



## Creative Connection

by David Little

What is it that inspires us to create? Where does it come from?  
How do we connect to it?

It starts with a feeling from within and grows until it cannot be contained, bursting forth like a seed pushing through to sprout & grow. As it receives sunshine, water and nutrients it begins to flourish. This is just like the process of an idea or a poem or a song. As I am more connected to the **Universe** within, the thought comes to the surface to start growing into something wonderful and **magical**.

Take the time to listen to that inner voice, let it be your guide to where you want to go. The possibilities are limitless and infinite. Allow yourself to just be there with the seed as it begins to grow, it's an amazing process that can't be forced, nurture it, feed it and water it until it's



as big as the ***Universe*** itself.

This is something everyone can do, just be present and aware. That's all you have to do! A little practice of some quiet introspection at the beginning of each day helps. Take note of how this makes you feel. Embrace and enjoy the process until it becomes ingrained in you, then see where it takes you!

The journey is always half the fun anyway. This is something I do everyday. It can be a long or short process depending upon how I feel or time constraints.

Take that moment for yourself to plant the seed, who knows what will sprout up.

Namaste

[Who is David Little Anyway?](#)

