

Module 2 Exercise

What is Conscious Creation?

An excerpt from the book, *Conscious Creation*

Imagine you're planting maple seeds. When you plant those seeds, you would expect a maple tree—correct? Wouldn't it be irrational to expect an elm tree to grow? Or a palm tree? Or a Christmas tree? The seeds of our deepest beliefs are planted within us when we are very young. They come from our early experiences, from our parents, from traumatic events, even from seemingly benign situations. As we grow, those seeds are nurtured, watered, and fed by additional experiences. For example, if we start to believe at a young age that we are unlovable, and if that belief is nurtured by further experience, then the belief grows along with us, and by the time we are adults the kind of tree we have is an "I'm not lovable" tree. Given the seed and the way it's been watered and fertilized, we can't just think or "visualize" our way to another variety of tree. It takes deeper work.

Releasing Statement

I now release any ideas of lack and limitation.

Affirming Statement

I know I can create the life of my dreams.

Simple Meditation Practice

This module's meditation is a sitting meditation. We invite you to find a comfortable place to sit. Set a timer for 10 minutes. During these 10 minutes, simply be aware of the energy field that is at the core of your being. See if you can get in touch with an essential self that is beyond your physicality, thoughts, or emotions. Be gentle with yourself. In this meditation, there is no need to try to quiet the mind. Simply allow thoughts to come and go, and gently return your focus to the core of your being.

Levels of Consciousness Technique: In this section, we will be working with a case study:

Sasha had been working at her law firm for many years, where she had put in countless hours of overtime, often working late into the night and on weekends. In private conversations with her boss, it was implied (or at least she believed) that she would be the next person in line for a promotion. Ultimately, the promotion she had been working for was given instead to another lawyer in the firm.

Level 1, "Martyr Consciousness," - i.e., the belief that "I am a victim/things happen to me."

Sasha exploded in anger. She saw this as a public humiliation and was overcome by shame and anger. "How could they do this to me? I trusted them and they violated my trust! I am going to quit, then they'll see how valuable I am."

Level 2, "Magical Thinking Consciousness," i.e., "I make it happen."

"I'm not going to take this. What can I do to change the situation? Maybe it's my fault I didn't get the promotion. I'll do everything I can to change this."

Level 3, "Metaphysical Consciousness," i.e., "Things happen through me/I let things happen."

"What's the bigger picture here? What am I making this mean? What if it's not as bad as I think it is? What's right about this that I'm not yet getting? What's the opportunity here that I might be missing? Maybe the Universe is trying to nudge me in a different professional and/or career direction."

Level 4, "Mystical Consciousness," i.e., "Things happen as me."

"What if this isn't right or wrong? What if the only thing that needs to change is my point of view? What if there's something greater happening here? What would it take for this to turn out greater than I could imagine? What would it take for me to see this as an opportunity in some way? What would be the greatest outcome for everyone?"

- [illegible]

Write answers to the following questions regarding what you just wrote.

- From what level are you primarily functioning?

- What might it take to move/evolve to the next level?

- What judgments or points of view might you have to change?

- What ideas might you have to move beyond?

- What ideas might you need to embrace?

- If you were to tap into the higher levels, in what ways might it change the way you feel about the situation?

If you are struggling with this, ask a trusted friend, mentor or counselor to help you see the situation from a different perspective.

Living in Conscious Awareness Exploration: *“Conscious awareness is really about making moment-to-moment decisions about where we place our focus. Do we want to focus on the part of ourselves that experiences the pain of a wound? Or do we want to focus on the part of us that is love and light and one with source?”* (Conscious Creation, page 19)

- What does this excerpt mean to you?

- When you focus on your personal pain, how does that feel? What does it create for you?

- When you focus on the part of you that is love and light and one with source, how does that feel? What does that create?

- In what ways have you found yourself functioning more from a focus on “me?”

- In what ways have you found yourself functioning from more of a focus on “we?”

- If you were to shift your perspective from functioning as a separate self to functioning more from oneness, what might change in your life? What possibilities might open for you?

From Manifestation to Magnification Activity: *"The Law of Attraction focuses on manifestation. That is, it focuses on creating an outer experience, making things happen. 'I am going to manifest x.' In Conscious Creation, we are clearing our core false beliefs and going beyond manifestation. Our spiritual self, what we can also refer to as our 'core self,' our 'original face,' then becomes magnified. We are living as expressions of source. We no longer have to manifest anything; it's no longer about attracting things by changing our thoughts, like a magnet. It's about opening up to the infinite possibilities, all around us."* (Conscious Creation, page 20)

- What does this excerpt mean to you?

- In what ways have you been "efforting" or *doing* things in order to manifest what you desire?

- How successful have you been with that?

- What might happen if instead you would focus on magnifying your being?

- How might you go about doing that?

- What possibilities might then open for you?

Questions for journaling and further reflection:

1. In what ways might you be functioning from Level 1: Martyr Consciousness – The idea that “Things happen to me?”
2. How does it feel to think in that way?
3. In what ways might you be functioning from Level 2: Magical Thinking Consciousness – The idea that “I make things happen?”
4. How does it feel to think in that way?
5. In what ways might you be functioning from Level 3: Metaphysical Consciousness – The idea that “Things happen through me/I let things happen.”
6. How does it feel to think in that way?
7. In what ways might you be functioning from Level 4: Mystical Consciousness – the idea that “Things happen as me?”
8. How does it feel to think in that way?

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