



Natural Creativity Journey

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Step 26: Creative Consciousness Is a Lived Knowing That Everything Changes and That This Is a Positive Fact

Everything is changing, everything has already changed and everything will change. This is an existential fact that the human structure often finds it difficult to accept, to recognize, to contain and certainly to act with in a fruitful way. Everything moves, everything shifts shape, gets updated and moves from place to place. This is true of us, each and every one of us, and this is true of all that exists, which is in constant motion.

The human illusion, together with an exaggerated inclination toward linear thinking and an excessive need to be in some kind of control over reality, produces in a person many different versions of observing what exists from a relatively static position, a position that finds it hard to recognize the changing nature of reality and to see that what is most stable is change, just as what is most certain is uncertainty.

When a person finds their way to sufficient and regular dwelling in the spaces of their creative consciousness, they gradually learn to release the fear of change that they learned to cultivate in the course of living in the linear human environment. Creative consciousness and the creative movement that carries delight, healing, release and improvement of what already exists, present the person with a positive, healthy and healing option. This is the option of graceful, expanding integration into this central feature of existence, instead of fighting it, ignoring it or trying to prevent the realization of this natural attribute of all that exists.

When a person joins their natural creativity, they join a current. They join movement. They join a journey, a flight, a trip, a walk, a run, a dive or any other way you can imagine movement that reflects the person's connection to what is truly there. This connection not only exposes them to the truth about existence, it also allows them to know themselves better and to discover how, inside the movement of all that exists, they have an ever growing capacity to influence their life for the better, in a creative, adventurous and often surprising way.

The person's natural creation, which we usually also recognize as intuitive creation, enables them to learn and to know, from a deeply experiential place, that each moment is a kind of sacred opportunity that has no equal and no replica. So together

with the fact that everything changes and that everything is in motion, there is one element that is constant, even though it is also always changing.

This is how things look in the field of creative consciousness. The logic that operates there is not always the same as the ordinary logic we rely on so heavily. Here, in the spaces of creative consciousness, there is a deep and even moving connection between the constancy of “this moment” and the fact that “this moment” is unique, one of a kind and will never return in exactly the same way.

Everything a person needs to know, and all the tools required to express themselves in the field of creative consciousness, are in their hands at the level of “now.” They may not always recognize this and may need guidance, direction or tools to “remember,” but deep inside this is the truth. Within the “now” there is everything that is needed, and the discovery of everything that is needed is carried out through a movement of searching, which is itself the movement of intuitive creation. This creation goes out on journeys of adventure, each time in a completely different form, journeys that hold at the same time the possibility of experiences of delight and moments of awakening to the person’s natural and infinite power.

Creative consciousness, just as it allows a person to recognize their own constant movement and the fact that everything is in the process of changing, also gives them the vehicle in which they can experience pleasure and satisfaction from that very movement, which takes place in any case, whether they acknowledge it or not, whether they move within it freely or deny the fact that they are in constant motion.

This vehicle is one that makes deep and extensive use of the existing movement and sends a unique message to the person, “Change together with me, together with this movement, right now. Change and connect to the deepest parts within you that have no fear of change, because change is what defines them, what is constant in them and what grants them their infinite creative power. Change with me, right now, in this very moment, and let us become together something we have never been before.”

From the moment we began this chapter until now, several changes have already taken place. The person who read the opening lines of this chapter is not exactly the same person at this moment. There is, however, a space within us that connects all of the many changes that we undergo, a space in which everything happens “now,” and this is something that never stops existing, this “now.” Yet within the “now,” a constant movement is taking place. This movement is one of the foundations of emotional balance and stability, because the nature of experience and of emotion is movement, and any state that is not movement will be, for the experiential and emotional field, a source of distress, difficulty and pain.

This, then, is part of the role of creation and of creative consciousness, which is the space in which creation is active. Creative consciousness is a kind of recognition and knowing that existence changes, that it is in continuous creation and that it never rests on its laurels, even though it always exists within the same “now.” We need to realize our creative powers among other reasons in order to connect to that high and deep inner essence that lives within a field where everything is in constant motion of change. This change does not need to be hard to contain when we do not try to control it with ordinary logic. It is the quiet enveloping presence of nature as we move within

it, the soft flow of our sensations when we are in a harmonious experience, the never ending stream of water flowing in a river. This change comes to tell us that everything that is healthy and everything that is vital is in a state of movement, change and an aspiration to expand.

For this purpose, we need the presence of natural, intuitive and free creation, in order to move us back home, to the healthy nature of our own movement. This is a nature that we touch many times during the day, yet find it hard to notice because of the many challenges that hide from us the way things actually operate. The transformative power of intuitive creation lies in returning us to this dynamic center, even for a few moments, in order to help us remember this inner home of ours, a home that is both stable and always changing at the same time.

From the moment you started reading this chapter until this very second, changes have taken place in your life. Most likely you did not notice them because they are so fast and relatively small. Still, this pattern of change is the true foundation of all that exists. It is the quiet movement that takes place all the time, everywhere and in every moment. The fact that we live under the illusion of “static reality” is one of the major reasons for the difficulties we encounter during our lives, due to the mismatch between the pace and the true nature of existence and the way we force ourselves to move.

At this point, the involvement of creative consciousness is of great importance. It allows a person to connect to a basic existential truth that releases them from a personal and cultural habit that tries with all its might to prevent natural changes from taking place, out of fear of death, fear of change and related fears. The involvement of creation allows the person to loosen their grip on these fears and to connect instead to their infinite nature, the nature that is always in motion, the nature that cannot truly perish, the nature that was, is and will be, whose essence is creating, renewing, changing and discovering again and again, in a constant, daily and surprisingly simple way.

Your creation, your act of bringing things into being, your changing movement, can and should become your “breakfast,” or any other daily ritual, because this ritual creates the best connection to the ongoing daily ritual that already exists and always has, the ritual in which everything moves, everything changes, everything is renewed. All of this has happened in the last few seconds, even if neither you nor I noticed it.

Self-reflection questions

(Preferably answer in writing)

1. How do you feel about the statement, “Everything is changing all the time and this is how it will always be”?
2. What is the next change that you really, really feel like initiating already now?
3. Do you like to dance? When was the last time you danced in a completely free way? How about putting on some music now and dancing with it for a few minutes, moving wherever your body wants to move?
4. How do you feel about the statement, “I myself am a change that keeps changing all the time, and it is very exciting to be like this...”?

5. Do you currently have a routine of creation or creative practice in your life? If yes, what is it? And if not, what creative routine would you like to add to your life?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?