



KNOCK. KNOCK. WHO'S THERE?

You know the experience of trying to remember something and it just won't come! Then you let go and it pops into your mind out of nowhere.

I decided to reread Michael's guest post on *Unlocking The Creator Mind* when a new idea was knocking at my door, but I just couldn't access it. Something wanted to be born, and all I could say were the lyrics of a song, "I hear you knocking but you can't come in! Come back another day and try

again."

The "knocking" and not knowing unsettled me, until I read step #5 of his post.

Sometimes you just have to "give your thoughts a rest". This simple method suggested bringing attention to the moment you're in, without assessing, comparing, or analyzing—to just be with it.

I stopped trying to force the new idea to come through, and instead *let* the new idea come through the door. All I had to do was open the door.

Then I discovered there was something guarding the door. And you know what it was?

My mental security force! I call them the thought police because they were in full gear ready to Taser any new ideas with barbs of excuses.

I couldn't help wondering when "won't happen" replaced "can do".

It's funny in an odd way when excuses are so real they masquerade as the truth. After all I have a lot of evidence for my excuses. And then it came to me. I'm a creative person! So what I "can do" is make up excuses as believable.

I'm creating my own excuses!

My first inclination was to get out a huge eraser, and start removing the excuses one by one from the pages of my life. But then I remembered step #5 from the creator mind, and decided just to be with them.

Shining the light of attention on each one had a remarkable impact. One by one the excuses began to disappear, and the door, now unguarded, was revealed with an unobstructed path. It was then I heard the voice from the other side say, "Knock, knock." And I answered, "Who's there?" with attention and awareness.

My love goes with you.

To view *Unlocking The Creator Mind* by Michael Davis: [click here](#)