

Multiply Interrupted: Living a Creative Life Anyway (a guided meditation)

Just for the next few minutes, I invite you to try to be present in this moment.

Try to let go of how your day has gone so far.

Try to let go of all that is to come.

And just spend a few minutes being where you are.

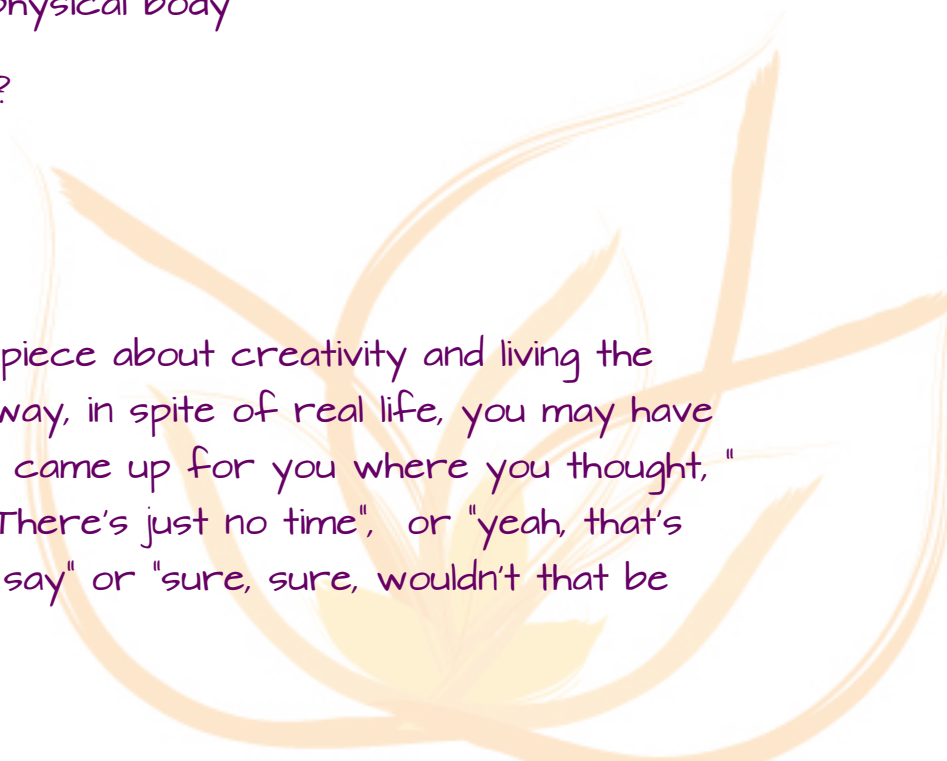
Notice where your feet are on the ground

Notice how your shoulders feel

... and just see if you can spend the next 5 seconds witnessing your physical body

How does it feel?

As you read the piece about creativity and living the creative life anyway, in spite of real life, you may have found that things came up for you where you thought, "I just can't do it! There's just no time", or "yeah, that's easy for you to say" or "sure, sure, wouldn't that be



great if only..."

But the fact is that the only lives we can lead are our own. So I think it makes a lot of sense to take a few minutes to see if you can come up with an intention that will help you move forward in the direction that you want to move.

So, for the next minute or two, I'm going to lead you thorough a short visualization, a little experience that may help get you to a next step.

Let's start with one more breath. Just a normal breath, it doesn't have to be deep, it doesn't have to be slow, just a breath.

and then another

and as you look at your own creative self

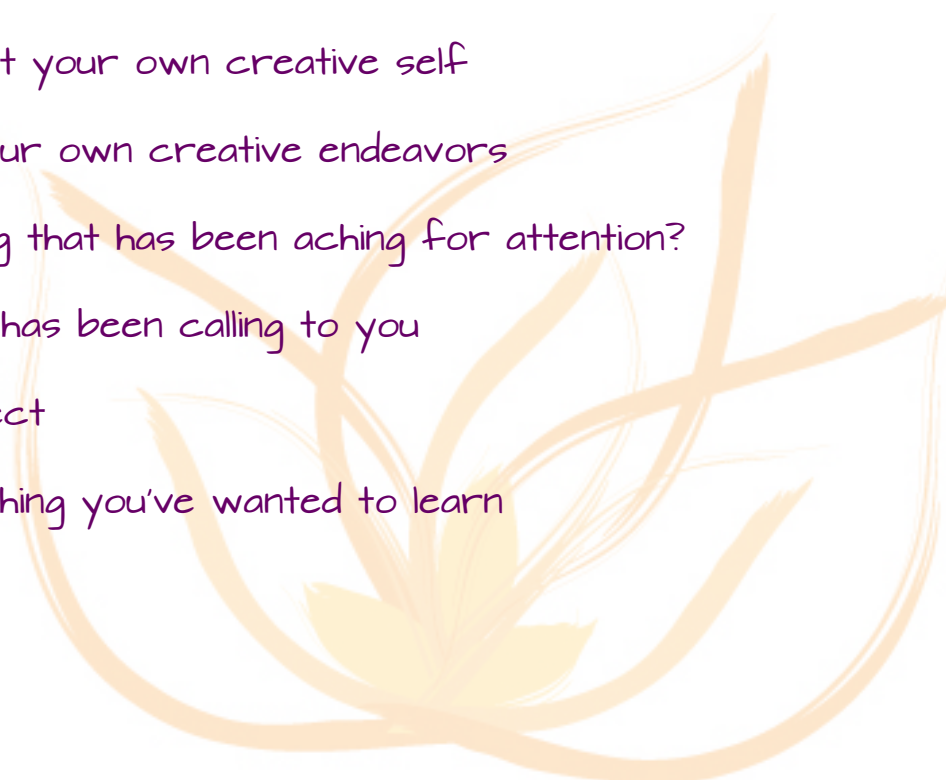
as you look at your own creative endeavors

is there something that has been aching for attention?

maybe something has been calling to you

maybe it's a project

maybe it is something you've wanted to learn



or maybe it's even a piece of your self that you so desperately want to reconnect with

As you look at that piece of your self, that piece of your world, is there a specific thing that that project or piece of you wants?

Does it want time to come to fruition?

Does it just want acknowledgement?

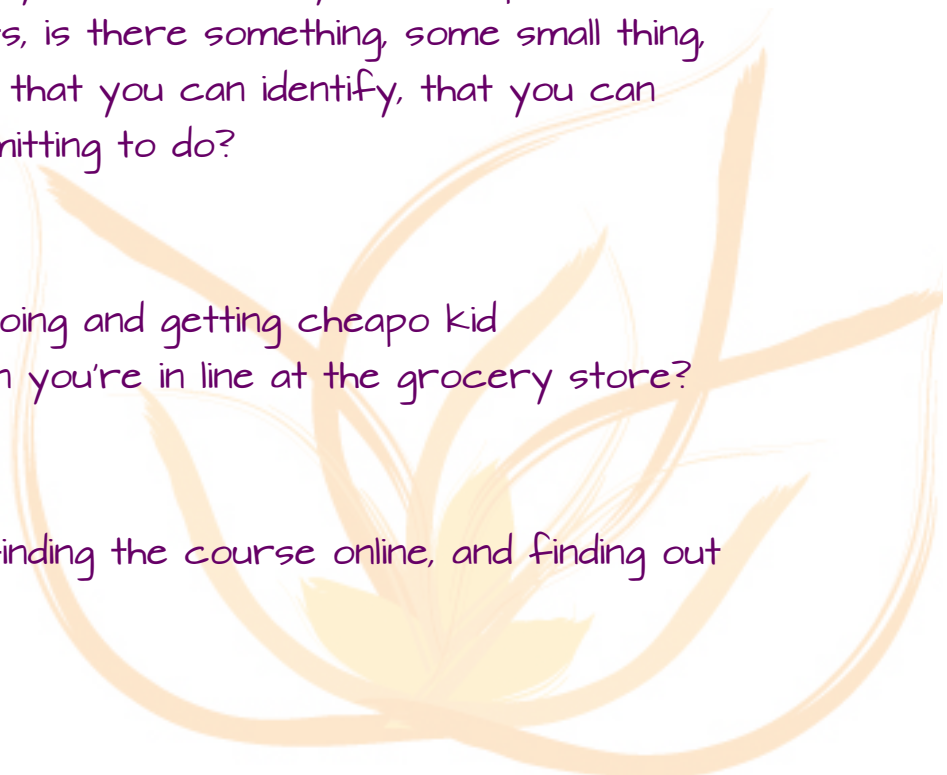
Sometimes we just need to say, "Yes, I hear you", and the piece of ourselves that has been aching for attention can relax.

Sometimes we actually need to take action.

So as you look at your own self, your own process, your own projects, is there something, some small thing, some doable thing that you can identify, that you can then imagine committing to do?

Can you imagine going and getting cheapo kid paintbrushes when you're in line at the grocery store?

Can you imagine finding the course online, and finding out



when it meets?

Can you imagine buying the note book?

Can you imagine getting to daycare 5 minutes early so you can spend those minutes writing in your car?

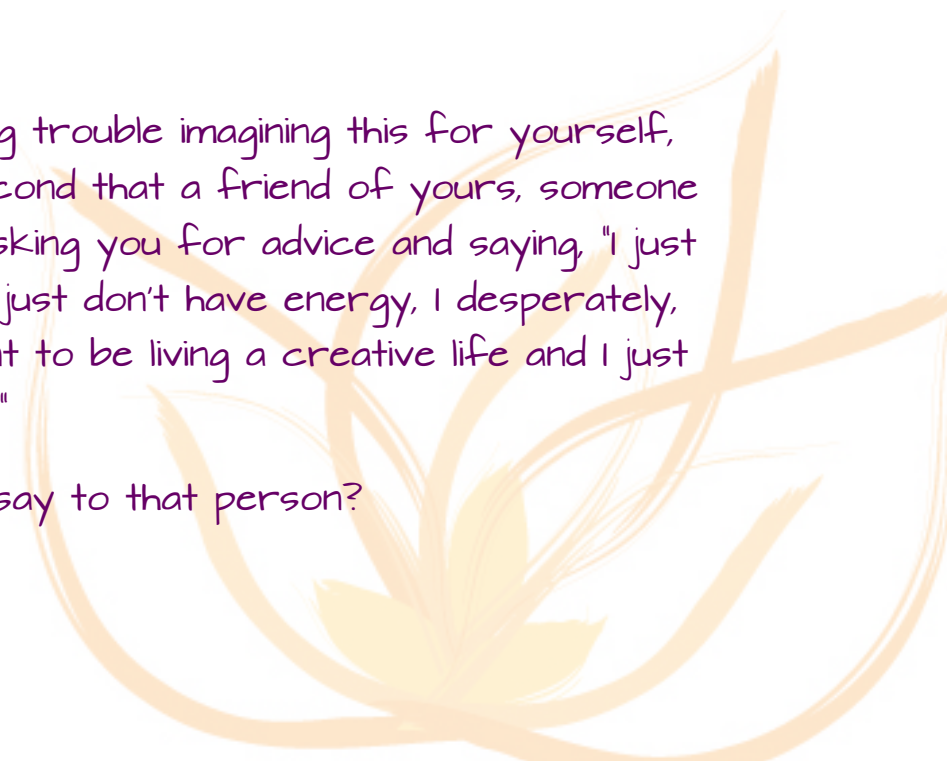
Can you imagine leaving yourself voicemails with ideas that you don't want to lose?

Can you imagine writing on the back of a receipt?

Can you imagine driving with your camera in the car just so you can maybe capture new images?

If you have having trouble imagining this for yourself, imagine for a second that a friend of yours, someone dear to you, is asking you for advice and saying, "I just don't have time, I just don't have energy, I desperately, desperately want to be living a creative life and I just don't have room..."

What would you say to that person?



What advice would you offer?

And then **really listen** to your answer. If what you would say to that person is, "Oh honey, I hear you. But what you could do is, write for 5 minutes sitting in the parking lot at daycare.. but what you could do is paint on a really, really small canvas, or try water colors or something that does not have a lot of cleanup..."

Listen to the answer you would give to your beloved friend, and see if you could extend to yourself that same amount of understanding, and opportunity, and potential, and compassion...

This balancing act is so challenging, it is so challenging, this real life thing.

But in little tiny steps, in little tiny moments, you can put together a fabulously creative life.

This meditation was originally recorded by Kate Johnson (that's me!) for seekyourcourse.com



Your heart is listening.



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