



## **Born to Create**

When I was young I adopted the perception that I wasn't artistic. Whether the idea was implanted by a parent, relative, teacher or myself, I

really don't recall. But there it was. I rarely picked up a crayon except to color in a coloring book; doodle with a pencil; or touch paintbrush to canvas; doing so only to satisfy school related classes or assignments. As I got older I defined art as drawing, painting, music, writing, etc.; All of which I never truly tried to develop except for a few years at the piano and now, later in life, writing.

How many people don't think they are artistic? And by association think they are not creative. But not talented in any of the "arts" is not the same as not being creative. Creativity is part and parcel to human nature and all humans are creative beings. The act of living our lives and finding ways to flow and function through each day from the youngest infant to the oldest centenarian is inherent creativity. Evolutionary biologists consider creativity an inborn asset that aids the survival of our species. It makes our brains think in different ways, different perspectives and enables us to adapt to changes we need to confront. Creativity helps us build the concepts and tools that we want in life. It ushers forth the major innovations and discoveries of our world. Just by thinking we are creating a thought, idea, opinion or question. And via that same thinking we destroy curtains, walls, and/or borders-yielding a creation of an environment to enable more creating.

Creativity can be enhanced through the use of some simple tips:

- Plan your creative environment to be pleasing to your senses
- Indulge yourself to a period of daydreaming daily. Experience these daydreams in a way that stimulates all of your senses and places you in the perspective of wonder and awe.
- Go new places, meet new people, and experience new things.
- See yourself easily imagining and creating. Picture your creation completed in your mind's eye.
- Don't censor or criticize your results. Adopt an attitude that the impossible is possible.

- Wherever you go always have a small notebook and pen to jot down any inspirational ideas.

Manifestation (a form of creating) is thought as being the materialization of something out of nothing. But the word “nothing” is incorrect. Something is being created by either redirecting a flow of energy this way or that to influence an outcome or transmuting the energy into another form. These creations are accomplished by flexing our focus and awareness muscles. By adding a dash or more of emotion into the mixture you’ve added some high octane fuel. The potential for becoming highly explosive exists. Therein lays the rub. The human brain on a good day can create approximately 50,000 thoughts. As of yet, no one has been able to measure and analyze how many and what kind of emotions humans experience in one day. Focus and awareness are needed just as much to **not** manifest than as to manifest. As we fine tune creative manifestation we must keep in mind that the ability to create consciously and non-consciously does exist and we can send our creation energies on their way loaded with controlled or uncontrolled emotions.

In the practice of manifestation the cautionary warning “be careful what you wish for” rings true. You don’t want to let runaway emotion laced with ill will be directed at anything or anybody. Hard to remember at times in a society that spouts hatred in every corner of the globe. Staying present in the moment helps you to avoid this pitfall. Hone and refine your focus and awareness of what you are thinking in order to manifest what is truly beneficial for you, your family, the community and the world.

*With Gratitude,*

*Kai*

