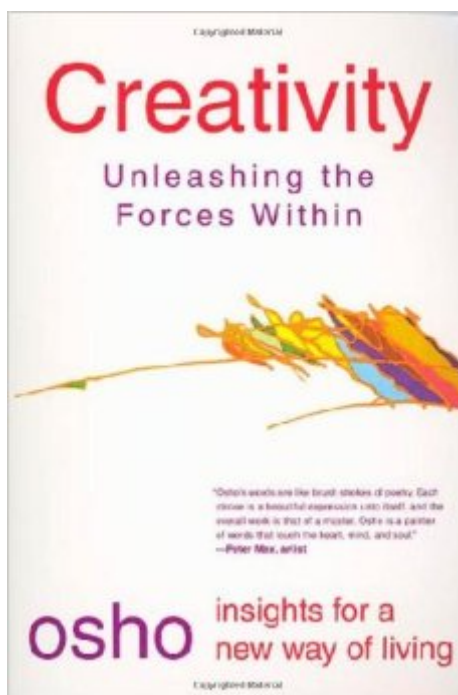


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# Creativity: Unleashing The Forces Within (Osho Insights For A New Way Of Living)



## Synopsis

As Osho points out in the foreword to this book, historically, the creative person has been all but forced to rebel against the society. But nowadays, the situation has dramatically changed. In today's world, the ability to respond creatively to new challenges is demanded of everybody, from corporate CEOs to "soccer moms." Those whose toolbox for dealing with life includes only what they have learned in the past from their parents and their teachers are at a distinct disadvantage both in their relationships and in their careers. Making a switch from imitative and rule-bound behavior to creative innovation and flexibility requires a profound change in our attitudes about ourselves and our capabilities. Creativity is a handbook for those who understand the need to bring more creativity, playfulness, and flexibility to their lives. It's a manual for thinking "outside the box"-and learning to live there as well.

## Book Information

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## Customer Reviews

Osho turns his wisdom to the art of being Creative. In exquisite and precise language, he explains how we often are our own greatest hindrance. It is as if he is there inside your mind banging away with his Zen stick. Such insight! You find yourself wanting to immediately start expressing and in a new way - YOUR WAY!

I've read a great deal of Osho's teachings, and I'm really impressed by the editing of the Insights

series. You can tell a lot of care went into the selections for these books, considering Osho's talks were transcribed into over 400 volumes during his lifetime. Creativity was one thing Osho continually emphasized, saying your life isn't going to achieve a real sense of fulfillment unless you have an outlet for your natural creative energy. Having a comfortable home and a family is not enough! Every person needs a way, or several ways, of self-expression. He wasn't just talking about creating art to be displayed for the public, but doing any old thing--but with sincerity and love. Osho spends time talking about how just cleaning the floor can be an immensely fulfilling and enjoyable act, if genuine care and interest are put into it. He made clear that creativity should be a passion not reserved for impressing others or receiving any particular reward, other than your own enjoyment in the present moment. Creativity is a way to live in the moment, and for a time be free of the future and past--major themes in Osho's teachings. I could go on, but why? Just buy the book and live out some creativity of your own. For those of you who have never read Osho, all of his books are transcriptions of his spoken discourses, so they have a casual, effortless flow. It's not like reading a proper essay style. In fact, he takes two or three times the amount of space to say something! But you don't mind. He also intersperses his talks with ridiculous jokes. Try one of the books sometime, they're great.

Osho's philosophy always hits home. By the time I'd finished reading this book, my view of creativity had changed completely. I was both exhilarated and in despair at the insights revealed to me. Exhilarated, because some force - some unknown thing -- inside me found freedom to breathe with every page I read. In despair because, as I realised I had the key to my personal creative freedom in my hand, I knew that the chances of me getting published in the traditional way was even more remote. This book pulls no punches when it forces you to understand what true creativity is: a fragrance of freedom that blends together both feeling and action into an awareness that translates into a uniquely individual creative expression. I was reminded that each and every one of us comes into this world with a specific destiny; the Divine has a task for us and, whether that task (in my case, writing my novels) is recognised by the collective is less important than whether I love what I do for the sake of doing it. From now on, I'll never wash the kitchen floor again...I'll be painting an invisible picture with my mop! My enthusiasm for my chosen craft--one in which the odds \*against\* success are overwhelming--has been restored. And my creative forces have truly been unleashed with the simple wisdom contained in this volume.

I'm in high school and this was the first Osho book and only book so far that I have read. It did help

me understand how to think more creatively and has several great quotes that will leave you analyzing everything you do in your life from the day you put the book down. He encourages an open mind yet is very direct on his religious beliefs at times which may be hard for some people to get around. I'm not too religious myself, but I did enjoy the different spiritual interpretations and comparisons. His action vs. activity section will leave you asking yourself why you ever watch tv or do anything non-creative at all. It will motivate you to not only do more with your life, but also help you think more outside the box. He does like to repeat himself a little bit which I actually liked instead of a beginning to end straight and narrow approach.

I really like this book. It is inspiring and provocative. I totally recommend it. In this book, Osho, clearly delineates the inner game of creativity. Osho's approach is that creativity is a spiritual endeavor. He poses the idea that human creativity is a reflection of divine creativity, that creative human beings are the media used by divine creativity to express itself. This view reminded of a story about the former Beatle, Paul McCartney. You know how sometimes we hear a tune and it keeps going around and around in our heads. Well, one fine morning Paul woke up with a nice little tune going around and around in his head. He was sure he had heard it before, but could not locate exactly where he had heard it. So, he asked everyone he knew about this melody and nobody could locate it for him. Finally, he kind of reluctantly accepted that he not heard the tune anywhere... that it was his song, that it came to him in a dream. That sweet little tune turned out to be the famous song: Yesterday. Obviously, Paul, like so many artists, did not know where his creation came from or how it happen. It was just there, in his head. He did nothing special. But Osho, has a theory that could explain how that happens. He makes the connection between relaxation and creativity. No wonder creative ideas come to us when we are asleep. Osho identifies the main obstacles that stop human beings from being creative while identifying those traits that will help us be more creative. If you want to increase your understanding of how creativity works, read this book. If anything, it will inspire you to participate, to be more creative and to live more fully.

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