

THE HOLY BIBLE

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HOW TO LIVE A
MORE CREATIVELY
ENLIGHTENED LIFE

**This
is not
a self-
help
book**

This is a self-

empowerment

book

The Holy Bible is a journey through the terrain of questioning using a compass rather than a map, because everyone's perception of reality is unique.

This approach enables us to point out the direction we are heading, so you can follow on your terms.

It is an expedition through a variety of realms without

getting too attached to one way of seeing and perceiving the world.

The frame we use to explore these concepts is paradoxical. It allows us to juxtapose two ideas and then transcend them by manifesting a more extraordinary reality.

One that contains both, all and nothing, which is more potent than each on its own.

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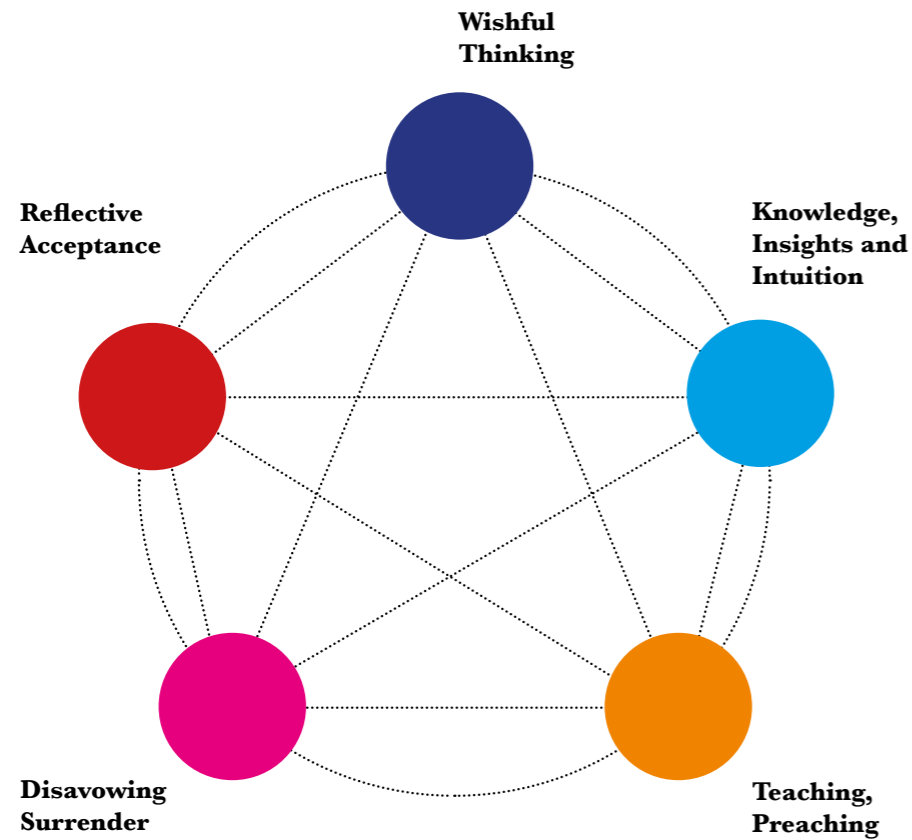
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THE PROCESS

“I never
made one
of my
discoveries
through
the process
of rational
thinking.”

Albert Einstein,
theoretical physicist

THE PROCESS MODEL



Wishful Thinking

You wish, yet you know it's crazy to think it could be true. You want to believe it but you struggle to convince even yourself that it could be true. These can become dangerous thoughts. You get lost in the ambition and overwhelmed by the magnitude of your thoughts yet, try as you might, you cannot stop revisiting them.



Knowledge, Insights and Intuition

You study, prepare and apply active learning to your area of interest. You become so deeply knowledgeable you are in danger of fully accepting the current paradigm and no longer seeing how to question it. To avoid becoming trapped, you must also be a dilettante. Step away from your area of expertise. This will help prime the brain to make the new connections that can cause breakthroughs.



Teaching, Preaching

You need to share your insights and open them up to challenges. You must learn to defend them and recognise where they are weak, to strengthen the collective belief in them.



Disavowing Surrender

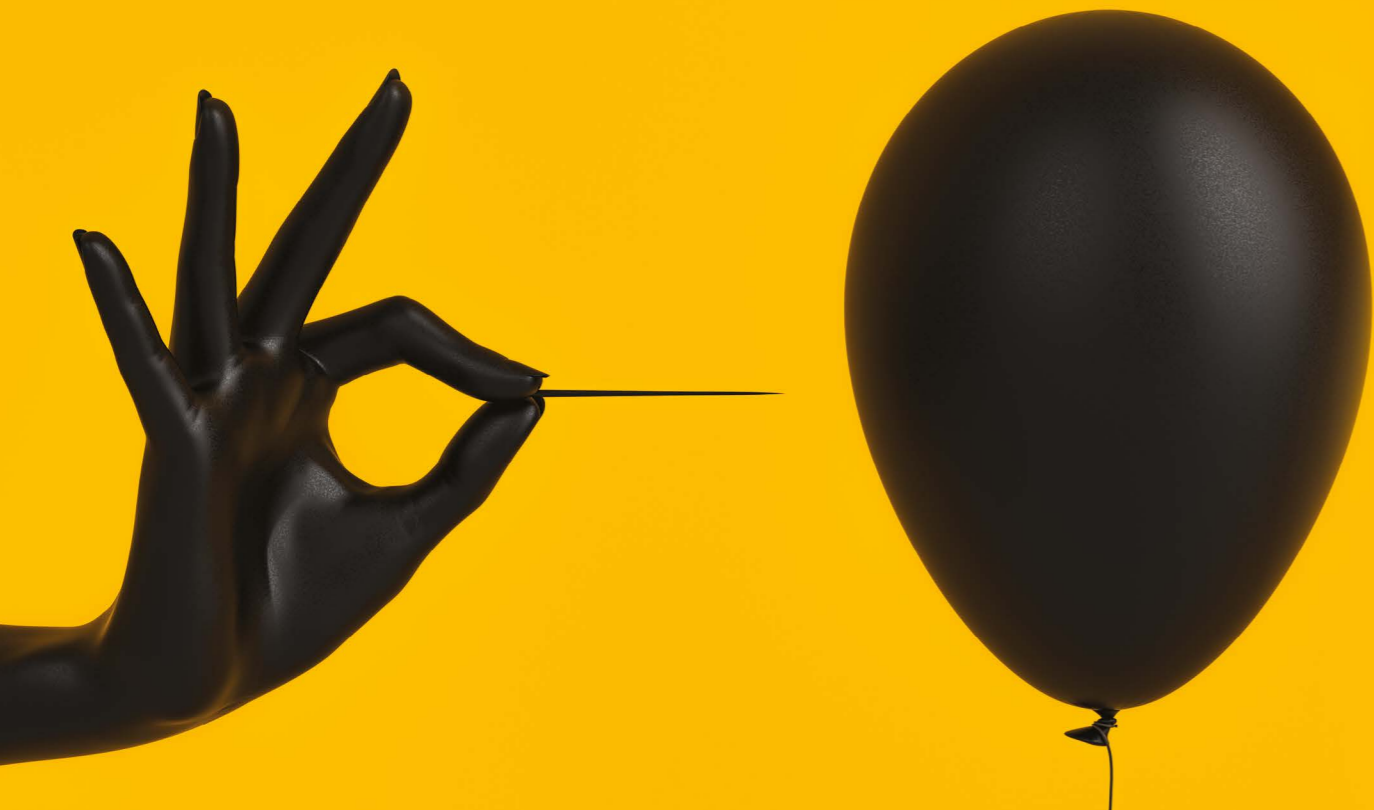
You will have a crisis where you doubt everything you believed and knew to be true. Your world will disintegrate. It will reintegrate only when you accept you cannot control this.



Reflective Acceptance

You realise that the more you understand, the less you know, sparking curiosity about where the next chapter will take you.

metaphors



“Unless you are
educated in metaphor,
you are not safe to be
let loose in the world.”

Robert Frost, poet

1. METAPHORS

Imagine you are looking at a painting of a dying swan hanging on a wall. You are aware of many things without being consciously distracted by them. You know where you are in the world, you know the building you and the painting are in, you know the room you are standing in. You know you are looking at a painting contained in a frame mounted on a wall. The image is not literally a swan and it is also symbolic. It could represent the death of a relationship, since swans mate for life, or you could ascribe it your own meaning based on your experiences.

You know all of this yet, consciously, you are free to let yourself be absorbed in your thoughts and feelings. If you were asked later to describe the painting's frame or the

shade of colour on the wall you might struggle. That does not matter. What's important is your reaction not the irrelevant details.

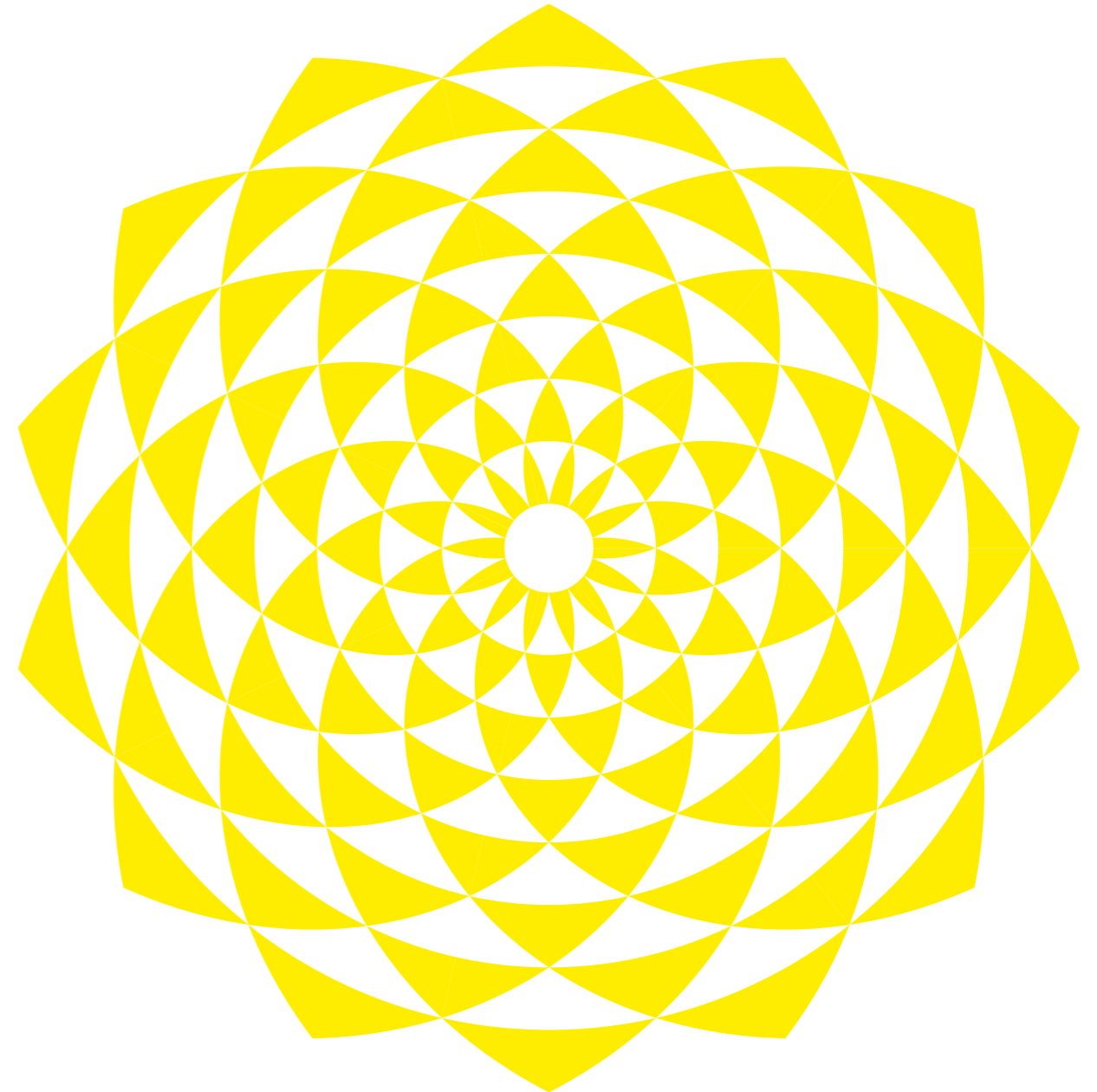
This is how your mind processes a metaphor. You are focused on decoding the meaning without too much awareness of the frame, much less that the frame is framed by another frame, the wall, which sits in the frame of the room, which sits in the frame of the building...

Metaphors are what we use to think. Our thoughts begin as feelings and to process them we use metaphors. We can say we are angry but usually we go further and say things like:
I *felt* angry.
I *held on* to my anger.
I *unleashed* my anger.

Our thoughts
begin as feelings
and to process
them we use
metaphors.

Thus we frame our anger as a tangible thing we hold or let go.

If we want to have more breakthroughs, it is essential that we cultivate an awareness of frames. Metaphors direct what we see and what we don't. They are so pervasive we forget they are not literal. They elicit and hide information at the same time, depending on how they are used. They govern how we experience our reality. Learning to see what others cannot begins with understanding metaphors.



11. CREATIVE PLAY

Creative play is akin to dreaming while you're awake. It is how we try out scenarios unencumbered by realities such as whether they're practical, feasible or even desirable. It is a risk-free experimentation. This is different than playing a game. In a game, there are implied winners and losers, even if you are not taking it too seriously.

In creative play, you experience the paradoxical situation of requiring total freedom to imagine the future with a directed purpose. It isn't unfettered dreaming but goal-seeking dreaming with the constraints of reality temporarily removed. This makes it a sacred space, as we are unbounded from our identity and free to try on as many masks as we please – even ugly or unattractive ones.

The more our identity is set, the harder it is to make space for creative play. That is why travel and holidays are so important. They are a form of creative renewal because we are free to re-imagine who we are, how we could live without the firm tramlines of work, family, home life and friends. We may travel with them but their influence on us is loosened. The new setting allows us to showcase different behaviours. Sadly, our holidays are usually limited to two to four weeks a year, making creative play a rare occurrence if we don't consciously make space for it to appear throughout the rest of the year.

If we limit our creative play to holidays, we are in danger of becoming locked into our identity as defined by the people around us and believing it to be our only one. If something unexpected should happen, like we lose our job, a family member gets sick or dies, or a relationship breaks down, the results could be perceived as catastrophic if we feel these things define who we are, rather than influence the daily choices we make. We know of this danger yet how many of us have been caught unawares and left adrift because we were unprepared or, worse, refused to accept that change is required whether we like it or not. We cannot control the events in our lives but their impact can be mitigated if we have developed a creative play practice.

The term 'creativity' can be applied much more broadly than just to artistic endeavours. Howard Gardner, a Harvard psychologist who was frustrated that intelligence was measured by the narrow band of IQ tests, developed his theory in his 1983 book *Frames of Mind: The Theory of Multiple Intelligences*, which outlined eight intelligences:

- Naturalist (nature smart)
- Musical (sound smart)
- Logical-mathematical (number/reasoning smart)
- Interpersonal (people smart)
- Bodily-kinaesthetic (body smart)
- Linguistic (word smart)
- Intra-personal (self smart)
- Spatial (picture smart).³⁶

Gardner has since suggested there may be a ninth – existential intelligence. How many of these can you relate to and how many can you develop as an area for your creative play?

The words, images and ideas contained in this work aren't simply pretty platitudes and intellectual curios, beautiful and poetic as they are. This is a work that has the power to unplug the self from the cycles of experience, profoundly inspire critical reflexiveness and raise our consciousness – or not! It might just sit on your coffee table until you are ready for it. Therein lies the power of this book; it can plant seeds or radically inspire or quietly comfort or just be a pretty and reckless, but not quite feckless, thing! It came to me at a time when I needed it most and forced me to thoroughly embrace the depths of my own humanism, with humility, compassion and above all hope.

I am grateful.

Dr Sunny Naicker, activist and academic but mostly just a fellow human.

HOW TO LIVE A MORE CREATIVELY ENLIGHTENED LIFE

The Holey Bible is a book that helps us more easily spot the holes in our thinking, hence the title. It illustrates how you can successfully orchestrate personal and professional breakthroughs. It does not promise it will make you creatively enlightened. Yet, it does provide detailed guidance on how to develop your mind's creative power.

If you're interested in harnessing creative thinking to bring about change, *The Holey Bible* is for you. It will help you identify the questions that will lead to a new paradigm for transcendent and lasting change.

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