



Natural Creativity Journey

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Step 24: Creation Is a Space That Must Be Kept Free, Raw, Wild and Uncensored

The creative consciousness in a person is a space that can exist only if there is a mechanism that protects it from whatever might prevent it from having the freedom it needs in order to exist in the right and truly satisfying way. This space needs conditions that allow it to be free, raw, wild and uncensored, clear of the influence of social expectations, cultural norms and standards that pre decide what is “appropriate,” what is “beautiful,” what is “right,” and what is worthy of being called “creation.”

In this sense, it is worth pausing on the need for creation to be a place, a field and a playground for activity and experimentation that enjoys effective protection, a protection that understands where freedom might begin to shrink, where the flow might be disrupted, and how we can improve the special inner systems of monitoring that allow for the high degree of freedom that this kind of space requires to exist without interruption.

This skill of guarding and securing the freedom of creative consciousness is no less important than any other aspect of connecting a person to their natural creativity. Not being aware of the barriers, the walls, the disruptions and the many negative inner manipulations that grow inside the human psyche in relation to the natural urge to create and to bring something new into being, almost always means partial or complete paralysis of the person’s access to the abundance of creativity they were born with and that is always seeking to be available to them.

In order for creation to serve what it is meant to serve for a person, a free space for the expression of feelings, sensations and impulses in a spontaneous and authentic way, we must cultivate a high level of trust in relation to it. A person who wishes to live a life with a strong presence of their natural creativity needs to pay attention to the quality of their relationship with their own creativity, in such a way that it contains a very large measure of trust, a trust that they can easily connect to and that they can also increase over time.

The natural creative flow cannot exist in an atmosphere where it has to “prove itself.” It needs an emotional and spiritual layer of protection that constantly transmits to it the following message, “I trust you one hundred percent. Every way you choose to express, move, invent, develop and change is completely acceptable to me, as long as

there is no clear sign of emotional or physical harm to me or to others.” This message gives creation a spacious field for experimentation, with broad legitimacy for any form of result and any style. This is a basic condition for creative freedom, a condition without which it is impossible to move forward, a condition that sometimes requires an emotional learning process in order to fully understand it and bring it into practical implementation.

Deep inside, one of the central fantasies that we can attest to as present in all of us, without exception, even if many people will find it difficult to admit it, is to reach a state where we can be free, raw, wild and uncensored. Who would not want to have the option that such a thing might happen, and to be able to meet within themselves those parts that long to be expressed without restraints, without limitations and without prohibitions.

This fantasy is often placed under the category of “this is not possible, it is too wild, it is not responsible, it is not mature, it is not relevant and it is even dangerous for me.” What is fascinating here is that these feelings and this attitude toward such a healthy and deeply meaningful fantasy do not actually come from a real fear that its fulfillment will lead to unwanted results, but for another reason. This may surprise some of us.

The fact that we have not found, within us and for us, a suitable, protective and allowing framework in which we can bring ourselves to a level of expression that is free, raw, wild and uncensored, is the main reason we tend to develop within ourselves a wide variety of exaggerated myths and stereotypes about what might happen if we really found ourselves in that state, of being free, wild, raw and uncensored.

Precisely here, when we are dealing with the person’s movement toward their creative consciousness, we need to learn how this natural creativity is the answer to the personal and social conflicts around the longing for such a wide freedom and the illusory dangers that seem to surround it. When this longing for freedom finds its rightful, correct and delightful place through the tools of creative consciousness, it will never endanger the person, it will never place them in a position that is not good for them, and it will never push them away from themselves and from their path.

On the contrary. Creative consciousness is actually the answer to the personal and cultural fears of fulfilling the fantasy of freedom, wildness, rawness and lack of censorship. When this fantasy is expressed through the tools and the enveloping, allowing field of creative consciousness, not only “is it not harmful,” it also enables a person to open up, to relax, to release, and to find a safe and effective outlet for being who they really are, without any fear and without any unwanted consequences.

In fact, the freedom that creative consciousness invites us into is the safer place, the healthier place, the calmer and more balanced place for us. Precisely in the space where we are allowed to be “wild” within the framework of authentic creative expression, that wildness receives a productive and healing place in which to manifest. It finds its place, and instead of being “threatening,” it becomes “helpful and freeing.” Precisely in the space where we can express ourselves without censorship, all the built up tension that has accumulated in us because of the great inner

ensorship we keep against our own freedom begins to dissolve. That censorship is ultimately the central problem, not the censored content itself. The more it is hidden, the more it takes on a distorted image of something “dangerous” that we must not reveal or approach.

In many ways this is the role of emotional creation, of creative consciousness, of the authentic freedom of creation that a person so deeply needs. This is its healing task, a task that no other element in the human story can fulfill instead of it. The person remains inside their fantasies, their impulses, their desires, their dreams, their unique stories, while all of these are blocked and silenced inside a closed space that not only does not allow them to be expressed, but also creates unnecessary fears, misunderstandings and aversion around them.

For this reason, creation is a space that must be kept free, wild and uncensored, so that it can fulfill this deeply meaningful role, the role of natural healing.

A wide range of problems, difficulties, blocks, misunderstandings and pain arise exactly from this place, where a person has cultivated fears of their own freedom, their wildness and the authentic contents running through their mind. The more these are “forbidden,” and the more different types of taboo are built around them, the heavier and more distancing they become in relation to the possibilities of expression and existence that will always be the ones that reflect the person’s authenticity and the true story that has always moved within them.

With time, as a person finds it harder to maintain within themselves a space of wild, raw and uncensored creation, they gradually learn to move away from their own natural creative nature, and in doing so, they give up a long line of personal assets and means of expression, healing, self-realization, delight, calm, self-esteem, a sense of uniqueness, good relations with themselves and the ability to deal flexibly with the challenges of life. The person learns in this way to deny those natural parts in them that have turned, in their eyes, from simple to complex, from accessible to distant, from exciting to strange and even unwanted.

There is no other way into creative consciousness without passing through this place, where creation receives the possibility of a raw, wild and uncensored expression, according to the person’s capacity at that moment. It is neither possible nor desirable to skip this stage along the way. On the contrary, it is worthwhile to pause there, to explore it, to experiment within it, to study it and to adopt it as a significant tool for the path ahead.

Self-reflection questions

(Preferably answer in writing)

1. How do you feel about the possibility of allowing yourself forms of expression with less censorship than you are used to today?
2. What new things could be expressed and revealed from within you when you reduce the level of your inner censorship?
3. What are your first five associations with the word “wild”?
4. Imagine yourself as a much wilder person than you are today... How does that feel for you? What might you do then that you are not doing now?

5. Which creation or initiative would you like to start moving now, in which you could allow yourself to be wilder and less censored?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?