

## Creative Process - Audio Transcript

So I sat down this afternoon to create content. No, it's part of business. Blogs, newsletters, celebration posts, videos, teaching.

And I found that I was supposed to be preparing this content. I was supposed to be doing it, getting it done before I headed off for holiday. And I was not feeling enthusiastic about it.

Now, that got my attention because it's not that I don't have ideas. In fact, if anything, I have the opposite issue. I have more ideas than I know what to do with.

I see ideas everywhere. I see teaching everywhere. Every single conversation I have with anybody sparks an insight that I really want to share.

I walk around my recent backyard renovation and there are metaphors all over the place. A discussion that we have in our Engage graduate program. It all turns into a new understanding.

All these moments in my life just suddenly become lessons that I want to share with therapists and coaches and wellness practitioners. So the ideas aren't the issues. The issue for me is that I see the spark.

I recognize the value. And then I say to myself, oh my gosh, that's a really, really good blog. And I write the idea down in a journal.

And then I say, I'll come back to it later. And then six more sparks arrive. And before long, I've got this journal vault full of ideas.

But little of it has made its way out into the world. And so I sat there with myself and took a moment to reflect on this. And so I realized that my creativity operates on a spark schedule, not on a production schedule.

So some weeks I have 12 ideas and then some weeks I don't have any ideas. And some weeks I want to spend an afternoon sitting in the sunshine and preparing an Engage master class or just simply enjoying my life. So what I began to see was that I was trying to organize me, a living system, as though it was a machine.

And suddenly I laughed because this is exactly the kind of thing that we talk about in Conscious EFT all the time. So how often do we do this to ourselves? We create systems that look perfectly logical on paper. We create rules and we create schedules and expectations and targets.

And then we wonder why we don't follow through. And then we call it resistance. And we assume that we need more discipline or more motivation or more productivity.

But sometimes the issue isn't that the living system is failing. Sometimes the issue is that the system we've created doesn't fit the nature of the living system we're trying to support. So in Conscious EFT we often say that the nervous system is always giving us information.



The body is always moving in the direction of the signals it is receiving now. To say that a different way, it's like we are a living system that is always communicating. The question is whether we're listening.

So my creativity wasn't broken. It was giving me information. It was telling me how it actually works.

The challenge for me wasn't getting more disciplined. The challenge was listening. And so that has me wondering for you, as well as for me, where in our lives might we be trying to force ourselves into a system that looks good on paper.

Maybe even some expert told us this is the best way to do this. But it doesn't actually fit the living system that we are. And so perhaps the answer isn't to push harder or to condemn ourselves for not being air quotes successful with the system.

But perhaps the answer is to become more curious about what your own living system has been trying to tell you all along. Take good care. Bye for now.

