

THE POWER OF CREATIVITY & IMAGINATION

USING YOUR INNER INSPIRATION FOR GUIDANCE

So, we are going to dive into all the clairs - clairvoyance, clairaudience, and clairsentience - but before that, let's look at what allows these senses to come into action. Although sometimes we sense things on a psychic level spontaneously, it's so much better when you can tune in at any time, which is what this is about. And the way that you do that, is by prepping the groundwork by understanding what inspires you. Your inner inspiration has a lot more power to it than you might realize.

Your inspiration consists of whatever stirs your creative energy. When we feel inspiration, it is creative, but it can also be spiritual. The reason for this is because we are looking within. This could be passively absorbing something in the environment, such as taking in and viewing art or nature...or it could be active - creating art, and gardening, dancing, etc... Either way, when we feel inspired emotion, we are using an *internal frame of reference*.

This internal frame of reference is what informs our sense of meaning. It's the love we feel for our pet, or the joy we feel taking a walk with our child, or the vision of colorful leaves in the fall - these kinds of experiences create a feeling within us - there's no clear explanation for *why* it's meaningful, or for why it stirs us. We just know that it does. It's as if something in our soul is drawn to certain parts of life. And we all have our very own preferences, creative outlets, and sources of inspiration.

I like to talk about inspiration in the beginning, because it is so close to spirituality that it helps demystify what intuition and psychic inspiration really is - it's as simple as *feeling something*. We don't have to look for earth-shattering metaphysical events that will clue us in to a spiritual message coming through. All we have to do first, is become accustomed to noticing inspirations and shifts in how we feel. This is the first step toward being able to sense spiritual guidance any time you need it.

REAL LIFE EXAMPLE OF CREATIVE INSPIRATION BECOMING CLAIRVOYANCE

To use an example of how creativity and inspiration can lead to a psychic experiences, when I was a teen I wrote short stories. One story involved a love triangle between a princess, a prince, and a peasant. My inspiration was to explore the dynamics between love and “status.”

Later in my 20's I got a reading about a man I had met. The reader said I had a past life with this man - and proceeded to give details on the past life and *tell my short story*, down to the exact names of all three characters, and the events that occurred. Keep in mind, I had written my story in a notebook and had not uploaded it anywhere, nor even told anyone about it, including the psychic.

The fact was that she channeled the same storyline and character names that I had written down in my notebook made my jaw drop. It hit home immediately that this meant that what I had written was more than a cute story - I was channeling my own past life.

This an example of how the creative process can spark inspiration and lead to a portal to the Divine. In my case I assumed that both myself and the psychic were tapping in to the same energy, to channel the same flow of information.

The important key again is that with art, writing, music AND with intuition, we are using an internal frame of reference in our search for meaning. We are feeling into an essence of an idea and noticing what images, colors and sounds arise in our imagination.

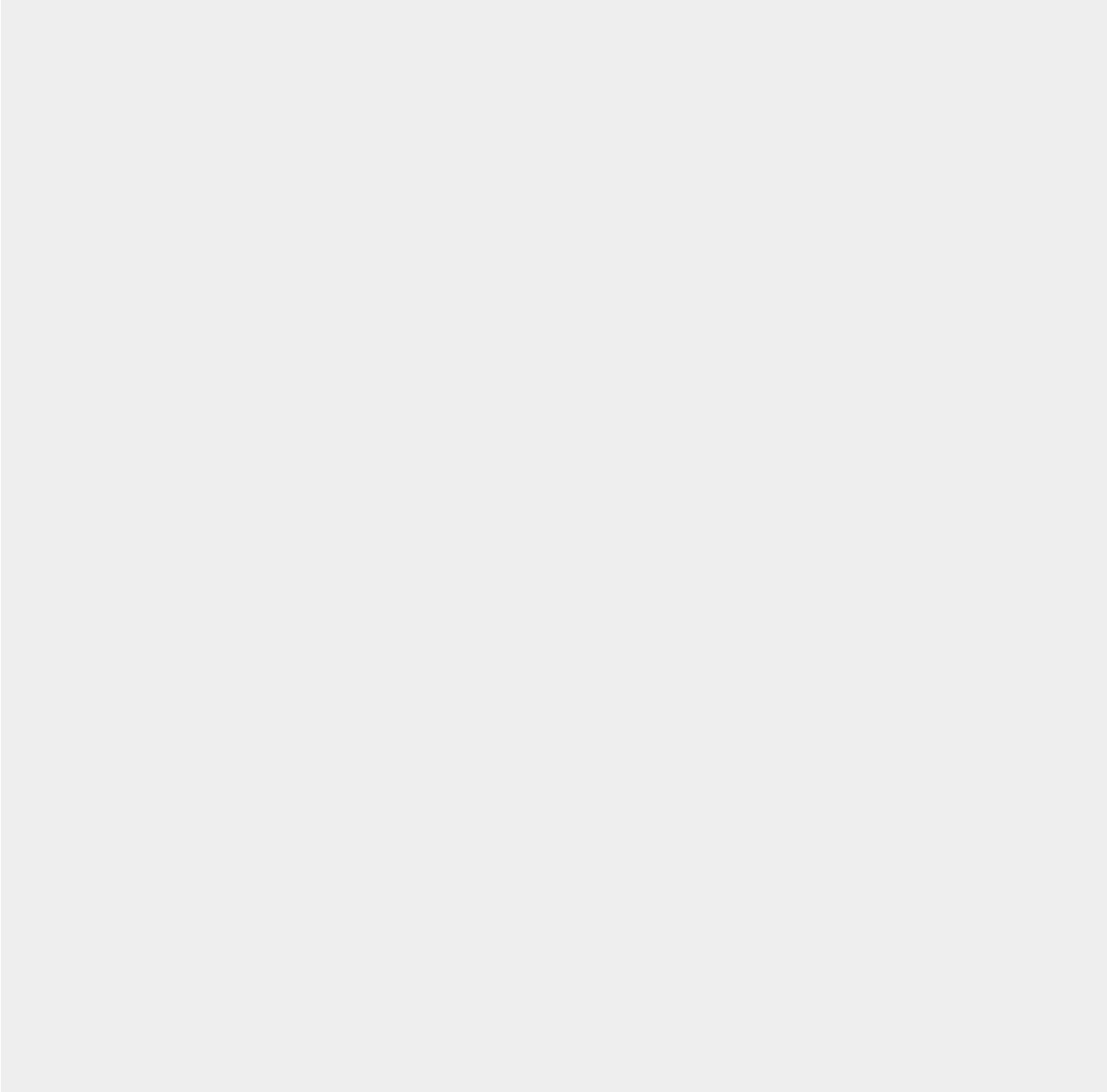
It's all in the same wheelhouse, as they say.

Summary So Far: We start by noticing what brings us peace and self-love - and demonstrate that self-love and worth to ourselves. Next, we notice how we feel inside when we are doing something we creative. When you have done these things, you're already halfway there. (It really is that simple!)

As we go forward, we'll explore the concept of self-referencing a bit more, and practice it. We will also explore how to tell the difference between imagination and psychic sensing, go over the clairs in more detail, as well as go over ways to interpret the messages and images we see.

JOURNAL PROMPT: EXPLORING CREATIVITY AND INNER FEELINGS

This is important! Create those links between creativity and inspiration. Take a moment to explore what it feels like to engage in creative activities that you love the most (*think writing, art, acting, dancing, gardening, and anything that connects you to yourself*). Write down how you feel during these times, especially when you feel inspired.

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