



Imagination & Creativity

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Creativity helps you feel positive, it takes you away from logical thoughts allowing your intuition, your inspiration, your superconscious to take over. It is fun.

Ruthie Moriarty and Alan Sanson

*"When the world consisted solely of naturally formed objects, the capacity to imagine something and turn it into a reality may well have seemed almost magical!"*¹

What do you think creativity means?
What do you *feel* creativity means?
What do you feel creativity *feels* like?
How can creativity help you heal?

It is not about changing the world with your invention, or stunning the art-world with your creation, or even wow'ing your friends with your wonderful ideas. (Although, if that happens, then big thumbs up.) It is about you playing, purely to give you 'In-Joy-ment,' a lightness, a new and often healing experience.

Even if you already know you are creative, then maybe this article could add a dimension to help you to help others become creative too – those who look at you

and say "Oooh you are brilliantly creative, why can't I be like you?"

Alan freely admits that he never saw himself as creative. At school he knew he tried to be too precise when drawing his square house with four windows, a door and a roof. When he had guitar lessons, he tried very hard to play each note, and though you would hear the strummed notes, it lacked a tune and definitely had no rhythm!

Ruthie loves playing her piano, dancing is her essence, and painting and drawing come naturally to her (although she humbly says "They are just sketches!").

Yet together, with encouragement from one another, Ruthie composed music for a national Christmas carol competition. Alan has had his 'Be-ing' opened to lighter energies and has written and self-published books of poems. Ruthie writes and narrates Visualisations.



Together we have created Qiki Gong (a new concept), filmed movies, made up unique feel-moves, written and published numerous articles. We've created a brand and made it public – using technologies we had no idea how to use before we started to “play” and create. (All in just the last 4 years!)

Whether this counts as creativity in the purest sense does not really matter. What **does** matter is how it makes **you** feel; to open yourself up to new ways, new ideas, playing with them, experimenting with them, and maybe sharing them with someone else.

Knowing you can never fail, as it is all just play, fun, and yes—totally creative. You'll be following in your ancestors' footsteps...as even they were capable of coining new ideas. Two and half million-year-old stone choppers have been unearthed, likely for stripping meat from animal carcasses.¹

OPENING YOUR WAY TO CREATIVITY

Here is an example: imagine that way off in the distance there is a house on a hill. What's the house like? And the hill? There are lovely rose bushes in the garden – what colour are the roses? Someone is outside – what do they look like?

Alan's answer when he was asked these questions, many years ago, was “I don't know, I can't even see the house, it is too far away.”

Some months later he realised he had completely missed the point. As it was all about creativity, all the “answers” were anything he wanted them to be. It was his first lesson in letting go and being creative.

According to research, highly creative people first let their minds wander, allowing one memory or thought to spontaneously conjure up another. This free association encourages analogies and gives rise to thoughts that break out of the box.¹ Using your imagination (as that is where creativity originates) you could start by adding to the above story, go wild even, let your mind go free. Your own unique magical creativity is there in every colour, shape and idea you choose.

If you are on a spiritual journey then to further lift your energies, maybe ask your highest self what is the most wonderful manifestation your creativity can imagine at this time. Not just a mind game, more a soul game, to begin to bring forth a new reality.

Collaborate with someone who supports your new way and who you can support. If that is not your style then collaborate with yourself – meaning, do not put barriers in your way, support yourself as you would support someone else.

Whenever you can, wherever you are, use your imagination to create in whatever form you choose. It can be pure imagination, (like the “story” above), it can be art, poetry, story-writing or story-telling, taking a photo, making something, thinking of something in a new way, or even writing an article for “Energy magazine!”

If you think you are not very creative, or that you will never be the best poet, artist, musician, creative thinker in the world – that simply does not matter. And stop over-thinking (which can lead to sinking), as that is a limitation you place on yourself. You are you, it is your creativity and you are awesome. Be In-Joy, be proud and shout your creativity from your rooftop – even if no-one else may hear.

Trust your intuition, allow it to inspire and guide you. Intuition is a place way beyond your regular thought processes. Intuition comes from your superconscious where anything is possible. “I can't” does not exist there. Allow your intuition and inspiration to open the floodgates of your creativity.

Our belief is that *creativity* is when you feel, in whatever way and however small the feeling is, that you are doing something new or in a new way for you.

AND SO TO HEALING...

We will leave it to others to present substantiated evidence of the positive effects of creativity on healing. However, what we share is that, from **our** experiences, it absolutely lightens your energies, it

takes you to places you have never been before, it heals your whole Being.

Creativity helps you feel positive, it takes you away from logical thoughts allowing your intuition, your inspiration, your superconscious to take over. *It is fun.*

It helps clear your mind of what may be adversely affecting you. It is a deep-down healing touch of your inner-self, your higher/lighter heart, giving yourself Inner-love. Accepting these feelings is glorious. The joy you feel of freedom breeds more beautiful creativity within you. We see all of this as healing in the wonderfully broadest and deepest sense.

LET'S BE CREATIVELY QIKI

Qiki Gong is always great fun to take part in, as it is all about Be-ing In-Joy, using your imagination, *feeling* and not thinking. On this [Qiki playlist](#) we offer you some ideas to spark your creativity:

Our Qiki Flying Vase feel-move came to us as we played one day, our creativity in action. Then Ruthie, with her imagination and creativity, drew this crane onto the vase to give everyone a way to remember the name of the feel-move. What fun for us to share with you.



Spirits of Trees – when you look at the trees in this movie, let your creativity play. With your imagination in full flow, look again to see if you spot anything there which may now show itself to you.



You can take your own photos and, when you look back at them, you may notice things that you didn't see before. This happened to us many times as we took our own photos.

Be magically creative. Trust your imagination and Believe.

Namaste,
Ruthie and Alan €

 Find out more about authors Ruthie Moriarty and Alan Sanson by visiting their website: www.qikigong.co.uk

Reference:

1. <https://www.scientificamerican.com/article/the-origin-human-creativity-suprisingly-complex/>