

The Creative Continuum (CC)

Dr. Peter Fritz Walter

This guide is destined to open your consciousness to what I may call the *miracle of creativity*.

If you do not believe in this miracle, if you deny its existence, creativity training may not work effectively for you.

It is very important that you develop first of all a basic openness for wonder, for the unexpected, the miraculous in life. And then, of course, that you also expect it to happen in *your* life!

What I call *The Creative Continuum* (CC) is the whole of this process.

A continuum is something like a holistic framework of references that determines our life and is at the very basis of our specific way of experiencing living (1).

The continuum concept also implies that this frame of reference is harmonious and makes that our life is well balanced. When we live within our continuum we are generally happy, we see that our life has a sense, a deep fundamental meaning, a meaning that is perhaps not subject to verbal expression but that we feel intuitively.

We may even better understand this expression if we look at it from a negative point of view. Those who *do not* live within their continuum are unhappy, often depressed, some are neurotic, some

schizophrenic, many are dependant on some kind of artificial stimulus like TV addiction, drugs, alcohol, and so on.

To live outside one's continuum means that a person is alienated from her inner Self, determined by outside forces instead of her own motivations and desires. "*Follow but thy star and thou shalt not miss a glorious heaven!*" said Dante.

To follow our star means to live within our continuum, to follow our deep-down-felt inclinations and inspirations, with one word: to be ourselves in all what we do. Living in our continuum means to lead a First-Hand-Life.

I have developed several methods destined to help you re-connecting yourself to your *CC*, your *Creative Continuum*. The various techniques, games and ways to express yourself are all centered around one goal: to enhance the connection with your inner Self and your creativity potential.

You have never learned this in school since schools do not teach happiness nor wholeness nor even understanding about the regulating principles of life, the truly religious principles in the sense of the word *religio* that originally means *back-link*.

Some of you may still search for a guru who guides and directs on the path of enlightenment. To find the right guru is a very delicate matter, for if you follow someone who seeks power,

you lose power. And, what is even worse, you may equally try to seek power over others, and so the vicious circle continues.

You can avoid this vicious circle by simply recognizing the power in you, the universal wisdom in you and actively deny any organization, be it political, religious or other, to determine your life - which means that you take your life in your own hands!

I do not want any guru role in your life. Therefore my programs are destined to reach many people - and not only an elite who can afford the exorbitant prices other power trainers use to charge their clients.

It is *your own original power* that will take over once you apply and practice the tasks outlined in my AYL™ and my Selfbuilding™ programs.

Actually, all depends on your own work and your own determination. I cannot guarantee, therefore, that it works since every result depends on the one who seeks it and works for it (puts his/her energy in it).

It is notably not the technique itself that brings the result since every technique can only *catalyze* something in you.

Or do you think that everyone who exercises piano by means of Czerny etudes or other piano exercises becomes a wonderful

pianist? You may answer ‘No, there is something fundamental which must be in place already, because it is not the exercise but the one who uses it which will make the difference!’ The same is true for working on personal power (although genial piano play is also an expression of personal power).

Success therefore depends not so much on the exercises and tools I lay into your hands, but how consequently and consistently you *apply* them. It is said that good tools do not make a good master, but it is certainly true that a good master will excel also with bad tools. When Charlie Chaplin began with his fabulous career as a film comic, he used the simplest means, and much of it was improvised in the beginning of his new career as a film clown. Chaplin was not interested in the ordinary roles that were offered to him by film producers. Deep down he knew that he had more power and creativity than all those mediocre film producers.

Charlie, the figure of the street vamp-clown-charming guy was created from scratch, utensils that Chaplin found in the studio and spontaneously fit for costumes. If Charles had not followed his intuition and not played out his own cards, Charlie would never have been born. Charlie was the genial Pygmalion of Charles.

Years of my life, when I was young, I studied biographies and autobiographies. Among those that fascinated me most was Charles Chaplin's autobiography. This man was absolutely wonderful because of his deep trust in his own nature, his own creativity, his own star - although at the decisive point in his life (when he began carrying out his first vision of *Charlie*), everything and everyone seemed to be against him. To have made the step to leave the false security the film companies promised was Charlie's heroic decision!

And it was his door to worldwide and historical, unrivaled success.

We all have a tendency to look at famous and successful people only *after* the moment they have made it. And forget the years and years of sacrifice and failure they have lived through.

Edward de Bono, the leading thinking trainer, has written an extraordinary book that he entitled *Tactics: The Art and Science of Success* (2).

This book, which is based on the thorough studies of Piers Dudgeon and Valerie Jennings, presents a precious analysis of how to be successful. The study is based on fifty interviews with men and women who have been outstandingly successful, among them

David Bailey, Hans Eysenck, Malcom Forbes, Sir Clive Sinclair, Jackie Steward and Virginia Wade.

With his usual lucidity Edward de Bono analyses their different paths to success, revealing some striking truths such as *Building your strengths brings you more success than compensating for your weaknesses* or *People care is of huge importance in achieving success*.

Another example comes to mind: Cassius Clay, the great boxer, unique among his genre because he was more than a boxer. Mohammed Ali as he later called himself, has changed the philosophy of boxing, if I may say so.

Mohammed Ali trained himself not to win a match but to *endure* it and thus to win by losing. He took the defense position and became a boxer expert for defense, and even more than that. He trained himself to endure the worse of defeats, and still get up.

When I was a young boy, I admired this man despite my total ignorance of boxing and of sport as a whole. I admired him not for being a boxer, but for being a very intelligent and creative man. In my opinion Cassius Clay revolutionized boxing and put all the theories people had made up about it upside down. Some declared him crazy, others feared him, and some belittled him. In a way, Cassius Clay introduced into American boxing the Oriental

philosophy of the *martial arts*. Cassius strongly believed in his very unique and for many people strange theory, i.e. that the winner is not the one who aggresses but the one who defends, not the one who goes forward, but the one who goes backward, not the one who uses Yang energy, but the one who uses Yin energy, not the one who is best in fighting, but the one who is best in non-fighting, not the one who excels in strength, but the one who abounds in endurance!

Throughout my life I have seen that all people who seem to be strong are not strong and that all people who do not want to seem strong, are strong indeed.

In the Orient, this fact is well known, yet in the Occidental culture it is much of a secret or even considered as magic. Yet it is not magic and not occult: it is the simple result of Self-knowledge, which encompasses the knowledge about the flow of our Yin and Yang energies!

Of course, Chaplin and Clay lived within their CC, and trusted their inner powers. This was their power, the simple belief, despite all, in their own, their original, their individual creative force, with one word: their *intuition*.

As a matter of fact, all institutionalized education destroys this genial tool we all have at our disposition, from nature. Tradi-

tional education is deeply destructive for the truly creative person! It may serve those who are mediocre and fear to make their own choices and decisions, to live their own lives. It creates second-hand beings, second-hand characters, second-hand cultures.

This little sketch should be sufficient for you to get a frame of reference what this set of tools is destined for.

This introduction is intended to building your vision so that you begin using your own creative powers and understand that what you can get from others, what you can buy, is never what you can make out of it. With one word: *All depends on yourself!*

Begin to *be* yourself *now* by determining your life and orchestrating your destiny!

Notes

(1) See Jean Liedloff, *The Continuum Concept: In Search of Happiness Lost*, New York: Perseus Books, 1986.

(2) Edward de Bono, *Tactics: The Art and Science of Success*, London: HarperCollins, 1993.