

# 14-Minute Guided Meditation for the Struggling Creative

Written and recorded by Alyssa Sherlock

Hello, friend. This is a meditation for those feeling overwhelmed, or stuck, or discouraged, or who are at an okay place and need a bit of encouragement in their creative life. I wrote this as a letter mostly to myself, what I need to hear in those difficult moments, and I hope it can also help carry you through to a place of love, relaxation, and self-compassion. Let's begin.

Dear creative,

Your mind is spinning again and you can't pay attention to the words on the page, the keyboard, the paintbrush, the instrument, or the people in front of you. It's so easy to let your doubts fill you and overcome you, and leave you stuck, frozen with terror and self-doubt. Maybe you're there now – sitting at your desk, or nowhere near your desk, frustrated, and angry at yourself. Your thoughts are dominated by negativity, mostly towards yourself. I won't repeat them, because you know what they are already.

Let's take a step back. Refocus. Put down your pen, keyboard, laptop, phone. Find somewhere comfortable to sit or lie down, or even take yourself out for a slow, meditative walk. Step away for a moment. I'll give you a moment.

Are you comfortable? Take a few deep breaths, becoming aware of any tension in your body.

Inhale. Exhale.

Lower your shoulders.

Inhale. Exhale.

Relax your jaw.

Inhale. Exhale.

Loosen your pelvic muscles, the tightness at your hips and the core of your body. Let whatever part of your body is touching the floor or the ground anchor you. Feel the earth through your body.

Remember your body with gratitude, your body that keeps you breathing, that keeps you walking, that keeps you alive, and that cradles your beautiful, messy, creative mind that above all just wants to tell stories.

Continue taking deep breaths through this meditation, each time letting out any tension you are holding in your body.

Let's remember.

Remember you will create. Remember that even if you don't feel inspired, or motivated now, remember that passionate rush of inspiration moving through you. Remember those moments that you created things, by getting your story out, and reworking, and editing, and rewriting. Remember the patience you had to have. Remember each small moment that, added up, eventually made something beautiful, in the end. Remember the moments in between each victory and each failure. These are the moments of creation.

Remember the stories you want to tell. Remember how important telling stories is to you. Remember how you've been touched by others' stories, how they have changed your life, and your mind, and made you the person you are. Think of a story that you hold close to you always, and remember how it affected you. Remember the things that make you want to shout, that make words pour from your fingertips. Remember the people that cry for your voice, for your story. Remember there is someone that needs your story.

Remember to let go. As you're letting tension out of your body, let go of those expectations you have for yourself. Let go of all the "shoulds" you have placed on yourself. Accolades you should have, milestones you should have passed, creating you should have done. Let go of comparing yourself to others on similar paths – everyone has a journey you know nothing about from the outside. Remember, your journey is built from the little moments in between.

Inhale. Exhale.

Remember you are exactly where you need to be. You work so hard. Take a moment to appreciate all you have done and accomplished. Don't diminish it, or excuse it, don't add "buts" or qualifiers. Own your accomplishments. You have worked hard. You have accomplished. Be proud of yourself. Your creation is beautiful. Your creation is worthy. You are beautiful and worthy.

Remember you are enough. Maybe you feel like there's always more you need to do. There's always something else, that could make you more known, more successful, more prolific. But you are enough here, now, with what you've created and the ideas in your head, and with your love. You have done so much already to get to this point. You are unique that you have committed so strongly to something you believe in.

Maybe you don't really believe it – that you're enough now, when there's so much you don't know, when there's so much to learn, when you feel completely out of your league, when everyone is so much better than you. You can absolutely learn, and grow, but here, now, you create, you observe, you love, you tell stories. How can you accept yourself where you are at, now, with all the mess and inconsistencies and fatigue and frustration? It is human to be incongruent. It is human to be inconsistent. Accept your humanness. Your humanness is what makes your stories come to life, what connects with others.

Remember that everything is temporary – those feelings of overwhelm, of hating everything you've ever created, of imposter syndrome, they come and they go. Don't let them consume you. You don't need to ignore them, or push them away, or make them into another "should." You are allowed to

feel. Remember another day will come, and with each new day, new struggles, new feelings, and you will ride each wave, and you will learn. Don't beat yourself up now. Extend love and self-compassion.

Remember to go slowly. Savour every sip, every word, every failure, every struggle, every connection, every step. You deserve gratitude for getting yourself here. You deserve to stop and absorb everything that brought you to this point. Let go of all the things on your to-do list that you haven't done. For a moment, on your inhale and exhale just notice where you are at right now. Notice your frustration, your anger, your drive. Notice every emotion or sense – notice yourself here, in this moment.

Inhale. Exhale.

Remember your community. Remember the love that surrounds you, that holds you. Remember those people that love everything you do, and are in awe. Remember those that you've created with and alongside. Remember those that you have commiserated with, that remind you that you are not alone. You are never alone. Remember those that connect with your creation, the way their excited comments put a smile on your face. Remember those that encourage you and cheer you on every step of the way. Remember you are surrounded by this joyful love and faith.

Inhale. Exhale.

Hold everything with you as you go on with your creative day. Before you return to your work, ask yourself, what do you need right now? If you need rest, seek that. If you need connection, find some. If you need to sit down and face the blank page, do so. Relax your shoulders. Relax your jaw.

Inhale. Exhale.

Open your eyes. Take a moment. Come back slowly. Go on with your day. Return when you need to.

Thank you for joining me. My name is Alyssa Sherlock and I am a writer from Winnipeg, MB (Treaty 1) and I am always interested in building communities of care around my creative work. You can find more about me at [alyssasherlock.com](https://alyssasherlock.com) or [@asherlockwrites](https://twitter.com/asherlockwrites).

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