

Creative Handwork is any activity involving repetitive movements with the hands that induces or promotes a meditative state of mind. It includes mundane household tasks such as sweeping, mopping, raking, ironing, and also “creative pursuits” such as whittling, sanding, sewing, knitting, crocheting, writing, painting, drawing, sawing, you name it. Physical exercise involving repetitive motion can induce a similar mental state, but doesn’t have the benefit of producing a tangible result.

Benefits of Creative Handwork:

- ↵ Induces alpha brain waves
- ↵ Increases creativity
- ↵ Promotes healing of mind, body, soul and spirit
- ↵ Increases endorphins which decreases physical & emotional pain
- ↵ Increases self awareness and self development
- ↵ Promotes soulfulness and spirituality
- ↵ Increases life balance unless you overdo it
- ↵ Becomes metaphors for learning life lessons
- ↵ Bridges right and left brains
- ↵ Bridges mind and body
- ↵ Bridges conscious and non-conscious minds
- ↵ Increases fun, joyfulness
- ↵ Improves problem solving skills
- ↵ Promotes a sense of humor
- ↵ Increases perspective and ability to bounce back from mistakes
- ↵ Good practice taking risks
- ↵ Increases passion
- ↵ Increases desire
- ↵ Decreases blood pressure, heart rate, respiratory rate
- ↵ Creates a container into which we can release our emotions
- ↵ Increases energy

Contemplative Handwork

Takes Creative Handwork to the next level: It involves approaching Creative Handwork with a meditative, reflective state of mind; listening with the inner ear and the heart while 1)doing the activity, and 2) observing it afterwards. It is akin to Jung’s Active Imagination, Einstein’s Combinatory Play & Allen’s Art as a Way of Knowing and Art as a Spiritual Path.

For more information about Creative and Contemplative Handwork,

- ➔ Subscribe to [LifeCraft](#). Tips, Tools & Training in Creative Transformation for CSGY’s (Creative, Highly Sensitive and Gifted people).
- ➔ Check out examples of Creative and Contemplative Handwork in [past issues](#) of LifeCraft.

**We are happy to answer your questions
Call or E-mail Today for a New Tomorrow:**

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