



# 1 GIANT LEAP

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It's a perilous misconception to suppose that when we create we are actually "doing" something. When I'm about to write a song, or create in any way, I get this immediate stab of defeatism and resistance because my mind thinks it can't do the job. The truth is, it's right! The mind can't write a song or give the stage performance of a lifetime because it's a totally different part of our being that does those things. And I believe that "creative" part of me is RECEPTIVE not ACTIVE. If the thinking mind had to play Hamlet, or write a ballad it would undoubtedly mess it up, but when the thinking mind steps back for a moment and listens, surrenders, lets the music or creativity "do" us, then we're in business.

When I write a song, I don't try and "think it up" any more than one tries to "think up" an idea. It just arrives mysteriously and we write it down. I might strum a guitar gently, listen, then imagine I hear a melody, unhurriedly try and hum it without losing it, also without pinning it down too fast. It's very hard, in my experience, to write something good on purpose. It's the same process with making a 1 Giant Leap film. We can have all the great concepts we like, but

it's not until our own minds are silent and we let the footage speak to us and tell us what it wants to say, that we have a great film. And then I get to thinking that life's like that too, isn't it?

The times when I listen to the events that are unfolding around me and let them speak to me, without constantly imposing my desires or limited intentions upon them, usually it all turns out harmoniously. When I listen to others, really listen, I am able to communicate and COMMUNE without my unconscious nonsense interfering. The mind thinks it can help with everything. It's like a over-keen, yapping dog, full of good intentions, but also full of the misguided belief that it needs to control everything in order to succeed. In my experience, this goes for emotional as well as creative pursuits. We get heart broken and our mind says "Don't worry! Leave it to me! I'll sort it all out! I'll categorize how you're feeling and make it go away, I'll talk to her and come up with airtight arguments so she'll stay!" But none of that ever works because this is not the domain of the mind. For all its good intentions, it is more often a liability, too fear-ridden to be of any use. Ram Dass once told me "Fear says 'I want to keep you safe', Love says 'you are safe'."

So my conclusion is that I need to shut-up and listen in all areas. Let the song write itself. Let Hamlet play himself. I need to step back and let the great, invisible, creative spirit do all the work. All I have to do is take the money and the credit, of course!