

Jaime Pfeffer's Release to Flow Toolkit for Creative People

Is your creativity stuck in a rut? Do you have writer's block? You're not alone! Whether you've been staring at a blank page for minutes or days, the dreaded block can seem debilitating, and further squelch creativity, especially if a deadline is looming. Luckily, there are ways out! Here, I detail a few of the practices that have worked well for me in moving past a lull and spurring on creativity! I use these for my writing, but these exercises will work for spurring any type of creativity! Test them all or just a few and watch as creativity flows in!

Author hours -- set a designated time slot every day to go to your computer and write! Even if you have nothing to say, just write! If there is nothing coming to your mind, then write: "Blah, blah, blah, I can't think of anything ... " Accountability tip: pair up with a writing buddy and email each other daily to keep yourselves accountable! Or, print out a blank calendar page, tape it to your refrigerator, and put a checkmark or smiley face on each day that you write for an hour! :)

Morning pages -- for this exercise, you need a notebook, a pen, a timer and five minutes to write! Do this activity as soon as you can after you wake up in the morning. Set the timer for five minutes, and begin writing about whatever comes to mind. This may come as single words, phrases or complete sentences. Do not try to control it; just write until the timer goes off!

Surrender Box -- This simple, powerful tool helps clear out all those worries, stresses and concerns to make space for Divine inspiration to flow in! Begin by selecting a box -- an old shoebox, a facial tissue box or a printed shoe box from a craft supply store, or create something of your own! Leave it plain, decorate it -- the possibilities are endless and entirely up to you! Next, grab a pad of paper and a pen and prepare to release! Write down anything that is "renting space in your head for free"; for me, that is anything that has been in my head for more than five minutes! That thank you note that has been plaguing you? Put it in the box. That critical voice that has been saying you should have called your mother yesterday? Write it down and put it in the box. The comment your coworker made about your new haircut? In the box. After you've written it down, fold the paper up and drop it in the box! That's it!

Out and about and want to use your surrender box? Consider keeping a small notebook and a pen in your purse, and using a public trash can as a surrender box stand-in! I even have a virtual surrender box, which is an email address I use but never check.

Clutter clearing -- Clutter clearing is another wonderful way to release things and make way for the new! While spring cleaning or multi-day clear-outs are fantastic and wonderful once or twice a year, mini-clutter-clearing sessions -- 10-15 minutes once every other week -- are highly effective, too! Set a timer and spend the time clearing out all that extra stuff that has accumulated on your kitchen counter, or grab a garbage bag and go through your closet, pulling out anything that you haven't worn in a year or have no future use for. If you are a woman, consider clearing out your purse from time to time. Our environments mirror of our thoughts, so it makes sense that even spending a small amount of time clearing clutter can tremendously clear our minds!

Meditation -- If you are a seasoned meditator, you probably already know about the tremendous benefits of this ancient practice, which stops the mind's thoughts and makes space for the Divine to come in. If you are not meditating yet, don't worry; there are many methods to choose from and, with a little exploration, you will find just the right method for you! The simplest form of meditation involves sitting silently, closing your eyes and noticing the breath. Five minutes is a great place to start. In time, increase your time to ten or fifteen minutes. If the silence route doesn't click for you, try a guided meditation from an author like Jennifer Grace.

Yoga -- If you're feeling stuck or low, grab a mat and hit your local yoga studio! While those downward dogs and crescent poses are a terrific form of exercise, yoga also helps align the body, mind and soul and is an excellent method of releasing pent-up feelings and emotions! Do a mental/emotional/physical check-in the next time you do yoga, paying attention to where you are before the class compared to where you are after. I think you will notice a definite lightness at the end of the class!

Massage -- Massage is a beautiful present to give yourself and a wonderful toxin-release! Even a basic Swedish massage gets things going and initiates release, while cranio-sacral and other forms of energy-healing will likely give greater emotional results. Experiment to see which works best for you!