

5 Powerful Steps To Unleashing Your Creative Self

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There is a thread of certainty that runs through most lives. It is sensed as a measured and anticipated rhythm of predictability built upon our notions of how things have been and how they will continue to be.

While this is comforting and provides a sense of continuity to our lives, it is also limiting and not conducive to unleashing our creative selves. Here are five steps you can take to break the mold of predictability and expand your horizons in ways you never imagined.

1. Acknowledge and Release the Past

The mundane concerns of existence that propel us through our days often leads to a deadening of exhilaration; a stripping away of the possibility for anything out of the ordinary. Walking in a haze of memories, expectations, assumptions, guilts, worries -bombardments on our psychological and emotional centers - we are often oblivious to moments of complete amazement and wonder. We are wholly unaware and uninterested in seeing what is already there, but not yet recognized.

By bringing the preceding moment into this moment, you are unfairly coloring the outcome of this moment to look the same as before. Creating true change in your life begins by acknowledging and releasing the past, whether it be good or bad.

In fact, see the bad things for what they really are: revelations of what is truly good. For if life were all rosy and nothing bad ever happened, how would you know things were rosy? You would have no reference point; nothing to compare rosy against.

Release the past and you are free from a linear, pre-ordained future.

2. Say Thank You

Appreciate your life for what it has been. Give yourself a pat on the back for everything that brought you to this exact moment. Congratulate yourself on doing the best you could.

Give thanks to yourself, for the people around you, and to the source of life that allows You to say, "Here I Am!"

Practice sincere gratitude several times throughout your day. In this way you are able to stay connected with your creative energies and recognize abundance in the world.

3. Create Your Day

Imagine yourself awakening each morning to exclaim, "This is how I shall create my day!" How many people aspire to create moments that shape the day around them, rather than allowing the moments of their yesterdays to serve up the ordinary menu of today?

When you awake each morning, start out by deciding on the outcome of the day. We have been taught from an early age that the outside world determines our actions and our state of mind. This is not true. You have freewill. Use it.

Decide for yourself how you will feel and what you will accomplish. Do you want to be happy that day? Do you want to begin writing a operatic ballad? It doesn't matter what it is. Just declare it. simple as that.

If you don't know what to declare on a given day, always start with happiness. Affirm your decision to be happy. Remember that happiness is a state of being, not a reaction. Don't allow outside events determine whether you will be happy. Create the commandment in your mind and you will find that happiness exists in the strangest of places.

Fully expressing your creative self takes practice, especially if you are in the habit of reacting to the moments of your day. You are rewiring the neural connections in your brain. You are breaking old connections. With practice, creativity becomes a habit.

4. Expect The Unexpected

Consider the clarity and simple freedom that comes from being unattached to the unfolding of a moment in your life. How does it feel to be an observer; an inconsequential witness? Most of us have experienced these special moments to some degree. Can you recall such moments? Do you remember how it felt to be completely in the world, but not an immediate player within it? Simply watching. Uninterested Non- judgmental.

At these times it is not unlike staring without prejudice into a fish tank. It makes no difference in what direction the fish swim. It matters not the size of the bubbles percolating from the bottom. It's of no concern the manner in which the water ripples on the surface.

If the moments of your life were observed in such a manner, you could then

decide the meaning of circumstances in your life with fresh eyes. Moments would exist within the space of a moment. The meaning of the next moment could then be nothing, or anything. There are literally no limits.

Therefore, aspire to be an unattached observer each day. This doesn't mean you can't feel things. By all means, feel things with passion. Yet, be the observer of your passion. Be in your emotions, but not swept away by them. Watch your reactions, say hello to how you feel, and watchfully move on under the creative mandates you set for yourself at the beginning of the day.

What happens when you let go and be the observer? The unexpected happens. The clarity of purpose you defined at the beginning of the day is ever-present around you. Now you are free to notice, from among the thousands of pieces of information entering your brain each moment, the meaning of things which encapsulate your purpose.

5. Believe

What if the meaning of your moments was like the first flush of rapture found in the eyes of a new-found lover? Can you imagine such wonder and amazement, such endless depth, in the moments of your day?

When moments are free of preconceptions that have been brought forward, then the possibility of infinite futures take form. These are the times when you can indulge the ending of your story however you choose.

What is the ending? It is no more or less than the extent of your belief in what is possible. It is the ending that holds meaning for you; void of conjecture that your environment might not relinquish the prize of your choice.

It is an illusion to think that the environment around you exists without you. The environment exists because of you. You are the master. The stimuli that enters your brain through your senses is timeless, formless, and meaningless. You bring to your environment the meaning of your choice.

Your environment is like sand on a beach, smooth and undisturbed until your footprints change its landscape. A few come to build castles in the sand, while most simply wonder the water's edge while their footprints wash back into the sea.

The universe listens to those who ask. And of those who ask, it is those who expect to be answered who will receive. Do not say you want the thing you desire. For the universe will deem your request already answered. To want is not to have. Do not say you will have it. That is the same as wanting.

Instead, have the thing you desire. Make up your mind it is already yours. Believe

it is so because it is so. There is no elaborate, complex formula. It is as simple as breathing.

Now watch. Your desire has been granted. The universe has delivered it. With your new, unfiltered, of-the-moment vision, your steps lead right to it.

Putting it all together, here are the steps to fully expressing your creative nature:

1. Acknowledge the past and release it from this moment.
2. Give thanks to yourself, all things, and all persons.
3. Create your day on purpose. Decide and resolve.
4. Be watchful and expect the unexpected.
5. Believe.

Do you know the most wonderful thing about creating your life on purpose?

You are in fact changing the world in no less significance than the achievements of the greatest teachers through all the ages.

For when the masses transform the beaches into glistening and interweaved towers of sand then the world will change in indescribable ways. The unknown becomes infinite. Chaos becomes opportunity. Improbability becomes possibility. Certainty becomes purpose. Creativity becomes boundless.

Source:

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