

Regarding creativity, I have a sense it involves openness to experience, but also different types of openness (ie., ordinary awareness, altered state) and then the ability to articulate that experience.

An example is the following poem by Basho...which I really like (drawn from some recent writing):

Over the darkened sea,

Only the shrill voice of a flying duck is visible,

In soft white.

Perhaps close your eyes and let someone read the poem to you. What is the affect you have as you listen to the poem? Any thoughts? Does the poem make sense? Although there is no "right or wrong" here is one way of looking at the poem.

The darkened sea part may be understood as the individual seeing his/her aloneness in the dark, confusing world we live in, where suffering is so prevalent, and we need to rely on ourselves to survive. With these feelings, alone by the darkened sea, the voice we hear is "shrill" and frightening. We need to be careful of those who are "other."

But then the poem shifts. From the perspective of ordinary awareness it doesn't make any sense: how can a voice be visible? But in this poem Basho has shifted to a meditative "altered state" of consciousness, an experience of synesthesia, where all the senses are open (like seeing colors while listening to music). When this shift occurs in Basho, the world changes for him. The shrill voice becomes a kinesthetic feeling (soft) and the darkness at the start of the poem shifts to "white."

Through this shift in consciousness, there is a transformation in our attitude, the very nature of perception in how we see and experience. Basho becomes connected to the world, not afraid of it; shrill becomes soft, darkness becomes "light."