

**SIX****THE POWER OF CREATIVITY****Meditation 03: Enthusiasm****ένθουσιασμός**

*“The secret of genius is to carry the spirit of the child into old age,  
which means never losing your enthusiasm.”*

Aldous Huxley

*“Enthusiasm is the yeast that makes your hopes shine to the stars.  
Enthusiasm is the sparkle in your eyes, the swing in your gait.  
The grip of your hand, the irresistible surge of will and energy to  
execute your ideas.”*

Henry Ford

Enthusiasm is a primary ingredient of the Power of Creativity, firstly because it describes the intensity of the creative process, particularly at the start, and most importantly because it defines your relationship with that process. Just in case you are thinking that this is not for you, because you don't see yourself as a creative person and the creative process means nothing to you, remember that the Power of Creativity is one of your essential powers, inherent in and defining You the Soul. Remember that there is no human being on this earth who isn't creative, because we create thoughts, feelings, actions – and we reproduce. You are on a journey to re-discover and nurture those powers, dormant in the fundamental, essential You.

It's always useful to go back to definitions, because they show us the intimately creative relationship between language and thought. The Shorter Oxford English Dictionary's entry for Enthusiasm quotes the Greek ένθουσιασμός (enthusiasmos), by which Plato meant 'inspired or possessed by the god'. 'Έν', inspired, 'θεός',

god. It goes on into later English usages; 'Possession by a god, supernatural inspiration, prophetic or poetic ecstasy; fancied inspiration, a conceit of divine favour or communication'. In the 18th century it was used to denote 'ill regulated religious emotion or speculation.' And the Enthusiasts, we learn, were 4<sup>th</sup> century 'heretics' who laid claim to special revelations. So no question that the word – and hence the idea – originally expressed transcendence; connection or communication with 'the Divine', which is simply a way of saying 'a power which we can't know or define using our senses or intellect'. Enthusiasm is one of the many ways in which you experience the power of your mind when it is really focussed, and below and behind that, the creative power of You the soul which underpins all that mental, sensual and emotional energy. Enthusiasm is one of the routes to the self awareness which is essential to a balanced ecology of the Soul.

There is a personal, private fire that burns in the heart of those people lucky (or unlucky, depending on how you look at it) enough to have a cause, a mission or a project in which they passionately believe and to which they are profoundly committed. That flame is lit from the same source of energy which drives the enthusiast in the sense of artist, sportsperson or even hobbyist; they are continuously engaged, they have continuous desire for improvement, to be better, to achieve more, to have more (which, if it's just ownership of more things, may prove self defeating). They don't mind personal discomfort, they often make sacrifices for the sake of their enthusiasm, which it's easy to see as selfishness. Artists can be difficult people, driven to create while other aspects of their life lie neglected. If your enthusiasm is for adrenalin-fuelled activities like mountain climbing, skydiving, motor sport or extreme skiing, you happily take on danger, discomfort and expense, separation from your loved ones and even the risk of physical harm, which also of course harms your loved ones. Less extreme enthusiasms such as chess, fishing or computer games

don't perhaps demand that you risk your life, but they are nonetheless consuming and exclusive. Unless you share your enthusiasm with those unfortunate loved ones, they are likely to take second place. Your enthusiasm takes you out on your own.

Not, on the face of it, a great recommendation for enthusiasm. But that private fire burning in your heart – even if it's only for a particular TV programme which demands that everything else stop while you watch it – gives you a way of defining yourself, of knowing yourself. And that is the link to the Power of Creativity, because knowing yourself leads directly to creating yourself. And creating (or re-creating) your Self. With or without self awareness, you create your thoughts, your thoughts create your feelings and your actions, your actions create you with a small 'y'. Which creates your thoughts, which create your actions... and so on, round and round.

So. If at the everyday, physical level of normal life, one of the ways you create a sense of your 'normal' self is through your enthusiasms, it follows that you can turn them towards an understanding of your spiritual Self. Keep looking below the surface, giving thought to why you are so keen on this particular thing or activity. Perversely, it seems that it is because it takes you 'out of yourself'. So totally absorbed in something do you become that you 'forget yourself'. What you are forgetting, fortunately, is the everyday self, the one that's dealing with all the complications, the worries, the things that should have been but aren't or shouldn't have been but are. While you're doing this, nothing else matters. You're in touch with your deeper Self. The electricity bill is not relevant to the here and now.

Like everything else, enthusiasm is energy. It is creative energy, because although it applies itself mostly to external worldly things,

it comes from You the soul, which is conscient, aware, living spiritual energy, not the dumb, flowing, universal life force. The dumb one is creative in the sense that it makes flowers grow and birds fly, but it is creation without awareness. It is not self aware, it is not conscient. Your power and privilege as a unique and individual node of conscient energy is to know the creative power of your Self. Enthusiasm, like many other forms of awareness, is a route to this knowledge and this experience.