Meditation is creative. It is like giving birth to and nurturing your future self, the self you will become. Your emotional body is being stretched and strengthened so you’ll have the courage to live fully. Sometimes you will be in a creative fervor during meditation. Enjoy the feeling. You are building not only your dreams and inspirations, but the emotional resilience to sustain those dreams. Sometimes you will experience healing imagery. When you meditate, any energy that is stuck will loosen up and start to flow. You may be flooded with creative ideas. Learn to accept new sensations of movement, new impulses emerging for manifestation in your life.

The meditative state is famous for eliciting unexpected revelations. Whether in the art of your life or in some specific creative project, it is often when we let go of the problem that the solution intuitively appears. Creating is not about control, but about sensing what wants to happen and participating with that movement. This is mastery. Your creativity is a flow that cannot be forced—but it can be tended. When you are in the creative streaming of your own life, there’s a “yes, this feels right,” even or especially when it is challenging.

Live your life, the quality and expression that you are designed for. You are the author of your life; claim this authority. Do what is yours to do, contribute what is yours to give. There may be no greater satisfaction.

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