

Day 20: The Law Of Creativity

Quote today “The inner fire is the most important thing mankind possesses.”

Edith Södergran

Recap of the Law Creativity is the force that resides within you; the Creator's energy expresses itself more fully through your uniqueness. All possibility is seeking expression. You are a co-creator.

Today I am grateful for.... Write at least three things that you are grateful for on this magnificent day. Connect to the feeling of gratitude.

Meditate (at least 15 min.) Feel free to meditate on this law or choose a meditation of your choice.

Exercise As you exercise be creative today, either change your exercise routine or do something wild and crazy.

Hydrate Drink ½ ounce of pure water per pound of body weight (or 30 ml per kg). 2 glasses upon rising, 2 glasses between breakfast and lunch, 2 glasses between lunch and dinner and 2 after dinner.

Your Life Insight Consider an activity that really excites you. Make the commitment to engage in that activity for some time every day. Witness how time stands still when you indulge your passion and you become deeply rooted in the present.

Your Mindful Practice Take a moment, breathe and just be in the present. Investigate and develop the intellectual or creative faculties of your mind. If you wish, meditate on a candle flame to develop your concentration and focus (in other words, your creative faculty of will). Pay attention to that aspect of you that is the “Observer.”

Day 20: The Law Of Creativity, Continued

Your Success Strategy Imagine your ideal life where your goal has been reached and things are how you want them. What is life like? Describe it in detail. Use all your senses in this description. Then imagine five alternative methods of achieving your goal. Let your imagination go wild. Create an ideas book for your big ideas, thoughts and goals.

Your reading meditation This is your reading meditation time—time you have devoted to expanding your thoughts and understanding more about these laws.

Take a nice deep breath in through your nose and let it out through your mouth. You are going to let all the tension leave your body and as you exhale repeat in your mind the word, relax.

You are in the right place at the right time. Your body and mind are in a highly creative vibration right now. Your mind and your heart are ready to receive, completely wide open. Ready to receive whatever it is that you need to know right now. You now have the best possible guidance to allow you to experience the teachings of this Law, and to gather all the important information in any way that it appears.

You are a creator, you are a creative being. Creativity is the force which resides within you and The Creator's energy expresses itself more fully through your uniqueness. All possibility is seeking expression, and life is about expression.

We create no matter what, but we either create by design or default. If we are not managing our minds, then we are creating our life by default 96% of the time. If we are not cultivating new habits (paradigms), the old ones run automatically (even without our awareness). We need to learn to focus on creating new desires of what we really want and to utilize our creativity in a positive direction. Remember, if we are not consciously creating, then our subconscious patterns are creating for us.

You have been endowed with six creative faculties to help you manifest energy from the invisible to an earthly, or physical state of matter. You have been gifted with a reasoning facility, perception, will, memory, intuition and imagination in your conscious mind. These give you access to the mind of God, a higher order. You can use these faculties to co-create what you really desire.

This Law simply states that by bringing creations into the world, you are allowing yourself and others to benefit from an increase in energy, a raised consciousness. Ever notice that in a state of creation, you are so present with what you are doing that you forget about yourself? You forget about you, you become nobody, you become nothing, you become no time, you become pure consciousness in that moment. Inspiration comes when you are connected to spirit. True success is measured by how efficiently and effortlessly you have learned to co-create with the universe and live a life in successful creative expression.

Now, to finish your reading, take three deep cleansing breaths, knowing that with each breath you integrate the information you have received. Trust that this is so, and it will be.
