

# How to Move from Idea to Creation

If you have trouble making your ideas come alive in the real world, alchemy can help! Creativity needs alchemical Air. But if you want your great ideas to become something in the real world, you need to plant them—in alchemical Earth.



Vuillard, *Landscape: Window Overlooking the Woods*, Art Institute, Chicago

Alchemy saturates language: solid as a rock; drowning in self-pity; the heat of the moment; all fired up; head in the clouds; head full of rocks; stuck in the mud. Alchemy is everywhere in our everyday world, although most people never truly notice it. But then, most people don't make the effort to look, to see, to observe, to be awake in their own lives. Don't be like "most people." Learn to notice alchemy, and then learn to harness and balance the alchemical elements in your approach to work...and life.

Imaginative people often get their ideas out of thin air. Both of those words—"thin" and "air"—are important, because ideas come from the world of imagination high above us. Where the air is, indeed, thin.

The problem for many creative people is that their heads get "stuck in the clouds," and they struggle to bring their great ideas (and themselves) down to earth. Often, there's no struggle because they simply prefer the perceived perfection of that imagination world to the tangible world here below.

So let's find space for those ideas in our practical, day-to-day thinking—alchemical Earth in our brains. If this all sounds completely bonkers, you're partly right. The rational brain hasn't a clue how to work with alchemy. But skip the endlessly nervous, flummoxed need to make everything tangible, understandable. Instead, do the following exercise:

Sit with closed eyes and (probably) headphones on to saturate your Being with the experience of the music. Listen to the opening of Edwin Fischer's performance of [Beethoven's Piano Concerto #5](#). You only need to listen to about the first 1:45 of it. While it plays, imagine you are looking out on a vast landscape of trees, mountains, forests, fields, crops ripening, wildflowers blooming—whatever your imagination sees!

The Edouard Vuillard painting I've included here is just one example of the verdant glories of Earth. It's interesting to note that this painting's title is about seeing out a window (like the mind's eye) onto the landscape. Breathe slowly, deeply, and let your mind's eye make room for the growth properties of alchemical Earth in your perceptions, attentions and consequent work in bringing your ideas to life. And for creative people who often get stuck in the clouds, this mode of anchoring/planting creative work will help you connect these early steps in the creative process—from the wonders of the imagination world to the contentment of patient work.

Use this specific performance! You should be able to find it on many digital music platforms. Other performances won't work as well (or at all), including the remastered 2023 recording of this.

**Beethoven, Piano Concerto #5, E-flat Major, mvt. 1**, Edwin Fischer, piano; Berlin Philharmonic, Wilhelm Furtwangler, conductor, 1951

(don't use the 2023 "remastered" recording of this!)

<https://www.youtube.com/watch?v=y1nt10vJ7Vw&t=82s>

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