

I Can't Meditate Because I'm Too Creative

(what to do about that, and why it's not a problem)

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Introduction

You're not too creative to meditate. Huh? Michael, what do you even mean by that. asdmMeditate, not medicate. Silly me.

You think you're too creative because every time you sit down to meditate, ytor mind goes crazy with creative ideas.

Let me point out a few things to you first.

First of all, this is a goiod thing. It's good to have a creative mind. Who told you otherwise? Why don't hyou trust your creativity?

Creativity is a good thing. A really good thing. We praise it in kids. Do we????

We condemn it in adults. Huh? That makes no sense.

You are a human being. You are a Creator. You have magic powers. Don't condemn your creativity. Please. We all lose when you do that.

OK, so now that you see your creativity as being a wonderful thing, what's next?

Next, understand that YOU are not the one being creative. Your mind is being creative. Your mind is coming up with all kinds of cool ideas, trying to help you out. It's your friend. It's trying to be your friend, anyway. It's trying to help you with something.

Exercise 1

Practice this: Next time your mind comes up with a creative idea, try thanking it. Just say "thank you, mind." You don't have to do anything else. You don't have to take the idea seriously. Just thank your mind. Try it right now. Sit and wait for a creative idea to emerge. Even a stupid one, like "maybe I should have Mexican food for dinner."

Great, thank you, mind.

OK, good.

Exercise 2

Now, I want you practice seeing that your mind is in the present moment.

You are wondering "I want to stop overthinking and generating mind-stuff because I want to ENJOY THE PRESENT MOMENT! Like, if I'm watching a sunset, I want to enjoy the sunset, not be thinking about something else."

Fine. But...what's wrong with enjoying what your mind is doing right now? Why is the sunset more appealing to you than your mind-stuff is? Why don't you view that with the same interest that you have for the sunset?

I'm guessing you don't have a good answer to this question.

That's OK. You probably haven't spent enough time staring at your own mind to see its beauty.

Why don't you give that a try?