

# CREATE Your Dream Future

*Integrating Agency, Art, and Authenticity*

A guided exploration of the 'Poetic Framework' for life design. Creativity is not limited to art, poetry, or performance. It is the agency to design the life you want to live. This deck is a workshop in slide form, designed to move you from logic to intuition using the CREATE framework.



# You Are a Conduit of Creation

## The Trap of Logic

The logical brain is often restrictive, relying only on past data to predict the future. It limits what is possible to what has already happened.



## The Power of the Conduit

True expansion comes from opening a space for **intuition** and **inspiration** to flow through you. It is a shift from predicting the future to allowing the unfolding.

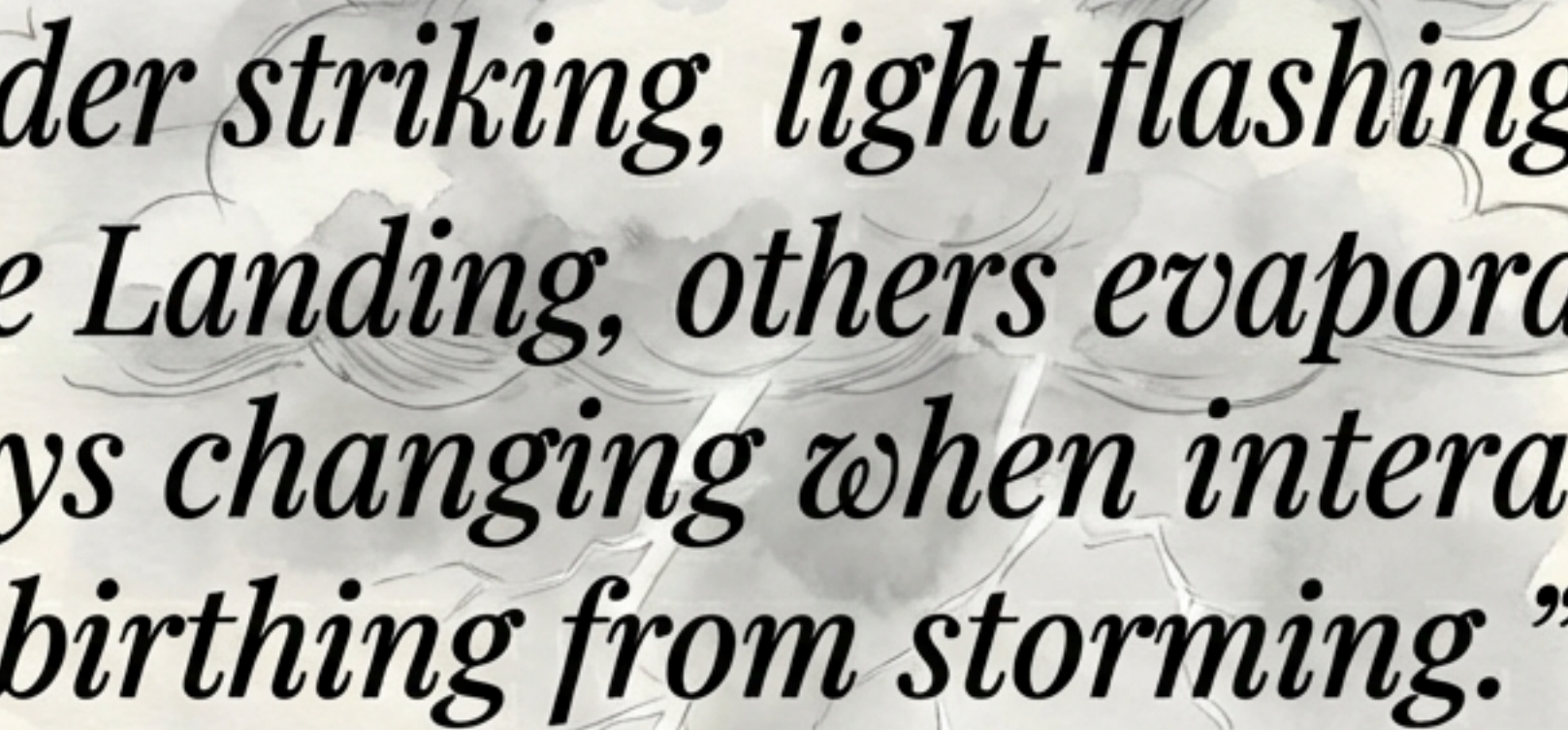
“If you see yourself as a conduit of creation, that creates a space for more creativity to come through.”

# The Framework Map

- C** **Conduit** - Be open to intuition; don't just rely on the logical brain.
- R** **Realize Limits** - Acknowledge that your true essence is deeper than your current perceived boundaries.
- E** **Experiment Often** - Don't try to predict the outcome. Try small things, let them unfold, and discover as you go.
- A** **Access Flow** - Believe that creative flow is available to you whenever you are centered and present.
- T** **Transcend Fear** - Fear is data, not a stop sign. Use it to consider risks, then proceed anyway.
- E** **Express Full Self** - Do not be inhibited. Go "full out" and give it your all.



# The Nature of Ideas: Storms and Evolution



*“Thunder striking, light flashing ideas  
some Landing, others evaporating  
always changing when interacting  
birthing from storming.”*

Key Insight: Ideas are always changing when interacting. The first idea isn't always the final destination; it is often just the spark that leads to the actual solution.

# The Principle of “Nothing is Wasted”

Reframing failed experiments as necessary data points.

## Phil’s Weaving Class

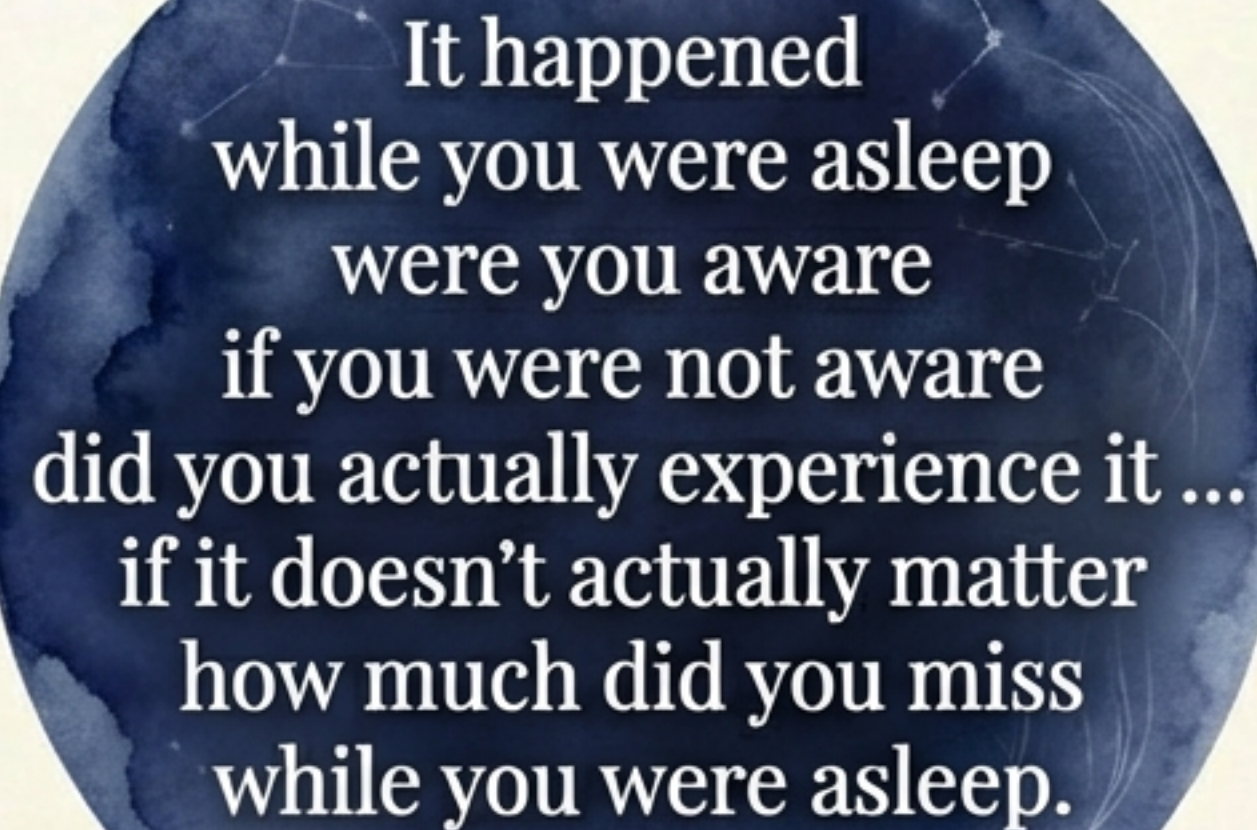
- *The Experiment:* Spent time learning to weave, only to realize it was too labor-intensive.
- *The Result:* Not a failure, but a ‘lesson learned’ that freed mental space. Curiosity satisfied; moving on.

## Frank’s Coding Journey

- *The Experiment:* Tried to be a programmer but was too slow, leading to a job in Tech Support.
- *The Result:* The coding skills later automated his accounting and improved personal projects.

“You never know what stuck in your brain... later on, you’ll come to discover where it fits and why it makes sense.”

# Sleep as a Portal



It happened  
while you were asleep  
were you aware  
if you were not aware  
did you actually experience it ...  
if it doesn't actually matter  
how much did you miss  
while you were asleep.

**Concept:** We often dismiss sleep as 'downtime,' but it is a valid state of experience where the logical brain's restrictions are lifted.

**Reflection Question:** What solutions are arriving when you stop trying to force them?

# Proof of the Conduit: The Flowers in the Dark



## Claudette's Story

During recovery from illness, Claudette began seeing specific flower designs in her sleep. She didn't look at books; she simply woke up and created what she saw.

## The Process

Seeing (Dream) → Buying (Action) →  
Designing (Creation) → Blossoming (Result)

## The Lesson

“I just trust that they will come back around.”

To create something unknown, you must trust the stream of consciousness that arrives when logic is asleep.

# The Cost of the Mask



*From the poem  
'Revealed'*

The universe said to me  
be revealed  
so others could see  
What Lies Beneath...  
cuz I won't pull back  
the screen.

Charcoal, Burnt Sienna  
(Burnt sienna)

*The universe said to me be revealed so others could see  
What Lies Beneath... cuz I won't pull back the screen.*

*From the poem  
'Prison'*

Caught in a prison  
of my own making...  
the original intent  
to protect me now  
conspires to  
constrain me.



Charcoal, Muted Ochre  
Muted Ochre

*Caught in a prison of my own making... the original  
intent to protect me now conspires to constrain me.*

**The Analysis:** Protection mechanisms (serious faces, people-pleasing, silence) eventually become constraints. The armor meant to save you starts to suffocate you.

# Identity is the Winning Card

## The Story of Udoka (Peace is Great)

Mary spent years using a stepfather's name and living a "half-truth." She decided to reclaim her true identity, even at great cost.

**The Cost:** She lost 80% of her friends.

*Frank's Reframe:* "If you lost 80% of your friends by showing who you really are, who were they actually being friends to? They preferred the old you to the real you."

**The Reward:** Standing in the British Immigration office, admitting to "deceit" to reclaim her truth. The result was not punishment, but liberation.

### Key Quote:

"I'd rather lose all so at least I have gone there to say my truth...  
The truth does set you free."



UDOKA

# Redefining Bravery



There are those days  
those dark and dreary days  
there seems no reason to awake

...

the Brave and magnificent find the strength to arise and face the day ahead.

## **Concept:**

Bravery isn't always about conquering mountains. Sometimes, it is simply the act of the body refusing to consent to the gloom.

# The Triumph of 'Just Showing Up'

## Claudette's Reality

Facing medical, physical, and emotional issues that say "stay in bed."

**Her Victory:** Willing herself to say, "I am still alive, I still have something to get up for."

**The Standard:** "Whatever I can do for that day, that will be good enough."



## Muriel's "Buddy's Up"



The **simple, childlike joy** of flinging open the doors to the morning.

## Takeaway:

We must celebrate the things we take for granted.  
Being part of the world today is an achievement worth honoring.

# Community Wisdom: Three Pillars of Integration



## The Power of Sharing

As Claudette noted, sharing your story doesn't just help others; it liberates the storyteller. It breaks the "prison of one's own making."



## The Power of Timing

Ideas may evaporate or go dormant (like Phil's weaving or Claudette's writing), but they are never wasted. They return when the timing is right.



## The Power of Now

As Mary and Muriel emphasized, happiness is "enjoying the unfolding of every moment." Not waiting for the future, but celebrating the "New Day."

# The Daily Practice

A checklist for living the CREATE framework



## Fact-Check Your Fears

When the 'Prison' walls appear, ask: Is this a tiger or just a tale? Mitigate true concerns, then press through.



## Capture & Release

When brainstorming, don't judge the ideas. Capture them, let them interact, and don't worry if some evaporate.



## Celebrate Waking Up

Acknowledge the bravery required simply to face face the day.

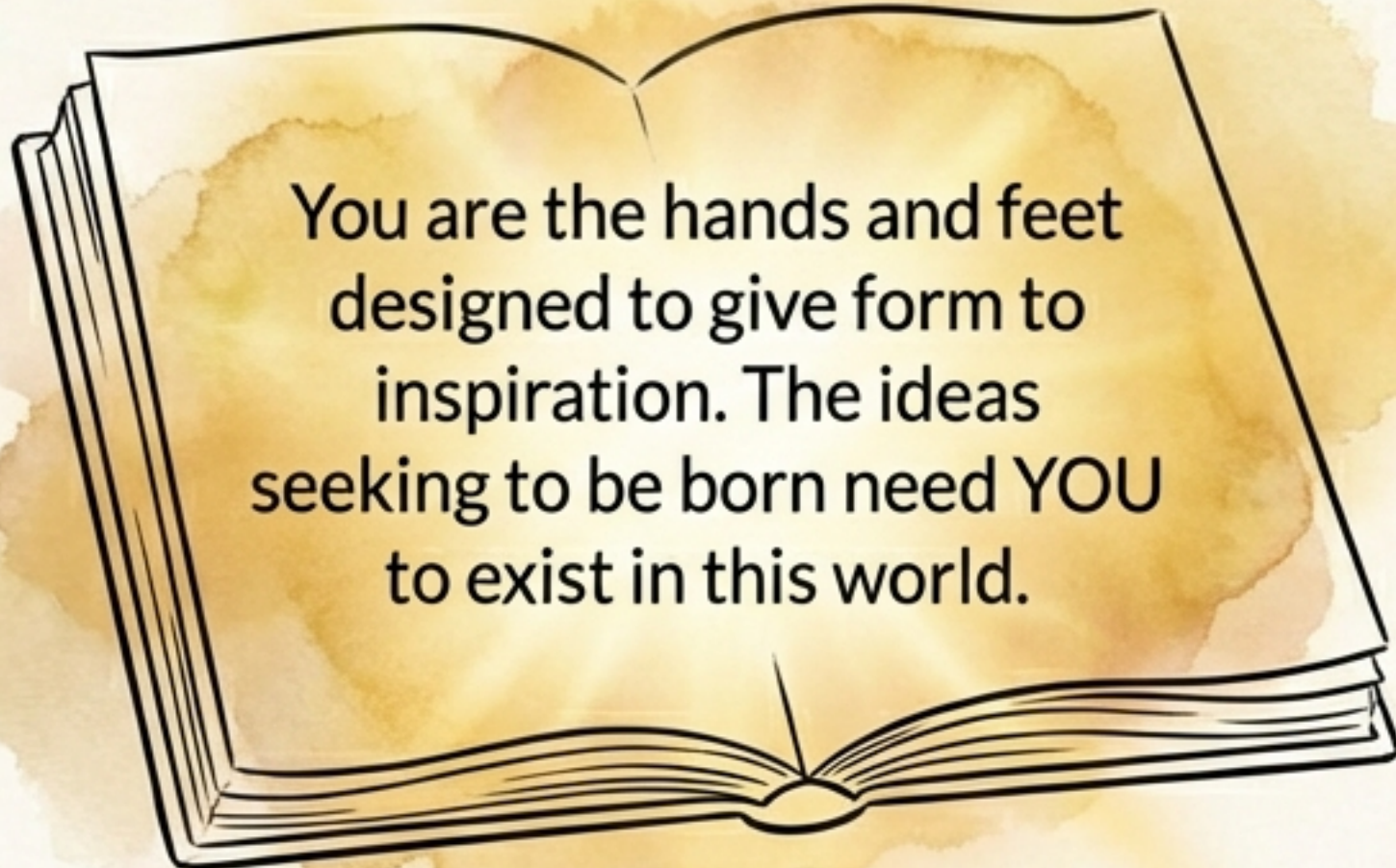


## Drop the Mask

Ask yourself, "Am I filtering myself to please a crowd that doesn't know the real me?"



# The Divine Co-Creator



You are the hands and feet  
designed to give form to  
inspiration. The ideas  
seeking to be born need YOU  
to exist in this world.

**“The impact of you showing up fully as yourself...  
allows others to draw hope, joy, and peace.”**