

MAGMA

Before we roll up our sleeves and begin the rigorous work of creating a show, let's talk for a moment about the creative process. Each one of us on a daily basis ventures up and down on a continuum of consciousness. When we put on our clothes, we are in one state; when we read the paper, we are in another; when we write letters to loved ones, we are in yet another. We apply to each task a different level of mental (and spiritual) focus.

When we create art, in order for that art to be inspirational to ourselves and to others, we should venture as much as possible into the deepest state of focus – a state I call the **Magma Layer**.

What exactly is the **Magma Layer**?

Compare the levels of concentration to the layers of rock:

The first level of concentration, or topsoil layer, is where you are distractible, unfocused, self-conscious and social. Your energy is in your eyes.

The second level, or sedimentary rock layer, is where you have begun to think. You are cognizant of what you need to do and have begun doing it. Your energy is in your head.

The third level, or metamorphic rock layer, is where you have begun to feel. If you are writing, you are writing quickly and you are less aware of what is going on around you. Your energy is in your belly.

The final level, or magma layer, is where you write so quickly it's as though your piece is writing you. You are completely unaware of the room around you. You have transcended feelings and have arrived at a place of truth. You receive answers as though from a place beyond your pen. Like hot magma connects to the core of the earth, you connect to a collective understanding. Your energy is in your spirit.

I believe that all significant learning and creating happens in the magma layer.

As you write your one-person show, take stock of when you are in each layer. Then make sure to honor each layer and to plan a time and venue for you to venture, especially and whole-heartedly, into the magma.