



10.5 TIPS TO ACCESS  
CREATIVE FLOW

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# 10.5 TIPS TO TRANSCEND CREATIVE BLOCKS AND FIND YOUR FLOW

FOR WRITERS AND  
CREATIVES WHO WANT TO  
MAKE A DIFFERENCE IN THE  
WORLD

DEBRA MOFFITT

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# 10.5 TIPS TO ACCESS CREATIVE FLOW

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**Creativity is the best thing ever.  
It's free. It's energizing.  
It's playful, and  
it comes from inside of you!**

**Here are ten of my tips to  
ditch the blocks and stay in the  
creative zone every day.**



## 10. Spontaneity!

### **Give yourself permission to go off script!**

Sticking to a regular routine can be good for discipline, but within the routine try something different. Allow yourself to say something you normally wouldn't (if it's kind). Allow your hips to sway to that song in the supermarket aisle. Let your finger tips touch the tree bark as you walk to work. See if you can find something funny about a seemingly stressful situation.

## 9. Get Moving!



Moving the body through sports, walking, dance, especially Nia Dance, is a great way to get your creative energy flowing. It moves us out of the head and gives us a sensation of being fully embodied. Once the body's had a good run or dance or sex, it's easier to settle into focused, creative time.

# 8. Connect with Emotions

This is a biggie for creatives – for anyone really. **Emotions are packed with creative energy.** If we disconnect from our emotional life, it's not only harder to feel if we're going in the right direction with our work, it's also harder to create something with impact. I know it's not always going to be comfortable, but it will be real and it's only by acknowledging emotions as they arise that we can use the messages they bring. Hint: The Latin root of the word "emotion" means "to move" – so when those emotions are stuck inside and not moving out in healthy, creative ways they get in the way and some say they can even cause illness.



**Your Turn:**

**Take a moment and list some of the things that get your creative energies flowing:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# 7. Play!

Play opens up and expands creative energy. Perfectionism kills it. Invite in fun. Love your creativity enough to let it be what it is – whether you're working on a character sketch, writing a novel, or finger painting, allow the words and images to emerge and take shape on the page or canvas. As a writer, believe me, you can't rewrite and polish something that has never been written.



**What creative activity did you love to do when you were younger, but don't do anymore?**

## 6. Meditate for Creative Inspiration

**Meditation is the number one way to fuel creativity.** It develops focus, concentration, and self-awareness. It also gives you access to other states of being and other parts of your mind and brain (no, they're not the same thing!) If you commit to a daily meditation practice, your creative well of energy will always be full. It's the best and fastest way to develop your creative inspiration.



Meditation is a practical, helpful tool that contributes directly to quality of life. With patience and regular practice, it helps to defragment us and bring the mind home.  
– Debra Moffitt from *Awake in the World*

## 5. Pay Attention to Dreams

Many artists, writers, inventors, and entrepreneurs use dreams for guidance and to get information. Working with dreams is one of the most exciting and creative things we can do. Dreams are a gold mine that offer up guidance. Numerous inventions and works of art were inspired by dreams. The solution to how to create the modern sewing machine came to Elias Howe in a dream. Stephen King dreamed the setup for his book, *Misery* which became a film. And Sue Monk Kidd dreamed the ending to her bestselling book, *The Secret Life of Bees*.





## 4. Develop Creative Self-Confidence

**As children we trust our creativity and draw inspired stick figures or write fantasy stories just for fun.**

Creating is a pleasure. Until one day an adult says something that judges what we created. And we feel that energy of judgment pierce our hearts and allow it to kill our creative confidence. We look outside ourselves for approval and recognition – and to see if we’re doing it right. But **creative self-confidence comes from listening to and trusting your inner voice and creative impulse.**

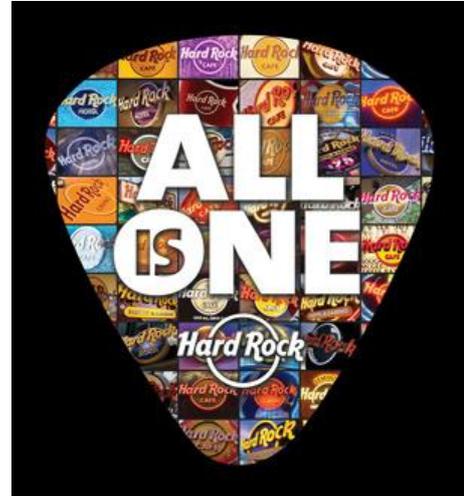


**The above pic is of an art installation of colorful umbrellas in the downtown center of Chiasso, Switzerland in 2016.** It extended for several blocks through the town and looked exquisitely playful on a sunny day. Imagine the creative self-confidence it took on the part of the artist to put this into the world and realize it.



## 3. Align with Your Values

**Values help you to access and concentrate your creative power and energy.** When you're clear about what you value, you can actively work to align your creative energy with projects that fit you. Values are like a compass. They keep you headed in the right direction. They also make decision making easy about what projects and ideas to pursue and which ones to drop. One of my favorite examples is founder of the iconic Hard Rock Café, Isaac Tigrett. His motto, "Love all, serve all" was the foundation of the business, and it shows up on t-shirts worldwide. If you'd like to hear more about Isaac's values first hand, listen in to my [Divinely Inspired Living interview](#) with him archived on UnityFM or iTunes.



### Your Values Work Sheet

Take a moment and reflect on 3 values that you feel most drawn to explore right now.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

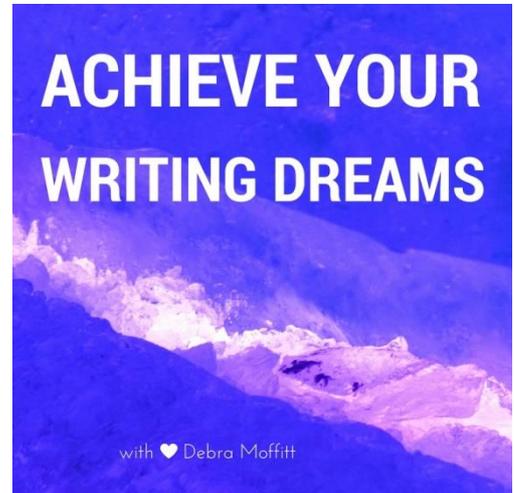
## 2. Diet Matters

**Food impacts the quality of what you create. The word "ate" is inside "create"** and if you're addicted to junk food packed with sugars (natural or processed) it will put you on a rollercoaster of highs and lows. Even "natural" health bars and "health" foods are often packed with sugars that send blood sugar soaring and your brain into high gear. While you may get a burst of energy, it will be followed by a crash and a need to pump up with more sugar, caffeine, tea, etc. The best diet brings even blood sugar levels. Check out J.J. Virgin's "The Virgin Diet" for the science behind it. With well balanced nutrition and low glycemic index foods, you'll be set for a well-paced creative mind and greater mental clarity.

# 1. Clarify Your Vision

“When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid.”  
— Audre Lorde

Visions come from a deeper, more soulful place and are less guided by personal desires and will. Meditation or quiet times are the best moments to connect with that inner vision of the unique contribution you aim to make to the world to make it a better place. **Many of us have a vision for a better world. We see things and believe that we can help to make a difference and create a better way.** I love to do this through writing, and I love the way people have written to me from as far away as Tasmania, Los Angeles, and Mexico to say my books have made a difference in their lives. You may be yearning to share your stories to help others too. **What’s stopping you?**



“Your vision will become clear only when you look into your heart. Who looks outside, dreams. Who looks inside, awakens. – C. G. Jung

## 0.5 Your Invitation to Create

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**t’s your turn to kick it into gear and start creating.** A lot of us have forgotten how or don’t know where to start. A book project seems like such a huge undertaking, but with guidance it’s simple to accomplish, one step at a time.

**I work with writers and creatives from conception to completion of your project. If you’re ready to move to the next level apply for a free 30 minute strategy session to find out if one-on-one work could be right for you. Contact me at [dm@debramoffitt.com](mailto:dm@debramoffitt.com).**



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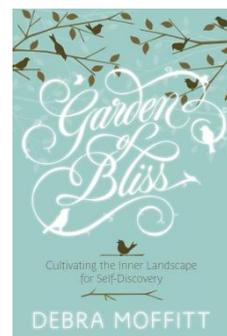
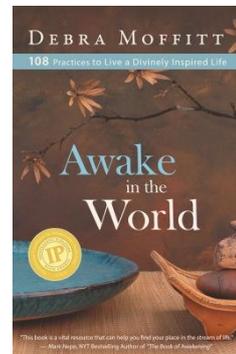
# About Debra Moffitt

"Debra is a gentle teacher who offers water for the spiritually thirsty." —Mark Nepo, author of *Inside the Miracle* and *The Book of Awakening* — Mark Nepo

## About Debra Moffitt

Debra Moffitt is an author who leads workshops and retreats on writing, creativity, and spirituality in the United States and worldwide. She teaches at the Sophia Institute in Charleston, SC and the Esalen Institute in Big Sur, California. Her writings have appeared in publications around the world. She is the author of the award-winning books, *Awake in the World*, *Garden of Bliss*, and *Riviera Stories* which are translated into Spanish, French, and other languages. Debra's Divinely Inspired Living Radio Show airs weekly on Unity FM and is archived on iTunes. Guests include international best selling authors from around the world.

Her blogs have appeared on Beliefnet.com and Intentblog.com. Debra worked in international business until she felt a deeper calling to write. Her annual French Alps Retreat has been considered one of The Write Life's "Incredible Writing Retreats to Attend" for several years in a row. In addition to English, Debra speaks and writes in French and Italian. Her writing is deeply influenced by her travels. Find out more about Debra's books and awards here.



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