



HEART CENTERED PRINCIPLES,
SPIRIT BASED PRACTICES and
SIMPLE ACTION STEPS

for

Leading a

Wildly Creative, Deeply Authentic and
Magically Intuitive Life

by

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WELCOME!

A big warm HELLO to my fellow wild hearted creative traveler! Thank you for downloading this little gift that I created for you.

What it contains are some wise and wacky tips as well as creative strategies that I employ on a regular basis to help keep my creative juices flowing. I have organized this booklet into Principles, practices and strategies that will hopefully help you to think about your creative life in some fresh and imaginative ways.

My other wish is to offer you some guidance, direction, inspiration and the SUPPORT to take a few risks in the service of keeping your creativity and your general sense of open hearted aliveness full of sparkly zest and the best kind of passionate intensity.

Plus I also just want you to have more fun!

Of course there are way more than 7 Heart Centered Principles to keep your creativity alive and kicking. It's just that I had to stop somewhere.

And these are some of my favorites.

So enjoy.... and I would LOVE to know if you have any feedback or experiences to share that were sparked by these creative suggestions and recommendations.

My final prayer for you is to invite the creativity goddess to open your heart, quiet your mind, shower you with abundance and bring you more love, peace and joy than you could even possibly begin to imagine.

From My Wild Heart To Yours,

Chris



THE PRINCIPLE: Being well behaved is highly overrated. Having access to your one of a kind, unique creative spirit is directly related to your willingness to be a joyful rule breaker, an enthusiastic rebel and a creative revolutionary.

Any time you hear the words "should", "supposed to" or "ought to" go through your head it means that you're on the very slippery slope of trying to stay out of trouble by acting in ways that you think will get you the most acceptance. Doing what is expected and approved of might make you feel safe. But you are actually entering very dangerous territory if what you want is a life of wild hearted creativity. Being constrained by the fear of what other people might think about you puts your creative juiciness in a steel box and THEN throws away the key.

THE PRACTICE: The next time you are engaged in a creative project, and you feel the shoulds wrapping themselves too tightly around your soul, ask yourself these questions: "What is the rule I am convinced I must follow? Who am I trying to please? How am I playing it too safe?"

THE ACTION STEP: Once you have spotted the approval seeking culprit try doing the exact opposite of what it or they are telling you. Break whatever rule has got you mesmerized. If the rule-based voice is telling you that you **MUST** be serious and sensible see what happens if you take the risk to be as weird and goofy as you can possibly imagine. If you're oppressing yourself with the beauty mandate, throw off the chains by inviting ugliness to dance with you. If you are feeling restricted by the need for order, try dipping your toe into the unpredictable uncertainty of mess and chaos.



THE PRINCIPLE: Let your feelings and your heart lead the way. When in doubt always, always do EXACTLY what it is that you want.

We learn the lesson early on that our feelings are not to be trusted. We are automatically questioning and suspicious of our most tender longings. But our emotions are the things that drive the engine of our true and essential self. Those stirrings of desire that we feel in our bodies and being are the breadcrumbs on the path through the forested wilderness of our inner lands that will lead us to our greatest happiness and fulfillment.

THE PRACTICE: Make a list of all your hearts wishes and hungers. Hold nothing back. Write them down, draw them, dance them, sing them, say them, create a collage. Now take a few moments to simply sit with that experience of wanting. Explore and examine how it feels in your body. Make space for the vulnerability of yearning.

THE ACTION STEP: Choose one of the things on your list and then actually GIVE it to yourself. Bring it out of the realm of possibility and into the world of manifestation. Make it happen. Practice treating YOURSELF with generosity and love. Remember: Selfish is NOT a four letter word!!



THE PRINCIPLE: Cultivating an ongoing, daily relationship with some version of spirit is just as important to your sense of health and wholeness as getting enough sleep, eating well and exercising your body.

Our relationship with spirit is just that... a relationship. And like any relationship it needs time and attention to thrive. Without some kind of a regular dialogue we can become estranged and distant from this natural source of energy and healing. A robust connection with spirit can feed us and guide us in ways that our thinking mind and even our loving relationships with friends and family just can't. Creating an experience of sacred space, a sense of sanctuary and a feeling of spaciousness at some point during our day is food for the soul and essential to a sense of delicious well being.

THE PRACTICE: This dialogue with spirit can take many forms. It can look like actually speaking to spirit, more commonly known as prayer. Or listening to spirit, which happens in meditation or shamanic journeying. Creative self expression without concern for the finished product, like journaling, intuitive painting or free form dance, is another way to invite spirit to communicate with us. Listening to music, being in nature, gazing at the clouds or the stars, simply breathing, a body based practice like yoga or tai chi, are all methods to reconnect with the essence of what allows us to feel both holy and whole.

THE ACTION STEP: Choose one or more of the techniques listed above. Or come up with something of your own. Keep it simple. Start with something that you can realistically do in 10 minutes or less. Make time each and every day to honor this sacred commitment to yourself. Watch it grow as you become hooked on feeling your connection to spirit as a more constant nurturing presence in your life.



THE PRINCIPLE: Surrounding yourself with people who completely adore you, who believe in you, your creative vision and your purpose for being here on the planet even MORE than you are able to believe in yourself, is a profoundly self affirming act.

Our companions, friends and lovers have a very powerful effect on our sense of self worth. A word or a suggestion from them can lift us up or bring us down. They can inspire or negate us. We might have all kinds of opinions about why it shouldn't be that way. But no matter what we might THINK about it, the emotional truth is that the people closest to us strongly impact our sense of ourselves, our moods, our thoughts, our dreams and our decisions. It's a wise person who recognizes that reality and chooses those influences well.

THE PRACTICE: Make a list with two columns. On one side list the names of the people in your life who you spend the most time with. In the second column be as honest as you can be by writing down next to their names how you feel when you are with them.

For example: Does spending time with them leave you with the experience of being motivated, encouraged and inspired? Are you seen and valued? Do they listen to you and make space for your thoughts and feelings? Do you walk away from them carrying a sense of lightness and joy?

Or do you always feel somewhat criticized? Like you are doing all the giving? Do they respond to your hopes and excitement with fear and negativity? Does being with them leave you drained and resentful and like you're just working too hard?

THE ACTION STEP: Make a conscious choice to spend MORE time with those folks in the first category. And find more just like them! Put your need to be supported and fortified above taking care of people who may love you but who don't yet know how to fully celebrate you.



THE PRINCIPLE: Don't believe everything you think. Especially about yourself.

We are natural storytellers and are constantly telling tales designed to maintain a certain sense of ourselves that is safe and familiar. But these stories are often untrue to begin with and definitely keep us from ever growing and changing. Staying fully alive means being willing to challenge who you imagine yourself to be on a regular basis and to shed and even outgrow the old skin of your identity once in awhile.

THE PRACTICE: We keep our old identities firmly in place by never trying anything new. We tell ourselves all kinds of things like "I'm too shy and introverted. I could never talk about myself and my accomplishments to someone else." "I'm too old and out of shape to ever be remotely athletic." "I'm just not creative. Even my dog laughs at what I draw."

Spend some time pinpointing these stories and then try asking yourself this question: "What if it's possible that this story about who I think I am just might not be true?"

THE ACTION STEP: Change your routines. Try doing something that you have never done before. Even if it's walking home a different way from the bus stop or going to a new restaurant and trying an exotic cuisine. Gently breaking some of those habitual patterns will start getting the wheels of change in motion. If you're feeling really brave, try challenging one of your stories. If you are convinced that you're not creative, ask a friend to accompany you to an art class. If you're hell bent on believing that you're just not athletic, try taking a 15 minute walk every day. Anything to start to shift the power of the old story into a newer version of yourself.



THE PRINCIPLE:

There is nothing wrong with you. You are not broken. You do not need to be fixed.

We all have the desire to be fully alive. Fully conscious. Fully ourselves. But there are emotional patterns, compelling beliefs and painful experiences from the past that can often get in the way of that desire. We feel hurt, scared, angry, filled with doubt when what we want is to be overflowing with confidence and joy. We make choices we regret, we miss opportunities for love or success, we compare ourselves to others and always come up short. And we start to believe that we are damaged. That all those frustrating fears and limitations are secretly who we really are.

Nothing could be further from the truth. Underneath all of the hard and difficult places in your psyche, continuously and constantly permeating through you, is the bright and shining essence of who you really are. And who you came here to be. That essential self is by its very nature whole and unblemished. It is always there. And it is not ABLE to be broken.

THE PRACTICE:

Pretend that you are someone who completely adores you and is able to really see all of your amazing and fabulous qualities. Then write a love letter to yourself as if you were that deeply loving other. Imagine this person as your best friend or higher self. It could also be someone famous or creative that you admire. Or a divine being like Quan Yin or Buddha or the Virgin Of Guadalupe. Let them write the letter. Really go all out. Allow them to brag about this person who they value so highly and feel so very proud of.

THE ACTION STEP:

Read that letter to yourself every day.



THE PRINCIPLE

The ability to play and feel joy is our direct connection to the divine creative source.

Being an incessant adult is not all it is cracked up to be and will absolutely ruin any chance you have for a meaningful creative life. Being an adult in this culture usually means always having to be competent. To know what you are doing, (or at least look like you know what you are doing). To have realistic goals and be constantly striving to accomplish those goals. It means never ending responsibility, paying the bills on time and keeping the impending chaos of daily life under control by always being strong, careful, cautious and constrained.

Being a non-stop adult is EXHAUSTING. Without regular doses of play and just pure fun we become crusty and cranky, depressed and low energy. Something hardens inside of us. We start to dry out and become less fluid and flexible. Less juicy. We feel burdened instead of buoyant. Our lists get longer and our time spent simply being happy gets shorter.

We need regular doses of pleasure and delight, even ecstasy and bliss to soften and heal us. To keep us supple and flowing and open hearted to life. And those states of being can only be found when we let go of being so relentlessly grown up and allow ourselves to become like a child again.

THE PRACTICE

Take a minute, close your eyes and come inside yourself. Bring to mind those objects, places, activities or emotional states that give you the most pleasure. Vividly imagine as many things as possible that simply make you feel GOOD. Try to see them, feel them, taste them, smell them, breathe them in. Try not to judge WHY you love something or why it makes you so happy. What fills us with joy or contentment often doesn't make any sense. We just love what we love.



In your mind surround yourself with these things or experiences that you cherish. Here's where the play part comes in. Play is often outlandish and ridiculous. So I want you to imagine yourself doing as many of these things as possible. All at the same time. The more, the merrier!

For example: I can see myself wearing my favorite jewelry while listening to music and eating a Trader Joe's chocolate truffle as I'm getting a foot massage from my sweet hubby AND having my head scratched. While I am out in the middle of Tuolumne Meadows in the high country of Yosemite National Park gazing at the gorgeous scenery of the mountainous High Sierras.

Allow yourself to simply bask and luxuriate in YOUR playful, joy-filled fantasy.

THE ACTION STEP: At this point I trust that you know exactly what to do!

A LITTLE BIT ABOUT ME



I'm your friendly author and creativity guide-ess, Chris Zydel. By way of introduction, it's really not too much of a stretch to say that one thing I have in common with my favorite television character, Buffy the Vampire Slayer, is that I am on a mission. Like most creative types I am also more than a bit obsessive and intense, overly passionate and easily carried away by my enthusiasms.

One of my primary enthusiasms is to continually create sacred circles and heart felt communities where people can come together to explore and express themselves creatively. And my mission in life is to provide support, guidance and encouragement for the force of creativity that lives inside of us all.

If you would like more information about how to join me on my mission and maybe ignite your own wacky and passionate creative fervor please visit my website at <http://www.creativejuicesarts.com>.

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