

THE CREATIVE MINDSTREAMING meditation

THE CREATIVE MINDSTREAMING Practice, an active process that blend affirmative thought and visioning to spark shifts in your clarity, confidence, creativity, and forward movement.

Creative Mindstreaming instructs you to use breath, imagination and senses to activate a heightened core creative states and energize your capacities for visioning. You will engage your intuition to motivate past the edge of what you believe is possible and into a flow of new ideas, answers, solutions and directions.

Use of the Power of Your Breath

By becoming more aware of your breath and of your breathing you can bring about more current moment awareness so you can begin to notice new ideas and opportunities as they present themselves.

Use of the Power of Your Words

Affirmations used in the *Creative Mindstreaming* exercises access the power of spoken words to bring energy into alignment quickly and easily.

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Use of the Power of Your Thoughts

Learning to *simply notice* your thoughts allows you to avoid getting caught up in the meaning and story of your thoughts, setting free new levels of creative energy.

Use of the Power of Your Intuition

By engaging the intelligence of your intuition, you will set free a stream of conscious connection with inner guidance so you can easily catch new idea, answer or direction.

Use of the Power of Passion

The *Creative Mindstreaming* is designed to activate flow state, refresh your mind and refocus your heart on what you are most passionate. You will learn to concentrate on the things you can do to deepen your passion. Be ready to discover ways to invest your passion to create forward movement in your life.

Use of the Power of Your Body

Become aware of the sensations in your body to become more and more aware of the energetic responses and ways to anchor in the power of your intentions. This will lead you to a greater connection with your energy.

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THE CREATIVE MINDSTREAMING Practice opens you to a source of information and inspiration, energy and consciousness. Through this Guided Visioning and Meditation practice you will access and activate inner CREATIVE STATES that will fuel a life of purpose, creativity, vision, and focus.

By practicing ways to connect and align with the key energy centers of your body, you can energetically shift into higher frequencies to access essential guidance, a greater sense of wholeness, and the freedom to take next step actions.

During each guided meditation and self-inquiry, you'll begin to bring about balance to the creative qualities of the energy centers of your body.

Through a collection of insightful and powerful guided statements, you'll deepen your connection with your mission, amplify clarity and intention - each statement serving as an activator for cleansing and balancing creative energy, focusing and manifesting results.

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