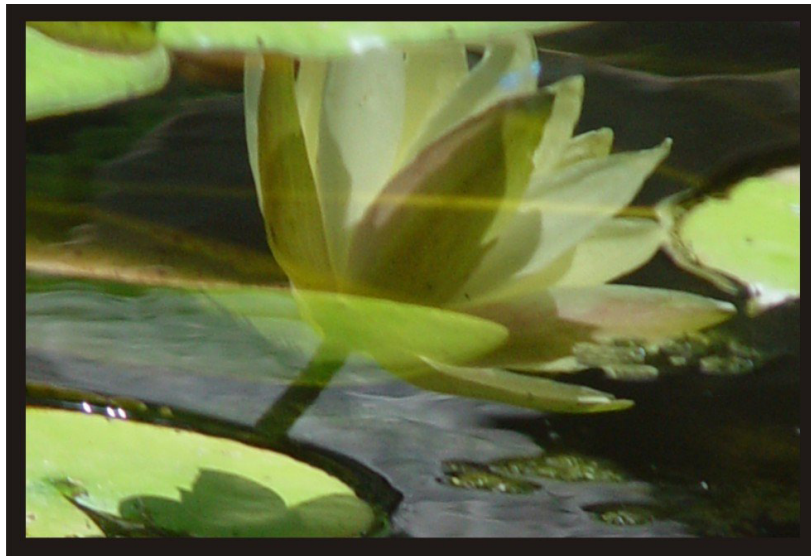




Soul Tree

Create As You Are

Words of the Soul Tree Sage



By A.B. Arnold © 2007

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Be the change you wish to see in this world.

M.K. Gandhi



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To You...

First of all, thank you for being here and welcome to a different world, one of creativity from your core, where you can be you, the truest you that will radiate for all the world to know. But first, you must discover and understand that creativity is in you. IT IS YOU.

I want to make a difference in this world and I am no different than you. The first question I love to pose to anyone new is, "What do you love?" or even, "What makes you tick?" Typically, when someone asks me, "What do you do?" (admittedly this is not as powerful a question as What do you love) I describe



Soul Tree

Create As You Are

myself as an Artist of Life. I am educator by profession, others have described me as an accomplished musical artist, a published author and a spiritual teacher. I love creating art and playing with all kinds of color, and I love photography too. I know that I have walked, and at times crawled, crumbled and even soared on my personal path of exploration.

My own journey began at age three when I just spontaneously started playing the piano by ear at a friend's home and I was creating music that my parents and their friends recognized. I knew by the time I started school that I was different...I was



often teased and ostracized at the convent school for being "too sensitive", but I knew that I was able to know the unknowable and that I had unusual gifts that others would not recognize as such. I remember being chastised in front of the class by a teacher-nun at age six because I used the word "nice" in a classroom composition. We all have stories like this of situations when the locomotive derailing force literally shut us down. And so it went from there, over thirty years, with my heart trying to mend and my mind really absorbing that while I was different, I was versatile and could do many things. As I grew and experienced the ups and downs of life, I became



Soul Tree

Create As You Are

*certain that "different" does not mean "inferior".
That realization came when I suspended cherishing
the opinions of and on society's judgments. Only then,
my heart truly mended.*

*If you ever felt for a moment that you could or
should not express yourself authentically, I invite
you to not let anyone tell you that you can not or
should not or were not meant to create. For that
matter, don't believe everything you think, either (I
can hear you proclaiming, "I don't have a creative
bone in my body..."). When you express yourself
authentically, any cracks in your heart will mend. I
want to show you not only how possible it really is to*



find the seed of passion that resides within your soul, no matter how deeply it's buried, but how necessary it is for you to express yourself. Live the way the Soul Tree does and bring your unique gifts to the world and by all means, do it in just the ways that are right for you. Read on and know that anyone and everyone is born to Create As You Are.

Warmly, Anjali

PS For further information on Soul Tree Akashic Healing and Neurosound Programs, visit www.QuintessenceStudio.com



Soul Tree

Create As You Are

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Creative Source, Soul and Self

All that exists in our complex, multi-dimensional Universe, all things visible and invisible are manifestations of Creative Source. Each of us is a living, conscious emanation of the original creativity which has birthed our souls, and continues to nourish and renew us. Some cultures of the human race regard the living body as a sacred temple; others live spiritually grounded by the interconnectedness of self and the entire natural



surroundings. Many religious practitioners worship divinity outside of the self and see themselves as cared for by that creative presence which is higher, greater, omniscient and everywhere.

We are eternally joined to our Creative Source within. You are free to choose how you imagine the ways this may be. You might envision your life force or spirit as a spark of light that is one with the eternal divine flame, protected in a space inside your soul. You may imagine an energetic filament, or an umbilical cord of our divine conception that extends out into the far reaches of



Soul Tree

Create As You Are

the cosmos. It is possible to imagine a conduit that draws wisdom and knowledge from spiritual mind or yet a higher place. Or you could imagine a scintillating field within you that can be tuned to receive powers of guidance and force to carry you beyond your known limitations. Naturally, as unique and individual manifestations, each one of us experiences our life essence, our own soul, Creative Source and higher self, and Source connection uniquely.

To grow in the Soul Tree creative process, we need only suspend the mistaken belief that “I am not creative”,



and acknowledge the connection to Creative Source within ourselves. From this starting point, we probe more deeply into our being to draw inspiration and take action from that place. The smallest step we take orients us in the direction of growth, and we begin to move toward Self-realization. Soul Tree encourages us to live in presence, consciously and responsive-ly rather than reactively, whereby we are tumbled haphazardly by the waves in the sea of daunting circumstances of being alive, assuring both a sense of safety and some measure of control. By simply responding to your natural longing to gently BE in



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Create As You Are

a safe, supportive environment where no one breathes down your neck in judgment, it feels miraculous to experience fully and freely, without the complications of askew doubt or resistance. Glimmers of Self-realization grace us with many joyful discoveries that point us toward the truth that we are everything we wish to be already. The answers were within all along. To embody that truth now, to whatever degree, is to 'be the change you wish to see in the world', as Mahatma Gandhi challenged.



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Take some time now to contemplate the quality of trust and confidence you might have in life otherwise, knowing you have it in yourself already. How differently would you feel about yourself, if you would still truly care what others thought about you or your work, if you knew that you were already whole, complete and perfect...that there was nothing more you needed to do other than just allow naturalness, free from the judgment of society, and yourself? Would you lose your identity? Or would you FIND it?



If you like, make reference notes for yourself as we proceed on this journey...Consider carefully the question, "How does it feel to be natural, to be truly free?"

Let's see what happens when we embrace the naturalness of creativity that is in each of us.

The Naturalness of Creativity

Each of us, like a star in the heavens, radiates outwardly a vibration of our consciousness, the wave of our existence moves through the space that carries it. Any sincere expression from within is an original form of communion between the soul and all that is sacred in a universe that



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Create As You Are

is very much alive and seeking to know itself. Your own signature resounds as only yours does, distinct from anyone else's. This is the kind of originality we are referring to. Dr. Seuss exclaimed, "There is no one You-er than You," and you impact the world profoundly by your very existence. No matter what the medium of your expression, concepts of societal originality and approved technique are ego-mind issues, and therefore moot in the world of spiritual originality. Yet in every valiant attempt you have made at expressing yourself as the preferred someone else, in a tried-and-true way that someone else



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Create As You Are

did it, the futility weighs you down, trapping you under the deepest form of dissatisfaction. A guarantee of success should have been guaranteed, yet this has proved repeatedly to not be the case at all. In the desperate wanting, the trying and the striving, you have missed out on being you, and relegated yourself to a state of being where naturalness is estranged. Whether it is your ego-mind or one external to you that desires or demands that the created product be beautiful, the Soul demands only one thing: your expression must emerge naturally from sincerity and honesty. Then you may behold inner truth;



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Create As You Are

therein is meaning we can truly make. In meaning, there lies beauty, not necessarily the accepted conventions of aesthetic beauty, but the beauty of truth. And truth and meaning, even if it hurts, is Always Beautiful.

No judgment can validate truth. Truth just is, even relatively speaking. What is true for you may not be for someone else. No matter, it is sufficient that it be true for you and as such is worthy. We have long suspected that humanity's harsh judgmental nature must be the evil twin of the beneficial reasoning mind our species has been graced with. Dualistic society has conditioned people, all



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Create As You Are

of whom by nature are creative, to hide so much of their true essence. In matters of survival, conformity ensures safety. Yet, the ones who won battles, who outran the others, who fought the hardest were the ones who got to evolve. One is taught he will remain safe by staying accepted by the group while simultaneously having to compete with others around him. The human condition that proclaims the reign of humanity's reasoning mind has condemned us, like victims of a death sentence, to stay safely inhibited of creativity. Instead of feeling empowered to create, so that we may commune with each



other in a spirit of genius and magic, we have learned to be embarrassed by what we create, suppress further, and instead declare war on “the other” instead. Judge first lest ye be judged. We would rather die fighting than be seen or heard, or worse yet, known.

And so it has happened; we have lost sight of the truth of ourselves as creative consciousness: we are divine beings. What is Divinity or Creative Source charged to do? Oversee, control, machinate and produce for the sake of producing, by habit? - Not at all. Divinity creates, and manifests change. You are a divine being experiencing via



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Create As You Are

a living human incarnation. All of us together are meant to be co-creators of magical experience at all levels of "life". We have lost touch with the creator spark we carry within. But we do not live from our innate divinity leave alone recognize it in each other. Not only do we carry the connection, we can know it and live by it. We also can choose our tools to fulfill our soul's divine purpose, which is nothing more than for our soul to express itself creatively in whatever way it can, however it wishes to, via self-other interaction and with any available media within our reach. Ponder for a time the astonishment of



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the first early human being that discovered, in a quiet moment of solitude, that a charred twig from the communal fire pit made a blackened mark on the stone wall where she pressed it. Whether she knew it or not, perhaps, this was her first conscious experience of Creative Source coming through her. Media, any form that happens to be handy and nearby, is what we use to bring about transformation from creative imagination to its outward expression. We are driven to express ourselves, state and show our very existence, using any medium whatsoever. In so doing, we can choose to



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Create As You Are

experience a higher self that creates according to a greater power, vision and purpose. That early hominid tucked away in a fire-lit cave, fascinated by her charcoal and the renderings on a patch of stone wall, began the inevitable journey that set us all on the ancient and enduring path to knowing a higher version of ourselves. It is enough that we want to know. But we can also open to the wonder of the experience...and experience our creativity.

If life is indeed a journey of a thousand miles that must begin with the simple first step, it is your own creative expression that you emanate as you walk, and it



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is witnessed by the breeze, the rocks and the birds; your footprint has influenced the earth, showing that you were here. Just as the flickering blue light meeting our eyes that radiated from the pinpoint star long ago lets us know it was there. To our vision, it is eternal and is there now, as we perceive it.

The journey is long, but not in a linear sense. Trust in the knowledge that not all errant wanderers are lost. The traveler on the wild journey of creativity must be prepared to be a wanderer in a reality that neither fully exists 'out there' or 'in here', but in a dynamic, ever-



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evolving space in between. Consider two individual points A and B separated by a distance. The space between them can be joined by a line. The line is a locus born of a world beyond the uni-dimensional world of 'the point' (1D) and exists in a different-natured dimension (2D) where 'the line' can exist. This very line is the simplest example of the dynamic, greater existence in between two point-worlds, a channel or space alive as a moving pathway whose energy is more than either of the two points alone. Be open to this kind of intangible reality for soon you will enter it. It is the world of living bliss between self and



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Create As You Are

other, between what you attach to as “I” and anything else...a whole far greater than the sum of the parts.

Intended wandering necessitates the willingness to end up in places that you cannot identify, let alone imagine. Like Ellie Arroway in Carl Sagan’s film, Contact, you must be willing to go there knowing you may not be able to explain where you’ve been or even prove your experience or what you learned. Ellie didn’t even have the guarantee of being safe and able to return that we have in this exploration. A seasoned traveler’s honed skills encourage both quiet and neutral observation,



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and fearless and resourceful experimentation, but only after releasing the clutch grip on all that has been lugged on the journey thus far. To truly live is to meet life. Face to face, up close, hands-free. Living includes meeting yourself at the core, where the essence of all that you are lives, now and eternally. And then you know what you know. You do not need to prove it to secure friends or the support of colleagues, but you may wish to express it, somehow, if only just for you. Your knowing is always only yours anyway.



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The concomitance of experience and creation, both internally and externally, is never-ending, always braided and intertwined in a way where one does not necessarily beget the other first, because every experience is its very creation (and vice versa). To create as you are, now, is to just be. This is so simple and true, it's terrifying. And it's happening. And now you realize that you have always been creatively expressing, and are doing so in this moment, even if you did not mean to. No point in hiding. Go ahead and express your being-ness based on your choice to do so now that you know. Just as whom you



grow to be directly depends on how you nourish yourself, it is also true that you, as a spirit being, radiate outward and touch the world. You are always automatically creating something just by being conscious and alive, like shining starlight. In this way, we are all co-creators, altogether weaving and braiding our experience.

A Way Around

We have covered how the state of being of natural creatorship, through every choice we make consciously or



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unconsciously, is automatic and it is important to remember this. Now, the next step is to intend something specific, artistically, requires merely one step further. It is not the grandiosity of the step that matters but the direction of one well-chosen, carefully directed baby step. Do not step toward judgment-based ego-mind memory, rather step around it, and upward to a higher place. In the heat and discontent of mindspace, the soul remains imprisoned, thus intended self-expression ends up being forced, knotted tightly from the tugging of egoic desire. We become filled with suffering and struggle, and feel



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frustratingly insufficient as we burn in the flames of the fires of judgment and comparison, fueled by others and ourselves. This way, creating from mindspace feels like something between an enema and an enemy. In mindspace, where most of us tend to live our daily lives, the soul remains silenced as non-existent, relegated to feeling unneeded and unwanted, silent in its suffering. But where does inspiration come from? In-Spir(it)-ation comes THROUGH the soul, from spirit. No how else - From no where else. Let the soul speak, from a whisper to a scream.



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Living by the soul of an explorer, your travels do not take you in pointless, dizzying circles that get you nowhere. Contrary to living only from the mind, there is no spinning nausea from worrying, “am I good enough?”, for this question can be proved and disproved more times than we have time to give. Soul Tree’s gentle approach of “Let’s see what happens...” allows for the option “I don’t mind what happens.” Your mind can work with your soul, not dominate or murder it. Your mind can become a trained and willing tool to allow you to take creative risks. You are never in danger of being devoured by a lion



on this journey. Think clearly for a moment on this truth: anything that tends to disturb the ego can never threaten your soul, for it is an eternal, growing centre of consciousness that can neither be injured nor destroyed. A fortifying realization indeed, that all results of experimentation are allowable and even acceptable by right of creation and existence. Such a surprise, even the mind may admit it enjoys a bit of experimentation - after all it wants to have something else to be right about! You become the explorer, shining a light to cast a wayward gaze deeper into chasms of your being, or upon looking



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Create As You Are

higher, you long to register more clearly what may be at the furthest reaches from your known experience. You dream that one day, you'll go there.

The heart of the explorer absorbs mystery like love. However, for the mind to embrace the unknown means alchemically transmuting a habitual fear response into a wondrous, eager anticipation; it means welcoming the silence and stillness as the canvas to hold creation. It means stepping with resolve and courage upon home plate, taking up the creative bat. It means succumbing to the essential trust in one's very existence, and faith that



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Create As You Are

there is more we may sample in this limitless universe.

The ego-mind just needs reminding that it is safe, for keeping us safe is its primary occupation. Embracing the unknown suggests a willingness to cherish an enveloping kindness that carries you safely, to leave behind baggage in the comfort zone of judgment, and allow wisdom and intelligence to come to you at exactly the right moment, at every moment. This is your existential foundation to create as you are.



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Create As You Are



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