

Exploring the impact of Intentional Creativity in women's lives as a tool for transforming trauma into empowerment.

Survey Conducted March 2016

© 2016 Intentional Creativity Foundation Inc.

“We stand firm in our commitment to protect and promote the right to freedom of expression, including artistic and creative expression. In addition to being an integral part of the protected human right to freedom of expression, artistic and creative expression is critical to the human spirit, the development of vibrant cultures, and the functioning of democratic societies. Artistic expression connects us all, transcending borders and barriers.”

The Human Rights Commission in Geneva, along with 57 member states affirms Right to Freedom of Expression Including Creative and Artistic Expression in September 2015.

INTENTIONAL CREATIVITY™ FOUNDATION



(888)385-6866 intentionalcreativityfoundation.org

A Survey Exploring the Impact of Intentional Creativity™ as a healing tool in the lives of women and the potential for empowerment and resiliency.

The rating scale was primarily 1-10 as a well as few Y/N answers. This survey was conducted over 5 days and 259 women participated who have experienced Intentional Creativity (IC).

Women were also invited to share stories if they chose, over half shared stories of healing some of which are included here.

The Intentional Creativity Impact in Women's Lives: Survey March 2016

We are exploring the field of Intentional Creativity and the impact it has had and can have in the lives of those who work with this Intentional Creativity. We define Intentional Creativity simply as: creating with mindfulness. As part of the IC process, we created, see what emerges and make observations about it for self reflection. Our hope is to demonstrate the power of this approach to healing, trauma and the capacity to bring empowerment to our lives. With our research we hope to inspire individuals and organizations to bring creativity into their teaching models - and to demonstrate that this kind of creating is not specific to those who are skilled or artistically inclined, but can be used as a tool by anyone to bring a shift in their story.

Self expression is a basic human right - which is the power of each person to have the tools to be able to share and articulate their ideas, dreams and visions in form. Creating form, and witnessing what is created can be a haptic feedback teaching tool for individuals to learn more about themselves, how they are feeling, and how to shift into a potential new state through conscious choice. Our hope is that this method can become a practiced approach to empowerment for women and girls towards the goals we are working towards together, the Sustainable Development Goals SDG30 as part of the ongoing work with CSW.

Intentional Creativity is a global movement reaching thousands of students per month and guided by over 150 teachers of the method.

The Co-founder of IC,
Shiloh Sophia says:

"Intentional Creativity as an approach to creating art has the capacity to catalyze consciousness. In the act of creating, we voyage on a personal journey towards something, often hidden, within our psyches. We begin with an intention, which creates a structure in which the work can be channeled. For example, a trauma that won't heal. Then, we create, and notice what arises. This arising creates an opening within us, that was once a darkened space. We can see what we did not see before in a new light. This creates the capacity for a shift in story, and new choices arise that were previously hidden from view."

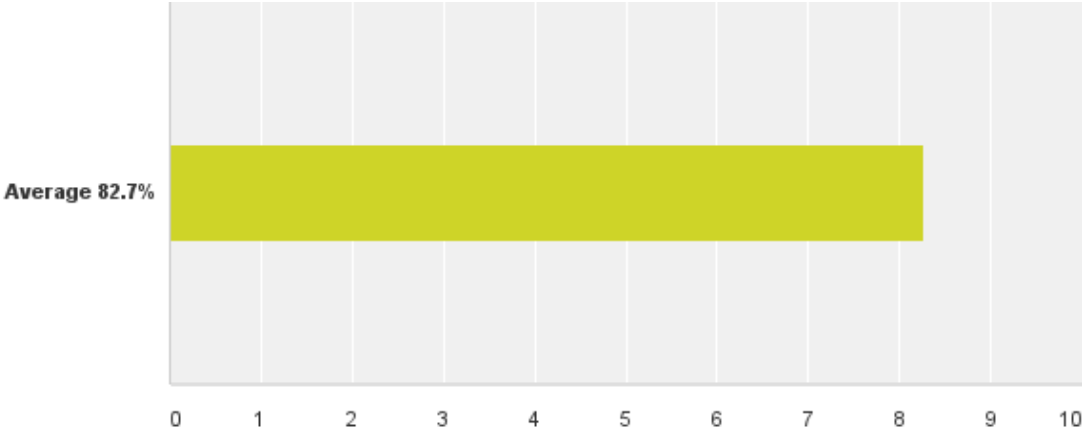


Intentional Creativity can be used to heal and transform our stories

- Catalyze our stuck stories into stories of possibility
- Transform stories of trauma into tools for empowerment
- Show what is hidden that is ready to be revealed
- Provide a tool for looking inward for our own information
- Grants access to a new way of working with PTSD
- Integrate right and left brain for maximum access to thought
- Inspire action through liberating stuck energy
- Bring movement into the body and the field of space around the body
- Illuminate the gifts of the individual and provide image and language
- Move ideas into actions by providing clarity
- The creation itself, becomes a witness to what is possible.
- Increase self awareness and intuition
- Create connection in creativity community

Q1: Empowerment: To what degree has your view of yourself and your story changed since you began working with IC?

Answered: 258

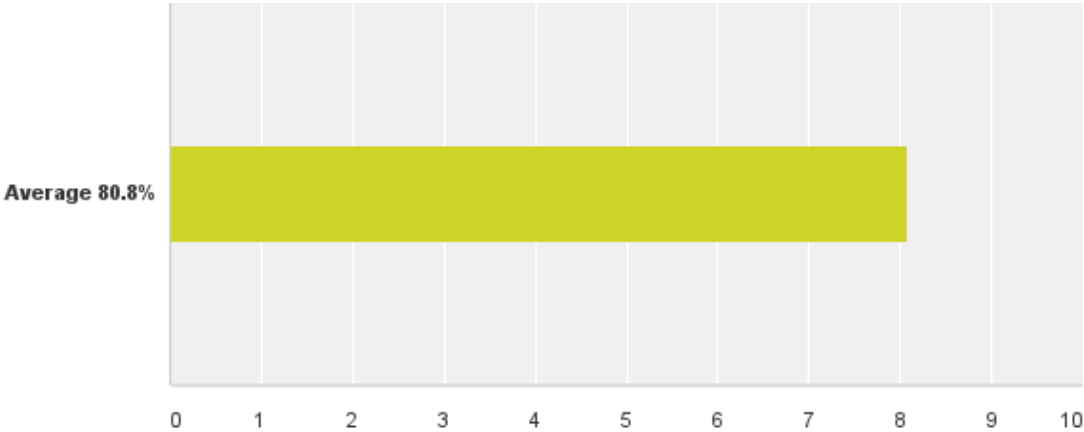


“I’ve moved from victim mentality to empowered woman and art is what healed me.”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 82.7%	0.78% 2	0.39% 1	0.78% 2	0.00% 0	5.81% 15	2.33% 6	13.57% 35	29.84% 77	18.99% 49	27.52% 71	258	8.27

Q2: Transformation: If you have experienced a significant physical, emotional or sexual trauma, how effective has IC been in helping to bring healing?

Answered: 201



“Healing past through present generations of my female family members of trauma through IC has been deeply moving and transformational.”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 80.8%	0.50% 1	0.00% 0	1.00% 2	1.49% 3	5.97% 12	3.98% 8	14.43% 29	33.33% 67	15.92% 32	23.38% 47	201	8.08

Overcoming sexual abuse and then choosing to reach out to help others.

“I have emerged on the other side of hell after being subjected to sexual abuse for 8 yrs of my childhood by extended family members.

I kept silent until my 30's; have had years of therapy, searched countless avenues for healing, and with Intentional Creativity I feel like I have finally come home and into my own arms.

I am on my way back to my own wholeness now with tools for healing myself and my family, and am even now reaching out to others.”



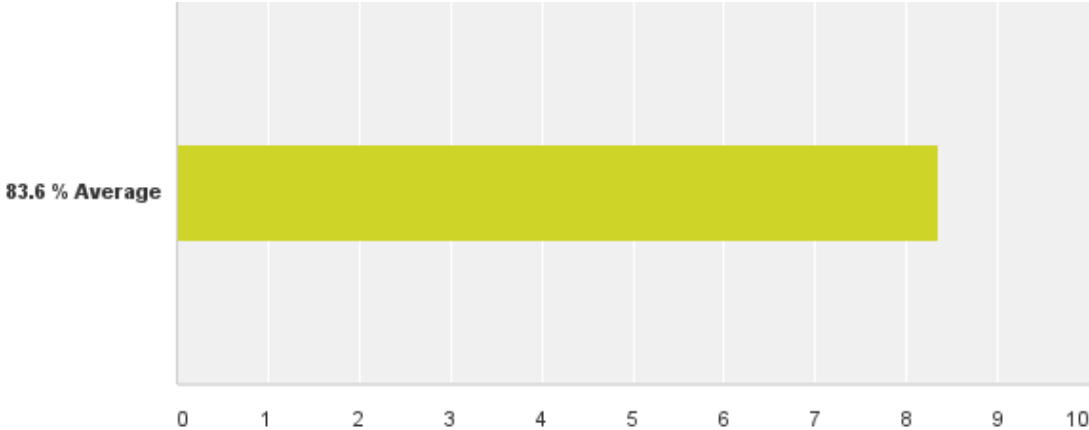
Intentional Creativity as a practice to stabilize, and overcome challenges.

“I have been plagued by poverty and lack my entire life. I'm black, was born in poverty to a welfare mother of 6 (I was 7th) and a heroin/alcohol addicted dad. I made many poor choices in my own life, continuing the cycle of addiction, mental illness, and abuse. After a 17 year, abusive marriage to a man much like my father, addicted, mentally ill, and in many ways abusive and neglectful, I discovered Intentional Creativity....

My poverty mentality and mental illness made my participation hard, but I did change. I began to see myself in a different way. IC Painting empowered me, and revealed layers of intuition I didn't know I had. It wasn't miraculous, but it was as important, revealing, and most importantly, healing as therapy and medication, and I am absolutely certain it's life changing. I am not in therapy now. I have no insurance. I am not on medication, yet every day I am intentional about creativity. It transcends socio-economic boundaries. I may not be able to afford classes, but what I learned has stayed with me. It has kept me alive through many seriously hard circumstances. I'm still healing through this process, though not yet whole, I'm healing. My hope is that women like me are enabled to to experience these processes in their hospitals, community centers, and homes, and that funding is provided so that we can take classes even if we can't afford it.”

Q3: Self Confidence: How much has Intentional Creativity contributed to self esteem and self empowerment in your life?

Answered: 251



“Intentional Creativity has allowed – and encouraged - my "inner warrior" to emerge.”

“My body image has shifted, which is huge (!) because I'm an eating disorder survivor.”

	21	2	3	4	5	6	7	8	9	10	Total	Weighted Average
83.6 % Average	0.00% 0	0.00% 0	0.80% 2	0.80% 2	3.98% 10	3.98% 10	11.55% 29	31.47% 79	20.32% 51	27.09% 68	251	8.36

Recovering from betrayal and making new life choices through personal practice with Intentional Creativity.



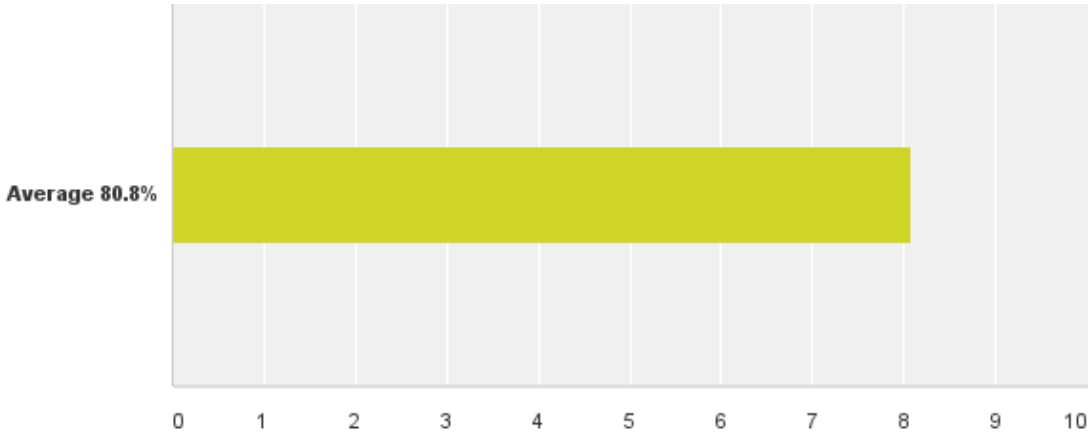
I discovered IC in the darkest period of my life - I had just suffered a huge betrayal from my childhood church and my then husband had cheated on me. IC gave me the tools I needed to survive that period, and to finally pursue my own needs and interests.

For the first time, I took responsibility for my own life. Three years after my first class, I am working in a field where I get to change lives...

Intentional Creativity transformed my life. I don't say that lightly. Through creativity I was able to reclaim parts of myself I had forgotten, and was able to step back into the role of creator of my own future."

Q4: Effectiveness: Did you find IC more healing than other therapies and self help processes that you have tried?

Answered: 244

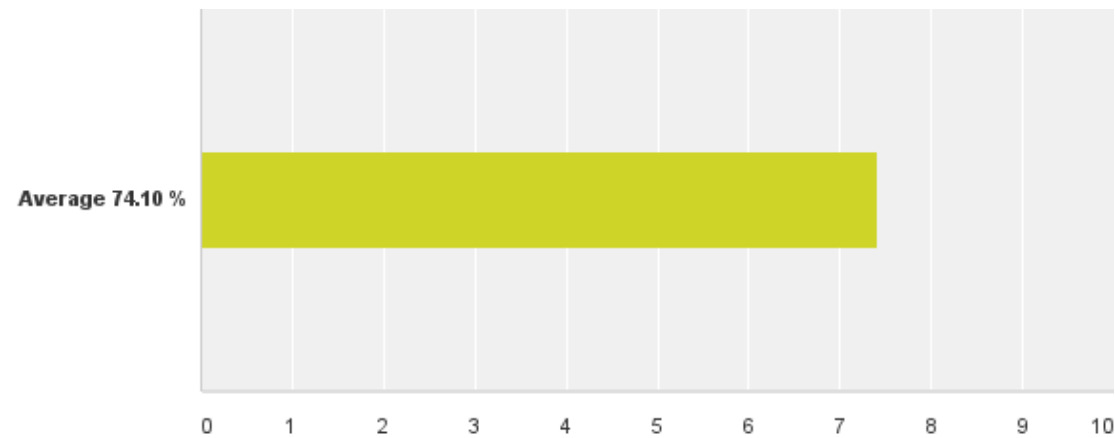


“I began working with IC as I was healing from breast cancer. Over the last 5 years it has been vital to shifting my mindset from fear to a connection to creative source.”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 80.8%	0.41% 1	1.23% 3	0.82% 2	0.82% 2	6.15% 15	6.97% 17	12.70% 31	25.41% 62	20.49% 50	25.00% 61	244	8.08

Q5:Resiliency: How much has your capacity to respond to difficult world events (suffering of others, war, bad news etc.) improved through using IC?

Answered: 241



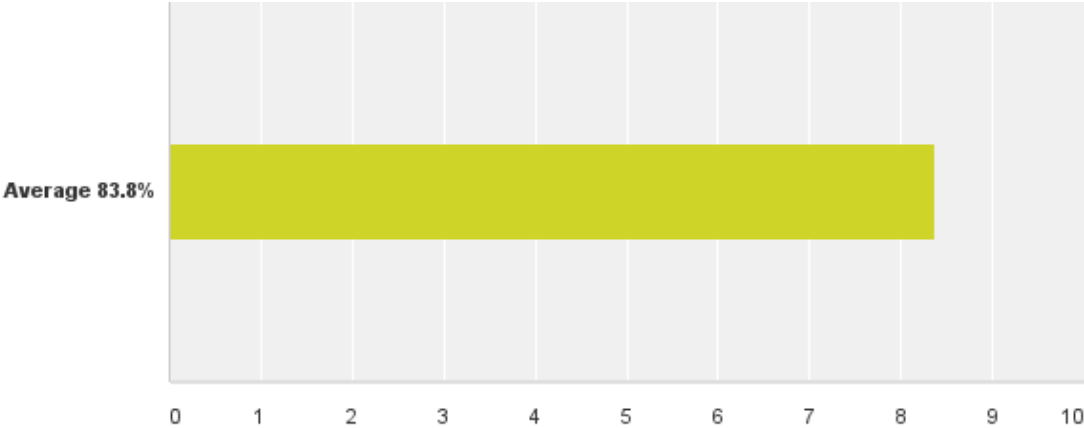
“My coping with the world in general has improved. Using this process, I do not internalize the pain I feel for the world.

This has lead me to be a healthier and happier person and able to engage more fully in the world in a positive way for myself and for others.”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 74.10 %	1.66% 4	1.24% 3	1.24% 3	2.90% 7	9.54% 23	11.20% 27	18.26% 44	22.82% 55	15.35% 37	15.77% 38	241	7.41

Q6: Guidance: To what degree has your relationship with your inner critic, therefore your choices, been improved since practicing IC?

Answered: 252

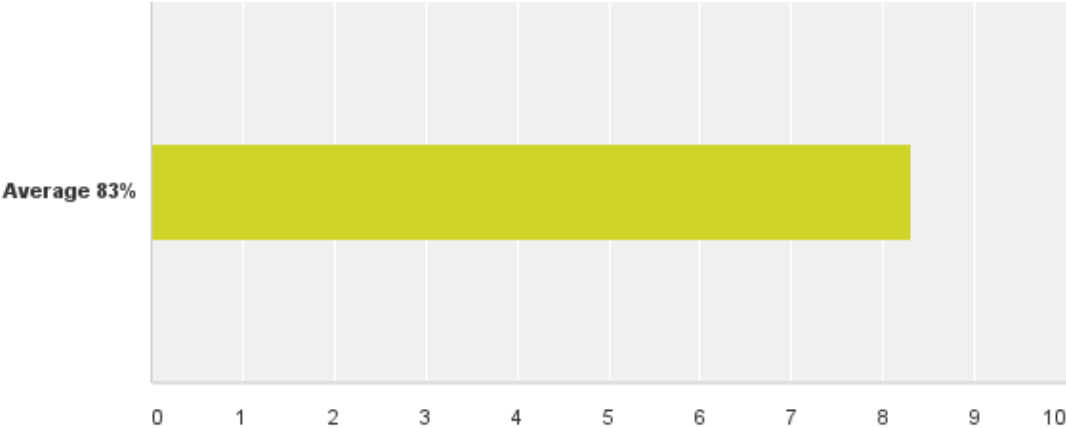


“What's shifting most dramatically is my relationship with my inner critic. I have been driven and abused by this internal "not good enough" voice for many years, and tried many different therapeutic approaches to loosening its grip on my life. Finally, with the awakening through IC, there is a counterweight to keep that once-brutal critic in check...”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 83.8%	0.00% 0	0.79% 2	0.79% 2	0.79% 2	3.17% 8	5.56% 14	13.10% 33	21.43% 54	25.00% 63	29.37% 74	252	8.38

Q7: Practice: Are you using IC as an ongoing practice in your life as an approach to living a more self expressed life of wholeness?

Answered: 254

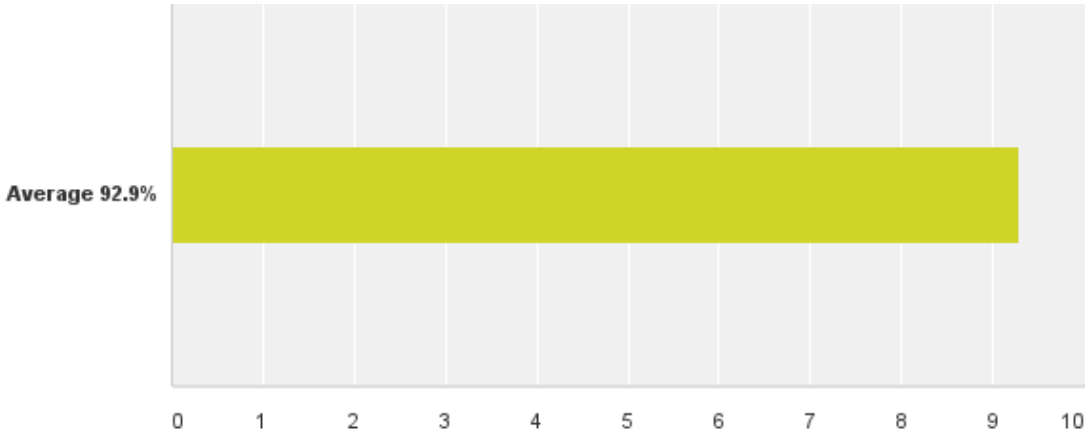


“Intentional creativity showed up in my life just when I needed it. I had become so bogged down in my story that I was overwhelmed, caught in the loop playing in my head. I was depressed and feeling hopeless . My self care was non-existent, to the point my health suffered. IC shifted something for me opening my mind and my heart to possibilities of hope.”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 83%	1.18% 3	0.39% 1	3.15% 8	3.15% 8	3.94% 10	3.15% 8	8.66% 22	18.50% 47	19.69% 50	38.19% 97	254	8.30

Q8: Sharing: How likely would you recommend IC to others as a way to work through life’s challenges and celebrations?

Answered: 254



“You don’t have to be an artist to do this work, or have talent, this is for everyone – and it is so easy to share. It helps people get through the rough places”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 92.9%	0.00% 0	0.00% 0	0.00% 0	0.00% 0	1.57% 4	1.97% 5	4.72% 12	13.39% 34	14.57% 37	63.78% 162	254	9.29

Intentional Creativity is guiding women in their elder years to finding new ways of engaging and service.

“What I can say, is that Intentional Creativity brought together all that I have desired and strived for in my life I am 67 and have found a way to serve and to bring women together in a healthy mindful creative way.

I foresee this as a movement to bring in innovative free flowing explorations to further the waking up of hearts and minds. IC unleashes each unique hearts desire to express their beautiful soul, this is the answer to all the suffering and strife that the world seems so stuck in.

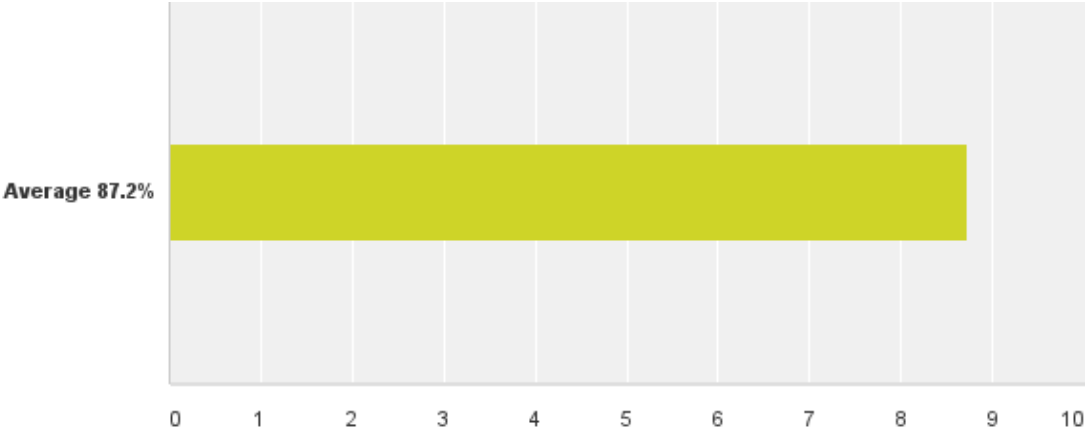
I can now hold this suffering in my vision and heart and not be overwhelmed. I feel stronger and part of the solution. blessed be.”



Paintings in process for a class recorded outdoors with Amber Bonnici and Shiloh Sophia on creating our Legacy

Q9: Improved Thinking: How effective do you think IC is in developing your capacity to think and navigate in new ways?

Answered: 249

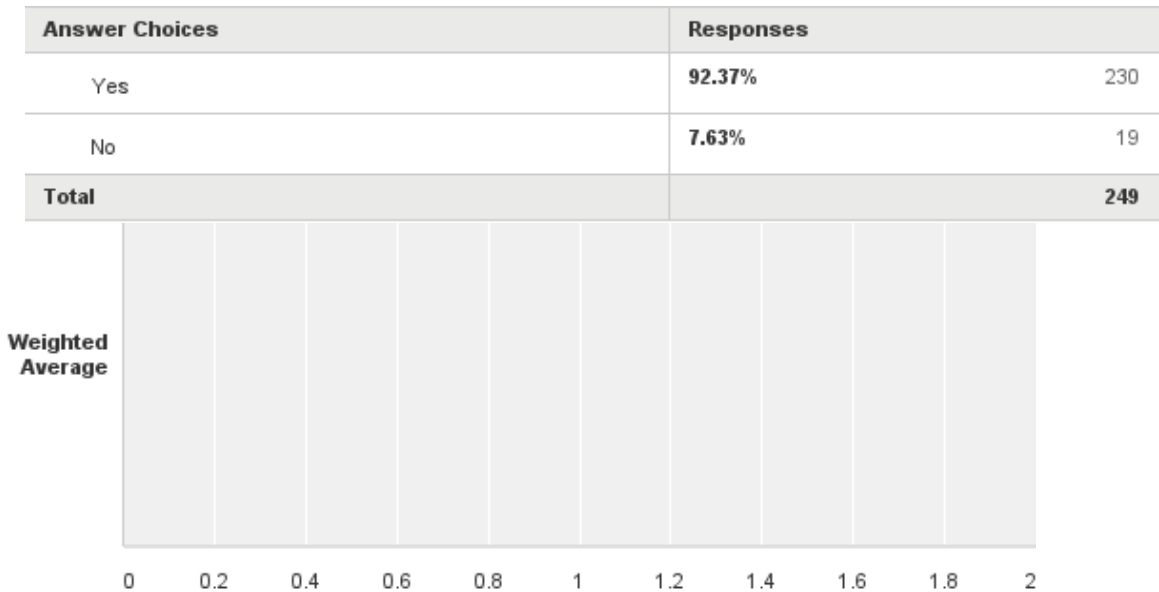


“My whole life has become more inspired more on purpose and more magical since I first engaged in this amazing journey of Intentional Creativity, bringing the inside outside.”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 87.2%	0.00% 0	0.00% 0	0.40% 1	0.40% 1	1.20% 3	4.42% 11	10.84% 27	21.69% 54	23.29% 58	37.75% 94	249	8.72

Q10: Inspiration: Have you brought IC into your life/family/workplace in some way, sharing it with others?

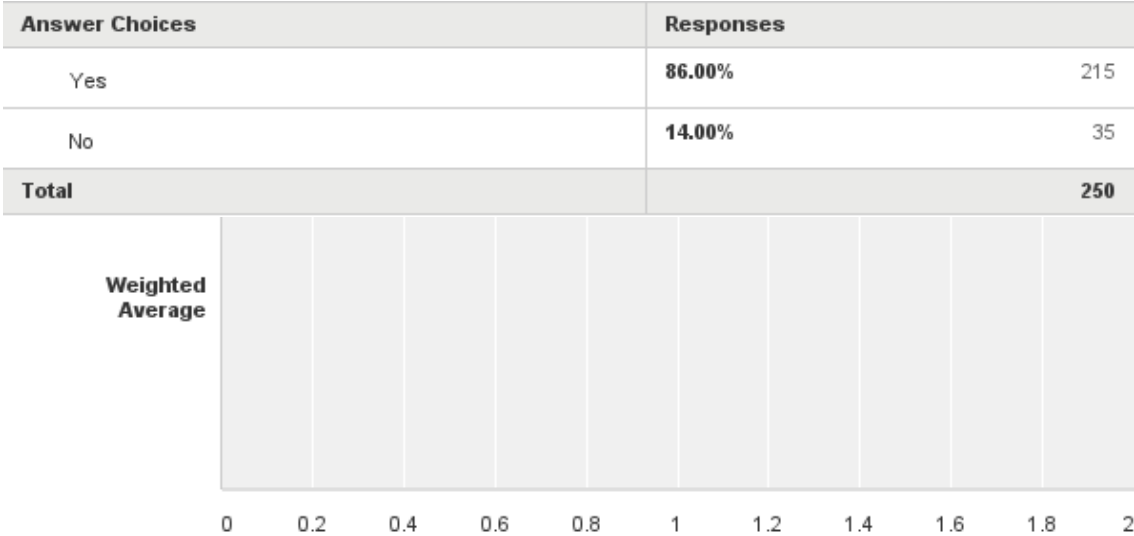
Answered: 249



92.37 % of women said they have shared intentional creativity with their family or in their workplace or with their community.

Q11: Community: Have you experienced an expanded sense of community since being involved with IC?

Answered: 250

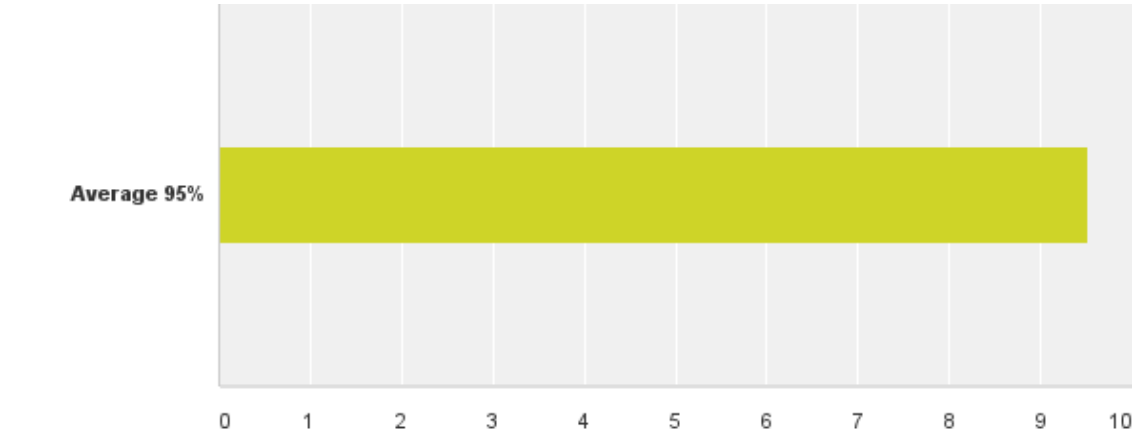


86% of women said they have experienced and expanded sense of community.

We know that when women are in community, the capacity for healing is exponential.

Q12: Outreach: How relevant do you think it is that IC be made available to hospitals/clinics/social work/education/corporate environments?

Answered: 254



“IC is so relevant to the healing journey and is so accessible. I wish we could have it in schools and institutions.”

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 95%	0.79% 2	0.00% 0	0.00% 0	0.00% 0	0.79% 2	0.00% 0	2.76% 7	9.06% 23	11.42% 29	75.20% 191	254	9.51

The husband of an Intentional Creativity Teacher, weighs in on how this work can contribute to men.

“My loving partner, has been teaching Intentional Creativity to social workers, attorneys, friends and family members ever since she graduated from the training. Witnessing her progress and success has been incredibly inspiring.

I too would like to bring this work into the world of men and boys who currently believe they must continue to survive - rather than thrive creatively.

Intentional Creativity is an ideal vehicle for helping others find the Muse within and is a powerful toolbox in which to disassemble the walls men have built inside of themselves that hides/protects the creative force to change their lives. I am involved in Men's communities and have received support to explore this further as a leader of workshops and retreats.”

Intentional Creativity within the social work realm is changing lives

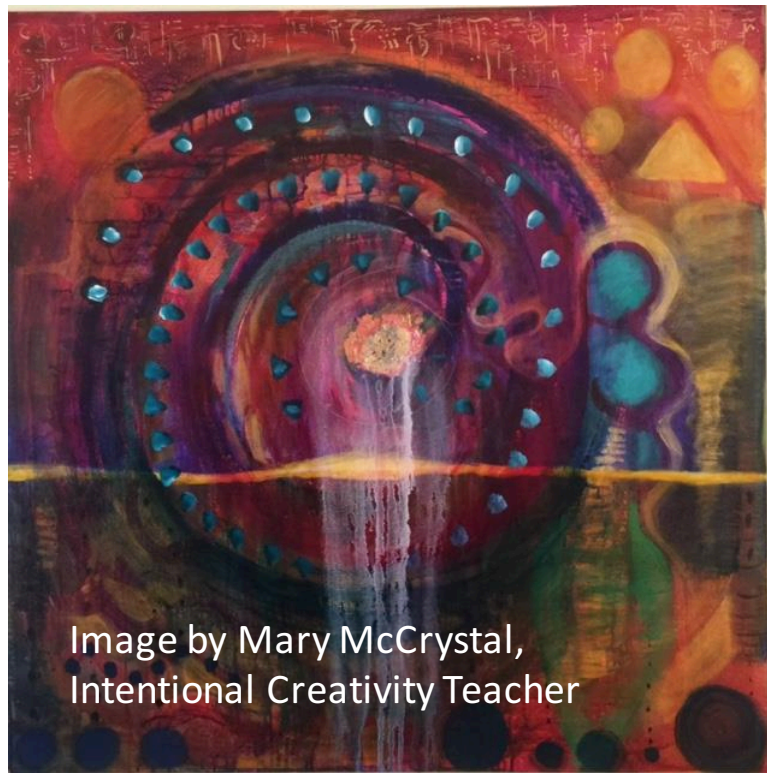


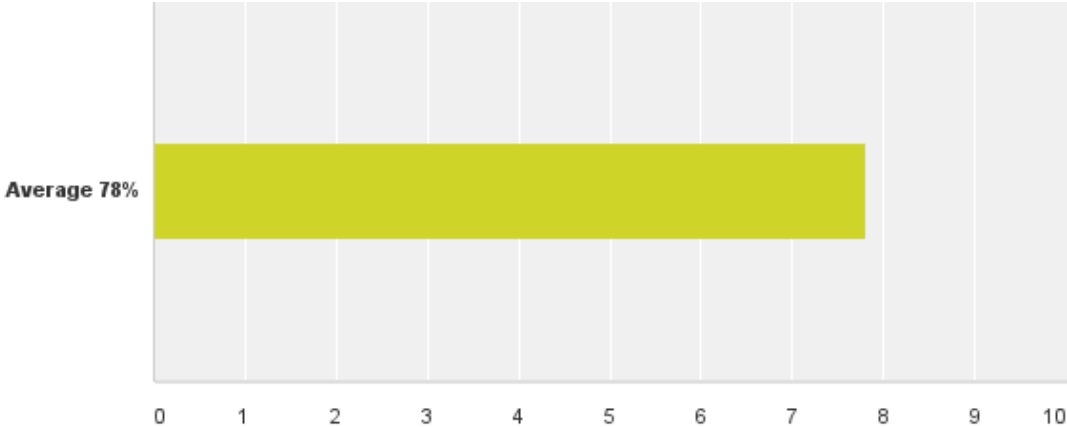
Image by Mary McCrystal,
Intentional Creativity Teacher

“I attended an IC workshop and it truly changed my life. The IC class helped me tap into a part of me that was beyond self awareness.

I didn't quite realize the impact that trauma had on my life until I took a class. I felt so inspired, renewed and self aware. This inspiration and confidence helped me make life changing decisions that I did not have the courage to make because I was comfortable with the status quo. Participating in the IC workshop was such a meaningful to me and I sincerely hope others can experience it.”

Q13: Employment/Entrepreneurship: How likely are you to want to teach this (become an IC teacher) as part of income creation for you/your family?

Answered: 242



“By teaching others to Teach this method, we greatly impact the capacity for this work globally. We are also providing a way for women to create additional income for their families.”
~ Shiloh Sophia

	1	2	3	4	5	6	7	8	9	10	Total	Weighted Average
Average 78%	7.85% 19	2.48% 6	1.24% 3	1.65% 4	9.09% 22	2.89% 7	6.20% 15	13.64% 33	8.26% 20	46.69% 113	242	7.80

Women often combine creativity with other modalities in work.



“There was a time in my life where I was very stifled, mostly from within. I ignored or downplayed emotion, self-expression, and had a low sense of self-worth. My experiences with Intentional Creativity were truly life-changing.

I have become a well-respected artist, I have become a certified yoga teacher, and have a great desire to share IC and yoga as a one-two punch for healing and wellness of body, mind, and spirit. IC truly was a great catalyst in my life!”

Thank you to our communities for your participation! We are most grateful!

Intentional Creativity Foundation and the Color of Woman School are so pleased to be able to share the impact of Intentional Creativity with the world. Below is a map, which shows the locations of teachers – but by no means shows the impact or locations of where this method is being taught. That said, we know our next task is to bring this work to a more global student base. We have been providing several free trainings each year online, and are launching a library of videos this year to be used for the purpose of sharing this work with those who need it the most. You can find a list of teachers and their locations on www.intentionalcreativityfoundation.org



Intentional Creativity has roots with the Roosevelts

The Intentional Creativity Foundation is a not-for-profit working with women and girls and the men who love them, worldwide. It was co-founded by a husband and wife, Jonathan and Shiloh Sophia Lewis to further the work of healing through art.

Intentional Creativity as an approach was first introduced as a conceptual framework for art making by Lenore Thomas Straus in the thirties. Lenore was one of the artists who worked with the Roosevelts in the New Deal art commissions. Lenore mentored a young artist, Sue Hoya Sellars, teaching her how to 'think' and 'approach' art as inquiry and personal exploration and awareness. Working largely with image, word and inquiry in all art mediums. Sue then taught many artists, including Shiloh Sophia, and the two taught together for over twenty years.

The reach of what came to be called the Intentional Creativity Method expanded to four continents, reaching thousands of women and girls per month in online education, as well as in person in their school in California. They began to teach others to teach this work in 2010 in the Color of Woman School. There are now over 150 teachers worldwide.

Our hope is to bring this work out at a global level to those who need it the most through both online and in person education.

How Intentional Creativity Works

Working with painting, dance, music, beading, weaving, and all forms of creating the student can engage in the following manner, as an 'approach'.

1. Identity – Agreement To Show Up
2. Intention – Identify the focus
3. Inquiry – Enter into wonder
4. Imagination – Bring ideas into form
5. Intuition – Trust what arises
6. Insight – Witness the Oracle/Image/Creation
7. Ignite – ALLOW Alchemical Sparks to Fly



The launching of a free library of videos for both intuitive art, as well as Intentional creativity offered from a global community of women.



In honor of the work on behalf of women and girls that takes place at UNCSW, the Commission on the Status of Women, we have chosen to launch a free video library for women guiding women in circles and workshops, and students themselves worldwide can share in this experience. We have gathered women leaders in intuitive art world including Pixie Lighthouse, Chris Zydel, Flora Bowley, Laura Hollick, Rachel Bavis and our own Shiloh Sophia to bring you offerings throughout the year.