

Creativity Meditation



Mozart, Van Gogh, Elvis... YOU?

That is right. You have the ability to unleash your creative genius just like the greats of yesterday. Is that hard to believe? It shouldn't be. You started out in life just like they did.

We are all born with a talent that is unrivaled by the best. All we need to do is find that talent and run with it. We need to explore who we are, and live our lives loving our capabilities. When you do this, your creative forces cannot be stopped.

To find the Creative within you, follow these steps:

1. Find yourself a comfortable spot where you can be by yourself, uninterrupted.
2. Breathe in through your nose, while expanding your belly (not your chest).
3. When you feel you are ready, begin to repeat to yourself these words...

**The Creative Force within me is busting out with pride.
I will allow my Creative Self to expose me to the world!**

Creative Perks

The Creativity meditation requires nothing except your *desire* for greater creativity.

However, you could choose from the following items to enhance your creativity virtue during meditation or at any time.

- * Use the Creativity Symbol image as your focal point.
- * Place Amethyst or Selenite in your breast pocket (or closer to your heart inside the middle part of your bra). Jewelry made with these stones is also appropriate.
- * Sprinkle the oils or herbs Allspice, Clove, Honeysuckle, Lemon, Patchouli, and/or Rose Geranium on your body or within your meditation area.

Meditation Focal Point – Creativity Symbol

