Your Flowering Potential
Stepping Into Your Creatorship

By Rebecca Maria Blanco
I lovingly dedicate this book to humanity and to the potential within, and to You the reader of this book and your potential to be the brilliant Creator you truly are.

Many Blessings

Rebecca
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Namaste

Greetings Dear Creator,

Welcome to Your Flowering Potential. As you have most likely read in the description, this book is all about being a Creator with a big C. This book is an opening of experience that is continually flowing, growing, transforming, and expanding. This is a gift from my expanded beingness to yours, and here you are, ready and open for the receiving. For some, this book can be likened to a gentle nudge, the whispers in the wind, an awakening of a remembrance, or the sparkling glimmer from a multifaceted gemstone. Whatever it is for you, this book will change your life. It has changed mine in amazing and powerful ways that goes beyond what words can express. I want to note here that I speak of “power” in this book, not as a controlling force, but as the open-ended potential of you, the magnificence of your true self. Enjoy the gifts you discover within these pages, as the experience catapults you into further expansion and discovery of your unique & authentic soul expression. You are ready and the moment is now. May the blessings of life to come to you from everywhere and be found in everything. And may you shine on, in the brilliant radiance of who you truly are. For you are truly magnificent.

In Beauty, Grace, & Silent Awe

Rebecca
Opening to Your Creative Potential

Your potential is like a flower that is always in bloom, a never ending opening & expanding of the beautiful creation within

Whether you are aware of it or not, you are creating all the time. Even at this very moment, as you read these words, you are creating. You are creating on many different levels and in many different dimensions. Your consciousness is responding to a formation of symbols (the words on this page), to the intention behind the words (the message and purpose of this book), and to the unspoken undefinable pure creative potentials. The potential of this book sets up a dynamic energy in which you, the Creator, can respond to in whatever way you choose to experience this book.

My intention is to empower you, to inspire you, to remind you, to share a perspective, and perhaps open new doors to your creative self-expression. This is my gift to you, receive it simply by creating the space and allowing it in, allow it to dance with your consciousness, play with it, flow with it, or simply let it pass through you. It is your choice how you will receive this energy, this is your creation.

You are a powerful Creator, every moment you are choosing your experience. Life is here to serve you. The Universe is responding to your unique consciousness, your awareness, and is quite literally serving you exactly what you are asking for. Your consciousness is sending out a signal made up of your thoughts, beliefs, emotions, desires, expressions, feelings, and awareness. And the Universe responds, answering the call of you, much like a soundboard sends the energetic waves of sound back to its source. This is what some like to call the Law of Attraction, but even this concept of a “law” has its limitations. Playing around I came up with a fun name to describe it as the Magnetic Energetic Delivery Service, or for short MEDS. The most important thing to understand here is that all energy serves consciousness. Awareness of this natural conscious magnetism is awareness of your power to create.

Consciousness is awareness. Everything in this Universe is made from consciousness. What appears unconscious is actually consciousness in limitation or limited formation. You are your awareness, you are a conscious being. As you open to your potential, your awareness expands, as does your ability to create, you discover that you are a Creator.

As your awareness expands, your experience opens up to a multitude of dynamic creative possibilities. Choices become clearer, more direct, and simpler. You become aware that you are the script writer, director, producer, and star of your life. Life becomes a joyous game, a place of discovery, and a magnificent masterpiece in the making. You are the master of your creation, your life is a living work of art, and a unique expression to the
whole of Creation. It is with this knowing that you embrace your divinity and embark on an exciting journey of creative self-discovery.
Stepping Into Your Creatorship

In a vessel built with love, you sail the seas of unlimited possibilities, and you discover your treasures again and again.

Your Creatorship is your vessel of discovery. Stepping into your Creatorship is becoming the master of your “ship”. You step into your creative power and have the ability to guide your ship wherever you choose to go and to create whatever you choose to experience. You are a pioneer in the realms of creative consciousness, discovering new worlds and new dimensions. As you step into your Creatorship, you are ready. You are ready to be a Creator, ready to face the unknown, and ready to discover who you truly are. It is not some destination that is calling you onto your ship, it is the journey that calls, as you step in it for the experience.

Step into your Creatorship and get out of your own way

The only thing that can stop you from stepping into your Creatorship is yourself. As a Creator, when the waters of your journey get rough, you realize that you are choosing the experience of roughness. As the Captain of your vessel you have the ability to change the experience by accepting the experience as it is, accepting that you are the Creator of everything you experience. With acceptance comes an expansion of awareness that changes how you perceive the experience of roughness, it is no longer rough because you are not in resistance anymore. You are not resisting yourself. You are aware that you are the Creator of the waters you sail, you choose how you will experience life.

To know thyself, love thyself, be thyself

There is a deep unconditional love for yourself and compassion for all of life that goes along with stepping into your Creatorship. This love is what moves you, what fuels you, and what sparks your passion for living. A Creator lives from their heart, acting, receiving, and residing in the unconditional love of the divine source within. This love touches all with whom you come in contact, with just your presence alone, no words need to transpire for others to feel this gift of love, life, and wisdom that radiates from your beingness. This is the gift of being, of living in your authenticity. As a Creator, to simply live brings such joy and peace. The blessings of life are many and discovered everywhere and found in everything, in this self-loving enjoyment of the life experience.

As you step into your Creatorship, you live in the wholeness of you, where nothing outside of yourself is needed for you to feel complete. It is with this surrendering to yourself that you step fully into your Creatorship. You are the Captain of your ship, you decide where you will go and what you will experience, as you sail the seas of unlimited possibilities.
Surrendering to Yourself

“Who am I?”

Who are you truly? Such a simple and profound question that asks the seeker to look within. When asked this question the mind tends to want to immediately identify with something external. For example, if someone comes up to you and asks you, “Who are you?” A common response would be your name, where you live, and what your profession might be. You may say things like I am a mother, I am a husband, I am a student, I am an American citizen. Although these responses may make up a part of your outward identity, they are but minute and temporary aspects of the multifaceted beingness that makes up you.

Self-awareness is key to mastery. Many times throughout our daily human experience we identify with things that are not truly who we are. For instance we may think that “who we are” is what income bracket we fall under, or the kind of car we drive, our social status, or we may believe that our past is what makes us who we are. We may believe things like the kind of lifestyle we pursue, the kind of clothes we wear, the type of house we live in, or even what is hidden under the bed is what makes us who we are. But are these things really what make up who you are or are they but mere illusions in a grand human game?

In observing yourself with non-judgment and becoming aware of the identities and limited beliefs you carry, you can then begin to detach yourself from the roles that many times bind you to a particular form. The totality of you is much more than the costumes you wear or the masks you design. When you believe that you are bound to a particular form of identity, you then become stuck in a pattern of limitation. As your mind struggles to protect an identity of limitation, it will do anything to try and convince or reinforce a false sense of self. After a while, this can get very uncomfortable and wearing to your inner-self, to the creative soul within, who wants to live freely in expression.

Change always starts from within. You are the presence underneath the costumes, the fanfare, and dramas of your life. You are the observer, the witness, and the magician whose expression is playing in form. Real change begins to occur when you surrender who you “think” you are and allow yourself to be who you really are. It is about residing in the beauty of you, in the all accepting and forgiving light of yourself. A powerful transformation takes place when you surrender to the core essence of yourself, to the God / Goddess within. In every moment is the opportunity to surrender to yourself, to surrender to your divinity, to surrender to the knowingness that you are the source behind each and every expression of yourself. This is pure liberation and freedom of the soul.

In this deep surrender of yourself, choices become clearer and life becomes simpler. Simpler because there is no longer a struggle to be someone other than you are. To simply be yourself is the greatest gift you can give to yourself and to others around you. Your inner-self, the true you, is pure and boundless. When you surrender to you, your life becomes problem free because problems are nothing more than an illusion, or a false identity of the mind created in the belief of limitation.
So here is a simple exercise in surrendering. It should be easy, easy to be you, if it becomes difficult, you are trying too hard. Whenever you find yourself in a place of resistance or struggle and you are not centered with your inner essence ... STOP, stop right there and take a deep breath. The breath will carry you in and return you to you. Relax, Listen, Observe, and Feel. Detach from any mind chatter that might want to take over. Let yourself be as you are.

If you feel the struggle start to take over again take another good deep breath ... and let it go. Realize that the pain, the worry, or the stress you may be feeling is not truly you, it can be released by you through choice. Make the choice to let it go. You can say to yourself “I do not choose this.” And it can be this simple and this easy to return to you, to return to your presence, to your self-awareness, to your core essence.

We live in a world of heavy conditioning, expectations, and demands. A place where it can be easy to fall out of presence and into unconscious behavior patterns. Changing these patterns is easy and inevitable from a place of awareness. Remember that all change starts within and you always have a choice. In each and every moment you have a choice. Will you create your life from the beauty of who you truly are or will you sacrifice yourself for an illusory identity that is not really you? The choice is always yours.

You can only be in service to others when you are in service to yourself first. This is not to say to be in service to an uncaring selfish ego, but to be in service to your core essence, to the divine spark of the source that lives within you. Because this is who you really are, you are a Creator in a universe of unlimited potential and possibilities. And it is a wise soul who realizes, “Life is a Self-Fulfilling Prophesy”. As a Creator you realize you are here to live life to the fullest.

Make the most of your experience and everything that you desire in life will begin to fall into place. Don’t do it because you “should”, or because it is expected of you, or because it might bring you some more money, or because everyone else is doing it. Do it for the experience. Do it for you. This is the way of a Creator.

We are purely experiential beings playing in roles of identity and form. The experience is what we take with us through this journey of life. So have fun with your creations, let them be free, surrender to your natural expression, and most of all enjoy your life. Because isn’t this what we are here for, to enjoy life and to enjoy the blessings of each other in the physical? Each of us has our own unique colors and flavors to share with the world. When you surrender to your own unique flow, the song of yourself, you give others the space to do the same. You become a shining example. And the co-creation of a beautiful world then becomes effortless. We are here to inspire and to be inspired.

Ask yourself again “Who am I?”
and answer simply with, “I am”

Thank you for being you
Exploring Master Keys of Creation

As a master Creator there are a variety of keys that will assist you in your creative journey of self-discovery. These key points or guideposts serve as tools to open, enhance, and amplify your experience and your creative abilities. These key tools are not something outside of yourself, you have them within you. The ability to create whatever you desire for your life is within you, all you have to do is access it from the source within. How do you access the source within? It starts with a simple choice. When you choose you exercise your true power, your ability to create.

In the following section of this book, you will discover 16 simple keys covering the basics of being a Creator here on Earth. These are not the only keys one can explore as a Creator. A master key can be any awareness that serves to inspire, awaken, or enhance creative abilities. They bring you into intimate involvement of creating your life experience. They assist you in the allowing of your unique consciousness and self-expression to come to life, while expanding your realm of experience.

Now if you choose, we embark on a journey of creative exploration and discovery of the master keys of creation.
Choice

To simply choose, to live, to be, here now, is simply beautiful

A Creator makes choices, when you choose you empower yourself. Start empowering yourself by making choices, lots of them. For some, choosing to claim your creative ability can be a frightful prospect. This fear will limit your creative flexibility and ingenuity. When in this fear, you may get caught up in the “right and wrong” game. Questions may arise such as: Am I doing the right thing? or Will so and so approve of this? or What would they think if I spoke my truth? or even Would a spiritually “enlightened” person act this way?

Making choices with someone else’s conceived idea of right or wrong is disheartening and can be frustrating to the creative spirit within you. Do not worry if your choices are right or wrong, just allow yourself to make them. And don’t be afraid to make mistakes, because what is seen as a mistake in one moment could be a tool for enlightenment the next. In a Creator’s reality there are no mistakes, just choices and experience.

As a Creator you make choices that are aligned with your truth and nobody else’s, even if there is someone else who you would consider wiser or more “enlightened”, ultimately to truly empower yourself, choices need to come from within you, from your inner knowingness and total acceptance of yourself.

You are, the moment you choose to be

Will you choose to live life as a joyous adventure and place of creative discovery or will you choose to hold on tightly to the difficulties, hardships, and struggles of life’s challenges? Realize that you always have a choice and in each and every moment is the opportunity for grand change. As a Creator, you make choices of a higher order, choices that come from your true self, choices that come from your divine inner essence.

Choose to Disconnect

Choosing to disconnect from the “system” is an initial step one can take to reclaim their creative powers and ability. The system is set up with the limitations and belief systems of mass consciousness. There are many humans who live in fear, this creates a system that reinforces fear. Every day there are many humans giving away their ability to choose, their creative power. They give away their creative life-rich energy to those who they believe know better. They give their health to their doctors, their children’s imaginations to limited school systems, their creativity to jobs they don’t even enjoy, their intuition to the “facts” of science, and they blindly give away their spirituality, their connection to their divinity, to fearful manmade religions. When one is so entrenched within the system, they cannot see it as the illusion it is, they believe that their reality is the only reality that exists, they are not even aware they have choices, let alone creative
abilities. Disconnecting from the system starts with awareness and the simple choice to disconnect. When you choose to disconnect, you see through the illusions and fears of mass consciousness that is creating the system. You are then able to be in the world, but not of it. This is similar to when Jesus said, “I have overcome the world.” You disconnect in the realization that there is nothing outside of yourself you need to be complete, you are whole unto yourself. It is with this realization, and with the disconnection from the system, that you can truly enjoy the world and all of the gifts it has to offer, without sacrificing yourself. Let the system go, choose to disconnect, and you will return wholly.

Simply choose to be. Choose life and life chooses you. Make all of your choices with a clarity and knowingness, not from your mind, but from an inner trust in yourself. A choice can never be wrong when it comes from the heart of you, trust yourself. This inner trust allows you to make choices of a higher order. Bringing us to the next key point of creation to explore, of course if you so choose.
Trust

Trust is Natural

Trust is an essential key in the creative process. Stepping into your creative mastery requires that you follow your own truth, and you trust that truth. When you are following your own truth you have unwavering faith in your creative abilities and you are tapping into the pure potential you are made of. As a Creator, you choose to trust yourself first and foremost. If you cannot trust yourself and your own knowingness, then you will never be able to trust anything else within your realm of experience.

Trust in yourself allows you to connect with your abilities of intuition and discernment. Your power of discernment comes from the inner guidance of your voice within. As a Creator, you trust your inner guidance and intuition. When you are receiving questionable information you can ask yourself, “Does this information align with the truth in my heart?” The answer will always be simple. The answer will not come from your mind, it will be a feeling of knowingness. Trusting what you receive through your intuitive feelings is essential for stepping into your Creatorship.

As a Creator you trust your feelings. With trust in yourself, you are able to discern what you are feeling as opposed to what somebody else is feeling. Are the feelings coming from you, somebody else, or from mass consciousness? As a Creator, you choose what is yours and what is not. In this trust, you allow yourself to feel without putting up walls of resistance because you know you do not own any feelings that you do not choose for yourself. You can allow these feelings to simply move through you.

In order to create efficiently you cannot allow doubt to rule your experience. If not brought into awareness, doubt can be deadly to a Creator. Doubt inhibits the flow of possibilities to come into your life and it will attempt to devour your dreams if you let it. It is the voice that will tell you that you are not worthy, that you have no idea what you are doing, and that you do not have any creative ability. Watch out for this voice and recognize it when it appears. It starts off as a little voice of fear and then gets bigger and bigger in amplification, if you let it. Don’t allow the doubt to take over, realize it for what it is and thank it for the service it has provided, then send it on its way. When you realize that trusting yourself is actually the most natural and safest state of being, then there will be very little room for doubt to come in and put a hamper your experience.

When the things that you desire to create and manifest in your life do not show up right away, do not let doubt creep in and take over. This is when the creative process may take some patience. As a Creator, patience is not about waiting; waiting for something to happen or waiting for something to arrive. It is about enjoying the moment at hand and trusting everything is exactly where it needs to be at that moment. It is about trusting all will be provided for at the exact moment it is needed and perhaps something even better than what you are hoping will arrive. Trust opens you up to extraordinary possibilities.

Trust opens the doors to possibilities of brilliant creation and is an essential key to making any desire a reality. With trust you build a bridge that connects your human self with your
divine self. Whatever goes on in your life, trust that it has divine purpose and trust that you are creating it for a reason. When you get into the safe space of trust, you trust your experience, your expression, your knowingness, your truth, and your mastery as a Creator.

When you trust in yourself, you know that no outside energies could ever harm you. In a place of trust you are in the safest place you can be. In this pure and safe space, in this trust of the divine source that lives within you, you attract an experience of effortless flow into your life. This creative flow allows synchronicity into your experience. This flow takes us to the next key of your creative mastery.
Flow

*Flow is the song of a river, it is the softness of a flower, it is the whispers in the wind, and the graceful dance of your ever changing expression*

A Creator lives in the flow of life. There is an ease and grace in all that you do, an effortlessness that goes along with stepping into your Creatorship. As a Creator you do not have to force anything. Force is a pushing and controlling that is done in lack of trust. Force will inhibit the creative flow. When you are forcing, you are reinforcing the illusion of limitation and you are making things difficult when they can be easy and oh so simple. Force keeps one stuck in a place of duality and opposition. Whereas flow keeps the energy moving and transforming. As a Creator you allow the creations in your life their natural rhythm and flow.

Allow the flow of energy to move through your life. When you are in the flow you are in a place of receiving and the gifts of life are many. Flowing is not about identifying with everything that comes your way or just allowing the wind to blow you adrift wherever it may take you. Flowing with life is also not about moving into some predetermined destiny. It is a creative journey of choices and possibilities, and it is trusting wherever your heart leads you. Flowing with life is about not being attached to any outcome and allowing the natural movement of energy into your life and into your creations.

When you find yourself out of the flow, your breath will bring you back into the flow, it will move the energy. When energy is stuck or even stagnant breathing can assist you in the releasing and clearing of it. Naturally all energy seeks its freedom, its resolution. When you allow energy its freedom, it will naturally return on its own to its pure potentiality. As a Creator you realize there is a natural flow to all things and you allow this flow.

*Renewal, Renewal, Renewal. Creating the movement, like a never-ending dance, that is constantly changing form, yet flowing from a unified stillness, movement...pause...step back pause...step front, and jump! Fall to the ground and get silly, roll around, jump back up, and do it again, but this time different than before*

The flow of your life can be the graceful and spontaneous dance of your expression. A dance whose movements are always changing, flowing, and expanding in all directions. Living in this flow, this dance of your soul, enables you to respond to life with grace and ease. This ability to respond carries us to the next key of your creative discovery.
Responsibility

Life is not a matter of circumstance, or a trial of survival, or a race against death, it is a choice to truly live, to breathe, to be here now

A Creator takes responsibility for their creation. As a Creator discovering your mastery, you understand that you and only you are responsible for your life because it is your creation. A Creator is never a victim. Your “ability to respond” to life is only limited to how much of your creative power and abilities you choose to claim and own.

You can only respond when you are in the present now moment. When you are not responding, you are reacting. Reacting is an unconscious repetitive pattern of reenacting the past. Events that you were unable to accept or process in the moment they occurred, caused aspects of yourself to split/shatter, creating the illusion of separation from your wholeness of being. This separation is an illusion.

The past that causes someone to unconsciously react could be conditioning from events of their current life, their past lives, their family lineage (via genetic DNA coding), or even that of the collective humanity (mass consciousness), which makes up what is known as the human condition. You are not in your creative power when you are reacting to life. In order to step fully into Creatorship, you need to let go of the karma of past. You can do this by realizing that you are not your past. When you let go of your past and release what no longer serves you, realizing you are complete, the energy returns and integrates the separation of yourself back into wholeness.

A Creator does not blame anyone else or anything else. As a Creator, you know that you are the only one responsible for your life and for your creations. You accept responsibility for yourself when you refrain from blaming or pointing the finger at others or at life’s “circumstances”. Taking responsibility empowers you. As a Creator you see life’s challenges as self-created. You do not judge yourself, your experience, or others as right or wrong. You transcend the belief that there is a right and wrong, and you accept yourself and your experience as it is. Being a Creator you take responsibility for your life experience by realizing that you are the sole Creator of it. In responsibility you claim full ownership of your present life experience.

Remember to take care of yourself

Contrary to popular belief, responsibility is not about catering to the demands of others, or “paying your dues”, or fulfilling obligations. It is the ability to respond from your truth, and not about acquiescing to another’s expectations. As a Creator you are not responsible for the world, your community, your “boss”, or anyone else but yourself. Although it may appear so, no one truly has any power over you. The greatest gift you can give to another is to be your authentic self, coming from this place you will also naturally accept others as they are. This is what true compassion is, it is a deep understanding and unconditional love that allows others to be who they are and to make their own choices, whether you
agree or not. When you take responsibility for yourself you are then an example for others to do the same.

Responsibility is also not about taking control, on the contrary, when you are controlling, your ability to respond is limited. Just like in a science experiment, the “controlled” stimuli is created to limit the possible outcome. The control limits the response or feedback that can be received from the experiment. Why limit your creations? This limitation is usually done out of a fear of the unknown. To stay within predictable limits is not the path of a Creator discovering their mastery. A master Creator is in awe of the mystery of life, responding to it in each sparkling moment. A master does not try to solve life, or figure out life, or place life in a tight little box by defining it to death. A master accepts life as it is, in all of its beauty and so called “imperfections”. Which carries us on to another master key of creation.
Acceptance

Amazing grace, how sweet the sound really is, in the humble acceptance and the graceful receiving the gifts of life endlessly shower upon you

Ah acceptance, with acceptance you live in the flow of life and everything is seen as a blessing. It is total freedom from any resistance to what is. Acceptance is the realization that all is in a state of perfection and there is a harmonious order to all things. Acceptance is an all-forgiving light. Acceptance is the allowing of all things to be as they are. When in a place of acceptance there is a natural beauty that shines from all you lay eyes on, this beauty is a reflection of the deep compassion from within you when you fully surrender to your experience.

When you accept yourself, you integrate and embody every part of you. You are whole and complete, and there is no inner resistance or conflict. Acceptance is the honoring of all the aspects of yourself, others, and life. When you fully accept yourself as you are, you deeply honor yourself. When you accept others for who they are, you honor the divinity they embody. And when you accept life as it is, you honor the many joyous blessings the life experience brings. Acceptance is about letting go of judgments. It is a deep feeling of compassion and respect for the sacredness of you and interconnectedness with of all life.

Acceptance is not about compromising yourself, or just accepting that you are anything less than the wholeness of yourself. Acceptance is the receiving of yourself, allowing every part of you, in the knowingness that you are divine. You accept your creations, trusting they are the reflections of your divine perfection. When you compromise yourself for another, you are not living in your truth, your balance, or harmony. And in compromising yourself, you are not honoring, respecting, trusting, or accepting your truth. Accept yourself fully and in this way you will then easily accept the differences you discover in others as well. I also want to note here that acceptance doesn’t mean being agreeable or liking everything and everyone. You can still be in a state of acceptance and not agree with something. In acceptance you are safe to be yourself without compromising your truth.

Acceptance is total forgiveness. It frees the energy of anyone who is in denial. Denial is a trap, it is a vicious cycle that goes around and around without getting one anywhere. The energy of your past creations will continue to repeat themselves in your life until you face and accept them. This acceptance creates the healing space that brings you out of the denial and into the present moment, it returns the pure creative energy to you.

When you are accepting, you are receiving the gifts of life. As a Creator you are able to receive the many beautiful multifaceted blessings of life. These blessings are what make your life rich and abundant. Acceptance is fertile ground for prosperous creations. Bringing us to yet another master key of a Creator.
Abundance

The cup is not half-empty or even half-full, it is completely full and continually overflowing.

Living in abundance is the way of a Creator. A Creator realizes there is no lack. Creators live in an unbounded, unlimited, and infinitely abundant universe. There is more than enough to go around, and then some, and then some more. The only thing that holds anyone back from their natural birthright to abundance is the belief in the illusion of lack, also known as poverty consciousness. The way of poverty consciousness has been a pattern that humanity has played victim to for a long time. It is an old game and it has served a purpose, but now with new understanding, it is time to let it go. For many releasing this pattern is difficult and is not something that usually happens overnight.

If you are having difficulties with abundance, take a look at what seed fears may be creating this illusion. Really allow yourself to feel any of the fears or blocks within you, get to the core of the feeling. What is this feeling? Do you feel an underlying unworthiness or shame in the receiving of abundance and the joy it brings?

Are you playing the “just enough” game... having just enough money or just enough time to get by, with nothing left over for your enjoyment? If you are, realize that this is just a game and at any moment you can choose stop playing it. Changing this starts with your awareness. Detach yourself from the drama of the game and observe yourself in it. Be aware that you are creating all these “sticky” scenarios. You can stop counting every penny and dividing your money into little compartments. Do not think that the money you receive is the only money you have. This will take some trust. Enter your heart space and breathe with it. Deeply trust you will always be supported, then take some risks.

Whenever you experience feelings of lack or scarcity, address the fear, get to the core of the feeling, and really allow yourself to feel it. Consciously breathe with it and allow it to naturally dissipate on its own. Do not resist the feelings, be in your unconditional love and keep breathing with it. Continue to do this until you come into a feeling of deep peace and acceptance. Do this anytime feelings of lack or scarcity arise, address the core of the discomfort, the seed fear, and allow it to clear with your breath, acceptance, and unconditional love.

After you clear the seed fear, plant new seeds of love and joy! The potential of a seed is unlimited. Planting new seeds doesn’t take a lot of planning, or even understanding. It just takes moments of free expression and spontaneous joy. Planting new seeds is a giving and a receiving. It is the receiving of life to overflowing and this is the sharing that flows to others. If you can imagine cupping a handful of seeds and then gracefully and freely tossing them out around you, in trust that your hands will always be filled with more seeds from an unlimited source. This is abundance at its core of unlimited potential. It is a
continual receiving to an endless over-flowing, out-showering, and flowering of life potential.

Abundance is the natural state of being. Abundance is not about the quantity, it is about the quality, the quality of life. A Creator lives in abundance and this has little to do with how much money they have. As a Creator you discover that money is just energy waiting to serve you, you do not own money. You can allow it to serve you, you can allow the effortless flow of energy into your life in whatever way it wants to come to you. Abundance is not something you acquire, it is a way of life, it is living life to the fullest.

Abundance is Everywhere!

Take a look around, your life is filled with it. Breathe it in. Feel it. Know it. Be it. Breathe in the abundance of pure air that is always available to you. Feel the abundance of the warm sun on your face. Taste the abundance of the delicious array of earthly foods. Listen to the abundance of the sweet music that fills the room. And dance the abundance of your body’s physical expression. Allow the abundance of joy to fill your days with something as simple as the smile of a child. Abundance comes in many forms and in many ways. Can you allow the abundance in?

Creating abundance in your life can be as simple as a shift in your perception. From your awareness, observe and realize this... abundance is natural and there are no limits to what you can create. Adapt and adopt a consciousness of abundance and make it your standard for living, accept it into your life. Receive the gift of unlimited riches through your self-love. You deserve it! Discover the treasures that you have hidden away for so long. All is within your reach and yours for receiving. So what are you waiting for? Plant seeds of abundance in your garden of life and watch as your life unfolds before you like beautiful flowers in bloom. Abundance is now, allow it to grow, allow it to flow!

Abundance is the fruitful celebration of life. It is a celebration of the fullness of living, of the bountiful and prosperous Universe in which we live and create. Life is here for you to celebrate and enjoy, opening us to the next key for your creative enjoyment.
Celebration

The celebration is underway, let us raise our cups in a toast, a toast to life, and let us drink of its sweetness and bounty, cheers!

A Creator lives in a celebration of life. Celebration is an honoring and the reverence for the gifts of life. Celebration often marks a time of birth or completion. To feel complete is an ultimate expression of gratitude that opens doorways to the new. When you celebrate life, you are in expression of gratitude for all that is. In this way you honor all that you are, you welcome the new creative possibilities in, and you open the doorways to attraction. As you celebrate, you tap into the raw creative potential that the Universe is made of, and you allow these playful potentials to come dancing into your life.

Celebrating loosens the constraints when you are feeling stuck or becoming too serious about life. It releases you from the bondage of your own self-created prison and reminds you of the joy to be experienced through playful discovery, ease of expression, and the enjoyment of being. Celebrating relaxes you into yourself, while creating the safe space for natural and joyous expression.

You Are Invited:

You are invited to participate in the greatest celebration that has ever been known to man, we call this celebration...

“The Celebration of Your Life!”

Who: You
What: Celebration
Where: Here
When: Now
Why: A Silly Question
How: That’s up to You

This is a costume party, so make sure you remember to bring your body. And don’t be late because the party can’t start without you. Enjoy!

A celebration can take on many different creative forms. You don’t necessarily have to throw a big party and invite all kinds of people to have a celebration, you can have one right here and right now with yourself. Celebration honors every completion, every blessing, every person that crosses your path, every success no matter how big or small,
and even every failure. It is an expression of your joy and a receiving of the many gifts life has to offer.

*Life is a magnificent celebration of light, color, sound, and energy that dances, sings, and plays in formations of harmonic beauty. Life is setting the stage for your greatest performance yet*

When you celebrate you choose life. Choose to celebrate everything dear to you. Celebrate beauty, love, and friendship. Celebrate song, music, dance, and creativity. Celebrate your body, the Earth, and your freedom of expression. As you do, you find your experience grows and expands in magnificent ways. Let us now celebrate the completion of this master key and get ready to expand on the next.
Expansion

*Life is not a linear one-way street, it is an ever-expanding journey of conscious discovery, and a continual enrichment & renewal of experience*

A Creator jumps right in and expands on their experience, expands to encompass more of the beauty of who they truly are. As a Creator you welcome the opportunity to go beyond your limitations into experiencing more than you could ever dream possible. Expanding is opening up to new discoveries and new possibilities, allowing your trust to guide you into unexplored realms of consciousness.

As you practice and explore conscious expansion, you find that reality is not as concrete as it used to be and it is actually quite flexible. You can move it, stretch it, bend it, and mold it with just a simple shift in consciousness. Reality responds to you because you are its Creator. Your experience or reality is created in response to your consciousness, your awareness of what is. Begin to play around with what you perceive as real. Remind yourself on a regular basis, “Things are more than they appear to be”, then be open and observe from a place of non-judgment.

Feel the energy presently at hand, whatever it may be. It could be a situation, a person, a physical object, a project, a feeling, or an idea. Whatever it is, go into the energy of it and allow yourself to feel. Pay attention to any of the subtleties, differences, or changes in the energy, expand on it. As you expand, your perception shifts and you enter an altered state of consciousness, a more expanded state of awareness. Allow these moments of playful exploration to be the catalyst for the further expansion of your experience. Play around with this.

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**Expansion of a Seed**

Expansion is the natural way of life and consciousness. Here we have the analogy of a seed. You have a seed that sprouts, grows, and expands into a beautiful flower. Then it dies and maybe you think it has ended here, but here is the illusion, it doesn’t actually die (energy can never “die” only transform or return to a state of pure potential). The seeds from the “dying” flower fall to the ground, and the remains of the flower fertilize the earth, and next year you have several more flowers. And the cycle continues to grow and expand.

Here is another scenario of your seed, perhaps the beautiful flower grew and you cut it, then gave it to a friend. The gift of the flower opened their heart and yours in the giving. Your friend puts it in a vase and it opens the hearts of all who view it. And every time the heart is opened, the viewer is inspired to share more love and to create more beauty with the world around them. And what started as a tiny seed continues to expand and have life in ways never imagined.
Our thoughts and ideas are seeds of consciousness that expand when we give them life. A simple idea, when given life, can expand into a grand kingdom (you could ask Walt Disney about this, how something that started as small as a mouse could expand as much as to touch the hearts of so many around the world). Believe in the magnificent possibilities of a seed. Fertilize and nurture their creative potential. Allow them the freedom to grow and expand in their own beautiful way, to bloom and to flower, to flower in unlimited potential.

Expanding is becoming aware of the multidimensionality of everything that exists. Everything is much more than it appears to be and this becomes readily apparent when you begin to explore these multidimensional realms. One can begin exploring by acknowledging that all things are made of consciousness, and that consciousness is constantly realizing and expanding. Even the door you walk through to enter and exit your home has a type of consciousness to it.

Become aware of everything that you come in contact with, everything that you touch, and everything that touches you. There are many interconnected energetic layers and facets to all things. A door is not just a “door”, go beyond the label and dive deeper. Feel the total energy of the door. Is it the seed and the roots that were nourished by the Earth or is it the tiny sapling that grew with sunlight, air, and water? Is it the towering tree that stood tall in the sun, producing oxygen for us to breathe or is it the lumber jack that cut the tree down? Is it the wood smith that crafted the door or the store who bought and marketed the door? Is it the salesman or is it the purchaser of the door? It is all these things and more. It is everyone who ever walked in and out the door, and all who ever touched it. It is the molecules, the atoms, and the particles of light. It is the space that makes up the door, and a symbolic and energetic transition from one space to another. It is a place where a shift in consciousness occurs.

As a Creator, be prepared for unexpected opportunities and possibilities that you may not have taken into consideration to come knocking at your door. Answer the call. Approach whatever may be there with an openness and childlike curiosity. Find the gift in everything, even that which may appear to be a problem has a beautiful gem hidden within.

If a problem comes along and your feeling stuck, this is the perfect opportunity to expand. Take this problem, this limited form of consciousness, and expand on it. Not with your mind, but with your awareness. Consciously expand with it, breathe into it and give it life. Allow it to be, accept it as it is. You will discover that it is no longer a problem because you are no longer stuck in it, your awareness stretches beyond its illusion. You are stepping out of the grid-work of time and into the limitless space of no time. And you are stepping into your Creatorship in the acceptance and trust of what is, allowing the miracle of life to unfold before you and naturally expand in grace.

Stretch the boundaries with every step you take. Be a brave explorer in the expanded realms of consciousness. Take some risks and discover yourself in new dimensions.
Expand on your experience with every moment, and every opportunity, and every inspiration that comes your way. Expand in every direction, including expanding into the depths within.

You can only expand when you are in the present moment, the ever-expanding now moment. Let’s enter this moment now. Take a deep breath and feel your magnificence. Allow it. Receive it, receive you. Ah, how beautifully simple it all is.

A Creator takes many moments throughout their day to pause and connect with the pureness of their being. To create the safe space to allow natural growth and expansion. To really breathe in the unbounded pure consciousness that you are made of, is to open the doors to creative inspiration. And now we move on to the next master key of creation.
Inspiration

*Inspire to be Inspired*

A Creator lives in inspiration. As a Creator, you inspire to be inspired. Your creations ride the winds of inspiration. Inspiration will come in many different forms and non-forms. It will come from everywhere and nowhere. It will come from many different people, places, things, and no-things. Inspiration will fill you up, it will dance in your imagination, it will sing to your soul, and move you to create brilliant things. Inspiration is inspiring to inspire.

Inspiration is the breath of life that is always available. To breathe in life, to breathe life into your creations, is the blessing of a Creator, inspiring life and inspiring consciousness in all you create. As you step into your Creatorship, you are naturally an inspiration to others. You are shining example to all you meet. There will be those around you who won’t understand what is going on when you walk into the room, but they will feel something, something different about you, your presence will be an inspiration to them, although they may not know where the inspiration is coming from, they will begin to change in subtle and even not so subtle ways. As a Creator, you set up potentials for others to discover.

*The inspirational touches the heart of many,*

*inspiring the creative spirit within, and moving one*  
*in such a way that opens one to their brilliance, this*  
*opening of brilliance in turn inspires the inspirer*

Inspiration is that light that goes on, that beautiful “Aha!” moment, and the spark that ignites your passion for living and creating. A Creator takes action when the inspiration presents itself. Choosing to act on inspiration in the moment, will bring you fruitful rewards. Your intuition will guide you to act on what is true inspiration and to avoid what is just flashy advertisement.

True inspiration can never steer you wrong, only doubt in yourself can. Inspiration is much like the faith a child has in their imagination. As a Creator you trust your imagination and believe in the impossible. Imagination inspires the next key point of your creative exploration.
Imagination

Your imagination is the vehicle that will take you to magnificent places

Where do you want to go and what do you want to experience? The imagination knows no limits. One of the grandest tools you have as a Creator is your imagination. Your imagination is vast and powerful. The imagination takes you beyond the limitations of the human mind to a place where infinite possibilities live. The imagination is your palace or magical castle in which you dwell, it is your horse with wings, your dreams alive, your golden chalice, and your treasure chest of the finest sparkling jewels.

To imagine is to make real

A Creator knows that thinking is limited to the mind, and the mind cannot comprehend beyond its confines, beyond what it knows as “real” or beyond what it knows as “fact”. The realms of the imagination however, knows no boundaries. There are worlds, upon worlds, upon worlds created in the imagination realms. A Creator believes in the power of their imagination, believes in their I-Magic-Nation. When in your I-Magic-Nation you have the ability to create anything out of no-thing, the power to create something out of nothing.

Remember

Remember when you were a child for a moment, before you were lost in a world of words, definitions, and concepts. Remember the time before you forgot who you were and where you came from, before you were programmed to believe in limitation and taught to communicate in a linear fashion. Close your eyes and re-imagine yourself as this child, fill yourself with the magic of imaginary beings and places who enchant your senses and inspire you to create. Remember how you believed in the magic, how you believed in the possibilities. Perhaps you believed in Santa Claus, if so remember how this belief brought abundance, excitement. Remember the place where there was no preconceived ideas of right and wrong, no shoulds or should nots, just pure raw creative potential waiting to be explored and played with, magic waiting for a wizard to express through. You are this child, this moment is now, you are the magician, you are the Creator, this is your playground. Remember who you are.

Believe in your imagination, never doubt that it is not real. Your imagination will take you on exciting new adventures. Imagination is the source of light that will feed you when there is no food, the source that will keep you warm when it is cold, it will guide you home when you are lost, and it will even take you on vacation when you are stressed out. Your imagination will free you from any prison. An escape artist knows the imagination. The
imagination takes you beyond the illusion to where freedom lives. Freedom is now calling you to the next master key of your creative liberation.
Freedom

*Sweet freedom, the song of my spirit, in melody*
*release, you ring and you sing, you bring me to*
*tears, I am filled with delight, as we soar like eagles*
*in flight and we touch the greatest of heights*

A Creator living in mastery lives in freedom. As a Creator you realize that there are no walls, no fences, or boundaries. And there are no restrictions, no rules, or locked doors. As a Creator you see these walls and restrictions for what they really are, illusions and limited belief systems. Freedom is a transcendence of these illusions and limiting beliefs and the surrendering to simpler truths. When you surrender to your creative flow, you let go of the limitations and the controls. You allow yourself to be authentic. You allow yourself to be free. As a Creator you let your creations ride the winds of freedom.

You can free energy with the breath. The breath of life is pure potentiality. As a Creator, you can breathe life into your creations. A Creator blesses their creations with the breath of life, allowing their creations freedom of expression. To allow your creations to live without controlling them, to really be able to let them be free, is love. As a Creator you see that imprisonment and attachment is only an illusion, the illusion that separates you from wholeness. And you realize that true love is not attachment, you realize that true love is freedom. You also realize that nothing can ever be lost, the energy always returns to you. It returns to you when you ask for it, returns ready to serve you when you call upon it.

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_Eagle Speaks_

Welcome onto my wings, expand your vision, and expand your spirit, as we ride the great wide open. Feel with me, the opening and the surrender of yourself, to the grand possibilities, free, free. We are at a pinnacle point looking down the mountain, we see light and dark in their play, we see a river bend, and a cloud friend, we see a meadow and fields of waving grass, hello, and we dive down to get the thrill of falling fast, and whoosh we soar up again, and gently ride the airy breeze ...... we dive back down again and sing, the song that we sing is sweet delight, and it lifts us back up and we soar to great heights, our song is a gift, it is an awakening, to the friends of the earth and to the tops of the trees, the light of the sun sings with us now, it touches our feathers and dances upon us, we are the brothers and sisters of hope, for we are the angels and masters who know, the magnificent freedom of being yes being, soaring in the winds of fantastical change and allowing yes allowing, our spirits to soar, we are free, we are free, yes, we are free

Thank You Eagle
When you allow your creations freedom, they take on a natural beauty. This beauty and radiance that shines from your creations comes from their freeness of expression. This freeness of expression is nurtured with your unconditional love. When you do not judge or control your creations, you allow them the freedom of conscious expression, and this is truly beautiful. Opening us up to the next master key of expression.
Expression

*Authentic art is alive through the expression of the artist, if the art lacks the artist’s expression, then you know it is just an imitation*

Consciousness lives to express itself. Creation simply is consciousness in expression. Expression is the livelihood of a Creator, it is what life is all about. As a Creator you allow yourself your own creative expression. Each and every one of your creations is a unique expression of you. Everything you have created has your conscious signature on it. Your expression lives through your creations, it brings them to life. Stepping into your Creatorship, is opening up to the fullness of your consciousness and essence in ever-changing expression.

Expression is an inward and an outward flow. It is a receiving as well as a radiance. Expression can be likened to the way light plays with color. Colors are a unique combination of reflecting and absorbing waves of light. Colors create the movement, as well as the ambiance and depth. Color is in unique expression. Expression plays in formation. You are a Creator whose expression is playing in physical and material formation.

Expression takes on many different creative forms. It creates the experience. On Earth, your expression moves through your body. Your body is the vehicle for your earthly expression. It is a multifaceted, multidimensional vehicle in which your conscious expression plays.

Everything here on Earth, you experience through your body. Your body eloquently responds to your consciousness. Your body is made up of the impeccable intelligence and elegance of the Universe. Your body is serving you. This service is in the unconditional love that everything is made of.

*Are there fears holding you back from your full self-expression? As a spiritual being playing this game of human, there most likely are limitations or blocks that hold you back from freely expressing you. Remember these limitations are only illusions. So what can you do to free yourself? The answer is the simple things. Love, Trust, Accept, Allow, Forgive, Breathe, and Be. Just be yourself, enter your total compassion and love yourself, love all of who you are, love your unique expression. Allow yourself to breathe and trust, to accept and forgive yourself. When you do this, you will discover new avenues for your self-expression, you free the old structured energy that has kept you caged up, and the energy returns to pure potential. It is new energy potential, ready to serve your authentic creative expression.*
You are made of the love of the Universe. Your expression is the gift of your consciousness, it is your blessings of love from the divine simplicity of All That Is and All That Is Yet To Be Discovered. Your ability to express is the most precious of gifts you have. Allow yourself to express your consciousness in unique and freeing ways. Discovering your authentic expression and living it, is living with passion. Inspiring our next key point of passion.
Passion

Where the radiance of your spirit and the depths of your soul meet, passion arises in the sacred communion of You

As a Creator, you are naturally passionate about your art, your life, and your experience. This is what brings you joy. Passion creates. It is the energetic fuel that makes dreams happen. A passionate person is a successful person. Passion is feeling and soul desire, it is what moves you to create. Passion is a union of masculine and feminine sexual energies, into harmonious balance. These are masculine and feminine energies within you. Powerful creative energy comes through this union, integration, and balance. And in this joyful coming together of yourself.

Passion is misunderstood by many, and even feared by some. Churches have led many to believe that passion is suffering, and that desires are “bad” or even “evil”. They have led those to believe that it is wrong to have desires. Actually if you look up the Latin root of passion you find passio or passe, which means to suffer. In modern times passion has come to be known as an enthusiastic love of creative pursuits and fancies, or of what one desires in life.

Passion is the full participation in creative self-discovery. It is about discovering what you love and totally immersing yourself in what you love. It is the emancipation and the transmutation of all bound energies. Passion transmutes old and stuck energies into new fertile creations.

Passion is your expression in joy and love of the life experience. To truly live is to no longer suffer. With this new understanding of passion, perhaps the word “passion” is ready for a new name, one that better suits the awareness of its new found qualities. In my own creative musings, I have come up with the name “philarose” to describe the new passion. Phil means to love or the love of. Rose can take on several meanings. To experience the rose is to experience the giving and receiving of love, rose also means it has already risen. When things “come up roses”, it means they came up with an ease of success and gracefulness. Your passion or your philarose is your love of loves, it is the joy of doing what you love, and the joy of loving all you do. A Creator’s philarose is the intimate and loving engagement in the life experience. Have you discovered your philarose?

Are you wondering where your passion is? Your passion is probably not what you think it is. Passion arises from the stillness of your inner essence, it is what inspires you to act, express, create, and enjoy life. True passion is not a mind obsession, but is a calling of your essence to the forefront of your experience. Your essence is made up of your love, your soul, your consciousness. It wants to experience itself, to participate in life, and to live its full expression. This is what passion is, it is the love of you, it is your joy.
To feel truly passionate, you must allow yourself to feel. Feeling the essence of your soul’s passion for living, is to experience it. Your philarose will take you on exciting adventures and add zest to your life experience. Which brings us to the next master key of creation, the experience.
Experience

*If not for the experience, then what for?*

Ah the experience, this is what being a Creator is all about. You create for the experience to experience your creations. The experience is the portal into the multi-dimensions. As a Creator discovering your mastery, it is about the experience and not just the result, this is key. If you are only doing something for the result it may bring, you are holding a limited expectation, and often times when that expectation go unfulfilled the result is frustration, disappointment, and regret. The experience however, is filled with the possibilities of wonder and joy. The experience is the reward in and of itself.

The experience brings you into the present moment, it is the present moment. Experience is created directly from your awareness, what you choose to create, and how you choose to respond to life. Experience is open to a multitude of creative possibilities. The experience of a Creator is rich with fertile life-giving possibilities. To experience the joyful possibilities of life, you need only to simply allow yourself to *be here now*. The greatest gift that you can receive is to be in the present moment, to be alert, watchful, and in awe of the beautiful creation unfolding. This is your “present” for opening and unwrapping again and again. This present is in a constant state of renewal, it is the breath of fresh air, it is your experience. A Creator lives in openness to receiving the rich experience of life.

Experience is received through feelings. To experience anything you must allow yourself to feel. Any resistance to your feelings is the denial of your experience. Resistance shuts down your ability to experience life. If you find yourself in a place of resistance, allow yourself to feel, feel the resistance. The resistance is not you, you are your awareness. When in your awareness, your presence, your consciousness, you are allowing yourself to feel. This is the receiving of experience.

Feeling is not just emotion, emotion is only a very minute part of the feeling experience. Feeling encompasses and supersedes all limitations of the humanly senses. Feeling is the synergy of many combined senses of your awareness. In other words, feeling is the super-consciousness of you. It is your sensual, expanded intuitive self. Your experience is rich and fulfilling in this expanded state of awareness, the place where the totality of you resides.

As a Creator here on Earth, your life experience is open to so many possibilities of joyful adventure. You are free to explore, to create, and to experience. You live in a world of Creators and co-creating is part of the joy of shared experience. As a Creator you are able to see how all things interrelate and connect. This interrelation and interconnectedness is a beautiful part of the shared journey. Part of the experience is the discovering of yourself with another. Bringing us to the next master key.
As a Creator you recognize a kinship with all life, with each unique expresser of consciousness. It is a brotherhood and sisterhood of shared experience with the human family here on Earth. A Creator is naturally respectful of all living things big and small. A Creator knows that how you treat others and how you treat the Earth is a direct reflection of how you treat and respect yourself. A Creator honors life.

A Creator sees all inhabitants of Earth as a blessing, with each living being having a unique gift to share. As a Creator, you have no enemies. You realize all challenges you face with another is only an outside reflection of an inner-conflict going on within yourself. In this way we are all teachers for each other. You can find out much about yourself through your relationships with others.

Kinship is about compassion. Compassion is the way of a Creator. Compassion is about total acceptance and forgiveness. It is allowing others to be who they are, without judgment or interference. It is a forgiveness in the understanding of shared experience, of human commonality, and spiritual kinship. Compassion is the purest love that you can feel for yourself or another. It is the Universal love that allows everything to be, as it is. Stepping into your Creatorship is living in deep compassion for yourself and for all of life.

As you work and play with others in this tapestry of life, allow the consciousness of every Creator you work with to come together in harmony. This creates the dynamic energy of synergy, an energy where the combined energy is equal to more than the sum of its separate parts. Synergy is the harmonics of perfection found in universal kinship.

There is no room for jealousy in a Creator’s experience. Jealousy is a separation and denial of your life gifts. In a place of jealousy you are not in your wholeness. It is a lie to believe that there are those who are better or more worthy than you, or the other way around. Kinship is about equality. It is about seeing each Being as an equal, and realizing that everyone is playing an equally important role. If you find yourself feeling jealous, realize you have only temporarily stepped away from your heart space, forgive yourself, breath, and find the rhythm of your heartbeat again. As you step into your Creatorship, you are stepping into your sovereignty, you are whole unto yourself, yet interrelated and connected to All That Is.

As a Creator, co-operation and co-creation can unfold easily and effortlessly when you are not compromising yourself. Cooperation is not compromise. When you compromise yourself you are denying who you are. Sacrificing oneself for somebody else or sacrificing for a “greater” purpose was considered an honor in the past, and even in more recent times this has been the creed. This has been the illness that has kept humanity from discovering the divine within. Sacrifice is the ritual that reinforces the belief that you are
separate from “God” and you are unworthy of Godliness. This has been a huge deception. In the light of truth and the dawn of new understanding, sacrifice is now becoming the surrender of the old limited self into the pure Christ-Consciousness self. And now we proceed to the final master key we will be exploring in this way, this is the one with no name.
Purely, everything in this Universe is created from the immaculate, crystalline, indescribable beauty of Nothingness

Beyond words, beyond definition, and beyond all comprehension is the indescribable eternal stillness of nothing, the nothingness of everything that exists. The “finite” human mind cannot fathom what this is, it wants to try to put a label on it, try to define it, and try to figure it out, but it cannot and it won’t. It is, purely and simply, It Is.

I almost left this chapter blank because words are little and meager in comparison to this Grand Unknown, this Great Mystery. Words fashioned from the mind tend to separate, but I felt that the Unspoken can be experienced through the Spoken. The most important part of this writing is what is experienced between the lines, from the emptiness and the fullness behind, through, within, and beyond the words.

The Source of everything springs from the Stillness of nothing, from the Silence. This Source knows many names yet is Nameless. It has been known to be called God, Spirit, Brahman, the Universe, the Void, Omnipresence, Source, the Oneness, Prime Creator, Wakan Tanka, the Force & Field, Space & No-Space, Manifest & Unmanifest. It is also known as All That Was, All That Is, and All That Is Yet To Be. Yet it cannot be known through words alone, it is to be experienced, to be felt in the humble receiving of Grace. It is the Nameless.

Embracing the Unknown

Welcome brave traveler, you have entered the Great Unknown. Breathe... breathe in the Silence. Close your eyes and surrender to the moment... you find yourself in the space between, the void of all space and time, the silent mind. Feel, listen, know, and breathe... In the Silence, the vastness of eternity becomes you now. You are in an open sea of unlimited potential. And herein you discover a gift, the gift of Grace. You are the Grace, you are the Divinity, you are the Innocence.

Take this moment dear one, and allow and receive your gift. Receive it in your heart, feel it, feel the Grace... You are in the safest place that you can be, when you embrace your Divinity... So, whenever you find yourself in a place of limitation ...Remember... remember this space, remember who you are... You are Divine, You are the Grace, Embrace, Embrace...

And So It Is
As a Creator, you take many moments throughout your daily human experience to pause and connect with this nameless source, to connect with the pure divine source that lives within you. Entering the stillness of the void, you discover a place of all possibility, a space beyond all definition, the magical place where Creation is conceived.

As a Creator, you are the “I Am” presence. In your presence, you can go into any experience and return to you easily, with one simple receiving breath in the, “I Am that I Am.” It really is this simple, you are that you are. Do not make it complicated. Allow all to be, for it is. *It just is.*
Stumbling Blocks of Creation

Illusions and Ill-Solutions

Now that we have covered basic key points it is also important to be aware of the challenges, fears, and blocks that inhibit a Creator’s flow. Awareness is key to clearing any block, transcending fears, and turning challenges into opportunities. When faced with difficulties, switching on the light of awareness is paramount to the release and the transcendence of any perceived struggling. Difficulty is a very real illusion for those who are experiencing it. To the experiencer, the difficulty appears to be almost impossible to free oneself from its grasp. They get caught up in the illusion of its reality, scared to face the fears that are creating it. This fear of facing the fear, creates a perpetual cycle of fears manifested.

You don’t have to understand to experience

Fear can be manifested in a lack of information or a lack of full awareness. Fear is usually used with a displacement of creative energies on the hardships and aspects of the past or in the fear of an unknown future. As a Creator you accept what you cannot understand and what you do not know, in this way you face the fear, you release the past, and embrace the unknown. When you embrace the fear, it is no longer fear with a negative charge, it can no longer stifle you, it transforms into pure creative potential that you can then choose what to do with.

The fear that creates stumbling blocks on someone’s path comes in many different disguises. These are things like control, denial, victimization, apathy, despair, compromise, poverty, distraction, jealousy, procrastination, doubt, and more. All of these “bad” words are illusions or ill-solutions created in limited awareness. As a Creator you do not see fears as “bad”. Fear serves a purpose, it is a feeling signal that goes off saying, “Wake-up, pay attention, be aware”. It is when the fear is denied or resisted that it gets bigger and bigger until whatever needs to be addressed, is made consciously aware of. This is why it is important to allow yourself to feel, feeling is experienced from your awareness. When you are in your awareness, the fear is easily transformed into pure creative potential. When you are locked within the prisons of your mind, or in patterns of negativity, the energy potentials coming in are not understood for their neutrality and simplicity, and are then experienced as limitation or fear.

In the mind, fear will take on identities. The mind will try to do anything to protect identity, to protect and defend what it knows is “real”. The mind cannot comprehend the vastness of feelings. This is why when creative potentials come in, the mind cannot understand what these potentials are. It tries to relate the new information to the past, with what it knows, and when it cannot here is where the feelings can take on the energy of fear, dressed in its disguise of identity.

When faced with struggles or stumbling blocks to your creativity, here are simple things you can do: first stop and allow yourself to feel, relax and breathe, get out of your mind and into simple awareness. From this awareness make a clear choice to release the pain
and struggle, breathe with it, and let it go, simply let it go. Then allow the new potentials to come in, receive, be in trust, and the difficulty always finds resolution.

As a Creator, you do not get caught up in the human drama. You may play out dramas, but you do so with an awareness of what if going on, you are not attached to or blinded by the drama. You know that the drama cannot consume you. Much of humanity who is lost in the drama has fallen ill with the hurry-worry disease. This disease comes from the constructing of a reality based only in linear time. It has people mad and paranoid, dashing about here, there, and everywhere, attempting to get a lot done and getting little done, trying to get somewhere and going nowhere. These humans are wasting so much energy, with little result. It has people preparing for doomsday, making strict lists of life, and placing life into little compartments of time and money. What fun is that? It is a not so fun game of struggle for survival. This game ends with you, a conscious Creator who knows you have a choice. You can be living in and surrounded by the human drama, but you cannot be consumed by it, you are conscious and aware, you make choices.

A Creator sees a challenge as an opportunity, they are the same thing. Embracing all parts of you, even the parts of you that are challenging, what you may call the “dark” parts of you, is embracing your wholeness, your divinity. In the darkness of you is a creative reservoir of unseen treasures. Dive deep into the darkness to discover these treasures. There is really nothing to fear. You could never be harmed because the darkness is only you, it is your shadow. It may play tricks on you, but this is only you playing tricks on yourself. In the darkness of you, you find what you are hiding from yourself, your treasures in safe keeping.

Owl Speaks

Friend, a blessing is bestowed upon you, the air is sweet. Explore the dark parts of your life, silently observe yourself, do not let fear or irrationality to overcome your clear judgment. As I have said a blessing is bestowed upon you, it kisses your feet. Remember, remember who you are. You are a witness, a magician, a healer. Journey with me into the other realms, discover the jewels your ancestors have left untouched, for they were blinded in a way they could not see the treasures before them. In the silence, the crack of all space and time, a surrender to the night is most sweet and filled with a beauty unbeknownst to the day traveler. Surrender and take flight, and swoop with grace. Light shines from within, this is your guiding light, it calls you to the forefront of your experience. This inner light is where your wisdom resides, a shiny reminder to all that all magic comes from within. Within the space of silence, clearly you see what is no longer a mystery.

Thank you Owl
Being a Creator is seeing obstacles as illusions. When faced with an obstacle, remind yourself there is a simpler way. It is not cheating to take the short cut, it is empowering. The solution is always found easily when you choose to let go of the complications. Looking beyond the illusions is looking through the reflective glass into the core essence. Illusions are merely projections of unbalanced or fragmented aspects of consciousness. Projections reflect the parts and pieces. They are one way to look at something, but not the only way. As a Creator you see the bigger picture, instead of just looking at one outside layer, you view from many multidimensional perspectives and here you experience many layers at once.

If you are experiencing many complications and hardships in your life, take a deeper look into yourself and what you are feeling. What is it that is attracting these difficulties to your experience? Feel your way to the core feeling causing the discomfort and pain. Address this core fear. Perhaps it is a feeling of unworthiness of joy, the feeling that is telling you that you do not deserve joy, that you have a reason to be shameful, and that in order to live you must suffer. First ask yourself is this even you, is this your pain and suffering or that of someone else? Most likely it is not you, but a belief you adopted in the past from someone else or from the conditions of mass consciousness. It is only you, if you choose it. When you reach the core of the feeling blocked with fear, from a place of compassion allow it to free itself. Nurture the separate and fearful aspects of yourself with unconditional love, as this creates a safe space for healing and integration back into wholeness.

As a Creator, there are many different creative approaches to releasing blocks. Simplicity is key. Trust your feelings. Breathe. Be in your awareness. Accept what you do not understand and realize that you are not your “problems”.
Beliefs - Limiting and Otherwise

*Seeing is not believing, believing is seeing*

Plain and simple, beliefs create reality. Beliefs are much like codes of a computer program. The codes make up the computer program’s functions, much like beliefs make up the functions of one’s reality. Beliefs set up foundations, structures, and conditions of reality. Belief in limitation hence, creates a limited reality. This limitation is what much of current humanity’s reality is made of. This is quickly changing with conscious Creators like you.

*When you believe you are powerless, you are*  
*When you believe you are a master, you truly are*

Beliefs are not meant to be permanent concrete structures. Stepping into your Creatorship, is allowing your beliefs to be open and flexible. You empower yourself by questioning your beliefs. You can ask yourself questions like, “Does this belief align with my truth?”, “Does this belief nurture my creativity?” or “Does this belief serve to empower me?” When a belief no longer serves you and you are ready to change it, this is done through choices. Through new empowering choices the belief expands its former boundaries. As your reality shifts, this is where the magic begins to happen, the synchronistic flow comes in to serve and align with your new expanded awareness. You enter a space beyond belief when this happens, the space where creation is conceived. What kind of reality will you choose to create with your new expanded beliefs? As a Creator, you are pregnant with possibilities, you choose what to birth.

Believing that you are only your mind is an extremely limiting belief. The mind is here to serve you, you are not here to serve your mind. The mind is a beautiful tool, but it is not you. If you allow your mind some time to adjust, for the most part your mind will support your new beliefs. Do not get discouraged if your mind goes off on a tangent, or thinks a “bad” thought, let it be. Do not become attached to your thoughts because many times they will end up disappointing you or sending you around in circles.

Your mind is like a mischievous puppy in training, it gets bored and wants to run off and chew on something, sure allow your puppy to play, but don’t let it rule the house. You are not here to cater to your mind’s every thought. It is here to serve you, to support you when you need it, but it is not meant to rule you. Just allow it to be and don’t get caught in its trap. Think a “bad” thought if you will, thoughts don’t create, *you* create. And you are much more than your thoughts. So if your thoughts get out of control, all you have to do is tell your mind, “Heel, roll over, sit, stay, good mind.” Then you can give your mind a new bone to chew on to reward its good behavior.

If you are easily drawn into the beliefs of others, taking on their truth as your own, you may want to take a look at yourself and your beliefs. Are you running away from who you are, distracting yourself so that you don’t have to take responsibility for yourself? If so, this is a weakness that needs to be addressed. Be absolutely honest with yourself. Stop looking outside of yourself for answers and go within. You will find your truth in your heart, from your soul self, not in your mind. For some it may seem scary to journey within,
it takes a good deal of trust. If you are fearful, breathe with yourself and gently find the sacred, beautiful space within. Allow yourself to feel and discern what is your truth. Then base your beliefs on your truth and nobody else’s. Allow yourself to live in the authenticity of your truth.

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**Taking a Look at Beliefs**

You can find beliefs and belief systems everywhere you look. These beliefs range all the way from mundane to otherworldly. Take a look at some of your day to day beliefs, this can be a very funny exercise. Here are some example beliefs that you may want to question yourself with, this is just an exercise (there are no “right” or “wrong” beliefs): do you believe that certain foods will cause you to gain weight; smoking tobacco is addictive; vitamins will keep your body healthy, sugar is bad for you; you have to work hard to make a living; carrots will improve your eye sight; gas is expensive; you have to be smart to be successful; or 2012 will be the end of the world as we know it? These are just beliefs, again there is no right or wrong answer. Allow your intuition to guide you into discerning what is truth for you. Do not blindly believe something just because everyone else does. Take a good look at your day to day beliefs and see if they serve your truth. If they don’t, simply make the choice to change them, and toss the old beliefs into the fire of creation.

Then there are the more deeply rooted beliefs that are harder to detect. These are things that you may have adopted from an early age from the conditions that surrounded you, but they effect everything you do. Things like believing you are not good enough or believing there is something wrong with you. A good way to discover what your limiting beliefs may be is to fill in the blank of the following sentence, “I cannot live my dream because ________________.” Go deeper into your answer and most assuredly you will find a limiting belief there. Even if your answer was “because I don’t know what my dream is”, there is a limiting belief that is preventing from allowing yourself to know your soul’s passion. The beautiful thing is that once a limited belief is made conscious, once you are aware of it, it’s gone, it no longer has power over you, unless you have another limiting belief that tells you otherwise. Whenever you discover a limited belief breathe with it, thank it, and send it on its way. It is really that simple.

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If you find yourself getting too serious about something, you may be caught in a limited belief system. This is a good time to laugh at yourself. Beliefs can be real funny things. Your laughter will loosen the beliefs constraints, it is the “I am only human” joke. It is funny because you know you are more than just human. So have some good laughs and let yourself unwind. Believe in the power of your joy.
The Seeker and The Striver

As you step into your Creatorship, you come to realize it is time to say goodbye to the seeker and the striver, as these roles no longer serve the purpose they did in the past. You have come to a point where the seeker and the striver can be let go of. They have served their purpose and now they actually hold you back from living fully in your creative abilities.

In the past, the seeker was revered as the “holy one” who went off on a quest to find divinity, to find the answers to life. In the past this seeking was very appropriate, as it served to awaken spiritual consciousness. The individual seeker knew that there must be answers out there somewhere and that there had to be more to life than difficulty and struggle. So the seeker went out on a holy quest to find these answers.

Some would spend a whole lifetime searching for their divinity, searching and searching and still never quite finding the answers. The problem with the seeker was they were always looking and searching outside of themselves for the answers without ever realizing that the answers they sought already lived within them. A beautiful example of this is the quest of Siddhartha (Buddha), he searched and searched and struggled with difficulty looking for answers of why there was suffering in the world. And when he was exhausted with searching and he couldn’t take it anymore, he finally gave up. At this moment of surrender is when he became “enlightened”. He became enlightened when he let go of the searching, sat down under the Bodhi tree, and allowed himself to just be. For at this moment, he found what he was seeking, the wisdom and the peace was inside of himself.

Seeking is an old energy that can go on and on, and many times is a struggling. As a Creator, you realize the answers live within you. When you find yourself struggling for the answers or searching for the cure, take a moment to stop and breathe, bring yourself into the present moment. Realize you have everything you need at this very moment and trust that what you are seeking will come to you the moment it is most appropriate. When you let go and surrender to the creative flow, the solutions show up ready to serve you at the times they are needed. Remember within you lives the answers you seek, when you trust yourself these answers will come to you as a knowingness. This is connecting with your intuition and inner guidance.

Now let’s explore the striver. To strive is to make great effort and to struggle or fight against. Striving denotes you are not whole and that you must improve or better yourself. Have you ever caught yourself saying, “I am striving to be a better person.” When you are in the energy of striving you are not honoring your wholeness. Like seeking, striving is an energy that can go on and on to no end.

Striving is a struggling that comes from a feeling of being incomplete. Striving keeps one in the future, never honoring the sacredness of the present moment. When you catch yourself striving you may say things like, “Someday things will be better” or “Once I do this, this, and this, then everything will be ok” or “I have to do such and such before I can become a better person”. The problem with striving is that the results never come. You could strive for a lifetime to be a better person or you can realize you are that person now.
When you stop striving and putting out great effort, you allow things to be as they are, to be simple, then answers come to you effortlessly. When you stop striving you accept what is. Here is a simple formula for this equation:

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\text{effort} = \text{more effort} \quad \text{or} \quad \text{acceptance} = \text{effortlessness}
\]

As a Creator, you let go of the seeker and the striver. You realize these roles no longer serve you and they only hinder your ability to create. When in the role of the seeker or the striver, you are not trusting who you are and you are not trusting your ability to create. Catch yourself whenever you find yourself in one of these roles and surrender to yourself in these moments, surrender to your divinity, surrender to who you truly are, for you are whole and perfect this very moment. Accept who you are this very moment, not only the spiritual you, but also the human you. Accept the wholeness of you and know the answers and wisdom you seek already lives within you.
Exercises in Creativity

*You are living with purpose*  
*when you are enjoying life*

And now we come to the playful section of this book, here you can play around with simple exercises designed to warm up your abilities as a Creator. Time to put your Creatorship into practice! These exercises are set up as tools to assist in expanding conscious awareness. As with the master keys, you will find 16 of them. There is no particular order in which these need to be done in, just play around with them when the inspiration moves you.

As a Creator, there are many avenues to explore in the ways of creativity. One of the fun things about being a Creator is the ability to view and play with consciousness from a multitude of perspectives. Some of the exercises here may be things you already play around with, if so, take this opportunity to expand on them by putting your new found awareness into practical application.

I also want to note here that in this book I use the word “exercises”, not in the sense of the word as timed daily regiments, but rather as the playful dabbling in a variety of conscious creative art forms that serve to expand awareness. So have fun with these and expand on these exercises in your own unique creative way. Enjoy your new discoveries!
Do Something Different

When life becomes a routine, you are not exercising your abilities as a Creator. Getting yourself out of the daily rut is a simple exercise. Do something different, anything. Make the choice, first thing in the morning when you awaken, to do things differently. And then watch as your perspective changes and you become more intimately involved in the creating of your life. Watch how your choices expand.

Start your day with anything out of the routine. Perhaps you “usually” get up in the morning and make a cup of coffee, cook yourself some eggs, and then eat breakfast while reading the newspaper. Start to make choices differently than usual. Instead you could make yourself a cup of tea and write in your journal, or you could even skip breakfast altogether and find a place to sit outside and listen to the sounds of nature or the sounds of the city waking up. These are just some examples. Be spontaneous and in the moment.

Choices can range from small to grand. If big changes are difficult for you, start off small to get yourself warmed up for the bigger choices. For instance, if you started your morning with the scenario above, smaller choices could be things like, putting honey in your coffee instead of sugar, making your eggs sunny-side up instead of scrambled, or reading the newspaper from the back to front instead of the front to back. This may sound silly and it is, but your awareness changes and expands through your choices. Doing things differently will help to break the patterns that prevent you from being a Creator.

Perhaps you drive to work in the morning, take a different route than usual and drive down some back roads, heck get lost and be late for work. Do you fear you would get fired if you were late for work? Trust in your abilities as a Creator and take some risks, this is what being a Creator is all about. You know you are always safe no matter what you choose to experience. Maybe you’ll get fired, it probably wasn’t that great of a job anyway. You’re a Creator, trust you can create something better, something that better suits your new expanded awareness. Trust, make choices, and allow yourself the freedom to create.

Experiment and try something different. Perhaps you don’t like macadamia nuts and you haven’t tried one in years, a friend offers you one and instead of the automated response of, “I don’t like macadamia nuts,” consider it, give it a try. You might end up spitting it out, but you did it for the experience in the moment. Maybe you just found your new favorite nut. Be open to new possibilities through playful exploration and spontaneous experimentation. Be openly playful and free, but do not force anything, follow your heart in the moment.

Here are some more examples of doing something different, these are just simple ideas to get you out of routine and into the awareness of the present moment: sign your name in a new way on the checks you write out; leave a tip of twice the amount you “usually” would; instead of watching tv, write a song or paint; instead of doing “chores”, take a relaxing bath; cook a meal you have never cooked before; if you are always reading self-help books, read a fiction book for a change; if you are always on the phone, take your phone off the hook; instead of driving to get somewhere, just take a drive; if you are always doing something, do nothing for a change; if you always go to bed at a particular
time, go to bed at a different time. The point of these exercises is to get out of the linear time trap and to get out of any established patterns. As a Creator, you revel in new experience, a constant refreshing and renewal of the life experience. The choice is yours, do something different, be daring and courageous, dare to be different.
Arts Alive

Art is alive, it is a living expression of consciousness. Whether it be a painting, a song, a poem, a book, speech, sculpture, dance, necklace, or even a cooked meal, it is a creative expression of consciousness. Consciousness takes on a variety of formations and it is not bound to any one form. Expressions of consciousness are always changing, evolving, and expanding. Even what you see as the past is changing through your expanded awareness in the present moment.

A painting is not a static three-dimensional unchanging plane of existence. It has many layers and facets that are always changing, shifting, and moving. It is alive through the expression of the artist and through the expression of the experiencer. To experience any art is to experience a living expression of consciousness. What you receive from art is a dynamic creative energy that moves and inspires.

Everything is created from the simple ingredients of consciousness, even with dense physical matter. The freeness of the conscious experiencer determines how the matter, or the particular form of conscious art, will respond and change. If the consciousness of the experiencer is limitation, then the experience of the matter will be limited in its aliveness and its ability to move or change. Simply said the amount of conscious awareness you embody, creates the richness of your art experience. Free expression creates living art.

So here is an exercise in discovering arts alive. Choose any form of art you want, it can be yours or someone else’s, go into the art and allow yourself to experience it. It could be a painting hanging on your wall, maybe it is one you never really understood and you don’t even know why you like it or why you hung it on your wall. Experience it thorough your feelings. View it from many perspectives. Go into it and experience the depth, flow, and movement. Feel what the artist was feeling when they created it. Trust whatever you receive through your feelings. Perhaps you feel a quiet sadness, or a light of hope, or maybe even joy. Take in all sensations, smells, sounds, colors, temperatures, pulses of flow and movement. Go beyond the mind labels and experience the formations, symbols, shapes, textures, and essence.

What transformations took place within the artist as they created it? Feel the energy in all of its parts and combined wholeness. This is what experiencing art is, the art is alive. What was the artist consciously expressing and how is that consciousness evolving and changing? Remember this isn’t a mind game, trust what you receive in feelings. Perhaps you feel a message beyond description within the art, allow the experience. Your presence brings new life and new awareness to the art. The expression continues to evolve. You may even discover why you hung the art on your wall.

After you have experienced the art, wait a while, allow several days to several months, and then go back to it. It will be different, it has changed and you have changed.

Be aware of the life of your art and the art in your life. The painting was only one example, maybe it is sweater you hand knitted or a gift a friend has given you. It also doesn’t have to be a physical object, you can go into any life experience and allow it the freedom of its
expression and its openness of creative form. Your life is your art, your expression, allow it to be alive.
The Flexibility of Time

Time is a construct of temporary agreement

Time is what much of the 3rd dimensional reality of Earth is constructed with. Time is an illusion. It is a temporary agreement, a meeting point where consciousness agrees upon reality. Time sets the parameters that create the illusion of volume and distance. How it works is dependent upon the perspective of the one experiencing it, time is relative. How do you relate to time? Are you a victim to time or do you allow the synchronistic perfection of divine timing in the moment?

Linear time is time in duality, time that bounces between past and future. All time or no time is the expansive now moment, the present. Here on Earth right now, time is collapsing (or appearing to be). The structures that set up the paradigm of the linear time illusion are collapsing in on themselves, or in other words returning to pure potential. This means it is becoming easier to creatively manifest, as the illusions of duality and separation fade away. We are beginning to see that time is really just a game we are all playing, time was just a temporary agreement of the rules of the game. It is now changing, we are awakening, discovering ourselves as present Creators.

Now that we know that time is not as solid as it once appeared to be, we can begin to play around with it. Time is flexible, it responds to consciousness. The exercise here is to move, stretch, bend, expand, and even stop time. This is an exercise in playing with the illusion of time, it is an exercise in creativity. You cannot shift your reality of time through force because this will reinforce the duality of linear time. Time is shifted through expanding your awareness. Time shifting is a game that is played from the awareness of simultaneous time, time that stretches beyond the dualistic cause and effect game, to encompass all times at once.

Crow Speaks

Caw Caw Hello Everybody I am a master of disguise. Who is it I trick but you? You wonder why my name starts with a C? C for Cause, Cause/Effect that is my nature, Cause/Effect my game, I am never the same. You see me as a messenger, a master of illusions. I confound you, yet I am you. From what light do you shine? Where is the source of your ideas? How come you don't invite me in for tea once and a while? Over mountains I fly high, and touch the sky, and see all the humans standing by. I rhyme because of the effect it brings, it rings, it sings. Open up a book of riddles and there I'll be, between the lines I hide, and I attack only that in you which tries to hide the ever-present truth of Creation. Caw Caw, hear my song, and dance to it, I'm a conduit. Hear my message loud and clear, you're a dear and I'm a seer.

Imagine with me a moment of NO time, non-existent, all times are ONE, that is me, I am thee, he he...
That's ALL for NOW

Thank You Crow

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Time shifts when you choose your experience. Choose to have an experience beyond linear time, when you do this you enter the magical place of pure creative possibility. In this space you have the ability to create experience however you choose. You can slow down time, speed up time, stretch it, bend it, or even enter the pause or stillness that appears to stop time all together. It is how you choose to perceive time that creates how you will experience.

Do this exercise when you find yourself caught in the linear trap. Perhaps you catch yourself rushing off to get somewhere or trying to get something done quickly, during times like these expand your awareness and play around with your perception of time. Make the choice to experience the flexibility of time, and enter simultaneous time where all possibilities coexist. Time is what you make of it, so why not let it be flexible.
Role Playing

Consciousness lives to express itself

Your unique consciousness in its pureness is not bound to any one particular form of identity. As a conscious Creator you have the ability to play in different forms of expression, or what you may call different roles. This exercise in role playing is especially helpful if you find yourself stuck within a limited form of expression for too long. Role playing will help you to change old expressions and renew your life, as it allows greater potentials to unfold.

When you are playing a role, it is real when you are in it, yet you know you are not attached permanently to the role. When you know this you can really have fun with this. Who do you want to be? What do you want to experience? What will bring about positive changes to your life? Role playing occurs in the moment with a simple shift. What does this moment call for and what would enhance this moment?

Perhaps the moment is calling for confidence. Maybe you have never considered yourself a confident person. Play the role, through clear choice shift your energy into the energy of confidence, and stay with the confidence. Through your choice your consciousness shifts into the role. Now you are free to play around. What will you do with your new found confidence? You are now open to new creative possibilities.

Role playing is about having fun. You know you are not bound or limited to any role. You can leave behind any role whenever you choose, by just letting it go. Role playing can also assist you in moving out of any perceived difficulty you may be having. For example, perhaps you are having difficulties with your relationship with your children, get out of the old role and play with the moment at hand. What kind of role would your children respond to, what would bring you and your children joy? Children easily respond when you are in the present moment with them. Allow your freeness of imaginative expression and play with the moment at hand.

Play a role, but don’t get stuck in a role. With role playing you are aware of, but not attached to any form of identity. You could be the clown, the nurturer, the adventurous, the peacemaker, the talented, the friendly, or the graceful one. You could be the resourceful, the successful, the smart one, the entertainer, or the nimblest. Yes you could even be the antagonist, but hopefully you do this in a loving and aware way, a compassionate and humorous way that inspires and brings out the best in others. The list of roles goes on and on, with many to play.

Maybe you have always wanted to write a book, but you do not consider yourself a writer. Get into the role, you are a writer. When you choose it, it just is. Get into the flow of writing and allow the energy to serve you in this way. Role playing is about having a real experience, as your expression lives through the role. Be spontaneous and in the moment.

You may surprise your friends and family by bringing new life to your relationships. Take on new refreshing roles. Express yourself in ways you never knew how to before. You are
what you choose to be, the moment you choose it. Have fun with your role playing creations and transform the old. When the moment calls for strength, be strong. When the moment calls for communication, you are an excellent listener and an eloquent speaker. When the moment calls for answers, you have the answers. Be creative. What is it, or who is it that you want to experience? Explore possibilities and have fun playing.
Reflections of Consciousness

*Signs, Symbols, and Signals*

Your outer life often times is a reflection what is going on inside you, or to put it another way your consciousness radiates. Your life reflects the consciousness (or unconsciousness) you radiate out. Your consciousness touches, shifts, transforms, imprints, and alters your outer world experience. The outside world of your immediate life is a great indicator of what is going on inside you. This exercise is in taking a look at the outside signs, signals, and symbols, the ones that are perhaps calling your attention. Through awareness, the outside indications and signals in your life will assist you in understanding what is going on within. These signs in your outside life were placed there by you. You are trying to get your attention, to awaken yourself from sleep. With awareness of the outside reflecting your inner world, you can see what transpires in your life from a new expanded perspective.

Before you start this exercise, be clear about not letting your mind get into this. Your mind may try to identify with every symbol or sign it sees, thinking this and thinking that and going crazy. And then fear might start to take over. For example you see the word “death” written somewhere, and your mind identifies with it and you may think, “Oh no, does that mean I am going to die soon?” Be clear this is not a mind game, it is an exercise in expanding awareness through seeing your inner-self in your outer life experience.

Take a look at things as they are happening in your life. Here are some example ideas of things you can be aware of: is your house one big mess; are you constantly losing things; is your car always breaking down or having problems; is your computer acting up on you; if you have pets are they behaving strangely; do you feel uncomfortable in your own clothes; are your plants in poor shape; are you always running out of the things you need; are you constantly running out to the store; has your home become a traffic station for unwanted visitors?

Also take a look at your relationships, do you feel as if nobody listens to you; or there is nobody around when you need a favor; do you feel the people in your life are constantly taking advantage of you, that they ask too much of you? Or do you feel as if you are tip toeing on egg shells around another person, or you are always watching what you say; or do you run and hide to try and avoid certain people and situations?

What you see as reflections in your outer life or in another human are often times aspects of yourself reflecting back to you. Aspects that are unbalanced and that need healing to return to the wholeness of you. These indicators in your life or reflected aspects of yourself, will many times get your attention when they appear to take over or cause havoc in your life. Do not solely identify with one particular aspect or let it take over. These aspects are not separate from you and through awareness and unconditional love you can allow the integration back into wholeness of you.

When you allow healing and integration of your unbalanced parts and pieces, the so called outer “problems” disappear. The projections or reflections are no longer needed because
in your awareness, you are balanced, whole, and centered within yourself. The things in your life begin to take care of themselves and you start to see others for who they really are, instead of the projections and reflections of your unbalanced being. Then you can also see beyond their projections as well.

What is your consciousness reflecting in your life to signal you? Take a look at your life, as things are presented in the moment to you. As an example, let’s take a look at your car, if you have one. Does your car have any obvious repetitive problems, is it constantly overheating, is it always low on oil, do your brakes need repair, does the transmission slip? This exercise is not about “fixing the problem” it is about becoming aware of the signals and signs in your life. You are not your problems, you are your awareness. Again, what appears to be problems is just unbalanced or fragmented aspects of self.

When you become aware of the unbalanced aspects that appear to be separate and bring them back into the wholeness of you, the problems fix themselves, or better said you become aware that they are not problems anymore. Pay attention to signs and signals in your outer life. What they are really telling you is to take a look within. See what needs your attention. Within is where the real change occurs. By the way, if your car is running great, congratulations. The car is only one example, be aware of everything in your life especially your relationships with others. Remember not to identify with the disharmony. You are the harmony who is returning the disharmonious parts and aspects of yourself back into wholeness.

Relationships are a great way to look at what is going on inside you. Are you angry with somebody, if so what is the cause of this anger? It may appear to be the other person, but really it is not, it is a conflict going on within yourself. Integration back to wholeness happens when you allow and accept what you are feeling. Do not deny the anger, let it run its course while placing your awareness on what is going on within. Really allow yourself to feel what is going on with your open awareness and nonjudgmental observation.

Perhaps you feel as if nobody in your relationships listens to you. What is creating this? It is something within you. Perhaps it is a self-defeating aspect of unworthiness. Go deep into your feelings to discover any unbalanced aspect and allow it the freedom to heal. With your unconditional love and forgiveness, let the aspect go and let it be free, and then breathe and call it back to the wholeness of you.

Discovering signs and symbols in your life can also be your consciousness signaling to you a remembrance of dormant or forgotten abilities. Signs can be reminders of talents and abilities your consciousness wants you to be aware of and utilize. Look at the signs, the symbols, and the signals in your life from a higher perspective. They serve as reminders and contain important information for you. They are nothing to fear or run away from, they are getting your attention for a reason. Look within to find the understanding and purpose of anything in your life. All is significant, go within to find the answers, and trust your intuitive feelings.
Effortlessness

Effortlessness is a choosing to create and live life with simplicity and ease. Life can be simple and easy when you allow its effortless flow. This is a simple exercise in allowing things in your life to be effortless. Start to become aware when you find yourself struggling or faced with difficult choices, in these moments realize that there is an easier way, an effortless way that will allow the new creative potentials into your life. Allow the potentials in.

Many humans have been conditioned to believe that life is difficult, you have to struggle to survive, and work hard to make a living. These very limited beliefs have people around the world suffering, striving, and slowly yet painfully killing themselves. It doesn’t have to be this way. Life does not have to be hard, it can be approached with openness, simplicity, and grace. Solutions come in the flow of effortlessness in the moment.

Choose Effortlessness

If you are trying to get something accomplished and the effortless flow seems to evade you, you are trying too hard. At times like these I recommend to stop trying altogether and take a different approach, the effortless approach. The word trying itself is very “trying”, trying can go on and on to no end. Trying to get something done, trying to make things better, trying to make ends meet. You have probably heard, “These are very trying times”. You can let go of the trying and start allowing. Allow the answers and solutions to come in, allow your success to come in, allow yourself peaceful living, allow the money to flow in. Let go of the striving effort and hard work and allow it to be effortless.

When you make the choice to allow things to be effortless, this gives you the ability to take care of things and do things with a gracefulness about you. You don’t need to use force or push anything, you can use finesse and elegance. Doing things the hard way may be a difficult habit for some to break. Sometimes difficultly has been so ingrained that it has become an addiction. People think they need to suffer because they do not deserve the gifts and the freedom that effortlessness brings, they feel they need to strive or earn through suffering in order to be worthy of reward. These are old belief systems that will limit you. Why not choose the easy way? Do not question if you deserve it, just allow it to be.

If you are feeling stuck somewhere it is usually because of an inability to make a clear choice. Ask yourself, “Is this really something I want to be doing?” When you clearly choose to do what brings you joy, life becomes effortless. The energy flows in to serve and align with your joy. This energy can be money or anything that is needed to create what you desire in life. To live effortlessly takes trust, trust in your creative abilities, and trust that you will be provided for in times of need with more than enough. Trust allows the abundance in. You don’t have to do anything to bring the energy in, it arrives when you make the choice and allow it in, when you are open to receiving it. The Universe always responds to love and joy with the flow of more love and joy. All you have to do is trust yourself and you can then easily and effortlessly create anything you desire.
Living Your Joy

The joy of being is a fluttering of
love in the beauty of Creation

Ah Joy! What brings you joy? This is not a question to ask your mind, as the answer does not lie there. In the heart of you, you discover your joy. This exercise is realizing what brings you joy. What makes you feel free and alive and in love with life? Find what nurtures your spirit and what makes you shine with beauty. Discover what makes the light sparkle in your eyes and your heart fill with overflowing delight.

Joy can be found in simple things of beauty and harmony. It can be found in the scent of a flower, a warm hug from a friend, a song on the radio, a gentle breeze on your face, a warm crackling fire, the colors of the rainbow, birds singing outside your window, the sound of children laughing, rain showering upon you, or a beautiful sunset. The blessings of life are many, and the joy to be felt is magnificent.

Living your joy is being in your love. What do you love? What brings you into the present moment to experience? Do you love painting, singing, writing, dancing, walking in nature, exploring, or communicating with animals? Do you love to perform, play music, garden, cook, sew, sculpt or build? Do you love to make people laugh, to nurture children’s creativity, or to inspire others? When you are living in your joy, you are inspiring others. Your joy is a receiving and a sharing that flows.

In Being you find joy, and here you live in the synchronicity of life, the flow of a miracle unfolding, the light of beauty shining, with waves of peace and ecstasy connecting you to the source of all Creation

Doing what you love is not about finding some temporary comfort to mask or numb some perceived pain. It is about intimately involving yourself in what brings you joy. Take an intimate look at what you love about life, and start to replace the old habitual activities with new joyful experiences. When you are living your joy, you are living your purpose. Be open to receiving the many gifts and blessings of joyful living.

Living your joy is living with passion, it is the discovering of your philarosa, your love of loves. You find joy when you are living and expressing your authentic self, the true you, this is the joy of being. Joy is something that can be so exciting and yet so relaxing at the same time. Ah joy! Start living yours.
Loving Your Body

Your body is the sacred temple in which you dwell. It is alive through you and made up of the divine intelligence and elegance of the Universe. Your body is serving you, it is made with your conscious expression. It is your creative vessel in which you express and feel through here on Earth. When you step into your Creatorship, you bring yourself more fully into your body. Your awareness is experienced within and through your body. Your body brings your expression to life, it is your dynamic energetic life house in which your conscious expression plays.

Your body responds to you. How do you feel about your body? Do you resist it or do you honor it? Can you accept your body as it is, right now? Can you accept your age, your weight, your hair color, your bone structure? When you lovingly accept everything about your body, you honor your body and your body responds in the aliveness of your expression. If you are sick or in dis-ease, when you accept and love your body in whatever state it is in without resistance, you create the healing space that allows your body to naturally rebalance and rejuvenate. When you respect and honor your body, you allow your body its innate ability to heal itself. Any resistance to your body inhibits the natural flow and reinforces the experience of the disease or illness. Trust your body and allow it to heal, give it your permission to naturally return to a place of purity and balance.

Your body is the vehicle in which you experience life. Take care of yourself and listen to your body. Your body will let you know when you are unbalanced or out of sync. Allow yourself to feel what your body is communicating to you. When you listen to your body it is simple and easy to take care of. Nurture your body, feed your body the nutrients it needs, bathe your body, let yourself rest when you feel tired. If you feel stiff, stretch your body or exercise your body. Be gentle with your body, you do not need to force it, as this is you working against yourself. And remember to breathe, yes breathe, this is most important as it awakens the soul-self within and assists you in grounding your divine essence more fully into your body.

The exercise here is to come into loving acceptance of your body, to accept every part of you, even the parts which you consider to be flaws. Can you look at the so called flaws and see the beauty of them? You can change how you feel about yourself and your body by looking at yourself through the eyes of compassion. Your body is your beautiful biological vehicle that allows you to feel and express here on Earth. Any perceived flaws are but minor and temporary aspects of you that bring character to your expression. You came to Earth to have an experience, not to obsess about the details. Your flaws are flawless in the awe-inspiring design and perfection of the Universe. Do not identify with what you believe is “wrong” about you. Allow your divine perfection to become one with your physical body, giving yourself the space to truly express the splendor you are, through the physical.

Become aware of yourself in your body. Observe how you carry yourself, how you move, and how you express. Do not observe with a judging mind, just be aware of yourself in your body. Allow the fullness of your expression to come through your body. Communicate with your body, communicate with the love of you. Your body responds to
you eloquently with love and beauty. It then easily heals and changes, creating the space for you to express even more of the pureness of your essence.
Releasing Judgment

The End of Karma

Judgment is a false god. Judgment is created from the limited human mind in the belief of the separation of self from God. Releasing judgment is freeing yourself from the identification with your mind and freeing yourself from the illusion of separation from the wholeness of you.

The mind creates an identity based on past experiences. It judges the experience by relating new information to the past, this is what creates a reality of deception. When you judge your experience, your experience is limited to the past, then history continues to repeat itself through judgment. The mind has mostly been used to serve beliefs of a dualistic reality. The dualistic reality of right and wrong, good and bad, up and down, light and dark. It sees these as two opposing forces working against each other. Living like this is living in a world of black and white with nothing else but one or the other, it is either this way or that way, but it can’t be both. This is the split mind that cannot see the dynamic multifaceted life energy in all things. To live in this mind prison is extremely limiting to creative possibilities.

When you judge others you are judging a reflection of yourself. What you judge in others as flaws, is your mind’s identification of separation. When you lie to another in fear of what they would think or feel about you, you are judging yourself. And when you make choices in your life based on how you think others perceive you, you are judging yourself. Self-judgment has been the bondage that has kept humanity powerless and enslaved for a very long time. Forgiveness and honesty are what release you from the bondage of past. When you are honest and forgiving with yourself, your self-judgment is released and is no longer seen as reflections in others. This is the return to innocence, the return to authentic self.

Releasing judgment is forgiving the self. Forgiving your past is the releasing and ending of karma. Karma is a belief system that says you owe something because of actions or non-actions in the past. Karma says that you must continue to suffer until you “pay your dues”. When you feel guilty or as if you are doing something wrong, this is karma. Karma is judgment of the self, it is the blame and guilt that makes you a victim. It is the belief that you are powerless to the judgment of a god separate from yourself. It is the belief that you have a reason to be shameful. When you forgive yourself, you release the karma that has bound you into a perpetual cycle of self-abuse, shame, blame, and victimization. Forgiveness and acceptance releases you from a dualistic reality of right and wrong. You are free to truly live.

Make the choice to end karma now, the simple choice to release all judgments of the self through forgiveness and self-acceptance in the moment as it is presented. Forgive, breathe, accept, breathe, release. You are free of the past. There is no more karma that holds you back from creating.
The Perfection of Nature

Nature speaks in the language of perfection. It is Creation in love of sacred formation. I am sure you have experienced this perfection and the healing that nature brings. So this is a simple reminder to experience and receive the blessings of the love of nature. If you feel as if you have been away too long from the beauty to experience from the natural order of the living Earth, this is a calling to experience the sacred perfection of this place. Go out to her, for she is you, and allow yourself to feel and experience her grace and beauty. This provides deep healing.

There is much to discover and incredible love to be felt from the body of the Earth. It is alive with the consciousness of living beings, who commune in sacred formation and perfect harmony of sacred sound. The blessings are many, the healing, the peace, the beauty, the sounds, the colors, the light, the love, they bring such joy and inspiration to create.

Hummingbird Speaks

Hello I am Hummingbird, I sing a song to you, flowers in bloom smell of beauty, rainbows and feathers dress in the light of the sun, in the magical rain of you, words are a fashion of unchained command, they flutter and wave with the billowing breeze, so beautiful is the light of compassion and rose in the breeze. I sing to you of the juniper blue, of flowers of reds and violets too, how they open to me with colors of light and freedom does sing her wondrous delight. Oh the beautiful trees and the orange in light of the rosy procession and the angel’s concession, in a house made of love, how this is delight and joy’s wings in flight, remembering her light and the joy that it brings, she sings, “Oh my dear, there’s nothing to fear, I am always near.” And that is the Mother of Nature, her love and her song you knew all along, in your heart is the art of it all. I bless thee with my light and bid thee good flight. With Love, Hummingbird

Thank you Hummingbird

Earth is a living library where you can access information. This information is a living consciousness that is discovered through the communion and communication with nature. Nature is speaking to you, are you listening? What is it you desire to experience here on Earth? Ask the Earth how she can serve you, the many living beings of nature will assist you in any way they can. They are here for you and serving you with unconditional love. Treat these beings with respect and honor the living Earth, for her body is yours as well.

You are a steward of the living Earth, take care of your home and enjoy its gifts. Come to know the delicate balance and perfection. Nature is calling you, open yourself to receive.
Experience the perfection of nature and enjoy the healing, grace, and pleasure that is freely offered.
Creating with Clarity

Amidst the chaos, confusion, and cloudiness of the human condition, clarity is paramount to creating with efficiency and impeccability. Clarity allows the flawless quality and natural sound of your essence to come into your creations. Clarity is found in the breath of the moment and the clear choice of experience. In the stillness of you, you discover your clear awareness. In this space of awareness, the stillness, your experience appears to slow down and you feel a sparkling clarity about you, where all is simplicity.

You are sound in wholeness when you are not resisting yourself or resisting your experience. From this clear space your creations take on a crystalline quality, a pureness that comes from your expanded beingness, the core of your essence. When you are in your center, you are still and calm. In this clear space, creating is done with ease and simplicity. Your creations reflect the purity and wholeness of you.

In clarity, your intentions are clear. Being clear about your intentions and what you desire to create will support what you want to experience. Intentions are the clear and simple choices that are made in the present moment. Intentions do not work well as a force or a mind obsession, as this denotes a lack in trust. With intentions, trust is required in order to fully manifest your creations with clarity and efficiency.

This exercise in creating with clarity is giving yourself the space to allow the clarity of you to be. Choose clarity, call upon it whenever you need it, and know that it is always available. When you awake in the morning choose to be clear throughout your day. With clarity you can easily discern what is yours and what isn’t. In this way the confusion of others or the thickness of the human condition cannot affect or hinder your ability to create.

Be clear in your relationships with others. When you are honest with yourself and with others, you create the space for clarity. Become clear with yourself and those you relate with. Slow down and put power into your words when you are communicating with others. Be true to you. When you are living your truth, you are clear about who you are and you do not take on others issues as your own. Find your center and then listen and interact with others from the clarity of self-awareness.

Clarity is expanding your focus on the bigger picture. In order to be clear you must release identities that no longer serve you, this creates the space for expanded awareness in the present moment. And this will enable you to be a more efficient Creator. Part of this exercise is clearing out the junk. Clear out the junk on all levels, let it go. Whether it be emotional baggage, mental disorder, physical junk, or spiritual rust. Release what no longer serves you. You do not need it anymore. In the release of the old, you return to a place of pure, authentic, & sparkling innocence.

Be aware of your breath, your breathing clears and purifies all energies. Breathe in clarity. If you find yourself unclear about things, calm yourself, breathe in purity, and enter the center of your awareness, then choose to create with clarity. Keep it simple because this is what clarity is, it is simplicity.
Abundance Assignment

This exercise is more like a creative assignment to do if you choose. This assignment will open you up to experience more abundance in your life. This assignment requires an entire day of honoring and the celebrating of you. It is an entire day of experiencing the fullness of living, being, and enjoyment of your life. This is your day, let yourself shine!

The day you choose this assignment start by awakening in the morning as if you were just reborn, as if today is your birthday, this is “the day”, this is “your” day. Feel the joy, the excitement, the fullness, and the blessings of being alive on this glorious day. This day you celebrate you, yes you!

Dress yourself on this day, in your finest clothes. Dress in whatever it is that expresses your feelings of loveliness. You can dress yourself as if you are a king or a queen, princess or prince. Or maybe you’d prefer a simple unadorned garment. This day is completely dedicated to you, so allow yourself to feel the magnificent beauty of you in whatever way you choose to express it.

Now create the day as a celebration of yourself. You can do this in many different ways, be creative. Perhaps you will go out and pick yourself a bouquet of flowers or buy yourself flowers. Maybe you will play music that makes you feel wonderful. Or perhaps you will take yourself out for an enjoying walk in nature. How will you honor yourself?

Maybe you will take yourself out to experience a play or a concert. Or perhaps you will get a massage or take a relaxing bath. Maybe you’ll prepare yourself the most delicious of meals, or take yourself out to dinner. If you take yourself out to dinner, order whatever your heart desires. Do not worry about the prices, remember this is your special day. Since this is your special day, gift yourself with the blessings of receiving. Love, honor, and appreciate yourself deeply. And receive, yes receive.

Part of this assignment is also creating a gift for yourself on this most momentous day. Create something to honor and celebrate you. It could be a work of art, a piece of jewelry, a song or poem, a clay bowl. Whatever it is, dedicate it to yourself and receive the gift of yourself. Bask in the glory of you, in the glory of being alive, in the glory of living abundantly. Allow yourself to truly experience the abundance and start to make this assignment an intimate part of everyday of your life.

You are a precious gift of All That Is, honor and celebrate yourself, live your radiance, and experience your birthright to abundant living. Allow yourself to be born anew everyday of your life, this is true abundance, it is enjoying the miracle of life each blessed moment of each blessed day, and the continual receiving of life’s gifts in honor of who you are into abundance overflowing.
Sound as Awareness

This exercise is becoming aware of the sound in your life. It is the practice of deep listening. From your center of still awareness, the space of silence, observe the sounds in your life. In this centered space, any sound you experience can never disrupt your peace and harmony. When you do not resist the sound in your life, and you allow it to be, it serves to enhance your expanded experience.

How you respond to sound assists in creating the dynamics of your experience. Sound is a gateway into experience, it creates movement. Sound in harmony is movement in wholeness. The harmonic resonance of a particular sound depends upon the wholeness or completeness of the formation the sound is moving in. In other words, the sound’s quality or harmony is weakened in incomplete formation, and this creates what is known as static. And the sound’s harmonic quality is strengthened in sacred formation, and this creates what is known as resonance.

Every expression of consciousness has a unique sound signature. This sound signature expresses beyond what is known as audible human sound. Communication through sound is expressions of consciousness in movement. How do you perceive the sounds in your life? When you are “sound”, whole and complete unto yourself, then no matter what you are experiencing as outside sound (harmony or disharmony), you always return to the wholeness of you, the sound of your unique consciousness within the silence. To get in touch with the silence, observe between, behind, and through the waves of sound in movement, the pauses of stillness. Listen in the silence as you become aware of yourself as presence in experience. In this space, disturbing outside sound frequencies cannot negatively affect you or cause you discord. When you do not judge, resist, run, or hide from approaching sound, you can easily let it move through or freely play with you.

A great way to get into deeper touch with sound as awareness, is the practice of non-verbal communication. With non-verbal communication, you communicate and listen without the separation or static that the verbal human language tends to create. It is the communication beyond labels, words, and definitions, where what is actually being communicated is more clearly understood. When someone is speaking, do you listen to their words or do you listen to what it is they are communicating on deeper levels? Deep listening is done through “feeling” the wholeness of conscious expression through sound and the pauses of silence between the sounds. Do you “feel” what the other person is communicating, instead of just comprehending the concepts of words and definitions?

Start to practice non-verbal communication by listening from a place of stillness. Being aware of the sound in your life will enable you to know when things are coming before they actually come, you feel whatever is approaching ahead of time, which enables you to prepare for letting greater potentials in and enables you to respond with ease and grace in the moment as things are presented.

Another part of this sound exercise is expanding awareness through deliberate sound, or sound with intention. From your center of awareness, a place of nonjudgmental observation, be aware of the sound that you create. As you do this, make the sounds you
create intentional, as a choice to make the sound as your making it. Even when you are opening up a jar of peanut butter, become aware of the sound you are creating as you open it. As you close or open a door, make the sound you are creating by this action an intentional choice. As your spoon hits the bottom of your bowl and makes a sound, let this sound be one that you are creating. Doing this exercise will open you up to another dimension of awareness. You may even discover you are really quite musical in all that you do. Every action you take, no matter how little, is an expression that contains your sound. Make your sounds deliberately and you find you create a symphony of life.

Sound as awareness is an expansion of experience. Listen deeply to the sound in your life from the presence of your expanded being. You can allow the sound in your life to move you into inspirational creation. When you resonate with sound, allow it to change you in dynamic ways. For example if the sound you experience from someone else, moves you to create, you can allow this sound to become a part of the wholeness of your experience, to become part of your harmony. Resonating with sound, is allowing the sound to become part of your expression. In sound as awareness, you are in your harmony, as a complete symphony of musical expression.
Exploring Feelings

What can be received through feelings is a rich and multifaceted experience, experience that encompasses a multitude of conscious truths in expression all together in the same moment. Feeling is your conscious awareness that goes way beyond what the mind can fathom, it is your openness of receiving and allowing rich and sensual experience to unfold. How open are you to your feelings? Are you open and sensitive to receiving multiple channels of conscious information?

For many humans at this time, there is a fear surrounding opening up and receiving energy and information. This is due to the karma of the past, where a heaviness of fear caused unsafe experience. For example, perhaps somewhere in the past (including past lives) you were taken advantage of, or psychically attacked, or you had the perception of energy being stolen from you. The energy of the past was much heavier than it is now. This energy of the past is no longer relevant in the life of a Creator. This is an old energy that no longer serves a purpose. As a Creator you trust there is nothing to fear, you are always safe no matter what you choose to experience and you could never be harmed. It is now safe to open yourself up to feeling. There is no longer a reason to hide. You are a Creator, you are magnificent, and you are safe and sound. Be strong within yourself, be courageous, but also gentle with yourself as you allow yourself to open up to feelings.

With feelings, you can go into anything and allow yourself to experience it fully. There is no danger of getting lost, for a Creator it is impossible to. You always return to you, no matter what experience you choose to go into. You easily return to yourself with one simple receiving breath in the, “I am that I am”. You are complete, you are whole, you are the moment choose to be. Allow yourself to experience, allow yourself to feel. You can go into anything through feelings and experience even that which is considered disharmony. Perhaps you are picking up on feelings despair, you can go into the despair and allow yourself to feel it completely, it cannot overcome you, you are the observer, the experiencer, and you return to you always.

The exercise here is about going into and exploring feelings. Whatever feelings may arise, whether yours, someone else’s, or that of collective humanity. You can also go into feelings of the Earth, geographical locations, physical objects, animals, your pets, or groups of consciousness (such as countries or schools). When you go into feelings do not try to change anything, just observe and experience. You are not trying to change anything or anyone. Be in your compassion, your unconditional love, and allow things to be just as they are. And remember to always return to you, “I am that I am”.

You can also go into your body. If you are feeling any disharmony or pain in your body, go into it with your awareness and get out of the judgment of your mind. Feel what is really going on and be open to receiving the answers. Your feelings will reveal to you many truths if you trust in yourself.

The journey of experiencing through feelings is multifaceted. You experience through many dimensions and layers of consciousness in different expressions. Here are some example questions of experiencing different layers: What does the experience sound like,
smell like, taste like, look like? What type of energy does the experience radiate? What are
the emotions, the thoughts, the perceptions? What is hidden or scattered? How are things
moving, expanding, and unfolding? What feelings are coming through beyond
description? Don’t use your mind to actually answer these questions, go into experience
allowing yourself to trust what you receive in feelings. This is trusting your intuition, your
sense of inner knowingness.

What you perceive through feelings will expand your experience. It enables and empowers
you in your ability to respond to life. It is all about experiencing. Trust your feelings as
they provide the answers to any question that may arise. Dive in and experience, don’t be
afraid to feel, you are that you are, nobody can take that away from you. Trust and feel,
trust and feel, this opens you to boundless possibilities and clear intuitive knowingness.

_Breathe “I am that I am”_
Sexual Integration

Sexual energy is life force energy, it is vitality. It is your dynamic life energy that makes you feel alive, as a physical sensual being. It is what fuels your passion to create and to experience life. Sexual energy can be utilized, received, and exchanged in many ways that have nothing to do with the sexual intercourse of man and woman. Sexual energy is the sensual experience of being human, it is the allowing of the energetic life richness in and the receiving of vital life energy through pleasurable experience. It is nothing to be in fear of or ashamed of, you can allow the dynamic sexual energy to serve you. Sexual energy is alchemized within and it does not have to be sought after outside of yourself. With sexual integration you are a whole and sensual being, you can enjoy the pleasures of life without taking or stealing energy from another.

Sexuality is greatly misunderstood, repressed, and abused by much of current humanity. Through belief systems of collective humanity, many are taught to believe that sex is “bad” or “dirty” and that expression of self is shameful. Part of this belief is that you need to hide your sexual energy in the fear of it being stolen from you. This is the repression of sexual energy and it inhibits self-expression. The other part of the sexual energy misuse is the controlling of it, it is the belief that you must control the sexual energy you experience. This control turns into force, manipulation, or the stealing of energy from another.

In a place of duality, sexual energy gets extremely imbalanced. It is the sexual duality of energy repression and control. In this imbalance one steals energy from another in order to temporarily be satisfied. In this imbalance one will give with expectations that the person they are giving to, then owes them something. This imbalance is also when one takes or steals energy from another being in order to feed off of them. This illness of the sexual energy is a very real and sticky human illusion.

The misuse of sexual energy has been the heaviness of humanity. And this misuse goes beyond the typical male and female “sexual” relationship. It is found everywhere. For example, when someone gives you something, whether it is a gift, a compliment, a touch, or makes you dinner, if you feel an underlying guilt or shame in this interaction, as if you then owe that person something, this is the sexual energy imbalance. Or if you refuse energies from someone because you fear they would want something from you in return, this is also the imbalance.

When you give something to another and you know they really don’t want it, this is sexual imbalance. Also if someone tries to give you something (a form of energy) and you do not want it, but you hold your tongue and accept it anyway, this is also imbalance of the sexual energies. You honor yourself and others when you can say “no thanks” in a loving way. This returns the energy to both individuals involved and it empowers, respects, and honors the wholeness of your life energy.

Here are some questions you can ask yourself to gain clearer awareness of your sexual energy balance: Can you give to another without expectation of something in return? Can you accept or receive from another without feeling you then owe them something? Can you receive a compliment, money, or a hug from someone with love and without the
shame, fear, guilt, or expectations of repayment? Do you ever give something to someone when you know they really don’t want it? Do you covet or guard your energy or possessions in jealousy or fear? Do you take from another without their genuine consent? Are you controlling or pushing others with your insecurities? Do you willingly take abuse from another, whether it be verbal, physical, or psychic? After answering these questions, do not judge yourself if you realize you are sexually imbalanced. You can rebalance your sexual energy with your unconditional love and forgiveness. Make the choice to rebalance and integrate your sexual energy, you don’t have to do anything, with your awareness and with your breath just allow it to naturally rebalance on its own.

Everyone has both male and female qualities, even though your physical body is a particular sex, you are both male and female within. Do you honor and respect both the male and female parts of you? This exercise is integration of both of your parts back into the wholeness of you. Living in the wholeness of your sexual energy is living in fullness of all of you, without having to take it from somewhere outside of you. This exercise is about opening up, receiving, and allowing your sexual energy to flow in. This exercise is also about letting down your boundaries and allowing your full expression to come through you. It is about releasing the fears that keep you in a place of control or repression of your sexual energy.

Create a safe and sacred space through your breath. Know it is safe to let down the boundaries that have kept your energy caged up. Realize nobody could ever take or steal your energy without your permission. In your safe space and in your creative power, you can say no, or yes. When you let down your boundaries and you allow the vital life energy in, you are opening to experience your sensuality and sexuality in freeing ways, and you are open to receiving the pleasures of life.

Choose to balance and integrate your male and female within, when you do this, it allows your sexual energy to flow freely, and you no longer need to take energy outside of yourself to feel complete. In this way sharing is so much deeper and more intimate with another. You are able to enjoy the life experience in beautiful ways, when you are not controlling, repressing, or stealing energy. By living in the wholeness of you, you honor yourself and any other person with whom you interact, while allowing yourself to enjoy the sensual, sexual experiences that life has to offer.

Integrate yourself into wholeness and free yourself from the limitations you put on your sexual energy, allow the life energy in. In integration your energy has no limits.
The Breath of Life

The sacred breath is the continual inward and outward flow of unconditional love

To consciously breathe is to choose life. When you consciously choose to breathe, you bring yourself more fully into your body and into your experience. Breathing awakens the soul within. The breath never needs to be forced. You can allow your breathing to be easy and flowing, and also deep and encompassing. You receive through your breath vital life. Allow yourself to feel the aliveness within you, as you breathe in its pureness.

The breath returns you to yourself if you are feeling lost or disconnected. It will also assist in freeing any stuck or bound energies. The breath creates movement and this movement of energies creates flow into your life. It is very important to remember to breathe, especially at those moments when you are perceiving difficulties. Breathing will clear out the old energies and let in new potentials. Breathing purifies you and connects you to the essence of your pure consciousness.

Consciously breathing turns any life “situation” or “circumstance” into an experience. When you are experiencing life, you are present, in your power, and in your ability to choose and create. Breathing releases all tension and eventually brings you into a state of deep relaxation. Through times of transformation it is especially important to remember to breathe, as it will help you to come out of resistance and allow the transformation to flow smoothly. Consciously breathing returns you to your awareness and through your awareness is how you consciously create. Breathe life into your creations. This brings your creations to life, as a living expression of you. Breathing into your creations, allows your creations freedom to be, as your breath blesses them with your unconditional love.

Take a deep, purifying, refreshing, and cleansing breath right now ... Ah, how nice

Breathe when you awake in the morning, breathe the “breath of receiving”, receive life, receive you. Remember to consciously breathe throughout your day. Breathe when you are speaking with another and watch how your communication becomes more effective and more in alignment with your truth. You can allow your breath to assist you in different situations throughout your day. When things get complicated breathe the “breath of simplicity”. When you find yourself blaming or feeling guilty, breathe the “breath of forgiveness”. When things are not going how you would like them to, breathe the “breath of acceptance”.

Your breath will set you free. Breathe into your problems and into your illnesses. Breathe into any difficulty that may arise as this will give you freedom to create. Return yourself to your innocence and purity. Remember when you consciously breathe you are choosing to truly live.

You are alive! Breathe
Your Flowering Potential

What a beautiful adventure it is to be a Creator, to live in your authenticity, to live in your wonder, and to relax into who you truly are. Yes relax, ah... The gifts of life are here for you to enjoy. Living as a Creator is an amazing experience and a never-ending journey of blessings upon blessings of discovery. The magic and mystery of Creation is unfolding before you, can you feel the excitement? Can you feel the brilliant glow of life coming alive inside of you? Do you see the sparkling multifaceted nature of everything around you? Are you ready to truly live? To truly experience?

Breathe ... Yes ... Breathe

The path of the Creator is not for everyone at this point in the general human consciousness. You are a forerunner, a pioneer in the expanded realms of creative consciousness here on Earth. This is something to celebrate, as you are paving the way for others to discover these sparkling potentials. You are letting everyone know that it is possible. You are a living inspiration, celebrate this.

When things get difficult for you, remember to relax, remember that life is here for you to enjoy, that life is here to serve you. Remember that things are more than they appear to be and there is divine purpose in everything. And also remember how truly extraordinary you are. You are blessed with the gifts of Creation, you couldn't do something wrong if you tried. So just relax, trust, and create. You are unfolding and expanding in beautiful ways. For you are flowering in unlimited potential.

Living in your Creatorship and realizing your flowering potential is a continual receiving of the gifts of life. Continue to open yourself up to receiving, allow yourself to receive. Yes you are allowed and yes you deserve it! Receive life, receive you, receive bounty, receive answers, receive yes receive and let the energy flow in to serve you.

You are a Creator, this is your magnificent masterpiece in the making, your living work of art. Set yourself free to create whatever your soul desires and give your creations the freedom to be, bless them with life. Allow your creations to expand and to grow in their own unique way, as a living expression of your divine beauty. Do not be afraid of yourself and your powers to create, do not be ashamed of who you are! Allow the fullness of you to come into your multifaceted expression. Set your expression free and soar dear friend! Allow yourself to live in your mastery, for you are truly a master. Step into your Creatorship and get out of your own way.

Open, bloom, and flower in unlimited potential

So now as I end this book, I honor and delight in the journey we have shared and I leave you here with four simple suggestions: smile, play, create, and be free.
Namaste
Many Blessings
Grand Adventures
Shine on in Brilliance
In Expression of Beauty
Thank You for Being You
I am that I am, and so it is
About the Author

Rebecca Maria Blanco also known as Becky, Bee, and Wind Dancer is a New Energy writer. She is a pioneer in conscious expansion exploration. She has a love of beauty and sacred formation that enhances her ability to write with eloquence, thus engaging the reader in a multifaceted, interactive experience. She writes with a dynamic energy that serves to inspire grand potentials in others. Her purpose of writing this book is to inspire you into living life to the fullest, to live your potential. Her website is Festival of Colors, a celebration of creation and consciousness can be found at: www.festivalofcolors.com She invites you to come and join the celebration 😊

Some things I love... All forms of art, singing & dancing. All things beautiful, nature, flowers, animals, insects, pine and willow trees, large bodies of water. All things colorful & joyful, rainbows, celebration, people playing. Adventures and exploring the Unknown. And writing with divine inspiration, movement, song ...
Resources

Festival of Colors - Celebrating Consciousness and Creation, Celebrating Life! Art, Articles, and Inspiration for Creators www.festivalofcolors.com


Live Your Potential