



# **Natural Creativity Journey**

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## **Step 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?