



Natural Creativity Journey

Dr. Pinkie Feinstein

Step 25: Creative Consciousness Is a Dynamic Experience That Is Already Connected to the Next Creation That Wishes to Arrive

The next three chapters speak about the fact that creative consciousness does not need feedback in order to exist. It is true that certain types of feedback, at the right timing and in the right form, may help a person express their creative consciousness and further cultivate it, with positive encouragement from supportive, appreciative people. However, when we look at the foundations of creative consciousness, at its essence and its way of operating, we discover that it does not depend on any kind of feedback in order to exist. It exists by itself, whether we acknowledge it or not, whether we encourage ourselves toward it or not.

Here, in this process of connecting to creative consciousness, we want to get to know the characteristics of this space as much as possible, so that we will know how to blend into it with greater ease and intensity, and so that we can avoid projecting limiting ideas and mistaken beliefs onto this wonderful part of the human story, and of all existence in general. Creative consciousness is one of the core foundations of existence, one of the central features of healthy, vital and growing movement, which is in an ever improving state of synchronization with higher principles of existence, far beyond the specific human story.

When a person connects to their creative consciousness and allows themselves to move within it with pleasure, enjoyment and little effort, they generate a certain kind of energy that we can say is “sent forward.” When a person is inside their natural and intuitive creative movement, they are not only creating the thing that is being produced in that moment. They are also creating the soil, the infrastructure and the energetic potential for their next creations.

This is one of the most fascinating characteristics of the natural creative movement, and also one of the clearest tools for neutralizing self-criticism while we are moving in creation. It is the knowledge that what we are doing now is “cooking” its own continuity, and that therefore, more than the specific result of the current creation, what really matters is its continuity, the continuity that represents the ongoing expansion of the universe, of all that exists.

What lies within these transitions, within this movement from the current creation to the one that will follow? What is the sweet reward that a person can create and give to

themselves when they align with the rules of creative consciousness and do not linger too long on the present creation, but mainly see it as a bridge to the next one? What is the gift that is received from such an attitude, an attitude that does not need specific feedback as a condition for continuing to move, and does not need any external confirmation in order to know its own quality and the value of its actions?

This is a freedom that cannot be fully described in words, a freedom that manifests in continuous, endless movement that does not stop and does not try to explain itself. This is the central achievement, and it is the great dose of healing available to the person who finds their way back home to their creative consciousness and to the simple, dynamic and delightful way of being that it offers.

“I am here, creating the way for the continuation of the way, and later on I will be there in order to create the continuation of the way again.” This state, which at first may not be entirely clear, especially to someone who has not yet experienced it, is a state that contains elements of experiential wholeness, absence of worry or pressure, and freedom from the need to please or to be “correct” or “acceptable.” It is a state of enjoyment at a particularly high level, arising from the freedom to move without judgment and without constant questioning of the quality of the result.

From a higher point of view, this is the most meaningful result a person can ask for from their encounter with creative consciousness. This is also the basis for the greatest achievements of their life, for their self-realization and for their sense of capacity to contribute meaningful things to others, to everyone who resonates with this way, this style and this story that the person brings freely and very authentically.

The “new now” that appears in this way, the “now” that is expressed while the person is moving through the spaces of their creative consciousness, is a healthier “now.” It is a “now” in which the person is better connected to their emotional, creative and spiritual resources. It is a “now” that clearly recognizes the fleeting nature of the present moment, sees how it passes in a split second, and pushes toward the next moment. It is a “now” in which the person meets the true pace of existence, a pace that does not linger on the need or the attempt to be “right” or “socially acceptable,” but that rests in constant creation, from this “now” to the next “now.”

We can compare this movement to the way a tree exists when it is healthy. It constantly adds and creates new branches that will lead to the new fruits that the tree will be able to bear. It does not spend excessive time in wondering to where or in which direction it must grow. It exists in a state of “I am on my way to my next offshoot, to my next branch, to my next fruit, and after that I will be on my way to those that will come after.”

Living in this way within creative consciousness can shed new light on what creation truly is, on the role of creation in a person’s life and in general, on what can be received from it, on how to dwell within it, on the contribution of a person to their creation and on the right kind of relationship a person is invited to cultivate with the creative consciousness from which they themselves were born.

Within this movement, from the present “now” forward to the next “now,” movement that does not stop because of fear, criticism or judgment of the “creative product,” the

person encounters a higher wisdom, the intuitive knowing that guides them in their ways of growth and healing. This pace, this movement that is always moving toward the next step, allows for a deep synchronization with the higher language of the human psyche and what is beyond it. It is a language that contains an ever growing degree of freedom, a language that carries a deep wisdom, a language that holds a kind of knowing that cannot be explained in words, a language that is a place where a person can and is willing to celebrate their existence, to create their growth and to savor the touches of their own divine aspects.

At this point, where the illusion of “control” dissolves and is replaced by continuous movement from step to step, a different kind of control is built. It is a renewed form of control, without any need “to feel in control.” It is control as movement that cooperates with the correct, existing pace of what exists, a pace that is hard to recognize within linear time and within ordinary, dense human consciousness, but that becomes revealed in an exciting, joyful and liberating way when we join with our creative consciousness.

A creative moment is to a large extent a “moment of passage.” As such, it is also a magical moment in which the ordinary sense of time disappears, along with the worries, pressures and self-criticism. When we manage to arrive at such moments of grace, which are actually a form of “meditation in motion,” we experience one of the greatest gifts that creative consciousness can give us. This gift contains much humility, inner quiet, an absence of any need for external validation, a strong sense of connection to something larger than ordinary life, and a mental state that is open to completely new insights that may emerge in those moments of movement within creation, moments in which creation is not busy with itself as an object but with the simple fact that it is carrying the life force from within it toward the creation that will follow. By doing so, it participates in a sacred event, beyond time, beyond effort.

This is the greatness of creative consciousness, a state in which concepts of ego or of “needing to prove myself” become entirely unnecessary, and their place is taken by an ever growing freedom to move wherever, however, as much as and whenever we want. Every moment is already an event that will soon lead to the next event, and so on. This is the freedom that creative consciousness gives a person, a freedom that can be touched and experienced right now, right here, within the conditions that already exist in our life, here and now.

Self-reflection questions

(Preferably answer in writing)

1. What can you tell about the sensations and emotional movement within you right now?
2. Can you recognize that the present moment can be a moment of “preparation” for the next moment, in which you will move toward a new expression, a new creation?
3. Which desire within you would you like to give more space to now than you did in the past?
4. What is the next step toward realizing this desire, a step you might already be able to take today?

5. And what is the step after that step, a step you might be able to take tomorrow or the day after?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?