

SIX**THE POWER OF CREATIVITY****Meditation 01: Reproduction**

Let us investigate more closely this property common to animal and plant, this power of producing its likeness, this chain of successive existences of individuals, which constitutes the real existence of the species.

Comte Georges-Louis Leclerc de Buffon, *De la Reproduction en Générale et particulière, Histoire Naturelle, Générale et Particulière, Avec la Description du Cabinet du Roi* (1749), Vol. 2, 18. Trans. Phillip R. Sloan.

Reproduction is one of the greatest, if not the greatest, of our creative powers, and one that we share with every other living being. That in itself is worth a good few minutes' silent contemplation. We're talking about sex, just in case you've missed the connection. The urge to reproduce is a primal power in and of itself, a force of nature that flows through us all and drives our actions from a very deep level, however far away from the natural world we are in our daily urban lives. Being human – again arguably – separates us from the planet's other living beings because as far as we are aware, we have the self-consciousness, the self-awareness, that they don't. But every single living being on the planet, from amoeba on up, has the inbuilt ability to reproduce. Worth pondering on, in your silent Magic Minute.

But – strictly physical, you think? The same bodily power that every adult on the planet has, one way or the other, bar a few medical exceptions? What's it doing in this list of mental or spiritual powers?

Well, for a start, not all the Meditations which underlie and support your understanding and your experience of your innate Powers have to focus on the strictly non-physical realm. We have already established that the physical affects the spiritual and the other way round, right? Not to be confused with each other, but those dimensions interact, intertwine and affect each other. And as far as Creativity is concerned, no one would deny that this particular area of physical experience is a) within us all and b) overwhelmingly, profoundly, primally powerful.

This Meditation, or Mode of Awareness, focuses your attention on the idea of a seed, both mental / spiritual and physical. The parallel is a neat one. In your silent Magic Minute(s) you plant a Power Seed of thought that, like all seeds, holds an entire universe in itself, in pre-programmed and pre-physical form; part of your Power Seed is thinking about the biological seeds that you physically make, and from which our physical existence springs. Women, focus on your innate power to grow another human inside your body, the seed that is fertilised; men, focus on your power to produce the seeds that fertilise.

These familiar concepts lead you to experience the energy flowing inside you – the Ch'i, the life force. You the observer, a form of spiritual energy, are focussing on the observed physical phenomenon, the flow of life. Keep it at that universal level, and keep your mind away from thoughts about sex. I'm not suggesting that you eliminate or ignore your sexuality; it's vitally important, in fact, and very much a part of a balanced spiritual ecology that you understand it and have a close, respectful and loving relationship with it. But not here and now. This is your crucially valuable Magic Minute, and giving sex your attention now will waste your mental energy. The whole point is to dive under or rise over physicality, harnessing

the power of your mind to discover the much, much greater power behind the mind; which you can only do when you still it.

This process opens a door directly into the universe, just as if you were in a science fiction fantasy, and opening the door to leave home one morning, you found yourself facing infinite space instead of your front yard. The thought process itself will calm your mind, slow it down; you enter inner space, and by placing your full, silent awareness on your Self as owner of this reproductive power, you tap directly into the universal power of Creativity. Nurture it. Your mind is changing; you are changing your mind. When you are truly experiencing your Self like this, you are really heading for a balanced internal ecology, a healthy spiritual eco-system. And by the way, in that balance you will also find a new depth, power, and transcendent beauty in your loving sexual experience. Can't be bad.