

The Creative Voice—A Bridge between the Tangible and the Intangible



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When you stand at a window do you see the world outside or do you see your reflection? When the sun is shining brightly, the window is transparent and you see the physical world. At night, when the light is behind you, the window becomes a mirror and you see your Self.

As your perception shifts back and forth between the mirror and the window, your creative voice is the bridge between the tangible and the intangible worlds. Your creative voice is how you express that which you create.

Think for a moment about the word creativity. Are you thinking of singers, writers, painters, sculptors, composers, poets? Yes, artists are creative. But so are thinkers, philosophers, speakers, teachers, inventors, marketers, and cooks. One of the most creative people I know finds her outlet in preparing food for friends. It brings her tremendous pleasure and her dinner table would make a brilliant and beautiful magazine layout. All living beings have a form of creative expression that is uniquely theirs.

Creativity could be defined as the ability to see the extraordinary in the ordinary and the profound in the everyday. It could be the act of taking pieces of an old familiar puzzle and synthesizing them into a startling new vision, and then contributing that vision to the world. It could be simply receiving an idea and knowing it's something you want to contribute to your Self.

In this expanded view of creativity, everyone is an artist dancing on the bridge between the visible and invisible worlds.

So come with me now as we begin the dance.

The first step in the dance on the bridge is the initial "Aha!" moment. You have the first spark of your idea. It's invigorating. You're aware "something" has happened, but before the words come you can't articulate what it is. Nor do you have any clue how it could happen.

You may not be able to find the words but you aren't going to let that stop you. Oh, no! Shake hands with the thought. Say, "*Thank you for coming,*" and invite it in to talk as if you recognized an old friend.

As you take the first steps of your dance, your inner voice might say something like this. "*I receive inspiration every day. This idea has come to me and I am inspired and excited. I'm wondering where it came*

from, but I'm also confident I asked for it. Right now the inspiration doesn't have all the details in place. But even though I can't yet put it into words, I'm experiencing a sense of elation and it feels wonderful."

As you learn the next steps, you bring your knowledge and perspective to the idea and you begin to see it take shape. Some of the details start to clarify and your imagination takes flight. Now you begin to choose from a multitude of possibilities.

Have you ever had the experience of telling someone about an exciting idea only to have him or her throw cold water all over it? What if the Wright Brothers or Thomas Edison had listened to those people who said it couldn't be done?

Is this a good time to start talking about it? Or is it a good time to hold the idea in silence and conserve your energy for the actual manifestation? Through careful internal listening, you will receive constant guidance about the choices you're making.

Your inner voice at this stage might sound something like this.
"The idea is getting clearer and clearer. I have a better mental picture and I feel excited about all the possibilities. When I think about this idea I feel a tingle inside me.

Yes, I'm ready to take my inspiration further. I wonder if I should talk to someone about it or if it would be wise to wait until I have the complete picture.

No one can express doubts if I keep it to myself for a while. You know, the more I think about the idea, the better I like it."

When you come to the next stage of creation you bring your actual voice into the dance. The outline of the idea is totally formed. You have the ability to articulate what it is. You're getting better at focusing your creative energy on what you want to happen. Now you must separate the knowable "what" from the unknowable "how."

If you listen only to the "how" voice, your inner monologue might go something like this.

"It's a great idea but I just can't see how it will happen. I don't really have the time with everything else I'm doing. I won't get any support from my family. They're already complaining I don't spend enough time with them. It could be expensive and I don't have the money. I don't know everything I need to know to make it happen. What was I thinking?"

Sound familiar?

Nurturing your creative embryos requires vigilance about what thoughts you're expressing. One of the myths about creativity is that

there isn't any money in being creative. Another myth is that creative energy needs chaos and disorganization to thrive.

Say no to the myths. The joy of the creative voice is your birthright.

So now focus on the "what" voice for a moment. Stand at your window and placing one hand on your heart and one hand on your solar plexus, speak these words out loud. Feel the power of them.

"This idea is important to me and the doors are opening. The right people will be there to help me when I need them. I have all the time and money and support in the world. I don't have to know how it will happen."

In summer 2006, I moved from Toronto to Vancouver because I wanted to live by the mountains and the ocean. Before I moved, I went online and found a map of all the neighborhoods in Vancouver. I printed a copy and posted it on my vision board. On it I circled the area I wanted to live and I wrote, "I live here," with an arrow pointing to my desired neighborhood.

Several months before the actual move, I flew to Vancouver for a visit to check things out. For the visit, I was unexpectedly gifted with airline credits and free accommodation in a luxury hotel by the water. During that visit, I saw a friend who lived in an apartment in

the precise area I was interested in. Four months later, as I realized it was time to book another flight to come and find a place to live, I heard from the manager of that building who had an apartment to rent. It was the exact layout of my friend's apartment, only several floors higher with an incredible view of the mountains and water. It all unfolded effortlessly in ways I never could have imagined. Instead of telling myself it was impossible, I asked with childlike enthusiasm, "I wonder how that's going to happen?"

When we're totally clear on what we're asking for, the right people show up at the right time; we read the right books or have the right dream. To someone standing on the outside it could look like a miracle or at the least, extremely good luck. From the inside, it's simply bringing into an observable form something that has already been created through inspiration.

On to the fourth stage. This part of the dance on the bridge is where your vision reaches your heart.

Do you have the passion to actually bring it into the physical realm? Do you have a fire in the belly? Is your vision juicy and bubbly? The moment when the fire is lit in your heart is a moment of intense

connection and appreciation. The flow of imagination sparks the next right action and the next and the next.

Once again, listen in on the creative voice. *“When I think about this idea I’m even more excited than the day it first came to me. Already so many things I never could have foreseen have helped me move this vision forward. This is so much fun. It makes my heart sing. Any time this project is not feeling joyful, I have the choice to stop. Any obstacle I face is really there to assist me and will just move me further on the path. No matter what anyone else thinks, I have the fire in my heart to make this idea real in the physical world.”*

Two or three years ago I read an intriguing story in a magazine about a man who forged a very successful career in the world of finance. He describes how he woke up one day and realized there was nothing more for him to do in the world of finance that excited him. He decided what he really wanted to do was play his music in the subways of New York City. As he gathered his courage to follow his heart’s desire, he realized he had to be centered in himself and not care that 98 percent of the people walking by wouldn’t even hear him. He had to have the courage to take this step even though he was risking the ridicule of former colleagues who might see him busking

in the subway. He had to let go of other people's opinions of how he was choosing to live his life.

What if you were to view your voice as the intersection point for the power of the mind, the power of the heart, and the power of intuition? Can you sense the creative energy of that?

Power is a word often misunderstood and used interchangeably with the word control, but they're not the same thing. Power is an energy that comes from within and in a very real sense manifests in the visible world through the voice. You instantly recognize someone who has aligned that power. You can feel it. You can hear it. You can sense the quality of leadership.

Everyone has that potential.

Yes, fear will come up from time to time. Fear is simply a resistance to something that hasn't happened yet. It's important to respect that resistance and wait until you are in alignment to receive with an open heart and mind.

When I had a singing studio in Toronto, I learned very quickly how strong the connection was between voice and power. Because the voice is the only instrument where musical sound is produced by

the body itself the potential for transformation when using the voice is vast.

As an example, one young woman came for a consultation and for the first time tapped into her creative energy. She was excited and set up a second lesson but then phoned to cancel it. She acknowledged she wasn't ready to fully experience her own power. She impressed me with her awareness of herself and I wasn't really surprised when she phoned several months later to say she was ready.

When your creative power causes you discomfort it's simply because you care deeply about your project. When you take the time to come into alignment with that creative power, your actions will be a response to an invitation rather than a forceful initiation springing from a desire to control the outcome.

Pay attention to the intention, do what is needed to stoke the fire, be willing to not know everything about the outcome, and the resistance will slip away like a thief in the night.

You may have noticed to this point your journey has been only in your inner world. Now it's time to bring your creative voice to the outer world. Here is where the particular form or structure of all inspirations begins to materialize.

There are as many different forms as there are beings inhabiting this planet. It could be something so small you could hold it in your hand. It could be as tall as a skyscraper that seems to touch the sky. It could be a health breakthrough that will help many people. The number of atoms and molecules in the form is not important. What's important is how joyfully you continue on the journey and how completely you express your essence to the world through the structure that is unique to your creative voice.

Helpers come along. Miracles happen. A book gives you the perfect idea for taking the next step. A friend's offhand remark leads to the solution you've been searching for.

This stage is also where you decide whether you want to be involved in the entire project. If not, open your arms and dance with those people who light up about the parts you don't want to do. Form a partnership that brings about a juicy, fun experience for everyone.

"As my vision manifests, all kinds of synchronistic events happen and I draw the right people at the right time. I attract people into my life who are good at, and love all those parts of the idea I don't want to do. I have the same excitement and passion now as I did at the beginning. There's a bend

in the river, but I know there's a good reason I can't see the whole outcome yet. The light burning inside me is all I need to inspire the right action. I get to express my true essence through my relationship to this particular form.

This is my song and I must sing it."

Stop for a moment on your journey and think about the ideas that never make it across the bridge into the outer world. Sometimes it's a clear choice to let it go and sometimes they slip away from us. Everyone has lived through both. But if you have an idea that's still waiting, it's never too late.

A few years ago I was very excited about a concept I had for a CD and I described it to someone with quite a lot of detail. A few weeks later she told me about an idea she'd had for a CD. As she described it the similarities were unmistakable. I was stunned by the fact that she wasn't even aware it was so similar to mine. How dare she steal my idea and claim it was hers? But finally I realized two people could have exactly the same idea and the end result would be distinctly different based on individual knowledge, vision, and perspective. And indeed, that is what happened.

If you have the passion and fire, you can always bring an old idea to fruition knowing your creation will be different from someone else's.

Now you are finishing your dance. Step by step your creative energy and unique voice have taken on a concrete form. Your idea has a presence in the world you see outside the window and now the right people will be drawn to learn from and experience your vision.

This is a moment of vulnerability. What if someone doesn't appreciate your vision? Well, some might not. Nietzsche expressed it well. "Those who were dancing were thought to be insane by those who could not hear the music."

At one point in my own creative development, several different people called me unconventional. At first the thought scared me because it seemed to indicate that I was "different." However I grew not only to accept it, but also to revel in it.

If you create only for the world through the window, criticism will be devastating and the need for approval never ending. No one else can give you permission to be who you really are.

Dare to be unique and the courage will rise to allow you to be vulnerable. If others reject your offering, remind yourself that you've

brought them a wonderful gift of clarity by showing them something they don't want.

One person expressed her insight into her uniqueness this way. "An idea I had previously experienced only in an abstract form became a tangible and emotional reality. I became aware that no one's voice is greater than or lesser than mine. I understood that in being part of a whole, individuality is not lessened, it is enhanced."

In the movie *Wheel of Time*, a film about the sacred Buddhist ceremony of Kalachakra, some of the pilgrims travel to it by advancing only one step at a time and then prostrating themselves full length. They stand up. They take one more step. And then they fall down full length on the ground again. They travel the entire distance to their destination in this deliberate manner.

From moment to moment you choose your speed and direction. Whatever choices you make, they will bring experiences that allow your Self to emerge. What you gain depends on how deeply you trust the experience.

The journey from the moment of inspiration to manifestation is the hero's journey. By exercising your creative muscle you learn new ways of being and knowing. The more you say, "Yes, please," to the

creative voice, the more complex and fulfilling your inspiration becomes. Can you imagine our world if everyone daily experienced a sense of oneness with Creation?

Now you have come full circle to the beginning, but the dance isn't over. You have simply returned to the place where the next inspiration is waiting for you. Your ideas want you to birth them, to nurture and express them, to send them out into the world to be seen and appreciated, and expanded upon. Your most powerful inspiration is called from somewhere in the universe by those who really want it.

Who is transformed by expressing your creative voice in the world?

You are.

If you can be who you are, if you can show your Self to the world, if you can sing the song that only you can sing, you will know hope, you will know joy, and the change in the world will be you.



