

# Mini Guide for Connecting with Your Inner Guidance and Creative Fire



Photo credit: Temari09 on Flickr

Mini Guide for Connecting With Inner Guidance and Creative Fire © – Creative Katrina

If you feel your connection to your inner guidance and creativity is waning or all but gone out, then you've come to the right place!

Here is a little mini-guide for checking in with your deepest desires and passions that can not only help shift your perspective, but expand how you look at your creative “hits” and the overall flow of your creative inspirations.

I suggest you print this out and use it as a simple, go-to guide you can reference when you are feeling frustrated or creatively stuck. It can gently remind you of ways to shift your thinking and inspire new ideas for changing up or developing new, creatively honoring routines.

Now let's get started!

### **Getting Grounded**

When you are grounded, it means you feel strong and rooted in the earth, not spacey. Your attention is focused on the present moment and how the body is feeling (not multi-tasking and thinking 10 steps into the future). With so many distractions it's easy to get caught up in the mind and disconnect from your body without even realizing it.

If you find you often quickly get distracted, try spending some quiet time in a room alone or outdoors. Stand or sit in a comfortable position, feet or sit bones firmly on the floor. Take five deep belly breaths, counting how long it takes to inhale and exhale, then pause for a moment. Do another five deep breaths the same way. Towards the end of each breath cycle, the breath count should get longer and you should begin to feel a sense of calmness and being more connected to your physical body. Do this for a cycle of five times.

It also helps to go for a walk without music or with your phone on silent, or to do some gentle stretching or yoga poses. The important part is to focus on the breath and move away from letting the mind take over, helping increase your awareness of how it feels very different when you are more in your body. I suggest doing this exercise once in the morning before you start a busy day and once in the evening before bed.

### **Create a Manageable Routine for Self Reflection**

Do you take time for yourself regularly? If so, what do you do, how often and for how long? Spending even just 15 minutes a day in meditation, rest, day dreaming or exercise allows you to be alone and concentrate on just yourself, not a to-do list, and really sets the groundwork for inner connection. The trick is doing it as regularly as possible. Life gets busy, for all of us, but unless we create and respect the foundations we create for ourselves, no one else will. The truth is, if you are unwilling to at least attempt to create a small amount of time for yourself in a day, you are not allowing the space for your intuitive messages to come through... or for your creativity blossom.

## **The Art of Self care**

Regular exercise, healthy eating habits and food choices, adequate sleep – these are all obvious things that are part of quality self-care. The most important part, however, is knowing when you have had enough, giving yourself permission to take a break. So often we get caught up in the linear details of what we have set out as a routine or to-do list, but leave no room for when we are tired, distracted or simply need a break. Even more challenging – we feel guilty about taking time for self-care and push ourselves until there is only caffeine and adrenaline left. You are not proving anything to anyone by pushing yourself to the brink of exhaustion or a health crisis.

Implement a few small things in your day (preferably morning and evening) that allow you permission to be yourself, express your opinions and desires and do something that feels good to fuel your soul. For some that is a quiet cup of coffee early in the day or a lovely cup of tea or a bath in the evening before bed. The trick is doing them as consistently as possible. This is not a luxury! Whatever you choose as part of your self care routine is critical to your overall health, mental clarity and creative self-support.

## **Monitoring Creative Trash Talk**

It's not always obvious unless you are actively looking for it, but creative trash talk shows up – A LOT! For example, the minute you think of a cool idea or project, 10 reasons why you shouldn't or can't do it follow in quick pursuit. Or you notice when others are talking about cool ideas or projects they are working on, your mind starts right in saying things like, “I could do that” or “they are so together and talented. I wish I was...” These are just some of the many thoughts that not only put you on the defensive, but keep your own creative ideas hidden because they are buried in trash talk.

So, just start playing with what wanders through the mind in these situations. Don't freak out and feel guilty or blame yourself (a clear side effect of creative trash talk), just be open to noticing the types of words or thoughts that float through and write them down. Then spend some time alone mulling over some of those statements with an open mind and heart, letting emotions bubble up. And believe me, they will. This will give you an idea of where you might be blocked and how to start freeing up these blocked emotions for release, leaving room for creative growth.

Please remember to be gentle with yourself in these cycles. Honor the emotion (whatever it is), let it move through and then let it pass. It deserves attention and once it's released, you will feel so much lighter, as well as stronger.

Just remember, creative trash talk doesn't discriminate. It could actually be happening all day long -- even creeping up in your dreams. It might be helpful to start writing down key dream symbols too, as they can be helpful clues to creative blocks.

## **Two Dirtiest Words, Should and Could**

As a subset of creative trash talk, I feel these are the two dirtiest words when it comes to creativity. When you are thinking one or the other you are in judgment, instantly. In order for intuitive insight and creativity to flow freely, judgment cannot enter into the picture. It's the number one thing that completely squelches the flow of the creative connection between the heart and mind, and they need to be able to work together to bring things into being.

Take stock of how often you say, "I could do xx if I had time or my husband took care of more around the house, or I should really check in on so and so, or do the laundry because of" [insert lame reason here]. Hey, it's the real world, there is always a way to make ourselves feel tethered to complete a task or do something to make someone else happy. So do your best to notice when the martyr syndrome creeps in and focus on the **desire for the activity**.

What do you WANT to do? What do WANT more of in your life? What do you WANT less of? If you can get clearer on those details, then it's easier to arrange your schedule or make different overall choices that match your desires. Of course there will always be the things you would prefer not to do, but this small exercise helps you notice when you are going into judgment AND when you are drifting away from feeling into what you want, which is the best and most accurate compass to connect to consistent inner knowing and creative confidence.

## **Making Room for Fun**

Most people aren't really sure how to react to this concept. They are often so exhausted from their every day lives, their idea of fun is often something like, "I just want to park my ass on a beach somewhere and do nothing for a week." While this is perfectly acceptable, it's not a way to have fun "regularly" which is the key. Another common reaction is to go out with friends and spend time with family. Also a great idea, but do you know how to have fun alone? Until you can get comfortable with doing things alone and having fun without the need for others to be there and entertain or distraction, you are missing out on some creative inspiration time. That does NOT mean being in the presence of others isn't inspiring, but it's different type of creative inspiration.

It's also important to carve out time just to be silly with no agenda. Having fun is not a goal, it's a process. Getting comfortable with how it unfolds will help you get more comfortable with being in the flow of your creative "hits" as they show up. You will also discover new ways to have fun you never even dreamed of before!

## **Honor What you Receive**

One of the biggest tricks the mind can pull to completely squash creativity is by dismissing the information you receive. Creative inspiration is NOT linear. It shows up when the moment is right and insight strikes. Honor what you receive each day and write it down, or keep track of it in an ongoing computer file. The more you recognize and capture your creative "hits", you are open up the floodgates to receive more! It will also give you a way to review your insights over time and see the patterns that point to your true, deepest desires and passions.

## Igniting the Creative Fire

Here it is, the answer to the million dollar question!

There are so many ways to go about connecting to what your true creative spark might be, but the most important element is **trust**. It's CRITICAL to trust yourself and the information or insight you get about a person, project, idea, creative spark, life change, career move – whatever it may be – and know that it's true for you. It's not something you need to immediately act on or tell the world for external validation; it's for you to sit with and savor, to mull over and FEEL into. Then you will know what to do next.

It's the practice of daily attention to the present moment that is the true key to igniting your unique creative fire. The more you practice, the faster you will know what is a “yes” or “no” for you, and what is worth creating in your life. And the more you practice some of the tips I've covered in this mini-guide, you can be that much closer to expanding into a flow of the real creative you, every day.

Enjoy experiencing your true essence!

If you are interested in more weekly insight, check out my blog at [www.creativekatrina.com](http://www.creativekatrina.com) or read through some of my creative guide services.

Thank you!



This material is created, owned and copyrighted by Creative Katrina, care of Buzzword Communications, LLC and is not available for distribution in portions or its entirety without accreditation to Creative Katrina and creator Katrina Pfannkuch. Please contact us at [www.creativekatrina.com](http://www.creativekatrina.com) for an official copy.