

My Notes on Deepak Chopra's "[Nine Steps in the Creative Process](#)" Video, September 8, 2022

He outlined the nine steps listed below:

1 - Clear Vision -

- Use Heart awareness
- What is my intended outcome / message?
 - Images, feelings, and thoughts
 - Write them down

2 - Do Research around Topic

- Others have done work around this too
- Analyze it, stay with it for awhile

3 - Information Analysis

- Analyze what one finds

4 - Incubation

- Just let it all go - totally
 - Meditation
 - Yoga/exercise
 - Unattachment

5 - Insight - Quantum Leap - the Ah Moment

- Inner vision - different than analysis
- Insight - from your soul, be in spirit
 - As mental motivation runs out really quick

6 - Enthusiasm - be in touch with God

- Inspiration - to be in spirit
- It is what lasts

7 - Implementation

- Start writing

8 - Integration

- Connect your work back to other work on topic

9 - Incarnation (and resurrection)

Write everyday

"Every great story is a love story"

Josh Welch

1/23/2023