

Breaking patterns and unlocking creativity

Belrim network evening with Greet Dom

March 13th 2025 | Leuven

A few tips and guidelines for listening to the meditations

- **Imagination** is your guide
- **Relax**, don't work, don't do your best ;-)
- **Open the back of your head** to let the energy flow in and out
- **Don't strive for immediate results.** New thoughts come at their own pace, you can't force them (expecting and forcing is a personality characteristic, formed by your known, familiar past (and thus have nothing new in them). New ideas often come on unexpected moments.
- **Experiencing is key;** enjoy the energy, sphere, relaxation, movements.... in your experience. This is more important than understanding words (which is a left brain activity)
- **Don't fear the abstract;** remember Einstein:
"The world that we have made as a result of the level of thinking we have done thus far creates problems that we cannot solve at the same level as the level we created them at. That is, the only way we can solve them is by creating a new way of consciousness... a new level of thinking about them"
- **Don't get hijacked by your thoughts.** If you encounter strong thoughts, just surround them with light or energy and let them go. And focus again on your feeling and experience.
- **Practice and repeat;** keep those neurons firing so that they can wire together and be stored in your long term memory

Listen to (Dropbox link)

- Exercise Positive neuroplasticity 10'
- Meditation Transcending the mind to unlock creativity 10'

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