

Commitment and Creativity

Have you ever noticed that people who achieve their goals for creative projects are able to do this because they maintain unwavering commitment to completing what they set out to do? They didn't let anything deter them—despite setbacks, delays, or misfortune—they pressed on to complete their creative projects.

People who do not produce anything creatively often present excuses. They felt too tired. They couldn't miss an important television show or concert. They had to go out with a friend or relative for dinner and drinks. They needed to have their hair and nails done. They never got good enough at music, or writing, or at painting—but then they never devoted any time to it, either.

Do they dream of being creative? Perhaps not everyone has that creative spark. But if they do dream of being creative, often they have nothing to show for their creative muse.

Perhaps they dabbled one Summer with painting. They started a novel or screenplay, and never got past the first chapter. They wrote down two poems, but never completed the chapbook they said they would write. They shot some video, but never had it edited. They experimented with playing music, but they never got good enough to play in a band, or record their songs.

Do you have that creative spark? Is it just a whim, or something that presses on you day and night, and won't let go of you for a moment? Does your very Soul cry out to express its vision and voice—or are you just a dabbler, a dilettante, who wishes to show yourself as being artsy, cultured, or sophisticated?

Is your creativity...for real?

Creativity Begins with a Feeling

We say creativity begins with a feeling. Maybe it is a wordless drive to say something, to do something, to make something that is meaningful, that makes a difference in others' lives, and that shows others a unique vision of the world.

This feeling can be very vague, or it can be so urgent that you cannot live another moment without giving a voice, a shape, or an image of what is bubbling up within you.

On a scale of one to ten—where one is vague and unimportant, and ten is the most important thing in your life—how important is your creative urge?

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1 2 3 4 5 6 7 8 9 10

- What are you trying to communicate?
- What is the appropriate media to express this?
- Why do you need to do this?
- When will you do this?

Commitment

If it is important enough—you will do whatever is necessary to complete it.

- How do you schedule it so you ensure that it gets done?
- What do you have to reschedule, postpone, or eliminate so you will have the time you need to work on it?
- Do you have a space where you won't be interrupted to work on it? If so, where?

- Do you have what you need to do it? If not, what are you missing? By when will you acquire this tool, object, or ability so you can proceed?
- When will you start the project? By when do you expect to complete the project? In what increments will you need to complete parts of the project to ensure it is done on time?

Holding Yourself Accountable

If there are no consequences for you not doing this project, you will postpone it endlessly, and it will never get done.

Think back to when you were in school. If you didn't complete the paper that was due, you got a failing grade. If you didn't complete the project at work that was due by the deadline, you might be disciplined, demoted, or even fired.

When you do a creative project, there will be no external authority to make you do it. You must hold yourself accountable.

How do you do this? Make some desired reward contingent upon completing the project. If you have desired to take in a Rolling Stones concert at the end of November, make tickets purchase contingent upon you completing the project by the 15th of October. If you have promised yourself a vacation in May, make sure the work is done before you book the tickets and make the reservations.

The Magic of Saying No

Realize that every time you say yes to a friend to go somewhere or to help them; yes to a commitment at your child's school; yes to the overtime project at work; yes to your partner to do another task around the house—you are shortening the time available to complete your project.

You must break this time free and guard it jealously. Do not let anyone encroach on this time. It is your time—don't squander it.

Make it productive. Make every minute count. With each session, move forward towards your goal.

Develop some firm, assertive, and polite responses when people try to plead and wheedle you into helping them.

“I'd like to assist you with this, but I have a deadline I must achieve, so I cannot to commit to this at this time.”

“I'm sorry that this makes you feel disappointed, but this is something that I have to do. See if you can find someone else to assist you.”

“I'm sorry, but I have a prior commitment at that time.”

It is all right to say, “no!” You have been manipulated by people all your life into feeling you had to say yes to them, that you had to do it or you would feel guilty—and through these measures... *you have given your life away.*

Decide now to take your life back!



- What is necessary and crucial in my life right now that I must continue?
- What is pleasurable, but entirely optional, that I could release at this time?
- What is wasting my time that I need to eliminate?
- Who is wasting my time that I need to get out of my life?

The Circle of Your Priorities

In addition to your creative project, you are a whole person. You have many facets to which you must give some of your time. There is

1. **Home** – taking care of your environment, making needed repairs, doing necessary chores
2. Your **Family**, looking out for their welfare and their care
3. Maintaining your primary **Relationship** and circle of friends, ensuring that you have a network of love and support
4. Your **Health**, ensuring that you are taking care of yourself through diet, exercise, and proper health and dental care
5. Your **Emotional well being**, having time for relaxation and finding inner peace; and working through personal issues
6. Your **Mental Development** through education and study
7. Your **Career**, ensuring your livelihood through employment and entrepreneurship
8. Your **Finances**, making sure your goals and dreams are funded, and you are saving for uncertain times and for your future
9. Your **Aesthetic and Cultural Sensibilities**, making sure you are learning about the world around you and the many forms of human creativity; this may encompass travel and experiencing the many faces of art and culture
10. Your involvement in **Community** and lending your assistance to resolve the issues of the world around you
11. Your **Ethical Foundations**, discovering the values by which you wish to govern your life

12. Your Spirituality and Drive to Actualization – uncovering, unfolding, and expressing your Soul’s potentials

Your Aesthetic and Cultural Sensitivities may inspire your creativity, in that you will look to the work of others to give you examples of what can be done, but your creativity springs ultimately from your Spirituality and Drive to Actualization.

That feeling that drives your creativity? It’s your drive to actualization; your Soul is pressing to express itself.

Where Is Your Time Going?

When you look at your life pie, what size is the slice you are giving to each of these twelve areas of your life?

Considering your creativity is only a sub-slice of your Spirituality and Drive to Actualization, do you need to increase this area of your life by subtracting from somewhere else? What else do you need to increase? What do you need to decrease so you can find a more harmonious balance?

Facet	+	-	Facet	+	-
Home			Career		
Family			Finances		
Relationships			Aesthetic and Cultural		
Health			Community		
Emotional Well-Being			Ethical Foundations		
Mental Development			Spirituality and Drive to Actualization		

Is Creativity a Matter of Will Power?

People often mistake the strong will, the determination of the ego—those tenacious and stubborn tendencies that make your fight for what you want, and believe in—for the intelligent will of the Self, and the inspired transpersonal will of the Soul.

Because it is intelligence that will allow you to translate your vision into its finished form; it is your Soul's inspiration that ultimately shall give you the idea, the pattern, or the archetype that will contain your creative idea. This strong will of the Conscious mind shall simply determine that the project will be completed, no matter what.

It is rather that your will shall become a conduit for the inspiration coming from your Soul. You shall shape this inspiration with your intelligence. Your strong will shall ensure it gets done by the deadline that you have set.

What you must do is align these poles of your being in one accord. Soul, Self, and ego must agree that your project will be brought to earth and shared among men; they will each do their part to make it so.



- Consider the deepest wellsprings of your creativity—your spirit and your Soul. What are they contributing to your project?
- How is your intelligence—your intuition and your intellect—shaping this project to bring it to its final form?
- What is your commitment to make sure this project is completed as scheduled?

The Gentle Art of Training the Will

Many people say they lack will power. They bring up multiple excuses as to why they have failed, why they have not followed through, why they have not done what they have promised.

If we carefully examine what is actually going on, we will find that these people are getting distracted by exterior things—suggestions from the television and the commercials on the internet, from other people, and their many interests pulling them in this direction and that—so that they do something else instead of what they have intended.

A wish, a desire, or an intention—these bear no fruit unless they are connected with the powerful dynamo of the will. For it is the will that drives action; the will that drives intelligent activity; and the will that sends the Soul's ideas to the personality as intuitive beams of inspiration and guidance.

So to train the will, you must focus on the will. You must focus on your ability to decide; to resolve; to commit your self and your resources, your time, and your effort; to choose; to command and decree that it shall be so.



Exercises for Training Your Will

Notice when you made a **decision**. How did your life change as a result? What did you do to make that decision? Replicate that result.

Notice when you made a **resolution**, and carried it out so it produced the results you intended. How did your life change as a result? What did you do to make and keep that resolution? Replicate that result.

Notice when you made and kept a **commitment** that produced the outcome for which you had planned. How did your life change as a result? What did you do to make and maintain your commitment? Replicate that result.

Notice when you made a **choice** among alternatives that led to a satisfactory and a successful outcome. What did you do to arrive at this choice, and how did you know it was the right one? Remember several scenarios in your life when you made the correct choice and reaped a successful outcome. Notice you have the ability to choose correctly and wisely. Replicate that result.

Notice when you have issued a **command or decree** from your Soul to your personality. What did you require your personality to do? How did your personality react? If your personality carried out this command or decree in obedience to your command, notice what allowed your personality to obey you. If it refused to obey you, notice what resistance came up. Notice when your command resulted in your direction being carried out to a successful outcome. Replicate this result.



Empowerment is the activation of this conduit of will. When you mentally replicate a successful use of one of the facets of your will, you rehabilitate that facet of the will.

If you align your will that operates in your ego, your Self, and your Soul; and if you use your will to direct your creative project to completion—you shall succeed in your endeavor.

The ego cannot force the Soul to do something that is against the Soul's nature. You cannot bring forth creativity in an area in which you have not developed the skills.

Creativity wells up from your core—if you tap that core, if you give your Soul a way to express its vision, your cup shall overflow for the rest of your life.



Thank you for attending our webinar today!

