

THE ENERGY OF CREATIVITY

Understanding the
Power of Wu Wei

From *Mastering Life's Energies*

by Maria Nemeth

“Everyone has creative genius. We all have gifts, talents that get unleashed when we're involved in our games worth playing...

The particular way we play those games.

Over the years, I've found we often undervalue our creative abilities because they come so easily to us. We don't realize we are being creative.

For example, has anyone ever acknowledged you for something that you do well... and the first thing you hear yourself saying is, 'It's nothing'?

It's time to put this to rest.

You are resourceful and ingenious.”

Who, Why, What, and How

Here's where our tools start working together...

We discern our Standards of Integrity and Life's Intentions to bring clarity to WHO we are.

Our SOI and Life's Intentions inform the goals we create... the WHY.

Those goals are the WHAT we do to bring who we are into physical reality.

And the six forms of energy are HOW we accomplish those goals.

So let's look at how the energy of creativity specifically helps us to bring our ideas, dreams and visions into reality, through...

The Creative Process

“Imagination is the ability to conceive, to draw together, to inspire the mind with a sense of newness. It is the mind’s exercise in foreseeing results in material form.”

-- Ella Pomeroy.

Imagination is the power to see beyond what is obvious. Imagination is a key element in the formation process. If we perceive it, we can conceive it. If we conceive it, we can believe it. And if we believe it, we can achieve it.

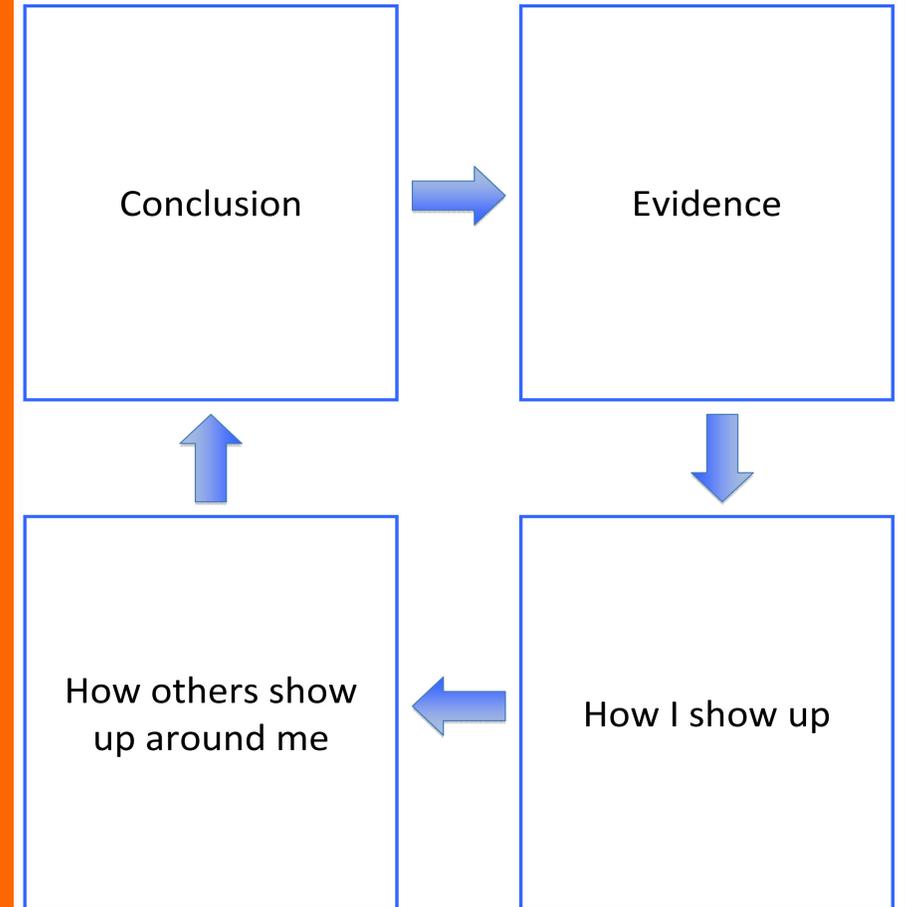
This is the creative process.

The Creative Process

So what are we creating?
Are we imagining the worst?
Or the best? What are we conceiving?
If we look at the order of the process,
perception is the step before conception.
What are we perceiving?
What evidence are we gathering?

What do you notice about our Conclusions
and our ability to perceive? And believe?
What we imagine will create what we see,
and what we believe we can achieve.

The 4 Boxes



Wu Wei

One of Taoism's most important concepts is *wu wei*, which is sometimes translated as “non-doing” or “non-action.” A better way to think of it, however, is as a paradoxical “Action of non-action.”

Wu wei refers to the cultivation of a state of being in which our actions are quite effortlessly in alignment with the ebb and flow of the elemental cycles of the natural world.

It is a kind of “going with the flow” that is characterized by great ease and awareness, in which—without even trying—we’re able to respond perfectly to whatever situations arise.

– Elizabeth Reninger

Wu Wei

So what do *wu wei*, the energy of creativity and the four boxes have to do with each other?

Let's connect the dots...

When we are clear about who we are, why we're doing what we're doing, and the filters our conclusions create, we start to respond effortlessly... we are in the flow of effortless effort.

How do you know if you're in the flow?

Ask yourself:

- ❖ What are three things you do well?
- ❖ Think of something someone complimented you on in the past (you might have made light of it). What was it?
- ❖ Think of a time when you had an idea... when you imagined something... and brought it into physical reality.
- ❖ How did you do it? Was it easy or hard to accomplish?

The Power of Coherence

When we're in alignment with who we are,
what's important to us, the conclusions we're
creating and gathering evidence for,
and how we're using our imagination...

We enter into the flow of effortless effort.

Think clarity, focus, ease, and grace!

How about you?

Share a time when you were
in the flow...

What was your experience?