



# **Natural Creativity Journey**

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## **Step 21: Creativity Allows Emotions to Exist in the Free Space They Need**

Emotions need a space with free movement through which they can express themselves in the most harmonious way possible and in this way also offer the human being their high and even pleasurable contribution. Emotions can be one of the most important gifts in a person's life because of the creative energy that is contained within them, an energy that can come into expression only when it receives a suitable space, a holding space that is open, accurate, nourishing and committed, a space that gives them the opportunity to be what they really are.

Emotions are not only something we experience. Such a view leaves a large amount of mental energy inside our inner world in an unbalanced way, because energy is meant to move, in a healthy and natural way, inward and outward alternately and continuously. When energy remains in an unbalanced way too much on the inside or too much on the outside, its flow is harmed, and this will inevitably create problems, difficulties, misunderstandings, states of stuckness and an inability to manage and cope with pain and conflict.

We can compare emotions to electrons that move constantly around the nucleus of the atom. The moment we think we have captured a certain emotion, understood it and defined it, we quickly discover that we are already in a different emotional place and did not notice that during the time we invested in trying to capture that emotion, it had already moved, changed, shifted, and is no longer present in the same way we thought.

In this sense emotions also reflect an important part of the human essence and of existence in general, which is the never ending movement of all that exists, including of course the human being and all of his or her components. Everything is in motion even if we are not aware of it. Reality changes constantly at a pace that is hard for us to perceive. Everything shifts and moves, and this is what ultimately guarantees a healthier and more stable state, precisely because everything is in motion. What is in motion and what is in flow is also what is in a more vital, healthier and less vulnerable state.

One of the greatest contributions that creativity can offer a person, especially when it is practiced in an intuitive, free, flowing, emotional and non critical way, is to return the human being to a state that he or she tends to forget inside the illusion of control

and permanence of things in life. This state, which is often feared because of excessive habituation to the illusion of static experience, is the place where a person can experience the dissolving of inner barriers, emotional release, pleasure, joy, freedom and a much more relaxed approach to the uncertainties of life.

Creativity that is practiced in this way connects to the dynamic nature of human emotions and becomes a kind of excellent vehicle through which the emotions can move while expressing themselves through the chosen creative medium. In this way the person connects to the natural energy of his or her emotions and finds himself or herself more in flow or, we might say, in a kind of cooperation with them, and therefore is less in need of stopping to define them or attempting to control them.

A person who practices entering the spaces of creative consciousness, with all their changing qualities, learns gradually that with regard to his or her relationship with emotions, the concepts of control, definition or criticism are unnecessary and not effective at all. At the same time this person also discovers the ability to move with the 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 create a need to explain anything to anyone. This will be a personal experiential understanding, and it will greatly reduce the unfulfilled inner demand to understand emotions, a demand that the person mistakenly believes will help to manage emotions better.

Emotions need freedom, but this freedom is not fully obtained through verbal expression alone. Many times a person seeks to be open and honest with his or her emotions and intends not to hide anything, and this is of course a state worth striving for in any kind of relationship where there is room and willingness for emotional openness, honesty and transparency as much as possible. Such a state can prevent many misunderstandings and allows closeness, familiarity and various kinds of partnership and cooperation.

At the same time, the energetic charge contained within emotions and their innate need to undergo processes of transformation into expressions of creation, of forming new reality and of change means that a complete and full freedom of emotional flow in a person cannot exist unless emotions also receive the channel that speaks their original language, the language of the place from which they are born, the language of the right brain, the language that no logical explanation can speak. It is a language of constant movement, creation, renewal, surprise and varied expressions of impulses, sensations, desire and other inner movements for which we do not always have specific names.

Ultimately, and in each person perhaps to a slightly different degree, human existence today includes a considerable level of restriction of emotional expression, sometimes even to the point of its suppression. This happens mainly because of a high level of helplessness and lack of understanding regarding the nature of emotions, what they seek to tell us and where they seek to take us. It seems that most of the time a person is in some form of struggle with his or her emotions, constantly trying to control them, regulate them or even ignore their existence. In other cases of misunderstanding of emotional movement there is a tendency toward exaggerated dramatization of emotional expression that resembles quite strongly childish, immature and not fully

developed behavior. Sometimes we find ourselves in a judgmental attitude toward such people and may even relate to them as if they have lost their sanity.

On the other hand, deep inside, many people long for some possibility that will be given to them, at least from time to time, to receive a little freedom to go crazy and to let go of the high degree of emotional control in which they live almost every single moment. In this phenomenon there is even a certain danger that comes from prolonged and excessive suppression of dynamic emotional energy until the point where it erupts in a violent and unregulated way.

Fits of anger, intense and prolonged quarrels, conflicts, uncontrollable crying, emotional cutoffs, deep misunderstandings and even violence can all appear as a result of a significant failure in directing emotional energy toward its natural and free expression.

Viewed in a different way, we might say that a person has the possibility to go crazy in a positive way, or will be forced to find a negative version of craziness that will appear in his or her life in one form or another.

We can channel emotional energy through the infinite, friendly and safe channels of creative consciousness and there allow ourselves to go crazy without harming ourselves or others, while at the same time gaining a dose of healing, relief, joy, inner fullness and calm. When emotions receive this freedom they offer a person the sweetest gifts that can be wished for, because the main things that a person wants to receive in life, such as happiness, joy and a sense of fulfillment, are of course located in the emotional field and will be supplied to a person in abundance when he or she grants emotions the free space to exist in the way they love to exist.

We can also ignore this need of emotions, and this kind of ignoring is a learned and internalized pattern in contemporary Western culture. This ignoring has in the end a painful price which in the best case will awaken a person to begin asking new questions about his or her relationship with emotions, and in the less good scenario will leave the person stuck in an unpleasant drama of addictions and states of stuckness and frustration, which are nothing other than a direct product of the stuckness and frustration that the emotional energy itself experiences. The good news is that this situation can always change for the better when we understand the needs of emotions, move toward creative consciousness and begin to explore the tools and language through which we can bring the emotional world to a healthy, nurturing and nourishing freedom of expression.

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

1. What does it mean for you to be a creator? How does this feel for you?
2. What things, in your opinion, do you feel a deep commitment to create in your life?
3. Are you able to peel away beliefs and connect to the possibility that God exists within you and that your role is to express this part here and now?
4. How do your life circumstances change when you take the wand of creation into your own hands and initiate reality shifts yourself?

5. Which values of creation do you wish to pass on to future generations or to anyone who may seek your guidance or advice?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?