

# The Inspired Creator





YOU ARE FILLED WITH CREATIVE IDEAS

THIS IS PART OF YOUR SUPERPOWER SYSTEM. YOU  
ARE TAPPED INTO YOUR INTUITIVE RIVER OF  
CREATIVITY AND IDEA GENERATION





# STRUCTURE WILL BE YOUR KEY TO MANIFESTATION

CREATE RITUAL FOR YOUR DAILY, WEEKLY,  
MONTHLY, QUARTERLY AND ANNUAL CREATIVE  
AND INTUITIVE ANCHORING. THINK BODY, MIND,  
BREATH, ENERGY AND CREATIVITY. HOW ARE YOU  
ANCHORING AND FEEDING THEIR BALANCE.

\*FULL PROCESS GUIDANCE



# DEEPENING YOUR JOURNEY WITH THE MYL PROCESS

AT MAGNETIZE YOUR LIGHT, WE VIEW INTUITION AND CREATIVITY AS TWO SIDES OF THE SAME COIN—INTUITION IS POTENTIAL CREATIVITY, AND CREATIVITY IS INTUITION IN MOTION. EACH ONE IS AN ENTRY POINT TO THE OTHER.

OUR PROCESS BEGINS BY GROUNDING IN THE BODY THROUGH BREATHWORK, MEDITATION, OR GUIDED VISUALIZATION. FROM THERE, WE OPEN THE DOOR TO CREATIVE EXPRESSION—LETTING ENERGY MOVE FREELY AND AUTHENTICALLY.

WE THEN DEEPEN THE EXPERIENCE WITH JOURNAL PROMPTS, HELPING YOU CAPTURE INSIGHTS AND ANCHOR YOUR SOUL'S CONVERSATION. THE RESULT IS A STATE OF AWAKENED ALIGNMENT—WHERE ENERGY, CREATIVITY, AND INTUITION FLOW AS ONE.

*Start Your Process Here:*

DOWNLOAD AND EXPLORE DEEP RELAXATION MEDITATION

MINDFUL COLORING: CREATIVE FLOW





# Mindful Coloring



# INSPIRED CREATOR

## Journal Prompts



WHAT IDEAS OR PROJECTS HAVE BEEN TUGGING AT MY HEART THAT I HAVEN'T YET GIVEN MYSELF PERMISSION TO EXPLORE?

IF I COULD CREATE WITHOUT WORRYING ABOUT JUDGMENT, WHAT WOULD I MAKE?

WHAT SMALL STEP COULD I TAKE TODAY TO BRING ONE OF MY CREATIVE VISIONS TO LIFE?

WHAT STORIES OR PATTERNS AM I READY TO RELEASE SO MY CREATIVITY CAN EXPAND?