

## Day 17 - Living Creativity

**21-Day Meditation Challenge** <meditationchallenge@chopra.com>

Wed, Mar 27, 2013 at 1:17 AM

Reply-To: mcsupport@chopra.com

To: alfonso.montesinos@gmail.com



*"You can discover more about a person in an hour of play than in a year of conversation." —Plato*

### Quick Links

[Access today's meditation](#)

[Have you downloaded your copy of Perfect Health?](#)

[How to Unleash Your Creativity](#)



### Welcome to Day 17—Living Creativity

Today, we explore our creative spirit. As long as we remain open to new possibilities and a willingness to escape our routines, we can enjoy lifelong creativity. Letting go opens the door to new discoveries and enables us to feel truly alive.

Enjoy opportunities to explore without outside opinions or artificial boundaries. Do those things that make time disappear and witness the boundless joy that flows to you.

Our centering thought for today is:

**Through rest and play, I open my creative channel.**

We look forward to creating with you in stillness today.

Blessings,



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### **MINDFUL MOMENT**

Set aside time today to be totally free to express yourself. Find a quiet space, gather the tools you need, and just enjoy what happens. Notice how you feel after you've spent some time doing what you love.

[Need help? Click here.](#)

2013 Costa Del Mar  
Carlsbad, California 92009  
United States

You are subscribed as [alfonso.montesinos@gmail.com](mailto:alfonso.montesinos@gmail.com). [Unsubscribe](#) [Forward This Page](#) [Print](#)