REFLECTIONS UPON HUMAN CREATIVENESS.
WITH REFERENCE TO HUMOR & HEALTH.
Many people do visit Vitebsk today in search of the great creativeness of that place. It was a laboratory of artistic modernity from 1910-1930. Where has the creative spirit gone??? How did it evolve???
IS THERE ANY FORMULA FOR CREATIVENESS???

• Work was hard in Vitebsk, but spirituality was strong.
• That makes for the formula: Hard work \times \text{spiritual sensitization} = \text{advanced creativeness}.
HUMAN BREATHING IS SUSTAINED CREATIVE ACTIVITY.

- Warmth and coolness of the human breath have their own spiritual (electro-magnetic) power. It is practically possible to exhale all physical and spiritual impurities. The act of breathing is, therefore, the foundation of creativeness and directs the heartbeat.
LAUGHTER IS THE BEST MEDICINE. HUMOR CAN GET YOU READY OF YOUR EGO.

“Each capsule contains your medication, plus a treatment for each of its side effects.”

NEVER GO TO A DOCTOR WHOSE OFFICE PLANTS HAVE DIED

Humor can be used as “diagnostic tool.”

- Humor is an important, often overlooked tool. The better adjusted you are and the more satisfying your lifestyle, the more readily you will respond to the humor in jokes, cartoons, and everyday situations. Be aware of taking yourself too seriously. It is important to learn to laugh at yourself.
The range of scientific methodology is definitely overrated, in terms of methodical reach.

- The scientific method is capable to detect repeatable events, like:
  - medical diseases,
  - economic crises,
  - learning problems.

The Heart of Science

**The Scientific Methodology**

1. **systematic way to answer scientific questions** and present the results to the scientific community
2. **an organized process** used by scientists to do research, and it provides a method for scientists to verify the work of others
3. logical and orderly **procedure and investigation** leading to the discovery of facts and the relationships that exist between facts
The myth seems to be a vital part of human nature; it constitutes the collective psychology of folklore genre.
Freedom of choice cannot be free from external pressure; the choice is about internal alternatives of decision-making.
Creativeness is the state of being to realize your full human potential in this life.
Becoming co-creators is the heart of creativeness (sternyik/sol/sig/bb/aug.1/2020)

You Are Co-Creator Of Your Life

We are conscious co-creators in the evolution of life. We have free will. And we have choices. Consequently our success is based on our choices, which are, in turn, totally dependent on our awareness.

— Bruce H. Lipton

Let’s try something NEW!