

SIX**THE POWER OF CREATIVITY****Meditation 05: Transformation**

The way of the Creative works through change and transformation, so that each thing receives its true nature and destiny and comes into permanent accord with the Great Harmony: this is what furthers and what perseveres.

Alexander Pope

Transformation is an intrinsic part of creativity, the creative process. Take some lumps of wood and turn them into a table. If your name is Michelangelo, take a lump of marble and turn it into David. A vast tract of humanity's imaginative and cultural life – literature, art, fairytale, myth, the supernatural – is concerned with transformation. From Alice in Wonderland and the Ugly Duckling to Franz Kafka's *Metamorphosis* via Cinderella, Jekyll and Hyde or Superman, the psychic power of the idea is huge. In Christianity we have enlightenment, canonisation, transubstantiation, angels becoming devils and vice versa. In magic, we have werewolves, vampires and shapeshifters. One thing turns into another. Which is real? In your sub- or super-consciousness, the reality is You, your peaceful, powerful, blissful true Self. To know and live that reality is the transformation you seek; this transformation is creation.

Regeneration, creation, renewal and transformation are all the same inevitable process; but in the case of your mind and consciousness, as distinct from your body which is subject to the degenerative law of nature as well as the regenerative one, you can control that process. You can choose to set your consciousness on a permanent path of growth, expansion, increase in power and capacity. Your creative, transformational power is that of the open mind, the willingness to listen, to experiment. It demands

commitment, but hey, change is going to happen anyway. Might as well harness it to the good.

While you are working on the balance of the ecology of the Soul that is You, unlocking your innate powers, there is the paradox that you experience yourself as creating your new Self, but in fact that new Self is your true Self which has always been there. You are re-discovering it rather than creating it. It is a creative process, but the raw material is already there. There is no realization more powerful than that. Transformation, despite (because of?) the enormous power of the idea, is simple. It is the result of that self discovery, what happens next; changing yourself, on the ground, in daily life, simply means bringing the true You to the surface and driving your actions from that experience. Is it the transformation of your true nature? No. It's transformation of your thinking, your way of seeing, your attitude – your behaviour – through understanding and experiencing your true nature. Yes, your behaviour has changed; you have transformed yourself by opening up to the true You, your Self. The grub is becoming a butterfly.

In fact, when we really turn our close attention to what Transformation means in the context of changing our awareness, our state of mind, our consciousness, our behaviour – changing our Selves – we fetch up against the idea of Perfection. Because if we set ourselves on a path of constant improvement, we automatically engage with the ultimate goal of such a path; though we might not choose to commit to it in our everyday lives, and see ourselves merely as working towards a better way of living, we are still on an upward curve that stops when that process, notionally or practically, stops; which is at the achievement of bliss, the ultimate fulfilment, complete and total, unwavering, unshakeable happiness, transcendence. A perfect state of being.

No such thing in an imperfect world, subject to the laws of change and decay, etc etc, right? Of course. But the idea is still there, right? So where did it come from? Adam and Eve's innocence in the biblical Garden can be seen as a way of describing a state of consciousness where 'sin', in other

words the mistaken consciousness of our Selves as our bodies and the resulting actions that come from that mistaken consciousness, does not exist. No mistaken or 'bad' action, no bad reaction. No suffering, no loss, no pain. Just fulfilment, satisfaction, contentment. Peace.

The practical change in your behaviour is not going to be overnight, but the trigger to start the creation of that new mental landscape can be instantaneous. Inspiration, revelation, determination – you wake up one morning with another head on. You may decide to conquer your anger, to get a grip on your anxieties, or just to exercise more, to diet, to give up alcohol or coffee – as long as you persuade yourself to see it not as giving up but as adding to your improved state of being. If your change programme is guilt- or shame-driven ('What a dick I am for drinking that much when I promised myself I wouldn't drink at all'; 'What a fool I am for letting him make me feel that way again after I promised myself I would rise above it and ignore him'), there's already resistance, and it won't work, because it comes from self-hatred. You can only make it happen by treating yourself with love. Even then, you will almost certainly make progress, then fall back again. Always look on yourself with the love and compassion that history's best humans have genuinely felt for all souls. You are beautiful, after all. The essential, true You is a living light, and there is nothing more beautiful than that. When you are still and silent, conscious only of your Self as a light steadily shining, it's easy to make that experience real. This is the nub, where creativity and transformation meet and become the same thing. It's as near as we can get in the here and now to a perfect state of being.