



## Using Creativity to Empower Your Life

How to use the Following Information: It will take time to heal, be patient with yourself. Many modes of healing are listed so you can find something that suits you. Be fearless and try one suggestion before you actually get stuck in a negative space.

### Taking Personal Assessment

You might be asking why you should take a personal assessment when you are the target of this abuse. Most importantly, you need to have an honest and objective view of your situation. The reason the abuser has been able to take advantage of you is because there is a grain of truth in what they are

saying. It is important for you to be honest with yourself, so you can differentiate between the truth and their harassment.

### Questions to ask yourself

What are you getting out of the situation?

What are your biggest fears and why?

Do you have a family history of physical, verbal, or emotional abuse

### Empathy for the abuser

The abuser is motivated by fear of past events reoccurring. They may fear abandonment, not being in control, not wanting to deal with emotional pain, a family history of being abused in some way. They may also have serious problems regarding narcissism, personality disorder, PTSD, and mental illness.

### Resources

National Hotline for Domestic Abuse 1-800-799 7233

Center for Relationship Abuse (same # as above- both have web sites)  
womanslaw.org.

HealthyPlace.com

medium.com /books to overcome emotional abuse - they have free PDFs of books to download

### Books

Al-anon - One day at a Time

The Laundry Lists Workbook from Adult Children of Alcoholics

Living Nonviolent Communication by Marshall Rosenberg,

I Thought it was Just Me (but it wasn't) by Brene Brown

Psychopath Free by Jackson Mac Kenzie

Ask Your Angels by Alma Daniel, Timothy Wyllie, and Andrew Ramer (includes meditations)

### Healing through Creativity

Creativity is one of the twelve powers exemplified in The Twelve Powers of Man, written by Charles Filmore. Creativity is usually not thought of as a power, but it has the ability to open our minds and clear the path to see new solutions. When we are stuck on a problem, our thinking often hooks into a loop. We inevitably just chase our own tail. Listed below are ideas to lift yourself out of your own squirrel age.

Creativity for your mind: The purpose of doing the following activities is to be in a state of mindfulness to get out of the loop of negative thinking you may be in. Once you have finished your chosen activity try to stay in the now and not sink back into your negative loop of thinking. Hopefully you have had an awareness while taking a break from being you.

### Ideas to Calm Yourself in the Moment

Test these ideas out before you actually need them

Imagine you are going on vacation to an exotic destination (imagine details about being there and the feelings of what you are experiencing). You might remember a favorite experience in your past and try to capture the emotion and energy of being there. Put your hand over your heart as you do this to ground.

Four Square breathing - Breathe in for a count of 4 sec., hold your breath for 4 sec., exhale for 4 sec., hold your breath for 4 sec. This will balance your breath, calm your anxiety, and soothe your nervous system.

Chanting OM to yourself, or in your mind, will also calm your anxiety

HeartMath /Cut-thru exercise - This helps with complex situations and relationships were people have dug-in emotions.

- 1) Be aware of how you feel about the issue. Focus on it in your heart.
- 2) Assume objectivity. Act as through it is someone else's problem. What kind of advice would you give this person?
- 3) Take the distorted feelings (the emotional energy that is out of balance) and bring it into your heart. Let it soak. Put your hands on your heart.
- 4) Take time to be with the energy. Imagine your heart being massaged and cleansed by warm ocean waves. Feel the cleansing of the waves pulling away any negativity that is there.
- 5) Pat your heart dry and massage it with an uplifting scented lotion.
- 6) You are ready to look at your life in a new light, with love and wisdom as your guide.

#### Therapies

HeartMath Institute – they have free sessions and tips to help you center into your heart intelligence

Tapping – EFT

EMDR – for post traumatic stress

Sound Healing – crystal bowls ( you can find it on YouTube )

EMDR - for Post Traumatic Stress

individual therapy

Change Your focus with the following:

crossword puzzles

suduko

word searches

puzzles

#### Spiritual Creativity

read something uplifting , spiritual, or just plain enjoyable

connect with your angel guides – Spirit Guides Angel Guardians by Richard Webster

Gene Keys by Richard Rudd

pray

meditate

Ted talks

Daily Word

find a church

#### Artistic Creativity

Art project or hobby - Why these projects can help your self-confidence - an art or creative project is like a mini slice of life. (1) you have a vision or idea (2) you start making a plan how to execute your idea (3) you encounter obstacles or logistical problems (4) notice how your problem solving ideas

evolve (5) what self-talk did you run into and how did you get past it (6) it is a safe way to make mistakes and learn from them (7) mindfulness (8) projects are like life, you never know what the actual results are going to be (8) congratulate yourself for having the courage to express yourself (9) expressing ourselves freely is a natural human need

art projects  
collage and vision boards  
flower arranging  
wood working  
sewing  
color therapy (adult coloring books)

### Body Work

Creativity to change the chemistry of the body

Qi gong  
Tai Chi  
yoga  
massage  
a walk  
stretching  
aqua fitness  
hugging  
animal therapy (love on your pet)  
a bath in Epsom salt  
dancing  
aromatherapy  
be in nature  
take a nap  
mantras  
chanting

- Chanting practice:
- 1) Clench your teeth – close lips – tongue resting – chant OM – until you feel calmness. This helps strengthen bone marrow.
  - 2) Place tongue to roof of the mouth towards the back – mouth closed - chant OM – This stimulates the connection to the brain and the spiritual.
  - 3) Tongue is relaxed – mouth closed – chant OM – This sends calming connection and harmonizes your whole body.
  - 4) Tongue is on the lower pallet of your mouth resting behind the teeth chant OM – this will ground you. You should feel relaxed and out of the flight or fight mode.

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