



# **Natural Creativity Journey**

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## **Step 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?