



# Creating Creativity

*Jabal Moussa Mountain, Lebanon*

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# Introduction

*Being creative is not about what we do, but who we are while doing it.*

No matter who we are or what we do, we all have a creative force that dwells within us. Our job is to take the time and intention to source that creativity. Being creative births contentment. It is, in fact the most powerful medicine for despair, depression, loneliness and addiction. When we are in the stream of our creativity, we become one with our highest potential. Physically, our energy levels change and become enlivened. Emotionally, we expose our empowerment and spiritually, we raise our consciousness. It is obvious and safe to say that being creative is the best weapon against all darkness.

Creativity comes in many forms. One does not have to be a great artist, or fabulous writer, or incredible actor, or famous designer to be and feel powerful within our own structure. How we decide to live our lives, how we spend our time, how we handle situations, how we parent, how we are friends or partners – all of this falls into the category of creativity.

Creativity aligns us with our limitlessness. Feeling limited is a human conditioning and self-imposed. It truly does not serve any good purpose. Our ego jumps in and says: “oh you cannot do that or you are not good enough to do this”. In fact, when we are not attached to the outcome, we find ourselves doing everything our hearts desire. Every minute of our lives becomes an opportunity for us to become the brilliant creator of our own existence.

# Exercise 1

## Creativity Coming Through

*Choice, not chance determines our destiny so never negate that you can create.*

Sometimes we are being very creative, yet do not recognize it as such. Here are 40 ways of creativity. Pick the 5 that resonate with you the most and how you manifest this. Then pick the 5 that resonate with you the least, yet interest you and how you would like to improve upon this.

- 1: My creativity comes through writing.
- 2: My creativity comes through speaking.
- 3: My creativity comes through understanding nature.
- 4: My creativity comes through painting.
- 5: My creativity comes through drawing.
- 6: My creativity comes through work.
- 7: My creativity comes through mission.
- 8: My creativity comes through schooling.
- 9: My creativity comes through decorating my room or house.
- 10: My creativity comes through formulating ideas.
- 11: My creativity comes through fashion.
- 12: My creativity comes through reading or studying.
- 13: My creativity comes through problem solving skills.
- 14: My creativity comes through meditation.
- 15: My creativity comes through visualizations.
- 16: My creativity comes through going to workshops or events.
- 17: My creativity comes through films or theatre.

- 18: My creativity comes through sports.
- 19: My creativity comes through relationships.
- 20: My creativity comes through communication.
- 21: My creativity comes through IT work.
- 22: My creativity comes through graphic design.
- 23: My creativity comes through hair styles.
- 24: My creativity comes through make-up.
- 25: My creativity comes through dancing.
- 26: My creativity comes through drama.
- 27: My creativity comes through after school activities.
- 28: My creativity comes through being of service.
- 29: My creativity comes through gardening.
- 30: My creativity comes through planting trees.
- 31: My creativity comes through photography.
- 32: My creativity comes through camping out.
- 33: My creativity comes through cooking.
- 34: My creativity comes through helping animals.
- 35: My creativity comes through re-furbishing furniture or houses.
- 36: My creativity comes through cleaning.
- 37: My creativity comes through creating new products.
- 38: My creativity comes through creating new adventures.
- 39: My creativity comes through travelling.
- 40: My creativity comes through something not mentioned.



# Exercise 2

## Creative Transmutation

*Negative feelings stifle our creative juices.  
And yet transmutation is the greatest creativity of all.*

1. What creates sadness for you and what can you create that will transmute this sadness to happiness?

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2. What creates anxiety for you and what can you create that will transmute this anxiety to serenity?

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5. What creates the feeling of pessimism for you and what can you create that will transmute this pessimism to optimism?

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6. What creates doubt for you and what can you create that will transmute this doubt to faith?

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7. What creates stagnation for you and what can you create that will transmute this stagnation to determination?

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# Exercise 3

## Creating Dreams

*The difference between dreamers and leaders are those who are willing to do something about it. Yet dreams are the spark that can make the difference between life being just plain ordinary to marvelously extra-ordinary.*

1. Creating goodness – how will you do this?

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2. Creating joy – how will you do this?

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3. Creating beauty – how will you do this?

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4. Creating balance – how will you do this?

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5. Creating a better world – how will you do this?

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6. Creating a better relationship – how will you do this?

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7. Creating harmony – how will you do this?

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8. Creating laughter – how will you do this?

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9. Creating intentions – how will you do this?

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10. Creating courage – how will you do this?

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# Exercise 4

## Create Truth

*The majority of people believe that they are not creative at all. In truth, we are all creative. We were born to be creative. It is in our power and life map that we are meant to be creative. It is why we were created in the first place!*

1. Creativity is a choice. Do you believe this, if not why? If so why?

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2. Creativity is always available to us. Do you believe this, if not why? If so why?

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3. Creativity manifests our soul's expression. Do you believe this, if not why? If so why?

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4. Creativity connects us to our empowerment. Do you believe this, if not why?  
If so why?

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5. Creativity seeds our growth. Do you believe this, if not why? If so why?

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6. Creativity inspires action. Do you believe this, if not why? If so why?

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7. Creativity opposes destruction. Do you believe this, if not why? If so why?

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8. Creativity is a highway to hope. Do you believe this, if not why? If so why?

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9. Creativity needs to be simple and without ego. Do you believe this, if not why?  
If so why?

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10. Creativity stops apathy. Do you believe this, if not why? If so why?

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11. Creativity transforms our negative thought forms. Do you believe this, if not why? If so why?

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12. Creativity stops resistance. Do you believe this, if not why? If so why?

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13. Creativity soothes pain. Do you believe this, if not why? If so why?

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14.Creativity stimulates learning. Do you believe this, if not why? If so why?

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15.Creativity starts small but has limitless potential. Do you believe this, if not why? If so why?

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16.Creativity is often birthed from challenge. Do you believe this, if not why? If so why?

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17.Creativity is a statement of our truth. Do you believe this, if not why? If so why?

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# Exercise 5

## Co-Create

*There is nothing quite so good for our development than to create with another.*

Though it is wonderful to create individually, it is just as fulfilling to create in team. Team means **T**ogether **E**ach **A**ccomplishes **M**ore. When we put our competitive nature to sleep and awaken our cooperative spirit, we get energized and activated. We become like a puzzle, whereby each piece is as important as the next. As well, we feed off each other, which then nurtures our own unique creativity. The highest function of partnership or team is that each player gets stimulated during the pursuit of the creative endeavor. We grow from each other's differences and expand our creative nature. Teamwork or partnership awakens interest and kindles enthusiasm. Working with another is the vehicle to enlivening our great spirit and glowing heart.

1. Have you ever created something in team work and did you like it, if not why?

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2. Have you ever created something in partnership and did you like it, if not why?

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3. If you have never created anything in partnership or team work, would you like to, if not why?

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4. If you want to co-create something, what would you choose to do and who would you choose to do it with?

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5. Are you going to pursue this, if not why?

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6. Where have you witnessed team work creating something wondrous or miraculous?

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# Exercise 6

## Know Thyself

*There is no greater creativity than knowing ourselves, nor is there a greater victory.*

What is your favorite color and why? \_\_\_\_\_

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What is your favorite number and why? \_\_\_\_\_

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What is your favorite car and why? \_\_\_\_\_

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What is your favorite country and why? \_\_\_\_\_

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What is your favorite city and why? \_\_\_\_\_

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What is your favorite TV program and why? \_\_\_\_\_

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What is your favorite music and why? \_\_\_\_\_

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What is your favorite movie and why? \_\_\_\_\_

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What is your favorite thing to do and why? \_\_\_\_\_

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What is your favorite sport and why? \_\_\_\_\_

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What is your favorite tree and why? \_\_\_\_\_

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What is your favorite animal and why? \_\_\_\_\_

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What is your favorite bird and why? \_\_\_\_\_

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What is your favorite flower and why? \_\_\_\_\_

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What is your favorite food and why? \_\_\_\_\_

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What is your favorite drink and why? \_\_\_\_\_

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What is your dream vacation and why? \_\_\_\_\_

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Who is your favorite person and why? \_\_\_\_\_

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Who is your favorite person from history and why? \_\_\_\_\_

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# Exercise 7

## Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

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2. Which exercise did you like the best and why?

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# Tips for Creativity

1. Be happy with Plan B or even Plan C.
2. Override pessimism and doubt quickly.
3. Quickly create something when adjusting to challenges.
4. Be determined, no matter what others think.
5. Accept flaws with greater ease.
6. Realize that every step is the first step to the next step.
7. Create without thought of perfection.
8. When busy with expression – there's no time for depression.
9. Squash any negative thought forms.
10. Do not need another's opinion.
11. Creating makes us one with the Creator.
12. Keep a certainty about what is about to be achieved.
13. Make a rule that no judgement is allowed.
14. Wholeheartedly be devoted to be creative.
15. Being creative overrides being destructive.
16. Ego will keep our creativity asleep.

17. Enjoy the journey, not the end result.
18. Be with spirit, as spirit funds joy.
19. To be creative, more often than not, needs quiet.
20. Do not intellectually plan – just emotionally expand.
21. If we cannot find time to create, we must make time to create.
22. Evolving and solving are empowered through creativity.
23. Creativity is the best medicine for sorrow and despair.
24. Our sensitivity is meant to be expressed through our creativity.
25. Behind every work of art there is an emotional breakthrough.