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The Flower of Life as a Model of Co-Creation

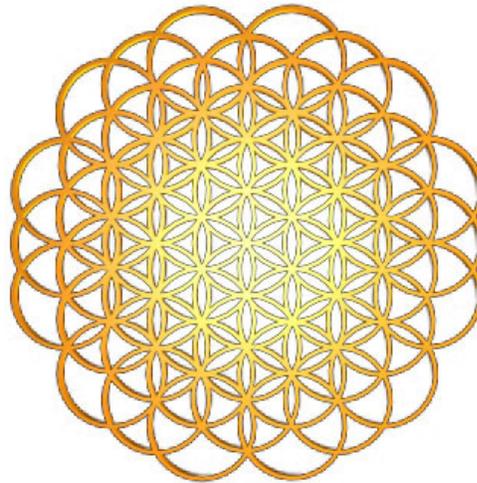
By Julia Griffin

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Alchemy engages the concept of co-creation. One of the premises of alchemy is to become one with matter, to affect the vibrations of matter with the Being, or to create form. Our lives or physicality can be the subject of this evolutionary work, which culminates with the final creation of a new birth, the union of life forces and a new self that is synonymous with the True Self.

This is co-creation. In this article, the Flower of Life is used as a model for co-creation or manifestation. Although the Flower of Life could be a paradigm for many quests, it is used here to symbolically enact the sequence of co-creation or manifestation in alchemical terms.

The Beginning

Day 1

"As far as universal concepts are concerned, love is creation." — *John Reid, alchemist*

On the first day of creation, there is one circle or sphere. The 360 degree sphere represents perfection or the Divine Universe. It is wholeness, the One in the All. This sphere casts a ray of light, a gestalt concept or an image of expansion, as a reflection of our divine blueprint. The divine blueprint appears as a form, a mold, an image of a possible life, a desired future, or a greater concept of being.

Alchemical creation begins with dreaming the shape of inspiration into form. The dream of life in a new form with power, magic and genius is one's desired future life. Desires that originate in the soul are expansive and creative. The resulting outcome nourishes and builds life — it is a new life, a rebirth into consciousness, a return to innocence so that life is viewed through new eyes.

The concept of an expanded consciousness may be received as a mundane form, such as a new car, or, as an ideal as in a desire for love, or a deepened spiritual relationship with the Divine. Any heart-felt desire originating from the spiritual nature teaches a great deal about the art of co-creation and the breadth of the soul. This art is part of the continuation of the spiritual journey. By learning to translate energy into form or matter, we experience an outer reality that is based on the profound experience of the inner life.

Day 2

Two circles or spheres intersect so that the center of each exactly touches. This symbolic intersection forms a third circle or sphere that equally shares the energies of the first 2 circles or spheres. This shape is the Vesica Piscis.

The spiritual significance of "seeing eye to eye" to the "mirror of the soul" was highly

regarded by numerous Renaissance artists who used this form extensively in art and architecture. The ratio of the axes of the form is the square root of 3, which alludes to the deepest nature of the triune which cannot be adequately expressed by rational language alone.

(www.sacred-geometry.com)

The Vesica Piscis demonstrates the perfect intersection of two circles which creates or births a "third" thing, a child, or new beginning. Two equilateral triangles will appear if straight lines are drawn connecting the centers of the two circles of the Vesica Piscis with one other, with the two points where the circles intersect, two equilateral triangles join along an edge. In the Greek alphabet, the letter Delta (a triangle or triune) was the symbol for cosmic birth.

Esoterically, the triangle or triune can represent:

- Father, mother and son
- Father, Son and Holy Spirit
- Male, Female and creative power
- Sky, earth and creatures of the earth
- The Perfect Union of the Two that Creates the Third or the perfect union when two become one

The child of cosmic birth is referred to in alchemy as the True Self, and it is created from a union known as the marriage of dualities. It is the union of the dual forces of yin and yang, the masculine and feminine, the soul and ego, known as the qualities within the Self.

To illustrate this process through the steps of manifestation, the terms "desired reality" (the object of manifestation) and present reality (present life experience) are used to demonstrate co-creation.

The desired reality is conceived through the initial beam of light (from the divine blueprint) and the present perception of daily life. The potential or the "egg" for the True Self is always present. It is activated by the shining of the light of the soul on the present reality. We become aware of our divine blueprint, which awakens the desire for a physical reality that reflects our true nature.

Opposites are required for creating form. Nothing in the physical can be created without two opposite forms. In co-creation, we begin with our present life and our desired future life. The desired reality is cast into our consciousness by the soul as the positive or light aspect. Objectively, neither side represents good or bad, as they simply co-exist as aspects of duality; however, co-creation exists only when the two opposites or polarities merge. In terms of the soul, personality and ego, creation begins with dual images of reality. The part of the ego that is not yet integrated is the negative or dark image. In this negative image, many things are hidden that will constellate or develop during the co-creative process.

At the moment that we envision our new desired reality, the particles, which comprise our personal field, actually begin to move into our hologram, image or mold of the desired reality. Because our physical experience of reality is based on our personal hologram of our life, we actually experience physical life through our sensations and interpretation of the senses' data.

When a future reality is envisioned, the hologram of the present reality immediately begins to shift through our sensory perception. It begins to take on a form that will harmoniously incorporate the dual aspects of our present daily reality and the desired reality. There is an immediate expansion of "reality" or growth of the Cosmic Child.

When the soul moves into an expanded reality, nature reflects the specifications of a hologram into our experience of a new reality. Physicality is an expression of the qualities of the soul in physical form. The interpretation of form is a highly specific reflection of the integration of ego and soul. This integration or mergence takes place in the human heart. It is the nexus for the soul and body (ego) or the resolution of duality. Through the integration and intersection of the ego and the soul, the development of the True Self or third sphere continues.

Day 3

A third sphere joins the emerging structure. The Cosmic Child or third point of the Triune expands with the growth of the third sphere. From time to time, we may actually feel as though we are living in the new, desired reality. Continuation with the manifestation creates the "feeling" of possibility, or greater opportunity and expansion. Amazing details, imagery or feelings may surface with meditation or review of the desired future reality. The Cosmos is dreaming with us, enlivening our vision with the energy of the divine blueprint.

As the possibility expands into probability, our emotional experience expands with feelings of expectation and happiness. Emotion is one of the magnetic elements in manifestation that pre-determines how the manifestation will feel in its final physical form. We "feel" the conception of new image, as is similar to the conception of a baby or child. It is not seen or truly present in

completed physical form. Nevertheless, we are aware of its presence.

This expansion of consciousness also leads to a discovery of a pattern of subconscious thoughts and emotions that are counter-productive or contradictory to the desire. This discovery leads to the observation of the inner dialog, the compilation of subconscious negative desires. Awareness, relating to the inner dialog, or the message that we unknowingly send to ourselves and our environment, is gained.

As we observe our thoughts and emotions, the unseen factors that created our present life become known. As light illuminates our personal darkness, knowledge comes in flashes, and we sense the coming presence of the desired future or cosmic child.

Day 4

On the fourth day, the new sphere of energy — the desired future — begins to spin into expression or form through the four spheres. The four spheres represent the four elements — fire, air, water and earth — that appear in both nature and human nature. Spiritual energy congregates in the triangle; the divine blueprint is engaged in the Vesica Piscis. Physical energy takes form in the shape of the four-sided figure, the square or the rectangle.

The world is read through our four elements and perceived through the fifth. The square represents our interpretation of the data that is perceived as the physical world. In astrology, resistance and motivation exist in the square as equal forces. Think of the pressure of two sides of the square pushing equally upon one another. This creates both energy and discomfort.

During this phase, there is an active desire for change. Action, whether right or wrong, becomes important. Intent is marked with a passionate desire, colored by a neediness or attachment to the desired change. Patterns of anger, frustration or depression may also appear, as emotional patterns that have been sublimated or unseen in the past. Time and work suddenly become important. We wonder when we will see the results of our efforts. It seems as though nothing at all is happening. Our senses may tell us that everything is exactly the same; yet, a magical process is taking place.

Personal desires are tainted by the ego, meaning that they are separated from the Divine or the All. The ego is always attached to our desire — meaning that we desire manifestation in a specific manner that is created by the ego or external appearance. Attachment to the ego separates our vision from seeing the desire in its true perfection. We are usually ignorant of our subconscious patterns and internal dialog that create the undesired reality. Both our attachment and our ignorance are cleansed in time if we stay with self-observation and meditation.

It is partially our belief that our reality is "real" that perpetuates the flow of events that are believed to be the substance of our lives. Because we continue to interact with reality in the same fashion, we experience the same reality. "Reality" reflects our experience, character and identity.

It becomes apparent that the separation between the seeker and the desired future is within. It is not without. It is not other people or life events. Any recurrent life pattern is our creation. When we know this truth, we see life differently. Although daily life may seem the same, all is changed. We begin to change our reactions and perceptions. Glimpses of the shadow self are seen as the pattern becomes apparent. The desired change must come from within, and, from this place, right action begins to follow.

The core belief system that sustains our reality is shaken. We begin to see that our perceptions hold our reality firmly in place. In the heart chakra, there are the answers that we have searched for all along. We find the answers, little by little, as we change our frequencies. Our frequencies can change very quickly or very slowly, depending on how much we are willing to change our lives.

Day 5

In alchemy, the four elements are joined by a fifth element, the akasha. The akasha is the invisible element; yet, it is also the substance of the Quantum Field. The Field is the storehouse of all knowledge, the application of universal law, communication with higher beings and communion. When the fifth element is sincerely invoked, the knowledge of the all is beamed into our being. We access the keys of universal wisdom — power, will and love — through intuition.

Intuition links the unconscious, conscious and super-conscious of an individual or being. We suddenly begin to know and understand the design of our desired future, its inner perfection, and the movement toward it. Our perception comes from the heart. It is there that we learn to listen and to access the "field".

Intuition and intent become our companions as we learn to listen to the voice of the heart, as we put matter into form. We cease identification with the elements of our former or "present" life

through the realization that our reality must be transmuted by discarding the unnecessary parts of our lives. We ascend beyond our patterns into the True Self and begin to perceive the present reality from an entirely different perspective. Our perception can only come through our heart as intuition. This intuitive perception is known as the presence of the Holy Guardian Angel of the heart.

Day 6

On the Sixth Day, we know of this wisdom in our hearts. We feel it. We absolutely understand the equation of the creation in our hearts. We see the lack of resonance with universal law that caused separation from the initial desire. The emotional patterns, expectations and inability to form a truly creative solution are apparent. The missing piece was a previously unperceived truth. The reception of the truth, in entirety, resolves the knot between the ego and the soul, so that the union between the soul and ego, known as the True Self, is formed. The unnecessary particles of the old reality or hologram of the self regenerate (or re-arrange themselves) as the third form, the holy child of the union. (Energy is neither created nor destroyed; it is simply re-arranged in new forms.)

This is living as the True Self. It is the integration of the ego and soul. It is also the experience of life from the perspective of infinite possibility. Each time that we transcend the limitations of the ego, life expands in a limitless direction. Negative emotion and thought are surrendered as new perception begins to flower through our being.

The third aspect of the triune begins to take on form. The particles of life solidify and crystallize into the new form of matter. The possibility begins to become reality in form, as a complete transformation into the new life ensues. The new reality is filled with possibilities that differ from the earliest perception because our Being has been touched with the light of the Universal One or All.

Day 7

There are six spheres surrounding a central sphere. The heart resonates with its new truth. Life is full of beauty and goodness. The six chakras vibrate with the eternal truth of the heart chakra, thus the seven chakras resonate the truth into the world of the seeker and the world at large. As the 7 chakras vibrate with new wisdom, the particles of life, the form of life, truly changes. It becomes a reflection of the True Self, the highest form of the original desire. As we become one with the matter or form in our lives, the matter reflects our oneness or relationship with the All.

Each time that an aspect of the true self is developed through co-creation, a portion of our being ascends to soul function, to expand in conscious awareness. The vibratory level of our thoughts, emotions and sensations are raised in frequency. Life is experienced in an entirely new light, from the infinite, as opposed to the mundane.

The Flowering of Life is far greater than merely a change in the seeker's persona or a manifestation of a new physical reality that speaks of physical abundance. It is a profound merging of the personality and the soul or the writing of philosophy, Sophia, forever in the heart. It is the transformation of the darkness of ignorance to the light of the principles as written in the divine blueprint of the heart. When the sacred space behind the heart is truly opened, it casts a beam of light toward all those who are open or willing to receive it. The beam of light is radiated again, and the first day of the flower of life begins again, as the Universe puts the divine blueprint into form

When co-creation is complete and the universe has merged its wisdom and love with matter, the seeker usually has an additional urge to create, to translate the image and message into form or to share, one of the attributes of love. Thus, a beam of light is transmitted into the world, whether through works or the simple transmission of light. The reception of this consciousness as "light" begins a new flower of life. As consciousness, in form, receives the beam of light, then a new Flower of Life begins...



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



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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

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