

Creativity is the Expression of Human Soul

OUTLINE

1. Introduction

Thesis statement: Dealing with miseries of life often turns a man into a bitter enigma who can explode anytime. Amidst this, creativity serves as a finest tool to express the unflinching portrayal of human life marked by relentless pursuit of truth.

2. How to express oneself through creativity

3. Theoretical perspectives that reiterate the importance of creativity to stand out and revolt against the stereotypical norms

a. Emerson's Transcendentalism

b. God is Dead by Nietzsche

c. Sartre's Existentialism

4. Owing to its spectacular perks, creativity must be prioritized to remain sane amidst chaos

a. Reflect the unsaid

b. Preserve reality for a long period

c. Explore the subconsciousness

d. Help to deal with inner battles

5. Literary perspectives and depictions that present the essentiality of art in expression of deeper desires

- a- Expressing the fierce and indepen^{dent} will against odds of society - Little Women by Louisa May Alcott
- b- Rekindling with inner-self to attain self-attainment and polish individuality - A Portrait of an Artist as a Young Man by James Joyce
- c- Explaining the unsaid norms prevalent in a society - A Room of One's Own by Virginia Woolf
- d- Showing the connection of an art with soul - To the Lighthouse by Virginia Woolf
- e- Preserving the sanity through portrayal of unflinching truth - The Yellow Wallpaper by Charlotte Gilman Perkins

6- Renowned personalities who chose creativity of their own to paint their lives and leaving an imprint for the rest of the world to see

- a- Dissecting the inner soul - Vincent Van Gogh
- b- Choosing to rule the world - Steve Jobs
- c- Expressing the suppressed voice - Virginia Woolf
- d- Setting the benchmark of advancement - Albert Einstein
- e- Connecting with ideal world - Plato

7- Conclusion

"Darkness cannot drive out darkness; only light can do that. Hatred cannot drive out hatred; only love can do that." (Martin Luther King Jr.)

Following suit, the looming shadow of loneliness and isolation - indicated by darkness and hatred - that has clouded the world can only let a man to remain sane through him expressing his inner soul referred to as light and love in the quote. Dealing with miseries of life often turns a man into a bitter enigma who can explode anytime. Amidst this, creativity serves as a finest tool to express the unflinching portrayal of human life marked by relentless pursuit of truth. Theoretical perspectives that reiterate the importance of revolting against the stereotypical norms through creativity include Emerson's Transcendentalism, Nietzsche's God is Dead and Existentialism by Sartre. Moreover, it includes spectacular implications such as reflecting the unaid and helping to deal with inner battles. Additionally, it helps to preserve reality for a longer period and explores the subconsciousness. There are literary perspective which further reinforce the essentiality of art including those of Alcott, Joyce, Woolf and Perkins. In the last, the renowned personalities who chose creativity to paint their lives and left imprints

in the world include Vincent Van Gogh, Steve Jobs, Virginia Woolf, Einstein and Plato. Therefore, creativity is essential for one to survive the cultural shocks and miseries of life who leave no stone unturned to challenge the sanity of a man.

When it was inquired about the most wise person in the society, Socrates was deemed to be the one. Socrates was asked and he said that he was the most wise for not being the extraordinary, but for knowing what he did not know. Socrates was persecuted henceforth for questioning the norms of his society. The notion of questioning the undigestable norms of society was the creativity of his human soul which distinguished him from the rest of the society. Socrates did not budge even though he was warned, but he chose to nurture his individuality, and he is very much alive even after centuries of his death owing to his creativity of human soul.

Among the number of perspectives that reiterate the importance of creativity to revolt against the established norms, Emerson's Transcendentalism remains the crucial one. Emerson challenged the established norms of his society of needing an intermediary medium to connect with God. Instead, he used his creativity to let know the people to tread a new path of reconciliation with inner-self to connect with the ultimate ego. Emerson said, "what lies behind us, and what lies before us are tiny matters compared to what lies within us." (Ralph Waldo Emerson) Thus, Emerson used his creativity to express his soul by revolting against the stereotypical beliefs.

Second, Nietzsche, the most misunderstood German philosopher, also made use of his creativity to express his desire to challenge his hypocritic society. Nietzsche did not perceive the death of as negation of God but rather a liberating force. He did not perceive God objectively but rather God as an objective reality. He defied the typical norms of his society and was labelled as negator of God. Nietzsche said, "God is Dead. God remains dead and we have killed Him." (Friedrich Nietzsche, The Gay Science, 1882) To conclude,

Nietzsche used his creativity to defy the norms of society by expressing his soul's desires.

In the last, the theory of Existentialism by Sartre also explores the need of art to not conform to the prevalent beliefs of a society. Sartre gave his theory against Essentialism and said that it is not essence that serves a purpose of existence. Rather it is existence which precedes essence and a man makes his purpose with the choices he makes through his independent will. Sartre says;

- Existence precedes and rules essence (Jean Paul Sartre).

To sum up, Sartre's existentialism was a dissection of his soul to revolt against insanity prevailing in society.

To start with the most important peak of creativity, it reflects the unsaid desires of human soul. Man is a complex creation of God who deals with miseries all his life and those leave a deep imprint engrave in ~~their~~ his heart. Creativity is that art which gives words to those which were not capable of being expressed.

Creativity says what is unsaid and leaves a long lasting impact. John Keats says, "Heard

melodies are sweet, but those unheard are sweeter.
(John Keats) Thus, creativity express one's
inner enigmas efficiently.

Moreover, art has the ability to preserve the reality for a long period. Words which are spoken are often forgotten despite being the most powerful, but when they are expressed through any form of art, it gets preserved for a long time. For example, the paintings of Picasso and Vinci were painted centuries ago but are treasures for others to explore the peculiarities of their lives, souls and minds. Therefore, the creativity helps one to have a long-lasting impact.

Similarly, expressing through creativity helps one to explore the deep realms of subconsciousness. Man has knowledge of about only the tip of his personality - indicated by consciousness. But who he really is embedded in his subconscious and unconscious. The expression of art helps him to deal with his inner desires which constituted the major part of his personality and control his life without him knowing. Thus, when an individual make use of his

creative faculties, he explore his subconscious desires to get a better hold of his life.

Furthermore, art helps one to deal with inner battles that one does not let anyone know. Human beings deal with plethora of miseries all their lives which shape their personalities in many of ways. This leads one to have voids in one's heart. Art helps one to fill the void by giving voice to those inner desires which helps one to soothe pain. Martin Luther King Jr. says, "Our lives become to end the day we become silent about things that matter the most." (Martin Luther King Jr.) Therefore, creativity expresses the human soul efficiently and adequately.

Literature is the reflection of life. It depicts the social, cultural, economic, political, psychological and prevalent norms belonging to that era. Similarly, literature has also explored the theme of art as an important tool of self-expression.

To begin with, literature has explored the need of expressing the independent will against odds of society through art. Alcott draws the character of Jo March in 'Little Women' who was a writer when women were not allowed to write in society and she used the art of writing to express her fierce and independent will. She wrote about a lady who wanted to have a career instead of making herself pushed into marriage who actually is a dissection of Jo's soul herself. She says, "I am free as I am and love my liberty too well to be in a hurry to give it up for any mortal man." (Alcott, Little Women) To sum up, Alcott says the art is necessary to reflect the deepest desires of a soul.

Second, literature also expresses the importance of rekindling with inner-self to nurture individuality. James Joyce, the pioneer of stream of consciousness, sketches the character of Stephan Dedalus in 'A Portrait of an Artist as a Young Man' who wanted to fit in a society and compromised his individuality. Stephan wanted to get validity from society and for that he covered himself in a veil of conformity only to get lost in life and experienced existential crisis. However,

he realized his inner artistic abilities and rekindle himself with his soul through the expression of art. Therefore, Joyce through Stephen emphasizes the need of art as an important tool to connect with inner-soul.

Moreover, literature has also emphasized the essentiality of creativity to explain the unsaid prevalent norms in the society.

Virginia Woolf, in her book, *A Room of One's Own*, made use of her creative faculty and art of writing to express her disdain and enmity for the prevailing patriarchal values in her society. Woolf says, "The history of man's opposition to women's emancipation is more interesting perhaps than the story of that emancipation itself." (*Virginia Woolf, A Room of One's Own 1929*). Thus, Woolf expresses the perks of creativity to delve in the mind of a human to attain sanity.

In addition to these, literature also presents the importance of art expression to preserve the sanity through portrayal of unflinching truth. Charlotte Perkins Gilman in her short story, *The Yellow Wallpaper* writes about a woman who was a victim

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of patriarchy and pushed into a cage of subjugation by her husband. Her husband was indifferent about her suffering and she resorted to write a diary to preserve her sanity when her whole world was crumbling on her head. She writes in her diary, "John does not know how much I suffer. He knows there is no reason to suffer and that satisfies him" (Charlotte Perkins Gilman, *The Yellow Wallpaper*) To conclude, Perkins expresses the need of creativity to remain sane while dealing with relentless chaos of life.

Last but not the least, literature has also been used to show the connection of an art with the soul. Virginia Woolf, the pioneer of the use of stream of consciousness, draws a fictional character of Lily Briscoe in 'To the Lighthouse' who fights with the society to attain self-desires. Lily was belittle for being an artist in a male-dominated society, but she did not budge to complete her painting, a piece of art, reflecting her soul and mind. In the last when she completed her painting, she felt like touching on the deep aspects of life and rekindled her relationship with her soul through her artistic faculties.

When there is a will, there is a way. There are renowned personalities in the world who chose creativity of their own to paint their lives and left an imprint for the rest of the world to see.

To begin with, Vincent Van Gogh is the renowned artist who used his artistic abilities of creating art while dissecting his soul. Vincent Van Gogh had a perilous and turbulent life suffering from various psychological disorders. He resorted to painting to express the spectacular abilities of his mind and let the world know what his mind actually was despite being a victim of psychological trauma. Vincent Van Gogh said, "I dream of painting and then I paint my dream." (Vincent Van Gogh) Therefore, Vincent Van Gogh was one of those extraordinary people who used creativity to shed light on various aspects of human soul.

Second, Steve Jobs was also among gifted people who made use of creativity to take the world in a storm through his creations. Steve Jobs was an extraordinary child since his childhood, and he accumulated all his energy

and strength in international market of gadgets and laid the foundations of Apple Int. and Pixar. His contributions were the reflection of his creative mind. He says, "Don't let the noise of others' opinions drown out your inner voice" (Steve Jobs). Thus, Steve Jobs expresses the need of creativity as a reflection of one's own mind.

Additionally, Virginia Woolf was among the first female philosophers who rivaled her thoughts with those of male voices. Virginia Woolf had a turbulent and unstable tragic life where she suffered from internal issues as well as structural violence of the male-dominated society. Despite this, Woolf made her voice heard through her writings which were projection of her remarkable and astounding mind. She expressed in her writings the impacts of subjugation on one-half of the world's population and led the start of feminism without even mentioning the word 'feminism' for once. To conclude, Woolf was among those who used art to give voice to marginalized society.

Furthermore, creativity also serves as a platform of scientific advancement as utilized by Albert Einstein. Albert Einstein is deemed as the most genius person in the world without whom there would be void in scientific knowledge. Einstein did not make use of knowledge to discover the inventions but rather used his creativity and imagination to explore the astounding enigmas of the mysteries of world. Einstein says, "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." (Albert Einstein) Therefore, through Einstein, one should learn the limitless faculties of art and creativity actually as a dissection of human mind.

In the end, Plato, the central figure of western philosophy, was among the first philosophers who left a remarkable legacy behind him. Plato was an idealist philosopher who gave his idea of cave to discover the unsaid and unseen realities of an ideal world. Plato says that this world is not a reality but actually an imitation of an ideal world. His theory of idealism was deduced from his mind and made him stand out among the other philosophers. Plato, similarly, says, "Reality

is created by our mind. we can change the reality by changing our minds." (Plato). Thus, Plato serves as an astounding example of those who used creativity as the expression of human soul.

In conclusion, the human goes through a complex cycle of life where he constantly struggle to survive when his whole life is falling apart. Amidst this, creativity serves as an ointment to soothe the pain given by the wounds of life. The philosophical idea of Friedrich Nietzsche, Emerson and Sartre follow the importance of art to revolt the prevalent norms of society. It serves various purposes in life such as it explore the subconscious desires and depicts the unsaid. It also preserves the truth for a longer period along with providing the need to fight with relentless battles. Literary perspectives of Woolf, Joyce, Perkins and Flaubert further stamp the notion of art exploring the deepest realms of life. In the last, the renowned personalities of Vincent van Gogh, Steve Jobs, Albert Einstein, Virginia Woolf and Plato serve as finest examples of projection of human soul to prevail in the world. Therefore, creativity is essential to soothe the pain and articulate the unsaid desires of

inner-self to achieve self-attainment and nurture individuality. As PB Shelley puts in, "If winter comes, can spring be far behind" (PB Shelley)