

Five Kinds of Creations

Every minute of every day, you are creating. With every thought, word and deed, you are creating. If you want to create a stronger, happier and healthier life, it is a profound act of self-empowerment to take a closer look at the *how's* and *why's* of your creation style. Understanding the five kinds of creation can upgrade your manifestation strategy to lay a stronger core-level foundation for the future of all of your creative acts. To access the audio link for more information, select the topic aired on Higher-Wellness radio dated

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CO-Creation is activated by the conscious choice to CO-Create with Source, with your Higher Self, and the Universal Law of Love. CO-Creation consciously intends to serve the highest good for all concerned. CO-Creation accesses the Power of Divine Vision motivated only by the Power of Love, which is beyond the scope and capabilities of the human rational mind. Einstein reminds us of this with his famous quote; *"You cannot solve a problem from the same mind that created it."* CO-Creation is motivated by Love and performed within the field of abundance.

Over-Creation is the most obvious and widespread creation style. Our landfill's, big box stores, burgeoning storage units, personal and national debt, and global environmental challenges are testimony to the human tendency to over-create. Quoting Einstein again, he said after the atom bomb was used, *"Just because we can create something, doesn't mean we should."* Over-creation is often (not always) motivated by fear and greed within the field of scarcity.

Under-Creation is a creation style that demonstrates unresolved personal wounds or belief systems that hobble the natural human joy of creating and manifesting. Example: a person who longs to be a published author, but never completes a writing project for fear of humiliation. Under-creation is motivated by fear within the field of scarcity.

Avoidance-Creation is the creation style of creating one experience to avoid another experience. Example: The young-adult who agrees to a college degree program because that is what the family expects, rather than pursuing the passion he or she truly desires. To avoid disappointing the family, he/she may spend 4 to 10 years doing something that is not authentic to their true nature. Avoidance-creation is motivated by fear within the field of denial & scarcity.



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Un-Creation is the creation style inherent in the natural process of growth and change. Un-creation is also a necessary creation strategy when we realize that something in our lives is no longer working. Example: The student-life must be un-created in order for the working-adult to flourish. Un-creation can be motivated by love or fear, within the field of abundance or scarcity—dependent upon the circumstances and intention of the un-creator at the time.

Integrating the Practice of CO-Creation

The word CO-Creation implies a partnership, a conscious and purposeful collaboration. In this sublime collaboration, your partner is Source with Its invisible laws that support the extension of Love to all beings equally. The process of CO-Creation **feels** quite different from the other four styles of creation. *It feels fundamentally strong and right!*

As you learn to participate in conscious CO-Creation, you will notice a greater peace in the process, an effervescent joy, and a grounded centered feeling. A humble enthusiasm for helpfulness will motivate your actions, rather than a drive to get and gain. Synchronicities and resources often show up in almost miraculous ways. You will notice the dynamic of Divine-Timing influencing your actions and inter-actions. Working within the field of CO-Creation causes less stress and places you in the path of opportunity to receive inspiration that is beyond your experience level.

To Activate CO-Creation

1. Each day declare your intention to Spirit! Example: “Help me Spirit to learn and practice CO-Creation today.”
2. Be lovingly honest with yourself! Throughout each day and before starting any new endeavor, ask yourself, “With which style of creation am I creating right now?” Restate your intention for CO-Creation if you have veered off track.
3. In daily mediation, ask to be mentored by Your Higher Self on how to CO-Create your life every day—in every way!

“CO-Creation is a compass for your Soul.” ~JJ

