

Alix Pirani

**HOLDING AND LETTING GO:
the Creative Process**



*Holding is . . . taking in a deep breath
collecting resources
being patient
ego-building
containing, consolidating
getting a grip on, establishing your power formation.*

*Holding is . . . holding on too long
clinging, over-depending
holding your breath
ego-inflation
withholding in omnipotence
constricting, limiting, over-possessing
getting constipated
staying at a standstill
being stuck.*

*Letting go is . . . giving up control
allowing
risking and trusting
releasing energy
saying goodbye and mourning
humility and destruction
ego-transcendence
enjoying the excitement of your fears
death and birth
breathing freely
orgasm
the farther reaches of the imagination - and
then further
movement
transformation*

. . . and the readiness, in uncertainty, to take hold and begin the re-formation process again.

This is the pattern of all creative process: the cell reproducing, the baby being born, the menstrual cycle, the orgasm cycle, the artist, musician, writer exploring and celebrating meaning, the psychotherapeutic journey, the religious journey, the process of dying, the family nurturing and releasing its members, the nation changing its identity, the world renewing its civilisation, human beings evolving.

We're all, obviously, part of a grand cosmic creative process, and if we can go along with it we feel comfortable, excited, have a sense of our own significance, an awareness that our own inner process, our self-expression, is matched by, harmonising with, a development 'out there'. When we don't feel that, when we're stuck, frightened, puzzled, feeling meaningless, worthless, joyless, then we start thinking about creativity . . .

And we go to creativity workshops, looking for this magic something that's going to stimulate and un-block us: a cross between a laxative and a pep-pill? When secretly we may be longing for a tranquilliser, because the stress of unchannelled, festering and fidgety energy is becoming intolerable.

We're carrying the tensions, the too-much-holding, in our bodies and in our minds. And we're picking them up, of course, from the whole climate of our present civilisation, which I think is on the verge of breakthrough to transformation, poised in that place where the stress of holding, the crises of power, the longing for release, and peace, are acute.

And we know there is a creative process. Our desire to re-connect with it, our inherent faith that there must be a meaning to what is happening, takes us through all our concern with creativity and growth and the birth and death processes which are inherent in them. Each one of us has a spark, a soul, a uniqueness of spirit. We take it through a difficult or easy birth, a difficult or easy life, a difficult or easy death. What we express in our life's work or art is a manifestation of that.

Much of my own work with people involves restoring that trust in the process, that faith in our essential vital being as it struggles to manifest itself. Once you have that faith (and you may often seem to lose it) the quality of your life, your awareness of people around

you - those other 'sparks' - is self-energising and self-restorative. People working together through the tensions and rhythms of contraction and expansion, holding and letting go - whether in learning situations, personal relations, body therapies, or writing and other arts - are essentially being creative: they invariably recognize the quality of that. Periods of dispiritedness are lived through: the work is continual.

We 'professionals' who initiate the work also risk getting stuck: holding and held in it and by it, clinging to techniques, self-images or concepts that we need to outgrow. I've found in time that my own humility, my own process, is enabled by my contact with those qualities of the human spirit that reveal themselves tentatively, courageously, passionately - and sometimes silently - in the people I meet everywhere. Though I may offer to lead, your direction guides me; we share a journey together.

So I approach every session with another person or people, whatever its name, with as much open-ness as I can to their being, the current quality of their energy and feeling as it expresses itself through their presence, their words, movements, ideas, dreams, writing, drawing. They may have many questions: I may have some answers. The major part of our work together will be in establishing - 'holding' - the questions-and-answers for a while in order to let them go; and living through the transition, the confusion, until we arrive at new answers and questions and feel free enough and strong enough to live with them.



Adele Pickering

REARENTING

The purpose of my presentation is to assist people in living a happier more fulfilling life. Rearenting is a process that will promote the unification of your spiritual wholeness with your physical beingness. It will support you in letting go of your resistances and defences,