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The Expanding Power of Creative Meditations

Adapted from *Luminous Mind*, by Joel and Michelle Levey (Conari Press, 2006).

Simple Solution

Einstein, a man who understood the interdependence of creative vision and intuitive wisdom, said that “imagination is more important than knowledge.” Imagery and creative visualization invite our mind and heart to expand.

All the world’s great spiritual traditions have used creative meditations. Here are some classic examples to inspire you:

It is important to remember that creative meditations work through all the senses and doors of perception--auditory, kinesthetic, etc.--and are not limited solely to visual images.

Classic Examples of Creative Meditations

- * Creative meditations are universally used for self-healing and in healing prayer.
- * The simplest blessing, if taken to heart, invokes a brief but potent creative meditation for the mind. In the Jewish tradition there is a blessing for virtually every action taken in daily life. These brief prayers transform ordinary action into a mitzvah-which fulfills the commandments to live a holy life.
- * In a similar way, the invocations, visualizations, prayers, and affirmations of a priest and congregation celebrating the Eucharist in the Catholic Mass transform ordinary bread and wine into the sacred body and blood of Christ.
- * Comparable practices in all the world’s great mystical traditions are used to purify and transform ordinary substances into potentiated sacraments and medicines.
- * In one Tibetan tradition, reflective meditation is used first to identify and deconstruct the fixations and distortions that configure our ordinary sense of self.
- * Creative meditation, movement, and breathing exercises are used throughout Eastern and Western contemplative traditions to purify, balance, and rewire the subtle structures and substances of the inner energy system.
- * In Sufi practices, meditators attune themselves to the spirit of various masters, saints, or prophets by reciting their sacred names and embodying their qualities.
- * In many traditions, mandalas, medicine wheels, sand paintings, and sacred circles are visualized or created to aid meditators in transforming their vision of the world into a sacred world radiant in powerful blessings.

It is helpful to distinguish between spontaneous mental imagery and creative visualization. Imagery rich in information is continually arising within the mind-fantasies of the future, memories of the past, dreams, and myriad expectations we project upon our world.

Creative imagination and visualization are more active functions of the mind. With visualization we are intentionally involved in generating and shaping the stream of mind-energy into prescribed mental images. Visualization equips us with a powerful tool for mentally simulating complex processes or possible futures beyond the scope of ordinary perception and thinking.

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