



Staying Positive

Tame Your Brain

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Yesterday, I hosted a writer's workshop with a wonderful group of aspiring writers in attendance. Each desires to write different things for different reasons. From cookbooks to screenplays the room was abound with creativity. Each seemed to voice, in some way or another, difficulty with calming down, organizing their thoughts, stepping away from everything happening in their lives to the degree needed to get started. I suggested to the group that the first step for me to start writing is to tame my brain. "Amens," were spoken all over the room.

I have a friend who claims he can think about nothing, if he wants to. In disbelief, I asked him how. He said, "just stop thinking! Sit on the couch and don't think about nothing." I laughed, because I don't think this is possible for me, not even for a moment. For those of us who cannot seem to stop thinking so we can perform creative tasks, Paul offers some advice in Philippians 4:8-9. *"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. ⁹Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

I believe it is our creative talents that make us unique beings. Some of our favorite pastimes are the result of our enjoying someone's creativity. We go to movies, we watch sitcoms, listen to music. My husband and I, earlier this year, went to a Christian comedy show--definitely creative genius on the stage! How can we tap into our own creativity with so much life happening every minute? We must remove ourselves from some of the distractions, especially the negative distractions. We must focus on that which is pure, lovely, admirable, excellent, and praiseworthy--those things we have learned through our study of God's Word.

For me, taming my brain is not something I did years ago and it's still tame. Taming my brain is something I have to do daily, or at least weekly, in order to write this blog. There are countless things that are not lovely, not admirable, not noble, and not pure that we see and read about each day that it's impossible to tame the brain once and have it stay tame. I will share a few things that help me. I don't watch much TV. Sometimes, I take a break from the news. News can be overwhelming. I am a problem-solver, by nature, and the news is full of problems I cannot solve, so it becomes a burden. I, however, listen to NPR news, almost daily. They seem to present the news in a discussion format, with guests and interviews offering possible solutions, so I can stay informed without feeling overwhelmed. I position myself near windows. During meetings or in restaurants, I sit near the window so that I can look out and think. I take walks. I have a gym membership, but I would much rather walk outside than inside on a treadmill. Sometimes, I walk with music, sometimes I don't. Sometimes, I walk and pray, sometimes, I just walk and think. At work, I like the Pandora Instrumental Radio station. It plays music I am familiar with, but as the instrumental version which is always slightly different--in a creative sort of way! Finally, I read my Bible and complete my Bible study lesson each week. The Bible is truly a book of advice of living. It tames the brain offers ideas to put into practice. Amen!

How do you tame your brain? What creativity are you seeking to explore?

Thank you for reading!
Stay Positive this week and always!
Kim