



# **Natural Creativity Journey**

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## **Chapter 17: Creation Has a “Story” It Wants to Tell While in Motion, and Only in That Way**

One of the most meaningful lessons a person can and should learn while practicing presence in their own psycho creative space is connected to what we might call the release of the ego and the movement toward a positive humility. Humility of this kind arises when we begin to recognize that a creation in the making is like an “entity” that has a life of its own, with a story it wishes to tell, while in motion, and only in that way.

Here we encounter a kind of “test” that every person who devotes themselves to their psycho creative consciousness will at some point pass successfully, without exception. It is helpful to recognize the existence of this test, which is in fact a sign of personal development. It marks a shift from a state in which the ego manages the person’s life in an overly dominant way, to the point of blocking their creativity, toward a state in which the influence of the ego gradually decreases, or even transforms into a new kind of ego. This new ego allows flow and surrender, an ego that is willing to join a journey of magic, creation, growth and delight.

This skill, this kind of “relationship” between the person and their creation, in which they allow themselves to flow along with it and allow it to flow in its own way, is one of the most moving and fascinating places in the creative consciousness. At a certain point a person can no longer say only “this is my creation,” because from a certain stage onward the creation has “a life of its own.” Only when the person can recognize that their creation is, in one way or another, an autonomous entity which they helped to bring into existence but which, once revealed to the world, has its own message, only then can they truly enjoy the many gifts that the psycho creative consciousness has prepared for them.

There are many things that a person will never be able to discover about themselves, and about life in general, unless they agree to enter the inner creative realms of their psyche and accept the rules of the game that operate there. There are places within them, and beyond them, that will be revealed only within creative journeys, in which they are willing at a certain point to loosen their ego and allow themselves to discover and be discovered through the path that their creation “chooses” to take them on. This path is formed when the person comes to recognize the natural power of their creation, the unique energy that is embedded in it, and its capacity to lead them, just as in other moments they are the ones who lead it.

These ideas are likely to feel strange to anyone who has not yet encountered this experience, which is special and almost “odd.” As mentioned earlier, it is first of all an experience of a relationship in every sense. From a certain moment, once the creation has acquired a certain structure and presence, it becomes a kind of “character” in the life of its creator. From that point on, there is an intimate and very unique connection with it, a connection whose entire purpose is growth, healing, discovery and development.

Here we return to the central theme of this section. The “goal of creation is the creation itself.” Now it may be possible to understand more deeply what it means to say that the aim of the creation is the creation itself.

We create in order to meet the creation, and then to enter into a relationship with it, a journey that leads to very interesting places. Indeed, from time to time we may arrive at places we wish to share with others, to present to the world, to offer or to sell. This is a meaningful part of the journey, but it is never the primary or central part.

We create, first and foremost, in order to give expression to a very deep need for connection with our psycho creative consciousness. Our psycho creative consciousness is a living and breathing space. From a spiritual perspective we might even say that it is a very vibrant place, and that we are certainly not alone there in any real sense. The deeper details of this belong to more esoteric discussions that are not our focus at this moment.

What we will say here is that deep within, a person can connect with and encounter their natural creative drive, a drive that is often repressed or hidden. This drive invites the person to rise into wider dimensions of existence than those known from daily routine. These are inner and outer spaces in which the person becomes an active partner in the creation of reality, spaces in which they encounter a broader, more flexible, more surprising and, of course, more pleasant reality.

At this point a question arises, a question that one can remain with for quite some time. It is a question that will significantly determine the degree of connection a person will choose to cultivate with their own psycho creative consciousness. It is a question that can be asked again and again, and examined anew, until the moment comes in which one can answer it in the affirmative, and only when they feel ready to do so.

The question is this:

Are you willing to initiate an act of creation and bring something new into being, in a field that fascinates and excites you, and to reach a state in which your creation will have its own “personality,” so that it becomes a kind of partner, one that enters into a relationship with you where the further development of the creation depends on cooperation between you, on dialogue and even on a kind of inner negotiation?

For many people, this way of thinking can be entirely new. At the same time, this process can lead to far reaching change in their lives, in a very positive sense.

Developing the capacity to initiate the birth of a creation, and then to surrender to a relationship with it, while cultivating and improving the ability to “listen” to it and to sense its deep messages and its “requests,” is one of the most moving developmental pathways available to any human being. In this realm, a person discovers within themselves a kind of intelligence that they may not have been sufficiently aware of before. This intelligence “speaks” to them through their creation, through the story that their creation tells them, after it has traveled a certain distance together with them and has become more established.

This is a special kind of lesson in “control,” one that transforms the very concept of control and lifts it to a new level. At this level, the person experiences a much greater degree of real influence over their life and their reality than before, because previously their mode of control was often dictated largely by their ego. That mode of control greatly limited other channels of influence that are waiting for the person who is willing to expand and discover worlds in which they are in partnership with the creation they initiated and set in motion.

Within this space, the space of psycho creative consciousness, the person is invited to become acquainted with new meanings of control, meanings that can take them much farther than they could previously imagine. When a person is able to sustain a relationship with their creation, they receive into their hands a new kind of steering wheel for their life. With this steering wheel they can move toward places that previously seemed non-existent or impossible.

This is a place that becomes accessible when the person is ready. It is a place in which one can train in the skills required to dwell there. It is a place in which it becomes possible to understand anew why the concept of creativity is so attractive to human beings, very often for reasons that are not yet conscious. Only when a person “enters inward,” when they allow themselves to surrender to a new mode of control that is in fact a new level of partnership between them and the “entity” to which they have given life, their creation, do some of these reasons become clear.

Your creation has something to tell you, provided that you are willing to listen to it, to move it again and again, to open yourself to the new spaces to which it invites you, without criticism, without censorship, without constant questions about the “meaning” or the “quality” of the result. Your creation is one of the most precious gifts you can give yourself. It is a significant expansion of who you are, an expansion into a place where you enter into dialogue with new parts of yourself. These are parts that can come into expression only when you allow your creation to reach a high degree of independence, which is in fact a high degree of inner freedom within you. This is the level of freedom that suits those who dwell and move in the realms of psycho creative consciousness.

### **Self-Reflection Questions (preferably answer in writing):**

1. Are you aware that your excessive self-criticism is very busy trying to limit you?
2. Do you sometimes feel that this is truly a battle?

3. Do you feel ready to win this battle? Has the time come for you to take broader ownership over what, when and how things will flow from within you?
4. In what ways are you currently fighting your excessive self-criticism?
5. What would you like to say to your excessive self-criticism, with assertiveness and compassion at the same time, if you were to meet it right now?