LIKE HOME

As we've stated many times before, travel is essential to personal and creative growth. Often times, places are not as they seem, or for that matter, how others would like them to be portrayed. Traveling helps to educate and broaden the scope of your own personal perspective for a more well rounded and educated personal opinion.

In 2009 it was number one place to live for what CNN absurdly stated was the “Flimsiest excuse to gather thousands of people and play with lanterns.”

As of 2013 Forbes list suggest Singapore as one of the top 10 places in the world to be born.

As of 2014, CNN titles Singapore “the most expensive place in the world to live.”

(Here is a link to our Google maps for all the places we visited, listed and highly recommend checking out.)

