

CREATIVE TRUTH

Unknown Author

THE AUTHENTIC CREATOR

A PHILOSOPHICAL EXPLORATION INTO YOUR CREATIVE TRUTH

Your first steps into discovering your creative multipotentialite identity

We get it...Multipotentiality is confusing

The Five Most Common Paradoxes of Multipotentiality

- 1) Our greatest strength is generating lots of ideas; our greatest weakness is being paralysed by the number of ideas we have generated
- 2) We LOVE learning, but we get bored easily
- 3) We're purpose-led rebels who want to save the world but can't decide how to save it.
- 4) We're the most creatively talented people on the planet but also the people who fear putting ourselves out there the most!
- 5) We can solve everyone else's problems but can't solve our own.

The art of multipotentiality

The journey to self-identity is fraught with confusion,

You want to help others. You want to leverage your creativity to build deep connections and community.

You want to do this from a place of authenticity, as you hate bullshit.

You want autonomy as you hate being told what to do. Social and cultural injustices infuriate you.

You support the underdog as you identify as one.

You are highly sensitive. You have a deep emotional world that often spills over.

You seek meaning and purpose.

You always feel you're being left behind, which makes you anxious.

You are constantly changing your social media bios and website copy.

You have a graveyard of website URLs from abandoned business ideas.

Your deepest fear is living your entire life without fulfilling your creative potential.

This means you overthink every decision as you're fearful of picking the wrong thing and wasting your time.

This is the paradox that keeps you stuck spinning your wheels.

Continue on for your first steps to getting unstuck. ↓

Strengths of the Authentic Creator Archetype:

Deep Self-Awareness: Authentic Creators have a profound understanding of their emotions, enabling them to infuse their work with authenticity and personal truth.

Originality: Their commitment to authenticity ensures that their work is original and unique, standing out in a world where much is cookie-cutter.

Emotional Resonance: Because their work comes from a place of truth, it often resonates deeply with audiences, creating a powerful emotional connection.

Artistic Integrity: They maintain a strong sense of artistic integrity, prioritizing the truth of their vision over commercial appeal.

Thought-provoking: Their work often encourages introspection and reflection in themselves and their audience, leading to a deeper understanding of various experiences and perspectives.

Weaknesses of the Authentic Creator Archetype:

Vulnerability to Criticism: Their deep connection to their work can make criticism feel personal and challenging.

Niche Appeal: Their focus on personal authenticity may sometimes appeal to a more niche audience rather than a broad mainstream market.

Commercial Success: Balancing authentic creative expression with the demands of commercial success can be challenging.

Emotional Intensity: The depth of emotional investment in their work can be mentally and emotionally taxing, leading to periods of burnout.

Misunderstanding: Audiences accustomed to conventional work may misunderstand or undervalue the depth of their artistic expression.

Our goal is to become our true creative selves.

What does this even mean?

It is to create work and live a life that is true to ourselves and not what others expect of us.

This is arguably the most important decision of our lives.

Why?

The most common dying regret is “ I wish I had the courage to live a life that was true myself and not what others expected of me.

Our creativity is the essence of who we truly are. It is our truth. And our truth deserves to be told.

First, we must discover our truth, and then we must share it, not to convince others that our truth is theirs but to inspire them to discover and share their own truth.

“TO BE YOURSELF IN A WORLD THAT IS CONSTANTLY TRYING TO MAKE YOU SOMETHING ELSE IS THE GREATEST ACCOMPLISHMENT.”

— RALPH WALDO EMERSON

Embracing Your Unique Voice: The Path of Authenticity

In creativity, the voice of the multipotentialite stands as personal truth. Frida Kahlo's assertion, "I never paint dreams or nightmares. I paint my own reality," serves as a testament to this.

Her work, characterized by vivid depictions of her life, pain, and passion, speaks to the power of embracing and sharing one's unique experiences.

To walk in Kahlo's footsteps, an artist must delve into the depths of their personal narrative, extracting and expressing the raw and unfiltered essence of their very being.

This journey of self-exploration and expression is not just an artistic endeavour but a philosophical commitment to authenticity.

It is the lifelong quest to become our true creative selves.

**"I DON'T PAINT DREAMS OR
NIGHTMARES. I PAINT MY OWN
REALITY."**

— FRIDA KAHLO

True Experimentation: The Liberation from Judgment

Salvador Dalí, a master of surrealism, famously quipped, "**Have no fear of perfection, you'll never reach it.**"

His work, a fusion of bizarre dreams and avant-garde symbolism, epitomizes the spirit of experimentation.

In the philosophical landscape of creativity, experimentation is personal freedom.

It is the liberation of oneself from the chains of convention and the tyranny of seeking external validation.

The multipotentialite as an experimenter transcends boundaries, explores uncharted territories, and, in doing so, redefines their relationship with their self as well as their work.

As Dalí's life demonstrates, the pursuit of the unknown is often where true creativity thrives.

It's up to each of us to explore the depths of the truth within.

**"HAVE NO FEAR OF
PERFECTION. YOU'LL
NEVER REACH IT."
-SALVADORE DALI**

Intuition and Instincts: The Internal Compass

Henri Matisse, a pioneer in modern art, believed that "**Creativity takes courage.**"

This statement underscores the role of intuition and instinct in the creative process.

The journey of a multipotentiality is a solitary one, where decisions must be made without external validation.

Trusting one's intuition is navigating the vast ocean of creative possibilities with an internal compass. It requires courage to listen to the subtle whispers of one's inner voice, especially in the face of uncertainty or adversity.

The philosophical underpinning here is the belief in one's internal guidance system, which, when heeded, can lead to profound and authentic expressions of art, life and the truth that guides it.

**"FOLLOW YOUR
CURIOSITY"**

-STEVE JOBS

Letting Go of Perfectionism: The Embrace of Personal Truth

Twyla Tharp, celebrated for her innovative choreography, once stated, "Art is the only way to run away without leaving home."

This reflects a philosophy where the emphasis is on the journey, not the destination.

In the creative process, letting go of perfectionism is not just about releasing an unattainable goal; it's about embracing the beauty of becoming.

It is a celebration of growth, self-discovery, and creative evolution.

**"ART IS THE ONLY WAY
TO RUN AWAY
WITHOUT LEAVING
HOME."
-TWYLA THARP**

When a multipotentialite shifts their focus from the final product to the process of creating the product, they engage in a form of mindfulness.

The presence in the moment is fully immersing yourself in the truth of the moment.

The reality is one can't be creatively authentic and a perfectionist simultaneously.

To be your true creative self means to create work that is true to yourself.

It is only when we worry about how our work is perceived by others that we create perfectionism within us.

When we remain creatively authentic, all that matters is how we perceive our own work.

This allows us to control the situation instead of being controlled by the situation.

And this ensures creative freedom to ourselves.

Celebrating Individuality: The Artistic Signature

Henry Moore's belief, "**To be an artist is to believe in life**," highlights the deeply entwined relationship of our personal identity and creative expression.

Celebrating individuality in one's work is a declaration of one's belief in the uniqueness of their life experience.

Philosophically, this approach to creativity is rooted in existentialism – the idea that individuals are free and responsible for creating their own meaning and purpose in life.

By channelling personal beliefs, experiences, and values into our work, we not only create art; we create meaning and purpose.

We don't do this so others can understand us. We do this so we can understand ourselves.

OUR TRUE CREATIVITY IS MORE THAN SELF-EXPRESSION. IT IS SELF-DISCOVERY.

***"TO BE AN ARTIST IS TO BELIEVE IN LIFE."* -HENRY MOORE**

The Implications of Authentic Creation

The philosophy of authentic creation and being our true creative selves is not just an artistic concept but a way of life.

It challenges us to be introspective and courageous and live our truth.

The quotes from Kahlo, Dalí, Matisse, Tharp, and Moore are not just words but the deeper truth about our human experience.

They remind us that creativity is a personal expression that connects us to others.

However, this can only be achieved when we are connected to ourselves.

As an Authentic Creator, your journey is both internal and external.

It is a continuous process of self-discovery, where each creation is a piece of your ongoing narrative.

Your creativity becomes a medium through which you communicate your understanding of the world and your place within it.

It is a reflection of your innermost thoughts, fears, hopes, and dreams. In this journey, remember that your greatest asset is your unique perspective.

Your experiences, no matter how mundane or extraordinary, are the essence from which you draw your creative expression and process your emotions.

The authenticity of your work will resonate with those who encounter it, for it speaks a universal language of truth — your truth.

To create perfection by seeking external validation is to extinguish the truth within you.

In conclusion, the path of the Authentic Creator is a journey marked by introspection, courage, and a personal commitment to discovering and sharing your truth.

It is a philosophical undertaking that transcends the act of creation, touching upon the very essence of what it means to be human.

As you embark on this journey, let the wisdom of those who walked before you guide your steps.

Not so it becomes your wisdom but to give you a foundation to add your own wisdom so it can evolve into something new.

Embrace your individuality, experiment boldly, trust your instincts, follow your curiosity, trust in the process, and above all, believe in the unique story that only you can tell.

We wish you well on your path to becoming your true creative self.