



A Mini Mindfulness Guide

For Creative People



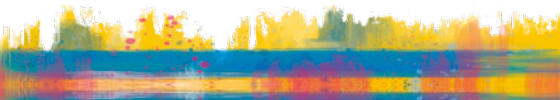
Sita Brand

Are you a creative person?

If yes, then carry on reading.

I've put this guide together to let you in on some amazing tips to help you reach your creative potential.

I'm Sita Brand, Director of arts charity Settle Stories. I've also been a mindfulness practitioner for over 30 years. With a foot in both creative and Buddhist worlds I've had a rare opportunity and insight into how, by applying mindfulness to any creative practice, you can transform creativity.

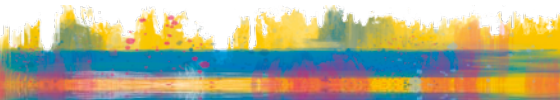




We all suffer from creative blocks...

Sometimes you can try and try but creativity doesn't flow. You know what I mean? When you can't get in the 'zone'.

This guide will introduce you to how to overcome creative blocks using mindfulness as a way through.



What is mindfulness?

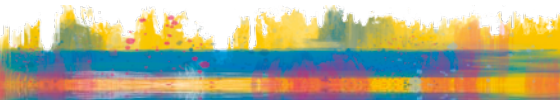
Everybody seems to be talking about it these days. Which is awesome. But do you really know what mindfulness is?

Quite simply, in a world full of stimulus and distraction, mindfulness is a way of calming the mind and being present to what is happening both in and around us.

How does applying mindfulness to creativity work?

It's simple. The practice of mindfulness teaches us to focus. This enables us to decide what we really want to say creatively.

When we calm the mind we allow divergent thinking to take place. New connections between concepts / ideas, including creative ones, can now emerge. Metaphorically, we create space within ourselves. This allows us to incubate creative ideas.



So the next time you want to develop your creative ideas, rather than think too hard, stop...

Rest.

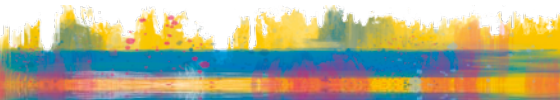
Observe your breath.

Check out the research on how mindfulness improves creativity by viewing the link below.

settlestories.org.uk/mindfulness

In brief, mindfulness can:

- Improve divergent thinking
- Improve mood and enhance thinking
- Reduce habitual conceptual processes



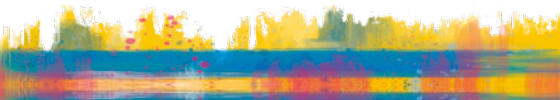


“In an age of speed, I began to think, nothing could be more invigorating than going slow.

In an age of distraction, nothing can feel more luxurious than paying attention. And, in an age of constant movement, nothing is more urgent than sitting still.”

Pico Iyer

The Art of Stillness: Adventures in Going Nowhere



Try it for yourself

Exercise “In-Out” developed by Zen Master Thich Nhat Hanh.

Focus on your breath and say to yourself.

- Breathing in, I calm my body
- Breathing out, I smile

Do this for 5 minutes.

What do you notice?

Colour Walk

Sit quietly for a few minutes and practice the “In-Out” meditation.

Choose a colour and then go for a short, mindful walk.

Notice in particular the colour you have chosen, and where and how it manifests in the world.

When you return write or draw your experience.



Create a Mind Jar

Take a glass jam jar.

Add a cup of hot water to 1-2 tablespoon of glitter, then add glue.

Shake until the glue dissolves.

Add a food colouring of your choice.

Shake the jar and watch the glitter fall.

Can you see an image?

Write or draw what you see.



Draw in the dark

When you can not judge what you draw,
stop worrying about making it right.

This can be very liberating.



Reflect on your experience

Put a note to yourself in your diary now and try these exercises again in one month.

Has anything changed?

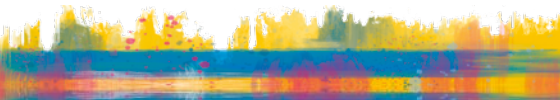


“We can more easily access our creativity if we practise mindfulness because it enables us to bypass our rational, everyday mind.

When we access a deeper, clearer space within us, then the ‘mysterious’ process of creativity can manifest more easily.”

Pete Armstrong

Writing from a deeper place



Begin your journey now

At Settle Stories I run retreats and workshops together with artists I trust. These events will help you explore mindfulness and creativity in more depth. This is a chance to step out of your everyday life and into a place of reflection in the stunning Yorkshire Dales.

If you can't join us in person, let's meet online. We run courses to give you the tools to transform your inner world into a place of wholeness, creativity and ease.



Book Now

settlestories.org.uk/mindfulness

**A Mini Mindfulness Guide - Packed with
handy hints and tips to try out at home.**



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