

## The Soul and Creativity

In today's webinar, we will explore the higher octaves of spirituality, and their role in the creative process.

When you examine the octaves of creativity, you find that the physical expression, the behavior associated with developing the work of art and shaping the final product, is only the surface of the creative process. The eight octaves of creativity are shown below.

Level of Creativity	Function	What enhances it
Physical (Behavior)	Working on the development of the artistic project until it is completed	Having the proper tools and resources, the time to create, a space conducive to the creative process, and the inner energy and motivation to see the project through
Etheric (Life Force)	Supplies the health and vitality to sustain activity towards project completion	Enough rest, nutritious diet, avoiding intoxicants, breathing clean air, and drinking good water, exercise, hatha yoga, and body work
Motivational (Emotions)	Provides the desire and tenacity to complete the project, and the aesthetic appreciation of the project as it progresses	Having loving and supportive relationships, encouragement and appreciation from others, and the refusal to stop working until the project is completed
Imaginal (Ideas and Impressions)	Gives the ideas and fantasies that underlie the construction, modification, and visualization of the finished project	Taking time to commune with the stream of impressions and capture them, reflective and receptive meditation to receive the ideas

Level of Creativity	Function	What enhances it
Cognitive (Intellectual and Intuitional Structure)	Structures ideas and inspirations into a coherent and complete picture, so all of the ideas and impressions fit together, and express the artist's intention and purpose	Visualization; cognitive structuring methods such as outlining, mind mapping, and brain storming; writing, drawing, wire framing, story boarding a conception of the finished project; editing and correcting to produce a quality product
Volitional (Commitment to Project Completion)	This is the executive direction of the personality that shapes each element of the creative process	Scheduling time for undisturbed creative activity, learning all aspects of the art form so the creative flow is not interrupted, having a plan to complete it, and carrying out that plan
Noetic (Movement of attention, creative intention, or spiritual wish)	Focuses the attention on the level of the mind where the creative ideas can be accessed, using intention or the spirit's wish to channel ideas and inspirations	Learning to concentrate and focus attention, activating the attentional principle through Raja Yoga, awakening and developing the spirit through Nada Yoga
Spiritual (The Soul's Creative Matrix of Love, Wisdom, and Power)	This is the level of purposive expression of the Soul, which channels the love, wisdom, and power of the Soul	Learning to listen to the Soul's guidance through reflective and receptive meditation; using inquiry and questioning to obtain inspiration from the Soul

We have previously covered in this webinar series on creativity:

- ★ *The Role of Meditation in Writing and Creativity* – here we discussed the Noetic and Emotional levels of creativity

- ★ *The Astral Body's Role in Writing and Creativity* – in this one, we explored the Imaginal component of creativity
- ★ *Commitment and Creativity* – For this webinar, we looked at the Volitional aspect of creativity
- ★ *Cognitive Maps of Creativity* – During this session, we went over the Cognitive layer of creativity
- ★ *Projections and the Creative Process* – In our last webinar, we approached the Imaginal level from another perspective, this time focusing on the contribution of the unconscious mind to the creativity

For this final webinar of this series, we will tap into the spiritual aspect of creativity, where you encounter the purposeful expression of your Soul as ultimately guiding the creative process.

## **How Creativity Manifests**

Creative people have access to their Subconscious mind through the astral body, and their unconscious mind through working with their projections. Those creative people who are termed inspired, or gifted, or artistic geniuses of their art form are able to tap the Superconscious mind and commune directly with their Soul.

We can say there are several levels of how creativity manifests; only the last gets you truly in touch with your Soul. These levels are:

1. **Random creativity** – these take the form of novel insights, coming up with puns or humorous ideas, perceiving objects in a new way. These come as sudden flashes or inspirations, and then pass away—they are unconnected to any coherent artistic theme or project.
2. **Reverie** – in this level, you typically enter a relaxed altered state of consciousness in which you passively view the content of awareness. Some people can train themselves to capture and channel this material. Many people who use intoxicants, take them to get in touch with their creativity—they typically tap into this level.

3. **Driven creativity** – here, you must be creative to meet a project deadline. This is the creativity of the workplace that we discussed in our first webinar; this is when you have to come up with a completed project at work by the deadline, or you face discipline or even termination—or finish the required thesis or term paper, or risk getting a bad grade, or failing the course.
4. **Experimental creativity** – in this type, you aspire to discover new things about your art form, to extend your artistic range and ability, and to tap new dimensions of your creativity. This can take the form of you trying new things, taking classes to expand your knowledge and skill, examining the work of others to spark innovation in your own creative process, and formulating ideas about the direction you want to move in your artistic expression.
5. **Inspired creativity** – when this type dawns on the mind, you simply channel, or take dictation, from the source of your creativity. These ideas seem to pour through you, and you rush to capture them. Some people have short episodes—days or weeks—in which they experience this deluge of creativity; rare individuals are able to sustain their inspiration for long periods of time, even for several years. People who are overshadowed by these creative storms may not be aware of where their creativity originates, but they feel its content is important, and they must record it before it is lost.
6. **Intentional creativity** – when you are engaged in intentional creativity, you set about to solve a problem, and you look at many different possible scenarios for solving it. You utilize convergent—like the Little Sun Method—and divergent—like Mind Mapping—thinking strategies, what if conjecture, draw ideas from other academic and artistic disciplines, and may engage in research and experimentation to find a way that works to solve the problem. Here you have an idea of what you want to achieve; you have to construct a new trail to get there.

7. **Purposive creativity** – when you touch upon this level, you discover the Soul is attempting to communicate and express something to the world, and you become its emissary. This expression may take the appearance of driven, inspired, or intentional creativity—but with a difference—in this type, you are aware that the Soul stands behind your creativity, and it drives you, inspires you, and bids you to find a solution. It may also be the silent muse that stands behind you, as you explore and extend your creative abilities through experimental creativity—here the Soul acts to enhance your abilities to the level where the Soul can express its vision through you. Indeed, you might catch the hem of its garment even in your reverie and random moments of creativity, but you must penetrate more deeply into your mind to plug into this dynamic current of your Soul's inspiration.

If your Soul has a message it wishes to communicate to humanity, it first prepares your personality to express its inspiration through having you obtain education and training in the art form. It refines your ability through experimentation and practice. It progressively guides and shapes this ability until you can become the hands and voice of the Soul—expressing exactly what the Soul sees, hears, and intends in the world of men.



## Identifying the Soul's Communication

“My sheep know my voice...”

St. John 10:27

One of the first steps in getting in touch with the Soul is learning to differentiate its signal from the other “inner voices” of the other integrating centers and essences of consciousness. For what speaks to you within could be:

- Your ego
- A voice personifying an aspect of one of the vehicles of consciousness of your personality (integrated subpersonality)
- A voice personifying an element of your unconscious mind (disowned subpersonality)
- Your attentional principle
- Your spirit
- Your Self
- The voice personifying an aspect of one of the vehicles of your Superconscious mind (archetype)
- Another spiritual entity other than your own Soul
- Your Soul

So how do you differentiate the Soul from these other possible sources of communication?

By placing your attention upon your Soul, and then listening to its message. We call the Soul's communication, satsang. If you progressively bring your attention through each level of your mind and “give it a voice”—give it permission to speak and request that it speak to you—you will learn to discern the particular intonation, cadence, and quality of the inner voice at that level.

[Please do not tell any mental health professional you are hearing voices, however. He or she will be... concerned.]

## Learning to Discern the Soul's Voice

Your objective for this exercise will be to recognize key centers and essences of your consciousness via three criteria:

- What is its voice?
- What does it look like (e.g., its inner form)?
- What does it feel like?

We will not do each subpersonality, integrated and disowned; or archetype—for this exercise, we will focus on important centers that will play a part in your creative process. For each one, you will aim to identify its voice, its form, and its felt-sense.

Level	Voice	Form	Felt-sense
Feeling center			
Reason			
Ego			
Your attentional principle			
Your spirit			
Your commitment (Desire Body)			
Your conscience			
Your planning (Concrete mind)			
Your intellect			
Your intuition			
Your Self			
Your Soul			



In our meditation today, we will guide you to each of these levels. Your task at each level will be to identify its voice, form, and felt-sense. [For extra credit, see if you can identify its unique tone or frequency—the sound this level of your consciousness emanates.]

Once you identify your Soul's signal, you will be able to tune into it when you begin a creative project. Through this means, you will keep your creative endeavors in line with your Soul's vision and purpose. [However, please do not do this when your employer asks you to complete a project that is unrelated to your Soul's mission and purpose—please fulfill your employer's request, so you may keep your job!]

### **The Role Each of these Selected Elements Plays**

Each of the elements we have selected is important for your creative project.

- You check in with your *feelings* to see if you are sustaining your motivation and excitement about your project.
- You get feedback from *reason* when you edit your work and when you critique sections of your task.
- You take in the reactions of your *ego* and note your ability to take ownership and responsibility for the project, plus assess your willingness to continue with the project when obstacles arise.



- Your *attentional principle* and *spirit* are the twin portals to your imagination. Your attentional principle gives you the ability to visualize different scenarios; your spirit, the ability to tap into your sense of awe, wonder, fantasy, and delight.
- You test your *commitment* when obstacles arise; your commitment keeps you on task to complete the project despite delays, unexpected problems, or setbacks.
- Your *conscience* informs you if you are meeting the standards and criteria for your project, or deviating from them.
- Your *concrete mind* maintains the plan and schedule for accomplishment of each segment of your project.
- Your *intellect* performs the operations required to solve problems related to your project—you engage it when the tasks included in your project need mathematic solutions, symbolic manipulation, visual and spatial organizing, or have verbal or linguistic components.
- Your *personal intuition* performs the operations that utilize music, empathic connection between people, self-knowledge, and sensitivity to the nuances in the environment and the world.
- Your *Self* is the integration center of your entire personality; it performs the executive and coordinating functions to move your project through each step of the plan for its completion.
- Your *Soul* provides the inspiration and guidance behind those projects that are in alignment with its vision and purpose.

Additional vehicles of consciousness might be added to this list, depending on your task. So for example:

- Your *persona* might be involved if your project requires role-play, comedy, or dramatic acting.
- You might use your *preconscious* if you are recalling poetry, or lines from a script from your memory

## **The Love, Wisdom, and Power Faculties of the Soul**

When a person exercises his or her ability within the confines of the personality, which uses the personal octave of will, we say that that he or she has a talent. This taps the Conscious, Subconscious, Metaconscious, and the part of the unconscious mind that surrounds the personality.

When a person draws his or her abilities that arise within the zone of the Superconscious mind, we say he or she has a gift, or is a *genius*.

At the pinnacle of the Superconscious mind is your Soul, which is the integrating center for this great sphere of light and consciousness that is outside the bands of your personality. We refer to this area of your mind that transcends the personality, the *transpersonal* zone.

In the Soul's essential vehicle (Swarupa), there is the center at the point between the eyebrows where the three streams of love, wisdom, and power flow through the Superconscious mind, and into the personality.

Faculty	Location of Channel	Function	Connection(s) with Personality	Comment
Wisdom	Right	Superconscious intuition, discernment, mandalic reasoning, transmission of the Soul's insights and realizations, conveying moral guidance	Intellect, Conscience	This bridge is called the <i>Antakarana</i> . Its track through the personality to the Soul comprises the Chords of Jnana Yoga.

Faculty	Location of Channel	Function	Connection(s) with Personality	Comment
Love	Center	Expression of compassion and virtue, healing, unconditional love, altruism, sharing, charity	The spirit, the conscience, the ego, and the feeling center	This track comprises the <i>Cord of Faith and Remembrance</i> . Its inward current comprises your aspiration and evocation, expressed by your prayers and yearning; its outward expression is embodies the love of your Soul through action and in your life
Power	Left	Expression of the higher octaves of will, operation of the abilities of the vehicles of the Superconscious, overshadowing and guiding the personality to carry out activities aligned with the Soul's purpose	Personal volitional center, commitment center, habit center of the etheric body, and the desire-driven will of the ego	This track is the will channel, and extends from the transpersonal will of the Soul through the aspects of volition operating through the vehicles of the Superconscious mind, and the aspects of will within the personality

### **Meditating on the Three Streams**

Notice how these three streams flow from the triune center of the Soul's essential vehicle. Track their course. Observe how they connect with your personality. Note if they are expressing in this moment. Remember times when each expressed in your life.

When these three streams are operating in your creativity, you are in touch with your Soul and connected with its purpose.

Thank you for attending our webinar today!

