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BE CREATIVE WITH MONEY

Sharing the wealth

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BE CREATIVE

Creativity is the essence of Nature and humans partake in this ability par-excellence. At times I wonder if this ability to be creative puts us at odds with Nature. This very creativity, when not utilised for positive human excellence, but for excessive materialism, leads to human creations that are not simple or in tune with Nature. Thus the very creativity that sets humans apart from the rest of the earth's inhabitants begins to undercut the quality of life of humanity. It upsets the balance of Nature and creates problems for all life forms.

We can trace this imbalance outside of ourselves to imbalance inside us. This imbalance inside us is expressed in the form of stress, unhappiness and other severe behaviours. So how do we begin to use our creativity to balance ourselves internally, which in turn will begin to sooth out our balanced expression and manifestation externally?

The basis of this type of creativity is wonder; wondering about ourselves, our purpose, our relationship with others and Nature at large; wondering about what makes us feel alive, feel good, happy, creative, productive, intuitive and content. Where does this seed of wonder lie? It lies in the heart of every creation. If wonder were to permeate every creative act of the human, then it would exemplify a wonderful heart!

Explore the wonders and mysteries of the heart by exploring Heartfulness and experiencing the yogic transmission that is unique to this system of meditation. We invite you with open arms to experience for yourselves the glory of your own heart.

We wish you all a very happy and hearty new year, full of joy and wonder!

Victor Kannan,

Director, Heartfulness Institute



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Celebrating Life

Dear readers,

When a potter throws a piece of clay onto the wheel, she zeroes in, Zen-like, to the centre. Her thoughts fade as her body and mind meld into her hands, gently guiding the smooth clay. Or does the clay guide her hands? Is it calling out to shape itself into new forms?

It is in the blending of self and surroundings that we strike the resonant inner chord as human beings. When we become the dance as well as the dancer, the onward flow of the river, is when we feel most alive: acutely present, yet lost in the spontaneity and simple joy.

In these inspired moments we reflect creation. We need not be studio artists to live an artful life. Who doesn't love an "ah ha!" moment – those small internal shifts where something spontaneously clicks into place. As we continue to refine ourselves, such synchronicities show up more frequently on the inner journey. Where do we find those inspiring moments in life? When do we flow with the beauty surrounding us, beckoning us to share in the subtle joy?

The creative process is the manifestation of our very existence. In this issue, we celebrate creativity in all its glory, and hope you will find something in this issue to inspire you to live life as creatively as possible as an expression of life itself.

Wishing you well for the new year ahead,

The Editors



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January 2016

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Guy Lemitres



Guy is from Montpellier, France.

He is a retired psychotherapist and trainer, who retains the youthful spirit to learn through the heart.

Under the pseudonym of 'Papiji l'escoutaire' he is our storyteller, retelling beautiful tales from different traditions

about love, the different shades of love, and the qualities of the heart. This issue has the

last of the stories from King Vikram. We can't wait to see what Papiji will share with us next!

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PRINTED BY:

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PUBLISHED BY:

Kala Jyothi Process Pvt. Limited
1-1-60/5, RT C Cross Roads, Musheerabad,
Hyderabad-500 020, Telangana

PUBLISHER:

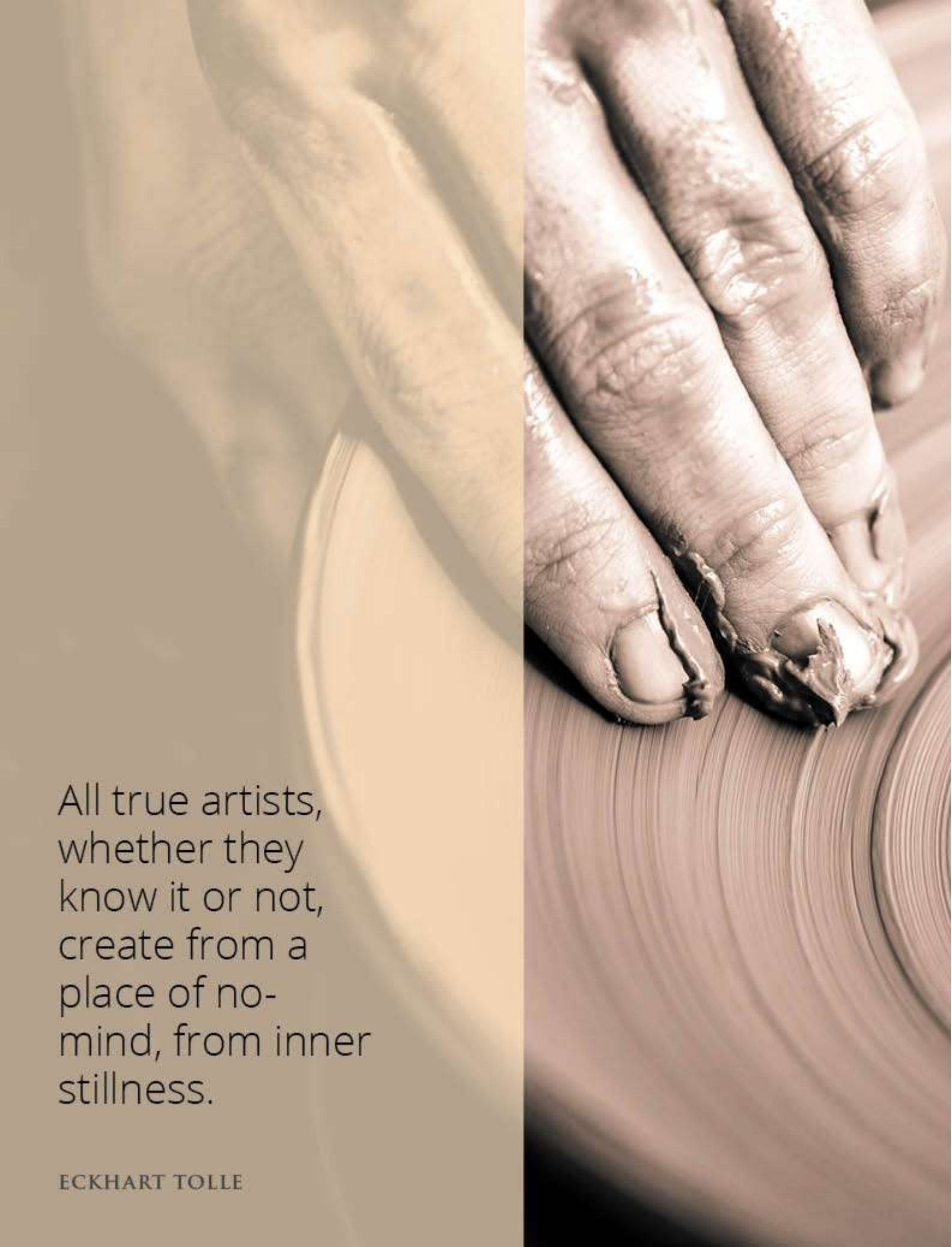
Sunil Kumar representing Spiritual Hierarchy
Publication Trust on behalf of Sahaj Marg
Spirituality Foundation.

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ECKHART TOLLE



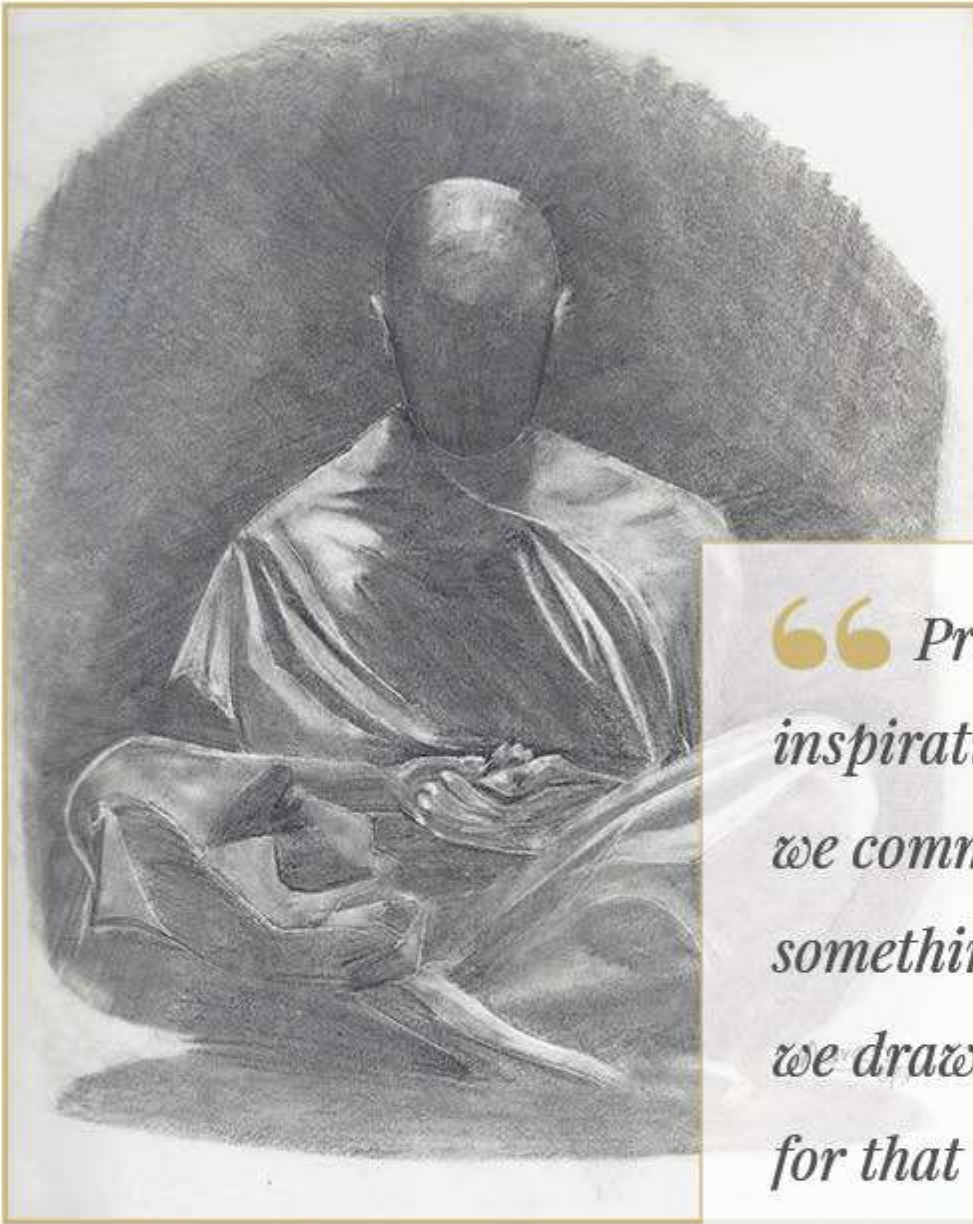
The *Heart* of the Matter

NARENDRA KINI is an artist among other things. He shares with us his own experience of creating, and what helps him most.

What inspires minds?
What triggers creativity?
What persists in a creatively inspired mind?

Several folks have shared their perspectives on some or all of these questions. Among the inspiring minds are novelists, poets, playwrights, painters, philosophers, scientists and mathematicians. They describe how they subtly manoeuvre in order to overcome the obstacles and daily routines so that they can complete the work they love.

It may be by waking early or staying up late; skipping mundane distractions or attending events that motivate them; drinking vast quantities of coffee; taking long daily walks; or just sitting in meditation, like I do. When I divert my attention inward where it probably truly belongs, that which resides inside seems to manifest itself. Surprisingly the manifestation is profound.



“ Practice feeds inspiration. Once we commit to doing something creatively, we draw inspiration for that work from around us. We coach our minds to be aware, conscious and mindful about aspects in the moment that could feed our creativity.”



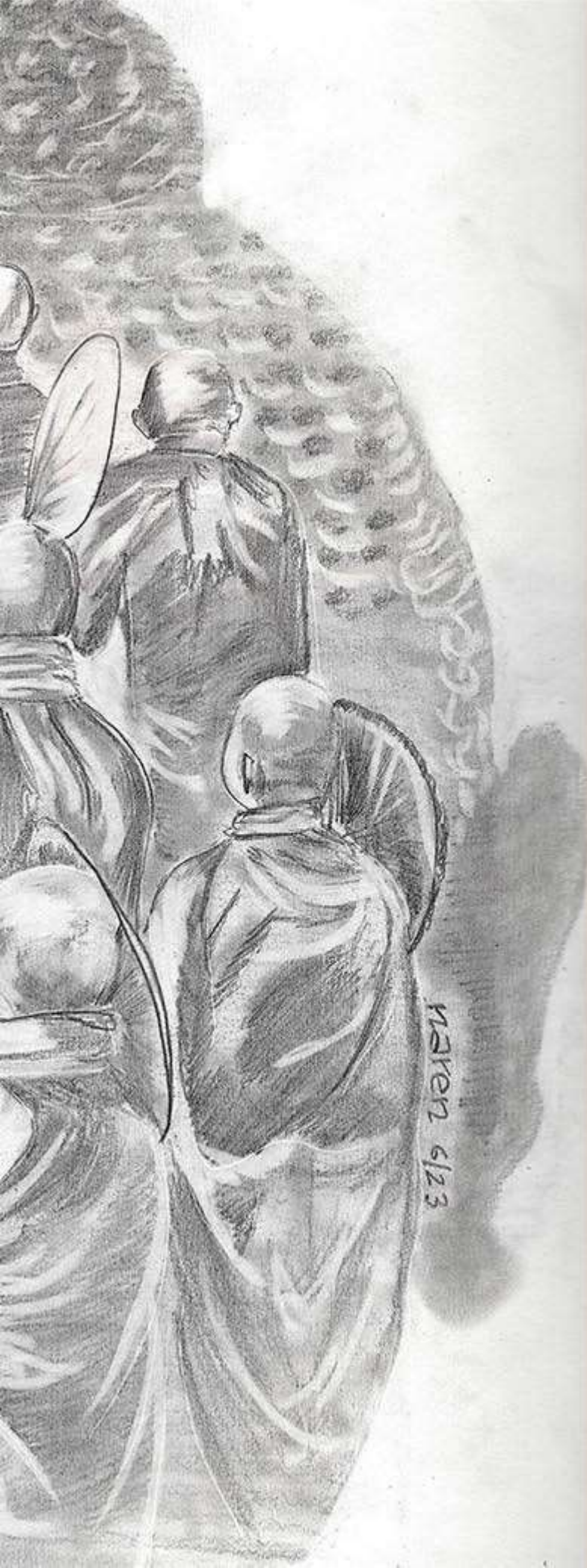
My experience gives me belief in two things: the 10,000 hours of practice that Malcolm Gladwell writes about in his book, *Outliers*, and disciplining the mind. Interestingly, when you combine both, meditation ensures that my mind is regulated and able to direct itself to perform a committed task within an allocated time, and discipline channels my creative energy to that activity I have committed to.

Unusual as it may seem, everything comes to me – ideas, inspiration, motivation, clarity in thinking – during my committed practice of meditation. I will be the first one to admit that I did not get there overnight. Over twenty years of practice has probably helped. I am yet to reach the proverbial 10,000 hours that Malcolm Gladwell writes about, yet I cannot deny the benefits that are already obvious in most walks of my life: calmness within, filtering the clutter to take a decision, resting well without nightmares or restlessness, responding to situations instead of reacting, etc. These are very natural outcomes of my meditation practice.

To some extent creative work is no different than training in the gym. You can't selectively choose your best moments and decide to only work on the days when you have great ideas. There certainly are those magic moments – which also surface during meditation – but the only way to unveil the great ideas inside is to make a commitment and show up over and over again. Set the time, set the schedule, and preferably set the place and environment.

It is easy to start judging your own work and convince yourself not to share something, not publish something, and not market something because, "it isn't good enough yet," but the alternative is even worse. If we don't have a schedule forcing us to deliver, then it is easy to avoid undertaking the work itself. The only way to be consistent enough to make a masterpiece is to give permission to create something along the way – feed that creative instinct, do not starve it.





Sincere practitioners in any field don't just work harder than everybody else. At some point they fall in love with their practice to the point where they want to do better in less time, more in the same time, and generally excel.

It is true in any profession. The elite football player is the guy who spends all day on the practice field with his teammates, and after practice he goes home to watch game films.

The elite physician listens to medical podcasts during a long commute. The elites are in love with what they do, and it does not feel like work.

This leads to the other benefit of discipline and practice. Practice feeds inspiration. Once we commit to doing something creatively, we draw inspiration for that work from around us. We coach our minds to be aware, conscious and mindful about aspects in the moment that could feed our creativity.

During my initial work, I drew inspiration from the spiritual images and personalities that influenced me greatly in my journey to 'inside-out transformation'. Gradually the canvas widened, and the themes changed. I find subjects in events, happenings, award-winning photographs, life moments and nature. I try to celebrate significant days like birthdays, anniversaries and other events through my sketches and share them. I have realised that it has become a way for me to share love – genuine love – albeit through my art.

So, what is the common denominator for me? In short it is the heart. I can commit, schedule, discipline, channel and nurture my mind, but only when my heart is in the right place does it become the origin and abode of my creativity and inspiration; hence, the source of joy, love and contentment. Once that is okay, any creativity that feeds to that sentiment draws inspiration from within and without ●

Beauty in simplicity

Creativity exists within us all, ELIZABETH DENLEY explores the inherent nature of creativity.

We often think that creativity & innovation are for those special people – the artists and innovators – who choose a creative profession, forgetting that we are all potentially creative and innovative in whatever we do every day.

Creativity is an attitude. A street sweeper can be creative in how she cleans the paths, a builder laying concrete can find new ways for the concrete to set. It is all about attitude, and it requires a sense of wonder and discovery. I remember the first time I visited Bali as a teenager, and watched the local people creating their flower offerings to God at various places on the roadside and near their houses every day. They were done so beautifully, with so much care and love. It was a joyous thing to walk along a path between paddy fields and come upon one of those glorious pieces of natural art.

Where do creativity & innovation come from? Are they learnt? Can we switch them on and suddenly they are there?

It is a necessary topic to explore, because creativity & innovation are critical for anything to be really successful, and for us to contribute our own particular genius to our human community. Every one of us has a genius, and our job is to find ours and excel at whatever that is. We don't have to become famous, rich or ambitious, as genius can be expressed in every little thing we do every day.

There is the old cliché, work is 1% inspiration and 99% perspiration, and that is as true for Michelangelo sculpting David, Jagjit Singh singing ghazals, Joseph Strauss engineering the Golden Gate Bridge, Einstein discovering relativity, a family preparing Christmas dinner together, or an office clerk organising his boss's appointment schedule for the next week.

One of the simplest and most elegant innovations I have seen in any office was back in the early '90s, before personal computers were common, when I visited my Guru in India for the first time. He had retired from his role as a company executive in order to devote his time fully to our spiritual organisation, and ran his office with an order that was inspiring.

One day he showed me his filing cabinets, and I was surprised by the innovative ideas he had used to organise membership cards and other administrative documents. His was a simple creation, unseen by the world and hence unsung, but it was so simple and elegant.

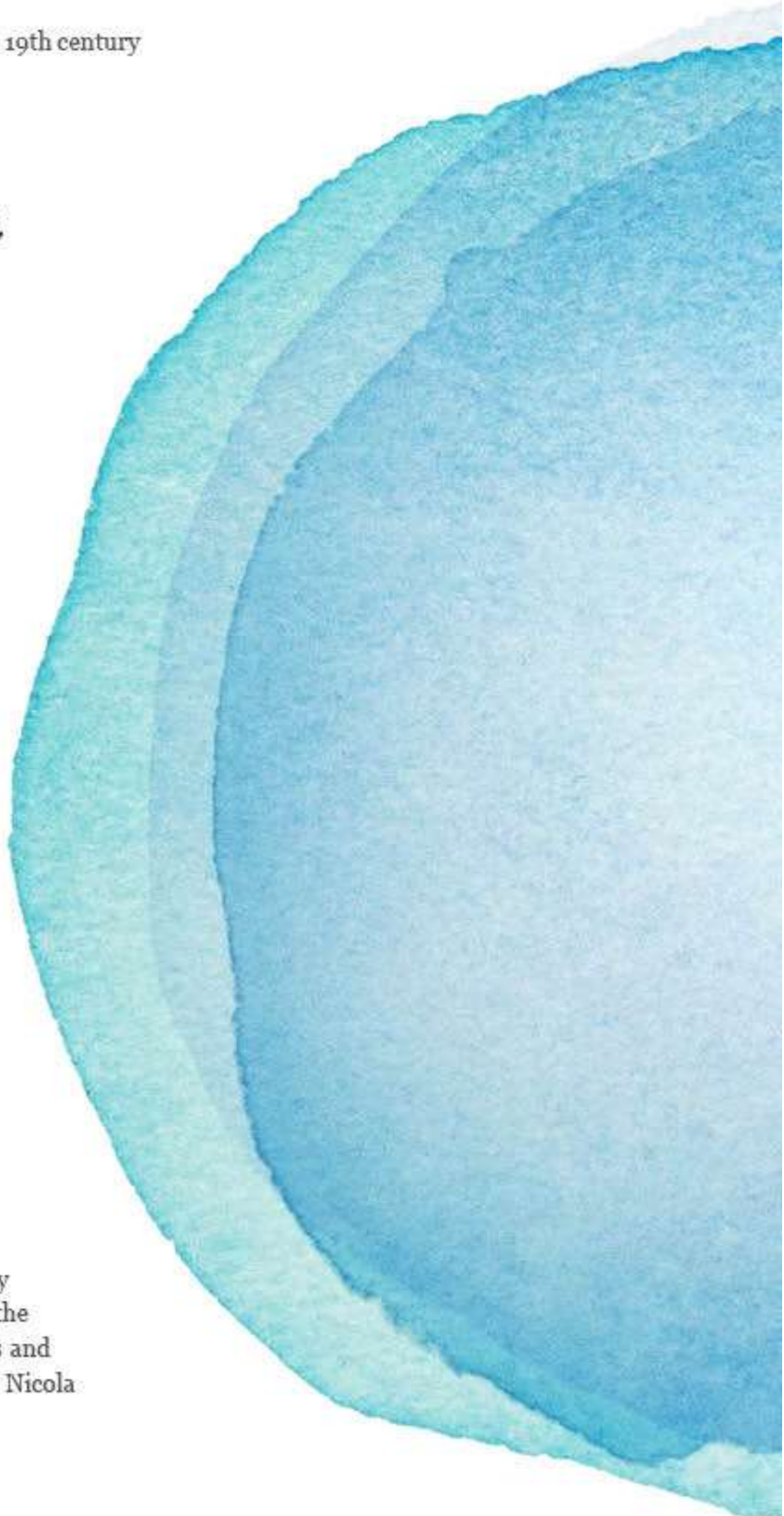
“ *Every one of us has a genius, and our job is to find ours and excel at whatever that is. We don't have to become famous, rich or ambitious, as genius can be expressed in every little thing we do every day.* ”

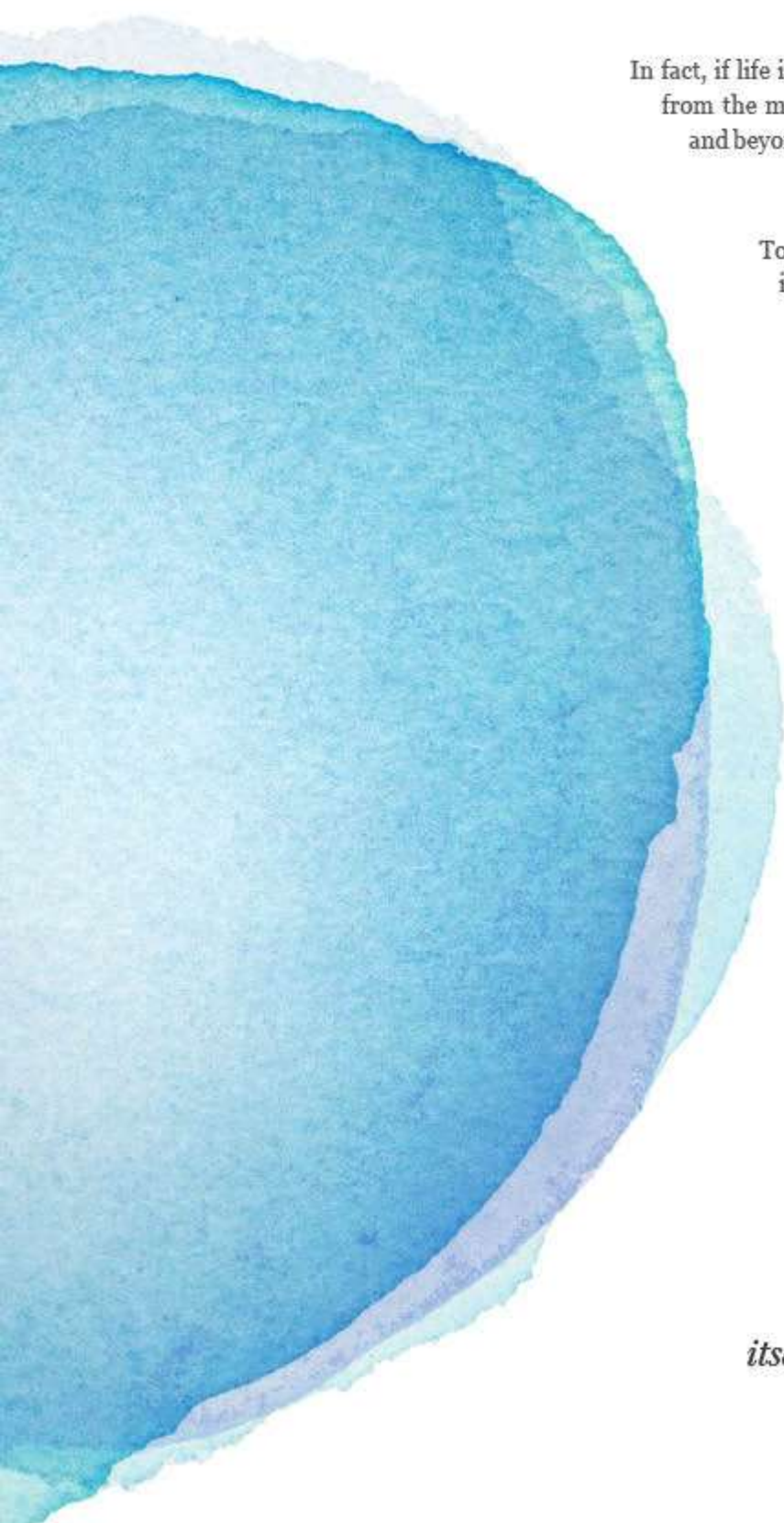
In fact any really creative innovation is simple. The 19th century composer, Frederic Chopin, once said,

“Simplicity is the highest goal, achievable when you have overcome all difficulties. After one has played a vast quantity of notes and more notes, it is simplicity that emerges as the crowning reward of art.”

The same concept applies everywhere. In mathematics, if there is more than one solution to a problem, the simplest and most elegant is considered to be the highest. Why? The answer to this question takes us to the heart of the matter of creativity! Reflect on it for some time, and a whole universe of understanding emerges.

Creativity is natural, as the same creative principle exists throughout the universe. It is one of the three main principles of existence - creation, maintenance and destruction. Creativity is intrinsically linked with our inner essence, the life force that is within us. Great artists, scientists and thinkers recognise this, from Leonardo da Vinci to Nicola Tesla.





In fact, if life is to be lived well, it is an act of creation in itself, from the moment of conception until the moment of death and beyond. Anything creative is evolving at every moment.

To be innovative and creative in any field, be it engineering, carpentry, mechanics, music, art, cooking, writing, gardening or running a business, we have to dive into the core of ourselves, the heart of our being. And for that we need to create the space and time to allow ourselves to listen to the inspiration that comes from within.

Inspiration comes from a place that is beyond our own limitations, and our own mundane existence, in what we call the spiritual heart of existence. Eckhart Tolle puts it in the following way: "All true artists, whether they know it or not, create from a place of no-mind, from inner stillness."

So it is actually very simple: cultivate this ability. Do whatever takes you straight to the heart of the matter. Swim in the sea, meditate, walk in Nature, sing, play with children ... there are many ways to nurture creativity, and each person must find their own approach.

Let your heart expand. That in itself is a creative act! ●

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