

The Role of Meditation in Writing and Creativity

This webinar will explore how meditation interfaces with your ability to write, and how it can enhance your creativity. We will start by drawing from the teachings of the Swamis to trace the evolution of writing. We will identify the different types of writing, and have you notice which are your dominant areas of written expression.

We will also discuss what contributes to being a prolific writer. We will look at what builds confidence in a person's ability to write. We will examine the role of a spiritual journal in augmenting writing. We will tackle overcoming writing blocks. We will examine what is automatic or "spiritual" writing, and how to tap into this inner stream of inspiration.

Evolution of the Gift of Writing

By George A. Boyd © 1994

Q: "I have been inspired to write mystery novels. Is this compatible with the spiritual path?" [This discourse was written in response to a seeker's question].

A: "Writing takes a number of forms as kundalini rises through the chakras during spiritual evolution. The most primitive urge to write may be seen in the behavior known as "tagging," or writing one's name on surfaces in the environment. Something of this emotional excitement in the act of writing becomes sublimated as the drive to create in a writer."



“The following forms of writing emerge as the kundalini rises through the chakras.”

Evolution of the Gift of Writing	
(1)	“Tagging”, marking territory, graffiti
(2)	Writing geared to excite lust, e.g., pornography, or works of “demonic diatribe” against individuals and institutions
(3)	Writing geared to excite anger, revolution, and urgent political action, exemplified by political writing
(4)	Writing geared to produce desire for a product, a service, or to glamorize an individual, such as is seen in media and advertising writing
(5)	Writing personifying the lives and passions of fictional characters, as for a novel, theater, or screenplay [Mystery novels fit in this category]
(6)	Documentary writing, textbook writing, and non-fictional writing used to educate others about conditions in the world, the lives of famous people, or specific academic or vocational subjects
(7)	Religious writing, commentary on scriptures, the “preaching and teaching” of religious doctrine
(8)	Inspired or channeled communication from spiritual beings, Masters, or the agencies of the Divine



“Aspirants and disciples can augment their writing gift by keeping a spiritual journal. As more intuitive bands are accessed through meditation, the journal becomes a mine of revelations, insights, poems, and discoveries.”

“This material eventually becomes incorporated as values, beliefs, and behavior, and the personality is reconstructed. This impacts writing by uncovering deeper layers of meaning.”

“Ultimately, writing becomes satsang, where you channel the intuitive wisdom of your Soul and your Master Teacher. Writing in its highest octave makes you an instrument for Spirit.”



What inspires you to write?

At which of these levels do you tap into your writing?

Do you keep a personal or spiritual journal in which you capture your thoughts and inspirations in writing?

Have you every written something that you feel comes directly from your Soul?

Have you ever done writing that you feel channels other spiritual beings, the Holy Spirit, or God? What was your state of mind when you did this type of writing?

What Are the Types of Writing?

Excerpted from *The Practical Applications of Meditation in Daily Life and Education*

By George A. Boyd ©2008

[As we examine the types of writing across the Seven Rays, they appear to fall into seven broad categories. As we describe them, you may wish to identify which types describes your own favored writing styles.]

What Is Communicated	Type of Writing	Examples
Tell me what to do, what the rules are	Directive	Commands, orders, policies, laws
'I' statements that let us know about you and your experiences	Experiential	Stories, fables, parables, satsang [1], autobiographies
Explain to me about it, make me understand it	Expository	Essays, explanations, models
Make me see it, hear it, taste it, feel it	Imaginary	Poetry, fiction novels, short stories
Describe it exactly, measure it, define it, weigh it, give data about it	Scientific	Technical writing, research papers, theses, dissertations
Tell me what a person is like, or what we should be ideally	Personal Description	Biographies, eulogies, sermons, character studies, case studies
Act it out for me, say it; dance it; make it live for me	Dramatic	Plays, screenplays, songs

[1] Satsang is a form of communication that happens when you speak truths you have realized from your spiritual essence.

What would you say is your dominant type of writing?

Do you also use other styles of writing? What are they?

What triggers you to write in these different styles?

Are You a Prolific Writer?

I intuit that people write for three major reasons:

- (1) *It is required that they do so* – for example, a school assignment, an essay test, a report, or a work project—they do it because they believe that they will be rewarded if they do it well, or punished if they do it poorly or fail to do it.
- (2) *They do it to process or capture their experience* – This writing helps you make sense of something that happened to you, as when you write down your stream of consciousness experience, or write poetry. It is also might document something you experienced, such as a travel diary. It may also appear as an inner dialog, where you write down your feelings and thoughts about the issues, and the people in your life, as you might in a personal journal.
- (3) *They do it because they are inspired to do so* – This writing comes from your inner life. There are the creative types of writing, where inspiration bubbles up from your Subconscious mind—as characters for a novel, or stories that unfold before you. There are the inspired types of writing, where you are impressed with images, information, and ideas from the Superconscious mind.

I suspect that if a person does not have a lot to communicate, they do not become a prolific writer. I further suspect that unless they have genuine passion for writing—the kind of passion that says that I cannot live another moment unless I write and capture these ideas inside of me—they do not become a prolific writer.

Something must drive a person—from without or within—to spark this creative process.

Examples of those driven from without include

- (a) Screenwriters who must provide regular programming for a television show, or who must revise the script for a movie

- (b) University professors who must publish in academic journals to gain and maintain tenure
- (c) Editorial or feature writers for a newspaper or magazine who must deliver new material on a regular basis to meet publishing deadlines
- (d) Advertising or media writers who must write for the specific needs of a client
- (e) Scientists who must document their findings
- (f) Social workers, counselors, and therapists, who must document their casework and counseling sessions
- (g) Legislators who must come up with the language of laws; corporate officers who must define the policies and procedures of an organization

Those who are driven from within include

- (a) Poets and musical lyricists
- (b) Fiction writers and playwrights
- (c) Documentary developers and non-fiction writers
- (d) Fantasy or science fiction writers
- (e) Comedy writers
- (f) Religious writers
- (g) Channelers and prophets

I reflect that a person who becomes prolific may be motivated by external demand. This seems to me like it would be a very stressful way to be creative, as one must produce—or be threatened with losing one's livelihood.

I also note that a person who becomes prolific from inner inspiration is not satisfied until the vision that burns betwixt their brows is fixed in final form—as a book, play, movie, poem, sermon, or satsang. This inner urge presses for completion, and will not let you rest until you have delivered it at last to the eyes of the world, and given it voice so that all may hear.

I often imagine that creativity is like a faucet. In some, this faucet is turned only a little, so just a few drops of inspiration leak out. In others, this faucet is opened wider, and it provides a regular stream of ideas. In a few, this faucet is opened as wide as it can be turned, and their creativity flows like a torrent.

Because I have always been a poor plumber, alas, my own spigot is turned to its maximum, and it is stuck there. I have no tool to turn it back—but then, why would I do so? The gift of being a writer is so joyful and blessed that I could not think of a more blessed way to communicate and to serve.



On a scale of 1 to 10, where ten represents maximum creativity, and one represents no creativity, how prolific are you?

Would you say that your creativity is sparked mainly from external demand? Or does it stem from internal inspiration?

To what degree does external demand push you to draw upon your internal inspiration?

As you reflect back on your life, what have you produced and given to the world in your craft as a writer? How satisfied do you feel? Do you need to create more to feel complete?

Becoming a Confident Writer

I think that there are several steps to becoming a confident writer.

First, we must practice our craft and get feedback from those who are our teachers. We must learn how to write clearly, so our words communicate our ideas and inspirations, so that others can grasp them.

Second, we must write on our own. We must write, not because someone forces us to do so, but because we want to, we feel driven and inspired to do so.

Third, we must put our writing in the public forum. This might be a book of poetry, or a poetry reading. It might be an article for a newspaper, magazine, or journal, or published on a web site. It might be a submission for a scholarly journal. It might be a submission to a publishing house. It might be a screenplay we send to a director.

Fourth, we must listen to and endure the criticism and rejection of others. You may write many things until you are published or accepted. You must use this to keep improving your writing, and never give up.

Fifth, you must move to a deeper place in your writing through learning new forms of writing; to craft your words so they say exactly what you mean; and making your writing so it generates clear images in the minds of your readers. For some, this may mean taking creative writing classes, or experimenting with poetry. Others will read the great writers in their genre, and puzzle over what made their writing so moving and compelling, and attempt to emulate it.

Sixth, you must find your own writing voice. This means that you will discover who you are, and what you really want to say. Once you find your voice, you will find your confidence. [I don't think anyone can be a truly confident writer unless they find their true voice, because otherwise, they are ever looking for affirmation and praise from others. Once you find your writing voice, you don't care about that any more.]

Seventh, you must actualize your writing gift by bringing out all that your Soul wishes to communicate to humanity. As long as you live you will write; as long as the inspiration pours, you shall be its scribe.

The Spiritual Journal – How It Can Augment Your Writing

Excerpted from “The Gentle Art of Concretizing the Soul’s Insights”

By George A. Boyd © 2011

“For some meditators, when they contact the Soul through dialog and receptive meditation, the Soul sits silently like a sphinx—knowing, in its impenetrable mystery, the secrets of the Ages, but not revealing them. This occurs because the Soul has not activated the intuitional stream, which manifests through the thalamic center; and the octave of speech that communicates the Soul’s insights (satsang), which operates through the throat center.”

“Once the Soul begins to communicate, meditators often find that the Soul’s profound insights are highly abstract and vague, like cotton candy. To spin down this cognitive fuzziness into something that is concrete and useable, there are several steps that you can take.”

“Step One – Use a Journal. Write down whatever your Soul tells you verbatim. Write down anything you saw in meditation; anything you heard in meditation.”

“Step Two – Drive the process of gathering information. Once you have some initial output from the Soul, drill down to greater clarity by asking it pointed questions that elaborate and clarify these abstract concepts.”

“For example, if the Soul says, “be more loving,” you might ask the Soul, “In what ways do you suggest I be more loving?” “Are you suggesting I change my behavior? If so in what ways?” “In what specific instances am I being not loving, and what might it look like for me to be more loving?” Write down these more specific responses, if they are forthcoming.”

“Step Three – Expand upon these initial insights. Take the initial abstract concepts and use reflective meditation...”

You can use this creative process from spiritual journaling to inspire your writing. Here you meditate, get ideas, and then flesh them out.

Writers Block and What You Can Do About It



Every writer, at one time or another, experiences writers block. You simply don't know what to do to move forward in the piece you are writing. You don't have any ideas and you have a deadline [e.g., when I have to get my weekly webinars done for you]. You feel stuck and hopeless.

These are my tips for getting through this.

- (1) *Relax* – Go out and take a walk. Go to a natural place. Clear your mind. Appreciate your life and the beauty around you. After you are refreshed, then go back to your writing.
- (2) *Brainstorm* – Write down any idea that comes to your mind, no matter how silly. Clear out the pipes. Just bring out any impression that comes to your mind—free associate.
- (3) *Go back to your mind map* – Return to the internal space where you conceived your writing. Review what you wanted to accomplish. Go over your outline.
- (4) *Skip ahead to another part* – Stuck on chapter four? No matter, work on chapter six. You do not have to work on your writing in a linear fashion.
- (5) *Grab a snippet of your other writing* – You may have already captured what you want to say somewhere else. Excerpt, re-work, and re-purpose what you have already written.

- (6) *Strangle your inner critic* – Often the thing that holds you back is that voice inside that says, “That’s complete crap!” “Your writing is terrible!” “You write like a g-d four year old!” You may skillfully disarm your inner critic by telling it—“I will need your services during the editing process, but right now, your criticisms are not welcome. Please shut up and go away!”
- (7) *Dialog with your characters or ideas* – Interviewing your character; doing reflective meditations or mind maps on ideas; or imagining possible alternate scenarios can break you free from your mental logjam.

If writers block is a too-regular occurrence for you, then you may wish to do some process work with the block itself, using the Rainbow Method or similar interview technique, so you can determine where it is coming from, and what you need to do to resolve it.

Automatic Writing and Channeling

Some people, when they meditate, find that either their Soul, or some other spiritual entity—for example, a departed loved one, an angel, a “spirit,” or a “Master”—desperately wants to communicate something through them. The entity may say, “This must be communicated to [x].” “This is the Supreme teaching for the coming Golden Age! Write down verbatim what I tell you!” “Take up your pen and write—take dictation—for now I will communicate to you the most sublime, hidden truths, that have been stored up in the secret chambers of the Pyramids for five thousand years!”

However an entity approaches you and attempts to convince you that it is vital that you communicate its truths, once you assent to convey its message, you build up an internal link with this entity. If you do this a lot, you will create a regular conduit through which you can speak its inspiration [channeling or prophecy], or take automatic dictation [automatic writing].

We discuss how you can begin to develop this ability in “The Missing Meditation Technique workshop”—should you feel a calling to do so.

Thank you for attending our webinar today!

