

# Creative Meditations

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by Fabrícia Lima

## Introduction

*Hello, I am Fabrícia, but friends call Fab. I am a spiritual director and artist who uses the creative process as pathway to find healing. I have been working with creative meditations for the past eight years with children, teens and adults. And I continue to do it because it became a way of life for myself.*

**Creative Meditation** is an invitation to create without boundaries, especially without the fear of rejection. It is a contemplative art experience that combines the creative process with spiritual direction and mindfulness, by holding space for introspection and self expression.

## In Search of an Authentic Life

**Spiritual Direction or Spiritual Companionship** is the art of making connections through discernment one on one. When lay people come to find a spiritual director — or a spiritual friend — they are usually searching for a more authentic life and better relationships with self, others, the world in general, and the Divine.

People are prompted to search for individual discernment for a variety of reasons such as: facing life transitions, experiencing loss, pain and unexpected endings, being frustrated with the status quo, feeling disconnected, having a new found awareness, searching for inner peace, searching for emotional healing, desiring to establish a spiritual practice, and more.

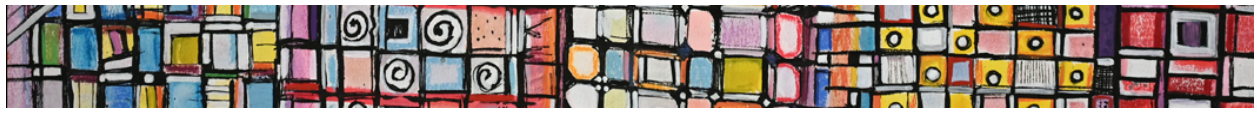
***One thing people have in common when they come to spiritual direction is “performance fatigue.” They are all tired of a certain just doing and they need new ways of being.***

To live an authentic life requires one to work and experience some big existential concepts, such as:

**UNDERSTANDING** – To connect your human story, to search for meaning with what is happening at the present moment.

**VULNERABILITY** – To be open, to be known without reservations, to embrace uncertainty.

**SURRENDER** – To let go of old patterns, to accept what is, to detach with love.



**EMPATHY** – To have heart elasticity and allow oneself to be inconvenienced by our shared humanity and still respond with kindness.

**FORGIVENESS** – To give and accept second chances , to start again with more grace.

**WISDOM** – To search for truth that surpasses all understanding and to wonder about the mystery of Life.

**MINDFULNESS** – To be intentional with your living, to respond with loving kindness, to respect the sacredness of life, to be aligned to oneness.

**SELF-CARE** – To care for and restore your body, mind and soul.

**GRATITUDE** – To embody the joy of living.

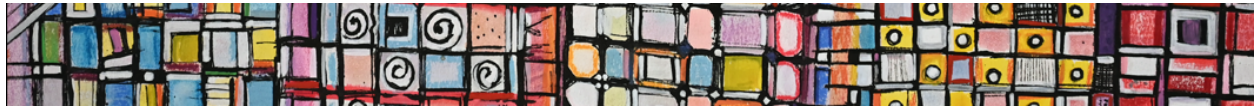
### **Art as a Spiritual Connection**

How can you introduce fatigued and stressed people to inner transformation, when inner work itself requires more engagement? How do you soften the blow?

**ART** can be a path for spiritual connection, a gentle way...

... to create containers for emotions,  
to experience abstract concepts,  
to practice healing and self-care,  
to give yourself permission to make mistakes and get messy,  
to understand process and develop trust,  
to shift perceptions and brake patterns,  
to reshape things and life,  
to express one's fears with our being consumed by them,  
to be vulnerable and more human,  
to accept limitations and be surprised by your own gifts.

**And finally, to claim your own space of being!**



If the search for unity with the Divine found in mysticism is the common language of in any spiritual tradition, art making is the common language of any human generation, we all have the desire for self-expression free from judgment.

***A blank page has enough space to accommodate all that we are and still offer new pathways for us to continue evolving.***

## **Creative Meditation Experience at Christ Episcopal Church in Anacortes**

The program in Christ Episcopal Church is divided in four triads, **including monthly sessions with silent meditation, wisdom reading, guided spiritual exercises, video, spiritual direction oriented theme discussion, studio time and community sharing.**

### **MANDALAS – 1st Triad**

Themes: Oneness, centering, unity in diversity, understanding perception, shifting perceptions, the dance of order and chaos, developing elasticity and fluidity of action, being present in the now.

### **SOULCOLLAGE – 2nd Triad**

Themes: Understanding the human psyche (ego, personas, shadow and self), shadow work, introduction to deep inner work, vulnerability, revealing inner motivation, images as a medium, the difference between affinity and intuition, trusting the process, inner reading (reading cards).

### **INTUITIVE PAINTING – 3rd Triad**

Themes: Obstacles to creativity (comparison, competition and fear of rejection), letting go the illusion of control, practicing distress tolerance, mistakes as opportunities for growth, following your intuition, claiming oneself as a creative being.

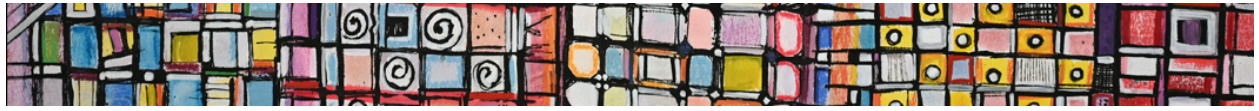
### **POLYMER CLAY BEADS – 4th Triad**

Themes: Gratitude as a pathway to joy, counting blessings, clay restorative benefits, creating prayer and sharing prayer, how to be joyful and suffer better.

## **But, I am not an Artist...**

For those in your community who believe that they cannot be artistic, there are a few things to consider:

- Professional training is not a pre-requisite for being an artist.
- Give yourself permission to play like a child.



- Embrace the process and reject the evaluation.
- It is a creative process, not a product destination.
- It's a journey, so just put one foot in front of the other.
- Practice makes more practice because perfection is an illusion!
- Don't over think it, you can do that at work.
- Mix-it up, diversity brings more colors and choices.
- Break the rules, but if you need to keep one rule, make the habit of creating daily
- Eventually you will find your natural medium, and if not, you will be an adorable
- Stay positive, art is messy!
- If you find an obstacle, just lower your expectation!
- There are no mistakes, just new opportunities.
- Don't wait, all we have is now!

***In conclusion, anybody can create. You just need to be curious like a child, to have kindness to silence your inner critic, to have stamina to keep moving, and have a willingness to laugh at yourself. In the end, it is not about what you create, but what was created in you during the process.***

