

Can running really help you create works of art?

Yes, and no.

Imagine yourself among trees in the forest. Straight as an arrow, or meandering path of dusty sand. Silent evening. The moon is young and romantically winking at you. You need to listen to the evening vibe.

I change my clothes very quickly. I need an article for my employer tonight. It does not help if I just sit still. Before a good amount of work, I need to stimulate my blood flow. I need fresher air, expanded lungs and smiles of young girls when my fit body trains itself through dusty paths of the summer.

It is a silent evening, just me and my breathing. In five minutes, the focus gets stronger, I can see only a path ahead of me. The concentration is deep, like after yoga nidra class. Your attention is really within your body and within the senses of your running. You become alive, I become alive, I am little Douglas from Ray Bradbury's 'Dandelion Wine' book. I am alive, I can notice it, the path excites me. Every movement of yours becomes a sacred act of creation.

Each cell knows you protect it with your movements, movement of body gives you a movement of mind, and a force for your inspiration is being shaped. Nothing can stop you. The moon is your amber gift, a key out of this prison of standard moves and words.

I start smiling, and I observe myself running.

The young girl with a dog notices me go by, she smiles at me, she is taken by my deep look, I am afraid. The look of an inspired author, with a burden he needs to release very soon, as the story is coming.

Good women always feel you have a secret inside, you are creative, you are not just a mechanism, but a person who lives, feels and breathes.

Her look, I can notice her story in her eyes, but I am running so fast now that I literally take her look with me on the go. It is in my heart. I promise myself to come back to talk with her, because my mind is very clear now. I am confident, my chain is broken. I am unchained, I unleash my flow.

Coming back home, I take my warm shower. I thank the moon as we celebrate this twilight together. Now I can go further. Mentally, acting free as an author, because perfect time has come.

WHY 'NO'?

Some conditions that are best for you, cannot be the same for others.

Some people can just fall asleep after running, some can get a headache, some will be constantly short of breath..Or kissing that young woman they met. They forget about writing immediately.

Their goal is surviving. Of course, in survival mode, we cannot create something beautiful, meaningful and deep. We need to arrive at our resourceful state first.

Resourceful State and Running.

What do you know of resourceful state?

I know it is a calm, clean and confident observation of reality.

I mentioned this one above for running by a young girl.

My confidence and calmness of mind were high.

And here is the Reason.

Whenever you focus yourself on yourself, you are not up in the clouds, you are grounded and in balance. Your thoughts do not wear you out anymore. Over the course of time, your body and mind will ask for more of this. Help them achieve and obtain it.

If running does not work out for your creativity, then maybe boxing or swimming will. Meditation, like yoga nidra, is also a must-have.

Focus on your feet, legs and let your mind calm down. Breathe slowly.

Actually, running usually helps you focus and boost your creativity because you are focused on your feet. You are grounded!

Summary (Go for it)

In general, I would advise you to do one thing at a time.

That will never overload your brain and will help it function well throughout the day.

Any activity that makes you focus on what you do helps.

Cycling is also perfect if you focus on your feet and road only.

Your writing will be *top notch* if you know you are healthy, confident and in a resourceful state of mind.

Good luck with your endeavors!