



Natural Creativity Journey

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Step 23: Freedom Is a Good Connection Between the Inner Voice and Its Unlimited Expression Outward

From a psycho creative point of view, the central and most important meaning of freedom lies in the connection that a person can maintain between the inner voice and the actual implementation of its guidance and suggestions. Any other definition of the word freedom will be more partial or may even avoid the essential point.

Freedom defined in this way has two significant components, each important in itself, and their combination is what creates the deep freedom that a person can grant to himself or herself through the use of the tools of creative consciousness.

The first component is the ability of a person to continuously improve the listening to the inner voice, to the authentic and healthy desire that seeks to direct him or her to the next step that is worth taking for growth, healing and development. The ability to listen to the inner voice and to cleanse it from background noise of fears, addictions, expectations, criticism and social norms is something that must be cultivated consistently, and it needs a space for practice and training. For most people this task is quite complex and the main difficulty lies in the lack of awareness of its importance.

The second component of freedom is movement toward the realization of the inner voice's wish, finding ways to implement inner desire in physical reality, turning an inspiring dream into concrete action that allows authentic inner energy to find expression in the physical world in whatever ways it can.

When we wish to come closer to the creative consciousness that has been there all along, we need to recognize that this inner space exists in order to serve the wishes of the inner voice.

As we move closer to our creative consciousness, as we allow ourselves more and more to discover our natural ability to exist in an unlimited creative way, without criticism or fear, we are invited to ask ourselves repeatedly a question that is investigative on the experiential level, a question that when asked again and again allows inner cleansing and the creation of clarity. This clarity gives a person an increasingly accurate picture of those inner and completely individual guidelines regarding the wishes of the soul for the next steps of growth, healing and development. These are the steps of the next creation. They are the path of the true freedom of the person.

Inside the word freedom in Hebrew lies the word search and this connection between freedom and search is very meaningful in the process of connecting to creative consciousness and understanding its roles and place in human life and beyond. When the focus on creativity is limited only to the final result, to the fact that we can meet our natural abilities to create, change, establish something new and initiate, we miss one of the central elements of creativity. Only when we recognize this element and its value can we connect with the deep and fascinating essence of creative consciousness.

The creative act, creative flow, when they receive permission and legitimacy to move in any direction without criticism or expectation, are first of all an act of searching, in which searching is a goal in itself, long before the supposedly simple question arises: You have searched, did you find what you were looking for.

To come closer to this aspect of creativity in a clearer way, we can for now imagine creativity as a kind of vehicle. Creativity as a vehicle. Creativity as a means of movement, as a mode of transportation that enables us to embark on journeys of searching, where long before we ask ourselves what is found in our search, we happily discover that there is a lot of pleasure in the very act of searching, in the continuous journey toward new and unknown landscapes, which of course also contain many treasures that are always discovered along the way.

In another way we can say that we need creativity in order to renew within us the instinct for searching, the instinct to wander in unknown spaces, the instinct of curiosity toward the unknown and the mysterious. The very movement through new, unknown and unfamiliar spaces, the very sense of joy, wonder and excitement in relation to what we meet on the way is itself one of the treasures of this process of searching, a process that in fact finds itself from the moment it is allowed to be in a state of continuous search, a state that never arrives at a final station because such a station simply does not exist. And as Pablo Picasso was quoted as saying: Painting is never finished, it only stops at interesting places.

Thus, as we ask the questions related to the first component of freedom, what does my inner voice say, what is my authentic desire, and as we often fail to find this answer already ready and clear within us, an excellent, reliable and efficient vehicle stands before us, available and ready. This vehicle allows us to search for our true story while we are already in movement, already playing, already releasing unnecessary inhibitions and already reducing and dissolving excessive self-criticism.

In fact, a wonderful and fascinating process is taking place, in which the creative play has several roles. From the perspective of the first component of freedom, we want to be in a mental place that is sufficiently released from criticism and pressures so that we can listen without limitation to the inner voice, to its requests, its desires and its wishes. To reach this ability and this open listening without disturbance, we need to get into the creative vehicle and begin to move and play with it. Through this movement, which is itself already an achievement of freedom, we can free ourselves from everything that prevented us from knowing and feeling what deep within we truly long to be, do or realize.

Once this is achieved and once we manage, and there is no reason we will not, to meet the authentic voice in the process of searching for freedom through creative and

playful tools, then our natural creativity returns to support us a second time and gives us tools and paths to turn the desire that was discovered in this movement into a new movement of realization, action and fulfillment.

In this way human creativity becomes a very significant component in a person's ability to cultivate freedom, to strengthen it, to explore it and most importantly to enjoy it, while coming closer and closer to the unique expression of the inner voice. This part of creativity in human freedom, which cannot exist without it, makes creativity one of the most meaningful factors in the human story and in the ability of the person to be the owner of the story that he or she creates about self and life, even without being fully aware of it.

Therefore, we need our creativity at every moment, even at times when we do not feel very creative or connected to inspiration or desire. We need creativity both as a tool that activates creativity itself and as a tool that reminds us of our direction, a direction that in order to move toward it will again require creative tools.

If we continue the metaphor of a vehicle, we can say that creative consciousness provides us with both the vehicle that enables us to find our freedom and the starter that ignites this same vehicle. Practicing creativity and playing with the tools that enable it, even when creativity is not very present or flowing, allows us to reconnect with it, to activate the engine of our natural creative vehicle and, while in motion, to improve our connection to the inner voice and to the desire that arises from it, and then, through the very same tools of creative consciousness, to act for their realization. This is a beautiful and exciting path that stands open before any person who wishes to search and also to find more and more islands of freedom in life. It is a practical, available path that is ready to be activated at any moment, right now.

Self Reflection Questions (preferably answer in writing):

- Do you experience moments of forgetting your self-criticism while acting spontaneously, from time to time?
- Do you occasionally allow yourself to do exactly what your excessive self-criticism tells you not to do?
- If you were to invite the part of your personality responsible for excessive criticism to play with you, what do you think would happen?
- Write a six-line letter to your self-criticism, filled with love, compassion, and humor. Do it without planning, without thinking.
- After writing this letter, imagine that your self-criticism wishes to reply to you. What would it write to you now?
- Anything else you would like to share? Feelings, thoughts or questions about this step?