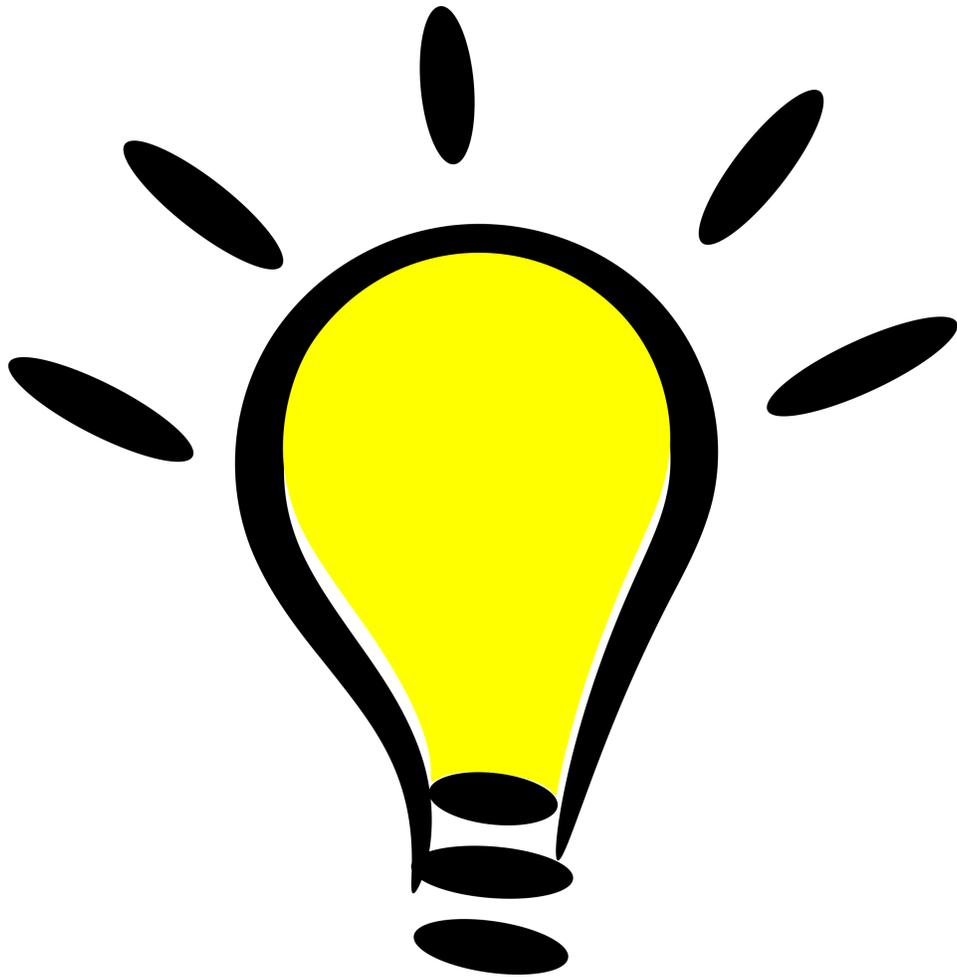


The Energy of



Creativity

From *Mastering Life's Energies*

by Maria Nemeth

“Everyone has creative genius. We all have gifts, talents that get unleashed when we’re involved in our games worth playing... the particular way we play those games.

Over the years, I’ve found we often undervalue our creative abilities because they come so easily to us. We don’t realize we are being creative.

For example, has anyone ever acknowledged you for something that you do well... and the first thing you hear yourself saying is, ‘It’s nothing’?

It’s time to put this to rest.

You are resourceful and ingenious.”

Who, Why, What, and How

Here's where our tools start working together.

We discern our Standards of Integrity and Life's Intentions to bring clarity to WHO we are.

Our SOI and Life's Intentions inform the goals we create... the WHY.

Those goals are the WHAT we do to bring who we are into physical reality.

And the six forms of energy are HOW we accomplish those goals.

So let's look at how the energy of creativity specifically helps us to bring our ideas, dreams and visions into reality, through...

The Creative Process

Imagination

“Imagination is the ability to conceive, to draw together, to inspire the mind with a sense of newness. It is the mind’s exercise in foreseeing results in material form.” -- Ella Pomeroy.

Imagination is the power to see beyond what is obvious. Imagination is a key element in the formation process. If we perceive it, we can conceive it. If we conceive it, we can believe it. And if we believe it, we can achieve it.

This is the creative process.

So what are we creating?

Are we imagining the worst? Or the best?

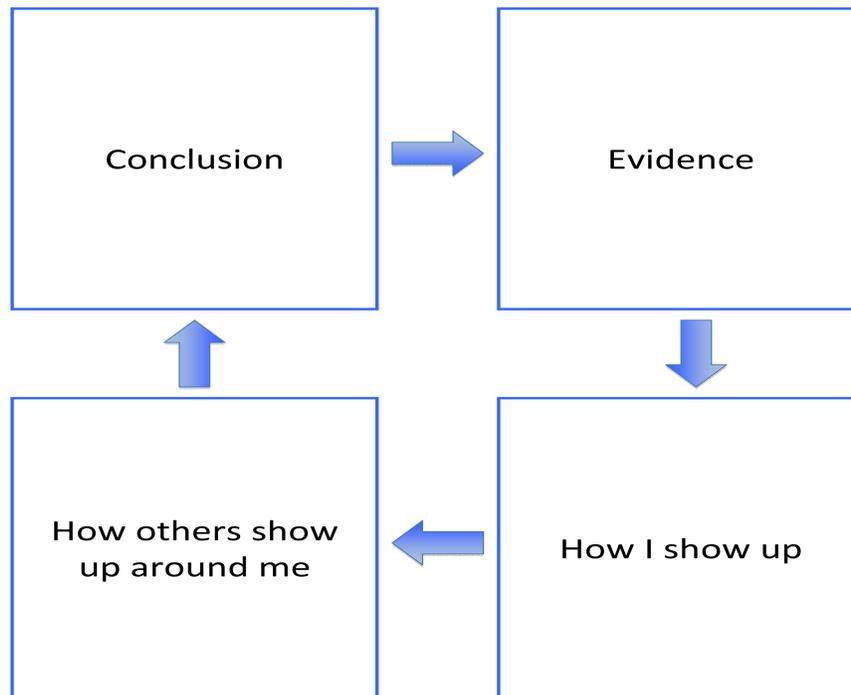
What are we conceiving? If we look at the order of the process, perception is the step before conception. What are we perceiving?

What evidence are we gathering?

The 4 Boxes

Let's do a quick review of the 4 Boxes...

The 4 Boxes



© The Academy for Coaching Excellence

So, what do you notice about our Conclusions and our ability to perceive? And believe?

What we imagine will create what we see, and what we believe we can achieve.

Coherence and Incoherence

As with all the forms of energy, we can use them to consciously create our goals and dreams, or unconsciously swing with monkey.

We've been looking at the conscious use of the energy of creativity. The unconscious uses would include being sneaky, cunning or manipulative....

"I got very creative with my taxes this year."

If we're unclear how we're using the energy of creativity (or any of the forms of energy), we can ask ourselves, "How is this energy supporting me in demonstrating my SOI or Life's Intentions?"

If the answer is "It isn't", than we can be pretty sure that we're not using the energy in a conscious and coherent way.

How Creative Are You?

Ask yourself:

1. What are three things you do well?
2. Think of something someone complimented you on in the past (you might have made light of it). What was it?
3. What are two of your talents and skills?
4. Think of a time when you had an idea... when you imagined something... and brought it into physical reality. How did you do it? What forms of energy did you use to create your goal?
5. Think of a goal that you're currently playing towards. How can you use the energy of creativity to support that goal?