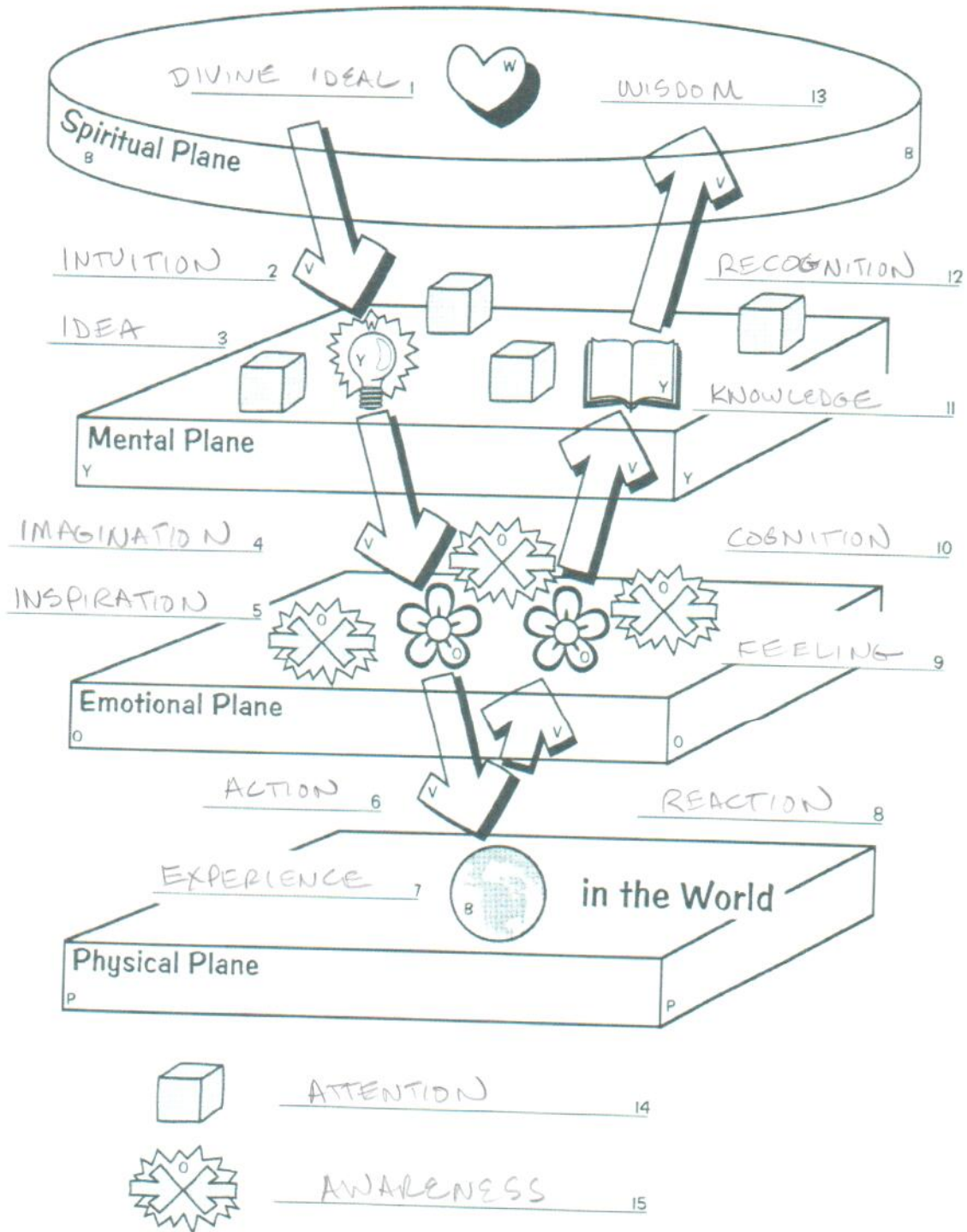


# The Creative Process 1-20

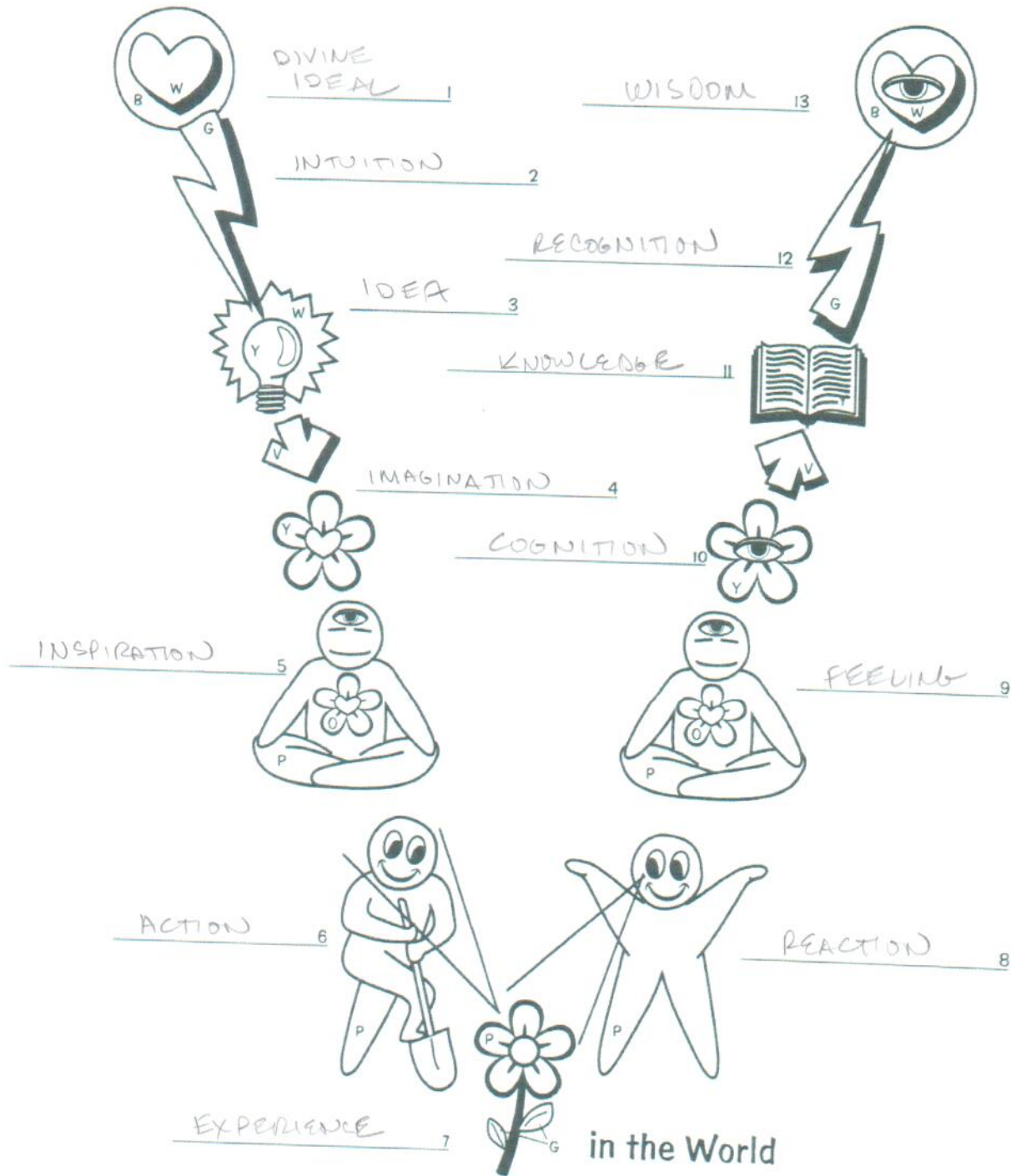
The various elements from the "Coach to Everywhere" are depicted below in an abstract form that enables us to examine how they interact to create an experience in our lives. The various steps of this process are described in the section entitled: "Exploring the Creative Process."



# Personalizing the Process 1-21

In order to make the **Creative Process** more personal, it is depicted below in the form of a series of icons that demonstrate how it operates through an individual. All of the steps are described in the following section "Exploring the Creative Process."

(See if you can remember the steps from the preceding page without looking back.)



The basic steps of the Creative Process shown on the preceding pages are explained below. Beneath a number of the sections there is a brief example of how this process might work in a real life situation. These explanations are preceded by a little flower symbol (✿). After reading through all of the steps you should read through just the examples to get a feel for the continuity and flow of the process.

## DIVINE IDEAL 1 - A conception of something in its perfection.



An *ideal* is an idea that has been taken to its highest, or most transcendent, level. Therefore, everything begins on the Spiritual Plane as a *Divine Ideal*. These *ideals* are unchangeable principles such as Love, Beauty, Peace, Joy, Freedom, etc. There is never a suggestion of form or appearance at this level of being, only the abstract qualities of God. These *ideals* are often referred to as Principles of Truth. It could be said that God is the "good that we can all agree on," since we can all agree that it would be good for there to be more Love, Peace, Beauty and Joy in the world.

✿ An example of a "Divine Ideal" being expressed might be Beauty.

## INTUITION

### 2 - A direct perception of truth, independent of reason.



Through the power of our *intuition* we are able to contact the "divinity that is within us." Although *intuition* is perceived in the head, it emanates from the heart. Therefore, it produces a felt sense of *knowingness* associated with some thought or idea that you hold within our mind. This kind of an experience is often called *faith*, which is the direct *intuition* of Spirit. It is the "substance of things hoped for, the evidence of things not seen." It is most important to recognize that our *intuition* always emanates from a divine source that is within us all.

## IDEA

### 3 - A conception existing within the mind.

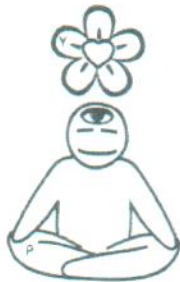


As a result of our intuition, we formulate an idea, or concept, within our mind at the mental level. It is at this level that we begin to individualize, or give form to *Universal Ideals*. In other words, we personalize that which is Universal. It is said that "everything begins with an idea." This is because an idea is the prelude to the pictures and feelings that develop within our imagination. It is the seed of our inspiration and ultimate experience in the world. An idea is the "mental equivalent" of the objects, conditions and circumstances that we create in our lives.

✿ Through the process of *intuition*, the *ideal* of Beauty might be conceptualized as the *idea* of a rose. Here the universal principle of Beauty is personalized in a particular form meaningful to us as individuals.

## IMAGINATION

4 - The action of forming mental images or concepts.



*Imagination* is the activity of our minds by which we create mental pictures. As we hold these images within our mind, they become cloaked with *feelings*. They develop a felt sense of reality as though they were an actual experience. In fact, our mind cannot distinguish between a real and an imagined experience. Therefore, our *imagination* responds to whatever idea we put into it as a seed. Consequently, life positive ideas produce expansive and joyful feelings that enrich our lives. Life negative ideas produce contractive and fearful feelings that upset and disturb us.

## INSPIRATION

5 - A divine influence exerted upon the mind or soul.



*Inspiration* results from the imagination stimulating the mind and emotions into a high level of activity. *Inspiration* is closely related to the emotional experience of desire. However, the subtle difference is, **"we desire to possess... and we are inspired to express."** Based on its original Latin root "*spirare*," inspiration literally means to "*breathe in Spirit*." Although, *inspiration* is *felt* in our emotional nature its origin is in Spirit.

✿ As the **idea** of a rose is held within our **imagination**, it will begin to develop and expand until we feel the **inspiration** to plant a rose garden.

## ACTION

6 - A consciously willed act or activity.



In response to our inspiration, we become filled with initiative and are moved to take some form of *action*. Because our *actions* will be in alignment with our *feelings*, they will seem to be effortless. Often, we will do things to bring our idea into expression without even realizing it. Such as, attending a social event and unexpectedly meeting someone who can assist us in achieving some goal that we may have set for ourselves. Keep in mind the old Biblical passage which tells us that: **"Faith without works is dead."**

## EXPERIENCE

7 - Something personally lived through or encountered.



The physical outcome of the *Creative Process* will always be some form of *experience* in the world. Through our senses we will perceive *objects, conditions and circumstances* that reflect the intentions of our original idea. *Experience* is the motive force behind the return stage of the process. This is because our perceptions will now begin to extend back into the realms of our thoughts and feelings, leading us to the accumulation of knowledge, skills and wisdom.

✿ In response to our **inspiration**, we take **action** and actually plant a rose garden. This activity produces an **experience** for us in the physical world. As the rose garden grows, it produces an **object** in the form of a rose, that resembles the **idea** that was originally conceived through our **intuition** of the **ideal** of Beauty.

## REACTION



8 - An action in response to some influence or event

One of the basic laws of the Universe is that *"for every action there will always be an equal and opposite reaction."* Having created a physical experience in the world, we will now begin to respond, or *react* to our creation through a variety of internal experiences. Life positive actions will produce positive *reactions*, and life negative actions will produce negative *reactions*. **"As you sow, so shall you reap."**

## FEELING



9 - An emotional perception or attitude.

The first and most immediate response to our experiences in the world, will always be an awareness of our emotional state which is a *feeling*. When we have created some desirable experience we will be emotionally uplifted and *feel* joyful. This is very important because human beings are highly sensitive feeling creatures. Ultimately, we must realize that the only reason we ever want anything, is to make us feel a certain way; and the way we always want to feel is peaceful, happy and fulfilled.

✿ When we finally see the rose, we have an emotional **reaction** to its Beauty that produces a **feeling** within us. In this case it might be a **feeling** of joy or gratitude.

## COGNITION



10 - The act or process of knowing.

*Cognition* is the mental process or faculty by which we extract knowledge from experience. As the result of having had a physical and emotional experience in the world we can now learn something about its nature. All of our beliefs about life are based on the knowledge that we have extracted from our past experiences. Obviously, the quality of our past experiences has much to do with our present attitudes toward life. Unfortunately, we are often deceived by appearances and frequently extract false information from our experiences.

## KNOWLEDGE



11 - The state of knowing; clear mental apprehension.

As a result of our experience, we will now gain specific knowledge about the world. It might just be some information that will serve us in the future. Additionally, it might be some skill that will allow us to function more effectively. The greatest knowledge will always relate to self discovery and the development of personal qualities such as patience, compassion, self confidence, etc. Often, our most challenging and difficult experiences will produce our greatest knowledge and understanding.

✿ As the result of planting a rose garden, we are able to **cognize**, or extract some useful **knowledge** from the **experience**. This is especially true if we had never planted a rose garden before.

## RECOGNITION

12 - Perception of something as existing, true, or valid.



*Recognition* is simply an awareness that something which we now perceive has been experienced before. This is the process by which we look deeply into our experiences in order to discover their true cause, or source. When we perceive the life positive qualities within an experience, we can then remember back to, or recognize when they were first received from Spirit through the intuition that lead to the conception of our original idea. The experience of recognition is actually more of a *realization*, or "re-intuition" of Spiritual Truth.

## WISDOM

13 - The state of discerning what is right or true.



*Wisdom* is simply a deep understanding of what is universally true and eternal. Whereas, information is perceived in the head and constitutes "shared knowledge," *wisdom* is the understanding of the heart and is actually "Self-Knowledge." There is a deeply felt knowingness associated with wisdom that will always guide us into right action. When our life experiences have been fully and rightly understood, *wisdom* is the result, and it alone will transform us.

**Wisdom is the "alpha and the omega" of the Creative Process and will always serve as the "womb of newness" in our lives.**

✿ If we are willing to look even more deeply into the **knowledge** that we have gained, we will see that it contains a universal understanding, or **wisdom**. It is through this deeper inquiry that we **recognize** that the creative process of life is the mechanism through which **Divine Ideals** come into form and expression. This is the ultimate **Wisdom**.

## ATTENTION

14 - The act of drawing in as a participant.



Spirit expresses itself into form through the mechanism of our *attention*, which is the activity of *mental concentration*. Through this process we personally mold the *Universal Mind of God* into the form of our own ideas in order to produce our experiences in the world. The Principle involved in this process is that: **"whatever we give our attention to we become."** It is through our *attention* that we *involve* ourselves with the activities of the physical realm. In order to evolve, we must first be willing to get *involved*.

## AWARENESS

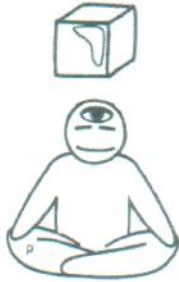
15 - Gradual growth or development of something.



Spirit expresses Itself into form in order to contemplate Its own nature. *Awareness* is the mental mechanism through which Spirit performs this contemplation. Because of our *awareness*, we are able to think about our experiences and thereby extract knowledge and wisdom from them. It is through this gradual process of expanding awareness that *evolution* takes place within our consciousness, and we are constantly being changed and ultimately transformed into increasingly enlightened beings.

## MENTAL BLOCKS

16



The Creative Process operating through us would be a swift, simple and very pleasant experience if it were not for the various obstructions that It encounters. At the mental level of our being, we encounter a wide variety of *mental blocks* such as doubts, delusions, distortions, judgements, opinions, prejudices and a wide variety of false beliefs about life. These obstructions were born out of the "*ignorance of our past experiences.*" They are dark spots in our consciousness which have not been fully examined and understood to produce wisdom.

## EMOTIONAL CONFLICTS

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As a result of our mental blocks we constantly produce undesired *emotional conflicts* and reactions such as anger, fear, sorrow, resentment, guilt, etc. These emotional disturbances come from two sources. The first is our reaction to the events of the world. The second is our reaction to the activity of an uncontrolled imagination which broods over past events and worries about the future. Whenever there is *emotional conflict*, it is always an argument between the logic of the head and the wisdom of the heart.

## The Fulfillment of the Creative Process



"The Word made Flesh"

The purpose of the *Creative Process* within the individual is to produce an *enlightened* being that is both wise and loving. This process performs a "*mystical marriage*" between our inner Spirit and our outer human personality.

The *Creative Process* does not involve adding anything to ourselves. It requires only the releasing of the obstructions to our fullest creative potential. This program provides us with the tools necessary to engage in this clearing process so that we can become individualized centers of expression for Creative Spirit, which is the "*divinity within us all.*"

Can you recall an experience in your own life, even an unpleasant one, that has served to make you wiser and more loving? Can you determine the *mental blocks* that had to be released? Can you now see how the experience was actually the *Creative Spirit* within you, seeking a greater expression through you?