

**Enhanced Creativity**  
*By Rene Bastarache, CI*

This script is designed to open up your creative thought process. Through relaxation you'll increase your ability to use your "forebrain" which is the location of original thought.

**Script Begins Here:**

I'd like you to imagine a movie screen right in front of you... and on that movie screen I'd like you to imagine a scene of something that brings you great pleasure...

An example would be watching kittens or puppies playing together... If you have children, it may be holding your child as a newborn with great pride... It might be going for a walk out in the countryside on a beautiful day or maybe even the sense of accomplishment from winning a well-deserved challenge...

So, take a moment now to think of something that makes you very happy... Get it clear in your mind as you imagine it actually happening on the movie screen in front of you...

As you're imagining it be sure to include as much detail as possible... Things like who's with you, your location or what kinds of surroundings are there...

How does this scene make you feel?... What emotions come to mind when you imagine this great scenario in front of you? ... Allow that emotion to swell stronger and stronger within you...

When it comes to thinking creatively it's important to eliminate stress so you can open that creative part of the mind known as the forebrain or frontal lobe... This is where creative thought comes from.

The way you're going to be able to open the creative process of the forebrain is to begin by imagining the scenario you just created on your movie screen... This

brings you to a happy place where you can relax... Imagine something pleasant... and then simply allow your creative abilities to unfold.

So now that you've had a few moments to imagine your happy scene... I'd like you to allow your mind to become creative and focus on what it is you truly want...

What is it that you'd like to use creative thinking for?... You can now think about whatever the topic is you'd like to work on and imagine it taking place on your movie screen in front of you... Allow your creativity to run free... and go wherever it may.

Take a few moments and just allow yourself to be in this place of creativity... allow your mind to run free... as this wonderful movie designed by your mind takes place before you...

*(If conducting this session has a PRACTITIONER: tell the client that they would allow their mind to be creative until they hear your voice again. When you feel they've been there long enough simply use an awakening to direct them back.)*

*(If doing this session for YOURSELF: simply allow your imagination to run free until you feel you have attained your goal or you have the desire to open your eyes and then continue your day)*