



## **Natural Creativity Journey**

**Dr. Pinkie Feinstein**

### **Step 22: The Originality of a Person Is One of Their Most Important Assets**

In general, we can say that a person faces a basic challenge throughout much of life. The challenge is: how much effort to invest in being acceptable or normal in order to supposedly guarantee continued belonging to the group he or she believes is worth belonging to at that particular time, versus how much it is worthwhile to remain loyal to a unique personal path that expresses inner authenticity more fully, even if this path may partially collide with existing social conventions and expectations.

In this place there is also a very fundamental question about the experience of freedom available to a person. Does the person perceive freedom in more survival oriented and primary terms, and then places at the center of his or her attention the need to behave and express oneself in accordance with the existing consensus? Or does the person perceive freedom in broader, spiritual, creative and emotional terms and then has no real possibility to experience true freedom without moments, situations and experiences in which he or she deviates from the accepted and predictable path and paves a personal route that expresses a story that belongs only to that individual.

A person's originality is one of his or her most important assets and is also the part that protects freedom, guarantees it and insists on it when needed. Usually there is not enough appreciation for the importance of originality in human life, and originality is then seen as a kind of curiosity, a rare and unusual trait rather than a common and natural phenomenon. A person who is perceived as more original will generally also be seen as different from the popular landscape. Such a person might be regarded as creative or even especially intelligent, but at the same time also as strange, as someone who has really weird ideas and perhaps as someone who does not fully belong to the existing social space.

Creative consciousness is the space where a person meets his or her originality, the personal way, the manner in which that person can and wishes to tell the story of reality from an angle that only this person can express and describe. Creative consciousness is the safe, protective and allowing place within which there is no criticism about unusual ideas and no judgment or fear regarding strange initiatives or not so conventional choices.

Creative consciousness invites a person to trust his or her originality, to explore it, to cultivate it, to enjoy it, to expand it and to build from it wide structures in many areas. Creative consciousness reflects back to the person the high value of his or her originality, since without it the person cannot truly encounter personal creativity and the place that shows, in a simple and clear way, what makes that person unique among all other people.

On the psychological level, the absence of an experience of personal originality is actually a sign of a quiet distress and lack of self-confidence, together with an exaggerated dependence on the approval of the environment and a fear of deviating from the usual track, of making mistakes, of failure and of not meeting expectations or demands, whether internal or external. The absence of an experience of personal originality makes it difficult for a person to find the higher sources of joy, because such a person will always search for pleasure where everyone is searching.

A person who seeks freedom will find large parts of what he or she is looking for within personal originality. Originality allows free movement within the space of experiences, while listening as much as possible to the personal way, with minimal pressure to move away from it, ignore it or surround it with fences of criticism and doubt.

As long as a person is not in a continuous process of cultivating originality, significant parts of the personality and of the basic needs of the emotional, spiritual and creative system remain under expressed, and this will have various consequences for the ability to find fulfillment, pleasure, meaning, purpose and direction in any path the person chooses to walk.

Moreover, a person who does not place originality at the center of his or her attention, does not experiment with it and does not perform frequent searches and visits within it, is a person who will be overly influenced by pressures and messages from the environment, an environment that is not necessarily interested in the realization of that person's creative expression or anything else that would truly be for that person's own good, growth and development.

In the end we meet a recurring principle. If you do not decide for yourself and if you do not pave your own way, then certainly someone else will decide for you and someone else will determine the path you will walk and even how you will think, speak, be and live in many areas of your life.

From here we can also recognize the great importance of creative consciousness in human life. A person's creative consciousness is focused on and characterized by stimulation, invitation and possibilities for the expression of originality, for its cultivation, for repeated checking of it, for trust in its validity and importance and for endless ways to play with it, change it, reshape it, look at it from different angles and study it.

It is important to emphasize that originality is not truly measured only by the degree of difference and distinction from what is accepted. The fact that a person behaves differently and does not respond automatically to fashion commands, trends and

popular whims is only one part of what originality really represents and of the way it can make a meaningful contribution to a person's life.

Originality is first of all an experience. It is the inner sense that I have my own way, I have my own message, I have my own way of seeing and feeling what is happening.

Originality is in the end an asset. It is the experience of I have. It is part of the experience of abundance. I have and it is mine. It belongs to me, I am responsible for it, I develop it, I create it, I move it and I choose how to act with it. It is mine. The asset of originality is part of the true self, the place where a person feels, at least from time to time, that he or she encounters a unique inner language, a language whose whispers and requests can be heard, a language that indicates where this originality is directing the person toward places that are not only different from those of many others but that also ultimately provide positive experiences such as joy, pleasure, surprise, adventure and more.

As long as a person does not meet, and perhaps more precisely does not create, personal originality, that person has not yet reached a meaningful encounter with who he or she truly is. As long as a person does not recognize a unique personal path, that person is essentially without a path, without an experience of a presence that has its own individual value.

Every person has his or her originality, personal gifts, divine assets that came with that person into the world. This will always be so. However, the more a person learns to move away from creative consciousness, from the dimensions of play, fun, improvisation, adventure, spontaneity, change and surprise, the more that person also learns to think, feel and believe that there is no significant originality within, and that this subject is not very important to examine or question.

Creative consciousness is, as said, a space for cultivating originality in a person. The moment a person allows, permits and is ready to learn the way back home to the natural creative consciousness, which has always been waiting for the person to return, he or she creates one of the most meaningful gifts in life, both personally and in the lives of some others around. It is the gift of originality, the gift of the path that tells what that person's presence brings to the environment in a way that only this one presence can bring.

Creative consciousness is a place to return to natural originality, to turn it into a continuous and ongoing search process and also to restore it to its simple and correct form, which is a form that is not complicated or heavy, a form that reminds us in thought and in action that every person is a unique divine spark and that part of this person's personal mission is to discover that, reveal that and realize that through personal creation, for oneself and for the whole space around.

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

1. How do you feel about the word "holiness," and how does it manifest in your life?
2. How can you create within yourself a Creative Kingdom that is, in essence, a kind of sacred temple?

3. When you flow without interruption, creating and moving without thinking, what are the main sensations that accompany you?
4. What is the first thing you would choose to do when you feel that your creative powers have strengthened more than ever before?
5. In your opinion, how does life change, on a broader scale, when people awaken to the fact that they hold divine creative powers within them?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?