

## **SIX**

### **THE POWER OF CREATIVITY**

#### **Practice 01: Plant a Power Seed**

For this exercise, see your mind as a garden, or at least a patch of fertile soil. Thoughts and feelings grow in it, like plants. It's a riot of tangled and intertwined mental vegetation, much of it good and useful – and most of it neither good nor useful.

Use Power Seeds to grow a new garden of consciousness. They are mental devices, thought triggers to create, enhance or encourage Soul Consciousness, and hence change your actions. They are a bit like the Zen 'kōan' (eg 'the sound of one hand clapping') that kick your mind out of gear and raise the level of your awareness. You can't be – or act – greedy, angry, jealous, anxious, depressed or hostile when you're Soul Conscious – alive to the knowledge of your Self as an infinitesimal pinpoint of conscient light and life, burning steadily without consuming itself, giving off the vibration, the spiritual energy, of peace, power and love.

That's the idea, anyway. You are going to have to treat yourself with love in this process, because it doesn't happen overnight. This is partly because I am suggesting you start with a mere 'Magic Minute' each day – just a minute, 60 tiny seconds – for the simple reason that at that level it is easy and requires no major change in lifestyle to adopt. Get up a minute earlier each day? How hard can that be?

It's a trick, of course. If you have managed to focus, really focus all the innate power of your calmed, stilled mind, on your chosen Power Seed for 60 full seconds, that thought pattern will repeat and recur throughout the day, accumulating much more than a single minute of your mental activity. It's meditation in action, because the meditation is about action.

See part II of the introduction section on Power Seeds (p??) for a detailed explanation of the technique, and Chapter XI for more examples from which you can choose according to specific areas of your consciousness and behaviour. Ultimately, as your Self knowledge increases, you will be creating and planting your own, specific to your own circumstances.

To experience the Power of Creativity within your Self, as your consciousness of your breathing kicks in and you feel your mind slowing down, plant one of the 'introductory' mental Power Seeds that appear on the following pages.

Examine your own thoughts. Look at the  
pictures. Listen to the chatter. Who is  
looking? Who is listening?

Everyone is creative.  
Everyone has creativity.  
What is your strong suit?  
Which private part of your world holds  
your true creativity?

Mind creates action: action creates mind.  
Create a beautiful mind.

The True You, the Soul, is no more nor less than energy. You cannot be destroyed and You cannot be created. But knowing your Self, transforming your Self, is the ultimate creative act.  
You create Your Self.

Creation is re-creation.  
Creation of the Self is re-creation.  
It is also recreational.

Reproduction starts with the seed.

Know your physical reproductive power,  
lying in the female seed that is fertilised or  
the male seed that fertilises.

Now apply the knowledge of that power to  
non-physical thought seeds.

All the programming is already there. It just  
has to be brought into action.



Focus on the centre of your forehead.  
You, the infinitesimal point of light, are  
sitting there, controlling this enormous  
physical body.

Separate your Self from your  
physical identity.

Become Soul Conscious.

Become aware of your Self as a being of  
light, power and peace.

You are light. Shine.

These 'general' Power Seeds lift your consciousness into meditations on the Power of Creativity. As your practice develops, get specific. Think about the day ahead (or behind, or either side) of you. Is there a situation or scenario in your life that you want to influence or change, that must improve? (Of course there is.) Is there a particular problem nagging at you? Choose or create your own Power Seed aimed directly at that problem or situation. If it will come up today, what are you going to do? How are you going to deal with it differently, knowing your Self now as you do?

As your new mental tracks bed in, you will come up against tougher mental challenges. Generally the solution is always positive thought. As your mind stills and quietness takes over, observe the problem as if it was floating in front of you but didn't belong to you. Detach from your mind. See yourself seeing your Self.

Remember that this is your mind, it is not You. And that it is absolutely unacceptable that your mind controls your mood. You are in control, not your mind. Take the wheel and drive, for God's sake. Your problem, anxiety or bad state of mind may not disappear in a puff of smoke, but you have at least got a grip and rebuilt your positive mood. And every problem diminishes when you face it in a positive mood, right?