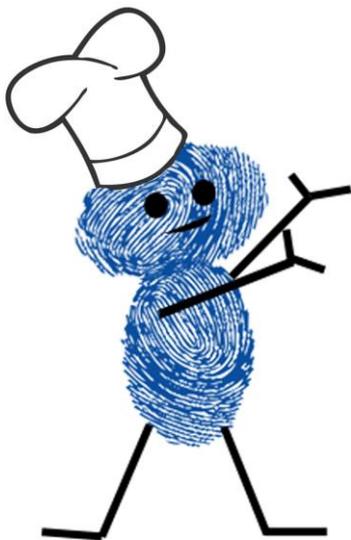


Recipe for: Your Creativity Cake!

Ingredients:

1 Dash of Inspiration
A handful of Courage
2 handfuls of Faith
1 bag of Commitment
1 sprinkling of Humour



Bake in an oven set to:

20deg Risk
60deg Doubt
100deg Presence

For Icing: 1 spoonful each of:

Fun
Joy
Beauty
Love



Recipe for: Your Creativity Cake!

Method:



First you will need **Inspiration**. Look around you; **Inspiration** is everywhere! You only need a dash of it for this recipe. **Allow it to drop into your lap!** Maybe you will find it in the supermarket or at lunch with a friend. Perhaps it will seek out your ear on the winds of a casual conversation you will hear! It may disguise itself in your favourite movie or song but **it is always there and very powerful**. You will know when you find it because you will start to **tingle all over** and you will feel **a feeling of excitement, aliveness and possibility**. You will most definitely need this ingredient for your recipe or else it will not even happen! So go out there and get some- **you just need a dash!**

Once you have your dash of **Inspiration**, come back to the **creativity kitchen** and add a handful of **Courage!** You will find this ingredient in the **storehouse of your heart**. You may not even know it is there... but it is! It is in all of our heart storehouses. When **Courage** mixes with **Inspiration** we have a great foundation for our **creativity cake!** Adding **Courage** gives the cake its **shape and substance**. You will need a full handful of **Courage** for this recipe! They say **Courage** comes in a **twin pack with fear**. A full packet of **Courage** always comes with its **twin fear** but you will find **Courage's flavour will cut through fear's heavy taste**. Sift out some, but not all of the **fear** (some of the **flavour is there**) but make sure there is enough **Courage** in your handful as **a cake with not enough Courage will not rise!**



Our next ingredient is the binding agent; 2 handfuls of **Faith**. This ingredient is **essential** to keep all the ingredients together, so the cake won't crumble. You can find **Faith** all over the world and each source has a **distinct flavour and colour**. Find **your unique source** of **Faith** and get yourself 2 handfuls to throw into the mix!



Now you will need a bag of **Commitment**, this makes up the **body of the cake**. We are halfway through our recipe at the moment so this

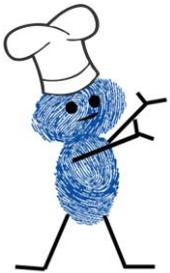
is the **pivotal point** between getting a nice substantial cake and a flat pancake! We need a whole bag of **Commitment** from **deep down in your gut-pantry**. (Your gut-pantry holds many bags of commitment that you can dig deep into at anytime). For this recipe we need one whole bag. **Stir it thoroughly** through your mix.



Now for my favourite ingredient; a sprinkling of **Humour** so the mixture can **lighten up!** This will allow it to **rise higher** as it bakes. **Stir through.**

Now your cake is ready for the oven which must be set at 20deg **Risk**, 60deg **Doubt** and 100deg **Presence**.

So long as you have the **right oven gloves and cake tin** there will be no worries about the **Risk factor**. Likewise; there may be times when **Doubt** makes the cake **look like it's never going to cook or rise**, but that is when **Presence** will overcome. As long as you make sure your cake is **right in the centre** of the oven, it will cook **evenly and rise well**. You will feel **excitement** as you watch the **whole process** of the cake **growing** from its original state as batter to your **delicious creativity cake!**



When the bell goes and your cake **springs back when lightly touched**, you know it is **ready to come out** of the oven.

Here is where you need **patience** though because you need to **let your cake rest and cool down** so it is ready for the icing! **Yummy!** For this you will need 1 spoonful each of **Fun, Joy, Beauty** and **Love**. **Mix all together** and **spread over your creativity cake!** Once done, **serve to the world! ENJOY!!!**



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