

Tapping into Our Creativity ~ Poetic of the Soul

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Creativity has been painted as a path to our imagination, an expression of our spiritual nature, and as a business success application tool. In our search and in the depths of creativity comes what we may find we are having difficulty articulating and acknowledging - the poetic language of the soul.

There are many reasons we focus on tapping into our creative nature. We target reasons to:

- increase our awareness into the endless possibilities in our lives
- become a leader in corporate organizations by thinking outside the box with innovation and invention
- enhance our leadership roles and be recognized as a creative problem solver
- through creative collaboration we enhance our opportunities by building teams that are more effective and efficient
- showcase our artistic talents of imagination, perspective, and individual expression.

I've experienced creativity as a poetic for the soul. Something that means taking away facts, fiction, materialism, intellect, constraints to give space for the unknown, subtleties, complexity, ambiguity, incompleteness, worldliness and wonder.

As in mythology, our creative abilities allow us to give birth and purpose to describing a sacred place where fundamental truths of nature and human life lie outside the necessity of literal, factual reality. When we tell elaborate stories of times past, office politics or romantic re-litigations we may be offering less of the facts and truths necessary for passing judgments or making decisions, but thriving to give ourselves a missing connection to soulfulness.

Perhaps the upbringing within our families and community encourages us to simplify our story telling and our expression of pointless circumstances by reminding us to get to the point and forget overanalyzing seemingly-less pointless conclusions. Most of the time when we tell a story about our lives, we are encouraged to describe it in purely simple terms. When are we encouraged to use our creative nature, stretch our imagination, and use fantasy to fill facts? Only sometimes in telling stories of our dreams from the accepted unconscious state does our mind get to play with images of angels, monsters, dragons and demons. Brought forth to the waking stage and we dismiss their meaning, presence and realism. Our surface explanations of our problems are usually showing their shortcomings and limiting a need to satisfy the creativity necessary to feed our soul.

This creative nature shows up in the simplest activities and explores itself and its possibility. Our daily rituals create a place to rekindle our relationship with our inherent creative self and our soul. Knowing that everything we do, no matter how simple has a halo of imagination around it serves the soul, enriches life and makes the things around us more precious, more worthy of our love and care.

We can encourage more to the poetics of our soul in our simple creative rituals of writing a love letter, baking a pie, wandering in nature, styling our hair. We need to remember not to disregard the depth that roots in our desire to complete daily acts and routines, but begin to embrace them with the purpose of filling our souls.

Through the recollection of creative acts, thoughtful language, and the arts we find our soul filling up. Through my professional coaching practice I have been witness to these craving within each of us and experienced my own desire to embrace rituals and imagination. We need to encourage, give permission and create space to tap into our natural humanistic state of creating in our lives. If not only to increase our potential at work, enhance and attract possibilities into our lives, leverage our ideas and talents into prosperous businesses, then also to feed the marriage of our spirituality to our soulfulness.

Using the language of creativity we call forth both our spirituality where we reach for consciousness, awareness, and the highest values and our soulfulness where we endure the most pleasurable and most exhausting of human experiences and emotions. Here begins the poetics of the soul.