



Point Zero: Creativity Without Limits

Michele Cassou

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A guide to breaking through creative blocks to discover the emotional and spiritual rewards of spontaneous art.

In *Life, Paint and Passion*, creativity expert Michele Cassou showed readers how to discover the magic of intuitive expression. For many of us it is difficult just to let go and create something. Cassou shows us that once we engage in the artistic process it is quite possible to gain access to a powerful spiritual reserve within us. In *Point Zero*, Cassou takes the process further by providing an original method of inquiry that can be utilized in the face of doubt, conflict, and lack of inspiration. Through stories of her work with dozens of students, she shows the reader how to overcome creative difficulties of all kinds.

In the creative quest, Cassou teaches us, we must slay three dragons: The Dragon of Product fights the artist's spontaneity; the Dragon of Control bars the door to the unknown and the truly mysterious; and the Dragon of Meaning fights intuition and creativity by demanding interpretation and resolution with every move. Cassou arms us with a clear method for creating specific questions relevant to the situation of the moment, questions which are designed to dissolve barriers to creativity. She shows us how we can come face-to-face with the energy that creates our blocks, and then to use this encounter to return to *Point Zero*, the ground from which pure creation springs. In this place of infinite possibility, art becomes not a means to an end but a place which we may inhabit and in which we can explore our true selves and the mysteries of our lives.

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