

Creative Expression

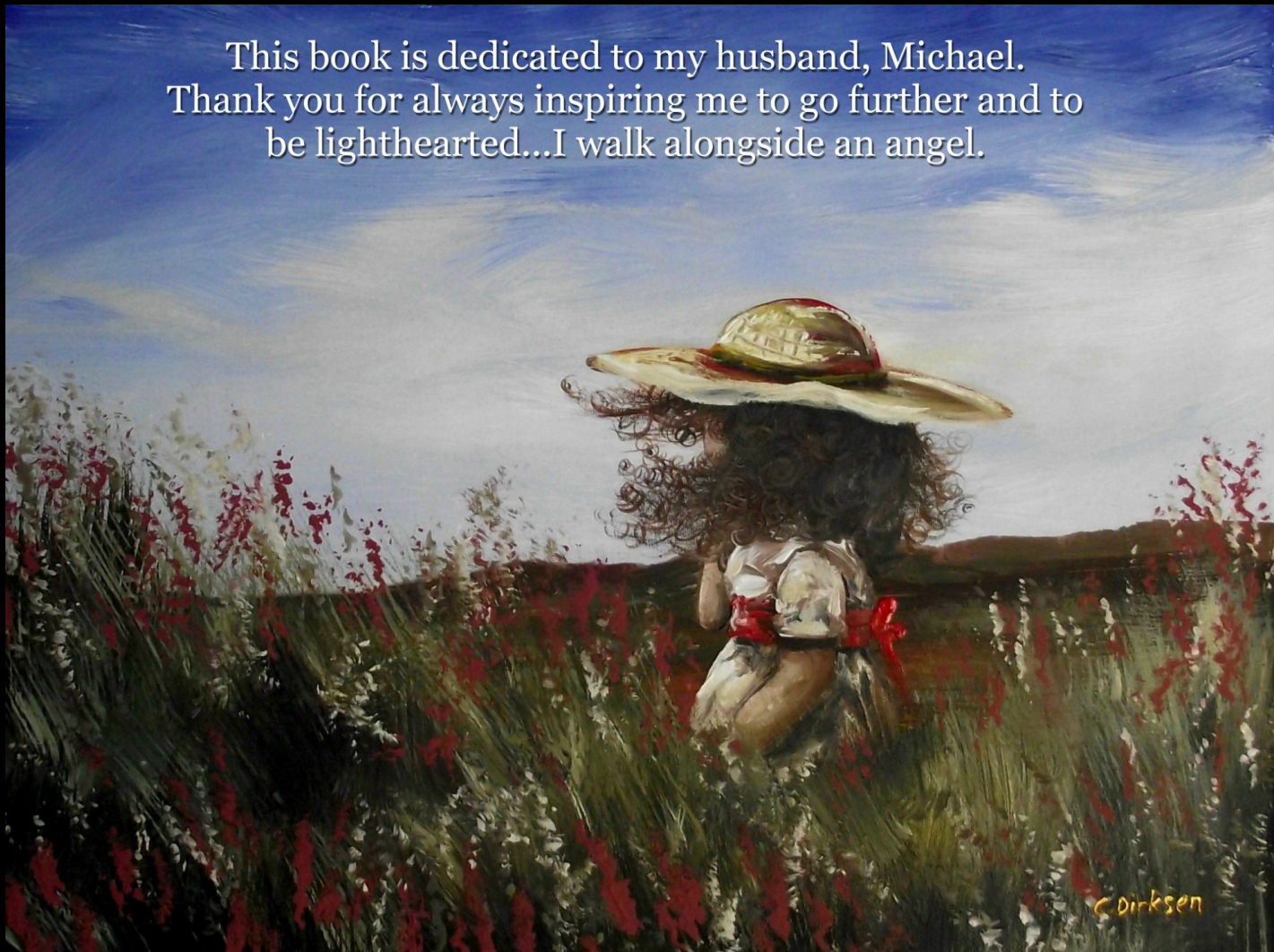
How to find your inspiration....

Cherie Roe Dirksen



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This book is dedicated to my husband, Michael.
Thank you for always inspiring me to go further and to
be lighthearted...I walk alongside an angel.



The search for purpose or meaning in our lives is rooted
in the deepest feelings that stir within.

To find our unique spark,
that will ignite the flame.
That which burns to give birth to creation.

For it is creativity that leads us to fulfilling our dreams
and stokes our fires.

A world without creativity would be unbearable
to try to even imagine...



Inspiration takes on many forms.

What does your creative expression look like?
Have you found yourself lost in time when you are
immersed in your passion?
What is it, no matter how insignificant to you,
that makes you feel at home?
And reminds you of how beautiful life can be?

Find the answer and find your gateway to utilizing your divine,
unique gifts – everybody has a gift(s) although
the packages may vary.



There is no stopping creative flow...
It will never cease to be.
The only limitations to creation are the ones
that are self inflicted.



The Universe is ever expanding and gives rise to new opportunities for creating and orchestrating planetary and galactic development.

So, if the Universe is pushing ever on outward, why set boundaries for creativity on any level?

Never limit yourself because anything can be achieved if doubt is removed.

The Universe is not set – why should you be?



Pushing the envelope of creative expansion breaks down
any illusion of limitation.

Once you step out of the box,
infinity beckons your every whim.

Bask in the knowledge that existence is infinite,
as are all possibilities.

We create in a field of pure energy potential.



To know the mind of God is to know your own mind.

Dissolve the thoughts that do not serve you and
nourish the ones that will blossom into your unique experience.

God wants to experience through you and you will benefit greatly
from the experience of God – who resides in the stillness,
the place between thoughts.



God is omnipotent – in everyone and everything...

Why is creativity important?

Thought leads to inspire.

Inspiration gives rise to creativity.

Creation gives form to manifest reality.

Without creation there would be no reality to experience.

Ergo, creativity is as necessary to our souls as energy
is to sustaining the Universe.

And all of this is birthed by the most
powerful force – love.



The world is your oyster –
be mindful of how you perceive it.
Your choices determine your quality of life.
Your experiences give you a platform to express yourself.

Through your perspective of reality,
your soul imprints – on this plane of existence –
your version of life on Earth.



Your unique stamp or soul imprint allows others to experience
life from a different perspective.
Your personal creative endeavours lead to your
specific brand of reality...
which allows the collective to experience
variety –the spice of life.



You may think of yourself as a mere drop in the ocean but also know that you *are* the ocean.

You are special and are eagerly encouraged to leave your loving, creative mark on the world.

In the sea of all possibilities,
what form will your mark take?

I can assure you that the excitement lies in finding out.

Remember that the journey should be as pleasurable as arriving at the destination.



It takes many droplets to make up the ocean, just as it takes millions of grains of sand to make up the beach. Each is as important as the other as they make up the whole. Without them there would be no beach or ocean.

In quiet contemplation we can begin to delve into our psyche
and unlock our inherent abilities.

How one finds their true purpose is embedded in how good one
is at silencing the mind.

When this is achieved and stillness prevails,
you will be given the answers you seek...
on a silver platter.

Be still and know the 'I am' that you are.
All is inside you just waiting for the invitation to emerge into
the light of conscious creation.



We can feed ourselves with all sorts of things – physically,
spiritually, mentally and emotionally.

Some things will nourish us while others may be
toxic to our system.

Our discernment is integral and keeps us either fulfilled
or leaves us feeling empty.

However, there is one thing that you can be sure of –
creativity is food for the soul.



Creativity knows no boundaries or limits.

Do not fall into the trappings of complacency or ever think that you have achieved all – this is when entropy sets in or when your spark is abandoned and replaced with the ego.

Expansion is the only way out of the illusion of having attained all that there is.

There will always be more to life than what you are currently experiencing,
but always feel and live each day to the fullest –
what you will then experience will be an expansion of your self.



Make each day even more joyful than the last.

The more you gain pleasure in the moment, the more moments
will become increasingly pleasurable.



Bliss is felt in the area of your heart chakra.
An expansion occurs in your chest that makes you feel like
you could lift off the ground.
Your heart swells up until it feels like it could explode.

Ah, bliss... follow it.

Do things that make you joyful and when you are
doing the mundane – find the joy in it.
It is always with you and can be felt and
called upon instantaneously.

Bliss is joy blended with peace, love and a knowing that
all is well.



Your creativity will inspire others
to seek their creative spark...

So ignite your passion and see how it spreads like wildfire!
All because you dare to be who you are...



Your many different experiences map out
your creative output.
See each experience – good or bad – as fuel
for expressing your divine flame.



What you think about most, you create.

You are a reality co-creator.

On the microcosmic and the macrocosmic level...

What is happening on the inside reflects on the outside.

What transpires on a worldly scale is manifesting on
a galactic scale.

You project your version of reality and call it into manifestation.

So, make each thought count towards giving form
to your ultimate Utopian reality.



What boundaries have you set up for yourself
that block your creative flow?

We sometimes do this on a subconscious level.

What have you been putting off?
What do you think you can't do?

Question everything – most of all the limitations
that you have set or agreed upon.

Find the truth,
not just satisfactory answers that keep you comfortably
within your boundaries.

by hits lid on sh in India

by readers over a century or more, Kipling defined British experience. His novels *The Jungle Book*, *The Jungle Book*, *Kim* and *Gunga Din*, his famous short stories, burned to popular consciousness. A different face to "Ruddy", the slier, the darling of Empire? His life and the passion and bustle of lages and cities are deeply infused d some say best) works.

justice and militarism in his writing, ing controversy continued for much tury. Charles Allen has a personal Kipling; his great-grandfather 5-year-old Kipling back out to India

to work on *The Civil and Military Gazette* and thus set young Rudyard on his literary course. In Kipling Sahib, Allen reveals Ruddy as a breaker of taboos who visited prostitutes and wrote about love across the racial e wrote sympathetically about a class that existed in India at that diers, the vagabonds and the ted the lid on the sometimes haviour of the bored housewives. so, at the early years of Kipling's was shipped off with his sister to hile his parents remained in India. ecalated that these unhappy times o become a superlative writer. At the old weather of 1882 he stepped at Bombay "a prince entering his stayed for seven years. lway through Kipling's life, in g that after this he wrote "nothing ed to India", but "had said it all" in ce *Kim* (published 1901). That may e true, but Allen's metaphorical ough Kipling's, and India's, past arkable, almost physical, story.

coming soon:

's popularity novels
The Secret by here, \$8.99). A modelling his e Bard's plays e and why is he pping thriller rbble-bluff.

o's blockbuster late (Orion, n the heat of a er before ough upper-class ety and the s of London's ee girls. Laure, Melanie, are ove, marriage belong. the 400th of the birth of Milton. Best eptic poem Milton was l and religious ronwell's secretary in

AUTHORS

No longer is the post-Christmas period of the publishing year. So tokens? Here is our round-up of releases planned for the first

Milton (Bloomsbury, £20) Anna Beer provides a rich and complex picture.

● The big non-fiction title for January is Desmond Morris's *The Naked Man: A Study Of The Male Body* (Cape, £18.99). Written from a zoological point of view, it is a thought-provoking look at the evolutionary success story that is the human male.

● Margaret Buber-Neumann was imprisoned first in Soviet labour camps and then in the notorious Nazi concentration camp of Ravensbrück. *Under Two Dictators: Prisoner Of Stalin And Hitler* (Pimlico, £17.99) is the harrowing account of those years. Meticulously observed and remembered, it is also an inspiring story of survival.

● In *Counterknowledge: How We Surrendered To Conspiracy Theories*,

arranged in chronological order, gain freedom from repetition and careful will over-entertained social

FEBRUARY
A Australian Carey sets his his. Illegal Evoked in Yorked to Queen's

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RAPTURE: A 1937 portrait of his lover Marie-Therese Wahn

A devil in the del

A Life Of Picasso: The Triumphant Years, 1917-1932

By John Richardson
Jonathan Cape, £30

ROGER LEWIS



first portraits of people were rapturous, sooner or later he reconstituted women in his life as "pinheaded, elephant-legged, buttock-breasted spectres of erotic menace". This hot-blooded heterosexual, says Richardson, "was also a cold-blooded operator." This book opens in 1917, with Picasso aged 36. There are massacres at Ypres and a revolution in Russia, but Picasso ignores contemporary

historical dramas to concentrate on designing sets and painting backdrops for Diaghilev's ballet company in Paris. Here, he met Khokhlova, a prima ballerina. People wondered how Olga as she did his usual painting. she he lived, and the fondness necessary to an

and little crystal vases for flowers". Picasso moved his headquarters to a chateau he bought at Boisgroloup in Normandy. His son Paulo, painted always as a fey harlequin child, was pampered by music teachers and dancing instructors. All this was easily affordable as Picasso had been the world's most living artist.

Before he started the "air" that a mistress, his Marie-Therese adolescent but bliss," and the skinny Olga. She was 17 and muse for the n. She committed four years after "He told me th life," she recall she did divert marriage with constraints. S rupture in him. There were to of pictures of sculpting on th embolised be years and li. Before he started the "air" that

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Imagine a world without musicians, architects, artists,
playwrights, comedians, chefs, teachers, programmers,
entrepreneurs, healers, writers, homemakers, artisans,
designers, gardeners, builders
and all those souls who exercise creative flow with everything
they touch and do – no matter what profession they are in.

I can't – can you?

You can contribute to creative expression no matter
who you are – no exceptions!



Look at how creativity from others touches your life...

Now what if Bach decided he was no good at composing or
Van Gogh never left the confines of his room to take a
walk in the field?

How many people keep their talents hidden?
How many people deny that it even exists within them?

Don't be one of them –
unleash your passion and see where it takes you.



When you have reached your limit, life would cease.

Know no limits and
soar ever on upward and outward...
swim in a sea of creativity.

Be who you were born to be.



The End...or is it the beginning?