



THE MAGIC  OF  
**CREATIVE LIVING**

*A Conscious Path to a Joyful Life*

Renuka Gavrani

THE                   MAGIC                   OF  
CREATIVE LIVING

A Conscious Path to a Joyful Life

Renuka Gavrani

Copyright © 2024 Renuka Gavrani

All rights reserved

Any similarity to real persons, living or dead, is coincidental and not intended by the author.

No part of this book may be reproduced, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without express written permission of the publisher.

ISBN-13: 9781234567890

ISBN-10: 1477123456

Library of Congress Control Number: 2018675309

Printed in the United States of America

*To all those 'average' people who spent their entire  
lives trying to be good enough*

# CONTENTS

[Title Page](#)

[Copyright](#)

[Dedication](#)

[Introduction](#)

[Part One: Being](#)

[Chapter 1: Learning to BE](#)

[Chapter 2: Design Your Life Mindfully This Time](#)

[Chapter 3: Practice The Art of Being](#)

[Chapter 4: Embrace The Art That You Are](#)

[Part Two:](#)

[Chapter 5: Aspire To Be A Loser](#)

[Chapter 6: Say YES to Life](#)

[Chapter 7: Goodbye Old Friend, FEAR](#)

[Chapter 8: Creative Climate: How Our Surroundings Shape Us](#)

[In Conclusion....](#)

[You Are Life's Prettiest Muse](#)

[Acknowledgment](#)

[About the Author](#)

# INTRODUCTION

Is creativity only for a certain '*lucky-selected*' people who are chosen by God or by a mysterious force of the Universe to create something that will be remembered by the generations to come?

If so, then, are the rest of us simply designed to live a 'normal-not-so-important life' that has nothing interesting to offer the world? Are we, the 'normal-unselected' people, not as important as the 'chosen' ones? Is creativity only entitled to writers, artists, musicians, and the like who matter more than us?

This book is an attempt to break the stereotypes attached to creativity. This book is a message to the '*normal-unselected people*' written by a woman who thought she was too dumb to even think of becoming creative. Through this book, I want to say to the world that creativity is the birthright of every person who lives under the sun. Everyone can be creative. Most importantly, everyone should be creative, not just with their work or professional lives, but also with themselves and their very *normal life*. Even if you are not in the 'creative field', you are supposed to rekindle the spark of your heart to fulfill the wishes of your soul. To live and lead your life in such a way that life is turned on by you.

If you are questioning 'But I cannot be creative, I am not that smart' or 'How will I make my life creative' or 'What does this author mean when she says "The Magic of Creative Living"', allow me to take you on an exciting journey after which you would rethink about life and yourself.

## **When Your Belief Stands Against You:**

I grew up believing that I was dumb. I watched adults around me (not my parents though) comparing me, at every chance they could get, with my cousins, siblings, and neighbor's kid just to conclude that how every other kid was better than me. It was not like I didn't try to be good but irrespective of 'how much I studied', things just wouldn't sit in my mind and despite my best efforts, my grades were lower than expected.

In fact, when I used to get those summer assignments, I was always looking to hide my face. My classmates used to come up with some really creative assignments while I couldn't. I used to scratch my head like a wild animal yet I couldn't create anything beautiful. The worst part was even when I tried to copy their assignment, I could create nothing but trash.

That was how I made a belief in my mind that I could never be creative. I was told that creativity was for intelligent people or rather for '*selective*' people. Soon enough, I concluded that creativity was not for people like me, for I was neither intelligent and definitely not the 'selected one.'

Then after college, when I started my career as a writer, I was scared to death. I thought even if I got a job as a writer, they would kick me out when they realized that I was a dumbhead with no creative ideas to offer to them. I was lucky that my first job didn't involve much creativity. I was working for a travel agency and my job was to simply write the description of all the staycations. After leaving that job, I joined another company as a copywriter which meant that I had to be ultra-creative. However, my worst fear came alive. Whenever I offered a new idea or wrote a creative headline or a tagline or the like, my boss seldom liked it. And like most bosses when she didn't like my ideas, which was most of the time, she would yell at me like I was not



a breathing human who had emotions. As long as I worked for her, I lived in self-doubt - blindly accepting that she was right.

However, again just like during my childhood, no matter how hard I tried and how much I blamed myself, it didn't work. I couldn't make my boss happy. And by the end of four months, I was completely shattered. If you throw a mirror from the top of the building, it would be shattered into thousands of pieces and could never be fixed, right? I was that mirror back then. I could hardly manage to get out of my bed in the morning. Just the thought of facing my boss was like sitting in front of the devil. I hated mornings and I loved the weekends. I started living for the weekends so I could take a few breaths in peace. I left the job within four and a half months of joining.

You see when I joined my second job, I was like a little kid for whom nothing was impossible. My mind was jumping with endless possibilities of a glorious future - one day, I would become one of the best copywriters in the world. I read biographies of famous copywriters and analyzed their work, and for the first time in my entire life, I felt excited about my work and that I finally *'fit in'* here.

Somehow my imaginary world didn't align with my reality. Every time I wrote something or presented a new idea, my boss would say *'You have written this? Like this, you would never be able to make it as a writer.'*

The thing is, no matter how much you try to fly, if someone keeps pulling you down, you end up falling. No matter how big your dreams are, if someone keeps reminding you how small your potential is, you end up believing them. No matter how brightly your eyes sparkle when you think of your dreams, if someone keeps telling you that ‘you are not good enough to achieve them’, your spark dies and turns into the darkness of self-doubts.

Something similar happened to me. My excitement turned into self-doubts. I hated the mere thought of waking up and doing the work that I wasn’t good at. I left the job, giving up on myself and my dream of becoming a copywriter. I thought I wasn’t good enough for it.

Today, I am certainly not the best copywriter. But hey! I am an international best-selling author. I have written a book, *The Art of Being Alone*.

## **Does Life Change Magically, Then?**

Don’t worry. This isn’t one of those typical self-help books that start with a sad storyline and end up with ‘*I became successful, I figured out the secret of life and if I can do it, so can you.*’

I am not interested in sharing the tips, tricks, or hacks to change your life. For, I don’t know how to do that. I am here to tell all those people who were called ‘*dumb*’ or who believe themselves to be one, that creativity is for everyone, even for people like us. I never learned writing through any course nor did I hire an editor to help me. My previous book was a result of who I am.

And with this book, I want to tell you that, to become more creative, you have to become more YOU. Creativity is about creating something unique. Something that either has not been done before or creating a better version

of anything that already exists. To make that happen, you have to touch that 'uniqueness' in you that makes you different. You are unique. You are like no one else. That's a given fact. Just when you become '*different*,' you will be able to unlock the secret door to creativity.

I have divided this book into two sections. The first section will help you to BE YOU' then the second section will be about 'CREATING.'

I must give you an FYI though. If you are looking for quick fixes or sudden hacks that will help you become more creative, I am sorry this book isn't for you. You can throw it out. I cannot line up the examples of famous creative people from history and over analyze their lives just to make a list of common hacks they all applied in their work.

When I think of creativity, I think of my mind. The depth of my heart, the beauty of my thoughts, and the magic of my soul. When all this comes together, I believe, it invites creativity. I don't think you can ever become creative by applying someone else's routine, hacks, techniques, or advice in your life. Creativity is the birth of that hidden seed in your mind that was ignored for so long. Creativity is a reflection of you and how you live. The more original you are, the more artistic your life is, and the more creative you will be, *effortlessly*. That much I can promise.

If you are ready to take the long road, let's walk together and create a life and a '*being*' that is the muse of creativity. Shall we?

# PART ONE: BEING

# CHAPTER 1: LEARNING TO BE

*'You are not a lost object that can be found. You are a human.  
You can only BE YOURSELF.'*

Are we still talking about creativity? If you are wondering that, let me tell you one thing. You don't become creative by applying hacks. You become creative when you become more YOU.

The world today is obsessed with the concept of *'finding yourself'*, especially Americans. They think if they try a little harder, meditate, join a new course, travel to Bali, or eat Pasta in Italy, somehow they will find themselves. They will find the person they are supposed to be originally but the world, and its constant advertisements made them something else. So let's all meditate, close our eyes, go to Bali, take trips, and read spiritual books to *'find'* ourselves.

But I have only one question. **Are you an object that is lost by its master? Are you an item that somebody hid somewhere and they cannot remember where?**

No! You are a breathing human. Someone with a mind and a will of their own. Someone who can think and create. Going to any place won't help you find yourself because you are not lost to begin with. And joining any new

course by any spiritual master won't help you find your real version because **'no one can tell you WHO YOU ARE.'**

We have been constantly fed this idea that if we find our true version then we will be happy like a monk. We are taught to apply tricks and hacks to find the lost '*real us*.' But the truth is, you are not lost. You and I are just buried deep inside ourselves and the person we are becoming is a collection of what society (and now influencers) show us who we should be. We want to be creative and live a life that reflects the beauty of our hearts but we are living it as a person whom society chooses for us.

Let me explain it to you with an example. When I started my career, although I was excited about my work and had big hopes for my future, I began with a belief that '*I was not good enough*' to do anything. Why? Because that was what I was forced to believe as a child. Then when I left my job, it was engraved in my mind that I could never be creative. I didn't have the magic inside me that creative people were supposed to have. I was not the chosen one after all.

The first four to five months after I left my job, I stayed inside my mind. I kept replaying the words of my boss. I kept watching videos on how to be a good copywriter. I followed so many copywriters online who were claiming to teach copywriting with their free videos and courses. But no matter what I did, I simply couldn't figure out what I was doing wrong. I read books on creativity, watched YouTube videos, and tried listening to podcasts by artists. Then, for a brief period, I was involved with a few people with whom I had done an online course on freelancing. The four of us met online and decided to start an agency to provide copywriting and designing services. I was happy to know that 'if they have selected me, there must be something about me, right?' With that excitement, I began just to conclude once again, 'I cannot do it.'

There was another girl in our group who was also a copywriter. Anytime there was a copywriting job, she would overpower me and move ahead with her idea. I, being extremely shy and introverted, could never say anything to her. After a point of time, I was fed up so I told them I could not work with them because I was taking up a job and that I didn't think I could manage two things simultaneously. By this point, you may think, I am just a big leaver (*as Joey says in FRIENDS*). But I think there is no point in staying at a place where your opinions, ideas, and voice are neither heard nor respected.

You might think that all of this collectively might have shattered my confidence. But I went a step ahead. I GAVE UP. I gave up on my dream of becoming a copywriter. I gave up on seeing myself winning awards for writing creative ads. I gave up on the idea of success, and creativity. I had no willpower at the time to fight against my mind or self-doubts. So I officially said to myself, *'I am giving up. I cannot take this burden any longer.'*

## **The Magic of GIVING UP**

You must have read this line thousands of times in books and on social media, *'Don't give up. You don't fail when you lose. You fail when you give up.'*

Sounds familiar?

This is exactly the kind of bullshit that makes all of us weak from the inside. We are forced to believe that if we don't complete what we started, then we are not good enough. We are forced to drag this burden until it kills us from within. Let me prove why giving up can be one of the most beautiful things in your life.

When I gave up, I didn't give up on my dreams or my hopes. I also gave up on society's way of living life or making it big in life. I gave up on the ideas that I had collected since childhood from my external environment. I gave up on everything that I had learned from online creators and courses. I gave up on the definition of 'success' and beliefs around '*what we should be by this age.*'

I was not only mentally but physically tired. Neither my mind nor my body allowed me to continue living a life that didn't feel good. I was trying to do everything that was suggested yet, somehow I wasn't able to make it big. And I knew for a fact that I couldn't be such a big stupid. So, I GAVE UP.

I think "There comes a time in your life when you are just so damn fed up with trying, running, and hustling that you just want to give up. You know you are behind in this race of life when everyone else is already at the finish line. But something in you calls for you, and you realize 'Wait! What if I don't want to run in this race? What if I want to walk on the other path that is peaceful and a lot more satisfying? What if I don't want to feel this heavy?'

Mind you, I still didn't know what this 'other path' was going to be. I just knew I could not continue the one I was walking on. So I took a break from everything - not only from my job but also from the expectations that I thought people had from me. I said to myself '*I cannot chase success to prove to people that I am smart at the cost of my life.*' When I sat down to look at my life, I realized one common thing. For as long as I could remember, I accepted anything and everything that the world told me. I lived my life with that identity or tag. People said I was dumb. I believed it. People said I was ugly. I believed it. People were pursuing copywriting. I thought I should do the same. People said you should do this or that to earn money as a copywriter. I started doing it. People said I wasn't creative. I believed it. People didn't give importance to my idea. I didn't do it either.



And where did it get me? It got me back to my parent's house where I was sitting in my room, fighting against my own mind, finding it difficult to believe in my future, taking advice from online influencers regarding what I should do next, trying to wake up early, making a gratitude list, preparing a to-do list. Yet, I used to end the day with disappointment and self-accusations.

That was what called for my GIVING UP spirit.

And what happened after giving up?

When I gave up on literally everything, and I mean everything, I said to myself 'I will do what I feel should be done at this moment. I am not going to listen to anyone nor am I going to take advice from anyone. I am going to live my life as I am and do what I can.'

Soon, I started writing on a platform called Medium just to have something to focus on. I needed to know that I was doing something. When I initially started, I didn't set a goal of making it big on the platform or becoming the best writer or such blah blah. I just set the goal of writing one article every day. My first few articles sounded something like this: *'Five Books You Must Read, What Reading Does to your Brain, Five Reasons Reading Can Make You Smarter, Three Books to Read for Happiness'* and more such clichéd topics.

I wrote on such boring topics because that was the only thing I knew. I used to read a lot of books back then. Hence, automatically reading and books were the only topics that I was capable of thinking about. However, gradually, the titles of my articles started changing from *'Why you should read every day'* to *'Life is Beyond Churning Through a To-Do List, How To Create a Soft Life that Feels Like Heaven's Kiss, why I Demand to Be Quiet'* and the like.

Not only did the titles change, but what I was writing about changed too. From what I was reading or learning from books to what I was experiencing and thinking about life. In no time, my articles were flowing with such beautiful comments that I couldn't believe people were writing such wonderful messages to me. I was receiving emails every day where people, from across the world, were telling me how much they related to my articles, how their perspectives changed, or how my articles felt like a hug to them.

Now, you must be thinking *'Why are you telling this to me, Renuka? If you are done with bragging, would you come to the point?'*

I didn't tell you about my experience to brag about my growth. I am telling you my experience so you can observe THE CHANGE I want you to adopt in your life.

When I was living my life with the rules, definitions, and fear that was planted by society, I was a confused girl who couldn't figure out what was wrong with her. I had to read books on creativity and seek advice from the external world on how to be a better writer. Yet, even after doing everything, I could neither become good at my work nor could I feel satisfied with life.

But when I GAVE UP on society and started doing things that felt right to me, without any logic, and in a way that felt comfortable to me, without knowing where it would lead me to in the next five years, somehow I became the girl who started loving her life. I became creative by default and the love from my readers served as a dessert.

## **The Call To Give Up**

Are you happy with the kind of person you are constantly trying to become?  
Are you happy with the kind of life you are living?

If the answer isn't an instant YES, then it's a definite NO. You may question '*How can I judge your life when I don't even know you, right?*' But I can tell you one thing with guarantee. When you live YOUR LIFE as WHO YOU TRULY ARE, something just calms inside you. The storm that we all are constantly fighting against in our minds change into eternal peace. The self-doubts turn into reassurance.

You can read as many books as you like, listen to endless podcasts, take advice online from strangers who are known as 'influencers,' and for a moment, you may feel 'you are going to get it.' For a week or two, perhaps, you will be motivated to claim the world as your dancing stage. But the external motivation will evaporate, and you will be back to where you started '*What's wrong with me?*' Or whatever your go-to self-doubt mantra is.

The only way you can become creative, achieve anything good in life, or feel peace within yourself is when you give up on the definitions of the world. When you stop forcing yourself to constantly try to BECOME someone better. When you stop dreaming about becoming your dream version and start paying attention to your current version.

First society fed you certain definitions of everything - *happiness, success, and achievements*. Then the social media world is obsessed with making everyone believe that you have to BECOME your dream version. Someone better. Someone who wakes up before the sun, eats healthy all the time, makes a gratitude list, looks hot, makes an insane amount of money, takes countless trips to Paris, Italy, and the list just never seems to end.

But my question is ‘If all of us are unique, how come our dream version looks exactly the same? And How can a stranger who doesn't know anything about our lives, our challenges, or our mental condition teach us how to become our dream versions? And How can you feel happy and confident about your life if the path was designed by someone else?’

When I initially started writing on Medium, I was scared. I thought my words were no good and no one would want to read them. However, gradually when I wrote with a given-up spirit, I wrote from my heart about things that I cared about. Things that made me feel excited about life. I wrote about my mistakes and my observations. Apart from getting success from the external world, I felt comfortable. I felt at ease. I used to wake up excited knowing that I get to write my heart out. I felt at home with my life, my work, and my working style.

That’s what happens when you give up on society and start to live your life with your rules. You start to feel comfortable. Society has made you believe that you should seek discomfort. You should adopt the habits of successful people, learn from them, follow their routines, listen to their advice, and BECOME better.

I have done it. And that kind of life only feels heavy, and disconnected.

## **A Life That Comes From You VS At You**

You may adopt all the great habits of successful people. You may start to wake up early, eat healthy, make a gratitude list, and do all the things that research says will make you successful. You may create a life that reflects a productive-successful day. But ‘that’ life wouldn’t come from you. Hence, you would never feel connected to your own life. You wouldn’t feel calm or at