

Conscious Creation: Module 7

Step Five: Embodying the Vision

The key is to be in a state of permanent connectedness with your inner body—to feel it all times. This will rapidly deepen and transform your life. The more consciousness you direct into the inner body, the higher its vibrational frequency becomes, much like a light that grows brighter as you turn up the dimmer switch and so increase the flow of electricity. At this higher energy level, negativity cannot affect you anymore, and you tend to attract new circumstances that reflect this higher frequency.

— Eckhart Tolle, *The Power of Now: A Guide to Spiritual Enlightenment*

The fifth step in this process of consciously creating your life is the culmination of all the other steps and more. Step 5, Embodying the Vision, is the activating step. Through this step, you resonate at an energetic level with your vision. Embodying your vision requires dedication, courage, and imagination. It involves holding the energy of the vision, from a place deep in your consciousness, before and as it manifests in the material realm. The more you let go of conscious desire and listen to what comes from your oneness with source, the less resistance you will experience.

The Primary Vision

In New Thought we like to say, “Thoughts held in mind create after their kind.” But ultimately, as we’ve been discovering, it’s not actually thoughts that create. Or rather, it’s not only the thoughts. New Thought’s insights into the power of thought as a tool of manifestation can be taken to a deeper level and applied to more than the intellect alone. As we’ve seen, we manifest our visions not only through our thoughts but through our emotional center, and the core frequency at which we are vibrating. We begin to recognize that these are powerfully creative forces in addition to our thoughts. As we continue the spiritual practices of sitting in the silence and listening, we come to experience the influence of something even more foundational: the felt sense of our primary vision—who and what we are as whole, perfect, and grounded in our oneness with source energy. This is our true, essential, pristine self. It’s like the alter-ego of core false belief. Just as your core false beliefs were deeply held in your consciousness and even sometimes in your body and energy field,

so too can your fundamental vision—your oneness with source, your recognition of who and what you really are—be held even more foundationally.

Embodying the Vision happens on all levels, so it's greater than the individual levels alone. It is the sum of all the levels. It is more than "acting as if," which in its own right can be a powerful practice but is ultimately limiting. Embodying the Vision is deeper than positive thinking. It's more than changing our "I am" statements or shifting our language from "should" to "want" or from "but" to "and." It's more than imagining what your Mondays will look like when your vision is realized. It's more than living in supportive and encouraging community. It's the sum of all those things and more. It's a transformation in consciousness. Embodying the Vision requires that we dedicate ourselves to noticing and shifting the very vibration we hold. It's fully embracing our fundamental vision—in our thoughts, our intentions, our language, our relationships, our energy, our whole self.

When we unequivocally recognize we are one with our fundamental vision, we experience something profound. We feel that oneness; we are that oneness. Our individual energy vibrates at a level that is one with divine energy, and our individual energy becomes more expansive. It expands outward to everything we encounter, even to the whole universe. The more fully we do the deep spiritual work of Steps 1 and 2 and the more grounded we are in our primary vision, the more powerfully this energy will flow into the external world. All of our relationships tune more fully into the divine vibration; the perfect people seem to magically come into our life and doors begin to open when we really embody our deeper vision.

Your Individual Vision

Let's say you sense this experience of energy and vibration in your meditation practice. It seems to slip away after the session ends, and you wonder, can it also be part of daily life? Can the expansive energy of embodying your primary vision—your sense of self as whole and perfect and grounded in oneness with source—naturally pour into, say, your personal vision?

Yes and yes. As the saying goes, what you feed will grow. The more we attend to our primary vision, the more energy our personal vision will receive. New possibilities will open up, as well as new connections and opportunities. What if these possibilities were there all along, and we are simply seeing things we couldn't comprehend before because our inner lens filtered them out? What if we have everything we need, right now? When we change that filter and make that shift, when we turn that corner and embody a new perspective, the

invisible becomes visible. We open up to the infinite horizon; we see what used to lay in shadow. And it gives us energy, it gives us power.

Consider Travis's vision for working with foster children. He continues to spend time in awareness of how he is holding this vision energetically. In other words, he applies an elevated level of consciousness to his vision and how he *is* about it—what his thoughts are, his feelings, his intuitions, his vibration. If he notices himself becoming discouraged in any way, he returns to silence and the deep place of divine love where the vision originated.

He goes back to listening. If thoughts, feelings, or emotions of lack or limitation emerge, he reminds himself to return to trust and to imagine the glowing faces of the children he will help. Because he has dedicated himself to trusting the vision, he doesn't push when things aren't happening exactly as he hoped. Rather than pushing, he simply imagines himself doing the work he loves, he pictures the profound shifts people will experience as a result of his vision coming to life, and he utilizes gratitude as an activating force. Most of all, he relaxes into a deep place of trust in the process and reminds himself of his own innate power and his oneness with source.

Five Keys for Step 5

As with the previous steps, I've crafted five keys to aid you in discovering the deeper meaning of Step 5: (1) raising your vibration, (2) shifting your perception, (3) practicing patience, (4) engaging in community, and (5) staying the course. Let's explore these in a more comprehensive way.

Key 1: Raising Your Vibration

Sometimes when we catch a vision it's tempting to revert to the power of our thoughts to try and will it into being. The habit of using willpower can be hard to interrupt, and embodying might be something we're not comfortable with if we're not tuned in to our intuition or accustomed to releasing the reins. But the more you sit in the silence and cultivate awareness, the more cognizant you become of all your responses—physical, intellectual, emotional, and spiritual. When I say "Embodying the Vision," I mean it quite literally. Your vision is a part of you, a part of not only your spirit and mind but also your emotions and your body.

If a core false belief stems from trauma, it resides in your body as well as your thoughts and emotions. Getting down to the level of the trauma trapped in your body may not happen the

first time or even the second time you go through the five steps. If you're feeling stuck at any point, bring this question to meditation: Where does the "stuckness" reside? If it's in the body, see if you can notice it without going into judgment. What your body needs, if anything, is compassion—it's been holding onto this stuff for a long time. Then look into methods of releasing traumatic energy from the body such as Trauma Release Exercises or Emotional Freedom Technique. They are extremely effective. Adding yoga to your meditation practice can also strengthen your level of conscious awareness and bring the benefits of meditation into your physical self.

Another key part of this step is allowing what is inherent in your essential self to come to fruition. When you know your vision is coming not from a wounded ego but from a deeper sense of purpose and authentic identity, when you set your intentions and have started to take action around those, the next step is to simply own all that. Allow it to be. Release the ego reins to your spiritual self, to source, and all will be well. Even a momentary glimpse into ultimate reality creates a softening of the ego.

Both Travis and Sasha had difficulty letting go but for different reasons: Travis because of a history of victimization, manipulative relationships, and self-blame, and Sasha because of habits of striving and perfectionism grounded in early experiences of criticism and neglect. For both of them, letting go meant freedom to do and become more than they could have even imagined before.

It's one of the great paradoxes of our spiritual journey: When we arrive at this place and begin to own it in a full and powerful way, we come to know that we don't need to manifest anything. We don't need to reach spiritual perfection in order to sit in the unconditional love and acceptance of our oneness with source. And just as we come to comprehend this truth, creation commences to happen naturally. We're no longer creating so much as stepping into our fullness. By having enough trust to let our small, worried selves release the reins, we let our essential selves come into being. We cease defining our individual selves and we experience oneness with all of life. And so we find ourselves embracing the life of our dreams.

This is not to say we are passive. We're not just giving over to inaction, to "letting things happen," trusting that "God will do this for me." That's where the paradox is. In embodying your vision, you are certainly alive to the flow of life, but you are making conscious decisions that guide you as you go. You aren't being tossed around, nor are you giving into the current completely, nor are you fighting the flow and trying to row against the current. You trust that the flow, the ultimate energetic vibration, is where you want to be. And you are involved in that flow in a creative, active way. It may seem like nothing needs to be done, and yet we continue to act. It may seem like nothing has to be healed, and yet we heal. We are steering the ship of our lives, using the divine flow to work for us and with us.

Key 2: Shifting Your Perception

All spiritual power is based on a shift in perception and the fundamental insight that ultimate, invisible reality is more powerful than relative, visible reality. As we grow in awareness, we develop the ability to shift how we interpret the circumstances of life and what we call reality. We recognize that no event can be seen as negative from all points of view. Our powers of perception get clearer. How much of life is perception? All of it. We each see the world through our own lens. Multiple people in the same situation will each have a different experience of that situation based on the lens through which they see it. It's not that one person sees the truth and the others are incorrect. It's that our perception colors and creates our experience.

As our understanding of this increases, our suffering diminishes. If we live as if the one true reality is *out there*, external to our perception, and if we hold onto the idea that things happen *to us*, we will suffer. Suffering comes from living in duality, in the idea of a separate self, in a belief in "us" and "everyone and everything else." When we release the idea of a separate self, the whole universe is ours. Pain and suffering are two different things. As we explored before, pain is in the body; suffering is in the mind. Pain, at least at our current stage of evolution, seems to be an inevitable part of the human experience. Suffering, on the other hand, is usually based on the belief that something should be different than what it is. Suffering happens when we resist pain—when we come up with strategies to avoid, numb, or forget pain. It occurs when we isolate ourselves in our pain.

Continue to place yourself in front of the mirror of awareness: How are you perceiving yourself? When you continue to see yourself as limited or to have a destructive point of view about yourself and the world, that focal point might keep you feeling powerless. For example, if you find yourself saying, "*I should do x*" or "*I have to do y*," that's a limiting perception of yourself. What you're aiming for in this step is a broader point of view: "*I'm able to do x*" or "*I get to do y*." This perspective is more expansive; it opens you up to more potential. Miracles are simply a momentary shift in perspective. Have you been looking for a miracle? Look in the mirror.

At this stage, one thing Sasha noticed was that whenever she learned something new, she had a habit of saying to herself, "Duh, I'm so stupid!" Sitting with this for a bit, she realized that what she meant by that was, "Why didn't I know this before? Why did it take me so long to figure this out?" What that idea assumed is that she should have known this thing; in fact, she should have known everything. Of course, that doesn't make any sense. We are all learners, even Sasha. When she became conscious of this language and its presumptions, Sasha sat with it in meditation. During that process, she came to recognize the toll that expecting herself to know everything had taken. All those years of accepting this self-inflicted

verbal and psychological abuse had created deep-seated tension in her body. She was able to take this insight and turn it into compassion for herself and eventually for others around her.

Another way to shift our perspective is to notice our thoughts about the future. Rather than wishing for a particular thing or outcome, let the words in your mind relate to the deepest truth of who and what you are already: a being of divine love in the world. The primary illusion of the mind is believing that awakening is not happening now. But this moment holds within it everything you need to awaken. The deeper truth of your divinity has already been there forever in the invisible realm. Such a focus opens us to its presence, and through this meditation we allow it into the visible realm. We embody it.

For example, when wishing the best for a sick friend, many people might imagine that friend in their sickness—lying in pain or stuck in a hospital room. That limiting image cannot help but generate destructive vibrations in your thoughts. If your focus shifts to the person as whole and perfect rather than ill, the vibration is strong and affirmative; it resonates with your conscious awareness rather than against it. This practice might call to mind affirmations or positive thinking, and yes, affirmations and positive thinking are also powerful tools, as I hope you’ve found by now. The more positive your outlook, the more positive your reality—this is undeniably true.

I don’t suggest you abandon these and other tools that have worked to develop your conscious awareness; part of spiritual practice is the discipline of regularly using the tools that encourage us and feed us. You don’t need to abandon positive thinking, affirmations, or whatever continues to serve you. We want to use everything we’ve learned at every level of awareness, and we bring what works along with us as we move into the next level. Embodying the vision is simply a deeper experience of these practices, moving from thought and language into spirit, emotion, and body. Embodying the vision is just the next level of positive thinking; it’s actually positive being—better yet, empowering or beneficial being.

Key 3: Practicing Patience

Patience is also an important tool. Once we catch our vision, it’s tempting to want it *now*. It’s natural to measure our progress against others’ and to give in to habits of competition. We ask, “I’ve been setting intentions and following through, so why hasn’t it happened yet?” It’s a natural part of the human ego to want things when we want them. And sometimes the intentions do bear fruit quickly.

Often, though, it takes time. Embodying invites us to live from that invisible realm where our vision is real even when the visible realm doesn't match it, even when our vision hasn't fully come to life. Patience is important, and it assumes a commitment to the vision that extends beyond the immediate, beyond what you can perceive right now. So if you have feelings of frustration and impatience, continue to meditate on and lean into those feelings. Honor the emotions and sit in gratitude for what they bring—maybe it's an awareness that you're skimping on quality for quantity in your action items. Witness how all of this makes you feel physically. Allow any destructive spaces to be filled with connection, humor, hope, and love.

Keep in mind that for most of us, this is an ever-evolving process. We are always expanding, always learning. I don't think we grow spiritually so much as we grow in awareness of our spiritual self. It's not a linear process from A to Z. Nor is it a circular process, simply repeating stages of growth over and over. It's more of a spiral process, as we move through levels of consciousness in an ever-upward movement. As we grow in awareness, we inevitably return to similar situations in our lives, not in mere repetition but in a new way of considering them from a higher level of consciousness that we have attained. And this transforms everything.

Key 4: Engaging in Community

Another key for Step 5 is engaging in community—connecting with the people who share your vision while it is still emerging. People who support not only your vision but the entire process of Conscious Creation, people who recognize the truth of who and what you are and see the vision as your most fundamental purpose.

My spiritual partners share with me an understanding that we live from and in the invisible realm. From this fundamental understanding we are able to support each other with perspectives of openness and potential rather than skepticism or limitation. Develop relationships with people who will support and uplift you, rather than deny what you're experiencing in this process. Your circles might seem to still contain some relatively unenthusiastic people, and that's quite possibly part of life. However, when you have a few trustworthy, like-minded people, you've developed a supportive community.

When a group of people come together and dedicate their time and energy to each member's journey toward fullness, this shared intention can increase the power of your vision and the amplitude of its frequency. When you're surrounded by people who embrace the highest vision for you, it has a magnifying effect. The MOVIE metaphor works perfectly here: even when you take on many of the big roles—script writer, casting agent, director, editor, producer—your creative process can be greatly aided when you collaborate with others who understand and support what you're accomplishing.

An intentional community can assist with accountability, and if done consistently, it helps you trust yourself and others, as well as trusting the process and your vision. Accountability doesn't mean someone tells you when you are doing something "wrong." Accountability in an intentional community is a matter of creating a wonderful mirror where you can reflect to one another in an uplifting and supportive way. To me that's the beauty of authentic and deliberate community. It creates an atmosphere of respect and trust where you can expect honest, loving reflection.

In an ideal spiritual community, there is a shared intention of recognizing your essential nature and of seeing each other through the lens of oneness. You are accountable to each other in this shared intention. If one of you forgets your wholeness and perfection, you have companions who are beautiful mirrors, reflecting that wholeness and perfection back to you. And whenever you need to look deeper into something in your shadow, you have companions who have been there before you and can assure you that you are safe. In my experience, this shared intentionality accelerates the Conscious Creation process. Authentic and intentional communities are also a great source of spiritual development in that they can provide growth through seeming conflict, which can ultimately assist you in growing beyond your comfort zone. Because, as we've seen, as long as you remain in your comfort zone, nothing changes.

One of the greatest gifts of being part of a supportive community is the encouragement of people who know and believe in the truth of who and what you really are at the level of essence. It's a group of people who are committed to truly seeing you beyond your self-imposed limitations. Authentic friends and community remind you, when you seem to forget, of your wholeness and spiritual perfection. When you are caught up in the illusion of your old script and forget your true identity—as love, light, and truth—you can be reminded by those who know you as love, light, and truth. This is the highest purpose of community.

Key 5: Staying the Course

In my second book, *Conscious Recovery*, I told an old story about a frog race that is worth repeating.

One day, a bunch of pond frogs decided to race to the top of a nearby tree. As a group, they headed for the tree, while all the frogs who stayed behind muttered to each other, "This ought to be good. They'll never make it." As the racing frogs started up the lower part of the tree, the crowd started shouting, "You're kidding yourselves. It's too tall." Some of the frogs soon dropped from the tree trunk, but others kept going. The crowd kept shouting, "You'll die if you go any farther," and more frogs fell. Eventually there was only one frog left, and he

continued undeterred. Finally, he reached the top of the tree. When he had made his way back to the pond, the other frogs all asked, “How did you do it?” He didn’t answer. They raised their voices and shouted at him, “What’s your secret, friend?” Still no answer. Finally, an old frog who had been watching the entire time said quietly, “Why are you shouting at him? He’s deaf.”

How much could you accomplish if you were free from the external and internal voices of doom? Once you get a hold of a vision for your life and decide it’s what you truly desire, what you were put here to accomplish, embodying your vision will enable you to be like that frog—immune to all the voices that tell you it isn’t possible, all the voices that activate your old core false beliefs. This “selective deafness” might not come easily at first; it might not be automatically bestowed on you when you catch your vision. So I want to encourage you to return always to the practice and process of the first two steps of Conscious Creation. No matter our level of conscious awareness, our core false beliefs may get activated from time to time, sometimes in new ways. As Sasha learned, we don’t know everything, especially on the level of relative reality. We are learners. Acknowledging this and returning over and over to a place of nonjudgment allows us to move more easily through the five steps.

Moving through the five steps of Conscious Creation is really about continuously raising our awareness. We learn to remain aware of our thoughts and our language even as they change; we learn how to become aware of our inner state, our energetic frequency. We learn to become more sensitive to the shifts and sensations in our bodies, our thoughts, and our emotions so that over time, we develop methods for checking in on all levels—physical, intellectual, emotional, spiritual. These methods include meditation, prayer, yoga, and body scanning, and all of these involve ongoing learning. One doesn’t reach the end of meditation in this lifetime; it just keeps going deeper into infinite possibilities.

I’m happy to report that both Sasha and Travis have made profound progress in embracing the life of their dreams. In my work with them, I had the distinct honor of witnessing them make formidable and lasting shifts in their lives. As a matter of fact, both of them went on to not only manifest their visions but also to inhabit lives filled with more love, connection, contentment, and happiness than even they thought possible. Actually, I’ve seen this happen for innumerable people, including myself.

An Embodied Vision

As we come to remember and to know the highest truth of who we are, we experience ourselves as the ultimate observer of all things. In meditation, we no longer identify with or try to control our mind. We simply bring our awareness to that truest part of ourselves, the

energy field of our inner essence. We witness all things in our life through the eyes of compassion and understanding. When we truly know ourselves to be love, to be peace, we recognize in ourselves the very qualities we have assigned to spirit. Knowing ourselves as those qualities allows us to be the divine in the world. We no longer need to wait or expect somebody else to demonstrate those qualities in our lives. We become the model of it, demonstrating to others the possibility of living in peace and harmony, here and now. No waiting is required. We become a living example to others that it is safe to live openheartedly in this world.

As we radiate this frequency into the world, life naturally responds or at least seems to respond. This is what it means to Embody the Vision. When we cultivate, embody, and express our vision, life cannot help but manifest in accordance with the frequency from which we are vibrating. Ultimately, life does not respond to what we want, or even what we do, but to who we are being. Life responds to the awareness of our own sense of worthiness. We can only create the life we believe we deserve.

And you deserve a life filled with awe, wonder, connection, and fulfillment.