



Natural Creativity Journey

Dr. Pinkie Feinstein

Step 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?