Fonte Labs Podcast - Episode 5
Tips for Creativity

Jeremy Fonte
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- Creativity is about tapping into the depths of the mind, our memories, our culture; it's about employing the power of the unconscious to create something new.
- In this podcast I'll be sharing various techniques and activities I find helpful in boosting creativity.
- Perhaps the most powerful activities for producing a creative state of mind are those activities that lead to a trance state - awake, but in a state of dream-like thought.
- I've found playing guitar, specifically improvising melodies, can clear my mind and put me in a trance state. Any instrument that you're highly proficient in can offer this deep relaxation upon improvisation of a tune.
- Likewise, simply listening to certain styles of music can have profound effects on the mind - I find techno, jazz, and new age to be particularly effective.
- Meditation is perhaps the most powerful tool for producing a great calm and laser-like focus - and this focus can help with sticking to your creative pursuit after you've finished meditating. There are many, many styles of meditation but I find simple mindfulness meditation, focusing on the breath, to be highly effective. The relaxation and focus linger after the act of meditating is finished.
- Once I'm in a creative state, there are two main ways I proceed: either I jump right in and make up the creative work as I go along, with inspiration floating in from somewhere - or there are more formal methods to prepare for creating something.
- These formal methods include the many forms of brainstorming, such as lists, outlines, taking notes as ideas pop into my head, etc.
- I find for music and writing I tend to jump in and just let the content flow, whereas with programming projects I plan considerably more. I'll make lists and outlines, test out chunks of code and then plan some more.