



Natural Creativity Journey

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Step 19: The difficulty begins when an excess of thinking replaces creative movement with the emotions

When we are not aware that emotions are creative raw material, and when our access to our natural, primary, simple, and spontaneous creativity is blocked enough, we build within ourselves unnecessary difficulties and complications. We are often not aware of how these difficulties are formed, nor of how possible it is to dismantle them relatively easily.

When we avoid giving our emotions the channel of expression that they very much need, the channel of uncensored and free creation, all the blessed energy that exists within our emotional whirlpools is handed over to another department in human consciousness. This other department is less skilled at working with human emotions and in practice contributes significantly to their being locked in a place where they cannot express themselves properly and where they also become the basis for experiences of stuck-ness, lack of self-understanding, and difficulty that are almost entirely unnecessary once we understand how not to interfere with the natural flow of our emotions.

This is what happens when the management of dynamic and changing emotional energy is handed over to the logical, linear, calculating, and defining part of the mind, which speaks a language different from that of the original dynamic emotional language. When this happens, as it does more or less for every individual in modern society, the system finds itself unable to carry out the task that has been placed on it.

Ordinary logic cannot fit emotional dynamics into neat compartments or into a constraining and organizing template, as it is accustomed to doing in other domains. Whenever it seems to succeed in achieving control over a particular emotion, it soon discovers that this was an illusion. In a surprising, unexpected, and sometimes puzzling way, emotions return and appear from different directions and undermine the attempt to hold them in a single, uniform, disciplined place.

In the mental space that is based only on past experience and on a rigid and unified perception of reality, there soon arises a sense of losing the ability to restrain and regulate the various forms of emotional energy. When this situation occurs, a further mistake usually follows. The logical part of the mind does not draw the obvious conclusion, does not hand over management to the part that understands emotions

better than it does, but instead tries to increase its own activity and its efforts at control. This intensification of control creates experiences that we know as anxiety and obsession. In these states, instead of engaging in a productive encounter with our emotions, we find ourselves in repetitive circles of intrusive thinking that loop again and again. Despite their failure to help in any way with the emotional world, they continue to move in circles and draw into themselves most of the experiential attention of the individual, in a negative, tiring, and ineffective way.

It is precisely here that learning and correction can begin. While this is the popular tendency within a cultural system that places an exaggerated emphasis on rational thinking and severely neglects the natural skills for healthy, wise movement with emotions, here there is an opportunity for anyone who wishes to correct this pattern. This correction involves transferring the challenge of the human encounter with emotions to the part of the mental field that really understands them, that speaks their language, that senses their energy, and that knows how to respond to them appropriately.

This transition to the part of the mental space that operates effectively and usefully with emotions, and that releases the logical linear consciousness to focus on other areas where it can make a significant contribution, is what we will call transformation, a change of form. It is a natural and exciting process that gives the individual a new meaning for the presence of emotions in their life. It enables a more positive and friendly encounter with the emotional fluctuations that exist in them naturally and significantly expands their possibilities for growth, expansion, and healing.

If we return to the phenomenon described earlier, the phenomenon of obsession, it is not difficult to recognize that there is a kind of active energy here that repeatedly drives cycles of thought which never find answers to their questions yet insist on looking for answers exactly where there is no chance of finding them.

At this point the person has roughly two options. One option is to remain in the experience of obsession, to suffer from it, and perhaps to look for some relief from the constant inner disturbance, which is what happens for most people today. The other option is to learn the art of emotional transformation, which in essence is a process of remembering an innate ability. This ability makes it possible for the very same energy that previously drove the wheels of obsession to become energy that drives new wheels, wheels of nourishing, enjoyable, and liberating creative expression.

This shift from the habit of obsession to the habit of transformation is very similar to a process of withdrawal from long standing habits that are harmful yet that the individual mistakenly feels they cannot live without. The human tendency to rely excessively on rational thinking can cause a person to remain locked in impossible inner struggles for a long time and to suffer from them, without knowing that there is another possibility. This other path moves in a completely different direction and is much better suited to the challenge with which they are actually dealing.

In order to understand the contribution that creative consciousness can offer, it can be helpful to understand what happens when we move away from it. Sometimes we need the no in order to understand the yes. At any given moment we have two options in different aspects of life. One option is the path of emotional transformation. The other

is to remain with the existing state and to be stuck with it, while it is accompanied by a large quantity of thoughts that create a closed circle which often seems impossible to escape.

We will want to improve our ability to notice when we are in a state of excess thinking. This is not easy to notice, because the experience is so dominant and so convincing that it is not simple to observe it from the side and recognize that this is where we have arrived. This is why we are lingering on this subject here, so that we can improve our awareness of these moments, which appear more frequently than people usually admit.

It is not simple to recognize a state of excess thinking, because there is a seductive and addictive element within it that hides from us the fact that we have departed from the more pleasant, more productive, and more balanced path. On that other path we do not get stuck. Instead we move through a sequence of changes, innovations, updates, and fresh and courageous initiatives. All of these are characteristic of creative consciousness.

This other path exists. Most people simply grow up learning to believe that it is rare, or even a kind of fantasy. The truth is that we do not need excess thinking. It is neither efficient nor truly intelligent. It does not offer us real solutions to our problems, and it does not help us understand what is really happening within us at that moment, which is mainly an experience of anxiety that presents itself as a flood of thoughts whose overall tone is unpleasant and burdensome.

There is a different option in the human story. It is an option that requires ongoing practice. It is an option we can gradually become better at, even as we continue to fall back, from time to time, into excess thinking. Excess thinking is nothing more than a sign of distancing from the natural creative movement within us, in every place and every moment. It is beneficial to recognize it, to notice it, and to use it as a signal to do what we can in order to return home to the place where it is more natural for us to be, creative consciousness. In this place we think less and move more, and, as a result, we are calmer, more relaxed, more smiling, and kinder to ourselves. This is possible simply because it is always there.

Self-Reflection Questions (preferably answer in writing):

1. What dangerous change in your past eventually turned out to be a blessed and helpful change?
2. In which area of your life are you currently most afraid to initiate change or to question the existing way things are?
3. Can you connect emotionally, with honesty and compassion, to that part of you that fears certain changes and sees them as dangerous without real necessity?
4. Is there a figure, public or private or even an imaginary figure from films or books, whose courage to change you would like to emulate?
5. Describe and expand on this figure. Which parts of your own personality are in fact similar to this figure but perhaps are not yet expressed enough?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?