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**How to Create What You Want**

**By Judi Singleton**

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How to Create What You Want

The time has come, we are living the fifth dimension. What we wish for is coming true in an instant. More people than ever before are creating the world they want. They are finally aware that they are co-creators of this world. Some have stopped being victims and realize what they think and meditate on manifest. Our thoughts effect us in many ways. They create our preception of the world. As we preceive our world so it is for us. So if you think abundance in health, wealth, prosperity, friendships, love so it is your world. So not only our positive thoughts or affirmations materialize but our worry thoughts. If you knew that thinking about sickness would make you sick, would you stop thinking those thoughts? If you knew worrying about money would cause lack would you stop worrying about money? Let's use an example. I am out of work so I think I will not be able to pay my bills. These are worry thoughts and if I continue to worry them and hang on to them, I create lack in my life. If I affirm that I am prosperous, that money to pay my bills is coming to me now, the whole universe responds to my thoughts and making these thoughts come true.

Many people see their thoughts as something that happen to them. They do not see that they have a choice to think positive affirmations, or worry thoughts. In fact if you question them they think that they must worry to keep the negative from happening.

## How to Create What You Want

You are not your thoughts. You are not a victim of your thinking. You are a co-creator of your world and you and only you can determine what you experience in your world.

Staying in the now and staying centered is very hard when you first try it. One is so used to being scattered and afraid that this habit is strong. But with practice like any other talent you can overcome worry thoughts, the feeling you are a victim of your thoughts, they just happen. You can take control of what manifests in your life and create the life you want.

About the author: Judi Singleton is the publisher of Jassmine's Journal you can subscribe to the Journal at <http://www.motherearth.com> Subscribe to all the lists or just one.

### **Creative Manifestation**

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Whether creating a poem, a short story, a book, you have to have a clear plan of what you want to create. So it is with whatever we want to create in life. Some of you want specific things, a house, a new car, financial expansion. I read an article lately that said in twenty different countries that the author ask what they wanted the most in life they wanted a million dollars or its equivalent in their coin. Why do we want a million dollars what does it represent in our lives.

I think it really represents different things to different people. When I ask myself why I wanted to be wealthy, it was because it would give me more freedom, more time, time to be creative. What I realized that if I concentrated on the security I wanted, the time, I wanted, the peace of mind, that was much easier to create than a million dollars.

The next step I discovered after I knew what I really wanted was to let it go. By that I mean let the how you are going to achieve this feeling ? Think on how you can create more time, security, freedom, creativity then let go of the outcome.

Write a list of those attributes you want that you already have in your life. For example where do I have freedom in my life. Well I live in a country that has more freedom than any other country in the world. I am free to think what I will and even say it as long as I do it in an orderly fashion. Nobody thinks in my head but me. I have the freedom to think positively or negatively. Do I have time in my life and the freedom to use it as I like. Yes I have the same twenty-four hours as everyone else only I choose to work a lot so I am making a choice not to have more time to create. Where do I have time to create. I create every time I put out an ezine and write an article, which is daily. Where do I have security in my life? I own a home or I am buying it.

## How to Create What You Want

I feel secure in my home. I have work I enjoy it is not the life purpose I hope to create but I like my work. My work provides security.

So I have more or less just written a grateful list. Whatever we are grateful for expands. I am really grateful for the list of examples

from my own life that I have just given you. By being grateful and letting go of the stress of trying to create this financial goal I have for a million dollars so I can have these things that I just named I can just enjoy the fact that I already have them and as I am grateful for them answers will just come on how to have more of the same.

The more I try to create that million dollars so I can have security, freedom, time to create the more illusive it becomes. So to make the law of attraction work in my life I must use the law of detachment. The law of detachment says nothing is good or bad it just is. When we stay in the now and feel grateful for what we have and enjoy today, this moment, then and only then does what we want come.

About the author: Judi Singleton is the publisher of Creative Imagination and you can subscribe at <http://www.motherearth.com> You can discuss these ideas at Judi's forum at

<http://www.gotojassminesitenow.com/forum>. I would love to hear from you and have you share your ideas on creativity.



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