



Natural Creativity Journey

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Step 20: Creation allows emotions to exist in the free space they need

Emotions need a space with free movement, a space in which they can express themselves in the most harmonious way possible and thus offer the person their full and sometimes even delightful contribution. Emotions can be one of the most important gifts to a human being because of the creative energy contained within them. This energy can be expressed only when it receives the appropriate, nourishing, and committed space that allows emotions to be what they truly are.

Emotions are not just something we experience. Seeing them only as experiences leaves a great deal of mental energy inside us in an unbalanced way, because energy is meant to move in a healthy and natural flow inward and outward alternately and continuously. When energy is more stuck inside or more dispersed outside in an unbalanced way, its flow is disrupted. This inevitably creates problems, difficulties, misunderstandings, states of stagnation, and an inability to manage and cope with pain and conflict.

Emotions can be compared to electrons that move constantly around the nucleus of an atom. At the moment we think we have grasped a particular emotion, understood it and defined it, we soon discover that we are already in a different emotional place. We did not notice that during the time we spent trying to capture a specific emotion, it had already moved, changed, and is no longer present in the way we thought it was.

In this sense emotions reflect a significant aspect of human essence and of existence in general, namely the continuous motion of everything that exists, including the human being and all their components. Everything is in motion, even when we do not notice it. Reality is constantly changing at a pace that is difficult for us to perceive. Everything is moving and shifting, and this is also what ultimately ensures a healthier and more stable state. What is in motion and in flow is also what is in a more vital, less vulnerable condition.

One of the greatest contributions that creation can offer a person, especially when it takes place in an intuitive, free, flowing, emotional, and nonjudgmental way, is to return the individual to a state they tend to forget within the illusion of control and fixedness in their life. This state, which is often feared due to an exaggerated habituation to the illusion of static experience, is a state in which the person can

undergo the dismantling of inner barriers, emotional release, pleasure, joy, freedom, and a much more relaxed approach to the uncertain aspects of life.

Creation carried out in this way connects to the dynamic nature of human emotions and becomes a kind of vehicle in which emotions can move while expressing themselves through the chosen creative medium. In this way the individual connects with the natural energy of their emotions and is more often in flow with them or even in a kind of collaboration with them. As a result, they do not need to stop and define the emotions in order to try to control them.

A person who trains himself to enter the domains of creative consciousness with all its changing qualities learns, each time a little more, that in relation to their emotional life concepts such as control, definition, and criticism are unnecessary and completely ineffective. At the same time, they discover their own ability to move with their emotions, to work with them, to play with them, and even to understand them on a deep level in a way that will not necessarily interest them to explain to anyone else. It will be their own personal experiential insight and it will significantly reduce the unfulfilled need to understand emotions in the usual rational sense, a need that the person mistakenly believes will help them manage their emotional life better.

Emotions need freedom, but this freedom is not fully achieved through verbal expression alone. Very often a person makes an effort to be open and honest about their emotions and intends not to hide anything. This is a state worth aspiring to and living from in any relationship in which there is space and readiness for emotional openness, honesty, and transparency. Such openness prevents many misunderstandings and allows closeness, mutual understanding, and different kinds of partnership and cooperation.

However, the energetic charge contained within emotions and the inherent need within them to undergo processes of transformation into expressions of creation, birth, and change, makes it impossible for full and complete freedom of emotional flow to exist unless emotions also receive a path that speaks in their original language. This is the language of the place from which they are created, the right brain. It is a language that no logical explanation can speak. It is a language of constant movement, creation, renewal, surprise, and a diverse expression of impulses, sensations, longing, and other experiences for which we do not always have exact names.

In the end, and perhaps for each person in slightly different proportions, human existence today contains a high degree of limitation and even suppression of emotional expression. This happens mainly because of a relatively high level of helplessness and misunderstanding regarding the nature of emotions, what they are trying to tell us, and where they want to take us. It seems that the individual spends a significant portion of their time in an inner struggle with their emotions, continually trying to control them, regulate them, or even ignore their very existence. There are also other situations born of a lack of understanding of emotional movement in which there is a tendency toward exaggerated dramatization of emotional expression that resembles childish, immature, and nonintegrated behavior. At times we may find ourselves in a judgmental stance toward such people and even label them as having lost their sanity.

On the other hand, deep inside, many people long for some opportunity to be given to them, at least occasionally, to gain a little freedom to go wild, to let go, and to release the intense emotional control they maintain almost every moment. There is even a certain danger in this phenomenon of excessive and ongoing restraint of dynamic emotional energy. Over time this restraint can lead to sudden eruptions that are violent and unregulated.

Outbursts of rage, serious and ongoing quarrels, conflicts, intense crying that feels out of control, emotional cut offs, misunderstandings, and even violence can all manifest as a result of significant impairment in the movement of emotional energy toward its natural, free expression.

From another angle, the individual has the option to go a little crazy in a positive way or else will be forced to face some negative form of going crazy in their life.

It is possible to direct emotional energy into the infinite, friendly, and safe channels of creative consciousness and there allow oneself to go wild without harming oneself or others, while at the same time receiving a dose of healing, relief, joy, and calm. When emotions receive this kind of freedom, they offer the individual the sweetest gifts one could wish for, since the main things a human being longs for, such as happiness, joy, and satisfaction, belong to the emotional field. These will be given in abundance when the person grants their emotions the free space they need in order to exist in the way they love to exist.

It is also possible to ignore these needs of the emotional world, and such neglect is widely learned and internalized in contemporary Western culture. This neglect eventually carries a painful price. In the best case it awakens the individual to begin asking new questions about their relationship with their emotions. In the less fortunate case it leads to persistent states of addiction and frustrating situations of inner stuckness and dissatisfaction, which are no more than a direct result of the stuckness and dissatisfaction that their own emotional energy is experiencing. The good news is that this situation can always change for the better once we understand the needs of our emotions, move toward creative consciousness, and begin to explore the tools and language through which the emotional world can be brought into a healing, nourishing, and life giving freedom of expression.

Self-Reflection Questions (preferably answer in writing):

1. What are your first associations with the phrase spiritual self-expression?
2. If you could now represent your spiritual self and its requests regarding what ought to flow more in your life, what would it say?
3. Which sensations and emotions do you remember that accompanied a situation in which you took part in something that felt like a process of creation?
4. When the flow from your spiritual self to your physical creative expression improves, what do you think will then happen in your life?
5. How do you feel about the connection between the concept of the kingdom of creativity and your inner temple?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?