



February, 2007

FINDING MORE CREATIVITY IN 07

A good way to start the new-year

Is everyone creative? What does it mean to be creative? Is it a special quality allowed only to artists, writer, dancers and actors etc? No. Among the many things it means to be human, creativity is definitely on the list.

Since we're all humans, we're all creative.



Though most of us may not become famous for a picture we've painted, book we've written, a dance we've choreographed or a role we've played on stage or in a movie, we all creating constantly. But basically what is it that we are creating? Our



experience of ourselves in the world is the result of our creative efforts, whether or not those efforts are artistic.

The word create actually means to bring into existence, and if we push the definition further it tells us that we bring something into our experience for the first time. It says that we bring to our awareness something new. Even if it is only slightly different in our experience it is a new look at our world and ourselves in it. Though environments, events and other people contribute, we are the ones bringing those experiences into consciousness. In short what we are creating is our everyday world.

So what does it mean to find more creativity? It means to get unstuck from the idea that creativity is a quality that only a blessed few with special talents have. Getting free of this idea can open us to deeper, wider more joyous experiences of ourselves as creators. Following are some questions to help you escape the imprisoning idea that you may not be creative. These questions can be helpful in any situation where you need more mental flexibility in order to reach conclusions, resolve issues and solve problems.

When you feel stuck in something for whatever reason ask:

- What else could I think?
- What else could I feel?
- What else could I do?
- What else could I have done?

Be sure to ask the questions using the word could as it takes down the barriers so your mind is free to create. List at least ten responses for each question, and don't look for good or right answers. Don't think you have to make any of your answers useful. Even allow you answers to be absurd.

If you would like to get coaching on releasing blocks or help with any aspect of creativity, give us a call at 714-896-8400 or go to our website www.masterpeaceinstitute.com and look at upcoming events and books we have available.

HAVING IT ALL WORK

WHEN: Sat. Feb. 18/ '07 10 AM to 6 PM

WHERE: Master Peace Institute 12832 Valley View St. #104 Garden Grove , CA. 92845

This is my thirty-sixth year in this work. What I've noticed is that most of the work is with people in crisis. They figure out that something isn't working—something has finally broken and the time to discover what needs to happen next is apparent. However what happens with **less** frequency is the person recognizes his/her self-sabotage and takes time to become clear about what they want to accomplish and what they want to avoid. These people, and they are few, have discovered a secret: **I don't have to be in crisis to clear something.** But whether you are in crisis or everything is working well, the beginning of a new year is a good time to clear up sabotage and tune-up your tools for success. So, before starting new projects like: I'll stop smoking, I'll get a new job and make lots of money, I'll exercise regularly, I'll find my soul mate etc. clear up your sabotaging tendencies.



The beginning of each year is a time to make new resolutions. Many people happily do this and some actually follow through, maintaining their resolves bringing new and greater levels of satisfaction to their careers, finances, health, creativity and relationships. However if you are a person who wants things to improve and it chronically doesn't happen, you could make this new-year different by breaking patterns of quitting, not following through, getting scared off, thinking you'll never make it, deciding it's too much work, or anything else that gets in the way of **[getting there]**.

One of the big reasons resolutions [don't work] is because people don't take the time to precisely define what they want, how they are going to get it and clearly know their patterns of sabotage. This workshop is a full day of opportunities to define exactly what you want in all areas and to set goals for having it and know without any doubt what you habitually do to block your success.

If you're one of these chronic-pattern people, let '06 be the last year of sabotaging patterns.

Our simple approach for breaking these patterns is powerful, easy to use and guaranteed to help clear blocks to success. Hundreds of people have gotten better results than they imagined possible.

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COST: \$85 advance or \$100 at the door

PHONE: 714-896-8400 or e-mail us at thegibsonmethod@aol.com

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