Contents

Foreword *ix* Acknowledgments *xi* Introduction: First Edition *xiii* Introduction: Second Edition *xv* Introduction: Third Edition *xx* How to Use This Book *xxi*

one THE BEGINNING 1

The Breath of Life 3 Thinking about time 11 The power of thought 16 Choosing your state of mind 20 Freeing your imagination 24 Your spiritual self 26 Defining your purpose 27

two CLEAR HEARING 31

Intuitive listening 33 Journal writing — healing words 42 Sound awareness 46 Music 47

three CHALLENGE AND CHANGE 55

About change 57 The notion of "mistakes" 65 Stumbling blocks 66 The many aspects of stress and creativity 82 Taking charge of your thoughts 93 Communicating mindfully with others 96

four BUILDING A MOUNTAIN 103

Knowing yourself 105 Understanding your emotions 121

five CREATIVITY LOOKS LIKE THIS 135

Being creative 137 Resisting creativity 140 Stimulating your creative energy 142 Stimulating your senses 144 Changing your channels 146

six THE ARTS EXPERIENCE 149

Experiencing art 151 Venturing into art 155 Art provokes beneficial change 157 Seeing life differently 160 Common misconceptions about art 162 Preparing for your artistic journey 164 Developing personal vision and unique style 173 The unknown 176 An invitation to draw 177 Doing art together 190 Being in the moment 192

seven EMBRACING DEATH, EMBRACING LIFE 195

Embracing death 197 Fear of death 199 Knowing that you are going to die 206 Embracing grief and loss 210 How do children grieve? 217

eight MAPPING YOUR JOURNEY 225

Becoming who you are 227 Continue to balance and love life 228 Strengthening inner and outer happiness 230 Daily Practice 231 Outer Happiness 238 Environment 239 Music, entertainment, reading 240 Choose and do what works best for you 241

Resources and References 245 About the Author 251