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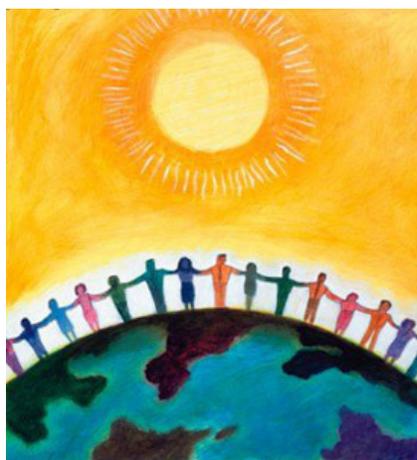
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There is a real art to conscious creation. It is taught in alchemy and many branches of metaphysics. The methodology is real, but it must be learned and applied. I am presenting these concepts for those who understand that creating change in the world is only accomplished through changing one's perceptions, thoughts, emotions and sensations. This article presents a basic outline of simple techniques that are easily applied through practice and self-observation.

Meditation, which is the reception of higher spiritual energy, can also lend insight into the truth of our inner selves, the path of inner knowing or wisdom. This place of inner knowing deepens our faith and belief in a positive outcome. Through sensing this beautiful place "within", the possibility of a beautiful "real world" can become a viable

reality. This is a reality that we not only experience, but can also share to enliven and enrich others' experiences of the world.

If we focus on lack of love, prosperity or joy in our lives, then we naturally create more of an undesirable state. When we speak about our negative feelings that surround an unhappy state of mind, we create a vibration with our voice, which is sound or frequency that reinforces the appearance of the undesirable state.

The attraction factor of energetic outcome could be called concentration or intent. The creation of positive or negative outcome is achieved through repetition of the focus of the mind, particularly through the experience of strong emotions or sensations. Any intense thought pattern will eventually evoke an emotional state. This will create either physical tension or relaxation in the body. The emotional and physical responses will determine the creation of a positive or negative outcome.

Our proclivity is to create the future through the projection of memories, thoughts and feelings into our "perception of the future". We generally project our consciousness without awareness of what or how we create. A classic example of unconscious creation can be found by reviewing at any recurrent problem in our lives. This tendency is easily visible if we notice how many times each day that we experience negative thoughts or feelings about the problem. How many times have we felt guilt over a small social blunder? We keep the negative energy around us by focusing on it.

Emotions are feelings, and thoughts, pictures; together they create holograms or powerful mental/emotional images. It is impossible to perform any action without a hologram, and we "program" ourselves with our holograms, so that they become almost automatic, like tying our shoes. In other words, our reality is perpetuated by holograms, which are often subconscious.

Without awareness, we assemble a life based on memories. We expect that our lives will be the same tomorrow — but perhaps we will be older! We actually create our lives on this basis. We expect to wake in the same bed, the same house, the same car, and have the same friends. Our expectations are the form or structure that we use to create the present.

In creating our future, we must experience the exact opposite of an undesirable state — through "creating" positive thoughts and feelings. By calming the emotions or projecting a positive outcome

into the future, it is possible to change the outcome of our lives. People usually experience difficulty with creative consciousness because they only think "inside of the box". Thinking "inside of the box" tends to be linear – assuming that same problem can always be solved in the same manner.

As human beings, we are conditioned by our society to focus our minds negatively. We believe that money is limited; love diminishes over time; we will age a certain amount at a certain age; the destruction of the earth is imminent; and happiness may only be experienced briefly. Why focus on these thoughts when it is possible to entertain a joyous, beautiful reality?

When we choose to focus on positive holograms, reality is naturally altered in a lovely way. An act of will is necessary to create the possibility of this beautiful, joyous reality by retraining the focus of the mind and emotions. It can take time to reprogram holograms, but we can know that our new images are working through the occurrence of positive synchronicity and uplifted emotions. Each moment we have the opportunity to choose what we think is "real": a wonderful reality or a depressing one. The choice of focus in each moment eventually determines the reality of our experience.



"Thinking out of the box" means feeling and creating pictures or holograms of a desired state that has never or rarely been experienced in our lives. The desired state is created by focusing on positive memories, remembering the positive feelings and thoughts in the present; and, finally, projecting this desired state into the future. (Consciousness and thought have an actual energetic output. Every time we focus on an idea that it is transmitted to others. We have the potential power to create a positive visualization and to share it by simply meditating on it.)

Keep in mind that much of our world, according to esoteric texts, is an illusion or reflection of our thoughts, actions and words. The "real" part of our world is a reflection of the higher parts of our nature. Our perception of the positive aspects of the world relies on our own attunement to our higher nature or true self...

Daily meditation practice is essential in creating active change. A practice should consist of five or ten minutes of focused imagery. In this meditative state, we should see our desired hologram, while experiencing it in the NOW. It is best to visualize the final result, as though we are experiencing the desired reality in the moment.

The manifestation process is quickened by writing down precisely what we want (this forms a mental picture) on an index card. Positive emotional experiences should be written on the other side of the card. Imagine that the two sides of the card come together as one manifestation. Look at the card each night before sleep. Imagine that this happy state is fully realized.

By following these steps, we can create our desired life and actually materialize it by changing our thoughts, feelings and actions. There are many classes, books and practices about manifestation. One of the secrets is listening to what the Universe wants for you, by listening to your heart. This feeling of quiet and peace found within will attune you to the right intentions, thoughts, feelings and actions.

There is always a pivotal point in manifestation – at this point, we begin to ask. "What does the Universe want me to do and what can I do for others?" We begin to look at our lives to see what we can change about our selves, instead of changing others; to see our selves as creators, rather than victims. Our hearts speak to us, opening to the creative message of the Divine.

Deepening Meditation for Manifestation

Technique for Practice

Choose a quiet place for meditation. Try to meditate during the first hour after awakening. Begin with a color – blue or pink seem to be the easiest in the beginning. Focus on the color until you feel, see and have a sense of the color.

Focus on positive feelings...the feeling of accomplishing a goal, the feelings that were present on the best days of your life, or the physical sensations of a beautiful day. Now imagine having achieved your heart's desire. See it in its final state of completion.

