

Creativity

... Note (6) ...

The People's Complete Natural Process

ABSTRACT:

This is an expansion of note (6) of the parent paper and is an ongoing commentary on the notions and methods of the creative process. 3 Feb. 2022

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... Note (6) ...

The two parts of memory

What are they ? . . . How are they created ? . . . How they work . . . The “box” and “everything else”

The **two parts of memory** are a function of *how we grow up*. As babies, we start with almost zero memory. Quickly, we absorb everything we see, feel, or hear. All of this is body-mental-stimuli. It's life's experiences. Call it “information/action”. We collect it and we store it --- forever --- somewhere in our nervous system. It doesn't really matter where. All we're concerned about is that this forever storage actually happens. Yes, we seem to be blessed with this capability. Our brain provides us with such a large storage capacity that it would be impossible for any one person to totally use it, or even comprehend it. Luckily, it seems that all we need is only a small portion --- just enough storage capacity to store just enough usable information/action to make possible a comfortable living, a happy life, and just enough to provide a ready means of survival to keep us out of trouble. Just enough. Our continued human growth demands this. It's our survival. It demands rational thought and points directly to the game of “action begets re-action”. That's key. All of this demands immediate responses. Our society has termed this state of mind --- the “box”. Slowly, it grows from the trials of childhood and, later, it's honed via the tests of adulthood for the single purpose of keeping us alive. It's our “active” part of memory, and it occurs, mostly, at what we call our conscious level of thought.

The second part of memory is the “passive” part. It mostly occurs at our unconscious level. It's a “freebie”. It's leftover memory. It's leftover after the “box” has used its share. It's “everything else”. It's what makes our species human --- as it gives us the unique ability to make things out of “nothing”. Luckily (again) this “passive” part of memory turns out to be the largest part of our memory and, as noted in the text, “it's our gold-mine for creativity”. All we have to do is figure out how to extract its golden contents. “MIND-SPLIT” hints at this --- the rule --- “RELAX-YOUR-MIND”.

Hunting the Wisp

The **Wisp** is “nothing”. . . not really. It's a flivver of a dream that comes, seemingly, out of nowhere. It's a mental surprise that slowly builds from the past. It may evolve via a chemical electrical neurological micro part of time – a synapse. We don't wholly understand how this process works. For academics, as well as for this artist, it's a matter of wonder and conjecture. Psychologists hint at this. It's a mental process of thought that seems to derive itself from a back-and-forth transfer of information/action from the unconscious mind to and from the conscious mind and the resulting back-and-forth interaction between them. It's a mental process that we all use but are mostly unaware of --- but, just in case . . .

do this: (Or do this in your mind, as this experience may be somewhat messy).

Hands-on . . . Tape a large piece of paper to the top of a working table. Adjust the length of the table legs so the tabletop is shoulder high as you kneel on the floor in front of the table. Now extend your arms over the top of the table and rest your arms comfortably on the paper. Look downward at the floor. Within easy reach of your fingers, have in place on the floor, a plate of varied colors of thick

water-based paint (such as artist's acrylic paint). Now think of a vision, an activity, a scenic view, or anything that comes to mind that has meaning and purpose. Dip your fingers into the paint. Choose the color that you wish to start and without looking at the paper, use your fingers to create your vision on the paper. Feel the energy in your mind. Choose colors suited for your vision and best suited to match your mental energies. Dot the colors, smear the colors, use your fingers, thumbs, or palms. Energize your vision with motion. Feel the energy. Pounding the table is OK. Have a field day. Anything goes.

When finished, look at your masterpiece --- claim this as your "energy" --- a vision that your mind created. You felt this. This is a product of your mind --- a variation of your thought processes that you never knew existed Now think "direction". What do these colors mean? What do these forms mean? With a marking pencil or pen, trace the forms as you wish. Emphasize your intent, the motion, the energy. Add to your masterpiece as your eyes suggest --- as your eyes hold the key relationship between the conscious mind and the unconscious mind. Both inputs, "direction" and "energy" create the final form of your masterpiece now is the time to wash your hands --- but not your mind --- as this is an enlightening, though messy, "hands-on" experience.

What does "direction" mean?

"Direction" is the cognitive feedback in the game of "action begets re-action". For example, this is the mental feedback produced when a painterly artist sees and reacts to a mark that he or she has just produced. This behavior continues to occur throughout the advancement of the artist's piece until equilibrium occurs --- when the artist is satisfied. Primarily, equilibrium occurs when "direction" and "energy" exists together in harmony. Note, curiously, that the final mark of equilibrium is the artist's signature.

In the context of the creative process, "direction" has a unique psychological meaning. It is the direct product of the conscious mind.

What does "energy" mean?

"Energy" is the active use of the passive content of the human mind. Usually, for the artist, this "energy" comes in as hits and pieces. When this "energy" is somewhat more organized or fairly continuous, artists refer to this state of mind as "flow". When "flow" becomes more prominent, overcoming most normal thought processes, this author refers to this unique mindset as "spooky" --- a lively term derived from the works of Albert Einstein as he referred to "action at a distance" as "spooky". In our world, "spooky" might occur when the unconscious mind has complete, or nearly complete, control over behavior --- or "action by the unconscious mind". This phenomenon might lead to auto-movement of arms or hands. When this happens --- it's "spooky" --- one might agree. "Spooky" rarely happens --- but when it does happen, the results are largely ambiguous --- which is not overly useful for the creative artist, as the artist needs "direction" to communicate effectively. To communicate effectively is to use "languages" (visual forms, words, colors, sounds, aromas or other) that are commonly known and recognizable.

Not to be confused with the usual physical meaning of "energy", "energy" has a psychological meaning. It is the assembled product of the unconscious mind.

We have just subdivided the human mental process into two observable parts, it's "direction" and "energy" . . . the "Wisp" ? . . . nothing to do with "direction" . . . sourced directly from "energy".

MISCELLANEOUS

An Invitation

“Dip your fingers into the paint” . . . this is your formal invitation to the unconscious mind . . . these are the beginnings . . . when human beings began . . .

Between “Flow” and “Spooky”

Today, my favorite “betweeners” are Claude Monet and Janis Joplin . . . it’s all located in the head . . . C.M. had a good thing going . . . while J.J. never made it to thirty . . . burned out on the way . . . “I’m a victim of my own insides” . . . her mind, body, audience --- one. Never will we see another who gives totally.

Bridging the Gap

Janis Joplin again . . . “When I’m there, I’m not here.” “I can’t talk about my singing; I’m inside it. How can you describe something you’re inside of.” All quotes from janisjoplin.net . . . I’m in love with Janis Joplin . . . my words.

Hesitations

Drugs should not --- and need not --- be the answer to reach the mental top. Please stay with what you got --- what mom and dad gave you. Your body is powerful within itself --- it’s all you need --- survive.