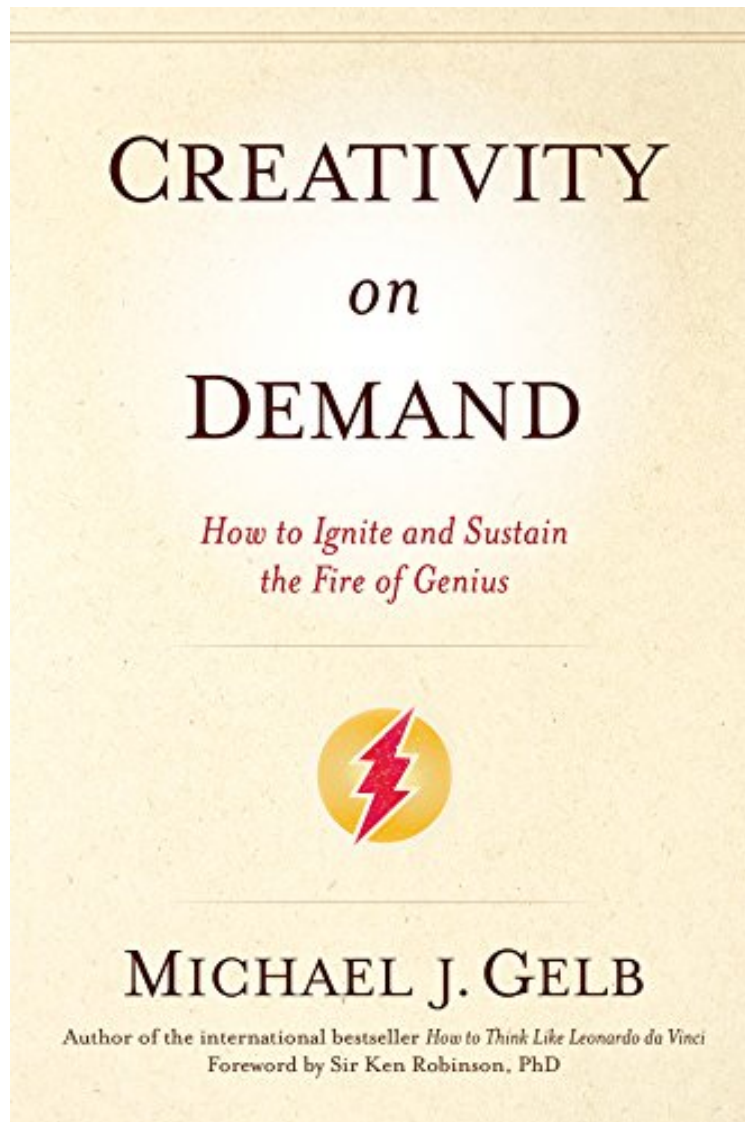


(Download) Creativity on Demand: How to Ignite and Sustain the Fire of Genius

Creativity on Demand: How to Ignite and Sustain the Fire of Genius

Michael J. Gelb

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Michael J. Gelb : Creativity on Demand: How to Ignite and Sustain the Fire of Genius before purchasing it in order to gauge whether or not it would be worth my time, and all praised Creativity on Demand: How to Ignite and Sustain the Fire of Genius:

25 of 25 people found the following review helpful. This book actually works
By Christine Ranck
I've read a lot of books on creativity, and this one really does what it says it will do: It literally shows you how to access creativity on demand--by learning how to play with your Qi. Since I only had a vague idea what qi is, I was initially a little resistant, but I was also determined to get as much out of the book as I could because it's important for my work. So... Qi is the Chinese word for "intelligent, creative universal energy," and the author says that "there's no better

way to improve the quality of your life than to learn how to access and play with qi." And the field of qi is the place from where all creativity springs. The physical exercises in the book (pictures are included that show you exactly how to position your body) work by "encouraging the natural movement of qi within your body, and between your body and the unlimited field of energy that surrounds you." The exercises (they're simple, graceful body positions that I think anybody can do--along with visualizations and an enlivening philosophy) promise to put you into a neuro-physiological state that is conducive to creativity. And if you practice them for just a few minutes a day for a few weeks, it is suggested that they really can change the quality of your life. I'm almost on week 2 and am not feeling resistant to the process at all. Instead I find it quite rejuvenating and enriching...and I definitely feel more creative in general. I've also found myself waking up in the middle of the night with some new perspectives, and some unexpected solutions to problems. So I really feel like it's working on me! Throughout the book, in addition to the very concrete exercises and instructions on how to access creativity on demand, is also a wealth of wisdom from the author and many other experts in the field, with some wonderful, inspiring stories, and a profound philosophy on becoming a "champion for creativity, consciousness, and compassion while savoring the joy of living." (What could be better than that?!!) The author states how in childhood we gradually become de-geniused--and lose touch with our natural creative instincts. "Re-geniusing" via this book includes things like discovering your life purpose (and how to do that), asking the right questions (instead of trying so hard to find the right answers), embracing ambiguity, enjoying beauty and sensory delights, and smiling like Mona Lisa (a really fun thing to attempt...Good luck!). I've barely touched on the wealth of ideas, information and experiences contained in this truly surprising book. I've been thoroughly entertained and inspired. Very highly recommended. 12 of 12 people found the following review helpful. Best book ever on opening the flow of personal creativity. By John Voigt Michael, The book is magnificent. I have been around music education for over fifty years and I have never seen or read anything better on triggering the flow of creativity. It is the best book on its subject ever written -- and understand besides being a writer and bass player I was a librarian, and now the editor of qi-encyclopedia.com. The book is now on order for the Berklee College of Music Bookstore. I expect it to become the standard text on its subject in schools and colleges everywhere. 7 of 7 people found the following review helpful. CREATIVITY ON DEMAND delivers on its premise. By Karen Page and Andrew Dornenburg As fans of Michael Gelb's books since his 1990s global bestseller HOW TO THINK LIKE LEONARDO DA VINCI (which, btw, memorably graces the opening scene of the 2003 remake of the film "The Italian Job"), we love Gelb's premise that human beings have unlimited potential for creativity and learning. We agree, and have gleaned insights into both via that book as well as his subsequent DISCOVER YOUR GENIUS and INNOVATE LIKE EDISON. But CREATIVITY ON DEMAND has a whole new angle: the idea that you can ignite and sustain the fire of genius through mastering creative energy, or qi. Drawing from the principles of qi gong, Gelb provides practices for cultivating qi, illustrated with black-and-white photos of Gelb himself in various qi gong poses. This book and our experience with these exercises made us such believers in qi gong that we have since studied with qi gong master Robert Peng, who is featured in the book. We highly recommend CREATIVITY ON DEMAND for those seeking to gain the benefits of a more holistic approach to stimulating and managing their creativity -- and thank Gelb for continuing to push the creativity envelope and for writing yet another winner.

Do moments of inspiration have to be few and far between; or can you develop the ability to access your deepest creativity at any time? Michael Gelb has discovered the missing key that allows genius to flourish: an open, reliable connection to the vital life energy we all possess. "The practices for accessing genius energy have been developed for thousands of years in yoga, martial arts, and Chinese medicine," Gelb says. "I've asked today's greatest living masters of these arts to contribute their most effective practices for cultivating creative energy in a way that the average person can do in 20 minutes or less." With Creativity On Demand, Gelb teaches a series of time-tested practices to clear blockages and open the flow of creative energy, then reveals how these techniques can be integrated with the renowned creative mindset and creative process tools he's taught to individuals and organizations worldwide. Join him as he shares potent secrets for: Mastering creative energy; discover qi, the "fire of genius"; and learn movement-based practices to amplify it Mastering creative mindset; how to break out of conventional thinking and fear-based limitations to unleash your potential Mastering the creative process; guidance to help you channel your creative energy, refine your ideas, and translate inspiration into reality Effective, easy-to-learn techniques and strategies for accessing the power of qi and creating a reservoir of creative energy you can rely on when you need it

About the Author Michael J. Gelb Michael J. Gelb is the world's leading authority on the application of genius thinking to personal and organizational development, and the bestselling author of 14 books, including How To Think Like Leonardo da Vinci. A sought-after speaker and consultant, Gelb works globally with Fortune 500 companies, small businesses, and nonprofits. He is also a gifted teacher of aikido and qigong, and is a professional juggler who has performed with the Rolling Stones.