

Monetize Your Gifts Masterclass Summary Sheet

Selina Maitreya

Creating A Creative Flow: 3 Tools To Bring More Creative Flow Into Your Business

The Monetize Your Gifts LIVE Masterclass summary sheet series are my own personal highlights and observations I collected from each presenters talk. You very well may uncover others that resonate with you deeper as you listen to the accompanying MP3.

I've created a simple way for you to jot down your own observations, highlights and a-ha moments at the end of this report for your convenience. It's my Masterclass Intention Guide, as you listen to the replay make note of at least two or three things that stand out for you most and at least one action step you'll take in the next few days.

Thank you for participating in this program and investing in your business and your future ~ *Rodney Washington, Monetize Your Gifts LIVE Masterclass Host*

Selina's Key Highlights:

Creativity is an open state, flow happens more readily when we are operating from the place of love vs. the energy of fear

The position of the artist is humble. He is essentially a channel. ~ Piet Mondrian

Think of our creative channel like the channels on a television. Each station has been set to deliver a specific type of programming (think The Cooking Channel for example) when you visit the Cooking Channel what type of programming would expect to see? Cooking Shows!

Our bodies are much like a television, when we are plugged in to receive energy (i.e. programming) we receive downloads in the form of inspiration, dreams and visions. Experiences in the form of people, books, and opportunities 'magically' show up in our lives that can assist us and move us forward. The difference is when we are tapped in we start to recognize these opportunities much more readily.

Selina recommends that we keep these two words in forefront of our minds. **Choice and Awareness.**

Choice and Awareness are essential components of accessing our own creative flow

We can access creative inspiration more readily when we make the "**choice**" to remain in a state of "**awareness**". Do you allow yourself time to check in to see how you're feeling?

Silence Is Important

Do you allow distractions like email and text message alerts or phone calls to shift your focus? Make the conscious choice to go quiet at least once a day, even better, a couple of times a day to go quiet and sit in silence and just focus on your breath.

Doing so you will allow to more easily access your channel to creativity. Consider adding implementing a regular meditation practice to assist you.

Selina's Meditation:

If you've been feeling over stimulated or over saturated lately try Selina's meditation.

All it takes is 5 minutes, three times a day to sit in a room where you won't be disturbed, turn off your phone, put your computer to sleep and sit in silence. No music, no outside distraction, just get quiet and do nothing more than simply breathe.

As your meditating don't try to stop your thinking, just gently place your attention on your breathing. The goal is just to slow down your physical body.

Consider adding the book **The Power of Now written by Eckhart Tolle** to your success library. (you can find it on Amazon.com)

3 Steps To Tapping Into Your Creative Flow:

1. Go to quiet ~ choose to create space in your life for daily quiet
2. Reopen your sensory realms ~ Do an inventory of where your senses are wide open and where they are shut down
3. When you experience a misstep or a mistake give yourself the grace to be gentle with yourself, know there is a message in every experience.

Our senses are our most immediate connection to our creativity. ~ Jean Houston

On a regular basis ask yourself ~ **“What am I open to, what shuts me down, what stimulates me?”** Check in with your five senses. For example, notice your sense of smell and taste. Next, your vision, do notice things more visually or is it your hearing, do you pick up sounds more intensely? It could be touch, are you feeling the need to be more tactile?

In addition notice what annoys you and what makes you feel all warm and comfortable

The single biggest sense that Selina's feels that the majority of us aren't attune to is our intuitive sense. It's our sixth sense and the doorway to creativity.

Choose to reconnect to your intuitive body. Intuition is the space where you “know” something, you just sense it.

Keep in mind: Ideas come to you when your brain is usually engaged in mundane or methodical activities like gardening or washing dishes. Creativity isn't brain work.

Selina's Recommendations for Marketing Your Work When You're Working From Flow:

1. Make sure you have a consistent body of work, for example if you're showing a physical portfolio of your artwork make sure it meets the demand of the marketplace. Or let's say you're a consultant, advisor or coach, you must have an easily defined and clear message that the market place has raised their hand and said, **"Yes, I want this"**.

Your prospective clients must know that you understand what they want, so the more clearly you can communicate that message the easier you'll make it for them to say yes to working with you.

2. Make sure there is a marketability to your body of work. In other words there must be a demand. Investigate the marketplace, do research in the form of informational interviews or informational sales calls, surveys, attend conferences, keeping up with industry trends and news by regularly reading trade publications like blogs and magazines.

Very important: Know where you can take your work. What events can you attend where your prospective client hangs out? Ideas to explore: blogs you could write for? Or industry events where you could speak? Ideally you should have three to five markets where you can regularly present your work.

3. Have a marketing plan that's deep. You should have a least four to five ways to reach your market. Possibilities, major blogs where you could contribute articles, social media campaigns, direct mail and/or email marketing campaigns, in person meetings (i.e speaking gigs, trade shows, expos and networking events), cooperative events like art fairs and open houses.

Take the time to go quiet and listen to your intuition as your plan projects for your business like your marketing plan for example.

Important note: Every marketing idea isn't for everybody. You only need to focus your energies on the specific marketing outlets that work best for you and the customer you're trying to reach.

Your message must match the desires market

After you design your marketing plan don't become married to it, be open to adjusting it where necessary. And most importantly understand that marketing takes time, you have to be committed to the long haul.

Selina's Top 10 Big Take Aways:

1. Take five minutes three times a day to go quiet and to check with yourself
2. Make note of your senses, it's the gateway to your intuition
3. Act from your intuition
4. Have a clear message and body of work
5. Develop your marketing plan
6. Course correct the execution of that plan as you go along
7. Get in the game and stay in the game.
8. Be willing to strike out and live beyond your potential.
9. Success comes to the person that's willing to go a little bit further, play a little while longer and not give up.
10. Allow yourself the space to make mistakes or experience missteps while being gentle and easy with yourself on your journey. Selina suggests making your life your practice

Bonus: Download Selina's Complimentary Chakra Clearing MP3 located on the Masterclass gift page: <http://getpaidforyourcreativity.com/gifts>

Presenter Sessions: In this section you find each presenters session topic, and the points they will cover. As you listen to the MP3 presentation you will have an opportunity to write down any highlights, a-ha moments and/or ideas that come up for you.

Finally, you will have an opportunity to state your intention and the specific actions you will take in the coming days, weeks etc to move forward.

Selina Maitreya: Creating A Creative Flow: 3 Tools To Bring More Creative Flow Into Your Business

- *Learn how to tap into your creative FLOW at will ... and on demand!*
- *Demonstrate your authentic vision with clarity so potential clients will want to work with you*
- *Discover how to tap into your brilliance and ignite your creative spark that will create more financial abundance in your life*

What I learned from Selina:

Based on what I wrote I intend to take these specific actions:

Selina has graciously offered her Selina Maitreya Chakra Cleansing MP3 as her gift to you, enjoy! I've known Selina for years and can totally stand behind the quality and the depth of her teachings so, you'd like to go even deeper Selina has made available access an amazing program ~ Time To Thrive her five week online course, for more information and complete details go to: <http://getpaidforyourcreativity.com/gifts> for details and information!