

Dr. Pinkie Feinstein



**Explore
Your Creativity**

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Introduction

The book you are about to read is an invitation.

Not only an invitation to read, but an invitation to enter. To enter a space where creativity is not a luxury, not a talent reserved for a chosen few, and not merely a tool for achieving recognition or success, but a way of life. A way of connecting to yourself, a way of healing, a way of moving continuously toward a deeper place within you, a place that can simply be called: home.

This book was born out of years of observing the human process, and מתוך a living, ongoing encounter with people who seek to grow, to transform, and to come closer to themselves. It offers a psycho-creative perspective, one that connects the worlds of emotion and creation, and suggests an approach in which change does not occur only through intellectual understanding, but through experience, movement, and expression.

As you read, you will encounter not only ideas, but invitations. Invitations to experiment, to dare, to play, and to rediscover parts of yourself that may have been silenced, reduced, or forgotten. Invitations to gradually reduce excessive self-criticism, to listen to your intuition, and to allow your natural creativity to return as an active, flowing, and alive force in your life.

A central concept throughout the book is “your kingdom of creativity.” This is an inner space that you build and cultivate, a space where you are allowed to try, to make mistakes, to be imperfect, to be in process. A space where creation does not need to meet external standards, but is first and foremost here to serve you, to connect you, and to allow you to express yourself authentically.

As this inner kingdom strengthens, a subtle yet profound shift begins to occur: less need for external approval, less fear of judgment, and more freedom to move, to create, and to change. From within this movement, a new kind of relationship with the world becomes possible, one that emerges from a more authentic, calm, and accurate place within you.

It is important to understand that this book is not meant for a one-time reading. It is written with the understanding that true integration happens through repetition. Through reading again, practicing again, and meeting the same ideas from different angles. With each return, a deeper layer opens, and the material begins to “work” within you on an experiential level, not only an intellectual one.

This is a book about creativity, but not only. It is a book about freedom, about courage, about the relationship between pain and expression, about the ability to change, and about the possibility of returning, again and again, to yourself. It is a book that invites you to see creation not as a destination, but as a path. Not as a result, but as a process. Not as something you do occasionally, but as a space you live within.

And perhaps more than anything, this book gently and consistently reminds you:

Your creativity already exists.
It is waiting for you.
And when you give it space, it will lead you home.

Chapter 1 – Creativity: The Personal Kingdom, the Summit of Human Expression

Every human being carries within a personal kingdom, a creative realm where life renews itself through expression.

Creativity is not a luxury, nor a side note to human existence. It is one of the most essential and central dimensions of our inner leadership. The measure of one's inner leadership is reflected, among other things, in the degree of creativity that one allows, expresses, feels, and lives.

To be a true inner leader means to have the capacity to generate reality from within. Leadership and creativity are inseparable; they are two aspects of the same inner movement: the power to shape life consciously.

To dwell within our inner reality in a healthy, peaceful way is to live creatively. It is to inhabit a kingdom. That is why I speak of the Kingdom of Creativity, because within each of us there exists a realm that asks to be ruled, tended, and known. The metaphor of the kingdom is not accidental. It reflects sovereignty, dignity, responsibility, and care. A kingdom requires cultivation, protection, and nourishment. Without devotion, it fades. Without awareness, it becomes forgotten.

It saddens me, often, to see how little our culture speaks about creativity. We are educated to be productive, to be efficient, to adapt, but rarely to be creative. For me, creativity is not merely about writing books, painting pictures, or designing workshops. It is the way I breathe, the way I exist, the way I meet each moment. Creativity is part of my mental health, my joy, my capacity to heal, to connect, to find meaning, to recognize the beauty of being human. It is my daily language with life.

Every human being carries a potential kingdom within. It is personal, intimate, and entirely unique. In that inner realm, you are both the king and the queen, the summit of your own expression. This is not about power over others; it is about presence within yourself. It is the recognition that your life, your imagination, and your capacity to create meaning are sacred territories. And like any kingdom, they require tending, faith, generosity, trust, and ongoing investment.

It is a tragedy of our time that people devote enormous energy to everything but their own kingdom. We pour effort into systems, appearances, and comparisons, but rarely into nurturing our creative sovereignty. Yet once a person begins to acknowledge their inner realm, something profound changes. A new sense of worth awakens, not as an idea, but as a lived experience. This is where true inner leadership begins.

Leadership without creativity is management. But leadership born from creativity is inspiration. To guide oneself means to awaken to one's own creative domain, to rediscover the personal kingdom that has always been there, waiting. This kingdom is alive, dynamic, and ever-changing. You do not arrive there once and for all. You enter it again and again, each time rediscovering new lands, building and rebuilding what you thought you knew. In this kingdom, renewal is not optional, it is the law of existence.

When I speak of creativity as the summit of human expression, I speak of that space within you that continuously renews itself. It does not stagnate. It overflows, seeking new forms, new insights, new ways of serving life. But this renewal manifests differently for each person. It is not about brilliance or originality for its own sake; it is about resonance. The fruit of your creativity is meant to serve, to contribute something of value, however small, to the larger human story.

True creative fulfillment always carries an element of service. Your creations, whatever form they take, become channels for healing, growth, and transformation, not only for you, but for others as well. That is the nature of the Kingdom of Creativity: it thrives only when it serves both the creator and the world. There is no sacrifice here, only mutual nourishment. The king and the kingdom flourish together.

To recognize your creative kingdom is to say to yourself, "There is a realm within me that is mine to care for." It is not about status or superiority. It is about realizing that your inner world is worthy of reverence. In this realm, everyone is a sovereign being. Each person carries a divine spark, a seed of light that, when nurtured, becomes their unique contribution to humanity. Some kingdoms are vast and visible; others are quiet, subtle, and hidden. All are sacred.

The path to one's creative kingdom demands courage and persistence. It often means standing face to face with fear, doubt, or old conditioning. Yet those who choose this path, who dare to seek their kingdom and claim it, become not only creators, but sources of inspiration for others. They remind us that creative life is possible, and that sovereignty of the soul belongs to all. Such people do not evoke envy or comparison; they awaken others to their own potential.

Imagine a world where every person lives from their creative kingdom, where each human being feels both free and responsible to express their gifts. There would be no hierarchy of worth, no illusion that creativity belongs to a few chosen ones. Instead, we would see what has always been true: that within every human heart lives a spark of divine creation. To live from that spark is to become a source of light in the lives of others.

So, welcome to your Kingdom of Creativity, the home of your inner leadership. This is where your authentic expression takes form, where your king and queen within find voice and harmony. From here, your creative life radiates outward, becoming a source of inspiration, joy, and renewal for others. There is no greater fulfillment than to grow, and in your growth, to help everything around you grow as well.

This is the work of creativity. And this is why it exists.

Reflection Exercise, Creating Your Creativity Kingdom

Answer the following questions. Each answer should be a "little story" of 3-4 lines that reflect your response to the given question. Let yourself flow, in each answer, wherever your heart and writing hand will take you to, until you complete 3-4 lines in each answer.

1. What are the first associations that arise in you when you hear the word kingdom?

2. How do you imagine the phrase the summit of human expression could manifest in your own life?
3. Can you sense within yourself the possibility of sustaining a Kingdom of Creativity that is uniquely yours and yours alone?
4. When your Kingdom of Creativity begins to operate in a way that feels natural and harmonious to you, what will begin to happen in your life?
5. That inner queen, the creative feminine within you, what is she asking of you right now?

Chapter 2 – Do You Know How Creative You Truly Are?

Most people have only the faintest idea of how creative they truly are, how naturally capable they are of transforming any aspect of their reality into something new, something more alive.

It is likely that you, too, have only a partial sense of your creative power, the natural capacity you possess to reshape reality, to shift its form toward something lighter, freer, and more meaningful.

The very word creativity often stirs something deep within. It awakens emotion, curiosity, perhaps even a subtle tremor of excitement, a vibration of life that reminds you there is movement, courage, surprise, and play within your being.

Do you know how creative you truly are?

Do you feel any hesitation in facing this sentence, You are profoundly creative, exactly as you are right now?

Do you know that at this very moment you are capable of bringing forth countless new creations across many areas of your life?

Do you know that there are subjects, relationships, or paths through which your creativity could bring healing, joy, or inspiration, perhaps to one person, perhaps to many?

Do you know that within your human limitations, your body, your habits, your doubts, lives an infinite creative force, quietly waiting to be invited?

Right now, there is a particular creation waiting for you, waiting for you to stop hesitating, to stop doubting, to stop asking where it will lead, and simply to enter it. It longs for you to play with it, to make mistakes within it, to surrender yourself fully to the process without demanding guarantees.

Even your encounter with these words, right now, is not random. It is an invitation, an opportunity to meet again, with renewed wonder, the natural creativity that lives in you.

Many people live unaware that they were born creative, that creation itself is their deepest calling. This unawareness is part of a larger blindness, humanity's limited recognition of who we truly are, of what our capacities and possibilities really include. We underestimate the extent to which we can change, the freedom we have to reimagine, the plasticity of reality itself.

The lack of connection to our creative consciousness explains many of the struggles of modern life, the sense of being stuck, trapped, or powerless. When we forget the tools of our natural creativity, we forget the very mechanisms that life uses to renew itself. Creativity is not merely artistic expression; it is the inner movement that enables ongoing healing and transformation.

So again I ask: Do you know how creative you truly are?

Take a moment with that question.

Let it breathe in you.
Don't rush to answer.
Let it echo gently in your inner world.

To allow creativity to flow, all that is needed is space, a daily space of permission and practice.

A rhythm in which you gift yourself moments to express, to explore, to let your creative nature show itself in the simple ways that feel natural to you.
If you treat it as an essential routine, a sacred part of your day, creativity will no longer wait at the door; it will live in your home.

When I ask you this question, do you know how creative you truly are? I am not looking for a verbal answer. I'm inviting you to stay with the question, to repeat it within yourself as a living mantra. Over time, as you keep it alive, answers will begin to appear, sometimes surprising, sometimes humbling.
One of the first answers you may encounter is, "No, I don't know how creative I truly am." That's good. That's where the journey begins. Acknowledging that you don't yet know opens the door to deeper awareness, to the awakening of creative consciousness. As you sit with this question, you might also feel a quiet longing, a subtle sweetness, a pull toward discovery.

A desire to meet what waits behind the veil of the question itself.
That longing is your creative energy calling you home.

There is, for many, a fear of full creative expression, a fear that separates the common human mind from the creative mind. Here, in this exploration, we will meet that fear. We will breathe it, smile at it, and create through it.

You will discover that the fear of creativity is disproportionate and temporary, and that each time you pass through it, something opens. With practice, and playful experimentation, the fear becomes a gate rather than a wall.

Ask yourself again:

Do you know that everything you encounter, inside you and around you, has the potential to change form?

Do you realize that you hold the authority to declare that change possible, if only you remember that creativity is your nature? You were born creative. Nothing can erase that fact, ever.

Creative consciousness begins with awareness. To know is an act of growth.
To know who you truly are, to become aware of the creative power that quietly shapes your reality moment by moment, this is the foundation.

What you perceive right now, this very moment, is a reality that can be reshaped, as if made of clay in your hands. Knowing this is the beginning of creative awakening.

Creative consciousness invites you to rediscover the gentle, playful, humorous power of creation that lives within you, a power filled with lightness and surprise. It begins with the question: "Do you know how creative you truly are?"

And it continues through endless experiments, practices, and small acts of courage, transforming the question into a living practice of discovery.
Each time you return to it, you make the unknown a little more familiar.

You learn to play with your thoughts, your emotions, your habits, to experiment, to fail gracefully, to enjoy the unfolding. Through this practice, you cultivate a healing flow that reveals who you truly are: a creator, alive and awake, rediscovering your divine nature.

Creative consciousness is not a concept to believe in; it is a path to walk. It unfolds through movement, through curiosity, through the willingness to come home, as a human being, to the higher consciousness of creation that has always lived within you.

It is the divine pulse that brought you here, and it waits patiently for you to recognize it, to live it fully, passionately, and joyfully, right now.
So once again, I ask you: Do you know how creative you truly are?

Reflection Exercise, Exploring the Creative Consciousness

Answer the following questions. Each answer should be a "little story" of 3-4 lines that reflect your response to the given question.

- Do I know how creative I truly am?
- Am I aware of my capacity to take what already exists and play with it in ways I never have before?
- Do I realize that, right now, I could walk down a path I have never taken, simply because I allow my creativity to guide me there?
- Do I understand that my freedom expands in direct proportion to how much space I give my natural creativity to move within my life?

Chapter 3: Your Kingdom: Your Right to Royalty, Your Responsibility to Royalty

At first, creativity feels like a right, the right to express, to play, to dream. But as awareness deepens, that right reveals itself as a sacred responsibility.

The idea that creativity is a kingdom can feel, for many people, like an immense challenge, a new dimension of inner leadership. It asks you to lead not others, but yourself. To live inside your own inner realm, to give your creativity the same respect that a king or queen receives within their royal court.

This is not merely a poetic metaphor. It is a living attitude, a state of mind.

When you respect your creativity, you also honor your self-image, your self-love, your self-worth, and your inner dignity. Creativity thrives in a climate of respect, a spacious permission that allows expression to emerge freely, without fear of judgment.

When a person is truly creative, they grant themselves wide legitimacy to let something new come forth from within. They no longer debate whether what arises is “good” or “bad,” “brilliant” or “foolish.”

Every expression is worthy of respect, because it belongs to the kingdom.

This is a foundational principle: to honor, even to sanctify, whatever seeks to move from your depths outward. Such impulses are sacred, born from the inner child, from the divine spark within you. They deserve protection from premature judgment and excessive criticism.

Just as a kingdom guards what is precious within its walls, you must learn to protect your creative life from the harshness of external opinions.

The physical world often lacks patience for innovation and novelty; that is why your creative self must live under the shield of reverence and inner protection.

Once you begin to recognize that you live within a creative kingdom, a deep clarity emerges: it is your responsibility to find it, nurture it, expand it, reshape it, and affirm its existence again and again. When your kingdom becomes established, when you know it, and it knows you, everything creative within you begins to flourish more easily.

A simple “house” is not enough. You need to feel the kingdom. In that felt space, when you arrive at your creativity, there is something to celebrate, a quiet sense of ceremony, a recognition of majesty within.

This is why I say: your kingdom, your right to royalty, and eventually, your responsibility to royalty. It begins as a right, the right to see yourself as sovereign in your own inner world. But as the journey deepens, you realize that this right carries weight. It becomes a sacred duty, a daily commitment to sustain and honor the creative life within you.

You do not need years of technical training to claim your creative kingdom. You do not need permission from anyone to be a creator. No one can grant you this right, it is

already yours. All it truly requires is courage: the courage to play, to explore, to listen to your intuition, to follow your creative impulses into unknown territory. Courage to make mistakes and call them discoveries. Courage to trust that what arises from within has value, even before it is understood.

Many people postpone the journey to their kingdom with excuses:

“I need to study acting before I can perform,”

“I need to learn painting before I can paint,”

“I need approval before I can create.”

These are illusions, delays that keep the gates closed. Your inner sovereignty does not need a certificate. It only needs your consent to begin.

Every human being, every child, is born with this birthright, the right to be creative, to express, to shape the world from within. Often, all that’s missing are the conditions: a little space, some tools, encouragement to explore. Once these are given, the rest happens almost like a miracle. The kingdom is already there, waiting to be entered, waiting to be activated.

Yet the culture we live in often diminishes self-worth. It discourages the recognition of our divine spark, the awareness that each of us carries a king and queen within. We are told not to exaggerate, not to be selfish, not to think too highly of ourselves. We are trained to fear our own greatness. And so we shrink from the very kingdom that could heal and empower us.

We must shake off the myth that creativity is rare or reserved for a gifted few.

Creativity is an axiom of human existence. To be human is to be creative.

The tragedy is not that creativity is scarce, but that it is so profoundly repressed.

We have built educational systems that almost never teach creativity, that treat it as secondary, when, in truth, it may be the single most essential human capacity to cultivate.

So, when we speak of restoring inner leadership, we speak also of restoring your right to your creative kingdom. It is your birthright. It does not require extraordinary talent, only willingness, curiosity, and the courage to return home to yourself. It asks for persistence, for faith in your inner voice, and for the readiness to walk through excessive self-criticism into the open field of creative freedom.

In the beginning, this recognition comes as a gift, I have the right to be creative. But as awareness grows, the gift transforms into a responsibility, I have the duty to be creative.

Once you see your kingdom, you cannot unsee it. Once you have met your inner royalty, the king and queen that live within you, there is no going back.

From that moment forward, it becomes your daily obligation to nurture, protect, and sustain your creative realm.

This sense of duty does not weigh you down. It liberates you. It renews how you make choices, how you spend your time, and with whom you share your energy.

You begin to choose spaces that support your creative freedom, and to walk away from places that suppress it. You begin to say no to anything that dishonors your natural creativity. Your responsibility to your kingdom becomes your compass for life.

And when that happens, you have arrived. You are no longer searching for your kingdom, you are living in it. Your decisions flow from intuition, from passion, from the subtle authority of your creative truth. You are doing the work you were meant to do. You are fulfilling the sacred contract of your existence.

This is your kingdom. This is your right. And, ultimately, this is your responsibility.

Welcome home. Begin to see it. Begin to build it. Begin to insist on it. And it will be there for you, faithfully, abundantly, eternally.

Reflection Exercise

1. Have there been moments in your life, past or present, when you truly felt like a queen?
2. Do you now understand that your personal Kingdom of Creativity is not only a right but, in fact, a responsibility?
3. What changes might you consider making in your life so that this kingdom can grow stronger within you and take a more central place in your daily rhythm?
4. What resistances or inner objections do you notice toward expressing your inner creative kingdom?
5. What “wild” or unconventional dreams might finally have a chance to manifest once your Kingdom of Creativity stands fully alive and complete?

Chapter 4: Pause and Dream for a Moment the Sweet Reality of Your Fully Expressed Creativity

Before creativity can be lived, it must first be dreamed. The dream is the gateway through which your natural creative consciousness begins to breathe again.

A large part of human creativity, and of creative consciousness itself, lives in the realm of imagination. It is the space where we allow ourselves to pause for a moment, to loosen our grip on “what is happening right now in reality,” and to dream. To dream means to step, for a short while, outside the story you call your life, the familiar narrative with all its limitations, challenges, and practical details, and to let yourself fly toward a field with no boundaries, no prerequisites, and no conditions. A place where everything can happen.

This place, where imagination is allowed to be itself, free, unmeasured, unrestrained, is one of the most essential dimensions of the human psyche. And yet, it is often undervalued. We tend to treat imagination as something secondary, as if it were a pleasant distraction rather than one of the most powerful tools for growth, healing, and creation that we possess.

To understand what creative consciousness truly is, we must begin here, in the imaginative space that society usually allows only to children. For adults, imagination is often labeled as “unrealistic,” “impractical,” or “irrational.” Children are permitted to dream until the world tells them to “grow up.” Artists, too, are granted a kind of conditional permission, they are allowed to dwell in fantasy because it serves their art. But for most people, the gates of imagination quietly close with age.

Creative consciousness lives there, in the places where we are free to feel without censorship, to imagine without boundaries. Modern culture, with its overemphasis on logic and intellect, has unintentionally suppressed this natural human ability. We have been trained to value what can be measured and proven, while imagination, the vast inner ocean from which creativity rises, has been left neglected on the shore.

The more a person struggles to grant themselves the freedom to spend time in their imagination, to wander there comfortably, to play there lightly, the more distant creative consciousness becomes. When imagination is repressed, creativity retreats into the hidden basements of the psyche, locked behind fears of full freedom, of limitless expression, and of actions that appear “useless” or “irrational.”

So this is exactly where we begin our journey: by inviting you to pause and dream the sweet reality of your fully expressed creativity. To imagine a life where your creativity flows naturally, freely, without hesitation or restraint. This is not fantasy in the empty sense, it is the rehearsal of possibility. You don’t need to dream for long, a single moment is enough. Imagination, like creative consciousness itself, is infinite and unbound by time. In one instant, you can cross entire universes of potential.

Creative consciousness is not something to think about, it is a place to inhabit. It is a field to dwell in, to feel, to imagine, and eventually, to act from. It is a knowing, a kind of inner awareness that you are moved by a current of energy whose purpose is

growth, expansion, and transformation. This current is alive and breathing in you right now. You might picture it as a quiet companion, a subtle presence that walks beside you, whispering reminders of who you really are, offering a softer, more flexible perspective on the world around you.

To move closer to your creative consciousness, you must first acknowledge that while this consciousness is always present, it is also often blocked by illusions and inner walls. Our work here is to gradually dissolve these walls, the psychological constructions that define you as someone smaller than you truly are. You can sense these walls most clearly in moments when your creative desire awakens: when you feel the urge to change, to express, to initiate something new, or when you feel a pang of jealousy toward someone else's creation. That jealousy is not an enemy, it is a signal that your own creative energy is trying to rise. But often, along with the longing, comes the feeling that you cannot, that it's impossible, impractical, too late, or "not for you."

These are the walls we will gently dismantle. Behind them lies an infinite reservoir of wisdom, dynamic, playful, abundant, ready to support you in shaping a life where your desires and dreams can take real form. A life where envy becomes inspiration, where longing becomes movement, where what once seemed unreachable begins to unfold naturally.

To dissolve these walls, we will move through a gradual process, a kind of inner detoxification, like recovery from an addiction. An addiction to self-limitation, to overthinking, to realism. Step by step, you will meet the natural forces of creative energy within you, sweet, adventurous, mischievous, courageous. These forces will invite you into new questions, new initiatives, new ways of relating to your inner creator.

And so, we begin here, with imagination. With a dream. I invite you now to allow yourself, just for this moment, to dream without restraint. Do not ask if it's reasonable. Do not ask if it's realistic. If it's not "crazy" or "far-fetched," it's not yet a dream. And if it's not a dream, you have not yet entered the field where creative consciousness lives.

Creation is always a journey into what first appears impossible. It is a path into the unknown. That is the very nature of creation, to move us beyond the boundaries of what we believe ourselves capable of. Creation expands us, surprises us, and frees us from limitations we didn't even know we had accepted.

So for now, let yourself dream, wildly, freely, extravagantly. Allow your imagination to lift you beyond the walls of habit and fear. The dream itself will begin to work on you, melting the boundaries that keep your creative energy asleep.

Creative consciousness has its own logic, a rhythm and reality that may, at first, seem foreign to your rational mind. But learning to live from that logic, to trust that rhythm, is part of the beauty of this path. It is the beginning of a deeper friendship between you and your creative essence, the one that has been waiting for you all along.

Reflection Exercise

1. Imagine your next creation. What do you see as your next future creation?
2. Imagine the feelings you have after completion this next creation of yours. How does it feel? Elaborate?
3. Imagine a significant change in your life, coming during the following 12 months. What kind of change do you see there, in your imagination, right now?
4. Imagine yourself in a future state of tremendous happiness. Can you see it? Can you feel it? What do you see in this healthy vision when you look at it right now?
5. Imagine you are involved in a creative event that is related to things you have never experienced or have never allowed yourself to try fully. What do you see there? How does it feel to be there?

Chapter 5: The Place Where I Obey Only My Inner Voice, Like a King or Queen

True inner leadership begins the moment you decide to trust and follow the voice within you, the quiet, creative authority that no one else can replace.

What a challenge it is, in today's world and in every era, to truly listen to your inner voice, your creative guidance, and to obey it. To choose it, to act upon it, and to make it the central source of direction in your life. When you do this, you become the living expression of your own creativity. It becomes the guiding principle of your existence.

In the Kingdom of Creativity, you are a sovereign being. You are not a ruler over others, but the conscious guide of your own inner realm. Within this realm, you have your inner counsel, a circle of intuitive wisdom that advises you more reliably than any outer voice ever could. Like a king or queen surrounded by trusted advisors, you have your inner guidance, your sacred intuition, and it deserves your loyalty.

This inner connection is the foundation of your creative kingdom. It is the bond between you and your intuition that builds your personal sovereignty. You honor this relationship not through abstract belief, but through concrete action, through creative acts that bring inner guidance into form. Each time you listen and act upon the impulse of your inner voice, you strengthen the walls of your kingdom. Each creative act, no matter how small, reinforces the structure of trust between your intuition and your daily life.

This doesn't mean that other people's voices are unimportant. It doesn't mean you are always right or that you stop learning from others. It simply means that before everything else, you know where your center is. You know the way back home, to your creative kingdom, the inner space where you begin, where you return, and where you act from. From this place, your creative expressions arise and flow outward into the world, bringing joy, inspiration, healing, and light to others. That is their purpose. But the creative process itself begins, and must always return, within your own protected realm.

To be a creator is to recognize your own sovereignty. Within your creative life, you are the ultimate authority. The work is yours, it carries your signature, your essence, your divine fingerprint. It is your domain, and you are responsible for it completely. That is why it must be protected, respected, and held sacred. In this realm, you are the one who decides what happens. You choose when to open the gates to others and when to close them again. You are the keeper of balance between solitude and sharing.

This authority does not make you a tyrant. It is not about control. It is about ownership, ownership of your creative freedom, your time, your attention, and your energy. You are the master of your inner space, not because you dominate it, but because you serve it. You serve the flow of life that moves through you, the spiritual energy that seeks to take form through your hands, your words, your gestures, your art. You obey this current, and in doing so, you fulfill the highest form of leadership: self-leadership.

Being the “boss” of your creative life does not mean isolating yourself or ignoring feedback. It means you decide which feedback deserves entry into your sacred space. It means you trust yourself to know when external input enriches you and when it interferes. This discernment is a form of maturity that allows your creativity to grow in healthy soil.

When you are inside your creative process, you are the absolute master of that world. There is nothing in life that belongs more fully to you than your own creation. And as long as your expression does not harm others, as long as it arises from a place of sincerity and respect, you are free to do anything within that space. You may write, paint, dance, build, invent, whatever your soul desires. In that space, no one corrects you, no one supervises you, no one tells you that you are wrong. This is the privilege and the responsibility of your creative kingdom.

In this context, obedience takes on a new meaning. You are not obeying external rules or social expectations. You are obeying the rhythm of your intuition, the gentle instructions of your inner guidance. This is not rebellion for its own sake, it is alignment. You are aligning your actions with the quiet truth that lives inside you.

When you are fully present in your creative space, the concept of pleasing others disappears. You are not creating to meet expectations or to prove your worth. You are serving a higher principle: the act of bringing spiritual energy into form. Every line you draw, every word you write, every note you play becomes an offering, an act of collaboration between the divine and the human within you.

This inner sovereignty does not separate you from others, it connects you more deeply. You are never alone in your kingdom. You are accompanied by spirit, by inspiration, by the invisible forces of creativity that walk beside you. You converse with your intuition, you co-create with life itself. You are not isolated, you are in communion.

And when the creative surge inside you is ready, it will open the gates of your kingdom and present your work to the world. The act of sharing is part of the natural cycle of creation, the outward breath after the inward inhale. But after you share, you return to your inner space, to rest, to listen again, to reconnect with the divine source that fuels your creativity.

This is what it means to be a leader of your own life. You are the one who decides, who acts, who creates. You take full responsibility for your creative choices. You dedicate time, space, and energy to play, not as luxury, but as spiritual necessity. You give your intuition more and more places to express itself.

There is no single way for this. There are infinite ways. Kingdom of creativity is spacious and diverse. Within it, you are free to explore, to experiment, to make mistakes, to change your mind, to start again. The only rule is that you remain true to your inner voice and avoid harming others or yourself.

It is not easy for a person to grasp that they are the true leader of their own life. Many fear the loneliness of sovereignty, believing that authority means separation. But the truth is the opposite. The inner kingdom is not an empty space, it is a place of union

with spirit, with intuition, with the creative pulse of the universe. When you are there, you are never alone.

And when the overflowing energy of your creativity pours outward, the world benefits. Each act of expression becomes a bridge between your inner kingdom and the collective heart of humanity. That is the natural rhythm: expression flowing out, reflection drawing you back in.

If, for now, you don't yet feel that you have found your unique creative expression, that's perfectly fine. Begin by holding this awareness gently:
There is a creative kingdom within me.

Let this sentence echo quietly inside you. And as a king or queen, begin to listen, truly listen, to your inner voice.

What does it ask of you?

What does it suggest?

What does it whisper?

How much courage do you have to follow it? How willing are you to play with it, to experiment, to let it lead you toward new forms of expression?

If it hasn't happened yet, it will. When intuition, compassion, reduced self-criticism, and willingness to play begin to unite, creativity always follows. And when it does, it happens right there, in your kingdom. Because you are the sovereign of your life, now and always.

Reflection Exercise:

1. Can you imagine that there might be such a thing as positive obedience, or healthy obedience?
2. Have there been times when you allowed yourself to "obey" the impulse of your inner voice for change, even when you had no idea where it would lead?
3. Are you aware of the high level of commitment involved in being the true boss of your own life?
4. Sometimes positive obedience requires closing your eyes, quieting opposing voices, and choosing to move forward into the fog. Does this feel familiar to you?
5. What are the first things the queen within you would want to do, and make sure truly happen, once her kingdom grants her full freedom to act?

Chapter 6: What “Silly” Creation Could You Make Right Now?

True creative freedom begins the moment you allow yourself to create something “silly.”

When expression no longer needs to be important, impressive, or even understood, creativity finally becomes free.

This chapter may be one of the most important ones in the entire book, precisely because of its “strange” title, a title that may sound childish, naïve, or even a little foolish. Yet this is exactly the point. For creative consciousness to find full and flowing expression, it must be liberated from all measurement, evaluation, comparison, criticism, and analysis. These mental tools may serve well in other domains of life, but in the raw and sacred territory of creativity, especially in the early stages of awakening it, they must be left outside the gate. Only when your sense of self-worth and creative confidence are strong enough can you safely invite judgment back into the picture.

A “silly” creation is symbolic. It represents freedom. When a creation is allowed to be silly, it no longer needs to be “important,” “meaningful,” or accepted by any “mature” or “responsible” consensus. And in the cultivation of creative consciousness, there is nothing more essential than freedom. Nothing.

Creative consciousness is the heartbeat of human freedom, more than any other capacity, it reconnects us with the feeling that the range of possibilities available to us at any given moment is far greater than logic would ever suggest. It liberates us from the narrow corridors of daily life and opens an infinite field of movement, expression, transformation, and healing.

Yet for most people, freedom is difficult to experience. We search for it outside ourselves and, even there, tend to restrict it with countless conditions. We fear freedom, its vastness, its unpredictability, its responsibility. Freedom is not only a privilege, it is a kind of spiritual responsibility that asks us to face the parts of ourselves that prefer control, certainty, and conformity.

Here we find one of the main barriers, and also one of the most beautiful bridges, between a person and their creative consciousness. Wherever one struggles to understand freedom, wherever one fears it or mistrusts it, the creative mind remains distant and elusive. But this is also where transformation begins: by noticing that the absence of freedom is the very place where creative consciousness is waiting to return.

Creative consciousness, in its natural state, is not supposed to be rare or mysterious. It is meant to serve everyday human life, to be woven into how we think, feel, relate, choose, act, and make sense of our world. But as long as we deny our deep need for expansive freedom, and continue to hold a shallow definition of what freedom really means, creative consciousness will remain distant, appearing only occasionally, like a passing visitor.

We will explore the theme of freedom more deeply later on. For now, let's focus on one simple, symbolic practice, something that can help you train your freedom muscles without effort and invite your creative consciousness to visit you more often.

The question is simple, and it holds surprising power:
What "silly" creation could you make right now?

A "silly" creation is one that does not need to matter.
It might be childish.
It might be pointless.
It might be defenseless against criticism.
And that is exactly why it is powerful.

When you allow yourself to create something "silly," without the fear that it will be judged, you step back into one of the most natural, healing, and forgotten states of being, the ability to play.

No matter how much I write about this, it will never be enough. So much intuitive, spiritual, and creative intelligence is lost simply because people forget how to play. So much natural wisdom is blocked by the assumption that "play doesn't matter." This assumption, which dismisses the childlike part of us that longs to explore without purpose, is in fact one of the greatest forms of self-limitation. Only when creative consciousness is reawakened do we realize how much life energy we have been denying ourselves.

In the word "silly" hides the echo of "stupid." To create something "silly" can feel, unconsciously, like being "stupid." We have been taught, directly or indirectly, to value cleverness and despise foolishness. We praise intellect and suppress play. We tell our children, implicitly, that wisdom is the opposite of foolishness. But in truth, it's the other way around.

To touch what is sometimes called genius, or brilliance, or great talent, a person must first feel the freedom to be completely foolish. A fool is free because they are not trying to please anyone. They do not ask, "Is this good enough? Is this right? Is this beautiful?" They simply do. They trust the movement that wants to happen.

When, from time to time, you give yourself the permission to engage in your own version of "silly" creation, within a safe, open space, you come closer to your natural intelligence. Paradoxically, it is through embracing your foolishness that you become wiser, more intuitive, more alive.

Creative consciousness has no borders, not of logic, not of aesthetics, not of consensus. It is endlessly curious, exploring how to expand, change, deconstruct, and rebuild reality in new ways, ultimately to heal it, refresh it, and make it more vibrant.

To approach creative consciousness as it truly is, wild, free, and unpredictable, we need a broad permission to create "silly" things. This is not a side note, it is a necessary step. You cannot plan or engineer your creativity with adult caution and still expect it to flow. You cannot experience creative aliveness while fearing foolishness.

And so, the healing begins when you allow yourself, regularly, even playfully, to make more “silly” creations.

Paint something meaningless.

Write a story that makes no sense.

Dance with no rhythm.

Speak nonsense words.

Do something simply because it amuses the part of you that remembers freedom.

This is not regression. It is re-connection.

It is how the creative self learns to breathe again.

Reflection Exercise:

1. Write 10 negative associations to the word "silly."
2. Write 20 positive associations to the word "silly."
3. Write at least three lines about something "positively silly" you have a strong desire to do?
4. Have you managed, lately, to allow yourself to create something without considering the outcome? Please elaborate about this experience.
5. What happens when you allow yourself a high level of playfulness in your life? How does it feel, emotionally and physically?

Chapter 7: Full Creativity Is Not Only Play and the Renewal of Reality

Creativity is one of the clearest signs of freedom.

And wherever there is resistance to freedom, inside a person or within society, there will also be resistance to creativity.

Creativity, by its very nature, goes wherever it wants. It has a life of its own. It cannot be fully controlled, only collaborated with. It moves with its own rhythm, guided by an inner intelligence that cannot be tamed. That is why creativity is one of the purest expressions of a free human being.

A person who speaks of freedom, who fights for freedom, who dreams of freedom, yet does not live in touch with their creativity, faces a deep conflict. There is a prison there, often invisible, yet painfully real.

The next three chapters explore the pains of freedom on the way to creativity. For creativity is a sacred space in the human soul, a place where, once we enter it, we begin to play with life again. We meet life through interaction, experimentation, and spontaneous movement.

But full creativity, the kind that heals and transforms, is not only play or innovation. It is not just the refreshing of reality. It is much more human than that.

In today's world, we often celebrate creative people as "geniuses," as rare individuals with extraordinary gifts. Yet, many of these celebrated figures, inventors, artists, scientists, often operate from a split between creativity and emotion. Their ideas may be brilliant, but their emotional intelligence remains underdeveloped. They can be dazzling in intellect, yet childlike in emotional maturity.

True creativity, full creativity, is not the privilege of a few gifted minds. It belongs to everyone. It is part of being human. And it arises, first and foremost, from the emotional world within us.

The kind of creativity that brings healing, freedom, and wholeness is born from emotion, from the inner movement of feeling that wants to become form. It is born from the natural desire to touch what is inside, to express it outwardly, and to give it life. That is full creativity: not just the ability to innovate, but the capacity to feel deeply and transform that feeling into expression.

We live in a culture that separates spirit from matter, feeling from intellect. We chase the next invention, the next start-up, the next technological solution, things that may make life easier and enrich a few, while the majority are left to imitate rather than create.

But do we really want to live in a world where creativity belongs to a small elite? Do we want to forget that every human being carries divine creativity, a creative spark rooted in the emotional and spiritual core?

To forget this is to lose one of the greatest treasures of human life. This forgetting begins early. From childhood, we are taught not to trust our emotions. We are trained not to express them freely, not to dance them, paint them, write them, or even cry them fully. We are trained to be composed, “mature,” efficient, and compliant. We are educated to perform well, to function, to meet expectations, but not to feel.

And so, slowly, we are led away from the very source of our creativity. The emotional world becomes a closed room, locked and silenced. The result is a society full of people who are capable, disciplined, and intelligent, but disconnected from the creative fire within them.

When we speak of creativity here, we are not talking about rare artistic talent or professional mastery. We are talking about the human capacity to transform emotion into expression. We are talking about the bridge between inner energy and outer form, between feeling and creation.

When we access that bridge, we gain several priceless gifts.

We gain courage, the courage not to escape our emotional world but to move through it. We gain peace, because our emotions, once expressed creatively, no longer need to struggle against themselves. We gain clarity, because we begin to understand the real purpose of emotions: not to torment us, but to guide us toward expression and renewal.

Emotions are creative fuel. They are codes of creativity. We do not feel simply to feel. We feel because something within us seeks to emerge into form, to become art, action, movement, sound, color, or idea. Emotion is the bridge between the inner and the outer worlds.

It all begins with feeling. Not with thought. Not with calculation or cleverness. True creativity does not arise from thinking about innovation, it arises from feeling something deeply. From passion, from longing, from grief, from joy, from love, from pain.

Few people realize that emotions themselves are material for creativity. We will explore this more deeply in Emotional Transformation, but already here we can affirm: emotions are the raw substance of creation.

If you feel anger, it can become a painting, a poem, a rhythm, a sculpture.
If you feel sorrow, it can become music or movement.
If you feel love, it can become a story or a prayer.

Nothing within you must be suppressed or shamed. Every feeling contains creative potential. The energy that would otherwise sink into bitterness or illness can, through creative transformation, become a channel of beauty and renewal.

This is one of the most vital messages of the Kingdom of Creativity:
You, every one of you, are creative. Creativity is not a privilege. It is your birthright.
It is the living connection between your emotional self and your expressive self.

We can bring this truth into schools, workplaces, communities, everywhere. Through intuitive painting, spontaneous writing, dance, storytelling, free improvisation. We can teach children and adults alike: You are creative because you feel. You are not creative because you know, you are creative because you allow.

Let the anger dance.
Let desire sculpt.
Let sadness paint.
Let joy sing.

When we forget this, we build walls between our emotions and our expression. We divide the inner world from the outer world and convince ourselves that creativity belongs only to “talented people,” to professionals, to those whose work hangs in museums. But this is the great illusion.

Welcome, then, to the Kingdom of Creativity, the realm where everyone belongs. Because every person carries within a kingdom of creativity.

Its foundation lies in the emotional and spiritual world within you. And its fuel, the power that gives it life, are your very feelings.

Let them speak.
Let them move.
Let them create.

Whether what emerges is “beautiful” or not is irrelevant. What matters is that the emotions have been allowed to live, to express, to breathe. That is beauty enough.

Reflection Exercise:

1. Which emotions do you find the most difficult to express freely and fluidly?
2. Are you willing to go through a process that will allow you to find a creative and liberated outlet for your more challenging emotions?
3. Go deep within yourself and define the word freedom as you feel it right now.
4. When you think of someone you consider “a very special person,” what qualities make that person truly special to you?
5. In the journey that connects your creativity, intuition, emotions, and truth into a space that is uniquely yours, where does your imagination dream of arriving?

Chapter 8 – Let Us Begin by Keeping the Question Open Forever

Creativity begins where certainty ends.

To live creatively is to dwell inside a question, to keep asking, exploring, and wondering, without the need to arrive at a final answer.

This chapter, and the two that will follow, revolve around a question that may have several partial answers, and yet can never be fully answered through words or logic.

What is creativity?

Before we approach this question directly, it may be helpful to linger with the feeling of the question itself. That feeling is already part of the answer.

In many ways, creativity is defined by a question mark, “?”. The ability to remain within the space of a question and stay there with curiosity, openness, and patience is at the heart of creative consciousness. A creative person is someone who lives accompanied by question marks, not only in thought, but in their way of being, deciding, choosing, initiating, and responding to life.

The creative attitude, the creative gaze, and the creative response all share one quality: the ongoing presence of the question mark. It symbolizes a life in motion, a mind that keeps searching, a heart that is never fully satisfied but already sensing the invitation to embark on the next discovery.

A question mark connects us to the childlike parts of our nature, the innocent, the playful, the ones who refuse to take reality for granted and are still willing to experiment, to ask, to be surprised. Notice how the curve of the question mark resembles another “positive curve” essential to emotional health, a smile.

When we give attention to question marks, when we dwell within them instead of rushing toward answers, we expand the freedom of creativity. Creativity is the energy that never stops moving, that never fully arrives, that always finds one more thing to explore, to transform, to improve.

On the other hand, when we focus too much on exclamation marks, on definitive answers, on absolute conclusions, we limit the freedom of human consciousness. We create the illusion of control and complete understanding, while slowly drifting away from the mysterious, unclear aspects of existence that are essential to real growth.

Our difficulty in remaining within the open space of the question often comes from our discomfort with uncertainty. The human mind longs for stability and avoids the anxiety that comes with “not knowing.” Yet, when we allow the question mark to remain, when we keep asking without rushing to solve, we are quietly admitting: we do not know. And in that admission, something sacred happens. The creative mind awakens.

So, as we try to answer the question that cannot be answered, What is creativity?, we can begin with one meaningful insight:

Creativity is a state of being and acting within not-knowing.

To see creativity in this way opens a deeper understanding of its true nature. We often associate creativity with innovation, originality, surprise, and change. But when we try too hard to be innovative, original, or surprising, without realizing that these qualities arise naturally from the courage to act within not-knowing, we actually block creativity.

The wisdom of creative consciousness teaches us something profound: within what appears to be “nothing,” there is already “something.” Within the apparent emptiness, the potential for creation is silently waiting. Creation is the act of giving birth to what does not yet exist. To realize that within the space where nothing currently is, there lives the possibility for something to be born, is one of the great awakenings of creative awareness.

The “something” hidden inside the “nothing” is one of the greatest gifts of cultivating creative consciousness. Not only because it inspires optimism where despair once lived, but because it transforms our perception of emptiness itself. What appears empty, meaningless, or void is, in truth, the richest space imaginable, filled with infinite ideas, possibilities, and new forms waiting to emerge.

We will return to these ideas again, exploring their implications for healing, growth, and transformation. Much of this will remain “illogical” until it is lived, practiced, and embodied, until the words become experience.

For now, at this early stage, it is enough to stay with the question. To resist the urge to solve it. To allow curiosity to linger. To remain, consciously, with not knowing.

To “stay with the question,” when accompanied by a playful and exploratory spirit, is the mental and emotional foundation for creativity. It is also the foundation for understanding the infinite power that lives both within us and all around us, the natural longing for creation, renewal, and evolution.

When we return to the earlier definition, Creativity is a state of being and acting within not-knowing, we can see it as only one version of the truth, one doorway among many. Creative consciousness will always offer more than one definition. It invites each of us to become a lifelong student of our own creative mystery.

The generous invitation of creative consciousness is infinite space, endless opportunities to create, experience, and transform in every field of life. It teaches us that what we perceive as “nothing” is actually the most fertile ground for revelation, healing, and self-realization.

Wherever we limit ourselves, in what we believe we can be, do, or change, creative consciousness points to the hidden openings we overlook. In the very places where we see no path forward, creativity reveals countless unseen doors, possibilities we never imagined, ways of doing what once seemed impossible.

Therefore, we must keep the question What is creativity? open and alive.

Curiosity is one of the main forces connecting us to our natural creativity. Staying in wonder, even in confusion, but with the spirit of play and exploration, nourishes the connection.

Together, the two elements, not-knowing and questioning, infused with a spark of childlike playfulness and courage, open vast access to your creative consciousness.

Reflection Exercise:

1. What are your immediate 5 associations to "uncertainty?"
2. How do you feel when you don't have immediate answer to an important question? What do you do in such events?
3. How do you connect "nothingness" with "spontaneous creativity?" Please elaborate and give examples.
4. Can you think about a way where confusion will be treated with spontaneous creativity? What can happen this way, in your opinion?
5. What are the things that you know just little about that activate your curiosity and passion to pursue them through ways you haven't tried before?

Chapter 9: Redefining Freedom Within the Creative Journey

This chapter belongs to the section called *The Pains of Freedom on the Way to Creativity*. In the previous session we opened the idea of creativity and expanded it into the emotional realm, understanding that our feelings are not just disturbances or weaknesses, but vital energy, living material, and even a compass that can guide our creative actions. We learned that emotions can serve as creative fuel and that ignoring them is like cutting ourselves off from the deepest source of our creative power. Now we move forward to redefine what freedom really means, within the ongoing journey of creative search.

When most people talk about freedom, they usually describe it as the absence of limitations. They say they want to be free from restrictions, free from interference, free from control. Yet, when they speak of freedom this way, they are still defining it in terms of what it is *not*. They speak of freedom as the opposite of captivity. But true freedom, creative freedom, is not about what is missing. It is about what is present. It is about connection, movement, and the courage to express what wants to be born from within.

When you ask a person what they would do if nothing stopped them, if no one blocked their way, most of them don't really know. They just know they don't want to be limited, but they cannot tell you where they would go or what they would create if they were completely free. Many people think of freedom as something external, something that will happen one day when their circumstances change. They imagine that when they retire, or when they finally have enough money, or when they have time, then they will be free to do what they love. Yet when that day comes, they often feel lost and even fall into depression, because they never cultivated a living relationship with their inner freedom.

We want to redefine freedom in a way that is much deeper, more mature, and more responsible. Freedom is not only the ability to remove constraints, it is the capacity to listen to your creative impulse and act upon it. True freedom equals creativity. To be free is to be creative. To be free is to be in dialogue with your passion, your intuition, your desire to shape life from within rather than just react to it.

A person who says, "I am free," but is disconnected from their creativity, is not truly free. They are in an invisible prison. It might be the prison of fear, the prison of excessive self-criticism, the prison of obedience to social norms, or the prison of emotional repression. Many people live inside a society that defines for them what freedom is supposed to mean, and this definition often serves the system rather than the human soul. Society tells you that freedom means money, leisure, travel, or doing what everyone else calls success. But real freedom begins in the moment you listen to your inner voice and dare to act on it.

People often say, "I want financial freedom so I won't have to worry about money anymore." But that is not the core of freedom. If you are not free to be creative *now*, while life is unfolding, you will not be free even when the money arrives. True freedom cannot be postponed. It is not waiting for you in the future. It is something

that can happen only now, in the living moment, when you choose to act in harmony with your creative nature.

Freedom is the living connection between your inner world and your outer expression. It is the moment when your inner fire flows into your actions, into your words, into your creations. Freedom means listening to intuition, expressing passion, daring to take creative risks, and allowing yourself to renew and change. It is a process of movement, not an outcome.

Freedom is not measured by distance or by the number of adventures you collect. You may travel to the Himalayas, meet a guru, walk across deserts, and still not know inner freedom. These experiences may enrich you, but freedom is not something you can find outside yourself. It is an internal work, a daily discipline of listening, choosing, and expressing. Freedom is a spiritual practice.

True freedom is experienced when you find yourself at a crossroads, a moment when you can either follow your inner creative impulse or ignore it. Each time you follow it, you strengthen your sense of freedom. Each time you turn away, you build the walls of your inner prison. Sometimes this happens in small choices, saying what you truly feel, beginning a new project, painting, dancing, taking a step that feels authentic but also risky. Every time you choose the creative way, even if it is frightening, you are walking toward freedom.

Freedom is not a gift that someone else can give you. It is an act of awareness that must be renewed again and again. Freedom requires courage, attention, and work, because the normal state of human consciousness tends to fall asleep in habits. It is so easy to drift into routine, to live by inertia, to accept normality as a kind of comfort zone. We forget how many crossroads we pass each day where life itself invites us to move differently, to express something new, to take the creative path instead of the predictable one.

Every time you listen to your inner passion, even when it feels uncertain, you reconnect with your vitality. You rediscover movement. You discover that freedom and creativity are two aspects of the same energy. When you create, you are free. And when you are truly free, you create.

Notice that in Hebrew the word for freedom, *hofesh*, comes from the same root as *heepus*, which means “search.” Freedom contains within it the essence of searching. The creative person is always searching, not in order to find something final, but in order to stay alive within the process of searching. Searching itself is freedom, because when we search, we are open. The creative search keeps all inner channels alive. It keeps curiosity burning, emotions flowing, imagination awake.

You can think of painting, writing, dancing, composing, or simply dreaming, all of these are acts of searching. I add another color, and another, and I don’t know where it will lead. I add another word to my story, another step to my dance. I am searching. And at some point, something reveals itself, and the search continues inside that revelation. That is creativity.

The beauty of art, and of life itself, does not depend on perfection. It depends on the authenticity of the movement. When you look at a painting created by someone who simply allowed their soul to celebrate on the canvas, not to impress, not to please, not to be coherent, but just to express — you feel freedom radiating from it. You feel the joy of the soul returning home through expression. That is true beauty.

Freedom, in this sense, is not a destination. It is a rhythm, a way of breathing, a way of thinking and being. Creativity is not a single project that begins and ends, it is a worldview, a way of living. It asks you every day, “Do you see the world through eyes of curiosity, through the freshness of questions, or through the rigid filters of certainty?”

To redefine freedom, we must also redefine creativity. Creativity is the ongoing search. And within that search, you find the path that allows you to keep searching. That path is uniquely yours. On that path, your emotions find their proper flow, and your creativity becomes the natural language of your inner freedom.

When you live like this, life becomes a dialogue between the known and the unknown, between form and movement, between the question and the answer. You are no longer trapped in the illusion that freedom is a permanent state. You understand that it is a dance, sometimes joyful, sometimes challenging, between your desire to create and your fear to act.

So, to live creatively is to redefine freedom every single day. It is to say: freedom is not outside of me, it is not in the future, it is not in someone else’s permission. Freedom is my willingness to search, to feel, to create, to express, to live as if every moment offers me another invitation to be who I really am.

Self-Reflection Questions

(It is recommended to answer in writing)

1. What type of freedom do you feel is most missing in your life right now?
2. When your Kingdom of Creativity functions better than it does today, what new kind of freedom will enter your life?
3. What are the things you currently wish to explore through your Kingdom of Creativity?
4. Which creative paths have you not yet allowed yourself to explore or experience enough?
5. You are the CEO of your own life. Define your new freedom goals according to the path of growth and development that feels most authentic and suitable for you.

Chapter 10: The Place Where Change and Renewal Are an Essential Part of Existence

This chapter is one of the most central in understanding creative consciousness and especially in recognizing its essential role in mental health. Creative consciousness can be imagined as a kind of inner realm that every person can enter and activate through choice, practice, and experience. It is a living space that exists in every human being, sometimes quietly, sometimes vividly, and within it there is continuous movement. This movement never stops and never rests, and its ongoing presence is the very sign of creative life.

You can try a simple exercise to sense it. Stand still, close your eyes, take a deep breath, and imagine yourself entering the realm of creative consciousness. Notice how within that space there is constant motion. It is not dramatic or chaotic but quiet, delicate, and always alive. Listen to it. When you stay with this awareness, you may feel your body begin to respond, wanting to move as well, to participate in that inner flow.

Within this continuous movement, something is always changing. Every moment brings renewal, transformation, and subtle adjustment. Nothing remains the same, and that is the most stable fact of this realm. Everything in the field of creative consciousness is temporary, flexible, and open to becoming something new again and again.

Human beings, however, tend to believe in permanence and control. They get used to thinking that reality is stable and predictable because one day looks similar to the next. Only when a major, unavoidable change occurs, a loss, an illness, a crisis, a turning point, are they forced to face the truth that the world and they themselves are in constant motion.

The difficulty in accepting the changing nature of existence comes from long conditioning to think only through logic. The rational mind, the part that measures, organizes, and predicts, perceives change as a threat. It seeks stability to maintain a sense of safety, but in doing so, it distances us from creative consciousness, which is, by nature, the energy of movement, renewal, and open uncertainty.

When we ask what creativity truly is and let go for a moment of the logical effort to define it, we can feel the answer in the body. It appears as an inner movement, a quiet vitality, a flow without beginning and without end. It can move in every direction, at any pace, and every form of expression it takes is valid and beautiful in its own way. This flowing rhythm is not unique to humans. It is the nature of all life. Every living being, every system in nature, is in constant motion, visible or invisible, slow or fast, yet always alive.

To live with creative consciousness means to recognize this movement, to feel it, and to participate in it. On one side, it means observing and sensing the rhythm of change, and on the other, acting within it consciously through creation. Every creative act – a drawing, a melody, a dance, an honest word, or a courageous decision – is a way of

joining the great movement of existence. Through such participation we reconnect with our essence and with the essence of life itself.

If we could see beyond the veil of illusion that shapes our perception, we would perceive a world that is constantly updating and transforming. Everything around us and within us is changing, including ourselves. Yet our awareness clings to the illusion of permanence, and to avoid anxiety, we create a false sense of stability, convincing ourselves that things will remain familiar. In that illusion we find temporary comfort, believing that we can predict what will come next.

The rational mind, sometimes called the left brain, plays a helpful but limited role in this. It allows us to function, but when it dominates completely, it limits our experience of life's fluid nature. This overreliance on rationality gives rise to fear – fear of uncertainty, fear of losing control, fear of what cannot be planned or explained.

Yet within the unpredictable motion of life lies the secret of peace. When we approach it with curiosity, openness, and passion, without needing to know in advance where it will lead, we discover a new kind of mastery. It is not mastery over results but mastery through participation. We become active participants in the flow, and anxiety gives way to a deeper sense of vitality.

In this state we realize that uncertainty is not our enemy but our greatest ally. It becomes a field of creation, a space that invites us to initiate, renew, and evolve in ways that could not exist without it.

Anyone who wishes to have greater influence over their life, to shape their destiny, and to make their presence meaningful, can do so through growing closeness to their creative consciousness. The more we allow this consciousness to guide our life, the more we can relax into the natural rhythm of change. We stop fearing surprises and begin to turn them into opportunities for transformation.

A person who understands that everything changes experiences life not as a struggle but as a dance. A dance where change becomes music, uncertainty becomes rhythm, and creativity becomes the movement that keeps everything alive.

Questions for Self-Reflection

(it is recommended to answer them in writing)

1. What physical sensations arise in you when you hear the word “**change**”?
2. What is the most significant change you have made in your life during the past six to twelve months?
3. What is your personal dream related to a change that has not yet manifested in your life?
4. Can you imagine a **painting** or a **dance** that expresses “change”? How do you think this idea would be reflected in that painting or dance?
5. What is one change you could begin to initiate **today**, even as a very small step, in your opinion?

Chapter 11: The Active Fulfillment of the Intuitive Drive

To a great extent, this is the very heart of creativity, the active fulfillment of the intuitive drive. One may also view the intuitive drive as the source of creativity, or as the spiritual and as-yet-unrealized form of it. From this perspective, creativity is a kind of gate, an opening, or a channel through which the new, daring, adventurous, and exciting ideas that intuition whispers to the human soul can be brought into expression through initiative, action, renewal, and choice. It is the inner voice that says: *Yes, it feels right to move in this direction, even though I have no proof in advance that it will succeed.*

The intuitive drive leads a person toward the unknown, toward a reality that has not yet taken form, toward a new world that they are invited to create themselves. It does so through new choices, through actions not yet taken, through changes that have not yet occurred, through adventures that have not yet been chosen or that once seemed too bold or uncertain to attempt.

When a person seeks to fulfill the intuitive drive, when they allow themselves to follow the quiet guidance of their heart, they almost always encounter an inner wall. This is the wall of fear, fear of change, fear of the unknown. It creates a sense of fog and uncertainty about the first step to take, and it often pushes the person to try and think logically about how to approach the challenge. Yet logic is not helpful at this stage. In the early moments of bringing an intuitive impulse into life, rational thought cannot provide the tools required to begin the movement.

Instead, what is needed is a creative way. A path that is willing to move without knowing where it leads, a path that is open to trial and error, to experimentation, and to moments of spontaneity. Often, all that is required to express the treasures the heart wishes to reveal is a small spark of courage, a willingness to begin, and an openness to play with ideas and actions. Within such space, the intuitive voice finds its way, expressing itself through the unfolding of new creation.

The relationship between intuition and creativity can be seen as that of two complementary poles, much like the yin and yang. Intuition is the spiritual and imaginative pole, the inner womb that conceives creative scripts within human consciousness. Creativity is the physical pole, the manifestation that gives form and visibility to what intuition and imagination have conceived.

Without creativity, intuition and imagination remain without tangible value, and without intuition and imagination, creativity loses its source of vitality, the inner drive that propels it toward renewal and the breaking of habitual boundaries. When this understanding becomes alive within a person, an entire world of growth and expansion opens. Creativity becomes the central tool for transforming life into a journey that is more adventurous, abundant, joyful, and deeply meaningful.

When we approach creativity as a means to manifest our spiritual world, as the bridge connecting heaven and earth, our entire perception of creativity changes. It is no

longer viewed as a rare gift belonging to a few, but as a natural ability that every human being can know, practice, and develop.

At this point, we can observe a kind of tension between two modes of thought. One is linear thinking, consensus-based, analytical, and associated with the left hemisphere of the brain. The other is nonlinear thinking, intuitive, experiential, and associated with the right hemisphere. When there is insistence on recognizing only what is “proven” or “accepted,” the communication channel with intuitive intelligence closes, and with it, the access to each person’s unique wisdom.

Creative consciousness is, first and foremost, the consciousness of the individual. It expresses the direct connection between the person and all that exists, or, if one prefers, between the person and the divine. The role of the creative path is to help a person continuously refine their inner listening, to recognize their authentic story, and to express it in their unique way. When a person’s attention is overly devoted to rational thinking or to adapting themselves to others, their capacity to hear their unique wisdom weakens.

When a person truly listens to their inner voice, they can cooperate with the wisdom of others not out of a need for agreement or conformity, but out of the understanding that every individual holds a different piece of the whole. Only through such creative collaboration can true growth, expansion, and evolution take place.

When we seek to bring the spiritual into the material world, it becomes essential to move with creativity, with openness, playfulness, and a willingness to discover truth through movement. Creativity becomes the language that translates the messages of spirit into the language of action. As long as we try to manifest the spiritual through purely linear tools, based on convention and precedent, the bridge between intuition and manifestation remains blocked.

For this reason, it is sometimes wiser not to be “too clever” in the face of challenges, but rather to listen more deeply to the quiet voices of desire and the subtle intuitive impulses that invite us to play, to change, and even to rebel against the familiar. It is through play, change, and gentle rebellion that new and refreshing ways can emerge. The creative consciousness invites us to think less and feel more, to plan less and learn more through movement, to analyze less and dare more, to embark on adventures that once seemed intimidating or impractical.

The meeting point between creative consciousness and intuition ultimately creates a new experience of inner closeness. Intuition becomes an accessible part of everyday life, a wise and delicate counselor that is always present. Yet it can act only when a creative hand and an open heart are willing to play, to explore, and to move with the quiet impulses that arise from a source we will never fully understand, but through which the new and the miraculous continually emerge.

Questions for Self-Reflection *(it is recommended to answer them in writing)*

1. A “crazy” idea: Write down a crazy idea for change, action, or creation. Try to make it as crazy as possible.

2. A “strange” idea: Write down a strange idea for change, action, or creation. Try to make it as strange as possible.
3. A “surprising” idea: Write down a surprising idea for change, action, or creation. Try to make it as surprising as possible.
4. A “funny” idea: Write down a funny idea for change, action, or creation. Try to make it as funny as possible.
5. Now combine all these ideas into one that is crazy, strange, surprising, and funny: Describe how you could connect with it and turn it, or at least part of it, into an actual reality sometime soon.

Chapter 12: Logic Tries to Organize and Explain, While Creativity Seeks to Move and Remain Mysterious

To connect more deeply with creative consciousness, one must recognize that the creative movement, the creative flow, and the creative state of mind are destined, from time to time, to collide with what we tend to call or relate to as “logic.” This collision is inevitable, and it reflects moments when different parts of the natural mental forces within a person are not working in full cooperation. This often results from ingrained habits and from a lack of training in synchronizing the more linear, structured, and organized aspect of the mind with the more spontaneous, surprising, renewing, and ever-evolving aspect.

Creativity, to a great extent, is a movement that does not obey conventional logic. At times, to activate one’s creative engines and natural capacity for creation, one must consciously act in ways that are clearly “not logical.” Creativity is a movement of creation, change, development, and action, much of which has an unclear destination. It arises from the desire to move and to bring forth something new, to express what has not yet been expressed, to take what already exists and move it to a place where it has not yet been.

Within the movement of creation, we have no clear knowledge of the direction we are heading. Yet, when we are well connected to our creative consciousness, without interference, this lack of knowing does not trouble us at all. In those moments, we experience a quiet, even delightful certainty in simply not knowing where we are going.

The movement of creative energy within a person does not operate according to the familiar rules of ordinary logic. Logic tends to organize, define, and explain. It seeks to take each phenomenon and give it an interpretation, a title, a category, a cause, and a purpose. Creativity, on the other hand, seeks to move toward the unexplained, the unfamiliar, and even the not-yet-existent spaces, and there to give birth to new realities. As long as creative movement remains confined within logical definitions, it is not yet truly free. It has not yet entered its mysterious zone, where a different kind of logic operates, one whose purpose is healing, renewal, disassembly and reassembly, leading toward a state more luminous and evolved than the one from which we began.

Deepening one’s connection to creative consciousness, a “place” that has always existed within human life, though one’s awareness and engagement with it change according to one’s level of consciousness, begins with acknowledging this inner tension. It is a natural polarity between two essential forces in the human psyche: logic and creativity. Often, due to early conditioning and social influence, the logical side receives preference, as it represents the familiar way in which most people perceive reality and control their surroundings.

It is impossible to expand the presence of creative consciousness without acknowledging that there exists a certain inner resistance to change. Without

awareness of this inner conflict, without identifying the barriers, resistances, fears, self-criticism, and excessive doubt concerning the existence and accessibility of one's natural creativity, we cannot reach the point where creative consciousness becomes an active, healing, and influential presence in our lives.

Precisely at the moment when logic demands of us to explain, to plan, and to justify every action, natural creativity calls for movement without explanation, without plan, and without justification. For creativity, we create simply to create. We create because it is our nature, our passion, our natural way of healing ourselves, even from our own overdependence on logic.

It is in this very place that a conflict often arises, one we are not always aware of, as it is usually decided quickly in favor of logic. We tend to cancel creative possibilities out of habit, choosing to obey the voice of logic, which does not easily allow spontaneous and impulsive expression to emerge freely.

A deep connection with creative consciousness is therefore closely linked with growing awareness of what prevents such a connection, and with continuous practice of dismantling the inner walls we have unknowingly built. As we learn to remove these barriers, we begin to discover that within our own lives there exists a potential for harmonious and nurturing cooperation between logic and creativity, two forces that are very different, yet, when working together, can powerfully enhance and balance one another.

Creative consciousness does not seek to eliminate logic or to ignore its value. On the contrary, it seeks to collaborate with it, to use it, and to build together with it an ever-expanding reality. However, logic as it has developed within human culture contains within it many fears, turning it at times from a brilliant mental tool into a mechanism of protection against change, growth, and revelation.

Therefore, one of the central functions of creative consciousness is to help reduce those deep fears that logic represents and to offer the person renewed confidence through free creative experiences. The more a person practices free and spontaneous creative expression and discovers its emotional and healing value, the greater their capacity becomes to integrate logic into the creative process, even when the actions taken may appear, at first glance, "illogical."

It is essential to emphasize that the goal is not to win the inner struggle but to create cooperation. Creative consciousness, by its nature, is a consciousness of integration and partnership. It is not the enemy of logic but its companion. Within the creative flow, order and planning can coexist with mystery, uncertainty, and surprise. This balance is the true aim of the path.

For such a fusion to take place, we must learn to recognize and release creative blockages so that when the flow begins to move freely, logic too can join it as a supportive ally. When this harmony emerges, both forces can operate together, empowering the individual to be both logical and creative at once. This is what I like to call an *inner marriage* between the complementary aspects of the human being.

Questions for Self-Reflection (*it is recommended to answer them in writing*)

1. What is the most “logical” thing you have initiated or done recently?
2. What is the most “illogical” thing you have initiated or done recently?
3. Are you familiar with the experience of shifting from ordinary logic to a different kind of logic that appears during spontaneous movement, creation, or change? Please describe and elaborate.
4. Do you believe that your “regular” logic can work in harmony with your creative consciousness, which moves within realms that logic itself cannot fully explain or comprehend? How could you help it feel safe enough to do so?
5. How would you now explain, through your ordinary logic, the infinite dimensions of creative consciousness?

Chapter 13: Creativity Emerges from Non-Logical Depths That Possess Their Own Inner Logic

In a very creative way, as befits a book devoted to creative consciousness, I invite you now to move with me into a place that at first may be perceived as “not logical.” This stems from the patterns it expresses, which differ from the logic we are familiar with, yet as the journey continues, this very place may reveal itself as one possessing a kind of inner logic, one that is different from the frameworks through which we habitually think, calculate, interpret and explain what we experience and know.

Creativity emerges from non-logical depths that possess their own inner logic. Even if, at first glance, the creative movement appears chaotic, directionless or lacking clear purpose, structure or method, it nevertheless contains within it a deep internal order that cannot be grasped through the tools of ordinary logic, regardless of how hard we try to analyze or map this territory.

This requires openness, one of the central qualities of creative consciousness. It is an openness whose inner message is that many things exist that I cannot understand or explain, and perhaps will never be able to understand or explain, and yet they still follow a mysterious order of their own, a language that organizes the movement of their expression. We need a creative mindset in order to release our grip on the logic we know so well and allow ourselves to consider that this is not the only logic governing existence, and that it may actually represent only a very small part of the far more fascinating story that we can approach through free creative movement.

As long as we view human creativity through the lenses of conventional logic, as long as we attempt to classify and categorize it in the ways that the rational mind excels at, we distance ourselves from the ability to recognize that within the natural creative movement, which wishes to flow through the human being as fully as possible, there exists an inner logic, an internal order, clear channels of expression, a kind of action plan, goals, purposes and achievements that are meaningful and significant, only that they appear in forms and levels unfamiliar or initially incompatible with the way the rational mind conceptualizes notions such as goals, achievements or structure.

At this point it is worth pausing to consider one aspect of human logic that often becomes an obstacle to natural creative expression whenever it is misunderstood or receives too little attention. Within the rational and linear mode of thought there frequently exists an excessive need to create a sense of control through analyzing, explaining and interpreting reality. This need is a form of compensation, a never-ending attempt to manage the inherent uncertainty of existence by placing it inside explanatory models, thereby producing an artificial sense of order within the chaos of life. That chaos is, in many ways, a direct consequence of the rational mind’s repeated failure to impose order on what cannot be fully ordered using its own tools.

This is why the word “chaos” appears so often, even though it rarely describes the reality itself, but rather the inability of linear logic to grasp the existing through its familiar structures.

Linear, analytical logic is not equipped with the tools necessary to study or comprehend creative movement or the way life's generative forces wish to unfold through the human being. As long as a person operates within a model of thought that requires full conceptual understanding before entering any experiential process, they deny themselves two essential gifts. The first is the freedom to create and shape their life in ways that are wider, richer and more pleasurable. The second is the paradoxical gift of expanding their ability to understand, through their own tools, what these tools cannot understand on their own.

This is how it works. The intuitive, spiritual, emotional and creative layers of human existence are available before the rational mind can join in and interpret what is happening. In a way we have been taught not to notice, the nonverbal experience and the mysterious, unpredictable movement of life is always encountered first, and only afterward do we add rational interpretation that seeks to organize and relate the experience to past precedents stored in memory.

Much of what we call our "ordinary consciousness" is actually the product of hiding the natural, active creative essence that lives within us continuously as an inseparable part of who we truly are. Without noticing, under the influence of early conditioning, we invest enormous unconscious effort trying to impose logic on our life's journey, while the deeper logic, the authentic and expansive one, is repeatedly blocked by us without our awareness.

As the next chapter will explain, creativity is a flowing force that gives birth to itself, defines itself, reveals itself and strengthens itself through movement. It has internal laws connected to flow, freedom, infinity, change and development, and these laws often differ greatly from the laws of logic through which we have been taught to navigate daily life.

In many ways the practical path for strengthening creative consciousness in one's life is rooted in training, repeated exploration and shifts in attitude that allow this natural force, emerging from non-logical depths, to receive its rightful place as a central and inseparable part of the choices and movements we make in our daily existence.

This is the "logic" we wish to adopt here. Not a logic that must be built, but one we must return to, remember and rediscover, for it has always been present. It has always contained its unique mystery, its unique coherence, and its irresistible pull toward the authentic. We have avoided returning to this inner logic because so often it does not obey the rational rules we learned in order to belong to family, society or culture.

Human beings will never let go of their need for mystery, for surprise and for change. Yet many prefer what might be called "second-hand creativity," meaning creativity produced by others, films, stories, adventures created for them, because their own access to their creative essence has become blocked. They attempt to taste creativity through what others made, without discovering within it their own voice, their own style, or their natural creative potential.

Creative consciousness invites every human being to remember that they are, by nature, a creator and a maker. The effort involved in reconnecting to creativity is almost always tied to the fears culture has built around natural creative freedom,

around authentic individual expression. Our work here is to learn, without mental strain, the non-logical logic of creative consciousness. Not to understand it intellectually, but to live it, to express it, to create our world through it and to transform it into a way of life where mystery becomes a source of growth, expression and transformation.

Self-Reflection Questions

(preferably answered in writing)

1. What do you usually do when you encounter significant emotional pain?
2. Have you ever experienced a situation in which you managed to transform that pain into a creative expression that also helped you cope with it better?
3. How do you feel about the possibility that this may actually be one of your central roles in creation, to serve as a channel for expressing and healing emotions?
4. Are you aware of emotional pains within you that have not yet found their full channel of expression?
5. Are you willing to enter such an adventure, one that seeks a creative outlet for these pains?

Chapter 14: A Person Must Flow Before They Have Time to Plan the Flow

“Every action should begin with thought” is a well-known saying, a principle suggesting that the proper way to act or initiate something is first to think, analyze and plan. Within this worldview lies the assumption that haste or spontaneity may lead to undesirable results because we failed to consider all factors or learn from past experiences, and because we did not use rational thinking to avoid potential mistakes.

While such a principle may hold truth in certain situations, it becomes entirely misleading when it comes to forming a relationship with one’s creative consciousness and giving creativity a central place in one’s life. Creative consciousness is a state of continuous movement. While we pause to think “logically” about fulfilling a creative impulse, the train of creation has already left the station. By the time we attempt to avoid a mistake, we have already lost the momentum of creative flow, which cannot remain still due to its essential nature.

Learning creative consciousness is, in many ways, learning flow. Most of the challenges and internal obstacles related to difficulties in creative expression are essentially blockages in flow. There is almost nothing else there.

A person must flow before they have time to plan the flow. We may even reverse the opening statement of this chapter and say: the end of thought comes after the beginning of action. Feel before thinking, move before knowing exactly where, understand through movement and not before it, and certainly not as a precondition for beginning. Go on a journey before knowing the precise destination, begin a painting without knowing what will appear, write a story without knowing where it will lead.

Here we meet our fears. Fear of “bad results,” fear of “wasting time,” fear of “failure,” fear of mistakes, of disappointment, of criticism, of repeating ourselves. These fears stand before us as we attempt to join the natural creative stream within us while not yet knowing how or when to enter.

Creativity arises from a deep impulse, from an intuitive desire calling the person to move now toward a direction filled with uncertainty and requiring a certain level of daring, willingness to explore and willingness to move without fully knowing the purpose or the outcome.

The central reason to flow before understanding or planning is the shared desire, yours and mine, to improve our capacity to live within our creative consciousness. Creative consciousness draws its power from an inner, infinite intelligence, a kind of divine wisdom whose view of life is far broader than anything the rational mind can perceive. It invites us to develop toward a place we did not know we could reach. It takes us toward the next step, the next stage of our evolution, a step that cannot be planned because it is the next version of us that we have not yet become.

Interestingly, even the ability to plan and influence creative direction in a more “logical” way becomes easier only after movement has begun. Feel before thinking,

create before understanding, move before knowing where. This is the correct mental order. The speed of the rational mind is far slower than the speed of natural creative movement. As long as a person insists on thinking before moving, they suppress their own creative flow, which can only be free if allowed to act in its natural timing, long before intellectual understanding arises.

Once we are within the flow, we may be surprised to discover that thinking becomes easier, and that the rational mind can offer structure and markers that support the process. At this stage the rational mind finally receives its natural place, not as the leader of the creative process, but as a learner observing the flow, releasing the unnecessary urge to control or restrain it.

In the dialogue between creative consciousness and rational thought, we can give the rational part the privilege of creating an “allowing framework,” one that contains gentle boundaries and simple rules that support the flow in its natural movement, while permitting spontaneity and unexpected changes. Within such a partnership the rational mind no longer interferes with the content, the outcome or the “value” of the creative act. This collaboration enables profound experiences of creative flow.

When practicing intuitive painting, for example, we establish simple rules in an intentional and rational way so that the rational mind will not interfere. We may decide that the page must be completely covered with color, and that there is a limited timeframe. Within those simple rules the creative flow receives full freedom of expression without judgment or demand for any specific result. The rational mind watches over the rules but does not interfere with content, does not evaluate, does not demand interpretation, and does not object to repeated changes within the time frame.

This is an example of practicing flow while creating a container with a small amount of logic, a container that allows us to press the “flow button” and bypass the internal barriers created by excessive reliance on the rational approach.

As long as we do not recognize that creative consciousness is a constant flow that exists within us and is constantly being blocked, we cannot truly understand what we are trying to cultivate. It is a phenomenon that never stops and never pauses. All we can do is join it and move with it. Here lies the magic, and here human beings develop their most elevated ideas, through movement and flow.

To conclude this chapter, the only mistake a person often makes is the fear of making a mistake. The excessive hesitation and the delay in choosing to enter the creative path is itself the ongoing error. While we avoid flowing out of fear of error, we enter the far more painful error of creative stagnation and the lingering frustration of unrealized potential.

Self-Reflection Questions

(preferably answered in writing)

1. What is your relationship, at this point in your life, with your healthy passions that long to expand and to experience more and more?

2. Do you sometimes make decisions that are not entirely clear, even though you do not yet have enough information to make them?
3. To what place, one you could never have imagined in advance, has your inner compass ever led you?
4. What is the next decision that has been delayed for too long?
5. What is the next “silliness” you might benefit from doing in order to release a few unnecessary inner barriers?

Chapter 15: The Process Is the Primary Outcome of Creation

This part of the journey, in the next three chapters, focuses on the understanding that the central goal of creation is the creation itself. Creative consciousness is a kind of inner place within human existence. In order to be there, we are invited to choose to enter, to join, or to initiate movement within a flow that contains change, surprise, adventure, play, and the experience of bringing things into being. This place, the place of creative consciousness, is part of what we may call the higher dimensions within the human being. Whoever is reading this book is very likely someone who wishes to dwell there as much as possible, and to gradually increase the capacity to enter this place with growing ease, whenever they choose to do so.

This is exactly the hidden gift inside what we call creativity. It is the possibility to connect with creative consciousness, to dwell within it, to act from within it, to receive its spiritual, emotional and even physical nourishment, to grow through it, to heal through it, to delight in its treasures, and to discover within it endless inner worlds of creation, change, transformation and renewal. For this reason, the central goal of creation is to arrive there, to be inside it, to expand it, to make it an inseparable part of daily existence, and to give it a wider place in decisions, in choices, in the way reality is perceived, in reactions, and in any other area we can imagine.

The goal is to become a person for whom creativity is a significant part of life, a person in whose life creativity is expressed in many different fields. To become a person with a high level of creative consciousness is one of the most meaningful goals a human being can wish for and move toward. The reason for this is quite simple. A more creative person is usually a happier person, a more flexible person, someone who enjoys life more, who can cope better with challenges, who is more adventurous, and who sees reality from a place that includes the ability to change, to be changed, to move, to influence and to renew.

At this point we can meet one of the typical human mistakes. Many people confuse the essence of being creative with what are perceived as the products of creation. These products are often judged, ranked, compared, and labeled as good or not good, as high quality or poor quality. At this point the person tends to miss almost completely the value, the place and the contribution of creative consciousness to his or her life. In this place, the person chooses to remain small, distant from personal beauty, uniqueness, inner power and authentic abilities, and in doing so loses many degrees of pleasure, enjoyment, fulfillment and joy.

When a person gives up creative consciousness as a value in itself, as an achievement in itself and as a goal in itself, that person condemns himself or herself to an ongoing distance from creative consciousness and from the many gifts it brings. In an ironic way, when a person measures his or her creativity only by the quality of the results, that person also misses the possibility of ever arriving at unique results that could receive wide appreciation.

Unique levels of quality, which are nothing more than the expression of a deeply authentic and clean form of one's own voice, can appear only when creativity has been given generous freedom, unlimited support, and an ongoing opportunity to try, to practice, to explore and to play, without any immediate dependence on results. True creative quality almost always appears only after a long period of experiments, searches and trust in the process itself, without blocking it through criticism or exaggerated expectations.

Therefore, we will emphasize: the process is the primary outcome of creation. The process of creating the creation is the greatest achievement a person can wish for. Here one can adopt a meaningful aspiration, that of improving the process itself again and again. Transforming it into a process that flows more freely, that is braver, more open, more adventurous, a process that agrees to continue even when there is no immediate success, a process that wishes to fulfill dreams, that longs to grow, and that discovers within itself more and more new paths, step after step. A process that is thirsty for surprises and happy to welcome them, a process that ultimately becomes fertile ground for expressing the authentic inner voice of the person.

Thus it happens that the way we walk the journey is more important than the destination we think we are heading toward. Most of the treasures, the growth, the healing, the development and the joy that a person can receive from a continuous dwelling within creative consciousness are found along the way, in the present moment of the way. There we meet the greatest challenges, and there we also meet the most meaningful possibilities for inner development.

This does not mean that the final outcome is unimportant. A person who writes a book does need to reach the end of the book, to have it printed and to bring it to his or her readers. This is a meaningful and valuable need. However, for this outcome to have true value, it must be intertwined with a process that the person experiences as deeply meaningful and transformative. A process that has changed life, that has led the person to inner places that were previously unknown and unimaginable.

Creative consciousness is located first and foremost in the here and now. It is a state of mind, a worldview and an inner experience that all describe the human capacity in the most present moment to feel, to think, to perceive, to respond and to choose from within a space that holds many possibilities. It is a space that invites many directions of response, that allows play with what exists, that allows us to bend reality a little, to knead it, to break and rebuild it, to question its existing forms and to look for paths of growth and development within it.

When creative consciousness is allowed to fulfill its role in a natural and continuous way, the good results will appear in their right timing and in a form that is right for that person. The lower the level of expectation for specific results and the lower the level of self-criticism regarding the quality of the creation, and the more the person continues to explore and to search for genuine self-expression, the more the creation will arrive at interesting places that will bring satisfaction and joy. Sometimes this will be expressed in what society calls success, and sometimes in a different type of success, one that is more internal and personal.

This is the place where many people find it difficult to understand the true role of creative consciousness in their lives and their ability to enjoy and expand it. When people grow up with the belief that one should do something only if it is already very good from the beginning, and that otherwise it is a waste of time or a failed attempt, they give up the real and exciting story of creative consciousness. They give up the story in which principles of self-realization, of meeting one's authentic inner voice, and of increasing the capacity to create more and more moments of joy, satisfaction and delight can truly unfold.

Reaching a state of high creative capacity, without immediate dependence on results, is a high and meaningful goal, rich with possibilities of healing, growth and inner balance. This goal is attainable to the extent that one invests attention, practice and resources in the processes of creation themselves, in releasing excessive criticism, in increasing inner freedom, and in striving for authentic expression that becomes clearer over time. From here, of course, results will also come. Yet they will be truly meaningful only if, after a good result, we are willing to return home to the process itself, because the process is the true home of creative consciousness.

Self-Reflection Questions

(preferably answered in writing)

1. What are your first associations with the word "choice"?
2. Have you recently made a choice that was not popular or that went, in some meaningful way, against the current?
3. At your next point of choice, when you choose the path of passion and courage, where do you think it will take you?
4. In which areas of your life do you feel that you do not really have a meaningful range of choice?
5. What do you think needs to happen so that in those areas as well you will have more freedom of action, change and creativity?

Chapter 16: Being Within the Creative Flow Connects Us to Our Inner Essence and to Infinite Wisdom

One of the most exciting miracles awaiting anyone who invests time, attention, learning and practice in strengthening the presence of creative consciousness in their life, is a growing connection to an inner essence and to an infinite wisdom that already exist within them. Creative consciousness is not only a place where things are created, and it is not only a field of activity for bringing new forms into being, for changing, or for improving the way we cope with challenges. It is, to a large extent, a space that opens doors to knowledge, understanding, insight and perception that are not accessible as long as a person has not opened himself or herself to the natural creative flow inside.

We may imagine the dwelling within creative consciousness as a continuous journey, as an ongoing walk through a place in which there is constant movement. Sometimes the movement is slow and subtle, and sometimes it is fast or dramatic. Within this journey, a constant process of learning takes place, a process of meeting inner intuitive knowledge that is released and allowed to flow toward the person because that person has chosen to join and to participate in the movement of creative consciousness within.

When a person allows himself or herself to discover the intuitive creative movement inside, and does so with increasing freedom, that person enters a space of self exploration and of discoveries that could not be revealed in any other way. To a great extent the human being studies himself or herself, and studies the creation, during the movement itself. The more the journey continues, the more inner worlds and channels of knowledge open ahead. With them come new desires for the next creation, and for the next act of bringing something into being that is quietly waiting beyond the current one. This is an endless process, just as all that exists, the universe or however we call it, is endless.

Many people have learned to think that the only way to study and to learn is by being exposed to an external source of knowledge such as a teacher, a book or a course. Within the spaces of creative consciousness, a different reality appears, a fascinating and moving reality in which a person encounters, without planning it in advance, more and more meaningful pieces of information about his or her life and about life in general. All these pieces flow into awareness through channels of intuition that open more and more as the creative flow is allowed to take place.

It is important to pause and clarify the term intuitive creation, in order to make clear what is meant here by the term creativity. Misunderstanding in this area is one of the main factors that separate people from their natural creativity and from repeated visits to the nourishing and healing spaces of creative consciousness.

Intuitive creation is creation that grows from desire and from emotional excitement. The element of detailed planning in it is very low, and sometimes does not exist at all. Intuitive creation begins with a certain impulse to create, but there is no insistence on

a specific result or performance. Intuitive creation allows emotional flow to move and to be expressed in the chosen creative language. This flow becomes stronger as the level of inner freedom of the person who creates becomes higher.

Most people have not truly experienced intuitive creation. What they did meet in their early years were situations in which art or creativity were placed inside mental and critical frameworks. There they experienced comparisons, evaluations and judgments such as whether something is good or not good, beautiful or not beautiful, worthy or not worthy. These experiences led many people to unconsciously adopt the idea that creation is something that is measured mainly by its external result, by its form or by its perceived quality. In this way they were distanced from the real adventure of intuitive creation.

Intuitive creation is meant first and foremost for its own existence. It is itself both the path and the outcome. At times it may become a creation that others wish to see, to witness, or even to acquire, but this is never its primary purpose. Only after a person has engaged many times in intuitive creation, and has allowed enough time and movement for a personal language and unique way of expression to be revealed, may that creation become interesting to others. Even then, this does not happen because of a deliberate attempt to attract attention, but as a natural consequence of authentic expression.

For many people, what is written here may be difficult to understand as long as they have not experienced intuitive creation themselves. Only when they actually live what is being described do they begin to understand what is meant by the sentence being within the creative flow connects us to our inner essence and to infinite wisdom. Concepts like inner essence or infinite wisdom may sound abstract or distant when heard only through the ordinary channels of logic and rational thinking. However, when these concepts are met within a creative, open and intuitive space, they receive a very different and much more direct meaning.

In many ways, in order to understand from the place that is usually difficult to understand from, in order to grasp deep, spiritual, intuitive and seemingly non logical concepts, a person has to arrive there and to be there. One needs to be present within the creative space where it feels possible to wander calmly, without pressure, within one's own creative consciousness. This happens while the person is involved in some form of intuitive creation that provides pleasure, adventure and an open field to search for his or her authentic voice.

We may say, in this context, that a significant part of what we might call human genius, or a heightened capacity to perceive reality beyond the common range, can reveal itself when a person finds the way to intuitive creation and gives it attention, time and resources. For this to happen, a few things need to take place. They all have to do with allowing oneself the inner permission and the external conditions to enter into the spaces of creative consciousness and to wander there as much as one wishes.

Very often, in order for this moving and joyful event to take place, and for a person to be able to fly and to dive into the infinite creative spaces within, there is a need to release the grip on familiar knowledge and on familiar logic. These usually block the

possibility of moving freely in an intuitive creative field and keep demanding explanations or a certain level of performance.

The irony here is that in order for a person to climb the inner ladder of true and deep wisdom, he or she needs to let go, for a while, of the reliance on what is perceived as intellectual wisdom. There is no doubt that this intellectual wisdom contains important and sophisticated information. Yet in order to move beyond it, in order to open up to knowledge that is located in places that ordinary logic cannot presently reach because of its natural limitations, it is necessary to allow a creative intuitive flow that appears at first sight to be simple, random, not logical or even foolish.

As this flow is allowed more and more, and as a person continues to practice and to experience it, this so called foolishness turns out to be a vehicle for travel, almost like a personal spaceship, into inner realms of knowledge that could not be reached otherwise. These realms become accessible inside the creative field, inside the movement of intuitive creation, which seeks nothing other than its own free, expanding existence. Within this existence there is a great deal of inner wisdom, and this wisdom reveals itself gradually to those who are willing to continue to move, to explore and to dedicate time to creation for the sake of creation itself.

Self-Reflection Questions (preferably answer in writing):

1. What unnecessary masks have you removed from yourself in recent years?
2. What inaccurate narrative about yourself did you use to tell yourself, without realizing it was actually a story that limited you?
3. Have you experienced a situation in which the main effect of your creative expression was a release from inner masks and inner falsehoods?
4. What is the next mask that has reached its time to be removed? Yes, this is a hard question, and still?
5. Give an example of a “fantasy of escape” that you have. Where would you like to escape to today, and what do you imagine you would encounter there?

Chapter 17: Creation Has a “Story” It Wants to Tell While in Motion, and Only in That Way

One of the most meaningful lessons a person can and should learn while practicing presence in their own psycho creative space is connected to what we might call the release of the ego and the movement toward a positive humility. Humility of this kind arises when we begin to recognize that a creation in the making is like an “entity” that has a life of its own, with a story it wishes to tell, while in motion, and only in that way.

Here we encounter a kind of “test” that every person who devotes themselves to their psycho creative consciousness will at some point pass successfully, without exception. It is helpful to recognize the existence of this test, which is in fact a sign of personal development. It marks a shift from a state in which the ego manages the person’s life in an overly dominant way, to the point of blocking their creativity, toward a state in which the influence of the ego gradually decreases, or even transforms into a new kind of ego. This new ego allows flow and surrender, an ego that is willing to join a journey of magic, creation, growth and delight.

This skill, this kind of “relationship” between the person and their creation, in which they allow themselves to flow along with it and allow it to flow in its own way, is one of the most moving and fascinating places in the creative consciousness. At a certain point a person can no longer say only “this is my creation,” because from a certain stage onward the creation has “a life of its own.” Only when the person can recognize that their creation is, in one way or another, an autonomous entity which they helped to bring into existence but which, once revealed to the world, has its own message, only then can they truly enjoy the many gifts that the psycho creative consciousness has prepared for them.

There are many things that a person will never be able to discover about themselves, and about life in general, unless they agree to enter the inner creative realms of their psyche and accept the rules of the game that operate there. There are places within them, and beyond them, that will be revealed only within creative journeys, in which they are willing at a certain point to loosen their ego and allow themselves to discover and be discovered through the path that their creation “chooses” to take them on. This path is formed when the person comes to recognize the natural power of their creation, the unique energy that is embedded in it, and its capacity to lead them, just as in other moments they are the ones who lead it.

These ideas are likely to feel strange to anyone who has not yet encountered this experience, which is special and almost “odd.” As mentioned earlier, it is first of all an experience of a relationship in every sense. From a certain moment, once the creation has acquired a certain structure and presence, it becomes a kind of “character” in the life of its creator. From that point on, there is an intimate and very unique connection with it, a connection whose entire purpose is growth, healing, discovery and development.

Here we return to the central theme of this section. The “goal of creation is the creation itself.” Now it may be possible to understand more deeply what it means to say that the aim of the creation is the creation itself.

We create in order to meet the creation, and then to enter into a relationship with it, a journey that leads to very interesting places. Indeed, from time to time we may arrive at places we wish to share with others, to present to the world, to offer or to sell. This is a meaningful part of the journey, but it is never the primary or central part.

We create, first and foremost, in order to give expression to a very deep need for connection with our psycho creative consciousness. Our psycho creative consciousness is a living and breathing space. From a spiritual perspective we might even say that it is a very vibrant place, and that we are certainly not alone there in any real sense. The deeper details of this belong to more esoteric discussions that are not our focus at this moment.

What we will say here is that deep within, a person can connect with and encounter their natural creative drive, a drive that is often repressed or hidden. This drive invites the person to rise into wider dimensions of existence than those known from daily routine. These are inner and outer spaces in which the person becomes an active partner in the creation of reality, spaces in which they encounter a broader, more flexible, more surprising and, of course, more pleasant reality.

At this point a question arises, a question that one can remain with for quite some time. It is a question that will significantly determine the degree of connection a person will choose to cultivate with their own psycho creative consciousness. It is a question that can be asked again and again, and examined anew, until the moment comes in which one can answer it in the affirmative, and only when they feel ready to do so.

The question is this:

Are you willing to initiate an act of creation and bring something new into being, in a field that fascinates and excites you, and to reach a state in which your creation will have its own “personality,” so that it becomes a kind of partner, one that enters into a relationship with you where the further development of the creation depends on cooperation between you, on dialogue and even on a kind of inner negotiation?

For many people, this way of thinking can be entirely new. At the same time, this process can lead to far reaching change in their lives, in a very positive sense.

Developing the capacity to initiate the birth of a creation, and then to surrender to a relationship with it, while cultivating and improving the ability to “listen” to it and to sense its deep messages and its “requests,” is one of the most moving developmental pathways available to any human being. In this realm, a person discovers within themselves a kind of intelligence that they may not have been sufficiently aware of before. This intelligence “speaks” to them through their creation, through the story that their creation tells them, after it has traveled a certain distance together with them and has become more established.

This is a special kind of lesson in “control,” one that transforms the very concept of control and lifts it to a new level. At this level, the person experiences a much greater degree of real influence over their life and their reality than before, because previously their mode of control was often dictated largely by their ego. That mode of control greatly limited other channels of influence that are waiting for the person who is willing to expand and discover worlds in which they are in partnership with the creation they initiated and set in motion.

Within this space, the space of psycho creative consciousness, the person is invited to become acquainted with new meanings of control, meanings that can take them much farther than they could previously imagine. When a person is able to sustain a relationship with their creation, they receive into their hands a new kind of steering wheel for their life. With this steering wheel they can move toward places that previously seemed nonexistent or impossible.

This is a place that becomes accessible when the person is ready. It is a place in which one can train in the skills required to dwell there. It is a place in which it becomes possible to understand anew why the concept of creativity is so attractive to human beings, very often for reasons that are not yet conscious. Only when a person “enters inward,” when they allow themselves to surrender to a new mode of control that is in fact a new level of partnership between them and the “entity” to which they have given life, their creation, do some of these reasons become clear.

Your creation has something to tell you, provided that you are willing to listen to it, to move it again and again, to open yourself to the new spaces to which it invites you, without criticism, without censorship, without constant questions about the “meaning” or the “quality” of the result. Your creation is one of the most precious gifts you can give yourself. It is a significant expansion of who you are, an expansion into a place where you enter into dialogue with new parts of yourself. These are parts that can come into expression only when you allow your creation to reach a high degree of independence, which is in fact a high degree of inner freedom within you. This is the level of freedom that suits those who dwell and move in the realms of psycho creative consciousness.

Self-Reflection Questions (preferably answer in writing):

1. Are you aware that your excessive self-criticism is very busy trying to limit you?
2. Do you sometimes feel that this is truly a battle?
3. Do you feel ready to win this battle? Has the time come for you to take broader ownership over what, when and how things will flow from within you?
4. In what ways are you currently fighting your excessive self-criticism?
5. What would you like to say to your excessive self-criticism, with assertiveness and compassion at the same time, if you were to meet it right now?

Chapter 18: Emotions are a primary raw material for creation and are therefore also in constant motion

To a large extent, a deep and especially experiential and practical understanding of this topic within the study of creative consciousness offers the individual many gifts and wide possibilities for a life that is more satisfying, more joyful, lighter, and also one that has a clearer sense regarding how it is possible and worthwhile to relate to the wondrous and unclear movement that takes place within the human story, the movement of emotions.

Emotions have, we might say, a dynamic character. Emotions are energy in motion. They exert a significant influence and then pass, and in their place another emotion arrives. Often certain emotions arrive together with an unpleasant experience and then can apparently become stuck, while we try, usually with limited success, to deal with them through logical thinking.

Yet emotions have a logic of their own and their own laws of operation, which do not respond very well to ordinary logic and to its usual modes of interpreting, analyzing, and managing things. In this sense emotions can be described as an elusive body that does not allow the logical part of the mind to observe them in an orderly way, because of their constant tendency to move, to change, to exert influence, and to create an intensity of experience that does not allow logic to offer a truly meaningful response.

The fact that emotions speak a language of their own, and that ordinary rational language is never fully synchronized with them, is not sufficiently clear to most people. This lack of clarity is due in part to the great weight that human culture gives to rational thinking, the thinking usually attributed to the left side of the brain. What we are less aware of and less inclined to notice is that the other part of the human mental space, usually called the right side of the brain, the part associated more with intuition, spirituality, creativity, originality, and emotions, has its own language, its own logic, and its own internal rules.

Thus, anyone who wishes to connect with their creative consciousness will only be able to do so if they succeed in loosening at least part of their reliance on the logical brain and turn instead to learning the diverse and fascinating language of the right brain. This is where intuition speaks, where spirituality resides, where the mysterious and esoteric dimensions of the person live, and where creativity and emotions also reside. All these communicate with one another through the unique language of the right brain. It is possible to build a bridge between this language and the language of the logical left brain, but this can only happen when there is recognition that a person lives in two worlds at the same time and speaks two languages at the same time, two languages each with its own order and its own logic. One is the language of linear logic and the other is the language of intuitive emotional creative spiritual logic.

In fact, even if we do not always notice it, there is in human culture an ongoing and one sided struggle, in which the rational and linear logic of the left brain is busy, in no small part of its activity, distancing the person from their full resources, including the other kind of logic. This may be due to some unfounded fear that a high level of

involvement of the spiritual creative emotional logic of the right brain will cancel the necessity of the other side.

As noted, this fear is entirely unfounded. The right brain has no way to contribute anything to human development and has no way to be expressed without a high level of cooperation from its partner in the mental space, the part that can translate messages and information into words, concepts, and texts. These allow the illogical knowledge of the right brain to communicate with the person and to offer its gifts. The right brain, which is in fact the more social and collaborative part of the mind, longs for this kind of cooperation, while the left brain, which is more rooted in rules of separation and definitiveness, is wary of such collaboration and tends to block it.

This challenge of integrating the two main forces in human consciousness is a central developmental challenge in the evolution of human culture. It is an integration that, over time, will make the connection to creative consciousness easier, more accessible, and simpler. This challenge is here now, and it is part of the reasons for writing this book. You are part of a process and a movement whose purpose is to connect these two parts of human mentality, a connection that will dismantle more and more unnecessary inner partitions and give the individual greater freedom to express themselves, develop, heal, and bring deeper meaning into their life.

When this connection is established, and it is indeed destined to be created, the presence of excessive self criticism will decrease and only a reasonable level of self criticism will remain. Instead of standing between the individual and their creativity, this healthy level of criticism will allow for an orderly and responsible relationship between the two sides of the brain and will thus support the well being of humanity rather than hinder it.

To support this connection it is helpful to pay attention to the fact that emotions are raw material for creation. Emotions are a kind of energy that seeks and even demands expression. The primary path for this expression, the direct path that is free of interference, unnecessary interpretations, and external interests rooted in the human ego, is the creative path. When a person reaches a state in which they use creation as a tool for emotional transformation, they become the spokesperson of their own emotions and the interpreter of their own emotional world. This is true even if they have not yet succeeded in giving those emotions a clear logical explanation and have simply allowed the emotional energy to move into a free and flowing creative movement.

Moreover, when a person discovers their ability to turn emotions into creative movement, which is always a particularly moving and liberating discovery, they also begin to experience new moments of logical insight regarding the emotional story that is speaking within them. The reason for this is simple. When emotions are given the possibility to flow through their natural channels, in their own language, the language of the right brain, and when they are no longer trapped in congestion or under pressure to be understood, space opens in the mental field for meaningful connections between rational thinking and emotional logic.

Another way to look at this is to remember that we feel before we understand. We feel, and this is almost immediate, before we think. This is the real order of

appearance. Our ability to create logical order in what stands before us is much slower than our ability to experience and feel. In practice, when we learn to move with our emotions in a creative way, without trying to understand them before beginning the action, the logical mind receives, during the process and from within a relaxed flow, an opportunity to examine the event in its own terms. This happens while the emotions are in creative motion and there is no attempt to stop them in order to understand them, an attempt that never really succeeds.

From this perspective it becomes clearer that a person's creative consciousness is not a luxury or a special privilege. The fact that human culture does not place a free and spontaneous emotional expression ability at the top of the learning priorities for young and old alike indicates a fundamental misunderstanding of human mental needs, including the critical place of creativity in mental stability and in the capacity to feel at ease with one's emotions, to grow with them and to develop through them.

It is important to emphasize that the creative movement of emotions is relatively fast, spontaneous, unplanned, not subject to criticism, and does not seek to produce a predetermined result. Its aim is simply to bring the bubbling emotional energy into appropriate and healthy expression. As mentioned earlier, the goal of creation is the creation itself, and here we can understand a little more why this is the case. The creation itself is the person's freedom to be who they are, to tell their story without barriers or censorship, and also to give themselves a path to heal, through what will later be explained in several ways as emotional transformation.

Self Reflection Questions (preferably answer in writing):

1. As a child, what were the things you loved doing more than anything else?
2. Do you remember strange ideas or unusual insights you had as a child, including those you did not really know how to share?
3. If you connect now with the natural curiosity of the child within you, to what creation, initiative, or experience could this curiosity invite you?
4. How do you feel about the possibility of turning your inner child into a kind of senior advisor in your life?
5. If you were to meet your inner child right now and ask for her advice, what is the first thing she would suggest you do in these days?

Chapter 19: The difficulty begins when an excess of thinking replaces creative movement with the emotions

When we are not aware that emotions are creative raw material, and when our access to our natural, primary, simple, and spontaneous creativity is blocked enough, we build within ourselves unnecessary difficulties and complications. We are often not aware of how these difficulties are formed, nor of how possible it is to dismantle them relatively easily.

When we avoid giving our emotions the channel of expression that they very much need, the channel of uncensored and free creation, all the blessed energy that exists within our emotional whirlpools is handed over to another department in human consciousness. This other department is less skilled at working with human emotions and in practice contributes significantly to their being locked in a place where they cannot express themselves properly and where they also become the basis for experiences of stuckness, lack of self understanding, and difficulty that are almost entirely unnecessary once we understand how not to interfere with the natural flow of our emotions.

This is what happens when the management of dynamic and changing emotional energy is handed over to the logical, linear, calculating, and defining part of the mind, which speaks a language different from that of the original dynamic emotional language. When this happens, as it does more or less for every individual in modern society, the system finds itself unable to carry out the task that has been placed on it.

Ordinary logic cannot fit emotional dynamics into neat compartments or into a constraining and organizing template, as it is accustomed to doing in other domains. Whenever it seems to succeed in achieving control over a particular emotion, it soon discovers that this was an illusion. In a surprising, unexpected, and sometimes puzzling way, emotions return and appear from different directions and undermine the attempt to hold them in a single, uniform, disciplined place.

In the mental space that is based only on past experience and on a rigid and unified perception of reality, there soon arises a sense of losing the ability to restrain and regulate the various forms of emotional energy. When this situation occurs, a further mistake usually follows. The logical part of the mind does not draw the obvious conclusion, does not hand over management to the part that understands emotions better than it does, but instead tries to increase its own activity and its efforts at control. This intensification of control creates experiences that we know as anxiety and obsession. In these states, instead of engaging in a productive encounter with our emotions, we find ourselves in repetitive circles of intrusive thinking that loop again and again. Despite their failure to help in any way with the emotional world, they continue to move in circles and draw into themselves most of the experiential attention of the individual, in a negative, tiring, and ineffective way.

It is precisely here that learning and correction can begin. While this is the popular tendency within a cultural system that places an exaggerated emphasis on rational

thinking and severely neglects the natural skills for healthy, wise movement with emotions, here there is an opportunity for anyone who wishes to correct this pattern. This correction involves transferring the challenge of the human encounter with emotions to the part of the mental field that really understands them, that speaks their language, that senses their energy, and that knows how to respond to them appropriately.

This transition to the part of the mental space that operates effectively and usefully with emotions, and that releases the logical linear consciousness to focus on other areas where it can make a significant contribution, is what we will call transformation, a change of form. It is a natural and exciting process that gives the individual a new meaning for the presence of emotions in their life. It enables a more positive and friendly encounter with the emotional fluctuations that exist in them naturally and significantly expands their possibilities for growth, expansion, and healing.

If we return to the phenomenon described earlier, the phenomenon of obsession, it is not difficult to recognize that there is a kind of active energy here that repeatedly drives cycles of thought which never find answers to their questions yet insist on looking for answers exactly where there is no chance of finding them.

At this point the person has roughly two options. One option is to remain in the experience of obsession, to suffer from it, and perhaps to look for some relief from the constant inner disturbance, which is what happens for most people today. The other option is to learn the art of emotional transformation, which in essence is a process of remembering an innate ability. This ability makes it possible for the very same energy that previously drove the wheels of obsession to become energy that drives new wheels, wheels of nourishing, enjoyable, and liberating creative expression.

This shift from the habit of obsession to the habit of transformation is very similar to a process of withdrawal from long standing habits that are harmful yet that the individual mistakenly feels they cannot live without. The human tendency to rely excessively on rational thinking can cause a person to remain locked in impossible inner struggles for a long time and to suffer from them, without knowing that there is another possibility. This other path moves in a completely different direction and is much better suited to the challenge with which they are actually dealing.

In order to understand the contribution that creative consciousness can offer, it can be helpful to understand what happens when we move away from it. Sometimes we need the no in order to understand the yes. At any given moment we have two options in different aspects of life. One option is the path of emotional transformation. The other is to remain with the existing state and to be stuck with it, while it is accompanied by a large quantity of thoughts that create a closed circle which often seems impossible to escape.

We will want to improve our ability to notice when we are in a state of excess thinking. This is not easy to notice, because the experience is so dominant and so convincing that it is not simple to observe it from the side and recognize that this is where we have arrived. This is why we are lingering on this subject here, so that we can improve our awareness of these moments, which appear more frequently than people usually admit.

It is not simple to recognize a state of excess thinking, because there is a seductive and addictive element within it that hides from us the fact that we have departed from the more pleasant, more productive, and more balanced path. On that other path we do not get stuck. Instead we move through a sequence of changes, innovations, updates, and fresh and courageous initiatives. All of these are characteristic of creative consciousness.

This other path exists. Most people simply grow up learning to believe that it is rare, or even a kind of fantasy. The truth is that we do not need excess thinking. It is neither efficient nor truly intelligent. It does not offer us real solutions to our problems, and it does not help us understand what is really happening within us at that moment, which is mainly an experience of anxiety that presents itself as a flood of thoughts whose overall tone is unpleasant and burdensome.

There is a different option in the human story. It is an option that requires ongoing practice. It is an option we can gradually become better at, even as we continue to fall back, from time to time, into excess thinking. Excess thinking is nothing more than a sign of distancing from the natural creative movement within us, in every place and every moment. It is beneficial to recognize it, to notice it, and to use it as a signal to do what we can in order to return home to the place where it is more natural for us to be, creative consciousness. In this place we think less and move more, and, as a result, we are calmer, more relaxed, more smiling, and kinder to ourselves. This is possible simply because it is always there.

Self Reflection Questions (preferably answer in writing):

1. What dangerous change in your past eventually turned out to be a blessed and helpful change?
2. In which area of your life are you currently most afraid to initiate change or to question the existing way things are?
3. Can you connect emotionally, with honesty and compassion, to that part of you that fears certain changes and sees them as dangerous without real necessity?
4. Is there a figure, public or private or even an imaginary figure from films or books, whose courage to change you would like to emulate?
5. Describe and expand on this figure. Which parts of your own personality are in fact similar to this figure but perhaps are not yet expressed enough?

Chapter 20: Creation allows emotions to exist in the free space they need

Emotions need a space with free movement, a space in which they can express themselves in the most harmonious way possible and thus offer the person their full and sometimes even delightful contribution. Emotions can be one of the most important gifts to a human being because of the creative energy contained within them. This energy can be expressed only when it receives the appropriate, nourishing, and committed space that allows emotions to be what they truly are.

Emotions are not just something we experience. Seeing them only as experiences leaves a great deal of mental energy inside us in an unbalanced way, because energy is meant to move in a healthy and natural flow inward and outward alternately and continuously. When energy is more stuck inside or more dispersed outside in an unbalanced way, its flow is disrupted. This inevitably creates problems, difficulties, misunderstandings, states of stagnation, and an inability to manage and cope with pain and conflict.

Emotions can be compared to electrons that move constantly around the nucleus of an atom. At the moment we think we have grasped a particular emotion, understood it and defined it, we soon discover that we are already in a different emotional place. We did not notice that during the time we spent trying to capture a specific emotion, it had already moved, changed, and is no longer present in the way we thought it was.

In this sense emotions reflect a significant aspect of human essence and of existence in general, namely the continuous motion of everything that exists, including the human being and all their components. Everything is in motion, even when we do not notice it. Reality is constantly changing at a pace that is difficult for us to perceive. Everything is moving and shifting, and this is also what ultimately ensures a healthier and more stable state. What is in motion and in flow is also what is in a more vital, less vulnerable condition.

One of the greatest contributions that creation can offer a person, especially when it takes place in an intuitive, free, flowing, emotional, and nonjudgmental way, is to return the individual to a state they tend to forget within the illusion of control and fixedness in their life. This state, which is often feared due to an exaggerated habituation to the illusion of static experience, is a state in which the person can undergo the dismantling of inner barriers, emotional release, pleasure, joy, freedom, and a much more relaxed approach to the uncertain aspects of life.

Creation carried out in this way connects to the dynamic nature of human emotions and becomes a kind of vehicle in which emotions can move while expressing themselves through the chosen creative medium. In this way the individual connects with the natural energy of their emotions and is more often in flow with them or even in a kind of collaboration with them. As a result they do not need to stop and define the emotions in order to try to control them.

A person who trains himself to enter the domains of creative consciousness with all its changing qualities learns, each time a little more, that in relation to their emotional

life concepts such as control, definition, and criticism are unnecessary and completely ineffective. At the same time they discover their own ability to move with their emotions, to work with them, to play with them, and even to understand them on a deep level in a way that will not necessarily interest them to explain to anyone else. It will be their own personal experiential insight and it will significantly reduce the unfulfilled need to understand emotions in the usual rational sense, a need that the person mistakenly believes will help them manage their emotional life better.

Emotions need freedom, but this freedom is not fully achieved through verbal expression alone. Very often a person makes an effort to be open and honest about their emotions and intends not to hide anything. This is a state worth aspiring to and living from in any relationship in which there is space and readiness for emotional openness, honesty, and transparency. Such openness prevents many misunderstandings and allows closeness, mutual understanding, and different kinds of partnership and cooperation.

However, the energetic charge contained within emotions and the inherent need within them to undergo processes of transformation into expressions of creation, birth, and change, makes it impossible for full and complete freedom of emotional flow to exist unless emotions also receive a path that speaks in their original language. This is the language of the place from which they are created, the right brain. It is a language that no logical explanation can speak. It is a language of constant movement, creation, renewal, surprise, and a diverse expression of impulses, sensations, longing, and other experiences for which we do not always have exact names.

In the end, and perhaps for each person in slightly different proportions, human existence today contains a high degree of limitation and even suppression of emotional expression. This happens mainly because of a relatively high level of helplessness and misunderstanding regarding the nature of emotions, what they are trying to tell us, and where they want to take us. It seems that the individual spends a significant portion of their time in an inner struggle with their emotions, continually trying to control them, regulate them, or even ignore their very existence. There are also other situations born of a lack of understanding of emotional movement in which there is a tendency toward exaggerated dramatization of emotional expression that resembles childish, immature, and nonintegrated behavior. At times we may find ourselves in a judgmental stance toward such people and even label them as having lost their sanity.

On the other hand, deep inside, many people long for some opportunity to be given to them, at least occasionally, to gain a little freedom to go wild, to let go, and to release the intense emotional control they maintain almost every moment. There is even a certain danger in this phenomenon of excessive and ongoing restraint of dynamic emotional energy. Over time this restraint can lead to sudden eruptions that are violent and unregulated.

Outbursts of rage, serious and ongoing quarrels, conflicts, intense crying that feels out of control, emotional cut offs, misunderstandings, and even violence can all manifest as a result of significant impairment in the movement of emotional energy toward its natural, free expression.

From another angle, the individual has the option to go a little crazy in a positive way or else will be forced to face some negative form of going crazy in their life.

It is possible to direct emotional energy into the infinite, friendly, and safe channels of creative consciousness and there allow oneself to go wild without harming oneself or others, while at the same time receiving a dose of healing, relief, joy, and calm. When emotions receive this kind of freedom, they offer the individual the sweetest gifts one could wish for, since the main things a human being longs for, such as happiness, joy, and satisfaction, belong to the emotional field. These will be given in abundance when the person grants their emotions the free space they need in order to exist in the way they love to exist.

It is also possible to ignore these needs of the emotional world, and such neglect is widely learned and internalized in contemporary Western culture. This neglect eventually carries a painful price. In the best case it awakens the individual to begin asking new questions about their relationship with their emotions. In the less fortunate case it leads to persistent states of addiction and frustrating situations of inner stuckness and dissatisfaction, which are no more than a direct result of the stuckness and dissatisfaction that their own emotional energy is experiencing. The good news is that this situation can always change for the better once we understand the needs of our emotions, move toward creative consciousness, and begin to explore the tools and language through which the emotional world can be brought into a healing, nourishing, and life giving freedom of expression.

Self Reflection Questions (preferably answer in writing):

1. What are your first associations with the phrase spiritual self-expression?
2. If you could now represent your spiritual self and its requests regarding what ought to flow more in your life, what would it say?
3. Which sensations and emotions do you remember that accompanied a situation in which you took part in something that felt like a process of creation?
4. When the flow from your spiritual self to your physical creative expression improves, what do you think will then happen in your life?
5. How do you feel about the connection between the concept of the kingdom of creativity and your inner temple?

Chapter 21: Creativity Allows Emotions to Exist in the Free Space They Need

Emotions need a space with free movement through which they can express themselves in the most harmonious way possible and in this way also offer the human being their high and even pleasurable contribution. Emotions can be one of the most important gifts in a person's life because of the creative energy that is contained within them, an energy that can come into expression only when it receives a suitable space, a holding space that is open, accurate, nourishing and committed, a space that gives them the opportunity to be what they really are.

Emotions are not only something we experience. Such a view leaves a large amount of mental energy inside our inner world in an unbalanced way, because energy is meant to move, in a healthy and natural way, inward and outward alternately and continuously. When energy remains in an unbalanced way too much on the inside or too much on the outside, its flow is harmed, and this will inevitably create problems, difficulties, misunderstandings, states of stuckness and an inability to manage and cope with pain and conflict.

We can compare emotions to electrons that move constantly around the nucleus of the atom. The moment we think we have captured a certain emotion, understood it and defined it, we quickly discover that we are already in a different emotional place and did not notice that during the time we invested in trying to capture that emotion, it had already moved, changed, shifted, and is no longer present in the same way we thought.

In this sense emotions also reflect an important part of the human essence and of existence in general, which is the never ending movement of all that exists, including of course the human being and all of his or her components. Everything is in motion even if we are not aware of it. Reality changes constantly at a pace that is hard for us to perceive. Everything shifts and moves, and this is what ultimately guarantees a healthier and more stable state, precisely because everything is in motion. What is in motion and what is in flow is also what is in a more vital, healthier and less vulnerable state.

One of the greatest contributions that creativity can offer a person, especially when it is practiced in an intuitive, free, flowing, emotional and non critical way, is to return the human being to a state that he or she tends to forget inside the illusion of control and permanence of things in life. This state, which is often feared because of excessive habituation to the illusion of static experience, is the place where a person can experience the dissolving of inner barriers, emotional release, pleasure, joy, freedom and a much more relaxed approach to the uncertainties of life.

Creativity that is practiced in this way connects to the dynamic nature of human emotions and becomes a kind of excellent vehicle through which the emotions can move while expressing themselves through the chosen creative medium. In this way the person connects to the natural energy of his or her emotions and finds himself or herself more in flow or, we might say, in a kind of cooperation with them, and therefore is less in need of stopping to define them or attempting to control them.

A person who practices entering the spaces of creative consciousness, with all their changing qualities, learns gradually that with regard to his or her relationship with emotions, the concepts of control, definition or criticism are unnecessary and not effective at all. At the same time this person also discovers the ability to move with the emotions, to work with them, to play with them and even to understand them on a deep level, in a way that will not necessarily create a need to explain anything to anyone. This will be a personal experiential understanding, and it will greatly reduce the unfulfilled inner demand to understand emotions, a demand that the person mistakenly believes will help to manage emotions better.

Emotions need freedom, but this freedom is not fully obtained through verbal expression alone. Many times a person seeks to be open and honest with his or her emotions and intends not to hide anything, and this is of course a state worth striving for in any kind of relationship where there is room and willingness for emotional openness, honesty and transparency as much as possible. Such a state can prevent many misunderstandings and allows closeness, familiarity and various kinds of partnership and cooperation.

At the same time, the energetic charge contained within emotions and their innate need to undergo processes of transformation into expressions of creation, of forming new reality and of change means that a complete and full freedom of emotional flow in a person cannot exist unless emotions also receive the channel that speaks their original language, the language of the place from which they are born, the language of the right brain, the language that no logical explanation can speak. It is a language of constant movement, creation, renewal, surprise and varied expressions of impulses, sensations, desire and other inner movements for which we do not always have specific names.

Ultimately, and in each person perhaps to a slightly different degree, human existence today includes a considerable level of restriction of emotional expression, sometimes even to the point of its suppression. This happens mainly because of a high level of helplessness and lack of understanding regarding the nature of emotions, what they seek to tell us and where they seek to take us. It seems that most of the time a person is in some form of struggle with his or her emotions, constantly trying to control them, regulate them or even ignore their existence. In other cases of misunderstanding of emotional movement there is a tendency toward exaggerated dramatization of emotional expression that resembles quite strongly childish, immature and not fully developed behavior. Sometimes we find ourselves in a judgmental attitude toward such people and may even relate to them as if they have lost their sanity.

On the other hand, deep inside, many people long for some possibility that will be given to them, at least from time to time, to receive a little freedom to go crazy and to let go of the high degree of emotional control in which they live almost every single moment. In this phenomenon there is even a certain danger that comes from prolonged and excessive suppression of dynamic emotional energy until the point where it erupts in a violent and unregulated way.

Fits of anger, intense and prolonged quarrels, conflicts, uncontrollable crying, emotional cutoffs, deep misunderstandings and even violence can all appear as a

result of a significant failure in directing emotional energy toward its natural and free expression.

Viewed in a different way, we might say that a person has the possibility to go crazy in a positive way, or will be forced to find a negative version of craziness that will appear in his or her life in one form or another.

We can channel emotional energy through the infinite, friendly and safe channels of creative consciousness and there allow ourselves to go crazy without harming ourselves or others, while at the same time gaining a dose of healing, relief, joy, inner fullness and calm. When emotions receive this freedom they offer a person the sweetest gifts that can be wished for, because the main things that a person wants to receive in life, such as happiness, joy and a sense of fulfillment, are of course located in the emotional field and will be supplied to a person in abundance when he or she grants emotions the free space to exist in the way they love to exist.

We can also ignore this need of emotions, and this kind of ignoring is a learned and internalized pattern in contemporary Western culture. This ignoring has in the end a painful price which in the best case will awaken a person to begin asking new questions about his or her relationship with emotions, and in the less good scenario will leave the person stuck in an unpleasant drama of addictions and states of stuckness and frustration, which are nothing other than a direct product of the stuckness and frustration that the emotional energy itself experiences. The good news is that this situation can always change for the better when we understand the needs of emotions, move toward creative consciousness and begin to explore the tools and language through which we can bring the emotional world to a healthy, nurturing and nourishing freedom of expression.

Self Reflection Questions (preferably answer in writing):

1. What does it mean for you to be a creator? How does this feel for you?
2. What things, in your opinion, do you feel a deep commitment to create in your life?
3. Are you able to peel away beliefs and connect to the possibility that God exists within you and that your role is to express this part here and now?
4. How do your life circumstances change when you take the wand of creation into your own hands and initiate reality shifts yourself?
5. Which values of creation do you wish to pass on to future generations or to anyone who may seek your guidance or advice?

Chapter 22: The Originality of a Person Is One of Their Most Important Assets

In general, we can say that a person faces a basic challenge throughout much of life. The challenge is: how much effort to invest in being acceptable or normal in order to supposedly guarantee continued belonging to the group he or she believes is worth belonging to at that particular time, versus how much it is worthwhile to remain loyal to a unique personal path that expresses inner authenticity more fully, even if this path may partially collide with existing social conventions and expectations.

In this place there is also a very fundamental question about the experience of freedom available to a person. Does the person perceive freedom in more survival oriented and primary terms, and then places at the center of his or her attention the need to behave and express oneself in accordance with the existing consensus? Or does the person perceive freedom in broader, spiritual, creative and emotional terms and then has no real possibility to experience true freedom without moments, situations and experiences in which he or she deviates from the accepted and predictable path and paves a personal route that expresses a story that belongs only to that individual.

A person's originality is one of his or her most important assets and is also the part that protects freedom, guarantees it and insists on it when needed. Usually there is not enough appreciation for the importance of originality in human life, and originality is then seen as a kind of curiosity, a rare and unusual trait rather than a common and natural phenomenon. A person who is perceived as more original will generally also be seen as different from the popular landscape. Such a person might be regarded as creative or even especially intelligent, but at the same time also as strange, as someone who has really weird ideas and perhaps as someone who does not fully belong to the existing social space.

Creative consciousness is the space where a person meets his or her originality, the personal way, the manner in which that person can and wishes to tell the story of reality from an angle that only this person can express and describe. Creative consciousness is the safe, protective and allowing place within which there is no criticism about unusual ideas and no judgment or fear regarding strange initiatives or not so conventional choices.

Creative consciousness invites a person to trust his or her originality, to explore it, to cultivate it, to enjoy it, to expand it and to build from it wide structures in many areas. Creative consciousness reflects back to the person the high value of his or her originality, since without it the person cannot truly encounter personal creativity and the place that shows, in a simple and clear way, what makes that person unique among all other people.

On the psychological level, the absence of an experience of personal originality is actually a sign of a quiet distress and lack of self-confidence, together with an exaggerated dependence on the approval of the environment and a fear of deviating from the usual track, of making mistakes, of failure and of not meeting expectations or demands, whether internal or external. The absence of an experience of personal

originality makes it difficult for a person to find the higher sources of joy, because such a person will always search for pleasure where everyone is searching.

A person who seeks freedom will find large parts of what he or she is looking for within personal originality. Originality allows free movement within the space of experiences, while listening as much as possible to the personal way, with minimal pressure to move away from it, ignore it or surround it with fences of criticism and doubt.

As long as a person is not in a continuous process of cultivating originality, significant parts of the personality and of the basic needs of the emotional, spiritual and creative system remain under expressed, and this will have various consequences for the ability to find fulfillment, pleasure, meaning, purpose and direction in any path the person chooses to walk.

Moreover, a person who does not place originality at the center of his or her attention, does not experiment with it and does not perform frequent searches and visits within it, is a person who will be overly influenced by pressures and messages from the environment, an environment that is not necessarily interested in the realization of that person's creative expression or anything else that would truly be for that person's own good, growth and development.

In the end we meet a recurring principle. If you do not decide for yourself and if you do not pave your own way, then certainly someone else will decide for you and someone else will determine the path you will walk and even how you will think, speak, be and live in many areas of your life.

From here we can also recognize the great importance of creative consciousness in human life. A person's creative consciousness is focused on and characterized by stimulation, invitation and possibilities for the expression of originality, for its cultivation, for repeated checking of it, for trust in its validity and importance and for endless ways to play with it, change it, reshape it, look at it from different angles and study it.

It is important to emphasize that originality is not truly measured only by the degree of difference and distinction from what is accepted. The fact that a person behaves differently and does not respond automatically to fashion commands, trends and popular whims is only one part of what originality really represents and of the way it can make a meaningful contribution to a person's life.

Originality is first of all an experience. It is the inner sense that I have my own way, I have my own message, I have my own way of seeing and feeling what is happening.

Originality is in the end an asset. It is the experience of I have. It is part of the experience of abundance. I have and it is mine. It belongs to me, I am responsible for it, I develop it, I create it, I move it and I choose how to act with it. It is mine. The asset of originality is part of the true self, the place where a person feels, at least from time to time, that he or she encounters a unique inner language, a language whose whispers and requests can be heard, a language that indicates where this originality is directing the person toward places that are not only different from those of many

others but that also ultimately provide positive experiences such as joy, pleasure, surprise, adventure and more.

As long as a person does not meet, and perhaps more precisely does not create, personal originality, that person has not yet reached a meaningful encounter with who he or she truly is. As long as a person does not recognize a unique personal path, that person is essentially without a path, without an experience of a presence that has its own individual value.

Every person has his or her originality, personal gifts, divine assets that came with that person into the world. This will always be so. However, the more a person learns to move away from creative consciousness, from the dimensions of play, fun, improvisation, adventure, spontaneity, change and surprise, the more that person also learns to think, feel and believe that there is no significant originality within, and that this subject is not very important to examine or question.

Creative consciousness is, as said, a space for cultivating originality in a person. The moment a person allows, permits and is ready to learn the way back home to the natural creative consciousness, which has always been waiting for the person to return, he or she creates one of the most meaningful gifts in life, both personally and in the lives of some others around. It is the gift of originality, the gift of the path that tells what that person's presence brings to the environment in a way that only this one presence can bring.

Creative consciousness is a place to return to natural originality, to turn it into a continuous and ongoing search process and also to restore it to its simple and correct form, which is a form that is not complicated or heavy, a form that reminds us in thought and in action that every person is a unique divine spark and that part of this person's personal mission is to discover that, reveal that and realize that through personal creation, for oneself and for the whole space around.

Self Reflection Questions (preferably answer in writing):

1. How do you feel about the word "holiness," and how does it manifest in your life?
2. How can you create within yourself a Creative Kingdom that is, in essence, a kind of sacred temple?
3. When you flow without interruption, creating and moving without thinking, what are the main sensations that accompany you?
4. What is the first thing you would choose to do when you feel that your creative powers have strengthened more than ever before?
5. In your opinion, how does life change, on a broader scale, when people awaken to the fact that they hold divine creative powers within them?

Chapter 23: Freedom Is a Good Connection Between the Inner Voice and Its Unlimited Expression Outward

From a psycho creative point of view, the central and most important meaning of freedom lies in the connection that a person can maintain between the inner voice and the actual implementation of its guidance and suggestions. Any other definition of the word freedom will be more partial or may even avoid the essential point.

Freedom defined in this way has two significant components, each important in itself, and their combination is what creates the deep freedom that a person can grant to himself or herself through the use of the tools of creative consciousness.

The first component is the ability of a person to continuously improve the listening to the inner voice, to the authentic and healthy desire that seeks to direct him or her to the next step that is worth taking for growth, healing and development. The ability to listen to the inner voice and to cleanse it from background noise of fears, addictions, expectations, criticism and social norms is something that must be cultivated consistently, and it needs a space for practice and training. For most people this task is quite complex and the main difficulty lies in the lack of awareness of its importance.

The second component of freedom is movement toward the realization of the inner voice's wish, finding ways to implement inner desire in physical reality, turning an inspiring dream into concrete action that allows authentic inner energy to find expression in the physical world in whatever ways it can.

When we wish to come closer to the creative consciousness that has been there all along, we need to recognize that this inner space exists in order to serve the wishes of the inner voice.

As we move closer to our creative consciousness, as we allow ourselves more and more to discover our natural ability to exist in an unlimited creative way, without criticism or fear, we are invited to ask ourselves repeatedly a question that is investigative on the experiential level, a question that when asked again and again allows inner cleansing and the creation of clarity. This clarity gives a person an increasingly accurate picture of those inner and completely individual guidelines regarding the wishes of the soul for the next steps of growth, healing and development. These are the steps of the next creation. They are the path of the true freedom of the person.

Inside the word freedom in Hebrew lies the word search and this connection between freedom and search is very meaningful in the process of connecting to creative consciousness and understanding its roles and place in human life and beyond. When the focus on creativity is limited only to the final result, to the fact that we can meet our natural abilities to create, change, establish something new and initiate, we miss one of the central elements of creativity. Only when we recognize this element and its value can we connect with the deep and fascinating essence of creative consciousness.

The creative act, creative flow, when they receive permission and legitimacy to move in any direction without criticism or expectation, are first of all an act of searching, in which searching is a goal in itself, long before the supposedly simple question arises: You have searched, did you find what you were looking for.

To come closer to this aspect of creativity in a clearer way, we can for now imagine creativity as a kind of vehicle. Creativity as a vehicle. Creativity as a means of movement, as a mode of transportation that enables us to embark on journeys of searching, where long before we ask ourselves what is found in our search, we happily discover that there is a lot of pleasure in the very act of searching, in the continuous journey toward new and unknown landscapes, which of course also contain many treasures that are always discovered along the way.

In another way we can say that we need creativity in order to renew within us the instinct for searching, the instinct to wander in unknown spaces, the instinct of curiosity toward the unknown and the mysterious. The very movement through new, unknown and unfamiliar spaces, the very sense of joy, wonder and excitement in relation to what we meet on the way is itself one of the treasures of this process of searching, a process that in fact finds itself from the moment it is allowed to be in a state of continuous search, a state that never arrives at a final station because such a station simply does not exist. And as Pablo Picasso was quoted as saying: Painting is never finished, it only stops at interesting places.

Thus, as we ask the questions related to the first component of freedom, what does my inner voice say, what is my authentic desire, and as we often fail to find this answer already ready and clear within us, an excellent, reliable and efficient vehicle stands before us, available and ready. This vehicle allows us to search for our true story while we are already in movement, already playing, already releasing unnecessary inhibitions and already reducing and dissolving excessive self-criticism.

In fact, a wonderful and fascinating process is taking place, in which the creative play has several roles. From the perspective of the first component of freedom, we want to be in a mental place that is sufficiently released from criticism and pressures so that we can listen without limitation to the inner voice, to its requests, its desires and its wishes. To reach this ability and this open listening without disturbance, we need to get into the creative vehicle and begin to move and play with it. Through this movement, which is itself already an achievement of freedom, we can free ourselves from everything that prevented us from knowing and feeling what deep within we truly long to be, do or realize.

Once this is achieved and once we manage, and there is no reason we will not, to meet the authentic voice in the process of searching for freedom through creative and playful tools, then our natural creativity returns to support us a second time and gives us tools and paths to turn the desire that was discovered in this movement into a new movement of realization, action and fulfillment.

In this way human creativity becomes a very significant component in a person's ability to cultivate freedom, to strengthen it, to explore it and most importantly to enjoy it, while coming closer and closer to the unique expression of the inner voice. This part of creativity in human freedom, which cannot exist without it, makes

creativity one of the most meaningful factors in the human story and in the ability of the person to be the owner of the story that he or she creates about self and life, even without being fully aware of it.

Therefore, we need our creativity at every moment, even at times when we do not feel very creative or connected to inspiration or desire. We need creativity both as a tool that activates creativity itself and as a tool that reminds us of our direction, a direction that in order to move toward it will again require creative tools.

If we continue the metaphor of a vehicle, we can say that creative consciousness provides us with both the vehicle that enables us to find our freedom and the starter that ignites this same vehicle. Practicing creativity and playing with the tools that enable it, even when creativity is not very present or flowing, allows us to reconnect with it, to activate the engine of our natural creative vehicle and, while in motion, to improve our connection to the inner voice and to the desire that arises from it, and then, through the very same tools of creative consciousness, to act for their realization. This is a beautiful and exciting path that stands open before any person who wishes to search and also to find more and more islands of freedom in life. It is a practical, available path that is ready to be activated at any moment, right now.

Self Reflection Questions (preferably answer in writing):

- Do you experience moments of forgetting your self-criticism while acting spontaneously, from time to time?
- Do you occasionally allow yourself to do exactly what your excessive self-criticism tells you not to do?
- If you were to invite the part of your personality responsible for excessive criticism to play with you, what do you think would happen?
- Write a six-line letter to your self-criticism, filled with love, compassion, and humor. Do it without planning, without thinking.
- After writing this letter, imagine that your self-criticism wishes to reply to you. What would it write to you now?

Chapter 24: Creation Is a Space That Must Be Kept Free, Raw, Wild and Uncensored

The creative consciousness in a person is a space that can exist only if there is a mechanism that protects it from whatever might prevent it from having the freedom it needs in order to exist in the right and truly satisfying way. This space needs conditions that allow it to be free, raw, wild and uncensored, clear of the influence of social expectations, cultural norms and standards that pre decide what is “appropriate,” what is “beautiful,” what is “right,” and what is worthy of being called “creation.”

In this sense, it is worth pausing on the need for creation to be a place, a field and a playground for activity and experimentation that enjoys effective protection, a protection that understands where freedom might begin to shrink, where the flow might be disrupted, and how we can improve the special inner systems of monitoring that allow for the high degree of freedom that this kind of space requires to exist without interruption.

This skill of guarding and securing the freedom of creative consciousness is no less important than any other aspect of connecting a person to their natural creativity. Not being aware of the barriers, the walls, the disruptions and the many negative inner manipulations that grow inside the human psyche in relation to the natural urge to create and to bring something new into being, almost always means partial or complete paralysis of the person’s access to the abundance of creativity they were born with and that is always seeking to be available to them.

In order for creation to serve what it is meant to serve for a person, a free space for the expression of feelings, sensations and impulses in a spontaneous and authentic way, we must cultivate a high level of trust in relation to it. A person who wishes to live a life with a strong presence of their natural creativity needs to pay attention to the quality of their relationship with their own creativity, in such a way that it contains a very large measure of trust, a trust that they can easily connect to and that they can also increase over time.

The natural creative flow cannot exist in an atmosphere where it has to “prove itself.” It needs an emotional and spiritual layer of protection that constantly transmits to it the following message, “I trust you one hundred percent. Every way you choose to express, move, invent, develop and change is completely acceptable to me, as long as there is no clear sign of emotional or physical harm to me or to others.” This message gives creation a spacious field for experimentation, with broad legitimacy for any form of result and any style. This is a basic condition for creative freedom, a condition without which it is impossible to move forward, a condition that sometimes requires an emotional learning process in order to fully understand it and bring it into practical implementation.

Deep inside, one of the central fantasies that we can attest to as present in all of us, without exception, even if many people will find it difficult to admit it, is to reach a state where we can be free, raw, wild and uncensored. Who would not want to have the option that such a thing might happen, and to be able to meet within themselves

those parts that long to be expressed without restraints, without limitations and without prohibitions.

This fantasy is often placed under the category of “this is not possible, it is too wild, it is not responsible, it is not mature, it is not relevant and it is even dangerous for me.” What is fascinating here is that these feelings and this attitude toward such a healthy and deeply meaningful fantasy do not actually come from a real fear that its fulfillment will lead to unwanted results, but for another reason. This may surprise some of us.

The fact that we have not found, within us and for us, a suitable, protective and allowing framework in which we can bring ourselves to a level of expression that is free, raw, wild and uncensored, is the main reason we tend to develop within ourselves a wide variety of exaggerated myths and stereotypes about what might happen if we really found ourselves in that state, of being free, wild, raw and uncensored.

Precisely here, when we are dealing with the person’s movement toward their creative consciousness, we need to learn how this natural creativity is the answer to the personal and social conflicts around the longing for such a wide freedom and the illusory dangers that seem to surround it. When this longing for freedom finds its rightful, correct and delightful place through the tools of creative consciousness, it will never endanger the person, it will never place them in a position that is not good for them, and it will never push them away from themselves and from their path.

On the contrary. Creative consciousness is actually the answer to the personal and cultural fears of fulfilling the fantasy of freedom, wildness, rawness and lack of censorship. When this fantasy is expressed through the tools and the enveloping, allowing field of creative consciousness, not only “is it not harmful,” it also enables a person to open up, to relax, to release, and to find a safe and effective outlet for being who they really are, without any fear and without any unwanted consequences.

In fact, the freedom that creative consciousness invites us into is the safer place, the healthier place, the calmer and more balanced place for us. Precisely in the space where we are allowed to be “wild” within the framework of authentic creative expression, that wildness receives a productive and healing place in which to manifest. It finds its place, and instead of being “threatening,” it becomes “helpful and freeing.” Precisely in the space where we can express ourselves without censorship, all the built up tension that has accumulated in us because of the great inner censorship we keep against our own freedom begins to dissolve. That censorship is ultimately the central problem, not the censored content itself. The more it is hidden, the more it takes on a distorted image of something “dangerous” that we must not reveal or approach.

In many ways this is the role of emotional creation, of creative consciousness, of the authentic freedom of creation that a person so deeply needs. This is its healing task, a task that no other element in the human story can fulfill instead of it. The person remains inside their fantasies, their impulses, their desires, their dreams, their unique stories, while all of these are blocked and silenced inside a closed space that not only

does not allow them to be expressed, but also creates unnecessary fears, misunderstandings and aversion around them.

For this reason, creation is a space that must be kept free, wild and uncensored, so that it can fulfill this deeply meaningful role, the role of natural healing.

A wide range of problems, difficulties, blocks, misunderstandings and pain arise exactly from this place, where a person has cultivated fears of their own freedom, their wildness and the authentic contents running through their mind. The more these are “forbidden,” and the more different types of taboo are built around them, the heavier and more distancing they become in relation to the possibilities of expression and existence that will always be the ones that reflect the person’s authenticity and the true story that has always moved within them.

With time, as a person finds it harder to maintain within themselves a space of wild, raw and uncensored creation, they gradually learn to move away from their own natural creative nature, and in doing so, they give up a long line of personal assets and means of expression, healing, self-realization, delight, calm, self-esteem, a sense of uniqueness, good relations with themselves and the ability to deal flexibly with the challenges of life. The person learns in this way to deny those natural parts in them that have turned, in their eyes, from simple to complex, from accessible to distant, from exciting to strange and even unwanted.

There is no other way into creative consciousness without passing through this place, where creation receives the possibility of a raw, wild and uncensored expression, according to the person’s capacity at that moment. It is neither possible nor desirable to skip this stage along the way. On the contrary, it is worthwhile to pause there, to explore it, to experiment within it, to study it and to adopt it as a significant tool for the path ahead.

Self-reflection questions

(Preferably answer in writing)

1. How do you feel about the possibility of allowing yourself forms of expression with less censorship than you are used to today?
2. What new things could be expressed and revealed from within you when you reduce the level of your inner censorship?
3. What are your first five associations with the word “wild”?
4. Imagine yourself as a much wilder person than you are today... How does that feel for you? What might you do then that you are not doing now?
5. Which creation or initiative would you like to start moving now, in which you could allow yourself to be wilder and less censored?

Chapter 25: Creative Consciousness Is a Dynamic Experience That Is Already Connected to the Next Creation That Wishes to Arrive

The next three chapters speak about the fact that creative consciousness does not need feedback in order to exist. It is true that certain types of feedback, at the right timing and in the right form, may help a person express their creative consciousness and further cultivate it, with positive encouragement from supportive, appreciative people. However, when we look at the foundations of creative consciousness, at its essence and its way of operating, we discover that it does not depend on any kind of feedback in order to exist. It exists by itself, whether we acknowledge it or not, whether we encourage ourselves toward it or not.

Here, in this process of connecting to creative consciousness, we want to get to know the characteristics of this space as much as possible, so that we will know how to blend into it with greater ease and intensity, and so that we can avoid projecting limiting ideas and mistaken beliefs onto this wonderful part of the human story, and of all existence in general. Creative consciousness is one of the core foundations of existence, one of the central features of healthy, vital and growing movement, which is in an ever improving state of synchronization with higher principles of existence, far beyond the specific human story.

When a person connects to their creative consciousness and allows themselves to move within it with pleasure, enjoyment and little effort, they generate a certain kind of energy that we can say is “sent forward.” When a person is inside their natural and intuitive creative movement, they are not only creating the thing that is being produced in that moment. They are also creating the soil, the infrastructure and the energetic potential for their next creations.

This is one of the most fascinating characteristics of the natural creative movement, and also one of the clearest tools for neutralizing self-criticism while we are moving in creation. It is the knowledge that what we are doing now is “cooking” its own continuity, and that therefore, more than the specific result of the current creation, what really matters is its continuity, the continuity that represents the ongoing expansion of the universe, of all that exists.

What lies within these transitions, within this movement from the current creation to the one that will follow? What is the sweet reward that a person can create and give to themselves when they align with the rules of creative consciousness and do not linger too long on the present creation, but mainly see it as a bridge to the next one? What is the gift that is received from such an attitude, an attitude that does not need specific feedback as a condition for continuing to move, and does not need any external confirmation in order to know its own quality and the value of its actions?

This is a freedom that cannot be fully described in words, a freedom that manifests in continuous, endless movement that does not stop and does not try to explain itself. This is the central achievement, and it is the great dose of healing available to the

person who finds their way back home to their creative consciousness and to the simple, dynamic and delightful way of being that it offers.

“I am here, creating the way for the continuation of the way, and later on I will be there in order to create the continuation of the way again.” This state, which at first may not be entirely clear, especially to someone who has not yet experienced it, is a state that contains elements of experiential wholeness, absence of worry or pressure, and freedom from the need to please or to be “correct” or “acceptable.” It is a state of enjoyment at a particularly high level, arising from the freedom to move without judgment and without constant questioning of the quality of the result.

From a higher point of view, this is the most meaningful result a person can ask for from their encounter with creative consciousness. This is also the basis for the greatest achievements of their life, for their self-realization and for their sense of capacity to contribute meaningful things to others, to everyone who resonates with this way, this style and this story that the person brings freely and very authentically.

The “new now” that appears in this way, the “now” that is expressed while the person is moving through the spaces of their creative consciousness, is a healthier “now.” It is a “now” in which the person is better connected to their emotional, creative and spiritual resources. It is a “now” that clearly recognizes the fleeting nature of the present moment, sees how it passes in a split second, and pushes toward the next moment. It is a “now” in which the person meets the true pace of existence, a pace that does not linger on the need or the attempt to be “right” or “socially acceptable,” but that rests in constant creation, from this “now” to the next “now.”

We can compare this movement to the way a tree exists when it is healthy. It constantly adds and creates new branches that will lead to the new fruits that the tree will be able to bear. It does not spend excessive time in wondering to where or in which direction it must grow. It exists in a state of “I am on my way to my next offshoot, to my next branch, to my next fruit, and after that I will be on my way to those that will come after.”

Living in this way within creative consciousness can shed new light on what creation truly is, on the role of creation in a person’s life and in general, on what can be received from it, on how to dwell within it, on the contribution of a person to their creation and on the right kind of relationship a person is invited to cultivate with the creative consciousness from which they themselves were born.

Within this movement, from the present “now” forward to the next “now,” movement that does not stop because of fear, criticism or judgment of the “creative product,” the person encounters a higher wisdom, the intuitive knowing that guides them in their ways of growth and healing. This pace, this movement that is always moving toward the next step, allows for a deep synchronization with the higher language of the human psyche and what is beyond it. It is a language that contains an ever growing degree of freedom, a language that carries a deep wisdom, a language that holds a kind of knowing that cannot be explained in words, a language that is a place where a person can and is willing to celebrate their existence, to create their growth and to savor the touches of their own divine aspects.

At this point, where the illusion of “control” dissolves and is replaced by continuous movement from step to step, a different kind of control is built. It is a renewed form of control, without any need “to feel in control.” It is control as movement that cooperates with the correct, existing pace of what exists, a pace that is hard to recognize within linear time and within ordinary, dense human consciousness, but that becomes revealed in an exciting, joyful and liberating way when we join with our creative consciousness.

A creative moment is to a large extent a “moment of passage.” As such, it is also a magical moment in which the ordinary sense of time disappears, along with the worries, pressures and self-criticism. When we manage to arrive at such moments of grace, which are actually a form of “meditation in motion,” we experience one of the greatest gifts that creative consciousness can give us. This gift contains much humility, inner quiet, an absence of any need for external validation, a strong sense of connection to something larger than ordinary life, and a mental state that is open to completely new insights that may emerge in those moments of movement within creation, moments in which creation is not busy with itself as an object but with the simple fact that it is carrying the life force from within it toward the creation that will follow. By doing so, it participates in a sacred event, beyond time, beyond effort.

This is the greatness of creative consciousness, a state in which concepts of ego or of “needing to prove myself” become entirely unnecessary, and their place is taken by an ever growing freedom to move wherever, however, as much as and whenever we want. Every moment is already an event that will soon lead to the next event, and so on. This is the freedom that creative consciousness gives a person, a freedom that can be touched and experienced right now, right here, within the conditions that already exist in our life, here and now.

Self-reflection questions

(Preferably answer in writing)

1. What can you tell about the sensations and emotional movement within you right now?
2. Can you recognize that the present moment can be a moment of “preparation” for the next moment, in which you will move toward a new expression, a new creation?
3. Which desire within you would you like to give more space to now than you did in the past?
4. What is the next step toward realizing this desire, a step you might already be able to take today?
5. And what is the step after that step, a step you might be able to take tomorrow or the day after?

Chapter 26: Creative Consciousness Is a Lived Knowing That Everything Changes and That This Is a Positive Fact

Everything is changing, everything has already changed and everything will change. This is an existential fact that the human structure often finds it difficult to accept, to recognize, to contain and certainly to act with in a fruitful way. Everything moves, everything shifts shape, gets updated and moves from place to place. This is true of us, each and every one of us, and this is true of all that exists, which is in constant motion.

The human illusion, together with an exaggerated inclination toward linear thinking and an excessive need to be in some kind of control over reality, produces in a person many different versions of observing what exists from a relatively static position, a position that finds it hard to recognize the changing nature of reality and to see that what is most stable is change, just as what is most certain is uncertainty.

When a person finds their way to sufficient and regular dwelling in the spaces of their creative consciousness, they gradually learn to release the fear of change that they learned to cultivate in the course of living in the linear human environment. Creative consciousness and the creative movement that carries delight, healing, release and improvement of what already exists, present the person with a positive, healthy and healing option. This is the option of graceful, expanding integration into this central feature of existence, instead of fighting it, ignoring it or trying to prevent the realization of this natural attribute of all that exists.

When a person joins their natural creativity, they join a current. They join movement. They join a journey, a flight, a trip, a walk, a run, a dive or any other way you can imagine movement that reflects the person's connection to what is truly there. This connection not only exposes them to the truth about existence, it also allows them to know themselves better and to discover how, inside the movement of all that exists, they have an ever growing capacity to influence their life for the better, in a creative, adventurous and often surprising way.

The person's natural creation, which we usually also recognize as intuitive creation, enables them to learn and to know, from a deeply experiential place, that each moment is a kind of sacred opportunity that has no equal and no replica. So together with the fact that everything changes and that everything is in motion, there is one element that is constant, even though it is also always changing.

This is how things look in the field of creative consciousness. The logic that operates there is not always the same as the ordinary logic we rely on so heavily. Here, in the spaces of creative consciousness, there is a deep and even moving connection between the constancy of "this moment" and the fact that "this moment" is unique, one of a kind and will never return in exactly the same way.

Everything a person needs to know, and all the tools required to express themselves in the field of creative consciousness, are in their hands at the level of "now." They may

not always recognize this and may need guidance, direction or tools to “remember,” but deep inside this is the truth. Within the “now” there is everything that is needed, and the discovery of everything that is needed is carried out through a movement of searching, which is itself the movement of intuitive creation. This creation goes out on journeys of adventure, each time in a completely different form, journeys that hold at the same time the possibility of experiences of delight and moments of awakening to the person’s natural and infinite power.

Creative consciousness, just as it allows a person to recognize their own constant movement and the fact that everything is in the process of changing, also gives them the vehicle in which they can experience pleasure and satisfaction from that very movement, which takes place in any case, whether they acknowledge it or not, whether they move within it freely or deny the fact that they are in constant motion.

This vehicle is one that makes deep and extensive use of the existing movement and sends a unique message to the person, “Change together with me, together with this movement, right now. Change and connect to the deepest parts within you that have no fear of change, because change is what defines them, what is constant in them and what grants them their infinite creative power. Change with me, right now, in this very moment, and let us become together something we have never been before.”

From the moment we began this chapter until now, several changes have already taken place. The person who read the opening lines of this chapter is not exactly the same person at this moment. There is, however, a space within us that connects all of the many changes that we undergo, a space in which everything happens “now,” and this is something that never stops existing, this “now.” Yet within the “now,” a constant movement is taking place. This movement is one of the foundations of emotional balance and stability, because the nature of experience and of emotion is movement, and any state that is not movement will be, for the experiential and emotional field, a source of distress, difficulty and pain.

This, then, is part of the role of creation and of creative consciousness, which is the space in which creation is active. Creative consciousness is a kind of recognition and knowing that existence changes, that it is in continuous creation and that it never rests on its laurels, even though it always exists within the same “now.” We need to realize our creative powers among other reasons in order to connect to that high and deep inner essence that lives within a field where everything is in constant motion of change. This change does not need to be hard to contain when we do not try to control it with ordinary logic. It is the quiet enveloping presence of nature as we move within it, the soft flow of our sensations when we are in a harmonious experience, the never ending stream of water flowing in a river. This change comes to tell us that everything that is healthy and everything that is vital is in a state of movement, change and an aspiration to expand.

For this purpose, we need the presence of natural, intuitive and free creation, in order to move us back home, to the healthy nature of our own movement. This is a nature that we touch many times during the day, yet find it hard to notice because of the many challenges that hide from us the way things actually operate. The transformative power of intuitive creation lies in returning us to this dynamic center, even for a few

moments, in order to help us remember this inner home of ours, a home that is both stable and always changing at the same time.

From the moment you started reading this chapter until this very second, changes have taken place in your life. Most likely you did not notice them because they are so fast and relatively small. Still, this pattern of change is the true foundation of all that exists. It is the quiet movement that takes place all the time, everywhere and in every moment. The fact that we live under the illusion of “static reality” is one of the major reasons for the difficulties we encounter during our lives, due to the mismatch between the pace and the true nature of existence and the way we force ourselves to move.

At this point, the involvement of creative consciousness is of great importance. It allows a person to connect to a basic existential truth that releases them from a personal and cultural habit that tries with all its might to prevent natural changes from taking place, out of fear of death, fear of change and related fears. The involvement of creation allows the person to loosen their grip on these fears and to connect instead to their infinite nature, the nature that is always in motion, the nature that cannot truly perish, the nature that was, is and will be, whose essence is creating, renewing, changing and discovering again and again, in a constant, daily and surprisingly simple way.

Your creation, your act of bringing things into being, your changing movement, can and should become your “breakfast,” or any other daily ritual, because this ritual creates the best connection to the ongoing daily ritual that already exists and always has, the ritual in which everything moves, everything changes, everything is renewed. All of this has happened in the last few seconds, even if neither you nor I noticed it.

Self-reflection questions

(Preferably answer in writing)

1. How do you feel about the statement, “Everything is changing all the time and this is how it will always be”?
2. What is the next change that you really, really feel like initiating already now?
3. Do you like to dance? When was the last time you danced in a completely free way? How about putting on some music now and dancing with it for a few minutes, moving wherever your body wants to move?
4. How do you feel about the statement, “I myself am a change that keeps changing all the time, and it is very exciting to be like this...”?
5. Do you currently have a routine of creation or creative practice in your life? If yes, what is it? And if not, what creative routine would you like to add to your life?

Chapter 27: Creative Consciousness Represents a Need for Expression Long Before a Need for Approval or Praise

This chapter is of great importance for understanding creative consciousness, its meaningful place in a person's life, the way it is easy to miss a healthy connection with it and the way to adopt it as a basis for a more harmonious and satisfying life. Creative consciousness represents a need for expression long before any need for approval or praise. Creative consciousness is a place that is yours, for you, on your behalf and for your growth, in that it gives your inner, unique contents an immediate, comfortable, friendly and complete stage through which to express themselves and be released outward, in the way they naturally need on a regular, ongoing basis.

First and foremost, this is a "health need." It is a basic necessity of the human system, which naturally contains emotional, spiritual and creative components, and these need a constant channel of expression that is allowing, protected and stable. When such a channel is missing, an internal mental congestion develops, which gradually builds blocks that only grow and expand, until it becomes difficult to notice them at all due to the habit of living in their presence.

At this point it is useful to introduce the concept of "creative drive." The creative drive is part of the human structure, and in a way that is almost astonishing there is a considerable "success" in pushing it aside from our daily awareness, in everything that has to do with the question, "What are the truly important human needs of a person."

A human being, by their very creation and also by their health, as will be explained later on, is endowed with creative capacities. The person is a creator in their very nature, and this attribute is related to being something that goes beyond merely implementing the basic survival program. In every person there is a healthy desire that emerges from this creative drive. This drive encounters a variety of opposing forces that work to narrow down its expression, its presence and its legitimacy, from an early age.

This drive can remain "dormant" throughout many years of a person's life, and sometimes it awakens during processes of change, growth and development, in which the person opens their eyes, within a meaningful process they are going through, and realizes that they have a desire to navigate their life from their inner voice, from their most personal story, while reducing their listening to external pressures that have always limited the scope of their independent and authentic expression.

It is wonderful to watch people who arrive at an intuitive creation workshop, even at a relatively older age, and meet there, almost for the first time, their creative drive, which receives a place and legitimacy to be expressed through the actions of this workshop. The expression of this drive brings with it additional experiences of awakening, such as the awakening of the inner child, a new desire for changes that until now seemed impossible, the questioning of existing conventions and new forms of joyful, energetic experiences that were previously rare or almost absent. These

moments in which a person releases themselves from their exaggerated self criticism and gives their creative drive permission for free expression, are moments of grace. Often they are the first buds of sweet, exciting revolutions that the person will bring into their life, after recognizing within themselves that once this creative drive has been expressed, they are no longer willing to pay the price of sending it back down to the cellars of repression and forgetting.

One of the basic elements in establishing an accessible, possible path for the expression of the creative drive is arriving at a state where its emergence into the light is not dependent on any external feedback, nor on any kind of approval or praise from others, even though these can always be welcomed when they are offered out of love and respect for the natural need to express the creative drive.

The creative drive does not need this or that feedback, mainly because the very fact of its flow outward gives the person experiences that are so meaningful that they themselves become the central reason and the most important feedback the drive needs. This is the inner feedback, that says the main issue in the creative drive, before anything else, is not “to impress others,” but to enjoy experiences of healing and release.

This is how I wrote to the group I am leading, “Your Next Book,” a group of women who have not yet written their book and who are going through a journey to meet their natural creativity, the creativity that tells their emotional story and that introduces them to their deep inner truth.

“The outcome of devoting yourself to writing your book, the place you will reach when your book is born, regardless of how many people will read it or how much social ‘success’ it will have, is one of the greatest gifts you will give to your personal growth, to your relationship with yourself, to your intimacy with your own being. There is in it a kind of pure delight that in my view is not easy to find in places where you are required to ‘succeed’ in a commercial sense. The self-healing dose that is born out of a book that holds much freedom of expression and much opening and sharing of who you are is very high, and this is the main reason for writing a book. Everything else is a bonus.”

The need for expression is immense in every person, and the level of its realization is usually very low, due to a variety of brakes and limitations that eventually converge into exaggerated self-criticism. This self-criticism hides from the person the simple and meaningful truth that they have a strong need for free creative expression in order to tell their true story, in order to show what is happening inside them, both to themselves and to their surroundings. Human creation reflects the need to step out of myself and meet myself in dimensions that are higher than those of a life that is focused only on survival. Human creation precedes social reactions by several steps. It does this by giving the person a space for renewed connection with their own source and with their creative nature, and the need to reconnect with this source again and again is much greater than is usually acknowledged.

Authentic creativity does not need approval or recognition in order to exist. Recognition and publicity have their value in certain situations and in certain contexts, but they will always be secondary to the primary need of the creative drive

in a person, the need to express itself, to receive its place to present itself without conditions, without “admission thresholds” or “criteria of what is beautiful or successful.”

It is hard to exaggerate the importance of this matter, and I say this from the perspective of a healer, a therapist and an explorer of the psyche. A person cannot find their full happiness and their sense of inner connection and self-satisfaction without finding a place where the creations of their life can be expressed without disturbance, in a flowing, authentic, freeway, without any need to please or to receive feedback of any kind.

There is no greater freedom than the freedom to express yourself exactly as it feels and flows in you, whether or not it is convenient for others to encounter it. This release, of the person, from the need “to do what is considered right in the eyes of society,” is one of the most important steps in the process of a person’s growth. For this reason alone, it is good for a person to explore their creative consciousness in depth, because it will give their life meaning, direction and touches of self-healing that no other means can provide.

Self-reflection questions

(Preferably answer in writing)

1. Let us assume that your creativity is able to speak and wants to tell you something right now. Take a pen and write down what your creativity is saying to you at this very moment.
2. Is there something you very much feel like doing, starting or initiating, but you are afraid it will not succeed, or that it will not turn out “good” or “worthy”?
3. Can you recognize the energy within you that is connected to that urge to try something, even when there is a fear that it will not succeed? Can you feel the energy of this desire in your body?
4. Is it possible that if you allow yourself to experiment in this area, while releasing the need for a “good” result, this will actually be a wonderful gift for you and a source of joy and excitement?
5. What happens when we are released from the need for recognition or praise? What do you think this can give us?

Chapter 28: Creativity is stronger than self-criticism, we simply tend to forget this most of the time

This chapter opens the final part of the process, and it is a good place to remind ourselves that the best way to deepen the integration of the tools presented here is repetition, returning again and again: repeated reading, repeated practice, repeated encounters. The tools we are working with belong first of all to the experiential domain and only afterwards to the intellectual domain. The experiential domain improves, strengthens and gains skill and confidence through repeated practice, repeated exposure and repeated experimentation.

It is therefore highly recommended to see the entire process as a kind of circulation. To return to earlier chapters, to let them flow through us once more, and also to explore and practice using additional books in the Psycho Creative Library. The things I bring here touch places in the psyche where there is sometimes also resistance. The more we allow them to flow, read again, practice again and try to apply them in actual life, the more the inner balance shifts between the part that carries healing, awakening information and the part that resists. Over time, the balance leans more and more in favor of the part that is awakening.

When we let these materials return in cycles, something in the psyche behind these tools begins to work. We feel it in the body, we feel it in our energy, and from that stage on the creativity simply does its work. It moves by itself, as it always knew to do.

The concluding part of the process deals with the theme: embracing criticism, empowering intuition and coming back home. This is an essential axis of inner leadership. To embrace criticism means to gradually reach a place where we can meet even our self-criticism from within love and compassion. To empower intuition means to give its impulses concrete expression through play and creativity. And to come back home means to use creativity as a pathway to return to the inner kingdom, to the natural home of the psyche.

One of the most important truths in this part is that creativity is stronger than self-criticism, and we simply tend to forget this most of the time. When self-criticism becomes exaggerated, we must set boundaries for it. Just as we would set a boundary for a bully in the street or for someone who attacks us, we need to say to the criticism, no more. To create around us a wall, a fence, a clear line, in order to protect the kingdom. To protect that soft, childlike, pure and original part within us that does not need any interference, does not need any advice and does not need any outside ideas. It carries its own abundance, and it needs protection. Sometimes this protection is also a direct confrontation with a kind of inner “enemy” that we ourselves have created inside.

This is one level of the work, the work of setting boundaries with the criticism. But the higher level of reducing exaggerated self-criticism does not lie in focusing on the criticism, it lies in directing attention toward creativity. We want to strengthen the plus, instead of investing most of our energy in blocking the minus. The more I play, dare, change, question what exists, make mistakes, experiment and allow myself

attempts that seem pathetic or silly to me, the more space I give to all of this, the more it happens, flows and takes place, the less room is left for exaggerated self-criticism.

We can actually say that exaggerated self-criticism is a result of not living our natural creative nature. It is the darkness that appears when we do not turn on the light. As long as we do not turn on the light, we have no choice but to put limits on the darkness, because it bites into us, narrows us and wants everything to remain dark. But in the end, our central task is not to fight the darkness but to turn on the light. In the end we must decide who we are, and not only what we are against. It is much more challenging to ask “who am I” than to know only “what I am not”.

The real question is “who am I, yes”. What does my unique voice want to tell? I do not want only to avoid disturbing this voice, I want to actively invite it. Speak. Sing. Paint. Write. Dance. Direct a play. Bring it out. Give it space. It does not matter if people will like it or not like it. Give it space. Only in this way can we truly reduce our self-criticism.

When criticism is reduced, creativity grows stronger, expands, purifies itself, shapes its own language and develops its unique aesthetics. This is a self-strengthening cycle. The more I allow myself creative training, which includes also less successful works, less “beautiful,” less clean, less aesthetic, the more the volume of creative expression grows, and the more the volume of self-criticism shrinks.

At a certain stage we can even begin to play with the criticism itself. We can paint it. Dance with it. Sculpt it. Write a story about it. Stage a play around its character. In this way a process of transformation takes place. We turn this “demon” into raw material for a creative production that contains compassion, understanding and a broader view of ourselves as people who also have exaggerated self-criticism. We create around the phenomenon, we bring the creative force to it, and that force becomes dominant. The more it is expressed, the more self-criticism raises its hands and gives up. This is how it works.

Many techniques for increasing creativity are based on a simple idea, reaching a state where we create, create, create, create, create. No matter what comes out, we keep creating. A flood of creative activity. The criticism sees that a person keeps creating, again and again, and it becomes tired. It fails to stop the flow. And the flow itself reduces the ability of self-criticism to say anything, because its main role is to prevent the flow.

How will we make sure there is flow? By doing exactly what exaggerated self-criticism most warns us against. We will do things that are not very beautiful, not very successful, not very impressive, not very sophisticated, not very deep. We will give our playful side space. We will say to it, go. Move. You are allowed. This is our kingdom. This is our freedom to play.

When we discover that the play itself, the repeated doing itself, is the healing force, a deep understanding begins to form. If I write ten stories, the eleventh story will bring something special that would never have arrived if I had not written the first ten. Many drafts are needed in order to reach something mature. The drafts are not less important. They are extremely important. They are the engine that legitimizes

creativity. Another draft, and it is wonderful. Another scribble, and it is wonderful. All of them support the journey back home, the strengthening of the kingdom where your creative language can be expressed.

Part of the reason why certain things have not yet reached their full language and flow is that criticism is still disturbing them. When criticism interferes, we are a bit afraid. When we are afraid, we do not dare and we do not flow, and then our unique language cannot come out. This is why I repeat, creativity is stronger than self-criticism, but we tend to forget this, because we give far too much attention to exaggerated self-criticism, we believe it, we argue with it, we ask it for permission to do some small action, “just this once, without comments.”

We forget that the best thing against criticism is not more struggle with it, but turning on the light. Play. Creativity. Another draft. Another attempt. Another dance. Another silliness. Another game. Another change. Again and again and again. As Julia Cameron, one of my first teachers, says, “I take care of the quantity, the Creator of the world takes care of the quality.” I do. I act. I run the factory. Eventually the factory will clean and improve itself and focus itself, but only after it has been given working time.

I will end with a small story. Many years ago a friend of mine, who had almost no experience or confidence in free flowing writing, needed to write opening remarks for an exhibition of a painter he loved deeply. He was stuck. He had no ideas. Nothing moved. He asked for my help, something he rarely did. I said to him, “Write it five times. Write five versions of the opening remarks. It will be fine.” He said, “Fine.” He went and wrote it once, and that was enough. But the knowledge that he had permission to write it five times released him. Inside he was no longer trapped in the question of whether it came out “good” or “not good,” because at worst, so he knew, he would write a second, third, fourth and fifth version. That inner permission released the criticism. His creativity did its work, and the criticism bothered him less.

This is also your work. If you want to be more creative, go play. Because play will reduce the criticism. Reducing criticism will further increase creativity. The increased creativity will further shrink the criticism. And so, again and again, in a circle that keeps strengthening itself, on the way back home.

Questions for self-reflection

(preferably answer in writing):

1. Which things, in your opinion, does your exaggerated self-criticism prevent you from doing or realizing?
2. How do you feel when you reach a state of play and movement without criticism, what happens inside you then?
3. What is the last thing you initiated or did in a relatively spontaneous and unplanned way?
4. How does it feel to move and act with less planning and with more trust that it is worth setting out, even if it is not completely clear where to?
5. What is the next strange adventure it might be good for you to give yourself, despite it being so “strange”?

Chapter 29: Every intuition needs a courageous publisher

This is the next to last chapter of this process. It is a good moment to pause and recall a concept that has accompanied us quite a bit already, the kingdom of my creativity. This is my private place, the space where I make my creative experiments, the place where I give legitimacy to my creativity, the place where I want to provide the fullest, most complete and most suitable conditions for my creative flow. This is the kingdom of my creativity.

This kingdom is not meant to please others or to satisfy them. It does not exist so that people will applaud me. At the same time, when this kingdom has been active over time, practicing, refining itself, receiving its protection and the option to work freely within itself, at a certain stage fruits begin to appear. Some of these fruits go out into the world. Then there are people who may enjoy them, receive inspiration from them, heal through them, be moved by them, rejoice, or even get angry. At that stage the dimension of communication with the environment and of giving to the environment is already present. But it is important to remember that this stage comes after a period in which the kingdom worked inward, under protected conditions, faithful to itself.

It is useful to notice the connections between the different books in the Psycho Creative Library. They are connected to each other, they feed each other and complete each other. There is a large number of tools, concepts and supporting materials that are meant to mix within us. One of the important connections is between intuition and creativity.

One of the central roles of the kingdom of creativity and of our creative energy is to bring into the light the intuitive impulse and the intuitive message. The intuitive message and the intuitive impulse are, at first, mental phenomena. They are a kind of message, an inner feeling, a quiet knowing or an urge. They are a kind of direction sign, an arrow pointing us in a certain direction, but at that stage they are still only potential. This is where the primary role of intuition ends.

Intuition is a good advisor. It is an access channel to emotional spiritual information of high value. It reveals to us insights, hints and possible directions. But even the best information, if it remains only information, may become practically without value. If the intuitive impulse does not receive continuity in the form of expression in the physical world, it remains stuck inside.

This continuity, in the physical world, usually takes place through creative action. Through initiative. Through change. Often also through a certain rebellion against what exists. Intuition, as has been said in other books, is ahead of its time. It shows us one or two steps forward. Therefore, the realization of a genuine intuitive message is always a form of change. Change is a surprise. It may be perceived as something blunt, subversive, rebellious, something that goes against the system, against the general current, against the norm.

On the other hand, every person, every group and every framework are in danger when there are no forces in them that are willing to shake them, to question the

correctness and validity of what exists, or to launch a rebellion against the prevailing narrative. A place that does not contain the possibility for new branches, for change, for surprises, for new questions and renewed wondering, is an unhealthy place. This is true in a family, in a couple relationship, in a workplace, in an organization, in a community and on a wider social level.

Intuition is the one that knows how to heal such a place. It is the one that sees one step ahead. It is the one that tells us where it is now good to turn in order to heal, to move forward, to change, to awaken, to expand. It marks for us the next step in our development.

It is natural that we resist it. It is natural that we prefer to remain with what is familiar, to invest less energy, to face less of the difficulties and pains of “being born again” once more. This is natural to a certain degree, but it is not healthy to another degree. From a certain point onward, this passive rest becomes unnatural. Nature loves to grow. Nature loves to move. Nature loves to flow. Nature loves to die and to be born again. When we deny this part of nature, we become less healthy and we move into a danger zone.

From here comes the sentence, every intuition needs a courageous publisher, even when it speaks of a large vision. You have your intuition. You have your impulses. They are there. They speak to you all day, all the time. They push from within, bring ideas, create channels of curiosity. Sometimes we see someone else doing something and feel jealousy. We do not always understand that this person, through their action, is marking something that we ourselves wish to do.

Here creativity enters the picture again. Creativity is the publisher. It turns potential into realization. It is very important that in this place we allow ourselves to be hesitant, clumsy, incomplete, imprecise, not harmonious. Usually, this is how things begin. Sometimes we need to do something fifteen times until it works. Without those fifteen times it would not have worked at all.

In those fifteen times it will not “succeed.” It will be hesitant, stuck, not flowing. We will stop, get stuck, try again. We will do it again and again and again until it loosens. This is the role of creativity. It is not only a matter of “talent,” it is a matter of health of the system. The health of the psyche, the health of the couple relationship, the health of the organization, the health of the group.

True health includes the ability to change, to shed a form and take on a new form, to bring into the light the next creative impulse. Not to rest on our laurels. Because at a certain point, that inner life energy that seeks to come out into the light, that intuitive voice that pushes, all of these create an inner noise. If they do not find a path outward, they begin to act inside.

When they act inside without receiving creative expression, they can create pain that is not necessary. They may turn into anxieties, obsessions, tensions, quarrels, rage, violence, skepticism and cynicism. All of these may be an indirect result of the fact that we did not allow ourselves to take the next step, the next game, the next creation, the next change, the next rebellion.

The kingdom of creativity is, in a deep sense, a kind of publishing house. It publishes in every form, in dance, in sculpture, in knitting, in cooking, in singing, in writing, in painting, in a new initiative in a business, in a change in the business, in setting up a new business, in closing an old business. Intuition provides us with excellent information. But this information is without value if it does not continue to flow forward into the stage of creation.

When things do not continue to flow forward, at some point the inner system stops supplying information. If there is no use of the insights, if they are closed and do not become action, there is no point in continuing to feed the person with more and more intuitions. Thus they become depleted.

In contrast, when a few steps of courage, play, creativity, trying and experimenting take place, the flow returns. More ideas arrive. Intuition is “happy” to stay in contact with us. It knows that it always has for us the next step. This is its role. Wherever we have stopped, it shows us the next step. The “what next.” What is the next change? What is the next creation? What is the next rebellion against what exists?

Intuition will gladly provide this to us in abundance, and we will be able to use it without unnecessary drama and without unnecessary effort, if our kingdom of creativity simply works more. It does not matter how the result looks. The result itself is not what matters here. The flow is what matters.

The flow is the highest result. It itself is health. It itself is revelation. It itself is self-realization. Along the way there will also be beautiful, impressive, moving products. We will receive feedback, perhaps also money, perhaps recognition. But even after all that, the movement will continue to the next rebellion, to the next clumsy thing, to the next attempt.

This is our role inside the kingdom of creativity, to keep flowing. To keep moving. To give every intuition the courageous publisher it is looking for.

Questions for self-reflection

(preferably answer in writing):

1. What will happen when you are thirty percent more courageous than you are today?
2. Are you willing to be the faithful publisher of your intuition, and if so, what is the next project in this regard?
3. What is the thing your intuition is asking you to dare to do and you have not yet moved toward it?
4. If you could now ask your intuition three questions, what would you ask?
5. Imagine that your intuition answers these three questions by guiding you toward creative actions. What do you think its answers would be?

Chapter 30: Coming back home and being at home, the complete essence of the kingdom of creativity

I repeat, this book, like all the other books in the Psycho Creative Library, works better when you meet it again and again. When you turn the text and the concepts in it into a kind of ongoing presence in your awareness, something that returns and moves in the mind, touches again, reminds, sharpens. In this way they connect with those inner parts that already know this information from within, with regions of the psyche that recognize it and awaken through it.

No less important, this course also connects well with other courses of inner leadership. It feeds them and is fed by them. All these processes together strengthen the psyche to do what it most needs in order to grow, to expand, to develop and to heal itself. Within this wider context comes chapter 30, which formally concludes the present process and is also the last chapter in the part that deals with embracing criticism, empowering intuition and coming back home.

I believe that the wish to come back home accompanies every person in one way or another, consciously or unconsciously. In a certain sense it always remains a partial wish, because our original home is not only here. In our origin we are part of God, part of all that exists, part of spirit, far beyond the human figure we know in daily life. This is home. This is the source. This is the more whole, more harmonious place, the place beyond time and space. From there we came, for this journey, for this work of life, for this lesson. And there is in us a deep longing to go back there, to reconnect with the feeling of home.

Coming back home is not only returning to some distant spiritual dimension. It is also, and perhaps mainly, creating a home here. The kingdom of creativity is a living metaphor for such a home. Just as a temple is a metaphor for a more elevated spiritual level, so the kingdom of creativity is the space in which a person creates an inner home for themselves on earth, even while knowing that deep inside there is a much wider home. Within this kingdom I keep building, keep nurturing, keep expanding, bringing more and more touches of “home” into my everyday life. This is the complete essence of the kingdom of creativity, to help me come back home and be at home, here and now.

The feeling of home is a delightful experience that is not easy to explain only in words. Many times it happens in the midst of creative movement. In those moments when we are in flow, less in fear, less in worry, less in criticism, less busy with pleasing others, and instead we surrender to the inner creator, to the inner maker. In these moments a delicate joint work takes place, the inner voice sends a hint, an image, an idea, and we immediately give it form. We create from it, and the creation in turn encourages the inner voice, which dares to send more. In this way a sense of flowing cooperation between the soul and the creative act takes shape.

Within such moments we may feel a sense of wholeness, connection, harmony and calm while moving. Sometimes it is an experience that brings tears, a sweet sadness, great emotion. Sometimes it is a very energizing, uplifting experience. One person may experience it as a deep release, as a sigh of relief, another as a powerful wave of

vitality and joy. The experience is not fixed, it changes from person to person and from moment to moment. What is common to all these expressions is that a taste of “being at home” is present in them, even if only for moments.

This is the role of the kingdom of creativity. This is its complete essence, to create again and again a space in which it is possible to come back home and be at home, even while the dense, tangible conditions of life keep pulling us back to other places. Life in this physical reality lead us many times into realms of fear, worry, conflict, tension and lack of harmony. This is part of the conditions of the game here. We encounter pain, hurt, frustration, depression, anxiety. In each of these stations we move a bit away from home. But this distance is not a mistake, it is an invitation to a creative healing journey through which we learn to come back home in new, deeper and more mature ways.

The kingdom of creativity needs daily care. Every new day we can choose to strengthen it. Every day we can return to practices that allow our creative flow to move, writing, dancing, painting, singing, a small shift in habits, an unusual gesture, a surprise we create for ourselves or for those around us. The kingdom of creativity is the space in which we train and work again and again in order to come back home. In order to be more in tune with the way home. In order for the sentence “home is here” to gain more and more substance within us, even if home is still not complete in the wider sense.

Here the social mythology that confuses us appears again. It tells us that “creativity” must be genius, exceptional, especially impressive, something that is sold for a lot of money, that reaches the top of the charts, that hangs in museums. As if, if a creation is not located in such achievement zones, it is “not really” creative. This myth robs us of the main gift. It shifts our gaze from the essence to the packaging.

The complete essence of the kingdom of creativity does not lie in the question of whether the creation is “big” or “famous,” but in the fact that we are inside creative movement. There is almost nothing more important for a person, in this context, than the daily return to the kingdom of creativity. To return there, to challenge ourselves anew, to bring movement into stuck places, to meet pain through creative movement and not only through thought. To write the pain, to sing it, to paint it, to dance it, to tell it, and from there to take another small step on the way home.

As long as we do not do this, the pain remains as a barrier between who we are at the moment and the feeling of home within us. The space in which we can carry out these processes of transformation is our personal kingdom of creativity, with the tools, games, methods and experiments we have built in it over time. For this purpose creativity exists. All the other achievements, the fame, the admiration, the recognition, the money or the glory, are at most a temporary bonus. Sometimes they are even a distraction.

Human culture tends to glorify “stars” in fields such as cinema, singing, painting, writing and more. Sometimes they deserve admiration for their beautiful work, but along the way the culture misses the main point. The main point is that every person needs their own creation. Not that a few will create and everyone else will applaud

them. Appreciation and recognition may be due to some creators, but this does not fulfill the inner need of every person for their own kingdom of creativity.

Every person is a spark of the divine. Every person has a role in setting up their kingdom of creativity, in finding their creative home, and in the unique delight that arises from their own creative expression. Whether this creation becomes known or not, whether it gets recognition or not, this is not the central question. Beyond recognition, far beyond fame, there are satisfaction, joy, healing and harmony. This is the deepest cargo that creativity can bring into a human life.

A person finds this connection through cultivating self love and compassion, through listening to intuition, through reducing exaggerated self criticism, through emotional transformation processes, and through ongoing trust in their natural creativity. As a person matures, the understanding that this is truly the highest achievement becomes clearer. Even if few around them recognize it, the true value is not damaged. There are very famous people who remain deeply unhappy, because they still have not given themselves what they really need in order to experience deep satisfaction, calm, harmony and joy.

Your kingdom of creativity is your space. Your ultimate healing space. It is your role, and in a sense even your duty towards yourself as someone who values inner leadership, to set it up, to nurture it, to seek it, to practice within it and to discover it. And always, always, the way to it is simpler and easier than it seems at first.

Thank you for being here. Thank you that you are here. We will meet again in your next creation, in the next journey to the places that are waiting for you within your process of growth and development.

Questions for self-reflection

(preferably answer in writing):

1. How do you currently connect between inner leadership and your kingdom of creativity?
2. How do you feel about the concept of an “inner home,” and what kind of creative movement could take place within that home that lives in your heart?
3. What is your new responsibility now in regard to creative expression, initiative, change, action and rebellion against what exists?
4. What is the next step you intend to take in order to empower your kingdom of creativity?
5. Imagine that you intend to go through this process again. What question would you like to ask yourself in advance, on the assumption that it will be answered for you along the way?