



MAGCD 3 – Projection²

Title

Meditation: The Method of Creative Consciousness
by Elva

Prologue

“Meditation: The Method of Creative Consciousness” is a collection of visual representations, definitions, reflections, and exercises, where Elva reflects and defines what Creative Consciousness is and what it means in regards of a critical graphic communication design context from a personal position.

Elva is a creative practitioner and educator based in London. Through her practice, Elva often explores philosophical concepts around the subjects of Creativity and Creative Consciousness. Her practice is influenced by mindfulness and extra sensory perception. It is visually characterised by minimal but elegant line illustration and use of colour. The core creative process strategies are thinking through making, reflection, and meditation.

The entire body of work of this artefact, both the written and visual content are the result of Elva’s extensive meditative practice.

Personal position in regards of meditation:

Like everyone else, I was introduced to mindfulness and meditation at some unmemorable time of my life, but it did not become part of my daily routine for a very long time. However after surviving a near death experience and being diagnosed with severe post-traumatic stress disorder, it was suggested for me to practice meditation to better manage the life disrupting symptoms of PTSD. At that point, I purposefully tried it.

At first, I experienced a lot of resistance, and struggled a lot with it, it took me years of practice, a lot of patience and trying different kinds of meditation to feel comfortable around the practice. I believe not all meditation works for everybody and many transcendental meditation courses are atrociously expensive (total rip-off – I dare to say - as it only consists of repeating a mantra while meditating).

I believe that for many, meditation seems to be an unachievable practice, which just works for the enlightened few or wellbeing purposes only. With this body of work, I intend to share my experience, demystify the practice, and suggest meditation for creativity as a method that supports the creative process.

Creative Consciousness

Creative consciousness is the perception and awareness of every thought, decision, step, and influence, during the creative process.

Creative practitioners tap into it and embody creative consciousness during the creative process. It is a sparkling creative field of energy that all creatives access while working on a project, consciously aware or not.

In a graphic communication design both commercial and or educational environments, it includes every step from inception to outcome production. This means the brief and its boundaries, the inspirations, research analysis, feedback from clients, tutors, mentors, peers, responses to the critiques, comments, the audience, etc.

Creativity is more than just doodling or connecting ideas; it is a spiritual experience.
Meditation is the method through which one can be aware of accessing creative consciousness.

Meditation



Meditation is relevant to creativity and creative consciousness for it is the method which supports the development of awareness and perception. As it helps clear the mind, it leaves space for creative thinking, helps unleash imagination and develop resilience during any creative process.

It is within the stillness of the mind that there is space for creative thinking and creativity. Meditation helps put the ego aside and clear the chaotic mind for creativity and innovation to flourish.

Meditation helps the creative individual sit back and be aware of one's own thoughts, by being able to observe them, and letting them go. Practicing nonattachment observations of one's thoughts can help let them go, understand the reasoning behind all creative decisions, process daily life events and emotional responses.

Meditative Exercises

There are many types of meditation, and you can practice it while walking, running, sitting, exercising, etc.

Next, three simple meditative exercises with different intentions to get started with the practice, following personal reflections and suggestions in regards each exercise.

What is an intention and how to set one?

The intention of a meditation is the premeditated desired goal you want to achieve during the meditation.

An example could be to clear your mind, visualise X, Y, Z or find a clarification or answer to a question or issue.

You can set an intention to any type of meditation, by simply stating the intention at the start of the meditation.

Exercise: Let Go. 5min

This is a meditation to practice nonattachment. The key for a successful meditation is to find stillness within and allow space for the creative thought.

Guidelines:

1. Sit down comfortably at a safe and quiet space.
 - It is important you feel safe so you can relax and focus.
2. Close your eyes.
3. Set the intention for the meditation.
4. Breath.
5. Observe your thoughts, acknowledge them, and let them go.
 - Try to not get deeply involved into them, just let them go. This is a practice that can feel uncomfortable and takes time. If you get carried away and deeply engage in thought, that is ok, when you become aware of it, return to observation mode.
6. Once you are done, reflect on the thoughts that emerged.
 - How did you feel? Did you get distracted and thought of anything?

At the beginning of my meditative practice, I found this meditative exercise to be the most difficult and frustrating. Due to PTSD, I would get carried away with every thought as I would experience severe flashbacks and it took me several years of practice to feel comfortable and at ease with this practice. It has become a lot easier since I realised the importance of setting an intention for each meditation. Setting an intention allows me to direct the focus on a specific issue or question and let my mind explore freely if I get carried away.

**Exercise: Colour Meditation. 10min**

This is a meditation that supports the development of visualisation skills.

Guidelines:

1. Sit down comfortably at a safe and quiet space.
2. Close your eyes and with your eyes closed, relax your eyes looking toward up in-between your eyebrows.
3. Set the intention of seeing a specific colour.
4. Breath.
5. Visualise that colour in your mind, it can help thinking about things that are of that colour.

Personally, I find very grounding focusing my attention to something. Colours or words work very well but body parts work even better, simply placing a hand over a part of the body relevant to the intention of the meditation helps meditate for longer periods of time.

For example, If my intention is to visualise the colour Green, I'd visualise the grass of the park, the leaves of trees in spring, the plant on the windowsill, a lime, an emerald gemstone, etc. And I would place my hands on my chest, under the collarbone, so if I get distracted the hands on my chest would remind me to focus back to my breath.

Exercise: Chakra Meditation. 15min

This is a meditation that involves your senses.

Guidelines:

1. Sit down comfortably at a safe and quiet space.
2. Close your eyes.
3. Set the intention to centre this meditation on a specific chakra of your choosing.
4. Place your hands on the specific body part of the chakra or specific mudra.
5. Visualise the colour of the chakra.
6. Repeat mentally or verbally the mantra of the specific chakra.
7. Breath.
8. Sketch. During or after the meditation you can pencil what you see. Be quick as you might immediately forget.

~~Example, if I want to do a meditation centred on my crown chakra, I'd visualise an iridescent lilac and instead of putting my hands on top of my head, I'd relax my arms and hands down placing them on my knees in the specific mudra position and I'd repeat in my mind the OM mantra.~~

Such meditation allows me to keep focused for longer periods of time as it offers a lot of anchors to minimise mind wondering and distraction. In fact, it is while doing this meditative exercise that I experience spontaneous visualisations.

To my understanding the spontaneous visualisations experienced during meditation are visual expressions of consciousness and they come in like photographic slides, one after the other, in a dreamlike visual form.

All the illustrative content of this book has been drawn from a meditative state. I have meditated on each single chakra and drawn what I've seen with my eyes closed while meditation. Sketching while meditating with eyes closed needs to be very quick as the images do not last and one can quickly forget



them moments later. It is very useful to annotate keywords of textures and or details to make sure one can later remember what was seen.

Reflections

Space for reflections post exercises, notes, and drawings.

Glossary of Symbols

Glossary of spontaneous visualisation symbols and their meanings.

An ongoing compilation that expands after each meditation.

A

Animals: Every animal is symbolic of a different meaning.

Bear: Power.

Beatle: Luck.

Bird (single): Truth.

Birds (flock of): Support & Manifestation.

Butterfly: Transformation

Duck: Fortune.

Fox: Intelligence.

Lion: Courage.

Arrows:

Upward Arrow: Outward direction

Downward Arrow: Inward direction

B

Bear (animal): Power.

Beatle (animal): Luck.

Bird - single (animal): Truth.

Birds - flock of (animal): Support & Manifestation.

Butterfly (animal): Transformation

C

Circle of Life: Good & Evil, there is not one without the other.

Colour: Every colour is symbolic of a different meaning.

Colour Red: Earth, Grounding energy.

Colour Orange: Water, Creative energy.

Colour Yellow: Fire, Life force energy.

Colour Green: Love, Healing energy.

Colour Pink: Compassion, Loving energy.

Colour Turquoise: Air, Communicative energy.

Colour Indigo: Intuition, Intuitive energy.

Colour White: Ether, Divine energy.

D

E

Eyes: Eyes mean consciousness and depending on the number of eyes the meaning differs.

1 Eye: Divine Consciousness



2-4 Eyes: Spirit Consciousness
5+ Eyes: Human Consciousness

F

Flowers:

Lily: Love and Innocence
Water Lily: Stability and Lived Experiences.

G

Geometric Shapes:

Square: Earth
Circle: Light
Triangle: Core
Up-ward Triangle: Feminine*
Down-ward Triangle: Masculine*
Be aware the system of patriarchy had changed the meaning of these two shapes and one can find on google the meaning inverted.
Triangle + Circle inside: Enlightenment.
Rhombus: Centre of feminine and masculine

H

House: Human construct, Project.
House on a lake: Future project.

I

J

K

L

Light: Life Force & God (same as SUN)
Lily: Love and Innocence (also see Flowers)
Lines:
Zig-Zag Line: Entangled Energy
Wavy Line: Flowing Energy
Pointy wavy line: Concentrated Energy
Straight Line: Direct Energy
Discontinued Line: Interrupted energy

M

Meditation: Is a mindful breath exercise
Mountains: Obstacles and/or Journey

N

O

P

Q

R

Rainbow: Separation of life force with intention and direction

S

Seashell: Honour and Higher Power.
Sparkles / Glitter: Infinite amounts of universal life force



Spiral: Vortex of Energy

Spontaneous Visualisations: Images that are seen in your mind's eye during meditation.

Stairs: Journey/Steps

Stars: Each star has a different meaning depending on how many points/ends.

4-Pointed Star: Spirit

5-Pointed Star: Wealth

7-Pointed Star: Romance

9-Pointed Star: Success

Sun: Sun represents light and depending on how it appears can mean Life and God.

Rising Sun means Life.

Full out Sun means God.

T

Taurus: Complexity of Universe

U

V

W

Water: Flow of Energy.

Water Lily: Stability and Lived Experiences. (Also see Flowers and Lily)

Wings: Wings can mean Angels, freedom, and message, it would depend on the context and other elements of the visualisation.

X

Y

Z

Glossary expansion

Continue to build the glossary including your own spontaneous visualisation symbols.

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