

Mindfulness While Being Creative

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



The Creative Flow

Taking the time to be creative during your day can build lasting benefits in all areas of your life.

Creativity can boost self-awareness, relieve stress, and help you solve problems more easily. In addition, you can cultivate mindfulness while indulging your creative side.

Do this exercise with your activity of choice, and remember that you can pause at any time and use this technique to encourage present time awareness.

Get a blank piece of paper and a pen.

If you want to use crayons, markers, or colored pencils, that is even better.

Set aside 10 minutes, perhaps setting a timer if it helps you really dedicate the time to practice.

Bring your awareness to your experience in this moment.

Feel the pen in the hand, see the piece of paper, and notice any thoughts going through the mind.

If judgment arises about your creative talents, notice them as they come up.

Mindfulness While Being Creative

Guided Meditation Script

Mindfulness While Being Creative

Start drawing.

You don't need to create a masterpiece.

There is nothing wrong with stick figures and doodles.

Draw whatever you want.

It may be a happy memory, scenery, or something you can see right now.

As you draw, notice what you are drawing.

If it's a person, note that you're drawing a person.

If there is movement, notice there is movement.

Watch for any emotions that arise, exploring whether the piece is happy, sad, fun, beautiful, and so on.

Take special care to watch for judgments.

However creative you consider yourself to be, you may find the mind telling you that you're no good.

Thank the mind for these contributions and continue drawing.

After 10 minutes, put down the pen. Look at what you've drawn, and take it in.

Examine the lines, figures, and overall piece.

Again, notice the thoughts and judgments when they arise.

You may choose to save the piece, or not—the activity is the point, not the result.

