



# Natural Creativity Journey

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## Step 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?