

STILL POINT

A PUBLICATION OF TAU CENTER

A spirituality ministry of the Wheaton Franciscans



CREATIVE SPIRITUALITY

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MAKING SPACE FOR CREATIVITY & SPIRITUALITY

To be creative, we must be open, receptive, yielding. To be spiritual, we must be open, receptive, yielding. The artist asks and waits expectantly for the answer. The spiritual seeker asks and waits expectantly for the answer. The artist trusts and steps forward in faith into the unknown. The spiritual seeker trusts and steps forward in faith into the unknown.

The artist listens, observes, tastes life, then responds in action based on contemplation. The spiritual seeker listens, observes, tastes life, then responds in action based on contemplation.

When we are creative, we give back the gift we have been given.

When we are spiritual, we give back the gift we have been given.

The artist is in awe of the world. For the artist, the world is truly a wonderful (WONDER FULL) source of learning and inspiration. The spiritual seeker is in awe of the world. For the spiritual one, the world is truly a wonderful (WONDER FULL) source of learning and inspiration.

Creativity and Spirituality - Barbara Heagy



WHAT IS CREATIVE SPIRITUALITY?

Creative Spirituality is an application of a powerful interdisciplinary understanding of a technology of creativity interlinked through a common set of information to create health, wealth, inner satisfaction or whatever we desire to create.

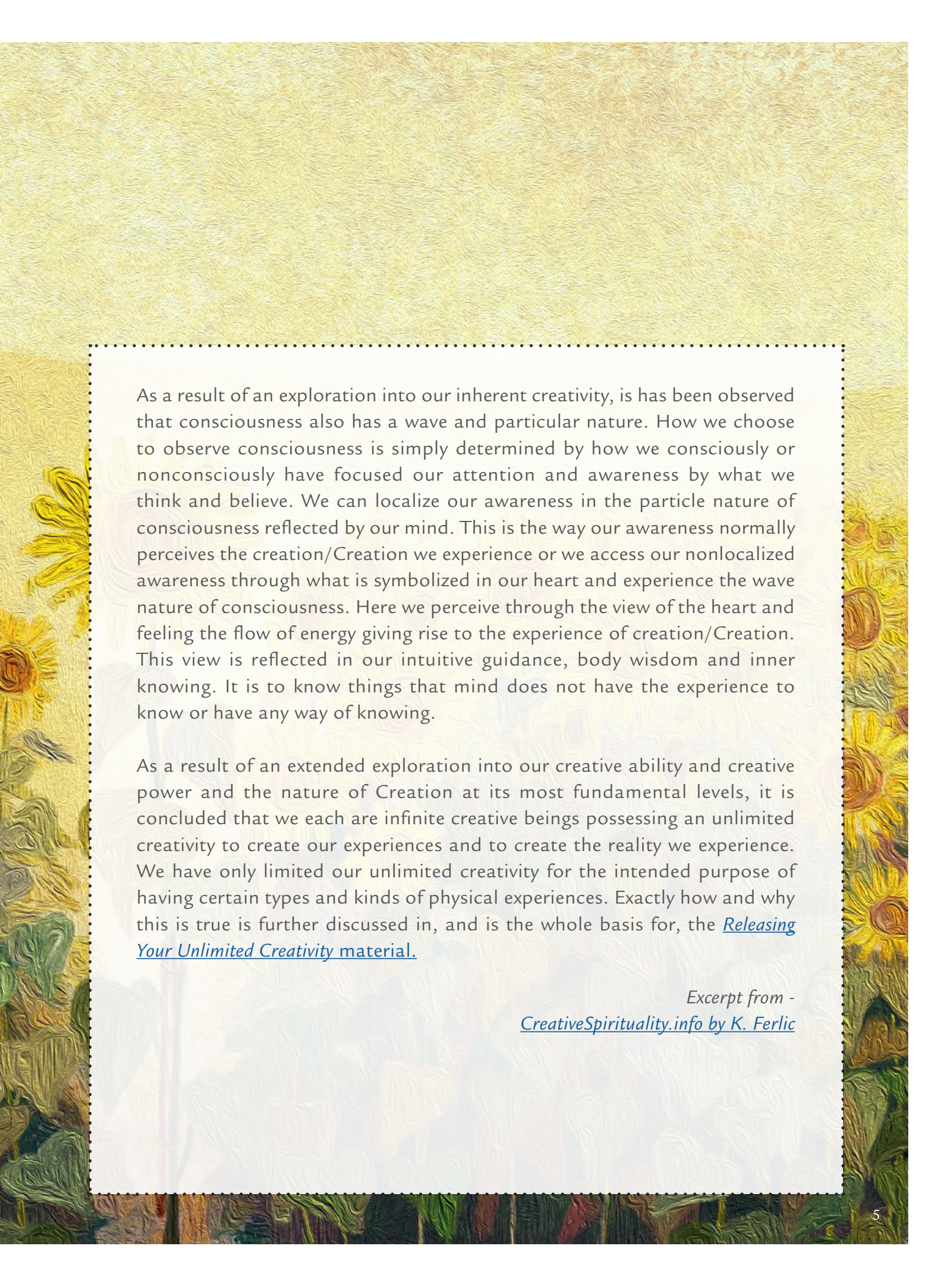
Creative spirituality addresses the result of an exploration into our inherent creativity about what is traditionally called spiritual.

One of the most surprising discoveries in the exploration of our inherent was the observation from within the creativity perspective there is no spiritual and there is no physical. Rather, there is just the same material of Creation manifesting itself in a different way. To think and believe there is a realm of spirit and spiritual and a realm of material and physical is to live in separation within ourselves and blind ourselves to oneness and interconnectedness that exists and robs us of our creative power and what we desire in life.

Such belief and thinking blinds us to the ability to use this interconnectedness in our lives and greatly impacts our creativity and what we can and cannot create. Because so many individuals separate the spiritual and the physical or see the spiritual and physical as separate, it is appropriate to have a topic that bridges this gap. The intent of the creative spirituality topic is to help bridge this gap.

Results of an exploration

At the most fundamental levels of Creation, Physicists have observed Creation does not work the way our mind perceives it to work. Energy has both a wave nature and a particle nature. Depending on how we choose to observe determines whether energy is perceived as a wave or a particle.



As a result of an exploration into our inherent creativity, it has been observed that consciousness also has a wave and particle nature. How we choose to observe consciousness is simply determined by how we consciously or nonconsciously have focused our attention and awareness by what we think and believe. We can localize our awareness in the particle nature of consciousness reflected by our mind. This is the way our awareness normally perceives the creation/Creation we experience or we access our nonlocalized awareness through what is symbolized in our heart and experience the wave nature of consciousness. Here we perceive through the view of the heart and feeling the flow of energy giving rise to the experience of creation/Creation. This view is reflected in our intuitive guidance, body wisdom and inner knowing. It is to know things that mind does not have the experience to know or have any way of knowing.

As a result of an extended exploration into our creative ability and creative power and the nature of Creation at its most fundamental levels, it is concluded that we each are infinite creative beings possessing an unlimited creativity to create our experiences and to create the reality we experience. We have only limited our unlimited creativity for the intended purpose of having certain types and kinds of physical experiences. Exactly how and why this is true is further discussed in, and is the whole basis for, the [Releasing Your Unlimited Creativity material](#).

Excerpt from -
[CreativeSpirituality.info by K. Ferlic](#)

COMING TO OUR SENSES: SAVORING AS SPIRITUAL PRACTICE

*Savoring is the experiential
cornerstone of being fully alive
and fully acknowledging and
taking joy in the mundane.*

Many of us are familiar with Mary Oliver's poetry — her gentle but insistent invitation to notice the beauty in hidden corners, creatures, places, and people most of us wander past unawares. Mary's poetry is a paean to wonder — to being utterly and completely alive in every moment. In her poem "Forgive Me," from *Blue Horses: Poems*, she writes of "the mind and the roots of the trees, or the well, or the barn, or the rock with its citron map of lichen," and these allow her to express, through her poetry, the peace and beauty—the wholeness—of all creation.

While clearly a master of the art and practice of mindfulness, Mary Oliver has also accomplished something more profound and nuanced: the cultivation of a way of life that daily brings one to the threshold of joy. She lives the spiritual practice of savoring, of living into her senses and the impressions life leaves upon them. Her poetry is the result of an organic evolution of the integration of body and spirit without the false distinction between creaturely existence and spiritual experience.



Over many years working as a midwife, spiritual director, and writer, I too have travelled the path of an awakening to my body, mind, and spirit as an interconnected whole living a small, simple life devoted to savoring the moments that make up that life. I get no special credit for this and it wasn't pursued as a means to a spiritual end. Learning how to love existence for its own sake — and for all the beauty contained within — evolved out of a deeply painful "dark night of the soul" experience that went

on for a very long time and, as anyone who has experienced it can attest, the "dark night" experience, like birth and death, is a time of surrender to natural forces we cannot see or control.

During such a time, we discover that our former ways of living a "spiritual life" no longer work: prayer, meditation, religious services — all seems to collapse into meaninglessness, and every effort to regain our former beliefs and ways of living rebel and retreat from our grasp and faith is shaken to the core.

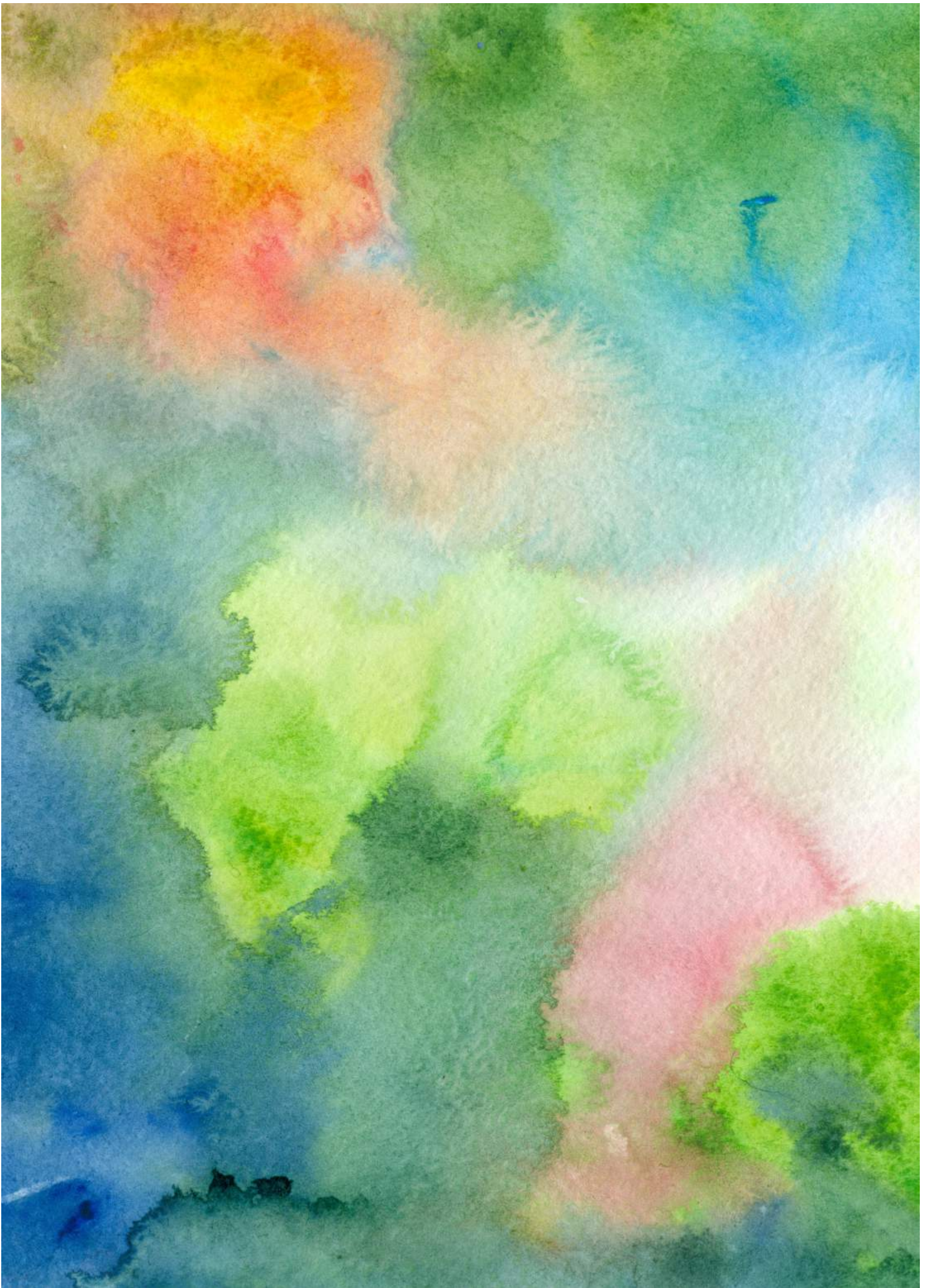
Ultimately, I found my healing through poetry and was led through the example of the poets I love — Mary Oliver, William Stafford, Wendell Berry, and others — to the practice of savoring. Unattached to an ideology or a particular religious expression, it's the spiritual practice of being fully alive and relishing the experience for exactly that; it's a practice of "enough" — it is enough to be here and to feel the presence of life in our bodies. Savoring is the experiential cornerstone of being fully alive and fully acknowledging and taking joy in the mundane, what my father-in-law, a painter, would call, "ennobling the ordinary."

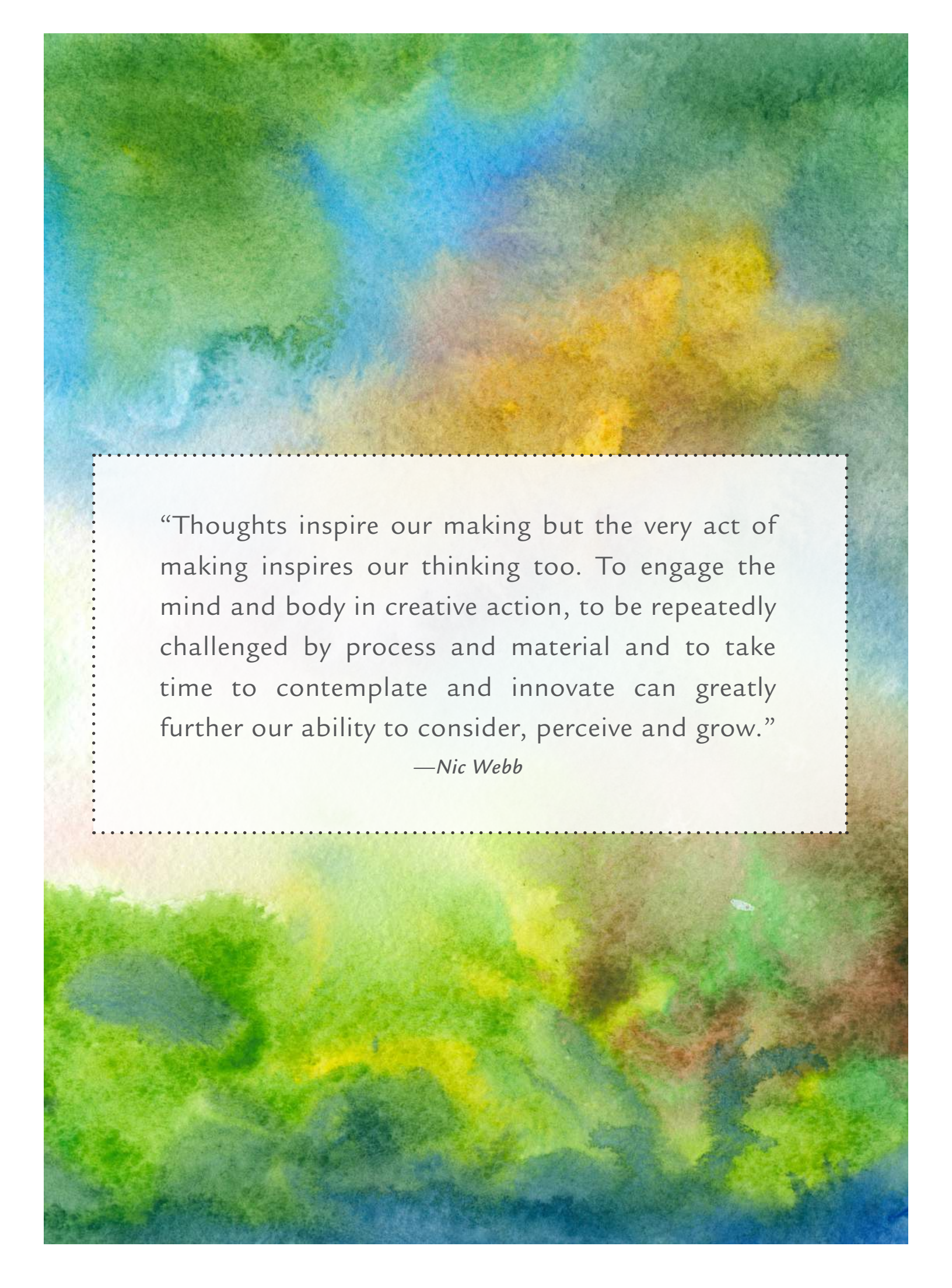
We begin by "coming to our senses" as my friend, writer, and teacher Tina Welling says in her wonderful book, *Writing Wild: Forming a Creative Partnership with Nature*:

It all started with a postcard.

I was on my way to opening the Rosebud, my resort shop in Jackson Hole, Wyoming, but stopped first at the health-food store to pick up coffee and pastry. There it was, right on the counter, a postcard with a picture of earth taken from space. Against a shiny black sky, our planet glowed with swirly blues and purples, framed by two lines of a message: "Wake up! You live here!" ... I had just been outdoors, but I couldn't say what the sky looked like, cloudy or clear, or whether birds sang or if I'd felt a breeze on my cheeks. I had been locked inside my head, thinking. I didn't live inside my own body, much less on the earth. After that, a phrase I'd heard all of my life, "Come to your senses," began to take on new meaning. I abruptly awakened to my senses, to dramatic consequence ... I descended into my body.

SAVOR





“Thoughts inspire our making but the very act of making inspires our thinking too. To engage the mind and body in creative action, to be repeatedly challenged by process and material and to take time to contemplate and innovate can greatly further our ability to consider, perceive and grow.”

—*Nic Webb*

Tina advocates a body-centered spiritual practice I too have embraced, called "the spirit walk." In essence, this is a practice devoted to savoring — to coming into our bodies and senses to savor and delight not only in the natural world, but in all aspects of existence from the first taste of morning coffee to the glory of the moon at night. It requires only that you notice your life and everything in it with your senses attuned to savoring all that you find there in that moment: Breathe, and feel the air enter and exit your lungs; you are alive! Feel the stretch of legs, arms, and back as you move. Look at your surroundings with an eye for life and beauty; find an object that catches your attention and pick it up; feel it with fingers, the palm of the hand, rub it on your face, smell it, taste it; savor the life it contains. If you like, especially as you are developing your practice,

keep your found objects with you as companions in your "spirit walk" through your daily life.

Whatever your spiritual orientation, grounding yourself in the gifts of the created world is healing to body and spirit alike. As your practice becomes part of the daily round of life, you'll begin to notice everything — the sounds, sights, and scents of every room, of beloved people and animals — and you will feel the joy of savoring, the relish of living your entire life as a spiritual practice. Spiritual practice is about a way of being and the point of practice is a life of graced human development, a life lived fully not only with mindfulness of the present moment, but with the joy and appreciation of existence itself.

By Michelle Wilbert - Editors' Note:
This article is part of the Patheos
Public Square on Slow Living. Read
other perspectives here.

“Creativity comes from the spiritual realm, the collective consciousness. And the mind is in a different realm than the molecules of the brain. The brain is a receiver, not a source.”

— Candace Pert

CREATIVE SPIRITUALITY IS THE STARTING POINT

Creative spirituality is a starting point to address two things. One is to address from a creativity perspective the aspects of creation/Creation that most individual call spiritual, spirituality or the realm of the spirit(s). Within this understanding there is no separation between the seen and unseen worlds. That is, it is to address things that are usually considered spiritual or about the unseen or spiritual realms as to how they are perceived within the creativity perspective where our creativity is held sacred. The second is to address that we are an infinitely creative being with unlimited creativity and what this means as to how we create the experiences we have.

The creative life energy that manifest the universe and sustains our being is creative. Spirituality is only one way of describing and working with this creative life energy. Creative endeavors

are another. Creativity and spirituality are different facets of the same crystal and as such, each reflects a different aspect of this energy. Sometimes creativity or through creative endeavors is the more appropriate way to view this energy and at other times it is spirituality as reflected in many of the available spiritual traditions. The emphasis and direction in this material is creativity

Creative spirituality is about consciously working with the realization that there is no physical realm and no spiritual realm of Creation. There is only





the ebb and flow of energy into and out of form as determined by how consciousness has focused its attention and awareness. When we surrender to the flow of energy and what we feel, we are in the realm and experience of energy. On this point, our awareness has surrendered to the flow of energy, giving rise to the experience of Physical Creation for whatever reason it may have to have the physical experience of being a human being. When we attempt to interpret what we experience, place a judgment on what we experience, and/or compare what we experience to

anything, we are in the realm of consciousness and moving into the role of consciousness in the creative process. Within the dance of energy and consciousness, the role of consciousness is to become the cause in the creative process.

Creative spirituality provides an understanding of how to utilize the relationship of energy and consciousness through our creative imagination to bridge what is perceived as the spiritual and physical realms to create what we desire. It is about learning to work with the origins

of the flow of energy which gives rise to the experiences we have. It is to learn to understand that to believe we must become something other than what we are and to believe there is the need for a so called spiritual journey is the illusion of mind. Although there is the need for an inner journey, there is nothing which makes the inner journey separate from our physicalness. Rather, our inner world is reflected in the outer. Here again it needs to be emphasized from a creativity perspective, that which is considered spiritual is not really separate from any other aspect of Creation.

Why explore creativity spirituality - the primary issue

In accessing the depth and breadth of our creative ability and creative power, what has been found is that our concept of God and any associated concepts and understanding about spirituality, and concepts and understandings about sexuality, pain, and fear, in particular, fear of pain, seem to be the greatest obstacles in

preventing us from seeing and experiencing the depth and breadth of our true creative ability and creative power that is available to us. It has been observed that each of us will have to explore and understand to some extent how each of these do, and do not, function in our life to impact and influence our creativity. In particular, we have to explore if what we think and believe about any of these topics allows us to hold our creativity sacred or does what we think and believe rob us of our creative ability and creative power.

Alternatively said, accessing the depth and breadth of our creative ability and creative power is about the free unfoldment of our creative spirit. If we want to get our creative spirit out of the cage of our own making, we will have to face the top and bottom of the cage. The top is reflective of our concept of God, spirituality, the unseen realms and the like and how what we think and believe about the creative powers/ Creative Powers of creation/ Creation.

LIFE





The bottom of the box is how we plug into Physical Creation to ground the energy to freely flow to create life and create a life and way of being to manifest our creation. Sexuality is ultimately about creating life. What we think and believe about creating life at any level of being either within or without and allowing passion to arise in our life to create a life worth living will cause sexuality to arise in one way or another to one degree or another. How and what we believe and how we act or don't act on our sexuality is key to both creating life at any level of being and how we ground our energy. The issue of sexuality and its impact on our creativity is discussed as a separate topic in the topic "[Creative Sexuality](#)."

For centuries the world addressed by mysticism, spirituality, and related type practices has been seen and experienced as separate from the physical world addressed by science. Yet this separation is illusionary. These two worlds come together within each human being as a unified whole and through our ability to create. By seeing the world addressed by mysticism and the world address by science as separate, we have denied our birthright as the creators that we are and the depth and breadth of our creative power and creative ability. Bridging these two world opens the door to untold understandings that can revolutionize and recreate our lives, individually and collectively

*Excerpt from -
[CreativeSpirituality.info](#) by K. Ferlic*

**“If you hear a voice within you say
you cannot paint,
then by all means paint
and that voice will be silenced.”**

— Vincent Van Gogh

EXPLORING CREATIVE SPIRITUALITY

The first step in exploring Creative Spirituality can best be described as learning to play with, and explore, what we think and believe and to see how it impacts our life and the world we experience. It is to use our creative imagination to explore all the options that are possible and then to begin to experiment with some of those options in the world. We have a free will and are free to explore all and any aspect of Creation as we wish. However, most find this difficult to do. Either they don't know where to start and what aspect of life to explore and/or they do not have a set of beliefs that allows them to do the exploration.

Relative to a recommended approach to explore Creative Spirituality, each of us are unique. What works for one will not necessarily work for another. It would be nice to

give a single method that all could follow and would work for everyone. But it is not possible and not that simple. The first challenge in exploring Creative Spirituality is to accept and embrace how unique each of us really are. We then need to look inward and have our intuitive guidance lead us on our own unique path. This, of course, assumes, we can recognize our own uniqueness and are capable of using our intuitive guidance. Since there is no single path to explore, a selection of options is provided.





Possible methods of exploration

- Seek to access and release your unlimited creativity
- Explore the creative spirit found within each of us
- Seek to create the ultimate mystical experience
- Ask to know truth and then be open to the journey that is offered to know and experience the truth.
- Seek to create something seemingly impossible for the benefit of others which is greater than your ego and for which you get little if any benefit.

Key to Creative Spirituality

Thus, the key to Creative Spirituality and bridging the seen and unseen realms of Creation is to understand the relationship of energy and consciousness. It is to understand the wave particle nature of energy and the way the mind of consciousness perceives a flow of energy to focus its attention and awareness to localize itself into a given form.

*Excerpt from -
CreativeSpirituality.info by K. Ferlic*

CREATIVITY AS A SPIRITUAL PRACTICE

I believe that we are all creative beings, and I believe that women especially are constantly called upon to create, or to birth, so to speak. It's in our DNA, it's part of our nature, it's one of those things that makes us human: our imagination and what we do with it.

I also believe that we are spiritual beings, and I believe that we are all in search of purpose, and want to be part of something greater than ourselves. You know, the search for the meaning in life.

In my own quest for meaning and purpose, and in the discovery of my own creativity and my imagination, I have come to realize that being creative is, or at least definitely can serve as, a spiritual practice. I believe that creativity is a powerful force that is greater than us, moves through us, and creates with us. Creativity takes us beyond our own limits and beyond ourselves in a way that can be called spiritual.

The **creative process** seems to emerge inside of us, from a place of knowing that is difficult to grasp, and yet connects with life and the human experience in incredible ways. As such, listening to the creative call, and allowing it to express itself through you, requires you to slow down and listen. And in the world we live in, that's a hard thing to do.

To me, this type of contemplative awareness is what a spiritual practice is all about. It's a search for greater meaning in your life, it's a pause that asks you to think about the mystery of life, and it's





a way to create space for stillness and for a different kind of human experience.

But what makes creativity a spiritual practice? Or better yet, how can you use creativity as a spiritual practice?

I believe it begins with breaking out of the limits that our world forces onto us. Limits about ourselves and who we are, limits about what is possible in the world, limits about who we believe we can be and what we believe we can achieve. And to break out of those limits, you have to allow yourself to think differently. And

to do that, I believe you need to trust your imagination and allow it to go to many different places.

Cultivating such a wandering mind, where possibility is the word of the day, requires you to unleash the power of your imagination. Again, a very hard thing to do in a media-driven world that doesn't ask you to really think at all, but rather loves to serve you its preferred version of everything instead.

So, it's hard to do, but that doesn't mean it's impossible. And it is something that can be achieved through the creative process.



1. Don't be afraid to create.

Imagination is unleashed through the creative process, not through the final product. It's about expressing yourself in new and different ways, and learning new creative languages. In a way, a spiritual practice is the same. It's the journey that matters, for there is no destination.

2. Use the creative process to learn about yourself.

What comes easy to you, and what is hard? These are pathways to discovery about who you are and what you stand for. In a spiritual practice, the same happens. You might find it really hard to meditate, or to not feel frustrated with something or someone. These events tell you new things about yourself (and not about others, as we often believe!), so use them to dig deeper and find out more about who you truly are.

CREATE

3. Use your creative practice to connect with something bigger than yourself.

One of my spiritual mentors taught me the benefits of discipline, and how having a consistent spiritual practice and doing the work can forge a relationship between me and that which is greater than myself. I believe the same is true of a creative practice. By surrendering over and over again to creative impulses that ask to be unleashed, it becomes easier to connect with the divine, the life force, the mystery that makes everything possible. And this is precisely what a spiritual practice aims to do, as well.

Finally, besides being a spiritual practice, creativity is also a way to live a richer and more colorful life – a life of exploration and discovery, a life of change and growth.

So, don't miss out, and especially not by thinking you're not an artist or that you're not the creative type. Creativity and imagination run through all of us. Just like the divine mysteries of life. All it takes is for you to pay attention.

*Excerpt from -
[Creativity as a Spiritual Practice by
Murielle Marie](#)*

THE JOY OF SPIRITUAL CREATIVITY

Have you been so afraid that you were unable to do anything? Have you experienced feeling frozen in your situation? A solution to moving above your static state is to create.

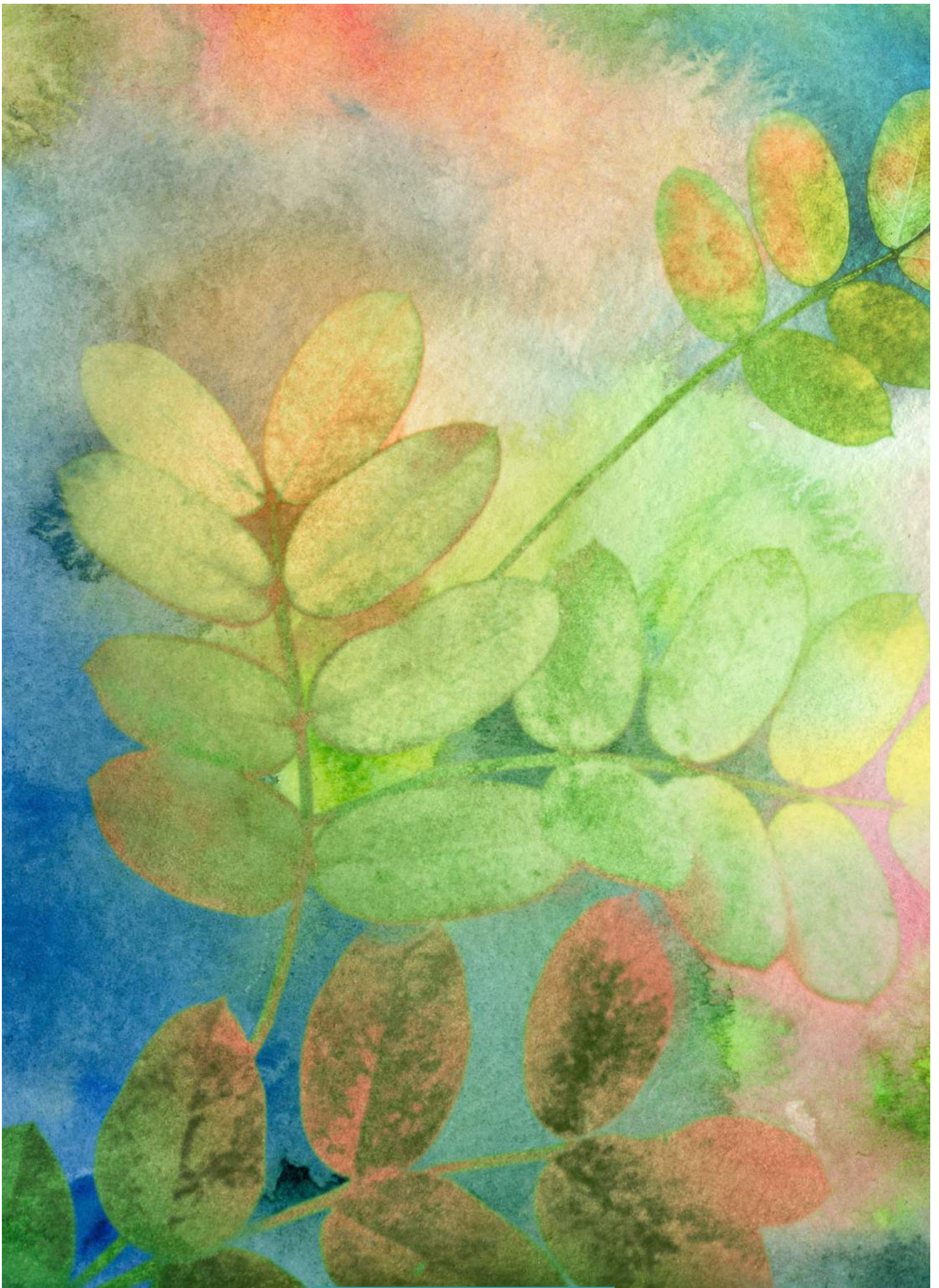
Creativity brings great joy both as spirit and for your body. Creativity helps you balance your spirit-body duality because you create spirituality through your physical vessel the body. In fact your body is the creative vehicle for you, the spirit, in the physical world. Your spiritual creativity allows you to manifest your desires in this physical world.

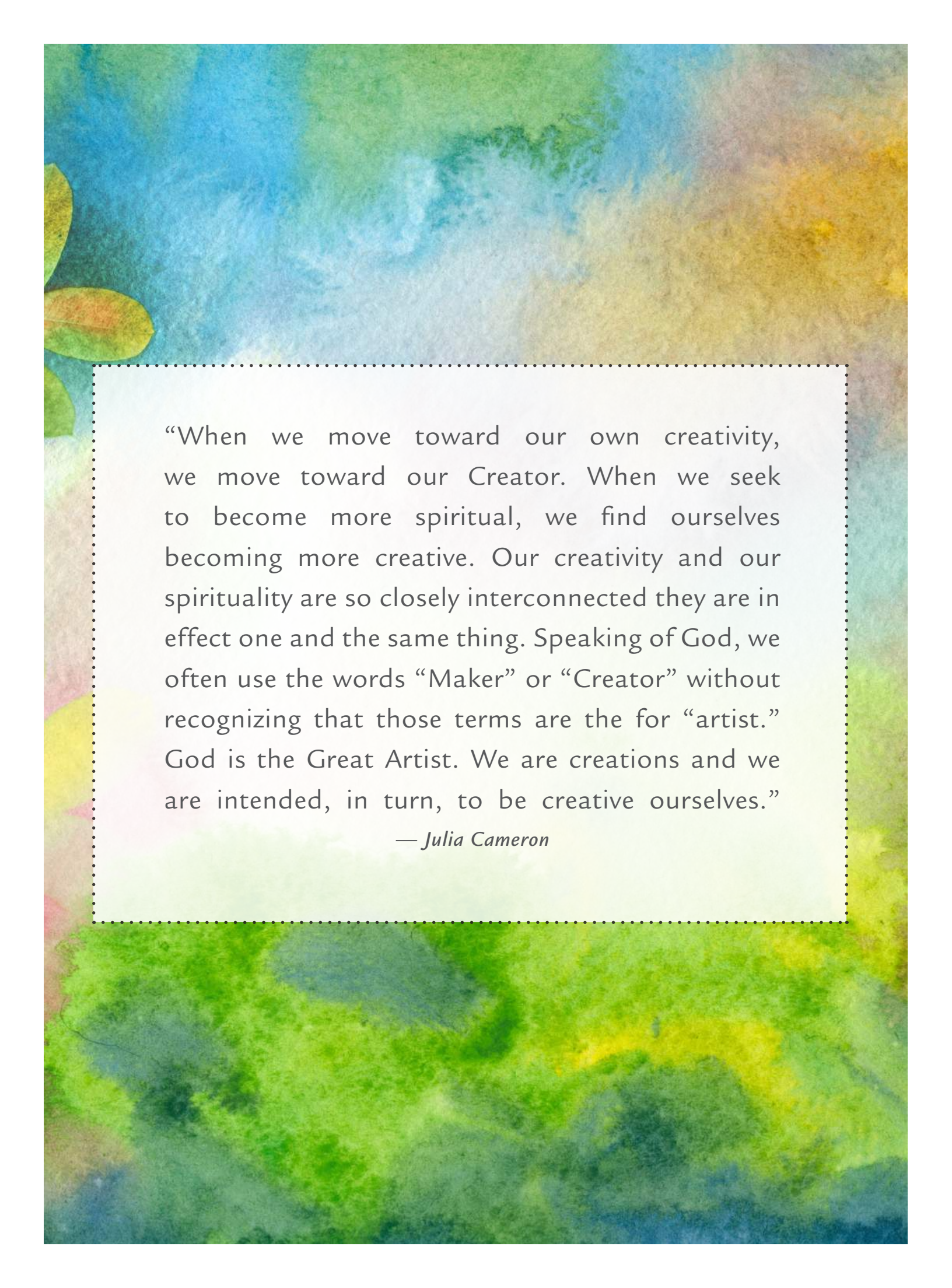
If you question what to create, remember the simple vibration of creativity will activate, enliven and rejuvenate you, so create anything! Bake a cake,

sing a song, visit a friend, meditate and motion begins again. Create something and you change your energy. If you are frozen, take a walk, meditate, breathe deeply and while your body changes your spirit/body relationship changes also. Meditation will help you see what to create, as well as, how to create it.

“Our spiritual ability to create and destroy is another ingredient in meditation. We need to be able to destroy or let go to clear away unwanted concepts and make room for new ones. We must create to continue to change and grow. We create and destroy to heal so it is important to become conscious of our creation process. If we create without letting go, we become engulfed in our creations. We cannot

JOY





“When we move toward our own creativity, we move toward our Creator. When we seek to become more spiritual, we find ourselves becoming more creative. Our creativity and our spirituality are so closely interconnected they are in effect one and the same thing. Speaking of God, we often use the words “Maker” or “Creator” without recognizing that those terms are the for “artist.” God is the Great Artist. We are creations and we are intended, in turn, to be creative ourselves.”

— *Julia Cameron*

destroy or let go without creating something new to fill the empty space. We need both sides of this dichotomy to balance our creativity. The circle of creation includes both our abilities to create and to destroy.”

A friend asked me what to do when she was feeling so afraid she couldn't function. I told her to create! “What do I create?” She asked, and I said meditate on “what”. My friend had focused her meditation on what she wanted to clear from her past and forgot to create what she wanted to create in the present. By focusing on creating in the present she balanced and healed. My friend remembered she wanted a house and in the process of creating she brought herself back to life. She found

her ideal job, new friends and a new life where she is learning to express her spiritual talents into her physical world.

My favorite way to create is meditation which allows me to bring spirit and body together creating motion on both levels. This balance of spiritual and physical realities supports creativity by helping me, the spirit, to connect to my physical reality and have a neutral, spiritual perspective of my world.

Meditation helps you get in motion, see what you want to create and how to create it. Bring back the joy in your life – create!

*Excerpt from -
[The Joy of Spiritual Creativity Can
Save Your Life by Mary Ellen Flora](#)*

**“Creativity requires the courage to
let go of certainties.”**

— Erich Fromm

CREATION SPIRITUALITY

Creation Spirituality is a way of living within the community of earth that deepens our reverence for life, participates in the creativity of the cosmos, and develops our passion for justice and human transformation.

Our relationship with the Universe fills us with awe and gratitude. Every creature, every tree, every stone, every star and every human being is filled with the blessed spark of divine nature. We refer to this understanding as Original Blessing. Original Blessing is a core principle of Creation Spirituality. Other principals of Creation Spirituality point to the experience of the Divine in named and unnamable ways present in history and beyond the limits of history. Both are intimate and mysterious. The principles highlight the nobility of each person and recognize all of us as mystics, prophets and artists – compassionate creators of beauty and justice. Of hardness and softness, toughness, and fluidity, pressure, vibration, weight.

Creation Spirituality is the age old tradition of listening to the story of Spirit told by the creation that embodies it.

We listen through deep communion with Nature. We listen to the voices of mystics from all spiritual traditions – like Rumi, Jesus, Buddha, Hildegard, Black Elk, Rabbi Hershel and others who have listened to the whispers of the wisdom of the cosmos since human consciousness began. We listen to our own deep wisdom that bubbles up from our personal devotion and spiritual practice.





We listen to the needs and cries of the world that awaken our compassionate hearts and inspire us to take the action required to foster justice and peace.

Creation Spirituality is a marriage of Spirituality, Science and Creativity.

We draw from the deep wells of spiritual wisdom and integrate it with scientific knowledge of the Universe. This empowers us to act as co-creators, birthing acts of beauty and justice into the world. We hold a holy reverence for the miracle of our human being-ness in the context of a Universe which

is 13.5 billion years old. We are called to be compassionate to the entire community of life in all of its diversity.

Creation Spirituality is an embodied spirituality.

Creation Spirituality invites individuals and communities to engage their mind, body and all of their senses in their spiritual journeys and in their spiritual gatherings (churches, retreats, Cosmic Masses, small group gatherings). We live our lives in our bodies and so a full spirituality must include all of who we are. We move. We dance. We use all of our senses.

We open ourselves to appreciate and participate with creation in every form that has been given to us. By practicing an embodied spirituality we awaken our senses and participate fully in relationship with one another and the divine.

A well-developed form of embodied celebration is The Cosmic Mass. The Cosmic Mass (TCM) is a conscious effort to reinvigorate Western ritual by deconstructing forms of worship we have inherited from the modern era (such as sitting in benches and being read to, preached at, or reading from books – including song books). The Cosmic Mass, which follows the Four Paths of Creation Spirituality, reconstructs these forms of worship by going back to the pre-modern practice of spiritual dance.

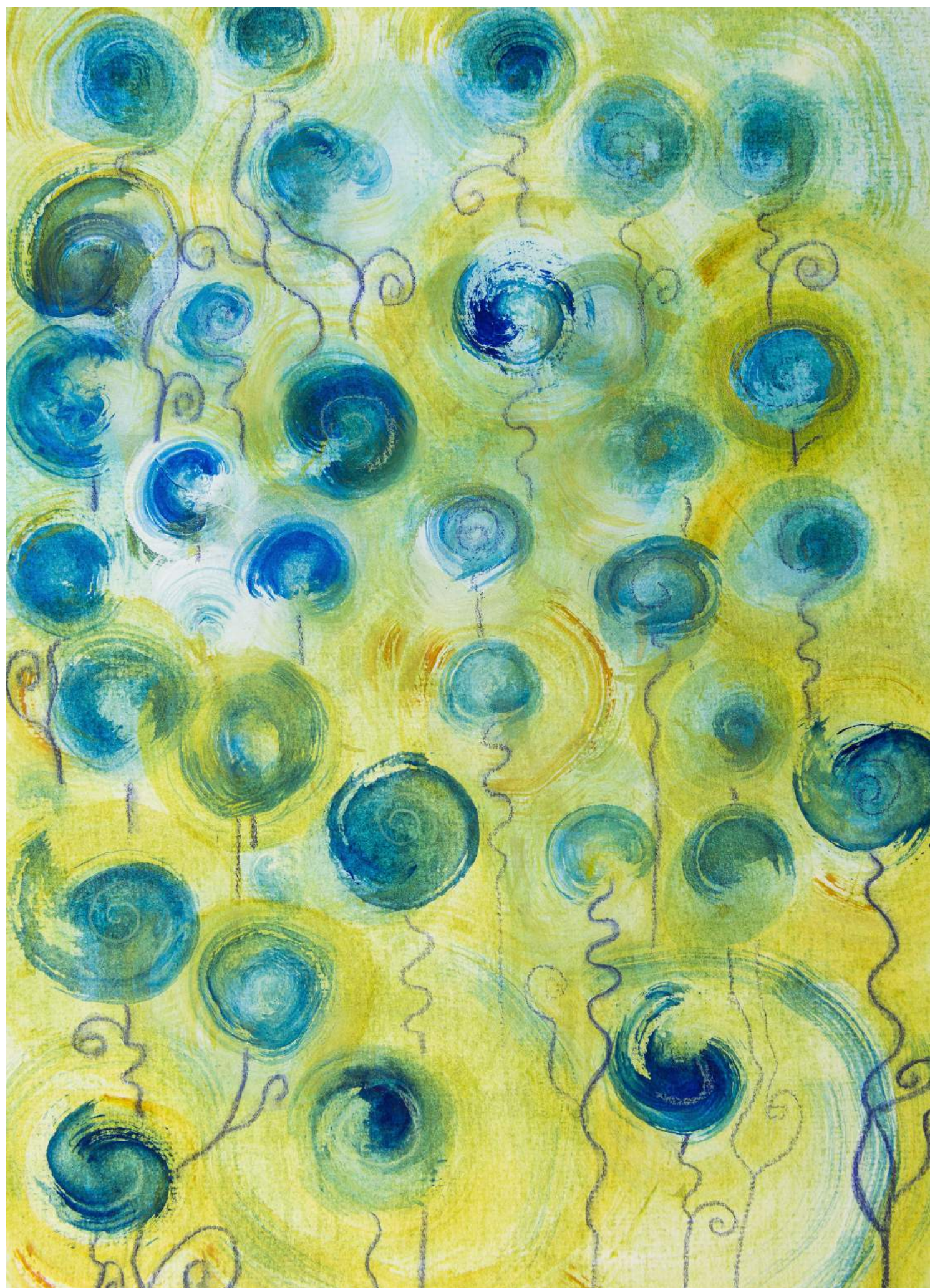
A Universal Spirituality

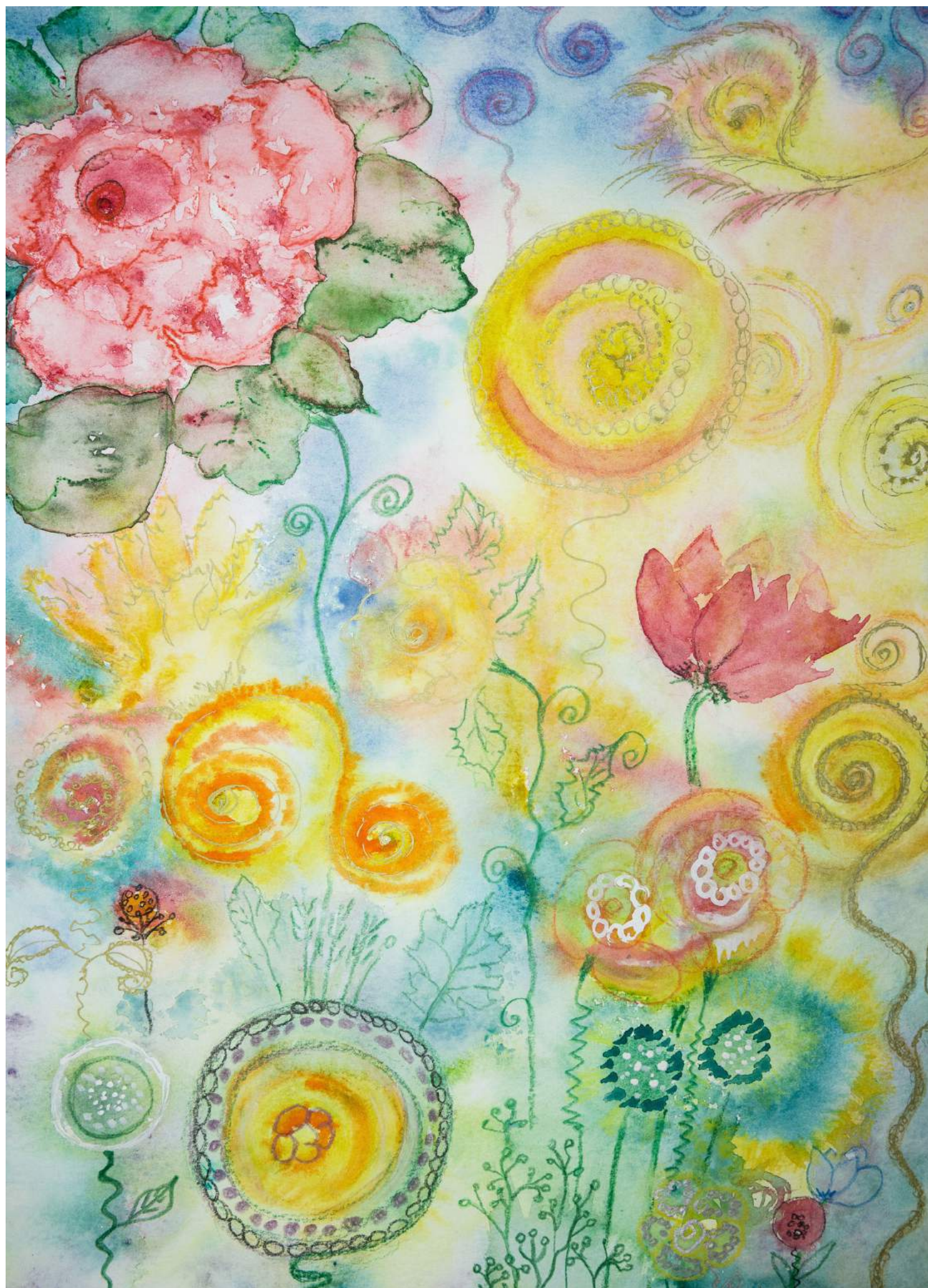
Creation Spirituality is the thread of creation-consciousness running through every spiritual tradition. Expressions of Creation Spirituality can be found in the poems of Rumi when he celebrates divine truth experienced in a wheat field. It can be found in the writings of Hildegard of Bingen as she praises the sun for the greening of the German countryside and likens it to God's love. It can be found in chants and sacred circle dances of the Pagans and Celts, in the Psalms of David, in the dharma of the Buddha, the gods of the Hindi, and the teachings of Jesus.

Creation Spirituality may be celebrated by individual religious traditions such as a Christian Church, a Jewish Synagogue, a Buddhist meditation retreat

“To recover a spiritual tradition in which creation, and the study of creation, matters would be to inaugurate new possibilities between spirituality and science that would shape the paradigms for culture, its institution, and its people.”

— Matthew Fox





or a Sufi dance. It may also be expressed in an interfaith gathering which may include a Native American chant, a Buddhist meditation, a Sufi poem, a Jewish circle dance, a Celtic incantation, and a Christian communion ritual. This is not haphazard eclecticism. This is a tapping into the deep truths shared by all faith traditions to strengthen an appreciation of our common spirituality which calls us to live into compassionate interconnection.

An Interconnected Spirituality

We are spiritually interconnected beings called into compassion. Our interconnection with all beings extends beyond creatures that breathe to all forms of creation. All are an extension of the first flaring forth at the birth of our universe. As the universe expands, each of us continues to affect the other. The farther we are flung, the greater the longing to be whole.

When we become conscious of our connection to other persons and open ourselves to

the experiences and emotions of others, compassion rises in us. In Creation Spirituality this compassionate connection is regarded as a sacred extension of divine compassion. We understand our interdependence calls us to social and ecological justice. We consider our efforts to create justice to be our sacred work in the world.

Creation Spirituality appreciates the blessing of diversity inherent in the magnificent natural world – including the diversity of humans.

We are people from many cultures, sacred traditions, sexual identities, and ages, who find connection to Spirit through the ways and wisdom of Creation. Creation Spirituality moves beyond contrary opinions and comparisons that separate us to the place we meet as one. We practice a grace that regards life as a whole. Moving beyond dualism makes the crucial shift from separation and competition to the active practice of interconnectedness.

Excerpt from -
[Creation Spirituality by](#)
[Creation Spirituality Communities](#)

MEDITATION


A Guided Standing Meditation To Activate Your Creative Imagination

Springtime in the heart of May is a time of renewal and discovery, a time of reminding, reconnecting, and remembering our true imaginative potential. Mother may I? Yes, you May. Express your full imaginative self, just as the flowers, fourth graders, and fully feathered birds do.

You are your imagination. It's not something outside of you that you read in the pages of some book, or something you overhear in the next booth over at Bubba's Drive-In, or even the memory of your adventures trekking across Nepal (although these are all terrific things to write about). It's found within you — your imaginative heart and soul, looking like a nebula of stars throbbing in your bloodstream a thousand times a second, at this very moment. Here's a way to practice conjuring up (imagining) and letting go: the standing "skeleton scan" meditation.

Skeleton Scan Meditation

- Find a quiet place in your house with a soft and comfortable surface to stand on. Close your eyes and take a deep breath inward.
- Ground yourself in this moment, in your body. After the first deep breath, let your breathing become natural.
- Now lightly bring a thread of your awareness to your feet and breathe into your feet. Feel the stability and grounding of your breath at your feet. Now, with your mind's eye, see the little toe bones of your feet, then follow your imagining to the main parts of your feet and to where they meet your ankle bones.

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- Continue up your legs to view the bones joining to your knees then up to your hip bones.
 - See your hip bones where they connect to your sacrum and your spine. Now visualize your vertebrae climbing and then branching out into your rib cage. See the ribs of your body wrapping around you and joining at your sternum, protecting your heart.
 - Notice now the bones of your shoulders holding your arms, and see those bones of your upper arms, into your elbows, and down to your hands and finger bones.
 - Now bring your visualization back up your arms, past your elbows, back up to your shoulders, and see now your neck and where your spine connects to your skull.
 - See your skull, the round smoothness of the bone with hollow sockets for your eyes and nose, and see the bones of your jaw and teeth.
 - Breathe into this visualized experience of your skeleton. Breathe in and feel your bodyswaying gently, knowing right now that this skeleton is your stability and ground—these mineral bones are your conduit to earth and sky.
 - Take a deep breath inward, exhale, and open your eyes.

Excerpt from -
*A Guided Standing Meditation to
Activate Your Creative Imagination by
Albert Flynn DeSilver*

ABOUT TAU CENTER

Established in 2008 by the Wheaton Franciscans, the Tau Center is committed to the transformation of our world by helping individuals awaken to the sacredness of life.

In the spirit of St. Francis and St. Clare of Assisi, Tau Center provides a peaceful and reflective environment for people seeking a deeper relationship with God, self, others and all of Creation.

Through the integration of body, mind and spirit, Tau Center is committed to offering diverse experiences where individuals can nourish their spirit, find companions on their journey, and connect what they discover to meaning in their life and the world around them.

We offer a sacred space to assist individuals on their own spiritual journey – whether it is to reconnect with their inner-spirit or whether they are seeking a deeper relationship with God and the world around them. Our programs and retreats encourage an awakening of the spirit that leads to hope, healing, peace and transformation.

**Learn more about
the Tau Center and upcoming
programs and resources at:
www.taucenter.org**

Our range of programs and retreats encourage an awakening of the spirit that leads to hope, healing, peace and transformation. Offerings are available in a range of formats that often can be customized for private groups.

CREATIVE SPIRITUALITY

CONTEMPLATIVE EXPRESSIVE ARTS

- A Day of Mindful Creation and Stillness
- Beginners Eye: A New Way to Cultivate Seeing
- Brush Wisdom: Messages from a Contemplative Heart
- Brush With Silence
- Contemplative Arts Open Studio
- Contemplative Writing/Journaling - Custom Theme
- Expressing More With Zentangle®
- Expressive Art and Contemplation - Custom Theme
- Gratitude Journal For the New Year
- Introduction to SoulCollage
- Introduction to the Meditative Practice of Zendoodle
- Journey Inward: Mandala's
- Seeing with the Heart: Contemplative Art Making
- SoulCollage - Our Ancestors
 - The Basic Deck
 - Shrine Boxes
 - Inspiration Circle
- Zendoodle for Your Spirit: An Introduction to the Expressive Practice of Zentangle
- Zendoodle Inspiration Circle

NATURED-BASED AND VISIO DIVINA

- Nature Journaling: A Walk on the Peace Path
- Nature Mandalas: Still Your Heart
- Visual Journaling Nature Retreat
- What Is Ours to Do: Exploring Social Justice Through Lectio and Visio Divina
- Visio Divina: Custom Theme

BODY/MIND/SPIRIT

- Creating Sacred Pathways & Places
- Creative Expressions for Your Soul Series
- Elements of SoulCollage: A practice of self-discovery
- Poetry as a Way into Heart's Wisdom
- Retreat Intensive - Expressive Arts
- Retreat Intensive - Poetry and Exploring the Written Word
- Self-Discovery Through SoulCollage
- Wisdom Writing - Custom Theme
- Women's Day of Renewal - Come Home to Your Heart
- Womens Day of Renewal - Custom Theme
- Zendoodle for Stress Relief



Offering diverse experiences
where individuals can nourish
their spirit.

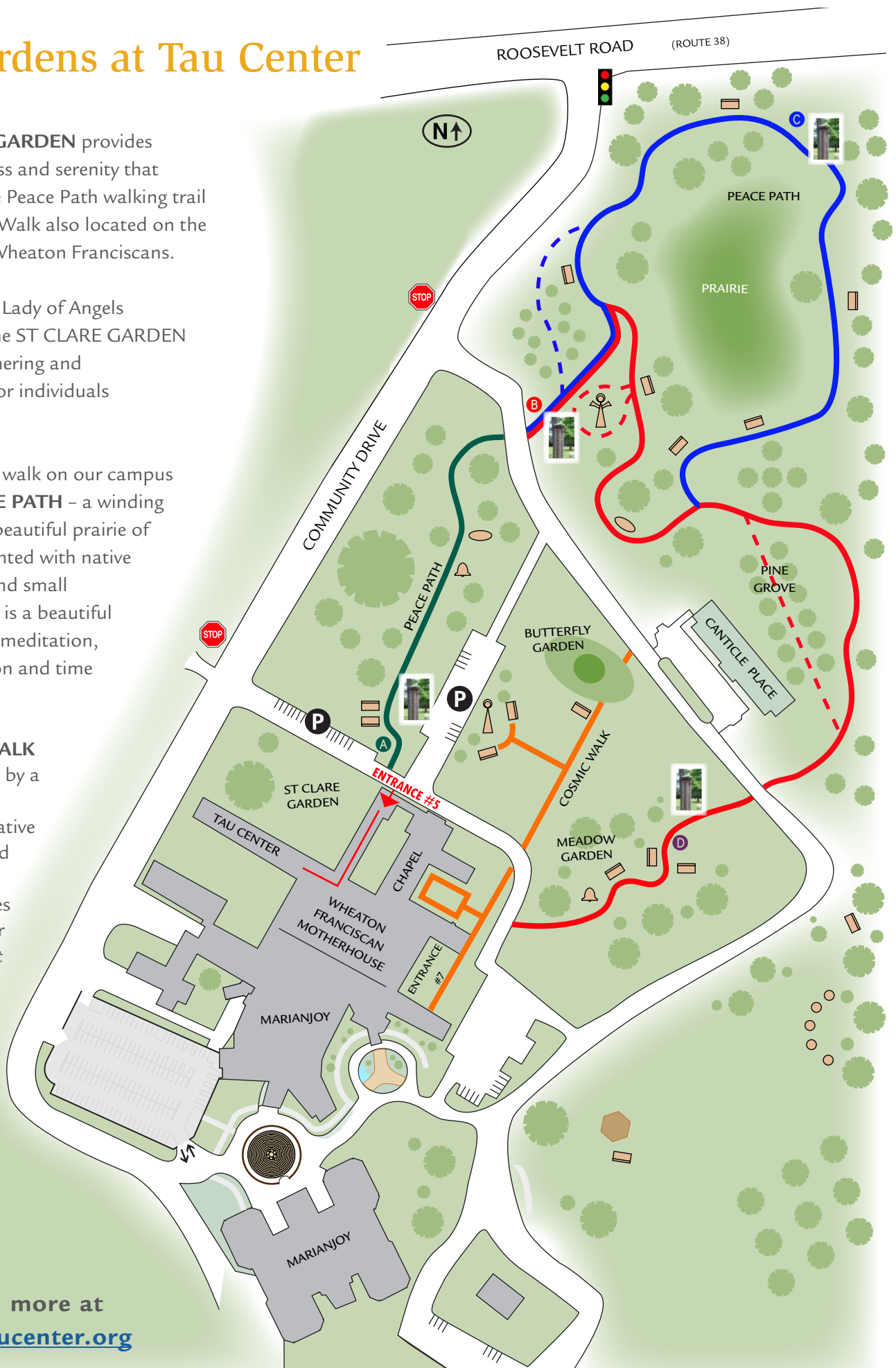
The Gardens at Tau Center

The **ST CLARE GARDEN** provides a place of stillness and serenity that compliments the Peace Path walking trail and the Cosmic Walk also located on the grounds of the Wheaton Franciscans.

Adjacent to Our Lady of Angels Motherhouse, the ST CLARE GARDEN is a place of gathering and contemplation for individuals and groups.

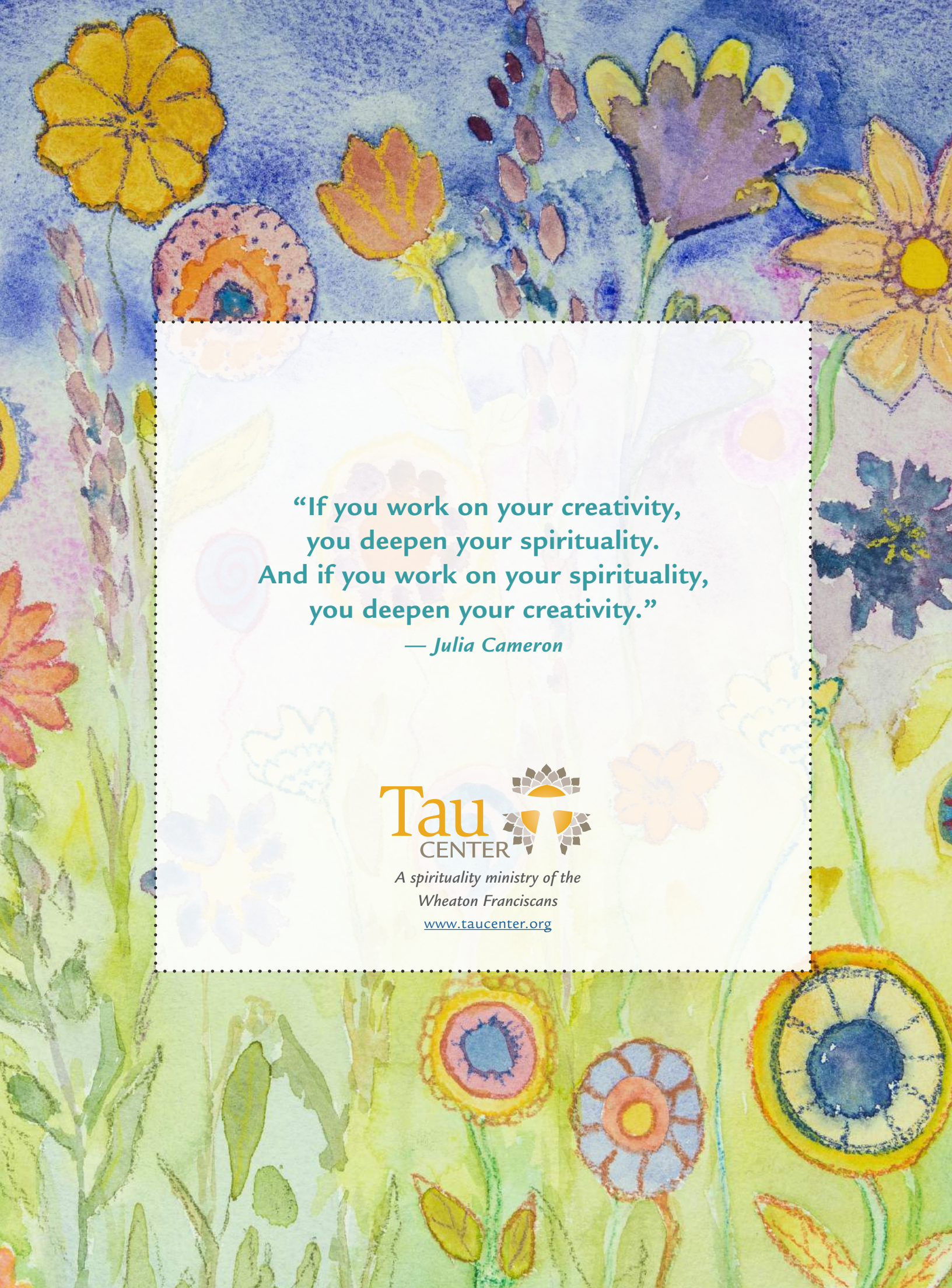
Enjoy a peaceful walk on our campus along the **PEACE PATH** – a winding path through a beautiful prairie of several acres planted with native Illinois grasses and small woodlands. This is a beautiful area for walking meditation, spiritual reflection and time to savor nature.

The **COSMIC WALK** is complimented by a butterfly garden of midwestern native plants. The paved path includes 25 posts with images of the watercolor prints, 'Significant Moments of the Unfolding of the Universe' by Sr. Corlita Bonnarens, RSM.



Learn more at
www.taucenter.org

■ = .12 miles ■ = .52 miles ■ = .34 miles

The background of the entire page is a watercolor illustration of various flowers. In the top half, there are larger, more detailed flowers in shades of yellow, orange, and purple against a blue background. In the bottom half, there are smaller, more stylized flowers in shades of green, yellow, and blue. The overall style is soft and artistic.

“If you work on your creativity,
you deepen your spirituality.
And if you work on your spirituality,
you deepen your creativity.”

— *Julia Cameron*



*A spirituality ministry of the
Wheaton Franciscans*

www.taucenter.org