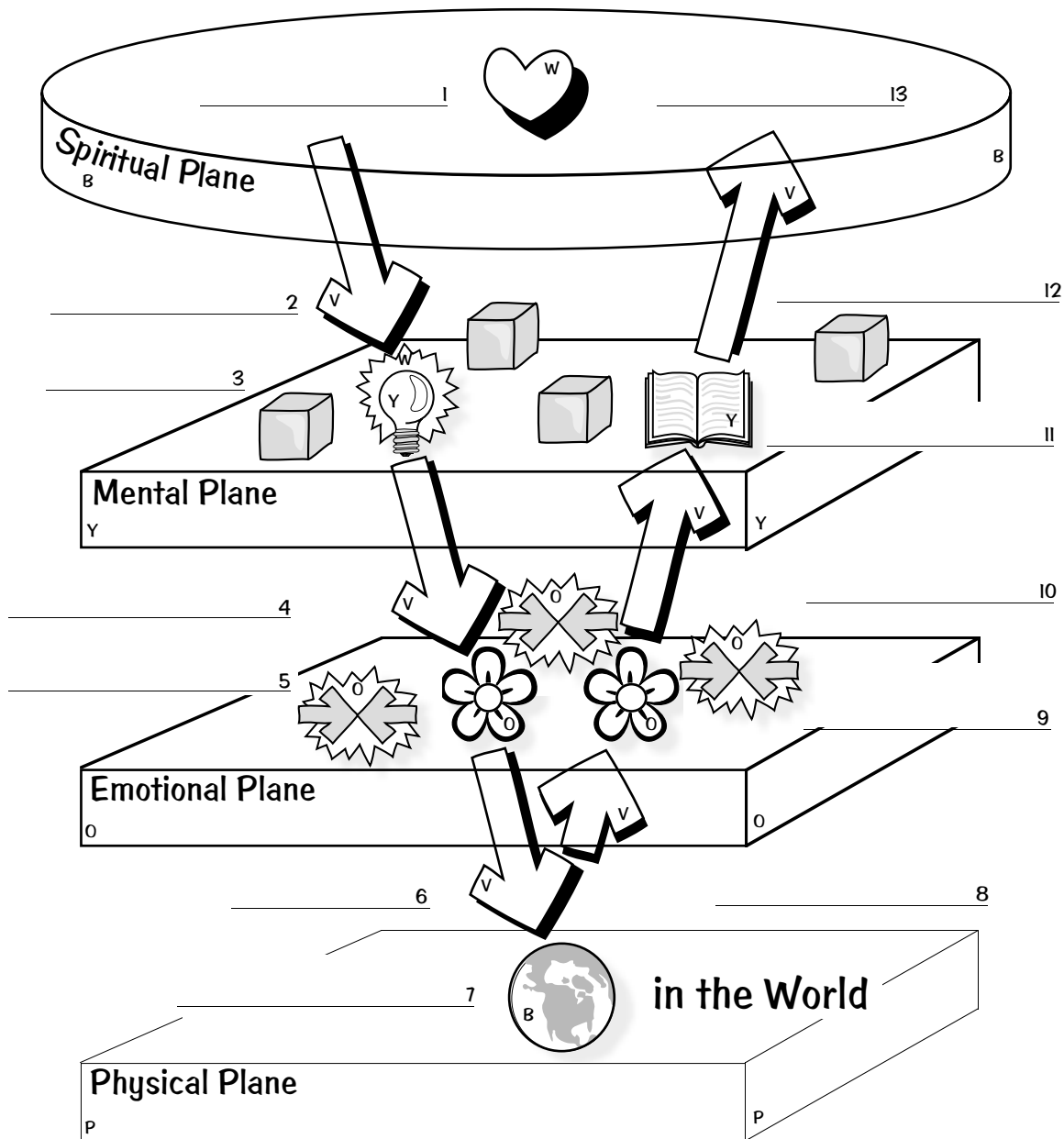


Exploring the Creative Process

1-1

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. Use the colors to relate this chart back to the **Coach** illustration. The various steps of the 'Creative Process of Life' process are described in detail on the following pages.



14



16



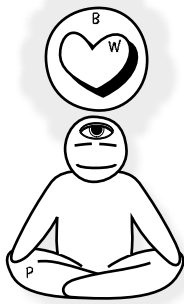
15



17

The basic steps of the Creative Process shown on the preceding page are explained in detail below. Beneath some 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 the steps, you should read through these examples only to get a feel for the continuity and flow of the entire Creative Process.

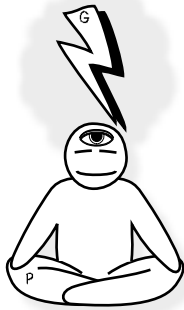
1 - A conception of something in its perfection.



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. There is never the slightest 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.

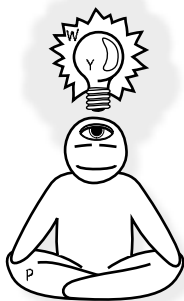
* An example of a “Divine Ideal” being expressed might be Beauty.

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.

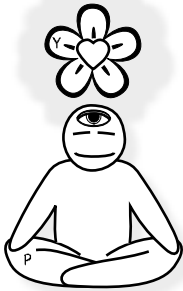
3 - A conception existing within the mind.



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.

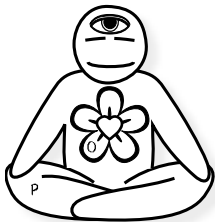
* Through the process of intuition, the ideal of Beauty might be conceptualized as the idea of a rose. Here the universal principle of Beauty is personalized in a particular form that is meaningful to us as individuals.

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.

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 that **"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.

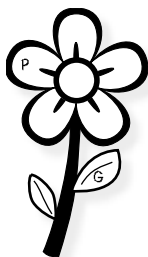
✿ As the idea of a rose is held within our imagination, it will begin to develop and expand until we feel the inspiration to plant a rose garden.

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."**

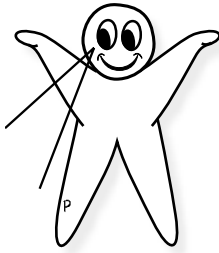
7 - Something personally lived through or encountered.



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.

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.”

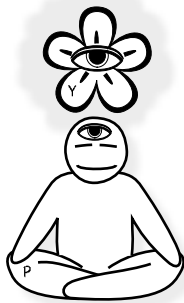
9 - An emotional perception or attitude.



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 healthy, happy, prosperous and free.

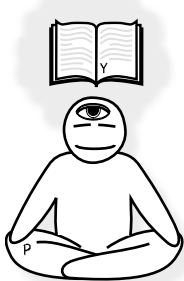
✿ When we finally see the rose, we have an emotional reaction to its Beauty that produces a feeling within us. In this case, it might be a feeling of joy or gratitude.

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.

11 - The state of knowing; clear mental apprehension.



As a result of our experience, we will now gain specific knowledge about the world. It simply might be some information that will serve us in the future. Additionally, it could 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 or self-confidence. Often, our most challenging and difficult experiences will produce our greatest knowledge and understanding.

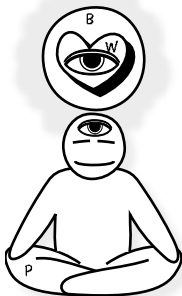
✿ As the result of planting a rose garden, we are able to cognize, or extract some useful knowledge from the experience. This is especially true if we have never pbefore lanted a rose garden.

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 *recognize*, or remember when they were first received from Spirit through the intuition that led to the conception of our original idea. The experience of recognition is actually a spiritual realization, or “re-intuition” of Spiritual Truth.

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

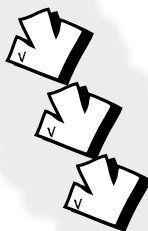


Wisdom is simply a deep understanding of what is universally true and eternal. Whereas information is perceived in the head and constitutes “shared knowledge,” wisdom is the understanding of the heart and is actually “Self-Knowledge.” There is a deeply felt knowingness associated with wisdom that will 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 omega” of the Creative Process and will always serve as the “womb of newness” in our lives.

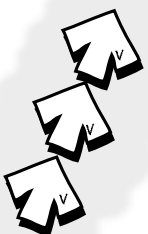
✿ If we are willing to look even more deeply into the knowledge that we have gained, we will see that it contains a universal understanding, or Wisdom. It is through this deeper inquiry that we recognize that the creative process of life is the mechanism through which Divine Ideals come into form and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

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 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*.

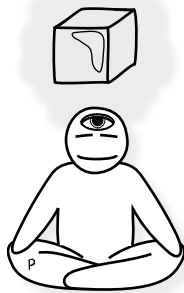
15 - Gradual growth or development of something.



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.

My Mental

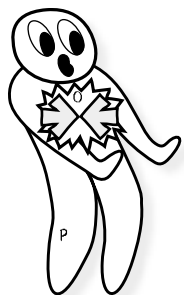
16 are 'False Beliefs'



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, judgments, 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.

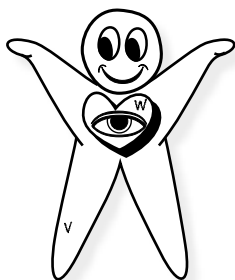
My Emotional

17 Cause Suffering



As a result of our mental blocks, we constantly produce a variety of undesired *emotional conflicts* and reactions such as anger, fear, sorrow, resentment and guilt. 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.

18 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 who 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 class provides 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?