

The man who is really serious, with the urge to find out what truth is, what love is, has no concept at all.

He lives only in what is.

Jiddu Krishnamurti

Mind



Body

The man who is really serious, with the urge to find out what truth is, has no style at all.

He lives only in what is.

Bruce Lee

Creativity explored

In Gulliver's footsteps

(2) VOYAGE TO BROBDINGNAG

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What's new:

Brobdingnagian: huge, gigantic (from Brobdingnag)

Coopstructing: word composed of *cooperating* and *obstructing*. It's what people do when they pretend to agree and then start thinking up all kinds of obstacles such as committees, further enquiries, etc.

Creactivating: creativity is a noun, being in creative flow is the *act of creating*, hence *creactivate*.

CreaZen: emphasizes the 'free mind': daring to step out of the 'normal' and not rejecting ideas out of hand. 'CreaZenny' looking combines **creativity** for free flight, imaginative and resourceful; and **Zen** to step out of the binary 'zero/one', 'right/wrong', 'black/ white' thinking: with two feet on the ground.

Deschooling: amazing but true, good teachers don't always help –they may give the impression that they tell all you need to know; bad teachers sometimes awaken motivation. But the main thing is *don't think that school teaches everything about life. It's a start*

A **holarchy** is a connection between **holons**, and a holon is both *part & whole*. An individual is a holon: an independent entity and at same time part of a group. Each level becomes an included part of the whole of the next higher level. A department is a holon: it is independent, yet part of a bigger organization. The term was coined in Arthur Koestler's 1967 book *The Ghost in the Machine*.

Lifeline: It is creative to have *lifelines* determine your activities. They stand for the inner drive, the soul. In the

short run time deadlines may make you *creACT*. But as time goes by it will burn you up. When deadlines govern, there may be the afterthought: 'It might have been better given more time.'

Nearling: It means that you tried something and the result was not quite what you expected, but something happened; it nearly went right; you moved and ended up somewhere else. Mistake or fault has a negative connotation; so I prefer *nearling*.

2nd Hand knowledge: Much of our educational system is like a game: 'guess what the teacher wants you to answer'. This quiz makes many believe that the best ideas are in someone else's mind. Effectiveness is defeated by presumed need for efficiency.

1st Hand knowledge: all the knowledge you have re-processed, integrated and made your own. Like mindmapping books or lectures, rewriting them in your own words and with your own pictures. Takes time but is effective.

Turbarro: 'turbo arrogant': one of many ways to hide uncertainty and doubt.
(It is conceit that kills us. And makes us cowards instead of gods."
DHL)

Unlearning: enquiring into the validity of the paradigms school has taught you. Learning to think for yourself, not minding the quantity. Compare **deschooling**.

A creative attitude

"The consciousness of the observer must be altered,
re-oriented toward the *unbroken wholeness*
of which everything is a form.'

Gary Zukav

Creativity is hard to grasp, it is not static but a flow: a mysterious journey into the imagination. It is a process: so creACTiviting is what you practice, don't theorize.

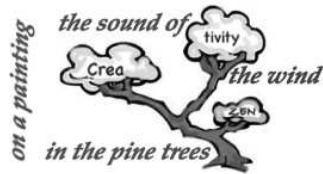
Hopefully these reflections will help you on the enriching journey.

This book –nr 2 in THE SERIES– has a special focus on attitude.

Attitude as in: frame of mind, viewpoint, opinion, and outlook.

I have taken a broad approach; based on many lessons, meetings, workshops, etc. The headings in the contents are key words and hopefully will help lift some tips of the blanket that hides the creative instinct. There is no special order: the creative mind works by association.

This instinct, like the other 4 [see p. 28] is personal and given on birth. It may never be completely unravelled, which is absolutely no problem nor is it the aim of *creativity explored*. Creativity is like the mystery of life: *not a problem to be solved, but a reality to be experienced*.



The other day I watched a magpie couple working on a new nest. One was working in the nest under construction and the other came with a branch twice its size. The new branch was taken over, pushed around then given back. After working on it, the branch finally was pushed into the nest.

'Oh the wonder of it.'

All in all it is our innate *sense of wonder* that expresses itself in so many ways. Watch children at play and you'll know

what it means. I sometimes wonder whether it isn't just that: a sense of wonder about everything in this world. No expectations and open to things that come my way. For it is I the observer who makes things happen!

The observer

*"Kids are always working on something
and throwing away,
like little origami things or paper airplanes.
They don't care if they lose it;
they'll just make another one."*

Tom Waits

When there is no consciousness, there is no *observed* reality: it all has to do with *relationship*. As Alan Watts¹ wrote: 'it is the structure of your nervous system that determines the world you see.'



So when we think of the old question² *when a tree falls in the forest and nobody is listening, does it or does it not make a sound?* The answer is perfectly simple. Sound is a *relationship* between vibrations in the air and eardrums. If I

hit a drum that has no skin on it, no matter how hard I hit it, it will not make a sound. So the air can vibrate as much as it likes, but without an eardrum [to pick it up] ***there is no noise.***

We with our physical structure evoke, '*awaken or create*' the world from the vibrations. These would be non-existent without our presence. This is the void or emptiness we fill with our consciousness or awareness. In a way we create the world whenever we become aware of something. And *at the same time we are* this thing we call world or reality. From a

¹ Play and survival

² Koan: A paradoxical anecdote or question without a solution, used in Zen to demonstrate the limits of logical reasoning.

strictly neurological point of view, we are a network of chemical and electrical processes: wetware, hardware and software.

And the wonder of it all is that *it is aware of itself through me.*

*Mind is the maker
for no reason at all
of all this creation
Created to fall*

Jack Kerouack

ZEN PUZZLE



Connect the Dot



Boredom

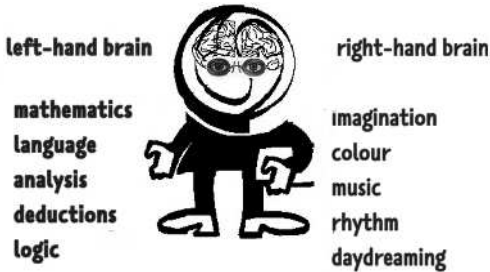
Modern boredom is the symptom of our successful failure.

We have interiorized the machine.

*We have come to expect of ourselves the same kind of regularity,
efficiency, interchangeability, and feelinglessness as
we do from our machines.*

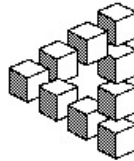
Sam Keen [Inward bound]

Creativity is an instinct and as such it has taken some time to differentiate. In our evolution we can see how the brain has evolved from the first amphibian brain via the 'mammal' brain to the cortex, the last step in the development. The brain or the 2 halves have different functions.



The interaction creates that which was not there. You can see it in the middle of the triangle: a star. Actually this is not possible?!

One problem is that we tend to become used to things and no longer really see or are aware. With the evolution of consciousness the left-brain became the more dominant.

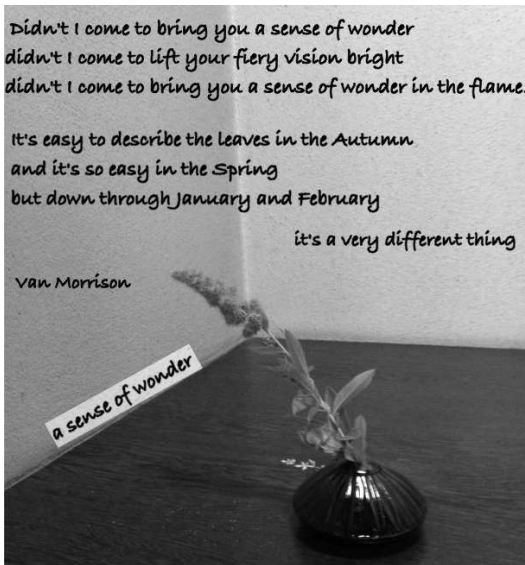


In everyday life experience tends to be dulled and lots of things become routine. And that makes the impact of the right brain functions slowly nil, zero. We become bored,

kind of sleepwalkers or what De Bono called 'monohops' [p. 112].

Some enter a condition best described as asleep with their brain on stand by. And this may become chronic boredom leading to a depressive life style with hardly any place for the imagination.

And again others who *feel* they are missing something go for kicks. They are really [perhaps unconsciously] looking for meaning and creativity in their lives.



Somehow, as we grow into adulthood, that sense of wonder is *taught out* of us. Too many of us sleepwalk through our lives, focusing on trivial matters ("on-line image") and get locked into narrow ways of thinking ("my way is the only right way"). Many no longer look beyond the obvious.

So for some ideas about a creative life, let's follow Gulliver to