

I want to create.....

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I want to create.....

By graham and julie

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What would you like to create? A peaceful life, a successful life, a good life, a sculpture, a piece of art, a book? What is it that you would like to create? Whatever you want you can achieve it. All you have to do is follow your natural compass. Remove the rubbish that takes you off course and let the natural you come through. It is not the case of adding new behaviours to create what you want. No. It's a case of moving the obstacles out of the way and let the natural you come through.

One of the biggest obstacles of all to being creative in life, to reaching your potential: is conformity.

As Shakti Gawain says:

'We will discover the nature of our particular genius when we stop trying to conform to our own or other peoples model'.

Just think for a moment. How much do you conform?

The world of work wants you to conform more and more. The computerisation of systems has taken away the creativity of individuals and made you conform. Individual creativity of employees has almost disappeared in favour of conformity.

The clothes you wear. Isn't there a strong push to get you to be similar if not the same as everyone else.

The food you eat. Don't you feel that you are being told what to eat and where you ought to eat it. Which restaurants are fashionable, which food is good for you. What supplements you 'ought' to take.

So its not surprising therefore that in our family lives and our lives in general we have become slaves to conformity. The habit and behaviour of conformity, wanting to be the same, is stopping you from touching your creativity.

To reach your true potential, to open up your creativity you must start by having:

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Trust in yourself.

Having trust in yourself is about listening to the real you, your feelings, your heart and becoming the person you really are capable of becoming. The you, who has been hidden for years and would really like to show the world how good you are.

Now, what are the first thoughts that come into your mind to stop you achieving this aim and objective? Often the first thing that stops you having power over your day to day behaviour is the one who sits on your shoulder or the voice inside your head that constantly nags like a oppressive parent. It's whole aim is to sabotage your efforts. To destroy your self esteem.

- you ought to dothat will never work
- you should dowhat do you think your doing
- that will never work Forget it.
- how do you think that's going to pay the bills
- you must be mad don't you remember what happened last time

Remember there is another voice that you can tune into. A voice that is full of encouragement and hope. Every time you are faced with `you can't do reply with Of course I can do this.....I have the skills.

The role of the inner voice is no more than getting you to conform to the labels people have put on you. Your job is to reach your potential. Release your creativity. So why listen? Tell yourself and everyone else I can do it...Of course I can.....I am following my aim and objective in life. I am like a seed. With a little nurturing and the right environment I can mature into a beautiful flower. I have done it before I can do it again.

Just think for a moment:

when was the last time you successfully handled difficulties that occurred in your life?

when were you thanked and congratulated for doing a good job?

what responsibilities do you have in your life that you successfully deal with?

what do you like about yourself. What are your qualities?

when in your life have you felt loved?

Remember conformity stops you from being creative. Stops you from leading your natural life. As you learn to overcome conformity and start to believe in your strengths then you have the first step in living a more creative and fruitful life. A life which is naturally yours.

Remember:

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Instead of where there is a will there is a wont.
I now believe where there is a will there is a way.

Graham and Julie
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Graham and Julie live in the Canary Islands where they pursue their love for writing, photography and spirituality. To see more of their work please go to:www.desktop-meditation.com

Creative Manifestation

By Judi Singleton

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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.

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.

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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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