

Table: Making pearls – seven stages of the creativity life-cycle

Nature	Practice	Gift	Key words	Making Pearls
Waiting	Grounding	Presence	Life-blood	Cement yourself to a rock, be grounded and alert
Opening	Connecting	Enthusiasm	Womb of ideas	Move and act, feed and filter ideas
Closing	Focus	Commitment	Power, presence	Become one with the irritant, develop an idea
Holding	Pulsing	Compassion	Growth, nurturing	Add layers of nacre, keep going when times are hard
Releasing	Surrender	Truth	Expressing truth, voice	Letting go of the pearl, launch the project
Emptying	Perspective	Insight	Wisdom, insight	The shell is empty, honour the end of your creation
Sitting	Non-Doing	Grace	Faith, peace	Pause, have faith for the next act of creativity