

Mindful Creativity

EXCERPT



**Easy Tips and Meditations to
Unleash Your Creativity and Purpose**

by Karen Daniels

This free excerpt is from the book:

**Mindful Creativity
Easy Tips and Meditations
to Unleash Your Creativity and Purpose**

The obligatory legal stuff

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For more information and conversations about creativity, writing online and blogging, go to my blog zencopy.com or visit karendaniels.com.

***A hunch is creativity
trying to tell you something.***

Frank Capra

by the author of

Your Creativity: From Ordinary to Extraordinary

<https://www.createspace.com/3616570>

What readers are saying about

Your Creativity: From Ordinary to Extraordinary -

5 out of 5 stars! Excellent resource for parents/teachers from E. Littrell (SF Bay Area). As a parent of two gifted boys, and a 27-year veteran of gifted education, this book was refreshing and an easy-to-read reminder of some of the strategies for supporting and nurturing creativity. Written from a parent perspective from a professional in the field (Masters' Degree in Gifted Education), this book starts as a "quick read" for immediate ideas, then compels us to come back for review and reflection.

5.0 out of 5 stars! Well done! from Daniel E. Nelson. Great, easy to understand and instantly useful. Good examples; I'll use it in my classroom...Highly Recommended.

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I am not afraid...

I was born to do this.

Joan of Arc

Introduction

Have you ever wondered what brings on creative enlightenment? Perhaps the result of one major life event that blows your mind, makes you sit up and say “WOW!”?

That would be great, though probably it’s more subtle than that. Creative enlightenment more likely comes from a series of small steps taken within one’s daily living.

As human beings living in this time and place we have the option of making creative choices all the time. We can choose to respond creatively to all those “little” things in life, and to those “big” things we consider to be life changing. But the reality is that all moments are life changing; even those we think of as unimportant because without that specific moment in time we would be different in the next moment.

This ancient Zen story speaks to the power of small moments:

There were two old masters sitting side by side. One of them reached for a needle and began to mend some clothes.

“What are you doing?” Dongshan asked.

“I’m mending clothes.”

“How do you do that?”

“One stitch is like the next,” said Shenshan.

“What, after twenty years of practice – that’s all you can say?” said Dongshan

Shenshan put down his needle and turned to his companion. “Well then tell me. How do you sew?”

“As though the entire earth were spewing flames,” said Dongshan.

Your life can be filled with moments where each one is like the next where you make the same choices you’ve made before, or you can choose to live a vibrant life full of flames and color and creative living.

But how do you get that vibrant life? What can you do to strive toward your best creative self and get to the core of what is unique to you so you can live the life you

weren't meant to live? To begin you can take the steps that are in this book.

What you will find in the complete book:

Part 1. What's stopping you?

How to understand and deal with the real issues and fears surrounding creativity

Part 2. Unleash your Creativity

Slow down and take a journey to the core of your creative being with these tips and meditations

Part 3: Explore Your Life Purpose

Tips to jumpstart the rest of your life

The simple and effective tips, ideas, and meditations in this book are designed to move you past your excuses, to put you in touch with your creative energy, and to help you begin to develop mindful creativity so you can aim to get the most from life.

PART 2

Unleash your Creative Energy

Slow down and take a journey to the core of your creative being with these tips and meditations

Slow down

In today's high tech societies, we have many things competing for our attention at any given moment in time; frankly it's kind of miraculous we get anything important done at all. We literally stream our distractions so they are nonstop, and for many people this can be somewhat addicting because we often get positive feedback and self validation – as in, another Twitter Follower – yippee!

To move closer to living in a mindfully creative way, you should on occasion unplug and slow down.

(Some of the following slow down and focus information is inspired by Leo Babauta, one of the world's top bloggers).

Slowing down has many benefits including:

-Better focus. When you slow down, you can focus better. It's hard to focus if you're moving too fast.

-Deeper focus. Rushing produces shallowness, because you never have time to dig beneath the surface. Slow down and dive into deeper waters.

-Better appreciation. You can really appreciate what you have, what you're doing and who you're with when you take the time to slow down and really pay attention.

-Enjoyment. When you appreciate things, you enjoy them more. Slowing down allows you to enjoy life to the fullest.

-Less stress. Rushing produces anxiety and higher stress levels. Slowing down is calmer, relaxing, peaceful.

-Slowing down and focusing on the essential allows you to get done the things that matter most.



Tips to help you Focus

- unplug
- have a disconnect time each day
- work somewhere where there is no connection
- get outside
- forget your mobile device
- use blocking software
- disconnect away from work

If you don't take the time to slow down and focus because you are too plugged in you are simply not going to get the most from your creative self and therefore your life. Some time ago when Leo Babauta gave up doing email he was simultaneously applauded and booed. Here's what Leo says about that:

"The simple act of giving up email was either hugely courageous, or arrogant, because I wasn't living up to the expectation of society that I'd be available via email and at least make the attempt to reply. Interesting, because just a decade earlier, many people didn't use email and no one cared if they didn't."

What's important is that you spend time on what matters to you *and your goals*. Bring your energies and attention into focus so you're constantly moving yourself in the direction you want to go. If you like to create, to be creative, beware that creating is a completely separate process from consuming and communicating. Consuming and communicating can aid in creating, of course, they can lay the groundwork. But at some point you need to actually sit down and create. Or stand up and create. But create.

Once you've put the idea of slowing down and focusing into your conscious awareness, it's time to take a journey to the core of your creative being to let more of your creative energy fly free. Get started with the following meditative energy tools.

A Quick Note on Meditation

Meditation in nearly any form can calm you and put you more in touch with, well – you. Meditation is a doorway into self, a tool which helps you become more aware of the energy and information which constantly surrounds you.

Mindful Creativity Newsflash!

You don't even have to "believe" in meditation or energy for these tools to work. So, whether you're a believer or a pretender, all good!

The meditations/visualizations here are designed for everyone and anyone who wishes to gain greater access to their authentic creative self; For those who are willing to put their excuses aside and are seeking ways to get their creativity flowing—and to keep it flowing. The following relaxing meditative tools can take you on an in-depth journey toward your best creative self.

While you go through these techniques one of the most important things to remember is to listen to the voice within you—that voice that lets you know what is right for you and what is wrong for you. Though I am suggesting particular methodologies I encourage you to take only the portions of these meditations that feel good to you and

then discard the rest. In other words, make it your own.

Your Meditation Space

Meditation can be done standing, jogging, sailing, making love, or while doing anything else (not recommended while driving or operating heavy machinery though!). However, in the beginning I suggest sitting on a comfortable chair because you may be able to focus more easily. Many times when we need to find calm within ourselves and we most need centering, we are not seated in a comfortable chair, but talking to others or arguing with our boss. Don't hesitate to use these tools whenever you need them. All these techniques become easier the more you do them.

Energy

One of the great things about creative energy is that it works even though you may not be consciously aware of it. Thoughts, feelings, and words, all contain energy. When energy moves, creativity happens. So if you go through these

visualizations and aren't sure anything is happening don't worry. It is. And remember, there is no one right way.

About the Meditations

1. In the beginning

A good starting point for all creative levels; includes basic tools of centering, releasing unwanted energy and bringing forth your creative energy.

2. Communication with yourself

This meditation helps open up the channels of communication between your physical self and your creative self.

3. Healing your creative space

Meditation 3 helps you to locate your more vulnerable areas and to take steps toward self-healing so you can live more creatively.

How to Use these Meditations

All the meditations begin with a series of quick cues. These are followed by text which elaborates on the cues. I suggest that you read the text first to become familiar with the ideas and words. Then, when you're ready to meditate use the quick cues to walk yourself through. If this is your first time going through the meditations I recommend you start with the first one to become familiar with the terms. However, ultimately it is not necessary to do these meditations in any particular order.



Meditation 1
In the beginning...

Quick Cues

Private room (Center of your head)

Personal grounding cord

Outward flow (Releasing unwanted energy)

Golden Sun (Getting your creative energy back)

Private room. Center of your head

Shut your eyes and picture a room in the center of your head. Design the room to your tastes, no one else's. Make it a comfortable place for you to be. Perhaps you want a place to sit. Or not. You can put as much or as little detail in this room as you desire. The bottom line is making the room whatever you want it to be. After you have completed this room imagine yourself in the room. Walk around, sit, sing, or just be. Feel how it feels to be in a place of your own creation.

Personal grounding cord

Now while you are in your room, imagine a cord connecting the base of your spine to the center of the earth; just assume that the cord goes there. This cord can be made of light, water, chain, ballpoint pens, slinkies, tree trunks, whatever. Anything you like at the moment. This is *your* grounding cord. Your grounding cord is going to work for you like a lightning rod; allowing you to release unwanted energy.

Releasing unwanted energy

Now, as you picture yourself in the center of your head (a mini-you) assume that you have unwanted (not yours) energy somewhere in your space.

Now, from the center of your head tell yourself that you are going to release any unwanted energy down your grounding cord.

Just by thinking, imagining, or wanting it to happen, energy will flow.

Golden Sun. Calling back your energy

Now as this energy flows from your space you need to bring back your own energy. Keep visualizing that you are in your private room. Then imagine that above the top of your head there is a big golden ball forming that is made of your own energy. This is energy that you have unintentionally placed elsewhere. Your energy will keep coming into the ball and the ball will get bigger and bigger creating a large golden sun of your own essence.

Basking in sunlight. Reclaim your energy

When you are ready, allow the sun to come down onto the top of your head and let the energy in this ball flow into and bathe you/your body. Tell the energy to go into the places where you need it most. You don't have to know where these areas are, just be certain that it will work. Repeat the golden sun tool as much as you want to replenish yourself with your own creative energy. Bask in the warmth of your own energy.

You now know how to ‘be’ in the center of your head and ground yourself. These two tools together are called centering.

Meditations 2 and 3 can be found in the full length version of this Mindful Creativity.

Meditation end note

All of the previous thoughts and meditations will make you more mindfully aware of things that are standing in the way of your creativity and your creative energies. Once you’ve completed this part of the process you need to find a direction for yourself—to choose when and where to direct your new found creative energies.



***May you have a long and healthy life
lived creatively as if the entire earth
were spewing flames!***

Books by Karen Daniels

Creativity Books

1. Your Creativity: From Ordinary to Extraordinary
print <https://www.createspace.com/3616570>
kindle <http://www.amazon.com/dp/B004Z80R4M>
2. Mindful Creativity
print <https://www.createspace.com/3723368>
kindle <http://www.amazon.com/dp/B006LQEFZS>

IVF Books

1. IVF: The Ultimate Realty Game
print: <https://www.createspace.com/3516461>
kindle: <http://www.amazon.com/dp/B004LROP MC>
all other digital formats
<https://www.smashwords.com/books/view/99510>
2. Surviving In-Vitro Fertilization
print <https://www.createspace.com/3644938>
kindle: <http://www.amazon.com/dp/B005F60XU6>
all other digital formats
<https://www.smashwords.com/books/view/103563>
3. The Baby About to be Born
print <https://www.createspace.com/3586347>
kindle: <http://www.amazon.com/dp/B004ZL9SUS>

Fiction

Science Fiction/Adventure *The Zaddack Tales*

1. Dancing Suns, Book 1
print <https://www.createspace.com/3589033>
Kindle <http://www.amazon.com/dp/B004XJ6CHY>
2. Mentor's Lair, Book 2
print <https://www.createspace.com/3590395>
kindle <http://www.amazon.com/dp/B0050D8PM2>
3. Mindspark, Book 3
print <https://www.createspace.com/3590430>
kindle <http://www.amazon.com/dp/B0050D8PXG>
4. Complete Zaddack Tales Trilogy
kindle <http://www.amazon.com/dp/B0050KEEES>

I'm privileged you read one of my books. Thank you!

Karen Daniels

About the Author

Karen Daniels, a top 100 selling amazon.com author, has her M.A. in Educational Psychology. She is the author of numerous published books covering a broad range of topics from Creativity to In-vitro Fertilization, and includes such titles as *Your Creativity: From Ordinary to Extraordinary* and *In-vitro Fertilization: The Ultimate Reality Game*. Fiction titles include *The Zaddack Tales* trilogy; *Dancing Suns*, *Mentor's Lair*, and *Mindspark*—an epic adventure in spiritual science fiction.

Karen is an internationally published poet, online content specialist, and creativity mentor. Her friends consider her renegade, spiritual, and a bit odd.

Connect with Karen and see all her books at <http://www.karendaniels.com/> or boost your own creativity and writing skills by visiting her blog <http://ZenCopy.com> and getting your copy of her free creativity ebook (<http://zencopy.com/free-creativity-ebook/>).

Karen's websites:

- <http://www.karendaniels.com>
– official site
- <http://www.ivfcreation.com>
– supports IVF
- <http://zencopy.com>
– creativity/writing books
- <http://www.giftedresource.com>
– gifted children/education/creativity

Resources

The following resources served as inspiration and quotes for Mindful Creativity:

1. Unmissable Articles on Writing
<http://www.writetodone.com/>
2. Newsweek: The Creativity Crisis
<http://www.newsweek.com/2010/07/10/the-creativity-crisis.html>
3. TIME: 100 Ideas that Changed the World
<http://amzn.to/vROg00>
4. Zencopy: Your Write to Success
<http://zencopy.com/2011/01/27/what-noble-excuse-have-you-designed-to-fool-your-creative-self/>
5. Creativity is Forever by Gary A. Davis
<http://amzn.to/sMXyaM>
6. Ignore Everybody And 30 Other Keys to Creativity” by Hugh MacLeod
<http://amzn.to/rZOT4j>
7. Focus: Simplicity in the age of distractions by Leo Babauta
<http://focusmanifesto.s3.amazonaws.com/FocusFree.pdf>
8. Be Here Now: Mindfulness and the Creative Spirit
<http://www.psychologytoday.com/blog/the-healing-arts/200902/be-here-now-mindfulness-and-the-creative-spirit>

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