

Windstar Journal



CREATIVITY

The failure
to recognize
the constancy
of change
denies our
evolution.

John Denver

SUMMER 1988

welcome to the windstar journal

Creativity. It is natural and it is everywhere. It is in every one of us. This issue of the Windstar Journal celebrates creativity.

We have selected a variety of articles. Some provide a theoretical perspective. Others are a glimpse into the personal nature of feeling and being creative. Some give specific suggestions for enhancing creativity in our own lives. All support the premise that we each have creative capacities.

There are many ways to be creative—and no one right way. Sometimes creativity does result in obvious and tangible products. However, a product alone is not the definition of creativity. Creativity can be a way of life. It may be seen in gentle consideration of friends, graceful and thoughtful parenting, responsible behavior affecting the environment, humor, and openness to new ideas. A person can be creative in approaches to life—and never write a book, paint a canvas, compose a song, or invent a scientific theory. All creativity involves a creative process—but all creative processes do not result in products. Creativity is a celebration of our innate capacities to respond to what is—and make the world new again.

Each of the articles in this issue of the Windstar Journal addresses aspects of creativity. John Denver shares some of his own experiences in creating songs, states his sincere belief that we each make a difference—and suggests that it's the combination of our personal creativity with our responsible choices that will create a future of peace and health.

Chungliang Ai Huang invites us to dance with life—and in the process we will live fully, with grace. Barbara Clark gives us a model for understanding dimensions of wholeness and integration in creativity. Tony Angell lets us feel his passion for the wisdom of nature that he wants to convey through his art. Ned Herrmann draws from physiology and brain research—including his own extensive research into the characteristics of human mindwork—to encourage us to celebrate our own creativity.

Sydney Summers gives us a personal window to influences on her perceptions of herself as an artist. Robert Lepper offers a few insightful comments about people and creativity. Interviewed by Windstar member Virginia Allen, Senator Jake Garn represents a commitment to creativity in leadership as he addresses people, governments, and exploration of space.

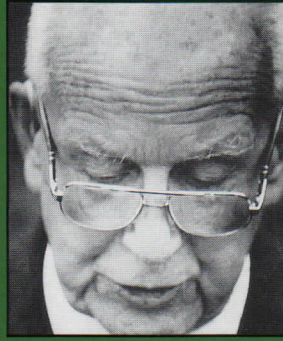
Helping to ground us in the idea that personal creativity today has planetary implications now and tomorrow, Lester Brown and Edward Wolf apply creative thinking to questions of planetary health and survival. Bill Hammond gives us specific ideas for ways to develop our own personal journals of images and words, serving many purposes for ourselves—including to nourish our own creativity. One of the editors of the Windstar Journal, Bob Samples, delights in reminding us of the sources of creativity all around us, and within us—with specific examples of ways to access creativity in our daily lives. Jonas Salk suggests that we are genetically disposed to be creative.

These few articles do not provide a comprehensive look at the topic of creativity. We offer them simply as nourishment, for insight, and in celebration of the talent and commitment of each of you who reads these words.

The next issue of the Windstar Journal will be published as the aspen leaves in the Rocky Mountains begin to turn the colors of golden sunlight. We welcome your suggestions. The theme for the fall issue of the Journal is Community, and the winter theme is Cooperation. Let us hear from you. You are in our thoughts and hearts.

Cheryl Charles and Bob Samples, Editors.

*The theme of this issue of the
Windstar Journal is creativity.
It is dedicated to the contribu-
tions of R. Buckminster Fuller.*



CONTENTS

- 4 *CREATING IS BEING John Denver*
 BEING IS CREATING
- 8 *DANCING LIFE Chungliang Al Huang*
- 14 *OUTRAGEOUS GIFTS Barbara Clark*
- 18 *CREATIVITY AND NATURE Tony Angell*
- 22 *OUR CREATIVE BRAIN Ned Herrmann*
- 28 *CREATIVITY, PERSONALLY Sydney Summers*
- 30 *IRONWORDS Robert Lepper*
- 34 *THE CALL OF SPACE Jake Garn and*
 Virginia Allen
- 38 *RE-CREATING Lester Brown and*
ENVIRONMENTAL SECURITY Edward C. Wolf
- 44 *THE CREATIVE JOURNAL Bill Hammond*
- 50 *MUSE AWAKENED Bob Samples*
- 54 *METABIOLOGICAL CREATIVITY Jonas Salk*

Cover Sculpture by Tony Angell
Cover Photos by Bob Samples

There are many indications that humans are about to begin to participate consciously and somewhat more knowingly and responsibly in their own evolutionary transformation.

R. Buckminster Fuller

Creativity is nothing else but the unfolding of evolution.

Erich Jantsch

Taken together, these statements frame the cosmic gift we all possess—the gift of creation. Within the shadowed forms of our genetic code, there lies an evolutionary promise. We, individually and collectively, have the capability to draw from our own design the promise of a sustainable future—for ourselves, for all other forms of life, and for the planet upon which we live.

MUSE AWAKENED

by Bob Samples



Creativity is a song written by the universe. It is imbedded firmly inside of all that we are. We are designed to create. Life itself is the most profound expression of our creative mandate.

Many people have a limited view of creativity. Creativity is often viewed as a driving force that produces tangible things. Some people seem to think that if a person is not painting, writing, sculpting, or scoring music then there is no creativity.

The objects of art—the paintings, the books, the statues, the songs—are not in themselves creative. What is creative is the human urge to make things more vivid, more viable, and more connected to those things we all know. Creativity makes things at once much more simple and infinitely profound.

Once we live beyond the years of childhood, the idea of creativity is greeted by most of us with a shyness and a sense that it belongs to other people who are somehow more special than us. It is often difficult for adults to marshal the courage to say and do things that have not been said and done before. Children do not know what has been said and done before, so they follow the

urging of their innocence into the realm of creativity. Gradually, as time passes, messages from the outside world begin to weigh heavily on the more secret voices of their design and children too begin to trade the joy of newness for certainty and conformity.

We seem to forget the cost of this loss of innocence as we grow up. Maturity, competence, professionalism and responsibility are all measured against how well we conform and play the accepted games. We begin the process of sitting around tables of our peers and agree to things we either disbelieve or don't care about. We measure our worth in terms of "supposed to" rather than "want to." We begin to live lives that are charted in convention rather than commitment. We somehow fail to notice that we have traded creativity for conformity. We begin to accept "old" solutions like war so we don't have to change our habits of thought to embrace "new" solutions like peace.

In this process of "giving in," of "selling out," our psyche becomes uncomfortable. We sense an inexplicable loneliness bordering on a fear that comes from alienation—alienation from ourselves, from our own evolutionary design. We try to compensate with money, status, attachments, material wealth, drugs—and a litany of addictions born of our own hollowness. The emptiness remains.

Creativity has seldom been considered to be the quality of our humanness that is missing as our society becomes increasingly one that institutionalizes deprivation—yet I am sure that it is creativity that we need to honor in order to restore societal health. As sure as I am about the external qualities of creativity and its enemies, I am certain about the inner attributes of creativity—fulfillment, connectedness, and grace. They are accessible to each of us.

Let me make my bias clear about creativity. Creativity is personal and it is private. Each human has the capacity to experience newness every hour of every day. Private immersion into a new experience, new sensation, and new perception is the womb of public creativity. Each of us must realize that we need to gain a realistic and respectful sense of our own abilities to experience newness. It is a pathetic dismissal of responsibility for us to deny a new experience for ourselves by shrugging it away with a phrase like, "Oh, somebody probably thought of that before." Creativity changes the course of humankind—and yet its magic is born within the heart of each single person who courageously practices and pursues newness.

Once newness is perceived to be normal, one becomes an apprentice to creation. Each act, each experience, provides the raw material for what Bucky Fuller used to call the "seductiveness

of synergy." We begin to commit to the idea that creativity always produces something that cannot be explained at once. After creation, we stand bathed in the aura of enchantment. Eventually the apprenticeship is over and the personal and public mirror begins to show our reflection. We each apprentice to creativity within our own souls and minds. If our courage is sustained, we grow old with the freshness of vision and motivation of the child we once were.

Perhaps one of life's gracious tricks is the gift of procreation. No example of art has the capacity to rival the creative perfection of the newborn. A child is creativity's punctuation mark. It is the universe's way of reminding adults who have coalesced with the banality of conformity to reawaken—to reclaim that which we once were. More, we are pressed into the urgency of insuring that our children have a better world than we inherited. Anne Wilson Schaefer writes eloquently about the addictive society. Mindless conformity is the pathological addiction that imprisons the soul of evolution. A newborn child is an invitation to adults to sever the addictions of externally established worth. We are drawn into a re-emphasis of newness. We are recommitted to being authentically responsible and worthy.

Ted Hughes was appointed Poet Laureate of England in 1984. He has written, "Every new child is nature's chance to correct culture's error." This claim stands in vivid contrast to the vision that Orwell had in his classic work, *1984*. Creativity has been called the most destructive force in human affairs. This "destruction" is in reality the break of the collective addiction to mindless conformity. Leften Stavrianos has said that the famous Dark Ages in Western history were times in which the conforming values of the society collapsed and were replaced at once by more inclusive and embracing possibilities. Those post-collapse periods were called "renaissance" after the noun "renascence," which means "rebirth." Professor Stavrianos believes in the possibilities of the new dark ages. In reality, then, creativity is not destructive. It is simply transformational. That which possesses integrity remains and nurtures. That which was addictive is transcended.

Creativity may be perceived as rebirth. It is the chance we give ourselves to relax our rigidity and tendencies to close, knowing childness again instead. With adult rebirth into creativity, we have the possibility of transforming all that we have experienced and know into allies and resources—rather than having our experience and knowledge serve as a prison for our consciousness.

Once we allow ourselves the gift of our own creativity, then our passion becomes our medium. We may never paint, write, sculpt, or score music.

"Every child
is nature's
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Ted Hughes

CREATIVITY

Here is a partial list of ways that each of us can access our own creativity. We can nourish our own renaissance, and find our own latent creative designs. These suggestions are not prescriptions for success in the public realms of creativity. Rather, they are ways to re-enter the glorious apprenticeship. It is the apprenticeship that is inherent in the

lifeforce of children and which we, to varying degrees, must relearn.

Don't look for all of these "apprentice tasks" to be profound and cosmos rattling. Some simply address the niggling little habits of routine and reflexive conformity that we have allowed to overgrow the paths to newness. These apprentice explorations do not require the

involvement of others. If there is affirmation or support to be offered, it will be accomplished by each of us to ourselves. If this seems too restrictive, then share your explorations and results with a small child—and find, through your courage and insight, a true peer. Exhaust this list, and then create your own!

Explore Nature

There is no greater source of creative inspiration than natural systems. Find ways to reconnect with them. Watch clouds. Count the different types of birds in your neighborhood. Go to a zoo or an aquarium and have imaginary conversations with the residents. Find a rock big enough to sit on and determine how many living things visit that rock in two hours. Visit a streambank repeatedly—treating it as you would a shut-in at a retirement home—and tell it all the news of other places, being sure to listen to its story as well. Find a "sick" place in nature and help to heal it. Go on a scavenger hunt for non-human life, find it, witness it, and leave it undisturbed.

Harvest Dreams

Begin the process of recording the experiences you have in your dreams. Keep a journal and pencil near your bed. Wake up after interesting dreams and write down a few key words that characterize the dream. Reread and elaborate these words the next day or morning. Do not seek specific "meaning" in the dreams as much as learn how to develop a conscious sense of dream experience. It will not be long before you find that dreams begin to provide solutions to problems during waking hours. Dreams offer experiences that you cannot have while

awake, and give you insights into new ways of greeting your own life.

Empathize

One vivid characteristic of creative people is empathy. They are able in a blink to insert their emotions and feelings into the heart of any circumstance, person, or environment. For the unwary, this tendency can become unpleasant and sometimes painful. Like other human capabilities, however, empathy has its own version of maturity. The creative are seldom debilitated by such immersion. They keep a clear vision of the possibilities and enrich us all when they move beyond the cliché and draw the essence of an experience into the open. Practice this with television characters, national leaders, celebrities—and people who are in news stories, on subways or airplanes, on the street, etc. Learn to slip instantaneously into roles where you empathetically harvest experience. Try this with human and non-human, living and non-living contexts.

Explore New Technologies

Make friends with a computer, a camera, a video system, etc. It is a mistake in contemporary times to presume that creativity is excluded by the "high tech" side of life. Many of the activities suggested so far can be facilitated by the use of appropriate technologies. Electronic

journals and networks of communication along with the artistic and publishing capacities now available to us all are pushing opportunities for creativity along at the speed of light. Seek out the facilities in your own communities that provide the capabilities for electronic self-publishing. You could do your holiday letters this year in world class fashion—or create the book of poetry you've always wanted to write.

Keep A Journal

See Bill Hammond's article in this issue of the *Windstar Journal*. A journal can be a place where you record the footsteps of your own genius. Vivid, unique insights come to each of us dozens of times a day. Unless they are caught, they slip back into the clutter of everyday life. The journal invites us into the active process of reflection. Insights are turned into "outsights," and vice versa.

Change Routines

Many people fool themselves into believing that their daily routines have been established to streamline their lives. In most cases, a routine unexamined is really a prison willingly accepted. Challenge your routines to find out if they are simply habits or if they serve a useful purpose. Routines are the dungeons of creativity. They let a person build habits that exclude newness and



novelty. Try these ideas: Take a new route to work each day for the next ten working days. Choose a new restaurant each of the next five times you eat out. Get a magazine or journal you ordinarily do not see, and read it cover to cover. Find an agency in your community that uses volunteers and commit yourself to donating five hours of your time for one month. Prepare at least two meals a week using recipes you have not tried before.

Nourish Art

Art is the language of that vast, eternally present and ever-changing nonrational component of human life. We engage this language when we do art. We are vicariously excited by its tangible and nontangible messages when we witness art. Seek such experiences. Enroll in art instruction. Get the materials for self instruction in art techniques. Visit galleries and museums. Watch artists work. Visit children's art classes. Help your own children have more access to opportunities for artistic expression at home.

These are but a few entries in an endless list of ways to begin. Each suggests new pathways to explore. Befriend your own creative muse, follow as well as lead, and you may discover that creativity knows your soul.

It may be enough for us to parent with grace—or we might choose to find a refreshingly effective and high-integrity way to create financing for developing nations—or we might look earthward from the moon as did Edgar Mitchell and see a planet born for unity and peace.

The product of creativity that is common to everyone is an attitude. It is an attitude that nurtures diversity, change, optimal involvement, and self regulation. If creativity is woven into the fabric of evolution, then it is in the tenets of evolution that we must seek guidance in order to honor the creativity within ourselves. We must learn and relearn to honor our creativity.

There are many of us who have willingly, and perhaps naively, accepted the challenge to make this world a better place—not better than it once was, but better than our logic alone, rigid conformity and closed-system thinking has made it. Many of us must abandon old routines, rituals, and methods—or there will be little left to save.

Unfortunately, the passion of worldsavers is often little more than the foreplay for zealotry. The pseudo-creative person spends a lifetime scowling at the “artwork” of others. Such people divest themselves of substance by never committing themselves to the healing acts of the truly creative.

True creativity is a healing force. If, as is accurately claimed, creativity forcefully disassembles sensation, perception, and conception—then the truly creative must be ready to heal the temporary pain and bewilderment that may result. Creativity is never actually destructive. It creates a context of, “Yes, and” rather than “Yes, but.”

Hollow humans derive all their reason for being from the willing trappings of the external. They reflexively look outside themselves for substance because inside their personal hollowness they find deficit and guilt. The hollow human is job security for despots. The creative human is immune to despotism.

The Earth and its living families are an expression of the interface between precedent and possibility. Creativity is the lifeblood of possibility.

Bob Samples is an independent scholar who has focused on creativity for more than 20 years. He is the author of seven books and more than 100 articles in magazines, journals, and professional publications. Bob has done television work and has written more than a dozen award-winning educational films. Bob is in demand internationally as a conference speaker as well as a workshop and seminar leader on a range of topics—including creativity, education, wholebrained management, and natural systems models. Bob and his wife, Cheryl Charles, are Editors and Designers of the Windstar Journal. They also both serve as members of Windstar's Board of Directors.

The creative human is immune to despotism.

