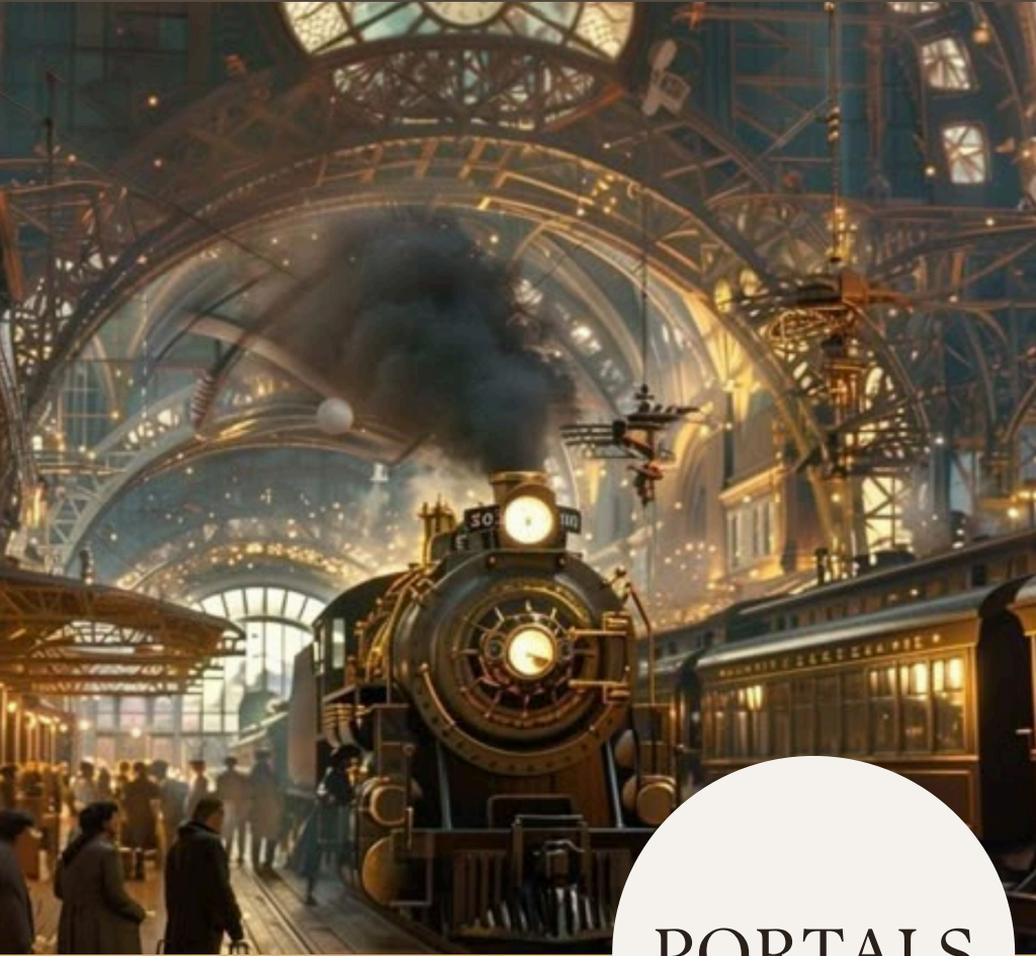


THE ULTIMATE GUIDE TO

THE CREATION STATION - PORTAL NUMBER 1



PORTALS

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INTRODUCTION

This is for
all of you
that long
for a better
world - It
exists
within you

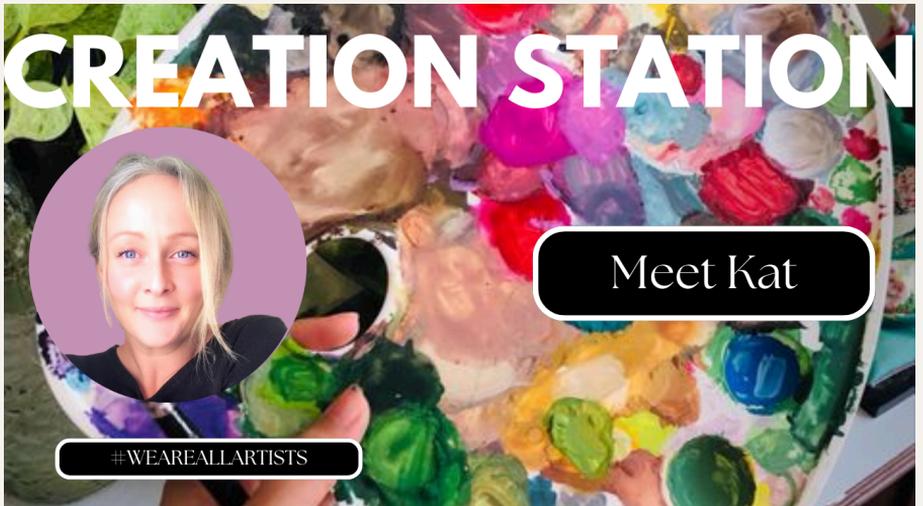


"I could not live in any of the worlds offered to me — the world of my parents, the world of war, the world of politics. I had to create a world of my own, like a climate, a country, an atmosphere in which I could breathe, reign, and recreate myself when destroyed by living. That, I believe, is the reason for every work of art. The artist is the only one who knows the world is a subjective creation, that there is a choice to be made, a selection of elements. It is a materialization, an incarnation of his inner world. Then he hopes to attract others into it, he hopes to impose this particular vision and share it with others. When the second stage is not reached, the brave artist continues nevertheless. The few moments of communion with the world are worth the pain, for it is a world for others, an inheritance for others, a gift to others, in the end. When you make a world tolerable for yourself, you make a world tolerable for others."

A BIT ABOUT ME.....

HAVE A LITTLE LISTEN ABOUT WHO I AM, WHAT I DO AND HOW THIS STARTED

KAT IS THE FOUNDER OF HUMANOLOGY AND THE WRITER, CREATIVE DESIGNER AND HOST OF ALL THE PORTALS HERE ONLINE. FOR A BIT OF A BRIEF INTRO INTO WHAT KAT DOES AND WHY, PLEASE LISTEN BELOW TO THE FOUNDING FORMATION INTO HER ART THERAPY PORTALS AND WHY THEY WORK SO MUCH BETTER THAN CONVENTIONAL THERAPIES!



PART 1

THE CREATIVE REVOLUTION!

The creation station is where you will arrive with your suitcase full of potential, paints, pallets and brushes to choose your train, destination, journey and which platform you need to head to in order to get there!

We believe that the reason conventional forms of therapy often don't offer success is because the framework it delivers from is itself quite rigid, cold and analytical. While that is often useful, it doesn't allow for the deepest form of expression and connection, which is needed if you want a successful outcome

through this little portal of creative expression, we are wanting to help you tap back into a part of you that has perhaps been lost, forgotten, replaced, removed or maybe you never even knew existed!

Before we start, I want to share with you some research lead by George Land, a general systems scientist who in 1965 he founded a research and consulting institute to study the enhancement of creative performance. The research he was compiling was funded by NASA and it was called

THE CREATIVITY TEST

THE CREATIVITY TEST - GEORGE LAND

George Land conducted a research study to test the creativity of 1,600 children ranging in ages from three-to-five years old who were enrolled in a Head Start program. This was the same creativity test he devised for NASA to help select innovative engineers and scientists. The assessment worked so well he decided to try it on children. He re-tested the same children at 10 years of age, and again at 15 years of age. The results were astounding

Test results amongst 5 year olds: 98%

Test results amongst 10 year olds: 30%

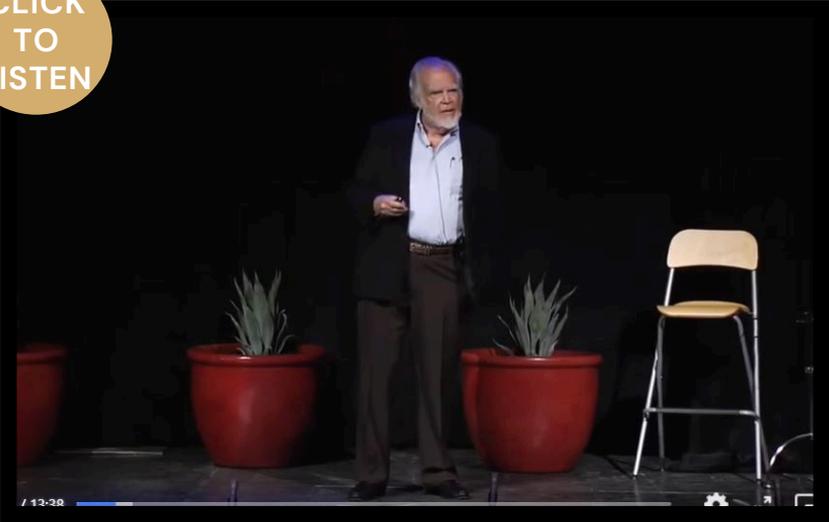
Test results amongst 15 year olds: 12%

Same test given to 280,000 adults: 2%

“What we have concluded,” wrote Land, “is that non-creative behaviour is learned.”

For the full interview on TED TALK please head below where you will be blown away by the incredible insights that Land et al conducted

LISTEN BELOW TO THE FULL INTERVIEW

CLICK
TO
LISTEN

When I started working with children, who then were in year 5 back in early 2022, I was immediately reminded of what school used to be like when I was younger. I wasn't a great student. In fact, I was terrible but, I remember the **FEELING** of an art lesson, music lesson, break time in the fresh air, sports field full of wild garlic and daisies, the sound of birds and bats and balls, the smell of paint thinner and turpentine, the sound of the chords and choirs in the music block, the smell of the horses in the field opposite. **EVERYTHING SENSORY** and exciting

I didn't have a single interest in stem subjects. They bore me **SENSELESS**. The boy I work with, now in year 8 has me join him in his 'non structured lessons' where his mind wanders and he can become somewhat unpredictable. So, I pop along and join him in Art, Music, PE, break times, Greek (because no one gets it haha so they wander off) all the lessons that I once loved that allowed me to find myself and seek connection. I am brought back to a timeline that held the best of times and the worst. When I was free to be me, I was on top of the world. When I was trained to be something else, I hit a low. Unable to diminish myself because I couldn't conform, I was shunned by most teachers, elders etc because, as Land says in his research:

Why aren't adults as creative as children?

'For most, creativity has been buried by rules and regulations. Our educational system was designed during the Industrial Revolution over 200 years ago, to train us to be good workers and follow instructions.' Land goes on to say

It seemed I didn't fit in well with this plan they had in mind to train us to behave and follow the industrial line. So, for most of my life, I have been encouraged to forget about art and music, where unless you're remarkable, it won't pay you a penny (I wasn't remarkable by industry standards) so I had to join the world of Business and commerce

Absolutely fine, I've had a great time and loved growing my business with my husband but I always kept dipping back into studies, philosophy, literature, psychology – All with the query of WHO ARE WE, WHY AND WHAT IS OUR PURPOSE?

Now, I work with this boy in year 8 and he thrives better in stem subjects, perhaps because he has a boy brain? And he pretends he doesn't like art. He'll tell me it's a waster subject and utterly pointless yet, when we sit down and do our talk therapy sessions or have a quiet lesson in Greek perhaps, I always get him to draw something (we're currently working on a food art series of 'Bruno burrito and Delia donut') And you know what? All of a sudden, the kid loves art. You know what else? He starts talking!

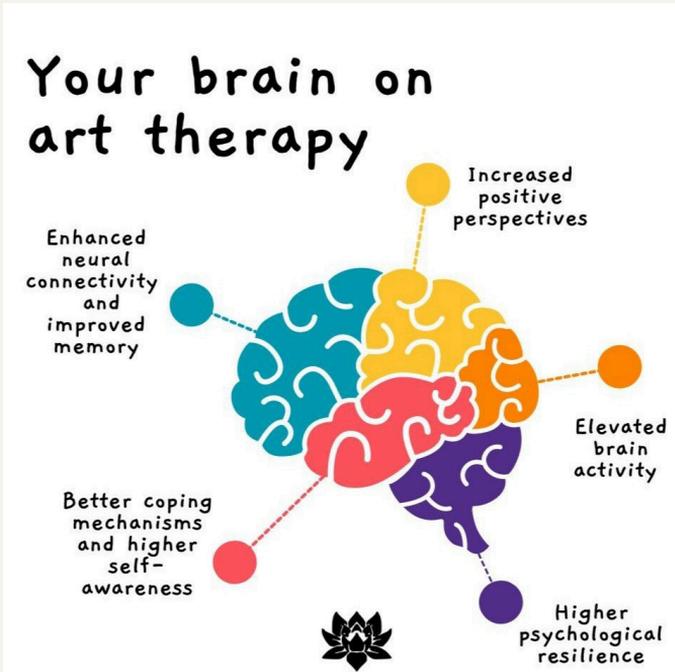
WATCH OUR LAST TERMS ART REEL OVER ON SOCIAL

CLICK TO
WATCH



THE
'EARTH'
WITHOUT
'ART'
IS JUST
'EH'

You see, the benefits of doing something creative while you are trying to process your feelings, emotions, thoughts and make sense of the world around you uses a different part of your brain that if you allow it to function, enhances your entire experience of the world around you and connects you deeper to WHO YOU TRULY ARE!



If I ask many of my friends and colleagues if they enjoy art or practice any form of art, it is shocking how many come back to me and say:

“I’m no good at art”

“I have no imagination”

“I don’t have time for such vanities”

WOW! First of all, again I bring back Land and his synopsis that tells us that there are 2 kinds of thinking that occur in the brain

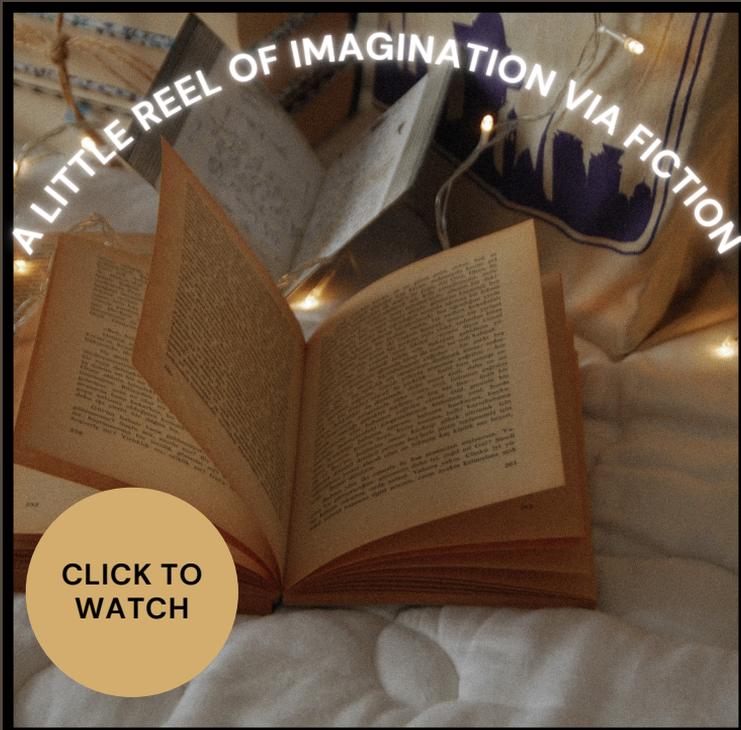
DIVERGENT THINKING – The **IMAGINATIVE** brain, generating new possibilities, potentials, threads, streams, options, scenarios, worlds

CONVERGENT THINKING – **JUDGEMENT** brain – You're thinking logically, making a decision, testing something, criticising, evaluating

BOTH parts of your brain are necessary in order to have full function and the ability to critically think, perform and express **BUT**

We swung so far to one side, we totally inihlated the other as if somehow it was pointless, useless, a complete and utter waste of time!

I remember when my brother and sister in law were much younger and they were choosing degree subjects, my brother in law, who is very science brain and logic / reason laughed when I said "If I could go back now and study again, I would pick literature" and he said he couldn't understand why anyone would chose such a pointless subject that has no weight in the world that we live in.



WE . ARE. NOT. ROBOTS

And I said, "that is exactly why". Because I want to give it weight. Because the world that we live in has become so obsessed with data and numerics, facts and figures where humans are no longer sentient beings, we're being trained to be obedient robots and NO! I want to live in a world of pure imagination!

ALICE IN HER WONDERLAND



CLICK TO
LISTEN

IN A WORLD OF MY OWN

FYI to my delightful brother in law who went on to do coding, I love you very much and as different as we are, I value your brain massively – just my coding is very different to yours!

AND THAT'S GREAT – WE ARE ALL DIFFERENT!

So, while I as a creative have been taught (non-creative behaviour is learned) about how the scientific, mathematical, structured, technical world around me functions and how to become a part of it, the opposite is also true.

Can Creativity be Taught?

Yes, creativity skills can be learned. Not from sitting in a lecture, but by learning and applying creative thinking processes. Here is an abstract from a study on The Effectiveness of Creativity Training:

Over the course of the last half century, numerous training programs intended to develop creativity capacities have been proposed. In this study, a quantitative meta-analysis of program evaluation efforts was conducted.

Based on 70 prior studies, it was found that well-designed creativity training programs typically induce gains in performance with these effects generalizing across criteria, settings, and target populations. Moreover, these effects held when internal validity considerations were taken into account.

An examination of the factors contributing to the relative effectiveness of these training programs indicated that more successful programs were likely to focus on the development of cognitive skills and the heuristics involved in skill application, using realistic exercises appropriate to the domain at hand. The implications of these observations for the development of creativity through educational and training interventions are discussed along with directions for future research.

(Source: Ginamarie Scott, Lyle E. Leritz, and Michael D. Mumford, Creativity Research Journal, 2004, Vol. 16, No. 4, 361–388)

IT IS SO IMPORTANT to put focus into how we can become more creatively conscious and apply our creative thinking and expression in all we do throughout our daily lives!

WHAT DOES THAT EVEN LOOK LIKE?

Back to my brother in law for a sec. His girlfriend Camilla loves to dance. So she took up salsa classes over in our old town and she loved it! I, on the other hand am not much of a dancer so instead, I chose to start a new interest as of winter 2023 in the form of Karaoke. I'm not much of a drinker but for my husband and friends it's a great way to all get together and for me to pretend for a night that I am literally the next gen version of Liza Minelli in the Cabaret. I'm not even joking, I've never been a great singer. Just about made in in the choir but was shoved to the back and never ever given a solo but now, Ive found my little voice and I'm Diana Krall'ing and Norah Jones'ing my way through Friday nights as the Jazz singer of Paphos!

The part I must stress and going back to the **CONVERGENT JUDGEMENTAL BRAIN**, is that, at 45, I no longer have any worry about judgement. I think this is one of the reasons I felt it a calling to create this **CREATION STATION** because I have got to a place where I'm older and wiser and I no longer care if my songs aren't perfect or my art is outside the lines. I simply **DO NOT CARE** about what anyone else thinks at all because.....

My songs are for me. My art is for me. My social media is for me. Anything I create is ultimately for ME.

I just chose to share it with YOU in the hope that it will encourage you to also get involved and create something that you can share back!

So for all of my friends that say they are no good at art, let's just break this down a little because I think it's been purposefully confused and overwhelmed. Like we all have to consider GOOD ART to look like a Michelangelo or else it doesn't count. **NO!**

You know what, every single time I go into my kitchen with a recipe in mind to create something wonderful for my family to eat, -

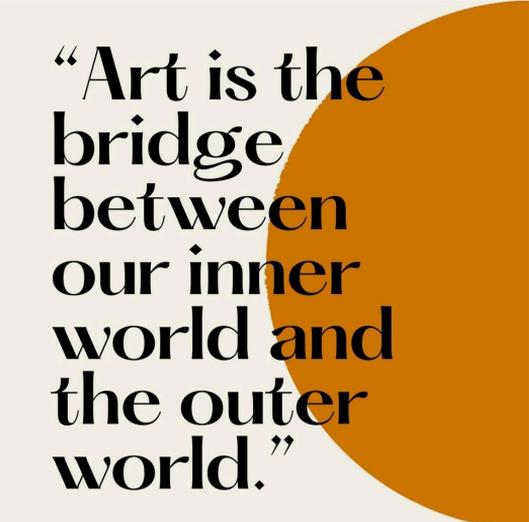
THAT IS A WORK OF ART!

Every single time I put on a sensational outfit (it's not very often) and team it with some glam, glitter and amazing hair-

I AM A WORK OF ART!

Every single time I write a birthday card or a really heart felt message to a loved one where I really bring from my heart what I Am trying to express to them in the deepest way possible -

THAT IS A WORK OF ART



**“Art is the
bridge
between
our inner
world and
the outer
world.”**

JUST A FEW

TYPES OF ART PRACTICES

Let's look at the many types of art so that you can find which one suits you best:

Ok, so on a professional capacity we have:

- Architecture
- Calligraphy
 - Dance
- Drawing
- Literature
- Motion picture
 - Music
- Painting
- Photography
- Print making
- Sculpture
- Theatre

JUST A FEW

TYPES OF ART PRACTICES

But we also have the more 'bring it home' arts and crafts that anyone can get involved in such as:

- **Ceramics and glass craft**
- **Collage and decoupage**
- **Fiber and textiles craft**
 - **Flower crafts**
 - **Lino printing**
 - **Leatherworks**
- **Houseware and interiors**
 - **Fashion**
 - **Needlework**
 - **Cooking**
 - **Gardening**
- **Wood work and carpentry**

And you can combine ANY of the styles and formats together to create anything you want!

JUST A FEW

TYPES OF ART PRACTICES

Let's look at GENRES:

Just listing a few to give you an idea:

- IMPRESSIONISM
- ABSTRACT EXPRESSIONISM
 - REALISM
 - POP ART
 - SURREALISM
 - CUBISM
- ILLUSION ART
- MIXED MULTI MEDIA
 - ART DECO
- NEOCLASSICISM
- RENAISSANCE
- INSTALLATION ART
- STREET ART

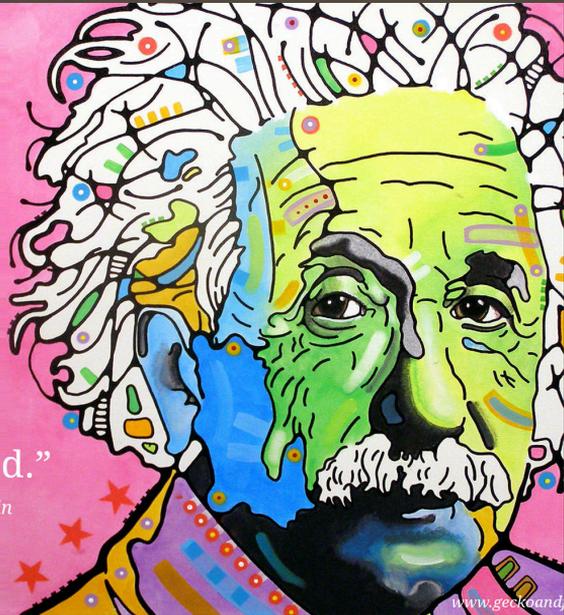
And within them fall many subgenres or movements /
styles / timelines!

CREATING WORLDS

The beauty is, ART IS
LIMITLESS and we can
choose whichever way we
like to express ourselves
and form creations that will
CHANGE THE WORLD AS WE
KNOW IT!

“Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.”

- Albert Einstein





PORTALS

This 2025, we have opened up PORTALS. A 12 month collection where each month we will have the chance to access a different portal that looks at whatever topic is relative to our heightened community collective and individual circumstances, so topics such as:

HORMONE HEALTH AND PERIMENOPAUSE – The imbalances, the changes and the uncertainties of our bodies as we move through shifts and cycles and how we can tap back into our INTUITION to better hear and sense what our bodies might be telling us, without always relying on the science, data and medical powerhouses. We are our own powerhouses.

HELLO, IT'S ME – The deep dive into your existential human self across all the layers, dimensions, timelines and versions. Really digging deep into WHO YOU ARE, where you've come from, why and how it all connects

EVERYTHING IS EMOTION – This is the portal where we are going to learn that EVERYTHING is based on stimuli, sensations and real-time data and unless you are an NPC robot, you are a human BEing that spends 100% of the day sensing, being, feeling and developing emotional awareness and intelligence

WHAT IS LOVE? – Whether that be spousal love, friendship love, parental love, children love, cosmic love, twin flame love, unbreakable, eternal love– WHERE IS LOVE? Let's open our hearts and find it and start spreading it everywhere for there is nothing more needed on this earth right now than the pure and raw essence of love

DEAR CHILD – Remember when you were young, you shone like the sun – The little you, asking you to remember who you once were so that you can go back to being an innocent and re-connect the dots again. Ask yourself, did you change into the person you now are because of you or because of the world around you?
Remember Remember!

EMPATHS V NARCASSISTS – Smoke and mirrors- The yin and yang of toxic unconsciousness and behaviour. Why do we seem to attract people that cause us so much damage and pain and why can't they ever seem to see that they're in the wrong? What is the depth reason nfor this and how can we change it?

ARCHETYPES – The many facettted reasons, whether scientific, spiritual or just plain creative as to why we are the way we are – Making sense of our personalities through the world of psychology, astrology, cosmic forces and modern day personality profiling. Take it or leave it, it's a great fun way to offer perspectives and insights in to who we are and why so that we can connect deeper into our true selves and purpose!

HELLO DARKNESS MY OLD FRIEND – How the importance of shadow work is crucial, especially having completed the Empaths V Narcissists portal, where we really have to start shining a conscious light onto the parts of us that are hidden in the dark. Perhaps out of fear, despair, trauma or disgust, we hide things away so we never have to face them again. Unfortunately, those boxes are still there and we can never escape them. They must be brought to light. The light is the only way we heal them

SINGLE POINT PERSPECTIVE – From the ZERO POINT, we can create anything! And it is OUR OWN world that only we get to design. A million colours fill my head and from the single point, our canvas can explode. Looking at the 3D perspective and how shaping reality starts from one single point and from there turns into absolutely anything you want!

THY KINGDOM COME – The last of the pieces, how through this divine time of year and after all we have learned through all the other portals, we can now shine a light on to the kingdom within us and bring it out! YOU ARE THE LIGHT OF THE WORLD and THE KINGDOM OF HEAVEN IS WITHIN YOU so, now you are a master of your own reality, what will your kingdom look like?



12 portals that after each journey, will be finished off with your very own ART CLASS! We will give you some tips and share our own art work alongside you so that you are encouraged along the way but each portal theme will allow you to create a piece dedicated to each month so that by the end of the full project (you don't have to do them all but if you do) you will have 12 pieces in a portfolio that are your very own expressions of

YOUR JOURNEY BACK TO SELF!

The portals look at mental health, emotional health, physical health, spiritual health all through the lens of psychology, philosophy and creative expression! Hopefully offering you a full rounded way to find the light and re-create yourself again!

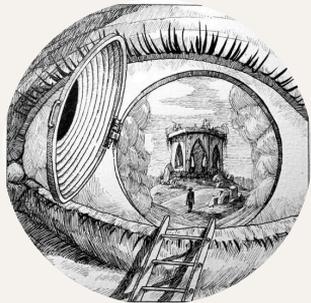
If you want to join in, you can do so at any time and our 1st portal opens this March 12th 2025 where we will be looking at hormones!

For this piece, I chose to do a sketch drawing of a female human body that accentuated the bones, blood and thyroid gland because we did this back in Feb throughout Thyroid awareness month – Where I placed a butterfly in the centre of the throat where the thyroid lives but also to resemble transformation and how, regardless of what stage we are at in our lives or on our journey, we can always transform and change!

My colleague Felicity chose to do a Russian Doll piece where she honoured her female ancestral lineage where from the line way back when, she became the doll that carried them all within her! Absolutely beautiful!

We will share them on the 12th when the portal goes live but if you are interested in getting involved, please head [HERE](#) to book your spot or find out more about our other portals and which one might interest you!

– And we hope that you will get involved, even if you don't chose to share, DO IT FOR YOU!



A FINAL WORD - OR SONG

I will leave you with this: Vincent Van Gogh. The meaning of his painting 'THE STARRY NIGHT' was depicted by singer Don McLean when he wrote the song "Vincent". It was written as a tribute to Vincent van Gogh. It is often erroneously titled after its opening refrain, "Starry, Starry Night", a reference to Van Gogh's 1889 painting The Starry Night. McLean wrote the lyrics in 1970 after reading a book about the life of Van Gogh
If you listen to the lyrics of the song, I dare you not to cry.

My youngest LOVES this song and every time we play it she watches to see how long it will take me to burst into tears - I always do!

How the tragedy of a man, so desperate to show his version of the world to those of us blinded to see it cost him his life. How he suffered for his sanity in an attempt to SET US FREE, but we did not listen, we did not know how.....Perhaps we'll listen now?



CLICK TO
LISTEN

A FINAL WORD - OR SONG

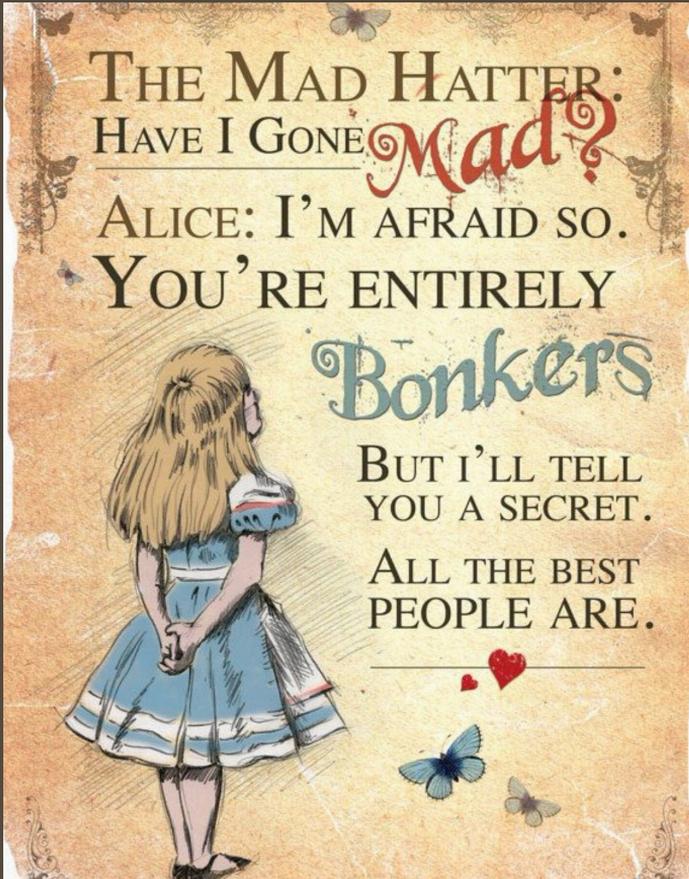
And a final last word from me about the ART of including ART in whatever you do on the daily.....



CLICK TO
LISTEN

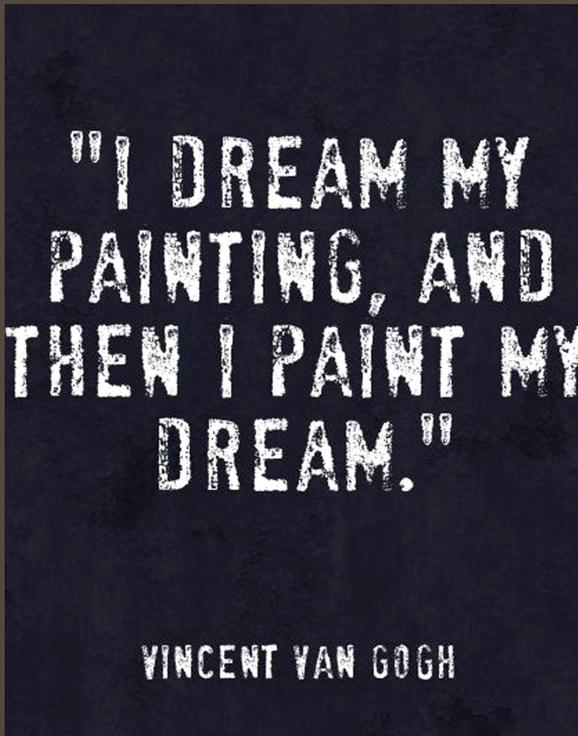
DARE TO BELIEVE.....

To all with love, may the light of this world
fill you with inspiration, ignite your
imagination and give you the courage and
the confidence to create your very own
world



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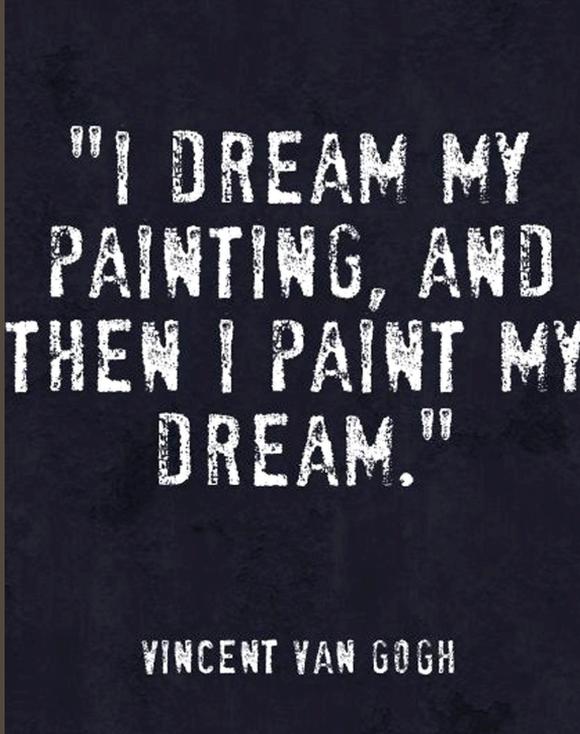
GET IN TOUCH

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https://www.instagram.com/humanology_hq/



"I DREAM MY
PAINTING, AND
THEN I PAINT MY
DREAM."

VINCENT VAN GOGH