

Why Miniatures: The Flow Experience

Whether we are crafting a fine scale miniature work of art or dressing up a miniature room, we often find ourselves immersed in the activity, losing all sense of time.

Actions that require our focused attention, increasing degrees of skill, and rules or boundaries that guide our work can become “flow” experiences. As we are carried by the flow deeper into our work, our full participation and open engagement strengthen our sense of self and place creativity at the center of our being.

In essence, to be human is to be creative. Creativity is a relational process taking place between persons, or between a person and something else. Creativity lives in the space between us. That is why we find beauty and sometimes true romance in human relationships.



A Tribute to Erté. Brooke Tucker, 2003.
Photo by Amy Haskell.



The creative process and the joy it engenders can cause specific areas of the brain to release healing bio-chemicals, such as endorphins, that are wholesome and sometimes quite pleasurable. This is the mind-body connection at it most efficacious, providing healthful consequences and opening us up to loving, trusting relationships with those we care about.

There are many reasons to love miniatures. Since miniatures almost always lead us to a flow of creative thought, you might agree that they also allow us to experience and share love with others, opening a tiny door to a healthy, joyful life.

Nina Daldrup, Executive Director
The Mini Time Machine Museum of Miniatures