



# **Natural Creativity Journey**

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## **Step 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?