

# Creation — A Map of Five Stages

A practical guide to the creation process

2026-02-19

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1	Field
2	Wave
3	Relation
4	Vortex
5	Bundle

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— — — → → → M1 OS Withhold 5 Withhold F-O

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Wallas 4 → → → → →  
Guilford / → → →  
Csikszentmihalyi 5

→ → Stage 2 4 5

— — SECI Ba M3 M2

Bion negative capability — Bion