

Hello, and thank you for joining me. I hope that you enjoy and find this guided meditation for **The Creative Independent** useful. The sounds you now hear are alpha **brain** waves, which have been proven to stimulate creative energy. As we progress through this guided meditation I will be playing singing bowls and other instruments to help not only stimulate creative energy, but carry it through the body, so that it can be expressed and shared.

We will begin by focusing on the **heart space**, which is our place of personal desires and fulfillment. Things that we need to achieve, or experience in our life, so that we feel fulfilled. Here lies **the desire to create, to become an artist, to identify as a creative individual, to share a message, or an emotion, or something beautiful, or something introspective.**

If you feel guided to please place your hand on your heart and focus your energy here. How do you want to make people feel? What is the message you want to share? What emotion do you wish to evoke in another person? **Focus** your energy here. **Focus** on that feeling. And as you do begin to see in your mind's eye sharing this feeling with others through your preferred medium of creative expression, whether you want to make people dance, or cry, or laugh, or contemplate their reality.

See yourself easily expressing these ideas. See them affecting other people. Move this image in your mind. We focus to connect the heart space, the mental plane, and manifest these creative ideas into reality. Begin to feel the building of creative energy as we focus on these images, these

feelings, this need to express. **Creative energy rises like waves**. Start to feel it a little below your belly button.

If you feel guided to place one hand on your lower abdomen, and one under your clavicle, or throat, and see the bridge of energy this creative fire traveling through your body, through your throat's area to be expressed. See this **creative energy** flowing out of you from the way you carry yourself to the way you write, the **colors** you choose, the **language**, the **notes**, the **reflection of yourself** in your art.

And all together this **flowing energy from heart to head to lower abdomen to throat and fingertips easily and comfortably flows out of you**. We begin to ground this energy with the drum to pull it down from a **concept**, or **idea**, or a **flash of inspiration** into the material realm where it can be shared, or saved, or enjoyed.

Thank you so much for allowing me to be part of your experience today. Sending much **love**, and appreciation for all that you do, and all of yourself that you give.