

## How exactly does the TCU help unblock people?

TCU is an action-oriented workshop which believes that when people get a glimpse of their innate creative selves, they will re-experience and remember a joy that they had forgotten. The exercises, habits, tasks and the concepts introduced in the workshop are tried and tested ways to get people to always be in touch with their creative states. By doing certain things and following certain steps, one can be constantly creative and happy. I suspect these practices can serve people for life! I know it helps me with mine. I have been on a creative streak for many years now.