

*The
Art and Practice
of
Creativity*



Christopher Alan Anderson

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In Recognition of:

Alighieri Dante (1265–1321)
Benedict Spinoza (1632–1677)
Walter Russell (1871–1963)
for reasons self-evident.

Preface

The purpose of this writing is to shed light on that elusive activity known as creativity. How is it that we can and do create? Perhaps in our knowing the actual process of creation, we can enhance our own creativity and, in so doing, our lives.

I have chosen to express this writing as a series of thought/definitions. My only purpose is to be clear and concise. By doing so, I believe I can best bring light to this most difficult yet invigorating of subjects.

C.A.A.— June 15, 1998
Santa Rosa, California

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1. Art as Philosophy

Art is a philosophy. Its purpose is to express the light of consciousness in such a manner that *coherence* is brought into the understanding. When this is accomplished, that consciousness experiences the bliss of beauty, known as the *beautiful light*, and the artistic expression is complete. At that moment, the understanding of the creator is presented revealing that creator's interior philosophy or sense of life. The beautiful light is the measure by which it can be known whether or not that creator's philosophy, as expressed in his or her art, contains the necessary understanding to light the consciousness.

2. The Art of Metaphysical Abstraction

The purpose of art (as philosophy) is to illuminate the consciousness (with the beautiful light) such that coherence is brought into the understanding. Its tool of inquiry or penetration is that of *metaphysical abstraction*. A creator must reach to the furthest limits of creation, grasping for that absolutely unique fundamental principle that contains and embraces all universal factors, thereby bringing order to the understanding (consciousness). A creator also must hold this furthest reaching of all conceptions suspended in consciousness as the pieces of his or her conception are molded into its proper creative form. The constructed form is itself a metaphysical abstraction through which the *reality* of the beautiful light may shine for all the world to see.

3. Metaphysical Abstraction As The Creative Process

Metaphysical abstraction is the activity or vehicle the creator uses so that he or she can bring coherence to the understanding thereby releasing the beautiful light into consciousness. A creator must continue to mold his or her abstraction to such a focal point of clarity that the beautiful light can shine through. If the abstraction is not grounded metaphysically/universally and as such is not properly *refined* in its immediate form, it cannot and will not be a conduit for the light. The metaphysical abstraction suspended in the creator's mind (as mind) must be structured in such a way (the structure itself revealing the light of consciousness and art of creativity) so that the beautiful light can shine forth.

4. The Fundamental Principle

The *fundamental principle* is that most basic thought/form or simplest insight of structure that brings order (coherence) to the *whole* of the understanding. It serves as the *central organizing factor* (COF) of the whole system (of consciousness) such that sensibility can be and is abstracted out of the "unknown whole" and specificity is brought into the light. The elucidation/identification of the fundamental principle is the greatest metaphysical principle (or creation) a creator can behold and, in its inception/presentation, the beginnings of art arise. *Art is the activity/creation of bringing consciousness to life*. The abstraction/discovery of the fundamental principle is the action or creative thrust that is the force of the beautiful light.

5. Abstracting The Fundamental Principle

To bring consciousness to life, a creator must conceive/abstract (separate out) from the "undefined whole," i.e., the substance, substratum, structure, metaphysic, cause,

construction, criterion, system, source, order, pattern, frame, design, center, context, format, etc., the fundamental principle also known as the central organizing factor (COF) of that thought/system. This principle or COF would be and is the most basic organizing structure, simplest operating procedure, or lowest common denominator to which all things adhere, can be explained, and upon which all life rests. The abstraction of the fundamental principle by a creator equals (by definition) his or her consciousness (of the creative process) of life.

6. Aspects Of The Fundamental Principle

The fundamental principle, being that COF of the greatest metaphysical abstraction, must be the center of all things. It must be and is *immanent* to every single purpose and process controlling that purpose and process from both within and without. It must be and is *universal*, in that it is operating everywhere at all times. It must be and is *constant*, in that it never deviates from acting as to its nature as the fundamental principle. It must be and is *present*, in that it is always operating (right now) and is never not operating. It must be and is *dependable*, in that it is capable of and does anchor and support the whole operating system of life. And it must be and is *knowable*, in that consciousness can identify/recognize it as self-evident and as the one and only fundamental principle of the universe.

7. That Abstraction Called Art

Art is that activity/creation that brings to consciousness the fundamental principle that makes for a consciousness of life. The fundamental principle is a metaphysical abstraction suspended in the consciousness of the creator which then is imparted to the creation through the effort/activity of bringing idea to form. Art then is but a metaphor of or for the fundamental principle i.e., the creative process. It is the vehicle through which the fundamental principle can be specified in such a manner that it is expressed in its beautiful light. It is the task of the artist to capture a moment of this beautiful light in the expression/creation of his or her art form. In that moment, the fundamental principle is given to the *knowing*.

8. Art Expresses Life In The Beautiful Light

Art is a creative activity. It is the task of the creator to extract the fundamental principle and mold it into that precise form as it resonates in his or her soul upon which the beautiful light may shine. The artistic process is not complete unless or until another views/receives the light that the creator has shaped into form. In this fashion, art is an actual expression of life connecting creator and viewer as one in the artistic expression as a creative dynamic. The creator does not and cannot create by or for himself or herself alone. All creation is undertaken for that moment when the viewer captures that same moment, of the beautiful light, just as the creator has conceived it. Then, and only then, is the activity/creation complete.

9. The Creative Dynamic As Fundamental Principle

The creative dynamic (that process, interchange, or expression whereupon the beautiful light is passed/acknowledged from creator to viewer) contains in its action the fundamental principle. The fundamental principle is not something to be defined per se; it is to be *expressed*. Herein lies the difference (and effectiveness) of art over philosophy and

science. Art is creative, meaning it is not just conceptual (as in defining the fundamental principle), but actual (as in expressing it one to another). By definition, the fundamental principle must be more than a conception. It must also include its expression which together constitute the creative dynamic, now that the beautiful light has been both identified and shared.

10. The Dawning Of Consciousness

Consciousness is a creator's greatest invention. It developed (some three to four thousand years ago) around the discovery/distinction of the abstraction known as order (the COF of the universe). A creator abstracted into his or her mind a one order, centrality, or wholeness to things. It was from this abstraction of a one universal order that a creator discovered "God." It was also from this abstraction that the "individual self" was discovered. Once the universal conception (God) was made, the creator could then step out of or separate from it in his/her mind and discover himself or herself in relation to it. Consciousness is consciousness of relationship and the abstraction of a one order is the first step in comprehending the fundamental principle.

11. The Completion Of Consciousness Discovered In The Distinction Between Order And Force

Consciousness began with the abstraction of a one order. It is completed with the abstraction of a *two* forces. At the discovery of (monotheistic) consciousness, the categories of order and force were lumped together under the assumption of oneness. ("God" was thought to be both the divine order and the prime mover or creative force.) Some three to four thousand years after the dawning of consciousness and the abstraction of a one order, a creator makes a distinction between order and force realizing that force, by its nature, is never singular but dual or dynamic. Although there may be a one order, there *must be* a two (primary) creative forces.

12. Two Metaphysical Forces

This second abstraction (and perhaps the greater one in cognitive intensity) of a two fundamental or primary forces is the opening of the pathway that leads to the comprehension of the fundamental principle. Unless or until the distinction is made between a one order and a two (*metaphysical*) forces, the fundamental principle, in its entirety, will and does remain hidden preventing the beautiful light from shining from each (partially) conscious soul. It is paramount that each and every creator make this abstraction (between order and force) so that he or she may bring the fundamental principle into consciousness and the beautiful light into form.

13. Creative Balance Defined

Creative balance arises out of the dynamic of a *two* metaphysical forces. Force is not singular in nature but always appears with its equal but opposite counter-force. The two forces *together* constitute the creative dynamic from which balance arises. All creation is a *co-creation* between the two forces in perfect balance together. If, for some reason, the two forces lose their balance together, the beautiful light as an expression becomes dim and the effectiveness of the artistic creation is lessened. With the distinction between a one order and a two forces, a creator can consciously tap into the creative depths of his or her