

## Nine Ways to Nurture Creative Ideas

1. Act as if you are very creative. Think that you are amazingly creative. Imagine that you are about as creative as the most creative person in the world.
2. Since you are so creative, sit down or go for a walk and ask yourself to come up with a creative idea for some project that stirs your passion. Alternate taking seven deep breaths and posing a request for a wonderful idea as you relax or walk in nature. Let the ideas arrive spontaneously.
3. Celebrate.
4. If you want more ideas, ask for three creative images and three creative ideas. Then, complete a Centering Exercise.

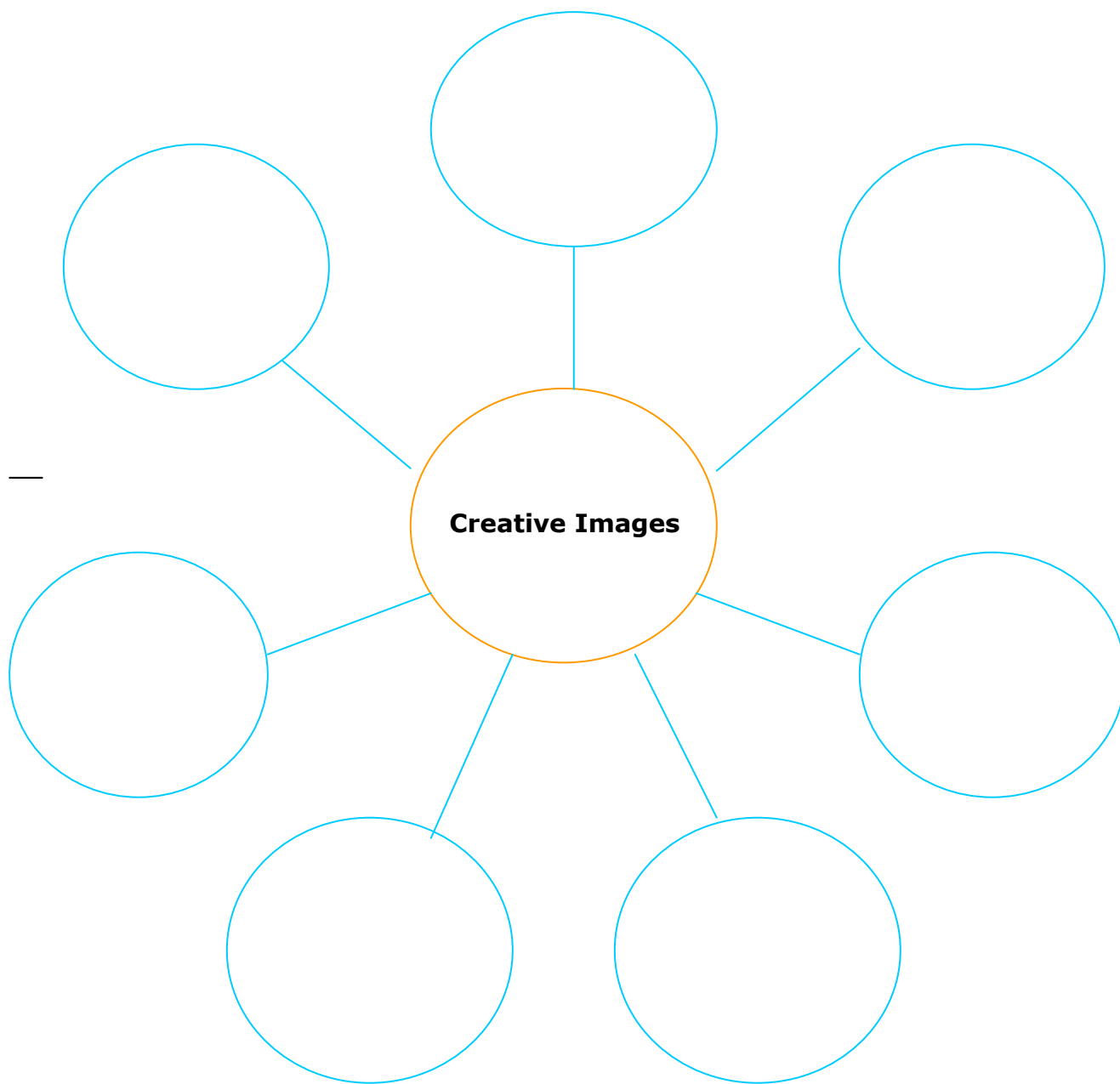
### Centering Exercise

To encourage intuitive receptivity, close your eyes and relax your face, tongue, and toes . . . Stretch your arms above your head . . . horizontally, and toward your feet. Next, take seven, deep breaths while imagining a color and a sound that make you feel both relaxed and alert. Then picture a beautiful scene from nature—Include three favorite flowers, water, and something beautiful that is moving in the sky. Take three deep breaths and repeat all three stretches.

5. Ask for three creative images—again. Count backwards from ten to one, or count rapidly backwards from any number in seven's. Then, fill Mind-Map A on the next page with the images—don't judge ANY of your drawings.
6. Affirm that you want several creative ideas. Multiply in sevens, several times. Then, fill Mind-Map B with brief descriptions of all the ideas that occur to you—don't judge ANY of your ideas.
7. Ask a [Dream Incubation Question](#) about your project.
8. Ask one or more persons for their wonderful ideas after they do some physical exercise for about three minutes. Synergy! Then ask them to complete Mind-Map C with **ideas** and **drawings**. Don't judge their ideas either.
9. Combine the ideas that seem to “dance well” together. And let some dance solo.

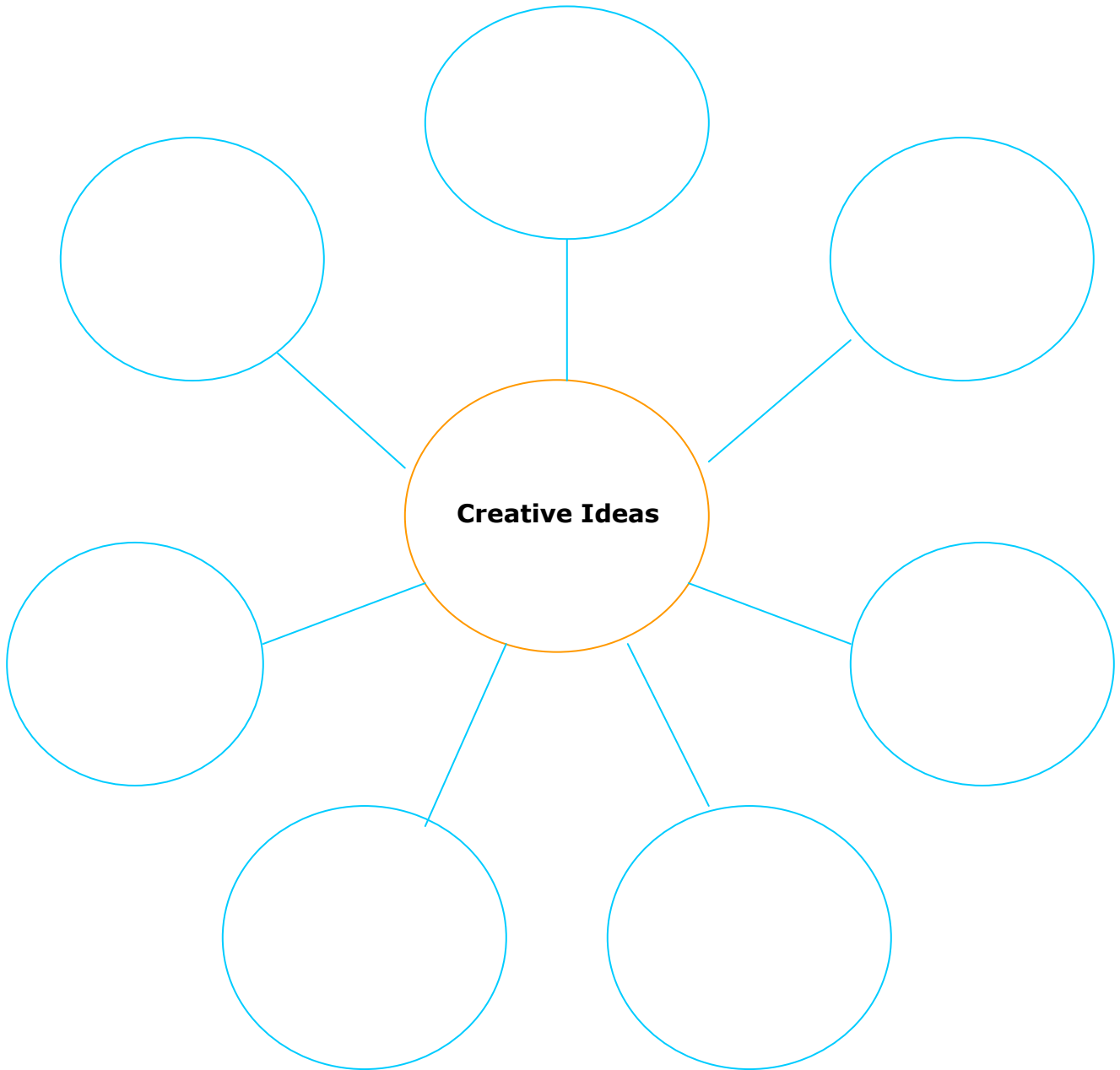
## Mind-Map A

Drawings of Creative Images



## Mind-Map B

Descriptions of Creative Ideas



## Mind-Map C

