

# **Creative Movement**

## Freeing up the Physical Body and the Mind

Go into a room where you have plenty of room and privacy.

Set an alarm or timer for 15 minutes.

Stand comfortably, close your eyes, and raise your arms above your head, palms forward, fingers pointing straight upward.

Visualize a large white ball of light above your head. (This represents the Higher Self)

Hold the thought that you are connected to Higher Self, in tune with the Higher Mind. (Creative Flow)

Mentally say to your body that you are releasing it for the next 15 minutes and that it can move freely and make any corrective adjustments it needs to make.

Sway gently from side to side. Then count---hum---whistle—play non-descript music to keep your mind occupied.

Don't check your body---just let it move and sway. It will form simple to complex patterns if left free to move.

It is good to do this for at least 15 minutes, but you may go longer if you wish. Take some time to meditate afterwards.

### ***Remember....***

Your body is always operating under control, either from lower mind or from creative flow through Higher Mind.

Every movement has its counterpart in some area of the brain. Any movement controlled by the creative flow frees its area of the brain from lower mind domination.

**“Movement triggers mind.  
Mind triggers movement.  
They are from the same source.”**

From: Meeting One's self at the Threshold, Author; Eleanor Leatham, Artist; Bev Cox