

# 4 Steps to Re-spark Your Creativity

with Joanne Sprott



## **Pause. Breathe. Listen. Know. . . Spark!**

If you're feeling frustrated with the silence of your intuitive voice, if you're longing to express your creative self, these five words can turn up the volume on that voice high enough for you to hear it.

And that frustration is the first step that got you here, the most important step toward painting that gorgeous canyon, sewing that sequined dress, writing that page-turner mystery, or envisioning that winding garden path among the gorgeous flowers you planted.

It's the first step in expanding in to your creative self! We'll use my 4 steps to get from frustration to that spark. Let's get started.

The idea is to relax your body, quiet your mind, and open your heart to listen.

### **Pause.**

Hardest part, really. There's just so much to be and do to take care of everyone else!

I'll bet you've got a place and time you can stop, though. Yes, even the bathroom will work! So will nap time for the kiddos, or a little bit of that time you use for scrolling your social media feed or playing a video game.

This will only take five minutes, maybe less, but you may want to write something down right after, so maybe allow for at least ten.

## Breathe.

Wherever and whenever you choose, focus on your breath. Sitting, lying down, walking even, doesn't matter. Eyes open or closed. Except if you are walking! Eyes open for that option!

If you have a favorite breathing practice for meditation, use that. Or you can just breathe slowly in through your nose to a count of about four, then out for the same time through your mouth.

Do this however many times you like, just keep it slow, conscious, and easy.

## Listen.

Be still and really listen now. This means *allowing* just a word to come through. Might be more words, but a lot of times for me, it's just one. A metaphor I can use in a poem, or a focus for the day's creative activity, or a vision of a place to go.

The first two steps will allow your mind to relax a bit so you *can* hear from your heart, which is where most of the messages will come in.

## Know.

Feel into that word, picture or sound. It's showing up to tell you what's really true for you. This message is wisdom from your own Higher Self. Ponder it quietly without over-analyzing or judging.

Now you Know. Time to act!

## Spark.

This is your ah-ha moment! You not only feel the wonderfulness of your intuitive message, you also get ideas on what to do with it.

The only thing that's missing now is a way to keep this inspiration going over the long term; what I call the path to practice.

That's where I and my Embrace Your Intuitive Life program come in. If you'd like to make this transformation a regular part of the rest of your life, send me an email or message me on Instagram to learn more.

 *Joanne*