

## CHAPTER VIII

### SIX: THE POWER OF CREATIVITY

#### {Swadisthana, the Spleen or Sacral Chakra}

*But unless we are creators we are not fully alive...  
Creativity is a way of living life, no matter our vocation  
or how we earn our living.*

Madeleine L'Engle, *Walking on Water*

*Creativity is the natural order of life. Life is energy:  
pure creative energy. We are, ourselves, creations.*  
Julia Cameron, author (*The Artist's Way: A Spiritual  
Path to Higher Creativity*) and screenwriter

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### INTRODUCTION

Every personal Power, each one of the seven that you are re-awakening, is interconnected and overlapping, and they are all already within you, waiting to be experienced and expressed. You are creating the new You – or, as we are getting used to saying, re-awakening the original You, the true You the Soul.

But interconnected and interdependent though they are, each power also has its dominance. Creativity is dominant because without it there is nothing. In many religions God is called the Creator, and when we speak of heaven and earth and all things, living or inert, in them, we speak of Creation. You are using the ideas in this book as you set out on the path of self-transformation, and in that sense you are creating yourself. Your Self. Nothing more directly, essentially creative than that.

This path is a journey inside to discover the hidden treasure, the truth of this pure, powerful, peaceful soul that you already are and always have been – your natural state of being. But most people's mental and spiritual state is so far removed from this essential truth that it feels like embarking on a creation process, making something entirely new.

Having trouble recognising, really feeling, this overarching, essential truth? Doesn't feel at all as if pure, powerful, peaceful essence is what you really are? Do you see yourself as a more or less random collection of thoughts, feelings, desires, wishes, satisfactions, disappointments, successes, failures, emptinesses, fullnesses, habits, relationships, daily doings, intellectual and emotional energies? But you have some sense of what's underneath all that, and that whatever it is, is worth getting in touch with, otherwise you wouldn't be here. The fact that you believe, you inherently know, that there's something more, something deeper, something that will give you an insight into what's really going on, is in and of itself proof to you that there is indeed a deeper level of awareness of your Self, of consciousness.

True Creativity happens at a Soul level. All art, inspiration, imagination, innovation, invention comes from the Soul, however the individual artist, scientist or inventor conceives it. Yes, of

course, creative ideas reside in the mind, the intellect; but underneath those is the unique You, driving your ambition to know, to understand, and to express. This is the creativity, the power, the energy of the Soul. Of You. It's a mental puzzle, a conundrum that can itself help your breakthrough into inner space; You the Soul, being energy, are incapable of being destroyed and therefore, logically, of being created, but it's this process of self exploration, of self knowledge, that is the ultimate creative act. You create your Self. At a mental level you create your thoughts, your feelings, your attitudes, and deeper down at a spiritual level, your powers. You create them, and they create You. And as you engage with that idea – really feel it, experience it – automatically and without effort you create the world around you, your immediate environment. New habits; new habitat.

Every single human soul creates thought. If you're thinking, you're creating. But most religious or spiritual traditions, certainly the 'mystic' sub-sections of them that include meditation or contemplation, see the mind, where thoughts are created and experienced, as not the true You. The idea of meditation is to still the mind, to reduce the speed and quantity of thoughts down to nearly nothing if possible, so you can dig deeper and experience the silent power of the Self. This is the starting point for the process of balancing your inner ecology, but it's not a hard discipline of meditation. We base our effort on the easy 'Magic Minute', for the simple reason that we need to keep this process accessible and practical, and I know full well that if I ask you to devote an hour a day to meditation and to wreak radical changes in your life, we won't get anywhere. It has to be easy, at the start anyway. This way, change sort of creeps up on you; you will look back and see your behaviour has changed, and know how that happened. Your actions have changed because you have changed your mind – not created but re-created, renewed it. Maybe this is the true meaning of recreation.

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The seven sections that follow are Meditations on particular aspects of the Power of Creativity. As you ponder them they create an atmosphere for the mind, calling its attention to matters deeper than itself and diverting it from its everyday, ceaseless inner chatter. They are meditations in the sense of active thinking. Read, contemplate and apply them to your own experience, with the full awareness that you are working on the building blocks of your power. At the end of the chapter you will find some suggested 'Power Seeds' which are designed as thought triggers to kickstart your daily Magic Minute. That is the tiny slice of time you allocate daily to yourself, your Self, a 60-second silent meditation in which you still the mind, go deeper than active thought and plant your Power Seed to grow your new and beautiful mental and spiritual garden, your new consciousness and new thought patterns. Its effect lasts and comes back to you throughout the day. So it's much more than a minute, really. But a minute is all you need to start.

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