



Natural Creativity Journey

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Step 30: Coming back home and being at home, the complete essence of the kingdom of creativity

I repeat, this book, like all the other books in the Psycho Creative Library, works better when you meet it again and again. When you turn the text and the concepts in it into a kind of ongoing presence in your awareness, something that returns and moves in the mind, touches again, reminds, sharpens. In this way they connect with those inner parts that already know this information from within, with regions of the psyche that recognize it and awaken through it.

No less important, this course also connects well with other courses of inner leadership. It feeds them and is fed by them. All these processes together strengthen the psyche to do what it most needs in order to grow, to expand, to develop and to heal itself. Within this wider context comes chapter 30, which formally concludes the present process and is also the last chapter in the part that deals with embracing criticism, empowering intuition and coming back home.

I believe that the wish to come back home accompanies every person in one way or another, consciously or unconsciously. In a certain sense it always remains a partial wish, because our original home is not only here. In our origin we are part of God, part of all that exists, part of spirit, far beyond the human figure we know in daily life. This is home. This is the source. This is the more whole, more harmonious place, the place beyond time and space. From there we came, for this journey, for this work of life, for this lesson. And there is in us a deep longing to go back there, to reconnect with the feeling of home.

Coming back home is not only returning to some distant spiritual dimension. It is also, and perhaps mainly, creating a home here. The kingdom of creativity is a living metaphor for such a home. Just as a temple is a metaphor for a more elevated spiritual level, so the kingdom of creativity is the space in which a person creates an inner home for themselves on earth, even while knowing that deep inside there is a much wider home. Within this kingdom I keep building, keep nurturing, keep expanding, bringing more and more touches of “home” into my everyday life. This is the complete essence of the kingdom of creativity, to help me come back home and be at home, here and now.

The feeling of home is a delightful experience that is not easy to explain only in words. Many times it happens in the midst of creative movement. In those moments

when we are in flow, less in fear, less in worry, less in criticism, less busy with pleasing others, and instead we surrender to the inner creator, to the inner maker. In these moments a delicate joint work takes place, the inner voice sends a hint, an image, an idea, and we immediately give it form. We create from it, and the creation in turn encourages the inner voice, which dares to send more. In this way a sense of flowing cooperation between the soul and the creative act takes shape.

Within such moments we may feel a sense of wholeness, connection, harmony and calm while moving. Sometimes it is an experience that brings tears, a sweet sadness, great emotion. Sometimes it is a very energizing, uplifting experience. One person may experience it as a deep release, as a sigh of relief, another as a powerful wave of vitality and joy. The experience is not fixed, it changes from person to person and from moment to moment. What is common to all these expressions is that a taste of “being at home” is present in them, even if only for moments.

This is the role of the kingdom of creativity. This is its complete essence, to create again and again a space in which it is possible to come back home and be at home, even while the dense, tangible conditions of life keep pulling us back to other places. Life in this physical reality lead us many times into realms of fear, worry, conflict, tension and lack of harmony. This is part of the conditions of the game here. We encounter pain, hurt, frustration, depression, anxiety. In each of these stations we move a bit away from home. But this distance is not a mistake, it is an invitation to a creative healing journey through which we learn to come back home in new, deeper and more mature ways.

The kingdom of creativity needs daily care. Every new day we can choose to strengthen it. Every day we can return to practices that allow our creative flow to move, writing, dancing, painting, singing, a small shift in habits, an unusual gesture, a surprise we create for ourselves or for those around us. The kingdom of creativity is the space in which we train and work again and again in order to come back home. In order to be more in tune with the way home. In order for the sentence “home is here” to gain more and more substance within us, even if home is still not complete in the wider sense.

Here the social mythology that confuses us appears again. It tells us that “creativity” must be genius, exceptional, especially impressive, something that is sold for a lot of money, that reaches the top of the charts, that hangs in museums. As if, if a creation is not located in such achievement zones, it is “not really” creative. This myth robs us of the main gift. It shifts our gaze from the essence to the packaging.

The complete essence of the kingdom of creativity does not lie in the question of whether the creation is “big” or “famous,” but in the fact that we are inside creative movement. There is almost nothing more important for a person, in this context, than the daily return to the kingdom of creativity. To return there, to challenge ourselves anew, to bring movement into stuck places, to meet pain through creative movement and not only through thought. To write the pain, to sing it, to paint it, to dance it, to tell it, and from there to take another small step on the way home.

As long as we do not do this, the pain remains as a barrier between who we are at the moment and the feeling of home within us. The space in which we can carry out these

processes of transformation is our personal kingdom of creativity, with the tools, games, methods and experiments we have built in it over time. For this purpose creativity exists. All the other achievements, the fame, the admiration, the recognition, the money or the glory, are at most a temporary bonus. Sometimes they are even a distraction.

Human culture tends to glorify “stars” in fields such as cinema, singing, painting, writing and more. Sometimes they deserve admiration for their beautiful work, but along the way the culture misses the main point. The main point is that every person needs their own creation. Not that a few will create and everyone else will applaud them. Appreciation and recognition may be due to some creators, but this does not fulfill the inner need of every person for their own kingdom of creativity.

Every person is a spark of the divine. Every person has a role in setting up their kingdom of creativity, in finding their creative home, and in the unique delight that arises from their own creative expression. Whether this creation becomes known or not, whether it gets recognition or not, this is not the central question. Beyond recognition, far beyond fame, there are satisfaction, joy, healing and harmony. This is the deepest cargo that creativity can bring into a human life.

A person finds this connection through cultivating self-love and compassion, through listening to intuition, through reducing exaggerated self-criticism, through emotional transformation processes, and through ongoing trust in their natural creativity. As a person matures, the understanding that this is truly the highest achievement becomes clearer. Even if few around them recognize it, the true value is not damaged. There are very famous people who remain deeply unhappy, because they still have not given themselves what they really need in order to experience deep satisfaction, calm, harmony and joy.

Your kingdom of creativity is your space. Your ultimate healing space. It is your role, and in a sense even your duty towards yourself as someone who values inner leadership, to set it up, to nurture it, to seek it, to practice within it and to discover it. And always, always, the way to it is simpler and easier than it seems at first.

Thank you for being here. Thank you that you are here. We will meet again in your next creation, in the next journey to the places that are waiting for you within your process of growth and development.

Questions for self-reflection

(preferably answer in writing):

1. How do you currently connect between inner leadership and your kingdom of creativity?
2. How do you feel about the concept of an “inner home,” and what kind of creative movement could take place within that home that lives in your heart?
3. What is your new responsibility now in regard to creative expression, initiative, change, action and rebellion against what exists?
4. What is the next step you intend to take in order to empower your kingdom of creativity?

5. Imagine that you intend to go through this process again. What question would you like to ask yourself in advance, on the assumption that it will be answered for you along the way?
6. Anything else you would like to share? Feelings, thoughts or questions about this step?