

# Carpe Diem – Seize the Day Blog

*Editor's Note: Content presented in the Carpe Diem – Seize the Day Blog is for awareness and informational purposes only, and it is not meant to be a diagnostic tool.*

Did you know that there is a positive with having temporal lobe epilepsy? Did you know that there is a hidden artist inside people with temporal lobe epilepsy? Those with temporal lobe epilepsy (TLE), might have talents hidden away to be an artist, actor, architect, painter, poet, philosopher, singer. In fact, researchers claim that often these surprise talents are often associated with temporal lobe epilepsy.

Because, quite simply, there is another side to that electrical mischief that epilepsy produces. Some types of epilepsy can spark inspiration, enhance creativity, and bring out the latent artist in you. Some people with TLE are just waiting to be discovered. In this case, the sides of the brain, where memory and feelings reside, are intermittently seized by those “electrical storms” which produce the spark. Although the seizures may be undetectable to observers, they can prompt hallucinations, religion, fury, fear, joy, and an unquenchable desire to create, even after the seizure is over.

Just look at Leonardo Da Vinci, Richard Burton, Edward Leary, Lewis Carroll, Chandra Gunn, Susan Boyle, Prince, Danny Glover, Tony Coelho, Lindsey Buckingham, Bobby Jones, Jason Snelling, Rick Harrison, Katie Hopkins, George Gershwin, and Joan of Arc. With those hidden talents, the sky is the limit!

You might try a little experiment. Have the person with TLE try a little drawing, painting, writing, singing, acting, or whatever talent moves them. It is exciting, energizing, rewarding, all-encompassing, and a wonderful escape. This information is about making lemons into lemonade!

There may not yet be enough evidence to say with 100% confidence that epilepsy and creativity go hand in hand. However, it is easy to draw the connection to certain types of epilepsy and there are enough firsthand reports to give the subject legitimacy.

However, epilepsy is an extremely varied group of symptoms that can affect people in many different ways. Not everyone with epilepsy will have the capacity for increased creativity, whilst not everyone on epilepsy medication will note that it in any way hinders their creative mind.

Most people have the same idea about what a “hidden talent” is—a skill that you are really good at, but most people do not know about. For instance, you might think of someone who can juggle or play an instrument like a pro. But these are some examples of hidden talents that are just as impressive:

Dr. Julie Thompson-Dobkin leads a project called the Hidden Truths Project (HTP). Hidden Truths, the Mind Unraveled, art exhibits began in 2012, to feature works by individuals with epilepsy, to illustrate and share their lived experiences, in an effort to raise social consciousness on the injustices directed towards these members of our global communities. Within a few years,

The Art of Epilepsy evolved into a multi-city event featuring participants from the U.S. as well as Australia, Canada, China, Africa, Ireland, Mexico, Jamaica, Spain, Sweden, India, the U.K., Philippines, and Malaysia, each with their unique perspective and story to tell.

Those who suffer from TLE now have a chance to uncover and bring to light their hidden talents. TLE may be a blessing in disguise! The famous people mentioned at the beginning of this blog never let their TLE get in the way of their talents. Work to help those with TLE discover their hidden talents! The world needs more talented and creative people.

Resources:

<http://www.nytimes.com/1993/10/12/science/in-the-temporal-lobes-seizures-and-creativity.html?pagewanted=1>

Epilepsy and Creativity – Can Epilepsy Have An Effect on Creative Abilities?

<https://www.theguardian.com/science/brain-flapping/2014/sep/18/brainstorm-epilepsy-creativity-neuroscience-comedy>

[https://en.wikipedia.org/wiki/List\\_of\\_people\\_with\\_epilepsy#Music](https://en.wikipedia.org/wiki/List_of_people_with_epilepsy#Music)

***Editor's Note: The Carpe Diem – Seize the Day Blog will be distributed and posted weekly.***  
Always remember – **CARPE DIEM – SEIZE THE DAY!**

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