

YOGA for boosting CREATIVITY



powerful yoga and meditation practices to
strengthen your creative spirit



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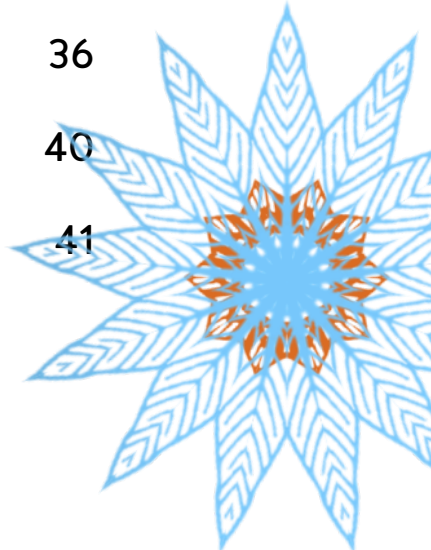
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YOGA FOR RELEASING CREATIVE BLOCKS

.....

BY LEA MCLELLAN

Have you ever felt stuck? Maybe it's a physical feeling of stuckness, a stagnant relationship, or an issue like writer's block that impedes your creativity. Yoga is not only a wonderful way to get your body moving, it's also an

great method for activating internal energies, such as shifting thought patterns and opening yourself to creative inspiration.

Perhaps this is why yogis and artists make such good bedfellows. Still, many artists have never tried

their hand at practicing yoga and vice versa. If you're an artist or creative professional who occasionally finds yourself 'stuck' or 'blocked,' practicing yoga may actually encourage creativity to flow more freely.

Consider this: The antidote to the dreaded writer's block usually isn't sitting at a computer and thinking harder about what to write. Instead, if something is blocked—we need to move it! Literally! Moving with the intention and breath inherent in yoga practice—versus pacing or wringing your hands in your office—can offer creative results that cannot be found in remaining stagnant.

An asana practice can

take you out of your head and into your body—which is often exactly what is needed to get those creative juices flowing. If you're finding yourself blocked or stuck, try this: Step onto your yoga mat and take a few deep breaths in [Tadasana](#) ([Mountain Pose](#)) with eyes closed. Cultivate [Ujjayi Pranayama](#), and as the sound of your breath builds, allow your body to direct your movements. Release concerns you may have about practicing 'correctly' or for a certain amount of time.

If you're not sure of where to begin, try moving through a few [sun salutations](#), and then respond to your body's cues in moving through additional postures or stretches.



If asana isn't really your thing, a [simple meditation practice](#) is still available to you; some of our best ideas can arise after (or during) meditation practice. This is because meditation allows for the excessive churning of our minds to slow down, the metaphorical dust to settle. In meditation, we make room in our consciousness for valuable insight and inspiration. Check out [this link for some meditation tips and techniques](#) or [try a mantra meditation](#) to get started.

From an energetic standpoint, creativity is associated with the [sacral chakra](#), or svadisthana chakra. This chakra, found at the lower abdomen between the belly button and the pubic bone, is often associated with sexuality and reproduction, but is also home to our mental creativity. If you're experimenting with an asana practice for creative inspiration, activate the sacral chakra by integrating hip-opening postures like [frog](#), [cobra](#) and [seated forward folds](#) to help tap into your creative side whatever your artistic pursuits might be. If you prefer meditation

to asana, a fun practice would be to experiment with is the uchas [mudra](#), or [Venus Lock](#). This is a hand mudra that can be used during meditation or throughout your day to activate the second chakra and promote creativity. In this mudra, the hands are placed palms up with the fingers interlaced. (Women traditionally will place their left thumb on top, while men place their right thumb on top.) Again, intention is key here. If you invite creativity into your practice, don't be surprised when it comes knocking.

What do you think, yogi-painters, writers, crafters, potters, musicians and more? How does yoga support your creativity?





THE ENNEAGRAM AND YOGA

.....

BY ALI MCGHEE

The [enneagram](#), a powerful tool for therapy and creativity used by counselors and artists alike, identifies personality characteristics through a system of nine interconnected points called [enneatypes](#) (also referred to as “types” or “patterns”). Each point corresponds to a specific set of traits that flavor an individual’s

behavior patterns and outlook on the world. Although the enneagram exists in several contexts, ranging from the strictly clinical to the [mystical](#), its usefulness as a means of self-discovery becomes even clearer when it’s paired with yoga practice.

The enneagram (from the Greek ennea – nine, and gramma – written or drawn) is a circular diagram made up of nine points linked by lines that connect each number to several others. It is broken up into three sections: the gut points (8, 9 and 1) lie at the top, the heart points (2, 3 and 4) are on the right, and the head points (5, 6 and 7) are on the left.

Unlike other personality analysis systems like the [Myers-Briggs Type Indicator](#), the enneagram places a lot of importance on energy and embodiment, seeing the physical, emotional and spiritual bodies as one and the same. We each have characteristics of every point on the enneagram, but one point will predominate. The labels “gut,” “heart” and “head” thus correspond to how we take in and understand our environments on the deepest and most unconscious level of our being. As with yoga, the enneagram brings us into a full body awareness—and hopefully, acceptance—that has far-reaching impacts for how we move through the world.

People who are typed as “gut points” initially process information through that part of the body, feeling things very deeply in their core, intuiting situations and people on an instinctual level. While their energy often feels very earthy and grounded, people with these types often have issues around anger, which they may be able to manage effectively or not at all.

“Heart points” process information initially through their emotional centers. They can feel very deeply, whether or not they are aware of it. They prioritize connection with others and spend time crafting and projecting a particular image to the outside world, but have trouble with shame.

“Head points” are cerebral, processing information through the mind. Quick and intelligent, they prize knowledge and experience and spend time creating and planning ahead, but their mental alacrity is also linked to feelings of fear.



Each type has a particular way of moving through the world, and getting a handle on your own pattern can help you identify the traits—both healthy and unhealthy—that make you who you are. This process of discovery can also help you grow your yoga practice. Connecting the enneagram with certain yogic traditions can deepen the understanding of both systems. For instance, like the [chakras](#), which correspond to the movement of energy in the body, the points on the enneagram correspond to stages of necessary growth or enlightenment, moving

from root (the gut points) to third eye and crown (the head points). Each number is a piece of a whole puzzle that exists within every human being, but, as with the chakras, we might have more to work to do around a particular point if we're looking to make certain changes in our lives.

In daily practice, using the enneagram can help us deepen our asana practice and create more balance in our bodies. Some heart points, for example, can be disconnected from their gut, their center of intuition and core strength. People with these patterns could really benefit from

poses that strengthen the abdominals. Gut points might be more cut off from their heads, so poses like [headstand](#) might be a goal of practice. Head points might need more [heart-opening poses](#) to connect more fully with their emotional centers. Stay tuned for Part Two of this series to learn more about the connection between the points on the enneagram and your yoga practice, where we'll offer specific postures, pranayama and practices to help you work with these areas of the body.

For now, if you don't already know your type, spend some time thinking about which part of your body you process information through first. Do you walk into a room and immediately feel energy on a deep, core level (the gut points)? Do you feel your emotions first (the heart points)? Or do you think through the situation and process things mentally (the head points)? While teachers and students of the enneagram believe that a person's type is fixed from birth, the system is far from limiting.

The goal is not to pigeonhole individuals into a set of generalizations, but rather to identify type as a means to self-acceptance and empathic expansion. The end result of working with the enneagram is a deep realization of universal oneness. Like yoga, the enneagram helps you become your best self.

If you're still unsure of your "type," use your yoga practice to explore. Begin by noticing your breath. Where does your breath naturally travel in your body before you begin a specific pranayama? If you breathe more shallowly, you may be a head point. If you tend to pull your breath in deeply, your pattern might be in the gut triad. Bring this exploration into your next yoga practice. Simply noticing which poses you love versus which you dread can be useful in identifying your pattern.

If you are familiar with the enneagram, I'd love to hear from you! Have you used it as a tool in your own yoga practice?

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THE BEST MEDITATION TECHNIQUE FOR CREATIVITY

.....
BY TIMOTHY BURGIN

Creativity is an elusive and highly idealized quality that often appears in fits and bursts. While we often recruit our creativity to help complete challenging projects or resolve problems in our lives, making time to be

creative also [provides powerful health benefits and improves our mental well-being](#). Creativity is also associated with better leadership, productivity, and problem-solving, [which can enhance teamwork and employee](#)

satisfaction in the office.

Unfortunately, most of us are clueless as to how to access our creative sides, or view creativity as a gift that isn't available to "ordinary folk" like us. Happily, recent research reveals that creativity can in fact be intentionally harnessed using a specific type of meditation called open monitoring meditation.

Many of us are familiar with meditation practices which involve focused attention—a technique where the mind concentrates on a single object. While the benefits of focused attention meditation—reduced stress and anxiety and an improved attention span—can be helpful for creative endeavors, science shows that open monitoring meditation techniques are more effective at promoting divergent thinking. Divergent thinking is the ability to find many different solutions for a given problem and is strongly correlated with creativity. It's essential for getting the mind

unstuck and for producing creative solutions and ideas.

Open monitoring meditation focuses the meditator's awareness on the feelings, thoughts or sensations that are currently present in one's body, and there are two types: internal and external. An internal open monitoring meditation will focus on thoughts, emotions, memories, and visualizations, while an external meditation is centered around the sounds, smells, colors and other perceptions of one's immediate environment.

The goal of both internal and external open monitoring meditation is to sit quietly and pay close attention to where the mind travels. We're encouraged to observe our mental processes and to become aware of types and qualities of thoughts, and how our thoughts create changes in our body and emotions—all great ways to become more open to divergent thinking and harness our creativity. The biggest challenge of open monitoring meditation is to follow the path

of the mind without judgment or reaction and to stay completely present in each moment of experience.



Examples of open monitoring meditations are Mindfulness, Vipassana and Insight meditation, body scan meditation, and loving-kindness meditation, but many [meditation practices](#) contain a mixture of both focused attention and open monitoring. It is also possible to change and adapt a focused attention meditation to have more of an open monitoring flavor. For example, you could modify a second chakra (Svadhishthana) meditation to explore the sensations and visualizations of the element of water in the lower abdomen and low back. You could also modify a mantra meditation to focus on the feelings of vibrations and other body sensations as you chant the mantra out loud.

Although open monitoring meditations have been shown to have the most powerful effect on evoking creative states, don't neglect to practice focused attention meditation as well. Focused attention meditation will stabilize and strengthen your attention,

discipline, and focus which will ultimately help you be more successful in your open monitoring meditations. A strong, steady focus will also be helpful in effectively and efficiently executing creative works.

As you begin trying meditation for creativity, take your time in finding a practice that resonates with you and is comfortable to maintain for 15-20 minutes. For best results, practice the meditation right before engaging in creative work, brainstorming or other activities that require problem-solving. You can also take a meditation break when you are feeling stuck or blocked in your creative process. If you're experimenting with

multiple meditation techniques, keep a meditation journal to track which practices evoke the most conducive mental and emotional states for engaging in creative work.

Research shows that prior meditation experience has no significant effect on one's ability to activate divergent thinking, so if you want to try meditation for creativity, there's no better time to start than now! The more we engage our creativity, the more familiar and accessible it becomes.





6 ARTFUL THINGS TO ADD INSPIRATION TO YOUR YOGA

.....

BY TIMOTHY BURGIN

After you've been practicing yoga for some time, you start to find favorite poses and sequences that make you feel good and come back to them time and time again. While there's nothing wrong with picking favorites, repeating the same poses each practice might

start to feel dull and monotonous, and land you in a rut: the dreaded yoga burnout. If you are a yoga teacher or have a [home yoga practice](#), avoiding or minimizing yoga burnout is especially important. I've found that the most effective way to keep my



spirits lifted and stay inspired to practice yoga is to surround myself with visual inspiration. Infuse your practice space with artistic and spiritual elements that inspire you, like altars, intention cards, artistic yoga mats or rugs, mala beads, crystals, and yantras.

When infusing your space with artistic elements, choose colors and materials that evoke the mood you want to create in your practice. Don't feel like you need to decorate it all at once, either.

Take your time and add pieces at your own pace, always remembering that just like you, your space is a work in progress.

1. Create a yoga and meditation altar

Temples and shrines use altars, statues, and other artworks to invoke feelings of awe and devotion. You can activate a similar emotional state in your own home or yoga practice room by creating a simple tabletop altar. The act of creating and



maintaining an altar is a form of [bhakti yoga](#) and can be very soothing and meditative in itself. Once your yoga altar is set up, it can be your focal point for prayer, expressing gratitude, and setting intentions, as well as a visual reminder of the goals of your practice.

2. Choose and display intention cards

Working with intention cards is a simple yet powerful way to clarify the goals and purpose of your practice. Selecting one or more intention cards before you practice, then displaying them on your altar, on a nearby table or windowsill, or at the top of your yoga mat can remind you to stay aligned with your higher goals.

There are many [beautiful yoga card decks](#) you can purchase, or if you have a crafty side, try creating your own!

3. Use or make an artistic yoga mat

Adding inspirational visual elements to your [yoga mat](#) or practice rug is another great way to energize your yoga practice. If you're feeling uninspired in your practice, consider purchasing a yoga mat with designs printed on it next time you shop for a new one. If you've got a crafty side, a thriftier option is to modify your existing mat with an inspiring quote or some artwork—perhaps a mandala—using acrylic paint or fabric markers.

4. Wear some mala beads

Wearing and using a set of [mala prayer beads](#) is a great way to be reminded of the intentions, goals, and benefits of your yoga and meditation practice throughout the day. Place your beads at the top of your yoga mat when you practice asana as a visual reminder of your intentions, or count them as a way to focus your attention as you meditate. The energetic properties of the material of the beads, like wood, seed, or gemstones, can also transmit good energy to the surrounding environment.

5. Set up a crystal grid

A crystal grid combines the beauty and magic of crystals and gemstones with the power of sacred geometry. Since crystals and gemstones are known to radiate specific healing vibrations and spiritual energies, skillfully setting up a geometric arrangement of crystals will be more powerful than using a single stone or crystal. Placing a crystal grid at the top of your yoga mat,

on your altar, or another nearby flat surface is an amazing ritual for focusing your mind and invoking your intentions. You can also create a crystal grid that surrounds your entire yoga mat, making the crystals accessible to place on your body during Shavasana.

6. Display a yantra

A Yantra is the yogic equivalent of the Buddhist Mandala. Yantra translates as ‘machine’ and is made from geometric arrangements of triangles, squares, circles, and lotus petals to symbolize a specific mantra or deity. Yantras are used as a point of focus for meditation, so place them in your yoga room to create a powerful drishti (focal point) for your asana practice.

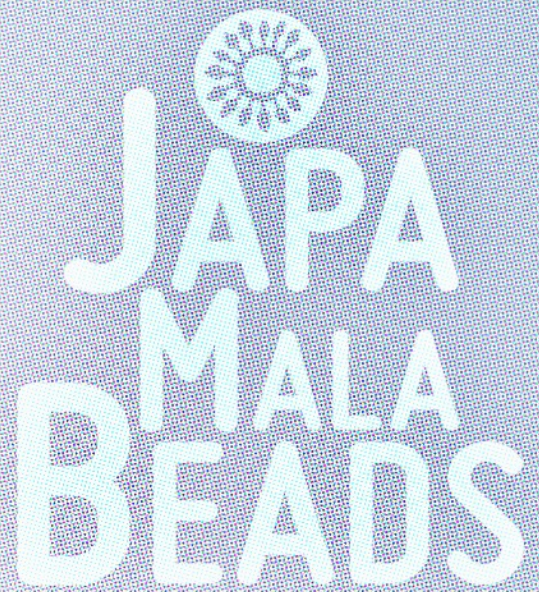

In addition to the spiritual reminders and symbolic meanings of altars, crystals, yantras, and more, sometimes just a small change in environment can reignite your practice. Keeping something beautiful in view might just be the prompt you need to see your inner beauty.



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THE BEST GEMSTONES FOR BOOSTING CREATIVITY

.....
BY TIMOTHY BURGIN

For thousands of years, ancient civilizations have used gemstones and crystals to release the blockages and imbalances of the four energetic bodies (mental, physical, emotional and spiritual). Since they come from deep within the Earth, when the crystals come

in contact with your body, they help you connect to the healing energy of the planet, leaving you feeling more relaxed and balanced. Each crystal has unique properties and energies to look after different aspects of your life. Below is a list of the best crystals I've found to

increase and cultivate creativity and inspiration.

Garnet

To strengthen your creative process, try and associate yourself with garnet, which is encouraging to boosting vital energy and activating the materialization ability. You can wear garnet on your body or have it near your office desk.

Garnet is a protective stone, highly re-energizing and regenerating, and very useful in crisis and trauma situations. It helps promotes business success. It eliminates inhibitions, taboos and obsolete or destructive ideas. Do not hesitate to hold it in your hand as long as you want and do not forget to purify it with water after use.

Labradorite

The labradorite can also be of great use when you are faced with a situation that requires you to find creative solutions to a problem. The labradorite stimulates creative thinking and

can also help you make the right decisions.

Sapphire

The Sapphire is beneficial to the entire nervous system and calm particular nervousness. It is a stone that brings clear intelligence and purifies. It is often called the "stone of the wise". It brings peace and inner truth, wisdom and reason.

Turquoise

Turquoise is protective stone, used for lucky charm since the beginning of time. Turquoise



promotes spiritual harmony and increases communication with the physical and the spiritual worlds. It ousts the negative, emotional and environmental energies. It is a stone that instills inner calm, stabilizes mood changes and confers serenity. On a physical level, it strengthens on all levels, is anti-inflammatory, detoxifying and regenerative. The Turquoise gives confidence and firmness to express clearly and succinctly its arguments out loud.

Lapis lazuli

Lapis lazuli is stone for awakening of psychic gifts, mental clarity and creativity. It is protective stone that identifies, blocks and returns psychic attacks. Lapis lazuli harmonizes the physical, emotional and mental planes. It helps dissolves blockages, especially those caused by a lack of communication of emotions and feelings. It is beneficial for treating immune, circulatory, respiratory and ocular disorders. It also alleviates the symptoms of migraines, insomnia, dizziness and depression.

Citrine

Citrine warms, reassures, relaxes, and makes you happy. Citrine helps absorb, transforms, dissolves and anchors negative energy, protecting the environment. Citrine helps bring changes in life towards more prosperity, by placing it in the wealth corner of your home or office. It is excellent for concentration and fight against fatigue. It rouses creativity and promotes personal expression. It as well stimulates digestion and promotes elimination.

Carnelian

It is a powerful energy stone, it stabilizes, motivates and stimulates. It is excellent to find dynamism and vitality. On a psychological level, the carnelian combats negative or morbid thoughts, encourages progress and brings success in all areas. It promotes contacts and relationships by putting forward personal expression and communication. On the emotional level, it protects from external

aggression, removes revolt, anger and heals emotional negativity. It helps make you realize that life can be beautiful and that love is stronger and above all. This stone makes the fearful more bold. It calms anger and arguments.

Azurite

It is the stone that is the greatest source of inspiration. In fact, it allows you to contact plans that are not from here, universes other than the one in which you usually live. This does not mean that your inspiration can not be related to your daily life. This means that, by the action of the stone, you disengage yourself from the energy of ordinary consciousness and enter different fields. This stone connects you immediately (from the grip) with other plans and brings you inspiration.

How to use Crystals and Gemstones for Creativity and Inspiration

1. Keep any of the above crystals and gemstones in your purse, briefcase or pockets. When you are feeling the need for some

creativity or inspiration, reach for the gemstone and lightly touch it or hold it in your hand.

2. Place gemstones on your work desk or on top of the project you feel stuck or challenged with. As you place the stones remember it's healing qualities and think how these properties will bring creativity to your work.

3. Wear a gemstone mala or have a crystal pendant around your neck. When doing so, it will be best to have the creative or inspiring stone hidden from plain view and touching your skin if possible.

4. Practice mantra meditation with a mantra that evokes creativity like "Om Aim Saraswatyai Namaha" and use a calming [gemstone mala necklace](#) to count the mantras 108 times.

5. Place one small gemstone under your pillow. As you go to bed, think about the problem you have to solve and imagine the gemstone will bring you its beneficial influence and the next day the solution to your problem will come up on its own.



LET IT FLOW: THE ART AND SCIENCE OF YOGA SEQUENCING

.....

BY KATHLEEN BRYANT

Traditional yogic texts say there are 84,000 asanas. With infinite possibilities for sequencing a class or practice, it can be hard to know where to start—or stop. The art of sequencing takes you seamlessly

from one asana to the next, but it also helps you transition from everyday concerns to your mat, and take the fruits of your practice with you as you return to daily life. A lucky few seem to be able to

find this flow effortlessly. For the rest of us, it's good to have a plan.

Start by considering your theme or purpose. Are you [working with a health issue](#), [balancing your doshas](#), or building toward an epic asana, such as [Adho Mukha Vrksasana \(Handstand\)](#) or [Hanumanasana \(Seated Splits\)](#)? Perhaps you want to fine-tune your alignment or [explore one of the yamas \(such as ahimsa or non-harming\)](#) through asana.

Whatever your purpose, choose a few key poses that relate to your theme, and gather your props and set a time for your practice. Do this before you start so that you don't have to interrupt your practice to get a blanket or strap, cue your favorite music, or silence your phone.

Simplify sequencing by using a three-part structure, letting it become a container for your creativity. Many teachers say sequencing a class is like telling a story with a beginning, middle and end. Those from a fitness background might sequence in terms of a warm up, workout and

cool down. One teacher I know plans a class like a meal—with [Shavasana \(Corpse Pose\)](#) as dessert. However you choose to frame it, your three-part sequence might look like this:

Part 1: Begin with an OM, a [sankalpa or intention](#) and/or something that delineates your practice time. Connect with your body: Establish the breath and free the joints with [Pawanmuktasana](#) or another [warm-up series](#) as you shift your awareness inward. Tuning in for the first 10-15 minutes of an hour-long practice helps to [prevent injury](#) and ensure that your asana isn't just going through the motions. (If it's been one of those days, you may need more time to tune in, or you may decide that today, preparation is the practice.)

Part 2: Some schools of yoga have very specific asana sequences, but it's okay to leave room for serendipity. Even if you aren't practicing vinyasa, [flow is important to progressing smoothly toward your destination](#)



or theme. Stopping to think “what’s next?” can interrupt your focus, as can jarring shifts from sitting to standing and back. Anyone who’s moved through [Sun Salutations](#) knows that good in-between poses include lunges, Downward-Facing Dog, and [Utkatasana \(Chair Pose\)](#). Some poses flow together naturally: Shoulderstand descends into [Halasana \(Plow Pose\)](#), then releases into [Matsayāsana \(Fish\)](#). But part of the fun of sequencing is discovering fresh combinations, such as [Parighāsana \(Gate Pose\)](#) to [Parivṛtta Janu Sirsasana \(Revolved Head-to-Knee\)](#) or [Hasta Padangusthasana \(Hand to Toe Pose\)](#) to [Virabhadrasana III \(Warrior III\)](#) or [Parivṛtta Ardha Chandrasana \(Revolved Half Moon\)](#).

Take 30–40 minutes for this journey deeper into yourself, incorporating counterposes to move the spine in all directions. The underlying aim is to balance

the heating/cooling qualities of the poses, relating to their effects on the nervous system.

Traditionally, backbends are considered heating, forward bends cooling and twists neutralizing, with forward bends and twists sequenced toward the end of a practice. But some forward bends emphasize abdominal strength and fiery [Manipura \(Third Chakra\)](#), while [a supported backbend can be as relaxing](#) as it is refreshing. When you pay attention to how you practice—with deep awareness and controlled breathing as you enter and exit each asana—you may discover there are heating and cooling aspects within each pose. Always remember: Quality is more important than quantity.

Part 3: “We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time.” T.S. Eliot could have been talking about yoga when he wrote those lines. [A balanced, well-sequenced practice has the](#)

[power to return us to our true home.](#) Savor your time in [Shavasana](#), and consider following it with pranayama or meditation, taking 10-15 minutes to seal your practice. When this feeling of wholeness and peace becomes familiar, it’s easier to return to it at any time, on or off the mat.





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9 INSPIRATIONAL QUOTES ON YOGA AND CREATIVITY

.....

BY TIMOTHY BURGIN

Yoga and creativity both involve expressing and exploring the body, mind, and spirit. They both rely on the mental processes of open-mindedness, awareness, concentration, and introspection. When we engage in these mental processes, our bodies feel open,

our [prana](#)—or energy—flows freely, and our minds are clear, calm, and focused. Because yoga and creativity share these similarities, it makes sense that we might practice a little yoga or [meditation before engaging in creative work](#) to open our minds

and get our energy flowing. But don't take my word for it—plenty of yogis have already discussed the importance of yoga and meditation to the creative process. This list I've compiled of my favorite inspirational yoga quotes is proof!

Our Favorite Inspirational Yoga Quotes for Creativity

Yoga and creativity are both about expansion and stretch.

Courage in the creative process takes us past the edge of our limitations. Beyond that edge are possibilities we reach only when we trust in our ability to expand and be unattached to the results. Breathe in a feeling of courage, breathe out and move past your perceived limits. In yoga, the breath-in lifts us, when we exhale we extend into a new territory. — Jill Badonsky

Each full, deep inhale creates more space in your body and mind. Each long, exhale moves you directly into that space. The deeper you breathe, the more

opens up. It's like opening a door and walking through with each breath. The fuller your breaths the more and more doors open on up, leaving you with the space to walk on in! — Tara Stiles

Yoga is a dance between control and surrender – between pushing and letting go – and when to push and when to let go becomes part of the creative process, part of the open-ended exploration of your being. — Joel Kramer

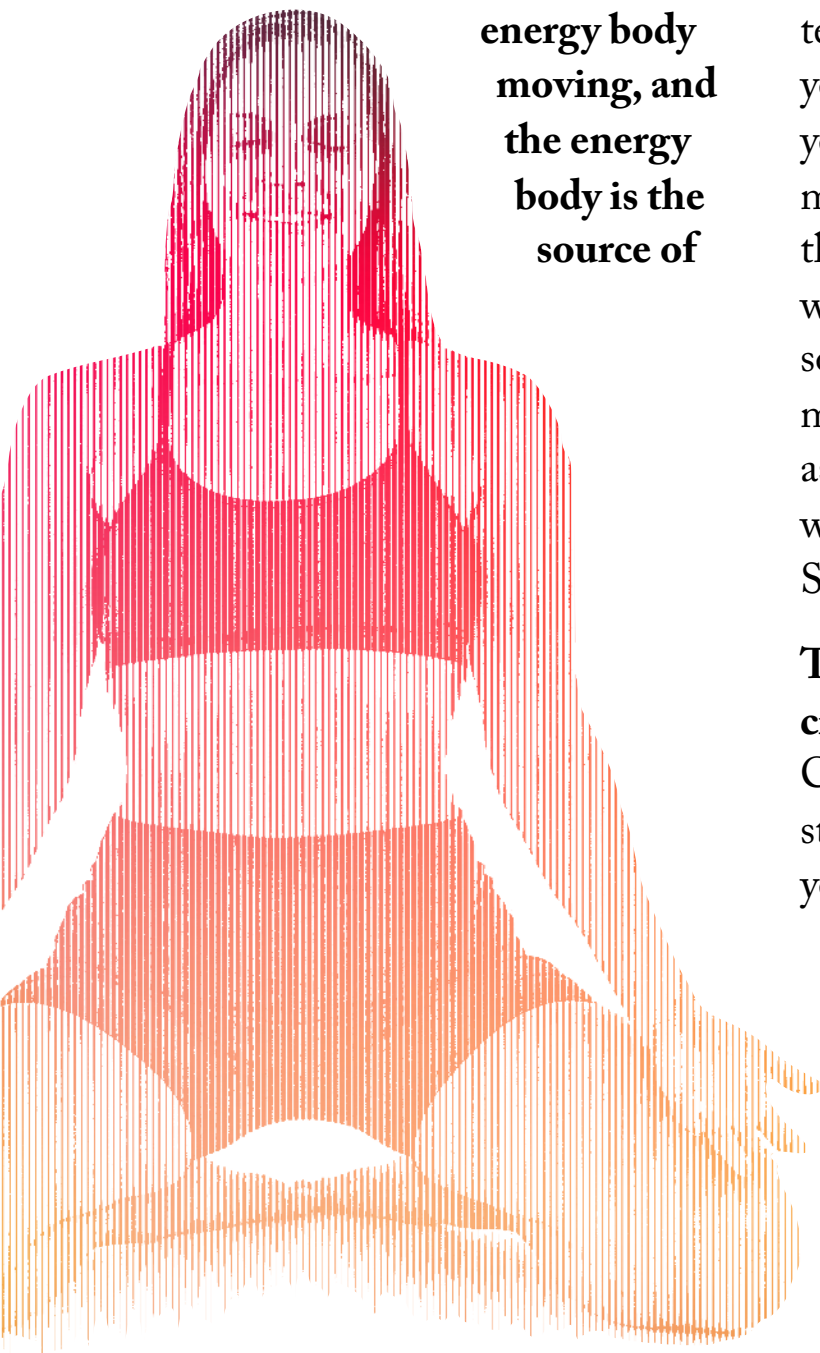
To liberate the potential of your mind, body and soul, you must first expand your imagination.

You see, things are always created twice: first in the workshop of the mind and then, and only then, in reality. I call this process 'blueprinting' because anything you create in your outer world began as a simple blueprint in your inner world. — Robin Sharma

Creativity arises naturally in states of stillness and presence, which can be elusive when we are distracted by daily preoccupations and scattered thoughts. This is

why yoga is such a gift for the artist. When we practice awareness in asana, pranayama, and meditation, we learn to see—and let go of—the distractions of the mind. It is from this place of clear seeing that inspiration springs forth. — Karen Macklin

Yoga gets the energy body moving, and the energy body is the source of



creativity. When we take new and expansive shapes with the body we are influenced to take new and expansive shapes with the mind. — Anne Cushman

Yoga's ultimate intent is to achieve something far deeper and more meaningful than just a better body or less stress and tension. Its ultimate aim is to help you hear your soul's call so that you can be consistently guided to make the best decisions – the ones that serve your highest state of wellbeing. In the process of doing so, you will necessarily be made more whole and act in such a way as to support the larger world of which you are a part. — Rob Stryker

The more I meditate on the creator the more creative I am. Creativity is like an endless stream, always flowing. Thanks to yoga, everyday I feel myself becoming more and more equipped to harness that creative power. — MC Yogi

Headstand is known as “The King of all poses”

because of its incredibly powerful health and energetic benefits, but for me this pose is the “King of Creativity.” Headstand is my savior anytime I’m feeling stuck in the creative process. A block in creativity usually comes from an inability to see your reality from a different angle. Headstand instantly opens a new realm of perspective and possibility and unlocks my creativity in the most magical ways. — Justin Michael Williams

How to Use Inspirational Quotes in Your Yoga Practice

Quotes are a powerful tool to you can use to inspire yourself to action. They encapsulate nuggets of powerful and potent wisdom, often in a poetic or otherwise memorable way. There are several practical ways to incorporate these inspirational quotes in your yoga practice and creative work. Try one or more of the following:

1. Print out the list of quotes and post them wherever you need a

motivational reminder to practice yoga and meditation.

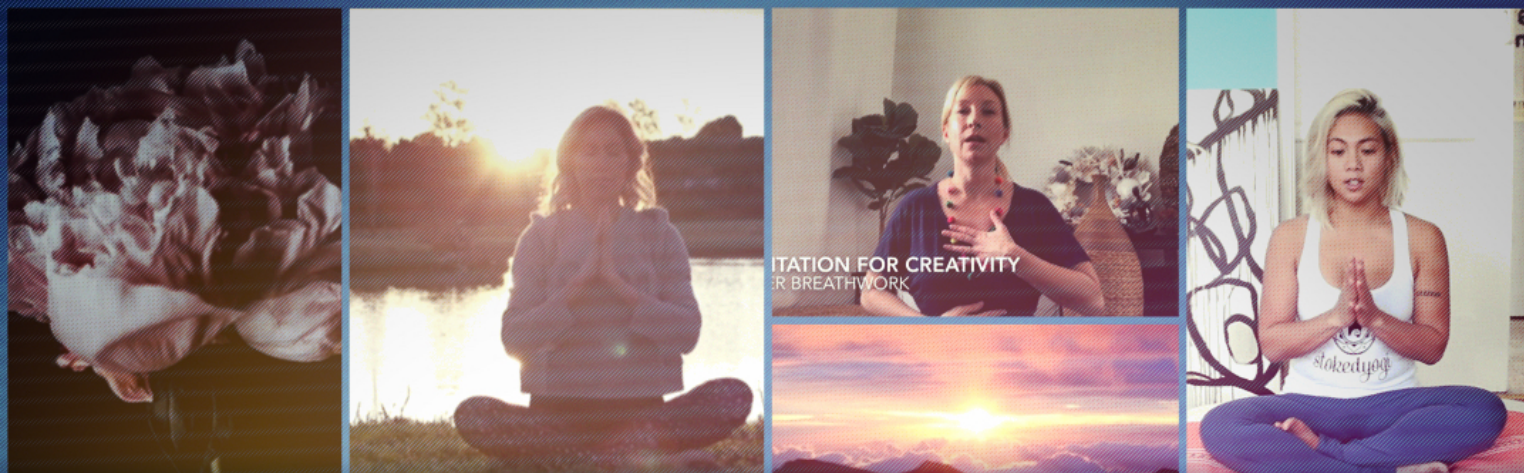
2. Create an intention card or small artwork featuring a quote and place on your [personal altar](#).

3. Share your favorite quotes on social media to [build communal support](#) for your yoga and creative practices.

4. Read one or more quote before you practice yoga or meditation to create an [intention](#) or set the mood for your practice.

5. Use a quote as the seed thought for contemplation or [journaling](#).





Meditation Videos to Boost Your Creativity



9 GREAT MEDITATION VIDEOS TO BOOST YOUR CREATIVITY

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BY TIMOTHY BURGIN

Meditation is a powerful and effective practice to [enhance and boost your creative capacity](#). While there are many different approaches to meditation for creativity, those with more visual minds may favor guided meditations, which paint vivid

mental images that are easy to focus on. With this in mind, we have collected the nine best free creativity meditation videos. Our picks cover a spectrum of guided meditation techniques, including breathwork, chanting, chakra visualization, and drawing. Which



meditation do you think will boost your creativity the most? We guess you'll have to try them all to find out!

Meditation for Creativity & Focus with Jazz

This breath-based guided meditation is sure to awaken your inner artist! Jazz begins the video with a short talk and then moves into a meditation meant to help you overcome fear and resistance and seize the opportunity to move forward with creative work. The 13-minute meditation ends with a

few minutes of gentle yoga stretching and simple movement.

Meditation for Creativity by Rebekah Borucki

This 10-minute meditation focuses on giving you the inspiration to follow your curiosity and spark your imagination. Rebekah's instruction focuses on slow, deep breathing and is complemented by the ample spaciousness between her verbal prompts. This meditation will help you acknowledge the value of your voice and embrace the worthiness of your actions.



breathing exercise and guided meditation to help you release negativity, judgment and self-doubt. In the second half, Eileen teaches a simple calming breath to guide you to create an internal space filled with love, joy, and peace where inspiration and new ideas can grow.

Guided Meditation for Creativity and Focus by Jen Edds

This 10-minute practice uses a 4-4-4-4 breathing pattern (inhale, hold, exhale, and hold for four counts each) in combination with sensory awareness, visualization, and affirmation. Jen invites you to visualize your creative center as a spark in your belly and finishes the meditation warmly by repeating a single affirmation several times.

Guided Breathwork Meditation for Creativity by Eileen Fein

The first half of this 13-minute video uses a heart and belly

Chakra Meditation for Sensuality and Creativity by Shaffali

This quick and cute 3-minute meditation video gives instruction on chanting the second chakra bija mantra to unblock restrictions and to free up your energy. Opening the second chakra will help you express your sexuality and creativity more freely.

Mindfulness Drawing Meditation by Catherine

This is a fun instructional video that leads you on the meditative journey of drawing an improvised



mandala. As you draw along with the video you'll experience mindfulness, deep breathing and contemplation. Use any art materials you have on hand, and in just 13 minutes you will have created a beautiful and expressive piece of artwork that's perfect for [displaying on your altar](#) or in your yoga space.

Creativity Meditation by Chelsea Pottenger

This 5-minute video uses a simple and straightforward guided meditation to help you visualize a warm light energy inside yourself.

You'll experience this energy expanding from your third eye center to the rest of your body, then outwards into the space around you.

Guided Meditation: Invoking Your True Creative Self

This meditation begins with progressive relaxation to reduce stress and then guides you to contemplate your values and passions.

This deep 22-minute exploration encourages you to visualize yourself removing the obstacles and barriers that are preventing you from being creative.

Guided Meditation to Activate Creativity by Caren Baginski

This 5-minute video uses a guided visualization of the Sacral Chakra to encourage and empower you to bring your creative ideas and desires into the world. The meditation focuses on deep relaxation and getting you "in the flow" to activate your creativity.



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Our deepest desire and wish is to make the world a better place. Our highest goal is to remove the suffering, misery and unhappiness of the people of the world, and to remove the causes of this suffering. We are here to serve, in our highest capacity, to spread the knowledge and wisdom of the ancient path of yoga to all who desire these tools. We pray that our work helps others to learn, grow and develop spiritually, physically and mentally. May peace, love and joy reside in the hearts of all.

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