

Excerpt from

You: The Most Creative Person You'll Ever Know

by David F Livingstone

*If you fulfill just one small dream
in this life,
then you will experience living
as it is meant to be.
This one step will reveal to you
the mystery and magic of life.
Having touched the heart of all creation,
your joy will remain forever:*

CHAPTER 1

DISPELLING THE MYTHS SURROUNDING CREATIVITY: WHAT I'VE DISCOVERED CREATIVITY TO BE

Everyone is born creative, not only creative, but gifted with unlimited talents and abilities. There are as many ways of expressing creativity as there are people in the world. Everyone has a unique and special way of expressing. All we need is the courage to acknowledge our talents and to risk expressing ourselves. Why be like someone else? Copying another's way is unfulfilling. When we risk being ourselves, true joy emerges. If you are going to place anyone on a pedestal, then let it be you. Creativity, by nature, is unique, spontaneous and unrehearsed. Many try to manipulate and control creativity or pretend and claim that it's theirs alone. This is the biggest myth of all.

Creativity flows naturally and abundantly. It is always available to us, but, like nature, it has its own rhythm. So it is not wrong when no creativity is flowing. Don't force it because this causes damage. It will return on its own. Much of the time, all we need to do is get out of its way, stop thinking and allow our natural creativity to flow and be expressed. We are taught that creativity is learned, comes from the mind. We have to study, get it from education. Creativity comes from the divine source and has nothing to do with mind. Creativity flows through us as its vehicle. It includes our feelings, our openness, our unique beauty and passion. When this occurs, we are aligned, at that moment, with something greater than our mind and express ourselves spontaneously and intuitively. Whatever you create is a masterpiece. Its very essence embodies the divine, no matter what it looks like. No one has the right to judge or criticize, and yet many do so. Don't let them stop you. Keep creating!

Creativity includes people of all races, colors, ages, shapes, religions or countries, regardless of education and social status. You are on the earth to be who you are and not what others wish you to be. The world approves of followers, those who agree and won't rock the boat. Society rewards those who follow, yet your very being and your truth could be sacrificed, your aliveness diminished, and you could be lulled into an existence of passivity. Every person has a truth, wisdom and power equal to any other. To use your gift, in harmony with your connection to the divine, is to me your greatest gift to humanity. No matter how small the role, the results are greater than you imagine. Being true to yourself inspires others. Even those who fear your aliveness or see you as different. You awaken and reflect something that many have lost. Every act from this place is an expression.

Our bodies are incredible vehicles that facilitate creativity. Once blocks are removed, we gain confidence in our own unique abilities to create and express in our own styles and techniques. Therefore, I don't focus on technique. Expression creates technique, rather than the other way around, as we have been taught.

Every time you express without thinking, you create authentically. The mind can only duplicate. It's a computer. It has no feelings or instinct. Wisdom and instinct come from within our bodies. Knowledge is learned, memorized, automatic. Knowledge can lead us to change, but rarely does it provide an experience. Only experience brings wisdom. Knowing how to drive a car, for example, is of no value until you

drive the car. You can read hundreds of books on how to drive, but driving itself is a different ball game. Experience is needed. Knowledge will not move you from Mill Valley to San Francisco. You must have a vehicle to provide experience. In creativity you are the vehicle. The more you familiarize yourself with your body, the more creativity you access. A healthy body is fully alive, natural and instinctual. Feelings are a natural part of creativity and bring a wonderful, universal language to all our creations. Creativity is very simple when we return to the original source - ourselves. We have invested years in developing our intellects while ignoring other parts of ourselves. We “know” a lot about the world, politics, education, everything, yet we are underdeveloped in body intelligence, self-awareness and the human potential. Although there is a new education in human potential, it will take personal experiences and a deep commitment to live it. It’s safer to know how than to experience. Especially after years of conditioning. But many are realizing the grief, pain, disconnection, emptiness that accompany intellectual pursuits. Others I have known chose a spiritual path, hiding in spiritual bliss, removed and isolated, going from one extreme to another. I have experienced this latter extreme. For a few, the intellect has become the servant of the spirit, heart and soul, but this is rare.

I believe the time is ripe for a new way to be in the world without ego-based material addictions or ego-based spiritual superiority. It is time to return to the simplicity of living. It is time to go out into the world with our humanness, our hearts and our creativity, being examples of trust, courage, integrity and inspiration. It is time to live as we know we can, listening to the voice of wisdom within us, inspiring others towards their creativity. It is time to speak only after we are living it. It is time to honor, respect and encourage creativity from all walks of life, to see our fears as opportunities for exciting new experiences. It is time to say no to the lies, no matter how attractive. The easy way out is a deadening process. Together as co-creators we live the “yes” to life as originally intended. Let courage be your guide. Don’t let approval-seeking, ridicule or judgments dampen your spirit.

Many creative people are labeled rebels and even trouble-makers. They refuse to follow the crowd. They know that something inside needs to be expressed and often become frustrated with the limited vision of many people who make up institutions and organizations. These creative people blaze new paths and are willing to take all that’s thrown at them and use it to fuel their own unique expression. We all have the fire within us to be ourselves.

Truly creative people will never show you how to do it. They will support and encourage you, but never interfere with your own process of discovery. For it's the process that is magical, giving you motivation and inspiration towards the next step. If you are trusted by a teacher or a highly creative person in your unique way of creating and expressing, then you are the creator, not the teacher. Creativity flows naturally when not judged, limited, or result-oriented. One trap limiting the flow is acceptance or approval, especially from an authority figure. Another trap is pursuing "happiness" to the exclusion of other experiences required to be a whole person, in touch with one's creativity, such as sorrow, discomfort and frustration. Contrary to popular belief, these experiences contain many gifts. In fact, it is in these experiences and feelings that we discover our passion, aliveness and tremendous fuel for creative expressions and life itself. When you create for the sheer fulfillment of self, this is reward enough and will give you more than you can ever imagine. Untapped creativity creates frustration and deadens the spirit.

Many creative people never took lessons or studied how to be creative. They just do it. Through sheer willpower, courage to try, and being who they are they find success and fulfillment. They refuse to compromise or pretend to have the answers. They are neither into pleasing others nor overly aggressive. They have balance and are examples of what is possible for all of us.

The mind controls, judges and destroys creativity. True creativity comes from the depths of one's own being. It has always been there and always will be there. All that is needed is to wake up and be conscious of your unique potential.

This book supports you and your creative unfolding your doing and being all you can do and be. Never let anyone or anything limit you. Use every obstacle, rejection, fear, judgment as a signpost that you are on the right path. If you use everything that stands in your way as fuel for your creativity, and allow every feeling its time for release and expression, then you will have existence itself as a cheerleader and nothing, I repeat nothing, is purer, more loving and supportive than that. The whole world needs the unique contribution that only you can make. Without your passion and expression, there is no whole. Every pain and obstacle, as well as every joy and achievement, will bring you one step closer. Don't miss any steps; they are all valuable. Your growth as a complete being begins to happen the moment you take the first

step towards your greatness and fulfillment of your purpose. You don't even need to know what that purpose is. Just enjoy each step, each creation. It is very important to nourish and protect yourself while giving birth to each creation. Not everyone has developed the sensitivity and respect that every creation deserves. Allow for the right amount of time and patience so that your creation can unfold naturally. When we push too much, we have a premature delivery and usually unhealthy results.

It is commonly accepted that we can and must control creativity. The truth is that control inhibits creativity. We control out of fear of our aliveness. What I have discovered is that the excitement of being out of control is tremendously exhilarating. You become the witness of the expression of your own divine creativity. This is when you have God on your side. Do it the way the world wants and you'll have acceptance and approval, but you will never have the true experience of creativity and, more importantly, you miss the opportunity to discover your inner depths. By doing what we think is right, we give away our creative powers to the outside world for money, recognition, fame and security. There is more security in being with insecurity because you will have accepted that change is inevitable and constant. Why not take the necessary risk yourself rather than turn your life over to someone else to gamble with?

***Choose wisely those to whom
you entrust your baby.***

Why not become your own leader, do things according to your own nature, not aligning with someone else's ideas of how it should be? You are the expert in your life, no one else. That doesn't mean you eliminate support or trusted guidance. I recommend that you gather very good support. Avoid those who will be jealous or threatened or want to sabotage your creations. Embrace those who truly move you to new heights or inspiration. But your inspirations must always come initially from within yourself. Make your own choices and take responsibility for good times and difficult times. Everything is always changing. What happened today cannot happen tomorrow. If you are willing to let go and let life unfold rather than manipulating it for a desired outcome, then you will experience life as it was meant to be. When you trust yourself, you'll find a new breed of people ready and willing to give you support. Without expectation, you will be acknowledged for being who you are. It comes in many strange ways. Don't limit. Always expect the unexpected.

People who see and are living from their hearts are out of control and are not manageable. Their natures unfold moment by moment. They witness life and are not victims. They accept all that comes their way. They welcome everything and use it as a fire for creation. Nothing is denied. Their pain and suffering are the greatest fuel of all because it takes them deeper than anything else. Feeling good is the Western antidote for having real feelings. We will do anything to destroy anything or anyone that makes us feel deeply, and yet that is our journey home. Everything has to be released, sacrificed, in order to be here now. The process doesn't have to be difficult, but we make it so by choosing as our lowest priority the birthing of our own spirit. Our addictions are of much more significance to us. We become so addicted to being miserable and so addicted to tension in our own dramas that we start to believe this is real life.

Many are lost, and the sad part is they don't even know it. They will never admit that they have spent their whole lives perpetuating illusions. They won't give them up—so suffering continues. The joy of finding inner peace will always elude them. No matter how hard they try, it will be for nothing. The act of doing is self-perpetuating. For the new man to be birthed, the old must be sacrificed. It takes courage to admit that one has been asleep, but until people can be honest about where they are, nothing changes. The costumes and the characters may change, but the movie stays the same, as does the predictable ending: misery. Suffering, grief and guilt are not eliminated through creativity. Instead, by being honored and felt, these feelings bring the transformation necessary to our lives.

For me, the next ingredient in creativity is taking risks. To risk is to show your vulnerability, your humanness, your feelings. Risk everything, know nothing. Speak your truth and your realizations. Risk being judged. Risk losing friends, lovers, relatives, money, status, security, shelter. Risk failure. Risk success. Expressing ourselves is the key to life itself. To be in awe of someone else's gifts and not to express your own is taking the easy way out. We love to make celebrities or heroes out of others. Why not start making yourself the hero? Instead of watching or cheering for someone else all the time, cheer for yourself. If current structures don't support your unique vision, then start your own structures and build them around people who are willing to honor and support you. Everything you see around you has been created by men and women no different than you. I have found that those with the most fears, insecurities and judgments are the most creative people I have met. The more sensitive

you are, the more you have to work with. Be courageous. Choose your vehicles of expression. Take control of your destiny. Believe you can and you will.

When we develop our creative nature, we become compassionate because we learn to trust our feelings and let them guide us. Therefore, we are less inclined to be influenced by what others say. Who knows you any better than you? What's right for you isn't always right for others. When we accept this, we can let go of trying to change others to be like us and get on with our own lives. Many people want to be helpful with others in order to escape from helping or developing themselves; thus, they always have the excuse, "I was doing it for them." Do everything for yourself first. Do your own work and become all you can with joy, love and compassion. That is true service to others. You do it first. Do it for yourself. You are very special and have something to offer in a way that no one else can. Being creative means not comparing yourself to another, especially those we call experts. For example, a Van Gogh painting is the expression of one unique individual. You have the ability to paint as well. Yours can never be like Van Gogh's; it can only be like yours. Honor that unique style. The next step may be to market your creations. The value placed upon your work is equal to your willingness to honor your own value. Don't compromise. It is not important if the painting sells. The joy and fulfillment come in the creation. If anything in life is created for money, competition or a reason other than your own self-fulfillment, then the true source of the creation is lost. When we create solely for fulfilling our own creative purpose, life is full and takes on great meaning and discovery. The unfolding of our ever-present creativity increases with every small step we take.

The untamed express themselves for the sheer joy of it!