

Creativity by Patty Shaw

We are all creative beings. We are also problem solvers. From the very beginning, we have been making tools to ensure our success.

We worked hard mastering the fundamentals of life.

Getting food,

putting a roof over our heads,

making clothes,

ensuring safety

Once that business was taken care of, our attention turned to needing a way to express ourselves.

So, we created art and we loved it. Through our creativity we were able to bring up emotional responses from deep within, and that felt powerful. We learned that our art could connect us with each other through our feelings. We could create friendship and community with our words, pictures, sound and movement.

This may have been the beginning of our existential questions of, **why do we exist**, and what are we supposed to do with ourselves once we have all the survival skills mastered.

Generations later, we are still asking the question. Why

You gotta love evolution! It takes the simple life and turns it into a project where;

Because we have evolved;

We no longer accept life as it is – We want to create our own reality.

We want to live our best life,

We want to manifest our dreams.

We want to use our powers to influence the circumstances of our life.

We use daily positive affirmations, burn candles and build vision boards and imagine that our life will follow. BOOM easy street!

I so wish it was a straight line from thought to reality. But alas, it's not.

Right now, our lives are the result of what was created in the past. We find ourselves bumping into what our ancestors created, what we've personally created and what everyone else has created.

We have a lot of creativity to manage!

Today is the result of what we all thought, felt and did many yesterday's ago. What we do today will build our future. Our only hope for creating a reality we love is to learn how creativity works and then work it.

Weam Namou states this perfectly in her book, Healing Wisdom for a Wounded World, "It seems that most of what I had set my intent on has somehow or another, at some point in my life, manifested. It is true that our thoughts and actions create the bulk of our reality, though we often forget that. We forget to honor the reality we arrived to, the dream we birthed, and we slip into a worry over the next dream, sadly and foolishly wondering where, when, how and why? Why not surrender to the process the way we do at night, when we rest our heads on the pillow, place the bedsheets over us, close our eyes, and submit to a higher self?"

There is a basic formula we can use to help us get better at hitting our targets.

Think > Feel > Do

First, we have a thought. We empower it with our emotions. Our empowered thought helps us choose a direction and take an action. Without emotions, our thoughts stay in our mind to entertain us. Without taking action, we are passionately entertained by our thoughts and dreams. We have to take action in order to manifest our thoughts into reality.

What reality **do** we want to create? This is an important question and we find the answer within our hearts. Literally, within our heart chakra is the seat of our soul.

Our soul holds the vision of what we want to accomplish in life. Deep down that is what is really want we want to do. And we have to set the demands of our personality ego aside and listen to the promptings of our soul. Ego = loud and reactionary, soul = quiet and inspirational

When we stay in alignment with our soul's plan our life flows better and our satisfaction increases. We still have to work hard and make some difficult choices, but anything worth doing will present us with challenges. It's how we build character.

I've got four tips that will make a big difference in the way we create.

1. Learn how to connect with the divine mind – universal intelligence – God. This is the source of not only inspiration but all the power we need. We don't have to fully understand how that happens, just be willing, open and accept that co-creation with the divine is real and much more effective than any other method.

My teacher Barbara Martin taught this prayer to help us raise our consciousness. "Heavenly Father, Holy Mother, God, I raise my consciousness into thine where I become one with thee. I ask to receive all that I need and all that I need to know now."

2. Build up the spiritual energy in your chakras and aura with meditation and prayer. The more we can raise our consciousness or awareness of the divine, the stronger and enlightened we will be. Also, work on stopping energy leaking from your aura. Those happen when someone attaches to us or we attach to them. Usually through our co-dependency.

Another popular energy leak happens when we are overly emotional or have emotional outbursts of rage and anger. One act of intense anger take two weeks to rebuild the aura.

If you are having difficulty getting your dreams into your reality, it's a sign you don't have enough spiritual power in your aura. Those who can see the colors of the aura are seeing spiritual power.

3. Speaking of emotions. Without feelings and passion our thoughts just sit there looking pretty. Our emotional power gets us off the couch and moving into action. Use your emotions wisely and keep them in balance.
4. Tip 4 is about taking action. This means make a decision, take a risk, feel the fear and do it anyway, and invest in yourself. Again, without taking action you can get stuck in your thoughts and dreams, almost mesmerized by them. One of my business coaches would say to me over and over again, Make it bad then make it better. Just get up and do something, it will be the start of something amazing.

PITFALLS

There will be pitfalls to overcome, but that is life. We often put ourselves in situations that stretch us. We do that on purpose to build our character. That is called growth. Each time we do we will discover there is more to us than meets the eye. We may even surprise ourselves.

Here's 4 common pitfalls I see people struggle with

1. Creating from our subconscious or unconscious mind. When your life reflects your worst nightmare or a bunch of bad luck, you have been creating from your shadow self or your unresolved wounds. You have to heal that stuff, clear your mind of the destructive thoughts and beliefs. It takes courage, will power and probably a really good therapist.

2. Lack of Awareness. Become more self-aware. It's important to pay attention to your negative thoughts. When they are on your radar you can make changes. A blind spot can hold a lot of emotions and crazy thoughts and you are powerless to affect change until you know what its saying. You can wait until you are triggered or you can make a different choice.

If you wait for the trigger, then you have to be willing to stop what you are doing, don't react and release that energy with breathing, counting to ten, prayer and letting it go. Then you have to change your behavior.

OR you can find a great therapist or spiritual counselor to help you find them before they get triggered. In a safe environment you can become aware of your issues in less dramatic ways with self-inquiry and learning the meaning you've attached to the wounding event. This allows you to look into those wounds before they are triggered. It's a much gentler way to heal.

3. Ancestral beliefs. Many habits, fears, addictions, and family traits find their way into our lives and influence our creativity in both positive and negative ways. It's the destructive ways we need to let go of. Again, this is where awareness is helpful. Spiritual counseling, even chiropractic treatments can help release negative ancestral patterns. After you have sorted all that out, your ability to create will be less fraught with booby traps.
4. The last pitfall I'll talk about is, Emotions out of control. Wild and crazy emotions carry a pretty low vibration. They will gravitate to your lower thoughts and as you guessed, worst nightmares come to call. Emotions don't think. They are power. **Gunpowder doesn't think, it just explodes and sends the bullet on its trajectory.** That's how emotions work. We need a healthy and balanced emotional body in our auric field so we are empowering the right thoughts. Having balanced emotions means you have to heal your hurts, and practice discipline.

Today, I've given you the formula

Think > Feel > Do

The 4 steps in building up your spiritual power

and some of the pitfalls of creating from your wounded self.

Our earth is a classroom, meant to support us as we learn and grow. We will stay here until we master ourselves, master our creativity, and embrace our spiritual destiny.

David calls all of this a grand experiment.

No matter what we call life on earth, it is meant to propel us up and through to our enlightenment.

While you practice creating your reality, and if you only remember one thing,

Remember this; Create it from your soul, let your spirit guide you and do it in co-operation with your creator, god, or universal intelligence.

Best wishes for a happy and successful life!

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