



## Thoughts for Expressives and Creators

By *Dion McInnis*

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Tips and views from the writing, photography, speaking and experiences of Dion McInnis' aimed at helping artists, expressives and creators in their all-important work. Copyright 2005 Dion McInnis. All rights reserved. [www.dionmcinnis.com](http://www.dionmcinnis.com). You can reach Dion at [dion@dionmcinnis.com](mailto:dion@dionmcinnis.com).

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### See A Woman Like Her Friend

Want to *really* see the beauty of a woman to inspire your images, drawings, writings, poetry or music? Change your lens, not her.

There is too great a tendency to use the reworked, retouched and reconstituted images of the media and advertising as our gauge and model for beauty. What a crock. What a lie. What a loss. Instead of looking at a woman from the perspective of the latest ad you've seen, or from the latest magazine cover, try looking at her through the eyes of her best friend.

It has always amazed me how a woman will comment on her own looks as if she were naked in front of a full-length mirror-- "oh, I'm not beautiful...look how soft my tummy is from having kids..." or "my hands have age spots on them" or "look how soft my thighs are becoming"—and then say to me "you really have to photograph my friend...she has beautiful hands and you should see her eyes!" It seems that many, if not most, women will evaluate their own beauty and looks from the perspective of head-to-toe, front-to-back, and side-to-side, but they will allow in their friends the beauty of particular features or views. As artists and expressives, we do ourselves, our art and our muse a great favor by doing the four things that women do for their friends:

- Know her: in conversation before or during the creative process, talk to her. Get to know her and her interests. Come to understand who she is and what makes her as she is. Learn her roles, fears, foibles and sources of pride.
- Love her: genuinely appreciate and respect who she is, period.
- Accept her: accept her, her story, her lines and angles, her realities without judgment or expectation
- See her: don't just observe, don't just stare...whether your muse is sitting across from you in a café or posing on a table in a studio, take the effort to really see and appreciate who is in front of you