



Natural Creativity Journey

Dr. Pinkie Feinstein

Step 4: Pause and Dream for a Moment the Sweet Reality of Your Fully Expressed Creativity

Before creativity can be lived, it must first be dreamed. The dream is the gateway through which your natural creative consciousness begins to breathe again.

A large part of human creativity, and of creative consciousness itself, lives in the realm of imagination. It is the space where we allow ourselves to pause for a moment, to loosen our grip on “what is happening right now in reality,” and to dream. To dream means to step, for a short while, outside the story you call your life, the familiar narrative with all its limitations, challenges, and practical details, and to let yourself fly toward a field with no boundaries, no prerequisites, and no conditions. A place where everything can happen.

This place, where imagination is allowed to be itself, free, unmeasured, unrestrained, is one of the most essential dimensions of the human psyche. And yet, it is often undervalued. We tend to treat imagination as something secondary, as if it were a pleasant distraction rather than one of the most powerful tools for growth, healing, and creation that we possess.

To understand what creative consciousness truly is, we must begin here, in the imaginative space that society usually allows only to children. For adults, imagination is often labeled as “unrealistic,” “impractical,” or “irrational.” Children are permitted to dream until the world tells them to “grow up.” Artists, too, are granted a kind of conditional permission, they are allowed to dwell in fantasy because it serves their art. But for most people, the gates of imagination quietly close with age.

Creative consciousness lives there, in the places where we are free to feel without censorship, to imagine without boundaries. Modern culture, with its overemphasis on logic and intellect, has unintentionally suppressed this natural human ability. We have been trained to value what can be measured and proven, while imagination, the vast inner ocean from which creativity rises, has been left neglected on the shore.

The more a person struggles to grant themselves the freedom to spend time in their imagination, to wander there comfortably, to play there lightly, the more distant creative consciousness becomes. When imagination is repressed, creativity retreats into the hidden basements of the psyche, locked behind fears of full freedom, of limitless expression, and of actions that appear “useless” or “irrational.”

So this is exactly where we begin our journey: by inviting you to pause and dream the sweet reality of your fully expressed creativity. To imagine a life where your creativity flows naturally, freely, without hesitation or restraint. This is not fantasy in the empty sense, it is the rehearsal of possibility. You don't need to dream for long, a single moment is enough. Imagination, like creative consciousness itself, is infinite and unbound by time. In one instant, you can cross entire universes of potential.

Creative consciousness is not something to think about, it is a place to inhabit. It is a field to dwell in, to feel, to imagine, and eventually, to act from. It is a knowing, a kind of inner awareness that you are moved by a current of energy whose purpose is growth, expansion, and transformation. This current is alive and breathing in you right now. You might picture it as a quiet companion, a subtle presence that walks beside you, whispering reminders of who you really are, offering a softer, more flexible perspective on the world around you.

To move closer to your creative consciousness, you must first acknowledge that while this consciousness is always present, it is also often blocked by illusions and inner walls. Our work here is to gradually dissolve these walls, the psychological constructions that define you as someone smaller than you truly are. You can sense these walls most clearly in moments when your creative desire awakens: when you feel the urge to change, to express, to initiate something new, or when you feel a pang of jealousy toward someone else's creation. That jealousy is not an enemy, it is a signal that your own creative energy is trying to rise. But often, along with the longing, comes the feeling that you cannot, that it's impossible, impractical, too late, or "not for you."

These are the walls we will gently dismantle. Behind them lies an infinite reservoir of wisdom, dynamic, playful, abundant, ready to support you in shaping a life where your desires and dreams can take real form. A life where envy becomes inspiration, where longing becomes movement, where what once seemed unreachable begins to unfold naturally.

To dissolve these walls, we will move through a gradual process, a kind of inner detoxification, like recovery from an addiction. An addiction to self-limitation, to overthinking, to realism. Step by step, you will meet the natural forces of creative energy within you, sweet, adventurous, mischievous, courageous. These forces will invite you into new questions, new initiatives, new ways of relating to your inner creator.

And so, we begin here, with imagination. With a dream. I invite you now to allow yourself, just for this moment, to dream without restraint. Do not ask if it's reasonable. Do not ask if it's realistic. If it's not "crazy" or "far-fetched," it's not yet a dream. And if it's not a dream, you have not yet entered the field where creative consciousness lives.

Creation is always a journey into what first appears impossible. It is a path into the unknown. That is the very nature of creation, to move us beyond the boundaries of what we believe ourselves capable of. Creation expands us, surprises us, and frees us from limitations we didn't even know we had accepted.

So for now, let yourself dream, wildly, freely, extravagantly. Allow your imagination to lift you beyond the walls of habit and fear. The dream itself will begin to work on you, melting the boundaries that keep your creative energy asleep.

Creative consciousness has its own logic, a rhythm and reality that may, at first, seem foreign to your rational mind. But learning to live from that logic, to trust that rhythm, is part of the beauty of this path. It is the beginning of a deeper friendship between you and your creative essence, the one that has been waiting for you all along.

Reflection Exercise

1. Imagine your next creation. What do you see as your next future creation?
2. Imagine the feelings you have after completion this next creation of yours. How does it feel? Elaborate?
3. Imagine a significant change in your life, coming during the following 12 months. What kind of change do you see there, in your imagination, right now?
4. Imagine yourself in a future state of tremendous happiness. Can you see it? Can you feel it? What do you see in this healthy vision when you look at it right now?
5. Imagine you are involved in a creative event that is related to things you have never experienced or have never allowed yourself to try fully. What do you see there? How does it feel to be there?