GET CONNECTED

Creative Mind - Meditation
Purpose

Through individual meditation, slow down our brainwaves in order to connect to our inner wisdom.

Objective

Reach a better understanding, clarity and creativity, and to relax and heal our body.
Preparation

1. Find a place where you can be undisturbed for at least 25 minutes.

2. Sit down in a comfortable position with your hands resting on your knees.

3. Use a PC with speakers or headphones, or an mp3 player to play the meditation.

4. Listen and follow the instructions.

Source: Barrett Values Centre
Handouts

The introduction to the meditation will guide you to calm, heal and relax your mind, body and spirit. It may help to familiarise yourself with some of the words used in the instructions. They are shown below:

- forehead
- temple
- eyes
- cheeks
- jaw
- tongue
- lips
- neck
- shoulder
- arms
- fingertips
- spine
- back
- chest
- torso
- stomach
- hips
- pelvis
- thighs
- knees
- calves
- ankles
- feet
Handouts

**Handout**

**Creative Mind - Meditation**

**Why do the Creative Mind meditation?**

Scientists have been measuring the electrical impulses the brain generates. These impulses are known as brainwaves.

Brainwaves, like all waves, are measured in two ways. The first is frequency, or speed of the electrical impulses. Frequency is measured in cycles per second (cps or Hz). The second measurement is amplitude, or the strength of the brainwave. Brainwaves range from 0.5 cps to 38 cps and are categorized into four frequencies: beta, alpha, theta, and delta. Each of these is explained below.

**Beta** brainwaves are the fastest frequencies ranging from 14 cycles per second up to 38 cycles per second. Beta is your normal thinking state, your active awareness and thought processes. Without beta you would not be able to function in the outside world.

**Alpha** brainwaves are the brainwaves of relaxed, detached awareness, visualization, sensory imagery and light trance. They range between about 9 and 14 cycles per second. Alpha is the gateway to meditation and provides a bridge between the conscious and the subconscious mind.

**Theta** brainwaves are the subconscious mind. They range from about 4 to 8 cycles per second. Theta brainwaves occur during dreaming sleep and also during deep meditation. Theta also provides peak experiences such as creative inspiration or times of spiritual connection.

**Delta** brainwaves are your subconscious mind, the sleep state, ranging from about 4 cycles per second down to 0.5 cycles per second. However, it may also be present in combination with other brainwaves in a waking state, acting as a form of radar, reaching out to understand at the deepest subconscious level things that we can't understand through thought processes. Delta is present in our experience of intuition, empathetic understanding and instinctual insight.

The **Creative Mind** is the term used to describe when the brainwave pattern combines all these characteristics of the different brainwave frequencies at the same time. This brainwave pattern can be found during “peak experiences” and in all forms of creativity and high performance. It is a brainwave pattern shared by people in higher states of consciousness. It also appears as the moment of solving a problem, or getting an insight. The “ah-ha” experience.

It combines the intuitive, empathetic radar of the delta waves, the creative inspiration, personal insight, and spiritual awareness of the theta waves, the bridging capacity and relaxed, detached awareness of the alpha waves, and the external attention and ability to consciously process thought of beta waves.

The **Creative Mind** technique focuses on the breath. You focus solely on the breath, both when you are breathing in and when you are breathing out. If you become aware of a thought, simply acknowledge the thought and return your focus to your breath. The incidence of thoughts will decrease and your inner expanded silence will have the potential to enhance wisdom, creativity and spiritual experience.

Scientific research indicates that a relaxed body is the first step to achieving a relaxed mind. A guide to physical relaxation is included on the Introduction to the meditation.

With regular practice, you will be able to relax almost instantly when preparing for meditation. Additionally, in time, you will be able to scan your body for tension and when you find it, focus on relaxing those specific muscle groups.

Source: Barrett Values Centre