

WNMC Spiritual Practices – Session 4
with Miriam Frey and Ralph Brubacher
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Creativity

The impulse of all love is to create.
God was so full of love, in [that] embrace
[God] clasped the empty nothingness of space
and lo! The Solar System!!
Ella Wheeler Wilcox

Step Outside Yourself

Step outside and let yourself be taken over
by a force that's stronger than your suffering
a cause that lifts you up and carries you
high above this cramped reality...
while your being spreads and stretches
becoming everything,
until you're no longer the center of the
universe
but a flowing expression of the whole.
Steve Taylor

Creative spiritual practices are those that are:

Spacious – with ample time and approached in a restful manner

Receptive – open to inspiration from the sacred/Holy

Playful – enjoyable and engaging the imagination and curiosity

Fishing

Dancing

Painting

Journaling

Orienteering

Scrapbooking

Piecing a quilt

Planting flowers

Hiking a new trail

Baking a cake or pie

Enjoying a bubble bath

Writing a poem or psalm

Transplanting perennials

Creating or playing music

Playing with young children

Building a bird house or fence

Creating a personal prayer book

Pruning and shaping a tree or shrub

Solving problems with a playful spirit arising from within

