



## **Natural Creativity Journey**

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### **Step 27: Creative Consciousness Represents a Need for Expression Long Before a Need for Approval or Praise**

This chapter is of great importance for understanding creative consciousness, its meaningful place in a person's life, the way it is easy to miss a healthy connection with it and the way to adopt it as a basis for a more harmonious and satisfying life. Creative consciousness represents a need for expression long before any need for approval or praise. Creative consciousness is a place that is yours, for you, on your behalf and for your growth, in that it gives your inner, unique contents an immediate, comfortable, friendly and complete stage through which to express themselves and be released outward, in the way they naturally need on a regular, ongoing basis.

First and foremost, this is a "health need." It is a basic necessity of the human system, which naturally contains emotional, spiritual and creative components, and these need a constant channel of expression that is allowing, protected and stable. When such a channel is missing, an internal mental congestion develops, which gradually builds blocks that only grow and expand, until it becomes difficult to notice them at all due to the habit of living in their presence.

At this point it is useful to introduce the concept of "creative drive." The creative drive is part of the human structure, and in a way that is almost astonishing there is a considerable "success" in pushing it aside from our daily awareness, in everything that has to do with the question, "What are the truly important human needs of a person."

A human being, by their very creation and also by their health, as will be explained later on, is endowed with creative capacities. The person is a creator in their very nature, and this attribute is related to being something that goes beyond merely implementing the basic survival program. In every person there is a healthy desire that emerges from this creative drive. This drive encounters a variety of opposing forces that work to narrow down its expression, its presence and its legitimacy, from an early age.

This drive can remain "dormant" throughout many years of a person's life, and sometimes it awakens during processes of change, growth and development, in which the person opens their eyes, within a meaningful process they are going through, and realizes that they have a desire to navigate their life from their inner voice, from their

most personal story, while reducing their listening to external pressures that have always limited the scope of their independent and authentic expression.

It is wonderful to watch people who arrive at an intuitive creation workshop, even at a relatively older age, and meet there, almost for the first time, their creative drive, which receives a place and legitimacy to be expressed through the actions of this workshop. The expression of this drive brings with it additional experiences of awakening, such as the awakening of the inner child, a new desire for changes that until now seemed impossible, the questioning of existing conventions and new forms of joyful, energetic experiences that were previously rare or almost absent. These moments in which a person releases themselves from their exaggerated self-criticism and gives their creative drive permission for free expression, are moments of grace. Often they are the first buds of sweet, exciting revolutions that the person will bring into their life, after recognizing within themselves that once this creative drive has been expressed, they are no longer willing to pay the price of sending it back down to the cellars of repression and forgetting.

One of the basic elements in establishing an accessible, possible path for the expression of the creative drive is arriving at a state where its emergence into the light is not dependent on any external feedback, nor on any kind of approval or praise from others, even though these can always be welcomed when they are offered out of love and respect for the natural need to express the creative drive.

The creative drive does not need this or that feedback, mainly because the very fact of its flow outward gives the person experiences that are so meaningful that they themselves become the central reason and the most important feedback the drive needs. This is the inner feedback, that says the main issue in the creative drive, before anything else, is not “to impress others,” but to enjoy experiences of healing and release.

This is how I wrote to the group I am leading, “Your Next Book,” a group of women who have not yet written their book and who are going through a journey to meet their natural creativity, the creativity that tells their emotional story and that introduces them to their deep inner truth.

“The outcome of devoting yourself to writing your book, the place you will reach when your book is born, regardless of how many people will read it or how much social ‘success’ it will have, is one of the greatest gifts you will give to your personal growth, to your relationship with yourself, to your intimacy with your own being. There is in it a kind of pure delight that in my view is not easy to find in places where you are required to ‘succeed’ in a commercial sense. The self-healing dose that is born out of a book that holds much freedom of expression and much opening and sharing of who you are is very high, and this is the main reason for writing a book. Everything else is a bonus.”

The need for expression is immense in every person, and the level of its realization is usually very low, due to a variety of brakes and limitations that eventually converge into exaggerated self-criticism. This self-criticism hides from the person the simple and meaningful truth that they have a strong need for free creative expression in order to tell their true story, in order to show what is happening inside them, both to

themselves and to their surroundings. Human creation reflects the need to step out of myself and meet myself in dimensions that are higher than those of a life that is focused only on survival. Human creation precedes social reactions by several steps. It does this by giving the person a space for renewed connection with their own source and with their creative nature, and the need to reconnect with this source again and again is much greater than is usually acknowledged.

Authentic creativity does not need approval or recognition in order to exist. Recognition and publicity have their value in certain situations and in certain contexts, but they will always be secondary to the primary need of the creative drive in a person, the need to express itself, to receive its place to present itself without conditions, without “admission thresholds” or “criteria of what is beautiful or successful.”

It is hard to exaggerate the importance of this matter, and I say this from the perspective of a healer, a therapist and an explorer of the psyche. A person cannot find their full happiness and their sense of inner connection and self-satisfaction without finding a place where the creations of their life can be expressed without disturbance, in a flowing, authentic, freeway, without any need to please or to receive feedback of any kind.

There is no greater freedom than the freedom to express yourself exactly as it feels and flows in you, whether or not it is convenient for others to encounter it. This release, of the person, from the need “to do what is considered right in the eyes of society,” is one of the most important steps in the process of a person’s growth. For this reason alone, it is good for a person to explore their creative consciousness in depth, because it will give their life meaning, direction and touches of self-healing that no other means can provide.

### **Self-reflection questions**

*(Preferably answer in writing)*

1. Let us assume that your creativity is able to speak and wants to tell you something right now. Take a pen and write down what your creativity is saying to you at this very moment.
2. Is there something you very much feel like doing, starting or initiating, but you are afraid it will not succeed, or that it will not turn out “good” or “worthy”?
3. Can you recognize the energy within you that is connected to that urge to try something, even when there is a fear that it will not succeed? Can you feel the energy of this desire in your body?
4. Is it possible that if you allow yourself to experiment in this area, while releasing the need for a “good” result, this will actually be a wonderful gift for you and a source of joy and excitement?
5. What happens when we are released from the need for recognition or praise? What do you think this can give us?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?