



> MA'AT MAGAZINES > October, 2008 > Conscious Creation

## Conscious Creation

By Julia Griffin



Alchemy teaches that all of its processes are contained in nature. Much of my methodology is based on this principle, and, is derived from my experiences with animals and plants.

Holograms are an essential part of manifestation. They are multi-dimensional images accompanied by feelings and sensations; they reflect our impressions of "reality" and our internal belief system. Our lives are actually filled with holograms, both positive and negative. By learning to focus on what we truly want to create in our lives, we

generate holograms that become eventually manifest as the substance of our lives.

I became aware of holograms during the nine years that I lived with wolves. The wolves sent holograms or living pictures to express their feelings and desires. Initially, it was evident that the wolves could understand my thoughts and words easily, but not so with other people. As I contemplated our communication, I came to realize that I sent very strong visual images that accompanied my words. The wolves were reading my holograms, not my words! Through the passage of time, they learned my language and would translate into words when necessary.

As my consciousness became keener in reception, I realized that holograms comprise a universal language that all of Nature speaks. Everything — plants, the earth, trees, birds, and animals — are awake. They are conscious, perceiving our every thought and feeling. If we have a feeling about a plant, animal or child, then we are actually receiving a vividly, detailed image with feelings and sensations (belonging to the sender). When I realized that Nature communicates through holograms, I became aware that every part of creation is ALIVE and responsive.

In the beginning, the wolves answered all of my questions and thoughts with holograms. If I wondered where a visitor might be, then I received an image of a bubbling spring or a snapshot image, like a photograph of dark pines, deep in the wood. These were the exact locations of the person in question. If I wondered whether or not to trust a person, I might receive a positive or negative image of person from the wolves. These were usually facial expressions or some type of action. Their imagery was always correct.

They sent only images until I became more adept at deciphering their language. As I learned the structure of their language, the holograms were accompanied by energy (as emotion and sensation). Often when I gardened, I wished for rare plants or seeds. A very relaxing wave of energy would come toward me with the wind. I would see the seeds in my hand or the plants growing in a bed in the garden. Over time, I surrendered my wondering of how I would find or purchase the plants or seeds and would simply see the plants growing, with the relaxed wonderful feeling sent from the wolves.

Spring came late with her flowers and fragrances, and, so did the plants and seeds. Friends found the seeds of my desires, and other people, who I barely knew, left the rare plants as presents on my doorstep. And they grew, not like ordinary plants, but with three times the width, breadth and height of normal plants. The garden grew beautifully into a rich, lush form by the summer's end. Everything grew luxuriantly in my garden, including weeds, thorns and tree seedlings. In Georgia, summer extends from early April to early October. The weather is wonderfully damp and hot, encouraging all that sprouts to grow. Every moment in the garden became a battle with weeds; they grew in my enriched soil overnight.

[Table of Contents](#)

[Ma'at Magazines](#)

[Ma'at Shop](#)

[News Archives](#)

One evening, my wolf, Maya, was lying in the garden, looking at me with her green slanted eyes. "Tell them not to grow, see them not growing," was her almost audible response. It occurred to me that the thick carpet of new weeds was part of my negative participation in the garden project. My irritation with the weeds was causing them to grow, almost more proficiently than my love contributed to lushness of the much wanted herbs. It was so simple. I only had to change the way that I visualized the growth of the plants in the garden. And it worked.

Every morning, the wolves sent their energy on the winds. As I became familiar with it, my body opened to its warmth and relaxed feeling. I noticed that my thoughts ceased, and, as my energy center lowered, I became more sensitive to the plants. I began to notice "feelings" about them, to experience deep intuitive flashes, relays of medicinal information about the herbs, their growing habits and their placement in the garden. (Ten years later, most of the plant information is common scientific knowledge.) The earth felt different to my fingers when I touched the herbs. One day, after digging deep holes for transplanting, I lifted a very large plant and felt it tremble. I continued to walk toward its new home, and the plant spoke, saying "Put me down. I don't want to go there."

From this moment, the waves of energy from plants, animals and people became audible images with feelings and physical sensations. Very simply and elegantly, the wolves taught me to hear and see all that nature knows. Wolves also have a great sense of humor; they sent holograms of dog food and treats that affected me almost magnetically. I bought innumerable boxes until I realized that the wolves were teaching me that everyone and everything sends holograms. We must choose which holograms are the objects of our focus.

Reading the waves of energy that living beings emit was a skill that the wolves taught through time. Through the repetitively positive images sent by the wolves, I learned that negative thoughts and feelings create most of our reality. The natural attunement to the earth's harmonic frequencies was simply amplified by the wolves, and they intelligently shaped it as solutions to my problems. Because they were attuned to a more harmonic vibration — that of the earth and nature — they attuned my frequency to this higher state of being or vibration.

Through their attunement to a higher state of Being, I became more energized and desired creativity in the form of a beautiful garden. My first mental images reflected the tendency of negative mass consciousness. I immediately focused on "not having" herbs and seeds. The wolves "sent" their powerful wave of energy to heighten my awareness of new possibilities or opportunities. Thus, I saw the herbs growing. They came.

The feeling of growing and understanding herbs began to become a reality, as did the projected sensations of tending the earth and touching the plants. As my garden expanded, I learned to apply conscious creation more thoroughly by visualizing only the herbs growing, not the weeds. This is the importance of revising one's creation periodically. It is almost impossible to visualize and feel the details perfectly in the beginning of an endeavor. Through the experience of the law of expansion (growing everything), I learned to limit the growth of the weeds through the law of contraction. In time, this creates balance or alignment with the Middle Path (centering).

I followed my intuitive guidance by applying the medicinal knowledge that I received and by moving the plants in accordance to their guidance, which increased my ability to feel and sense on a deeper level. I listened to the wolves and worked diligently to apply their lessons. And the Universe opened wide to me.

I began to hear all living creatures and to understand the application of the elements of alchemy that I had long studied. The words in the alchemical books were true — all of alchemy lies in nature's processes. We evolve ourselves and the material (matter) of life around us through conscious creation.

Each of my efforts with conscious creation brought a deeper sense of being, and a heightened feeling of Oneness. The expression of the very beautiful life energy in the All was expressed similarly, yet individually, through the multi-faceted consciousness of the creatures and plants inhabiting the Earth.

The simple instructions of the wolves are easily applied through repetition and practice. We begin with the concept that everyone projects multi-dimensional images, coded with feeling and sensation, particularly when creating a focused action or experiencing an intense thought or feeling. If we think about telephoning a friend, then we automatically generate a visual image of the friend. We may also think about the topic of the conversation, the components of our speech, the response of our friend, as well as the feeling of the conversation. By altering any of the components of a hologram, we affect the final outcome of the experience.

### **About Holograms:**

1. Everyone creates holograms. If I ask you to go into your kitchen and fill a glass with water, then you automatically generate an image of your kitchen, holding a glass and the feeling and sound of water. By perfecting your ability to create holograms, insight and self-observation will result.
2. Practice makes perfect. When you generate holograms consciously or just simply pay attention to the holograms that you already create, your environment and life will naturally become more fulfilling. You may realize how you create negativity in your life through this type of focus.
3. Holograms are amplified through discussion with others. Pay attention to what you discuss and with whom.
4. You receive and send holograms. When you think about a person or about a situation, you are sending holograms. Television and radio are excellent examples of broadcasting holograms. You choose to believe or not believe the information and review it in your own mind.
5. Holograms accumulate, eventually composing a portion of "reality". If you are conscious of your holograms for several days, you will quickly understand that their impact accrues, impacting your experience of reality.

### Alchemical Explanation of Holograms

Here is an alchemical flow chart that demonstrates the creative holographic process through the elements of akasha, fire, air, water and earth.

1. A connection with Akashic element occurs through attunement. The Akashic ideal can be attained by learning how to access our higher self or our true self through the creation of a stronger spiritual connection, more perfect mental images, sustaining positive emotions, and growing stronger physically. Through this process, we can substantially change our lives. More importantly, we can establish a higher rate of frequency or vibration. (The presence of the wolves amplified my ability to experience a connection with the All or the Field.)
2. Fire expands our lives – it heats everything that it touches with its creativity and passion. It symbolizes the divine will interacting with the human will. From this interaction with divine will, we can gain the courage and enthusiasm to move forward with our lives, to journey forward by learning about conscious creation or manifesting our desires. (I formulated the garden of my dreams mentally.)
3. Air symbolizes thought. The power of air is achieved by understanding the tremendous impact of repeated thought, tempering our plans or mental structures by opening to love and emotion, and understanding the impact of individual thought and emotion on the world at large. (I observed my positive and negative thoughts about "having" rare seeds and plants.)
4. Water – Emotions are the determining factor in "how" the manifestation will feel to us when it takes form. (Note: My feelings, both positive and negative, influenced the growth of weeds and herbs in my garden.) We guide the oscillation of emotion through Divine Will.
5. Earth – We must "feel" the manifestation through the matrix of the body for it to truly occur in our "reality." We must smell, see, taste, hear and touch in our hologram as though it existed in the present moment. (Sense the desire as already accomplished.)
6. Return to "Being" or Akasha – Everything is cyclical, and we naturally return to the state of Being to gain insight and understanding from our manifestation. The cycle of conscious creation elicits a return to the One, wherein the blueprints of a more perfect "reality" are found. The point of manifestation is not only having or doing; it is arriving and returning to a point of infinite possibility.



**Julia Griffin** is an intuitive healer who has successfully transformed the lives of thousands of people through her manifestation and meditative techniques. She teaches these techniques in her group classes, one-on-one sessions, and e-courses. Julia has been a contributing writer for Spirit of Maat. She has a deep understanding of energetics based on extensive studies. She is an alchemist, astrologer, herbalist and Reiki master. She has the ability to communicate with plants and animals. She lived with wolves for nine years, while developing her intuitive abilities.



She recently launched the Julia Mystery School e-course; these workshops embody advanced teachings for those who want to deepen their understanding of how we create our personal "reality". Julia offers a free monthly newsletter

that includes manifestation, meditation and energetic techniques, the One True Self newsletter at [www.onetrueself.com](http://www.onetrueself.com)

Julia Griffin PO Box 366, Clermont, Georgia 30527

Telephone: 770.983.1958

Email: [info@onetrueself.com](mailto:info@onetrueself.com)



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Spirit of Ma'at LLC,  
P.O. Box 687, Sedona, AZ 86339  
Phone:  **928-204-0741**  
Fax: 928-282-6791

*"Alla seek k'dra ta'at in amal 'integrity' of 'spiritual' wisdom and  
'inner' practical 'co-creation' in 'by' and 'successful' world."*