



11 Steps to Unlock Your Creativity

1

Meditation.

Trains your mind to get quiet and enter a receptive or hypnagogic state, the one where ideas come to you. It also helps you learn to stay in creative flow once you've found it.

2

Go Outside!

Being trapped indoors is very detrimental to creativity. Nature brings fresh inspiration, feelings of connection, and reduces stress. Put bare feet on the earth or in a body of water.

3

Change Mediums.

Stuck with writing? Do finger painting, go salsa dancing, go hear live music you wouldn't normally listen to, take a cooking class. Do something different!

4

Practice.

You may think you can't write because you feel blocked or anxious, but in reality you simply don't write often enough to get past the 'bumpy beginning' phase.

5

Free-Writing and Journaling.

Practice getting in touch with what you are feeling and putting it into words, and also practice trusting what comes through, no matter how it sounds.

6

Get Energy Work.

Reiki, Polarity Therapy, and EFT are 3 highly effective energy tools I use. Deep healing and major breakthroughs can happen in these sessions.

7

Move and Make Sounds.

Stagnant energy in your body blocks the flow of new ideas. Get up and move in whatever way feels good, and make sounds with your voice.

8

Notice More.

Really noticing sensory input stimulates creativity. What does your morning commute smell like? What music does your dishwasher make, and how many different textures are in the outfit you're wearing?

9

Get Clarity.

Are you really blocked, or is this guidance from your creative self that it's time to focus on another aspect of the project, or some aspect of your own inner work?

10

Talk to a Friend.

Sometimes just admitting aloud "I feel blocked" helps free up the mechanism, and you may find clarity or some insight through talking it out with a friend.

11

Let it Rise.

Uncomfortable feelings or physical sensations can be associated with a block. Rather than pushing them away, tune in, allow them to rise, be acknowledged, and say what they need to say before being released.