

Ancient Sounds ~ Modern Healing

The Death of Creative Blocks

In a departure from my normal writing – on the power of sound & music, I am answering a question that I get all too often. “How can you consistently stay so creative?” I have a secret about how to do this, but it will no longer be a secret when I am done.

The mystery lies in how you habitually live your life. **Judgment and opinion stop the flow** of creative *ju ju* – dead in its tracks. Having an opinion seems so harmless, yet right under this thin skin lays judgment. Opinions let us think, “My idea is correct. All other ideas are wrong.” When the nasty energy of something is concealed (like judgment), its deadly energy accumulates while no one sees its danger.

Politicians, mostly opinionated people, believe that their way is correct. Yet someone not so invested in politics can easily see that there are elements of both parties that make implicit sense. Why not combine them? However, if one is steeped in only one way of thinking, inclusion of anything else is “wrong,” impeding cooperation.

When we dislike a person, we easily disregard anything he says. People that we don’t like can have great ideas. Even their criticism can be labeled “free consulting.” The man with low moral values can also have brilliant ideas. In fact devious people often possess great smarts! Our judgments blocks solutions that parade of creative ideas in front of us. When we even subconsciously think something is wrong, we block information from entering our consciousness. A negative thought forms resistance to the natural flow of subtle energy currents.

Easily we believe, this can't be done or I would never be allowed....all of these thoughts stop creative juices. Put aside the blockages form the world. What iwould you do if you could do anything? Then how would your idea unfold?

In a world of duality, everything has polar charges. Easily, we assign right or wrong to these energies, but rather the energy is similar to the positive and negative charges of a battery. We don’t judge the end of a battery to be right or wrong, yet it is a polar opposite.

We can simply observe people or ideas without attaching judgment or opinion. (We can still protect ourselves, yet carefully select ideas that are good.) With an open mind, plentiful good ideas can rattle around our heads, ripe for the picking.

The classic picture of a writer crumpling up his written material and soon as he types it, demonstrates not only writer’s block, but also the attitude that triggers writer’s block. Self judgment strikes again. In contrast an attitude of gratitude is a powerful emotional state in which one can receive the most.

A study was done on sickly plants. Each group of plants was prayed for, but with a different attitude. The group of prayers with an open receptive, grateful attitude imparted the most

powerful healing upon the plants as demonstrated by the plant's growth.^[1] With gratitude the healer became more powerful.

When I read antiquity, searching for clues about ancient music, I read the most unbelievable descriptions about healing with sound and music. I resisted the urge to wonder what drug ancient people were taking or that earlier people were superstitious morons. By staying open I understand their entirely different dimension of thinking; where many before me could not. Is this brilliance? No.... The key? Refraining from thinking the way we know things in the twenty-first century is the correct way.

Where I worked, complaints were often on the lunch menu. As we sunk in our mire of self-pity, a man with Down's syndrome, Dave, entered the scene. Dave was the janitor. He beamed with pride, so happy to be a service to the rest of us.

Dave sincerely asked if the toilets were clean enough. He had a more degrading job than anyone of us could complain about, but he approached it with gratitude. Dave was happy and we were miserable, even with our better circumstance and so called superior intelligence.

Now if one had the opinion that being mentally retarded meant that you weren't smart, Dave's message would have been dismissed. If one was open, he could see the wisdom of Dave's attitude – that rose far above many “intelligent” people thinking habits. Dave was the teacher in the room.

Dave had always been there as our teacher, but we had to stay away from judgment and opinion to receive his wisdom. The master appears when the student is ready. And what makes one ready?? A willingness to receive and not judge ideas! A willingness to think differently than mainstream thought and not worry about what others think! With this openness you may not agree with all that you hear, but you are open to consider parts of it or even the attitude or motivation.

Perhaps brilliance is an attitude of respect for all other ideas – even crazy ones. Creative genius might be a simple, open spirit and accessible to us all! An attitude of gratitude for all ideas – no matter where they come from or what others may think about them – is a key to greatness.

^[1] [http://www.amazon.com/Journey-Into-Prayer-Pioneers-Laboratory/Bill Sweet](http://www.amazon.com/Journey-Into-Prayer-Pioneers-Laboratory/Bill-Sweet)