

## **Beyond Nursing: .....on Creativity**

*“Whenever you create something you become a small god in your own right. If God is creator then to be creative is the only way to reach him. Then you become a participant, no more a spectator in His creation”*

Creativity is inherent in all human beings, it is our basic nature to create something new, something interesting, something useful and something that gives us happiness. Play is also a form of creativity. Watch a baby, when it is very small when it can't even sit up, it moves its hands and feet vigorously. As the baby grows, it catches hold of anything it can grasp and plays with it. Children as they grow want to explore, draw sketches, and create stories. While playing in sand, they create many objects of their interest, like houses, dams, animals or write and draw pictures on the sand.

But as we grow into adulthood, most of us think creativity belongs to only those who are artists, painters, sculptors, poets, dancers, musicians and writers. The truth is that every one of us humans is a creator at every stage of our life, every day, every moment we are creating something and that something is our body. Some or the other part of our body is renewed and created every moment. What we eat is converted into our cells and tissues which are being renewed and rearranged. The whole mechanism of formation of new cells, replacement of worn out cells is going on from the time we were born till the time we will end our journey of this life on this planet. Who is doing this? We, through our marvellous body machine! There is a need to be aware of what is happening not only around us but also within us. We are also creators of new thoughts and many of the thoughts we happened to create just like that must have served as building blocks for some great event on this universe.

I am reminded of starting regular yoga classes for our students in our college way back in 1998. Like us, there would have been many yoga enthusiasts who took interest in yoga and made it their way of life. Eventually, people in great numbers started practicing yoga, and all this accumulated thinking and practice led to United Nation's Organisation to declare 21st June as International Yoga Day( of course, Modiji had put up the proposal).

“None of us is as smart as “All of Us” . Isn't it true?

So, we all are creators, in small as well as in big ways. The need, therefore, is to be aware of our basic instinct and our capacity of being creative.

**Usha Ukande**