

The Creative Path

Extract from: Being Creative

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Being creative – there's no escape!

Let's start this section with a thought experiment. Imagine a tub of some fantastic new flavour of ice cream.

The tub lid is open, a spoon descends and dips into the rich tasty looking surface. It scoops out a generous portion, lifts it and drops it in the bin.

Now imagine exactly the same situation, the same delicious ice cream but this time the spoon lifts it to your mouth, you eat it and it tastes delicious.

What makes the difference between these two versions of the same event? As you think back to the ice cream incident the most memorable thing for you is something that does not exist outside of you – the delicious taste that you experienced. The most important part of the remembered event for you would not have been recorded by any camera, aroma detector or any other measuring device. It seems that there is no objective reality to the most significant part of the experience. The taste experience only exists within minds. You could describe the chemicals and reactions involved; you could measure the nerve activity but the taste... that is for you alone. The bin doesn't experience it (though I admit I can't prove that), but you did, your body/mind/brain made a particular sensation – a creative act. Creative events

like this are woven into the very socks of our reality, but unlike socks you can't take them off. In fact we are creative all the time, our minds constantly making the world afresh from the stimuli that we receive.

The important point that I want us to take away from this thought experiment is that consciousness is, of itself, creative. To be aware of being is to be creative. All of the experiences of the senses are created within our minds, our conscious existence: colour, light smell, all of it.

[This section goes on to consider:](#)

Being practical and realistic about developing our creativity

Creativity and 'big thoughts': origins, destiny, fate...

Creativity and spirituality

Creative metaphors

Creativity is its own reward

Supporting creativity

Humour

Facing difficulties and tragedy

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