



*Your life is a creation. Be present for it.*

Offerings to spark your creativity by Rebekah Younger

Hello Friend

Each week I'll bring you inspirational quotes, prompts, activities and resources to encourage you to create in the media of your choice, using themes drawn from my book, [\*Be, Awake, Create: Mindful Practices to Spark Creativity\*](#). Click on the underlined links to access additional resources for a richer experience.

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## *Listen - Inspiration is Everywhere*

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One of the few drawings my mother saved from my childhood was inspired by the [\*Dance of the Unhatched Chicks from Mussorgsky's Pictures at an Exhibition\*](#). At age 3, I can recall hopping around just like the music. To save the record from being scratched, my mother handed me crayons and paper to draw my experience instead. I drew a cracked egg on two green clawed feet dancing. Do you have any memories of your childhood experience of listening to music?

As an adult, most of my waking hours are spent with the constant chatterbox in my head, even when I might have music playing, I am only half listening. Or sometimes a song gets stuck in my head, repeating one or two lines over and over. Still to really listen; receptive and inquisitive as a child, is a different experience.

This week tune your awareness to listening, in all the ways it manifests. Let what you hear inspire your creative process.

Start out with the story I tell at the beginning of my book; the first performance of John Cage's controversial composition for piano, *4'33"*, that consists of three "movements" of silence. Check out [this](#)

[short video](#) to learn more about this piece. With the app link below you can record your own "performance" and hear others recorded around the world.

Dig in and explore what listening leads you to create this week!

[Download 4' 33" FREE app from John Cage Trust](#)

*"Music is continuous. It is only we who turn away" John Cage*



be

### *Listening to What Is*

Take 5 minutes, at least once a day, to stop, sit quietly and listen to the environmental sounds. No need to name what you hear, just let the sounds flow and blend together like instruments in an orchestra. Notice your reactions and when your thoughts stray, come back to the sensation of listening.

### *Sensory Activity - Seeing Fresh*

Close your eyes and listen to a favorite piece of music, like it was your first time. Perhaps tune into the bass or drums, versus the melody or lyrics; then switch. How does this change your experience? Now try the same thing with a piece of music you don't normally like to listen to using the same open inquiry. What happens?



awake



### *Creative Expression*

Let your listening inspire your creative process. Draw or write what you visually, emotionally or physically experienced. Dance to the sounds or write your own music. Perhaps use what you hear as the soundtrack for a video or slideshow of your images. It's your creation! Have fun!

### *Share Your Creations*

To share your art and view the work of Creating Catalyst subscribers, tag your posts on Instagram or Twitter with #creatingcatalyst and #beawakecreate Your creativity is endlessly inspiring!

[View posts >>](#)



## **Upcoming Events on Next Page**

# Upcoming Online Events

*Create with others at one or all of these online programs.*



## *Square One Salons*

3rd Saturdays of the month on Zoom  
12:00 - 2:30 pm Central (US)

Sign up for them individually \$10. ea.  
or the full year series for \$95.

[Register Today>>](#)

**January 16 - Mining the Gap**

**February 20 - What's Love Got to do  
With It?**

No salon in March as I will be leading:

## *Contemplative Creativity Lab*

**Saturday, March 13 - The Power of  
Choice in Creating** (online)

10 am - 12:30 pm Pacific (US)

Sponsored by LA Shambhala Meditation  
Center

[For more info and to register](#)



## *Be, Awake, Create & Relate*

Starts March 26, 2021

A full year, online guided creative  
journey with Rebekah Younger,  
author of [Be, Awake, Create](#), with  
quarterly full day retreats, monthly  
group check-ins, private discussion  
board and emailed weekly prompts.  
Including new material, not found in  
the book. Suitable for all disciplines  
and experience levels with creating.

**Early registration \$400.- \$600./yr  
for sliding scale, before 1/31/21**

**Full Registration is \$550. - \$750./yr**

[Learn more>>](#)