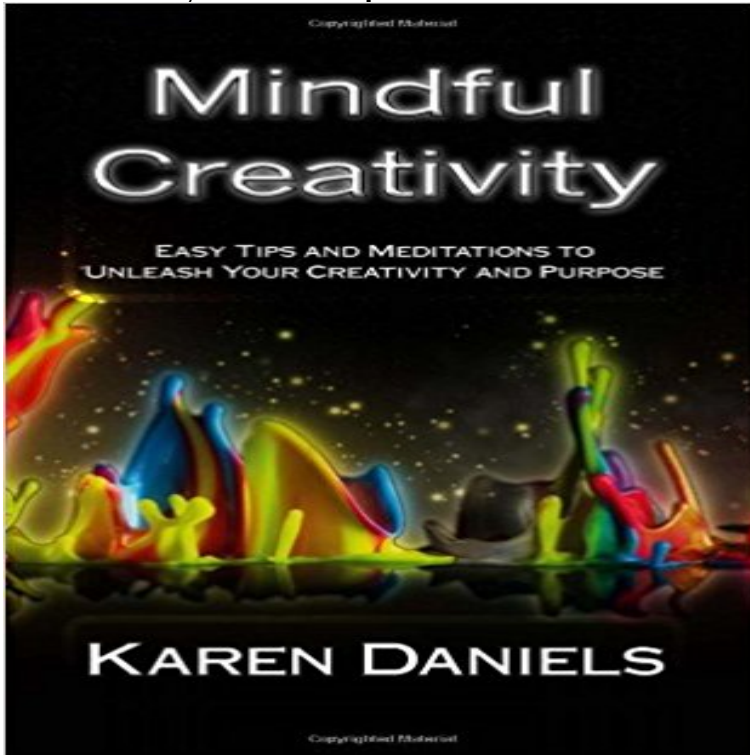


# Mindful Creativity: Easy Tips and Meditations to Unleash Your Creativity and Purpose



Simple and effective tips, ideas, and meditations designed to move you past your excuses, put you in touch with your creative energy, and help you understand your life purpose. What you will find in this book: Part I. 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 Life and creativity are a choice filled with the power of small moments. 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. Im mending clothes. How do you do that? One stitch is like the next, said Shenshan. What, after twenty years of practice thats 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 youve made before, or you can choose to live a vibrant life full of flames and color and creative living. Use the tips and meditations in this book to develop mindful creativity so you can live your life as if the entire earth were spewing flames.

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