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# CREATIVITY

By Kimberly Russo

I recently read an article in a popular magazine about an experiment done with children. Half of these children were given good food and exercise. The other half were given food, exercise, and toys, games, and puzzles to play with. Both groups went to school and soon it was noticed that the half that was given toys were brighter and more efficient at their work. It seemed that the toys were a creative outlet that made a difference in their abilities.

I also recently wrote a letter to a friend explaining that I had just taken up the mandolin, and was happy to have a new creative outlet--some new way to express myself. Why is creativity so important in our day-to-day living? Why was it that those children who had toys were brighter, and why was my mandolin such an important way for me to express myself?

The Random House Dictionary of the English Language defines creativity as "something resulting from originality of thought, expression, etc." We are surrounded every day by things that fit that definition: music, poetry, architecture, and dance. It seems to me that the whole nature of being human is to create. Within each of us is the ability, or even more so, the desire to create, to express.

If we really take a good look at ourselves, we see that we are truly alone in this world. We interact with people, share our thoughts, ideas, and values, but still no one can truly know us as we really are deep inside. This fact draws us very near to the feelings of alienation, loneliness, and loneliness. We feel insignificant within the realm of the cosmos. Many times this loneliness causes us to withdraw, become depressed, even kill ourselves to try and escape the fact that we are alone. Creativity comes from this loneliness--it is a way we

reach out and express ourselves. It is how we say, "Hey, world, here I am! I exist! I am significant!"

Creativity, then, is our way of breaking out of our shell. Inside us all is a person who wants to take his thoughts, ideas and feelings and make them into something that can be seen, shared, and enjoyed. It is something done to touch ourselves, our friends, or masses of people. It is something that comes from "self", the part of us miles behind our mind, intellect, and ego. It is our soul screaming that we are alive, that we do exist.

Picasso is a true example of this kind of creator. He, along with Georges Braque, was responsible for a new realm of art, a new type of expression. He created; he made something that "resulted from originality of thought and expression." He painted from his "self", from the inner part of him beyond his mind. This is the reason you may know a Picasso when you see it. As his best friend, Guillaume Apollinaire stated, he was one of those artists who "must draw everything from within themselves." (Guillaume Apollinaire, Cubist Painters, New York, 1944.)

The children of the experiment who received toys seemed to be brighter than the others. Why? What does creativity, coming from the "self" have to do with knowledge coming from the "intellect"? It is a known fact that through creativity we learn. Through seeing, touching, hearing and being with our surroundings we find the materials to express. During play, a child may build a tower so high that it falls. In school the teacher may teach the law of gravity, and in his/her mind the link between the self and intellect/ego the child will say, "Yes, I remember, the tower fell!"

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