

Mindfulness with Lucy

Week of 12 Dec 2022 *When you intend something for yourself, do this - a critical step.*

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*The whole difference between construction and creation is exactly this: that a thing constructed can only be loved after it is constructed;
but a thing created is loved before it exists.*

CHARLES DICKENS

Dearest friends

I wonder if you recognize yourself as a creator? If we understand that 'creation' is *bringing something into being*, then, would you agree that you are a creator?

For instance, when you build a garden shed or assemble one from parts that you purchase from a store, would you agree that you have created a garden shed where there wasn't one before? Or how about making a bunch of chocolate brownies? Mixing all the ingredients together, putting it in an oven and allowing it to bake?

From a state of ‘no chocolate brownies’, your act of creation resulted in a state of ‘chocolate brownies’.

Now, some people will argue that the examples I’ve given above and others like it are not examples of ‘creativity’ at all. Rather, they are repetitive, the reproduction of pre-existing ideas. For them, creativity means something else, something ‘more’. For them, it means the birth of a completely original idea. Often, it also means the manifestation of such an idea in some visible or discernible form such as the creation of a piece of art , music, writing, technology...

I’d agree with them. Such ideas and their manifestations are indeed creative even if they are (almost inevitably) built on the ideas of others, albeit extending them in ways and degrees never before encountered in human experience or consciousness. Just about every technological advancement and device such as the airplane or the smart phone would fall into this category.

However, I want to make a distinction between creation and creativity. As I said, the first is to bring into form something that was not previously there, whether novel or otherwise. The second is to conceive and, in some cases, bring into form something that is indeed novel, that had not previously existed. So, while we may all not necessarily demonstrate creativity (though we are all naturally creative), we are always creating. And to this extent, we are all creators.

Alright, why have I chosen to rattle your brains a little with these concepts and my line of reasoning? Here’s why:

As creators, whether we do it consciously or not, we engage in the act of imagining. In order to bring something into being/form (including a cup of coffee), we must first have a thought about it. Now, if our creation is something that we have done many times over (such as making/creating a cup of coffee), we can perform this act of creation almost mindlessly. You could say we do it automatically without thinking. (Actually, it would be more accurate to say that the thinking has become so rehearsed, so automated, that it doesn’t require conscious attention).

In such acts of creation, we really don’t need to spend any time, thought or emotion at all imagining the cup of coffee that we wish

to create. The mind and its hardware - the body-brain - has performed this creation so many times, its *conscious attention* is not required. But...

What if we wish to create something we have never encountered or experienced before? Say, for example, we want a new job that we have never had before or to work in a company that we have never worked at before? Or what if we want to create a relationship like we have never had before? Or a business that we have never had before? Or to build on one that we have but take it to another level that we have not experienced before?

Or, how about creating a version of ourselves that we have never experienced and expressed before? One that is more confident, more peaceful, more joyous, more 'creative' ...than ever before?

Before I continue, I want to just park a thought in your mind for now (one that I have repeatedly written and spoken about) and return to it later. It is this:

At any given moment, we are either allowing or resisting.

Okay, let me get back to the subject of creation, specifically, creating something new in your personal experience. Would you agree with me that in order to do this, we must first

1. Have a thought of something that we want
2. Intend that this is what we want
3. Imagine it and finally
4. Create (allow) this to happen?

Now, I know that most of us believe that 'allowing' is a passive act which requires no thought or action on our part. It is not and I shall return to this later. For now, however, would you agree that we must intend and imagine what we want?

Assuming that you agree, this is what I wish to suggest to you regarding intention.

When you consciously intend what you want for yourself, what you wish to create for yourself, extend

your intention to include the impact it will have on others.

In other words, don't limit your intention to how it will benefit you personally. Extend your intention (and therefore your imagination) to include how it will benefit others.

Why is this important? Necessary?

Because, in the act of creation, we must pay attention to, and honour, what is true. And what is true is that we cannot do anything for ourselves that we do not also do for others.

Why?

Because we are all interconnected, or as Thich Nhat Hanh, a widely regarded and deeply appreciated practitioner of Zen Buddhism, would say, we are all ***interbeing***.

If our act of creation is built on the falsehood of separation, 2 things are likely:

1. It lacks power, conviction and the grace of effortlessness
2. It reinforces (within ourselves and others) the consciousness of separation, struggle (which is the antithesis of creativity) and dis-ease that comes about from the neediness of self-preservation

On the other hand, when we intend and imagine how, what we desire for ourselves could benefit others, we step into the consciousness of grace, of ease, of love, of flow, of allowing and yes, of creativity!

Let me return now, and only briefly (as I have spoken and written about this a lot), to the point about allowing and resisting.

Nature happens through the process of allowing, not resisting. At any given moment, you are either in the state of allowing or resisting. Please observe this for yourself.

If you wish to create anything at all, I would assume you would want to do it in a natural way (although your Ego will want to do it

in an unnatural way because the Ego itself is unnatural i.e. unreal!). The natural way, the way of nature, is to **allow**.

As I've said countless times before, allowing is not a passive act. We don't lose consciousness or the ability to observe and respond. We don't become brain dead. *On the contrary, the conscious state of allowing **requires an active state of attentiveness which notices when we are reactively (i.e. out of habit) resisting.***

The conscious state of allowing is indeed a creative state. It is a loving state. Nature, which is life, which is Love, which is what you truly are, is creative. If it were not so, our universe would neither exist nor continue to 'evolve' as it so wondrously does.

Allowing, which requires Attentiveness, means that

we do not put resistance in our own way i.e. in the way of our creative endeavour.

It also means that it allows for the infinite power, possibility (creative potential) and intelligence of Life, of Love, of Truth, to flow and to manifest or create. In this way, it does not rely on the limited, fear-driven, doubt-addled nature of the Ego.

Finally, and most importantly, the attentiveness of allowing keeps us in a state of readiness to respond to, and act on, the intuitive nudges and prompts of Love, of Life, of Truth, and so engage in the wondrous act of creation!

So, in summary, when you intend anything for yourself:

1. Extend your intention (and imagination) to include the loving impact it will have on others
2. Let your act of creation be one of allowing - attending to and responding to, and as, Love (Read again the quote by Charles Dickens at the top of this message!).

You are a creator!

Love. Then do what you will - St Augustine

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Contemplate

And God said, let there be...

BOOK OF GENESIS

Pause. Take a deep breath...

What can you appreciate right now that is either of direct and personal benefit to you or that is of no apparent personal benefit to you? In truth, everything benefits us as we are all in a web of interconnectedness!

Right now...I am appreciating creating this email...

Prayer for the World

There is nothing I can do that I do not do for all of Life, whether I realize it or not. Let me therefore do more consciously i.e. from, as and in Love. Let me also allow my doing to arise from my conscious being i.e. the consciousness of Love which is the only reality. When I create thus, I am truly creating. Not assembling, not constructing, not repeating, but truly creating in this moment, in this eternal now, the only time when Love is. In this way, what I 'gain' for myself, how I personally 'benefit', is at the same time, a 'gain', a 'benefit', a 'gift' for all of Life!

**You are loved. You matter.
Life recreates you moment by moment!**



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This weekly message was produced by Lucy at
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