



Inspiration Central

Today, I am marrying intention with action!
Day 8

Today's gua is Children & Creativity.



Children & Creativity is a favorite of mine! It encourages playing! The I Ching trigram associated with Children & Creativity is Tui, which means Joyous Lake. We are free to splash in the lake of joy and creativity like children. Children & Creativity allows and supports us in the freedom of expression. There are so many forms of creativity. There is the creation of life when the egg is fertilized. A cook creates a meal. A mother juggles four schedules for her family and makes it all work. The father creates when he takes chicken roosts and makes stilts. My dad did this for me.

"When we feel joyful, euphoric, happy, we are more open to life, more capable of seeing things clearly, and handling daily tensions."

-- Leo Buscaglia

"We do not stop playing because we grow old,
we grow old because we stop playing."

-- Oliver Wendell Holmes

Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.

-- Catherine Rippenger Fenwick

Dive into the joyous lake and allow yourself to play and create. It does not matter what you create or how you create. Just play with the concentration and imagination of a child. There is no right or wrong way. Color and make the sun green, the grass, pink, and the dog polka dotted. It releases the energy blocks inside of you. It will help you find creative solutions in every area of your life.

Ask your questions:

What is my intention?

How do I live my intention?

We are coming into summer. Think of something you loved to do during summer vacation as a child. Lay on the grass and watch the clouds go by. Go fishing. Splash in puddles. Anything. There are more daylight hours so you do have time. I promise you will feel better if you will take the time to play!

I live my intention of expressing my creativity by playing. It is what keeps me going. It keeps the energy bubbling with joy inside of me. It allows me to express my joyful spirit. It keeps ideas popping inside of me like jiffy pop popcorn!

Come on, take a ten minute play break right now!



Much Love,
Terri

Bagua Map

WEALTH & PROSPERITY Persistent Wind	FAME & REPUTATION Clinging Fire	LOVE & MARRIAGE Receptive Earth
HEALTH & FAMILY Arousing Thunder	CENTER	CHILDREN & CREATIVITY Joyous Lake
KNOWLEDGE & SELF CULTIVATION Still Mountain	CAREER Deep Water	HELPFUL PEOPLE & TRAVEL Creative Heaven

**All of these and higher for
the greater good of all beings.**

copyright 2004 - inspirationcentral.net

