



WISDOM AND INSIGHTS ON ONENESS

Black Elk reminds us, “The first peace, which is the most important, is that which comes within the souls of men when they realize their relationship, the **oneness**, with the universe and all its powers, and when they realize that at the center of the universe dwells Waken Tanka, and that this center is really everywhere, it is within each of us. This is the real peace and the others are but reflections of this.” By tapping into this “real peace” into our **oneness** with the universe, we become peace and carry on peace. We become creative and carry on creativity. -Matthew Fox in *Creativity*

God is an artist and the universe is God’s work of art...Because the Divine goodness could not be adequately represented by one creature alone, God produced many and diverse creatures, that what was wanting in one in the representation of the Divine goodness might be supplied by another.

-Thomas Aquinas

QUOTES FROM OUR TEXT, *THE CREATIVE LIFE*

You are a unique expression of the creative energy of the Universe focused eternally as you. You are a Divine original! And the divine intent active as you has one desire: to express expansively and creatively its uniqueness as the perfect idea it is in Infinite Mind. This is your spiritual destiny. (p. 107)

The Universe is whole, and you are that wholeness in the process of being you. God can never be less than God, and your Super-self can never be less than your divine image. Your potential is not something you might possibly achieve. It is a reality even before you discover it. It is that of you that is always whole, even if the surface self is ill or confused or lonely. (pp. 112-113)

PRACTICES (pp.122-123)

“I Am” Inventory

Take an inventory of negative or limiting declarations you have claimed for yourself. You know your own list. Recognize this is the conscious mind (the intellect) that judges by appearances and is not in tune with the creative flow. Now turn them around using the words “I AM.” Identify yourself by the name of the Lord, I AM.

“I AM Life, vibrating as perfect health in every cell, organ and function of my body. I AM the radiant Light of pure knowing. I AM established in the divine flow of substance. I AM Love, and I AM secure in the energy of all true relationships.”



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THEN GOD SAID, "LET US MAKE MAN IN OUR IMAGE,
AFTER OUR LIKENESS..."

WISDOM AND INSIGHTS ON JOY

What the artist or creative scientist feels is not anxiety or fear; it is **joy**. The artist, at the moment of creating, does not experience gratification or satisfaction. Rather it is **joy, joy** defined as the emotion that goes with heightened consciousness, the mood that accompanies the experience of actualizing one's own potentialities.

-Rollo May *The Courage To Create*

This is why all art work can be meditation itself: It is a discipline that opens us up to the **joy** of Divinity at work. To be creative is to be, or to strive to be, intensely alive, intensely conscious. That is why **joy** accompanies the act of creativity. **Joy** is reciprocal. **Joy** is shareable without being lost or diminished. **Joy** requires community to share it with. It reaches out to others. Like life does. Life yearns for life. (p.114)

-Matthew Fox in *Creativity*

QUESTIONS TO GUIDE YOUR GROUP DISCUSSION

1. Using the "I Am" Inventory Practice everyday is a powerful way to shift our limiting beliefs by re-patterning our minds with positive statements of Truth. Do you notice any particular area of your life where you have been living in the "valley" with your thoughts? With the help of your groups, make a list of ten I AM statements. Repeat these daily. Consider creating a short I AM mantra for yourself, or putting your statement to music.
2. What are the specific ways that you notice your **Oneness** and **Joy**? Walking in nature, meditation and prayer, spiritual reading, community gathering in sacred, joyful service, preparing a meal, sacred relationships, or other ways? Get in touch with your connection to all life and to the God within this week. Write and/or share about this experience.

HOMEWORK ASSIGNMENT

- Make the weekly practices part of your routine prayer time.
- Repeat your weekly affirmation daily.
- Read Chapter 7 of the book, *The Creative Life*, by Eric Butterworth.

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