

Day 7: Today's Lesson: You are here to know who you are and create something.

Life isn't about finding yourself, it's about creating yourself -George Bernard Shaw

You are here to create...and you have free will to create whatever you want. It is one of the major reasons you are here on this planet and because the universe is in constant motion, you are creating in every moment of your day.

Whether you are a stay at home mom, run your own business, or a top executive at a fortune 500 company, whomever you are, or whatever your circumstances are, you create your daily existence by what you are thinking and how you are feeling.

We live in a universe with infinite possibility and infinite ways of moving forward and whatever shows up in your life is a result of your decisions, choices and actions you are taking.

Life is like a blank piece of paper or moldable clay. Imagine placing it in front of you. What will you write? What will you mold in the clay? You get to put whatever you want on that piece of paper or you get to mold that clay in any form you wish. What will you do with your free will?

Apply this to your life. How do you spend most of your day and does it feel fulfilling? Is your job making you happy? Do your daily activities make you feel alive? Start getting really conscious about the way you are living.

And in what conditions are you creating? How can you make your daily experience better? Are you listening to relaxing music after a day of stress? Are you implementing things that will enrich your existence?

You get to create every moment in a way that's fun, is enjoyable or in a way that brings you more peace. What experience do you want to have?

You have a destiny, and a potential to fulfill that destiny, based on the choices you are making and how you are living. Are you creating a life where you are living your highest potential?

Your highest potential won't look the same as anyone else you know, so this is about you checking in with yourself instead of comparing your life to someone else's.

The way you know if you are creating and living your highest potential is that you feel exhilarated, alive, happy, fulfilled, purposeful, and in alignment.

Now certainly everyday won't feel like this. A part of living on this planet is learning and evolving and this process will include experiencing growing pains, but it should still feel like forward movement.

There's a quote by Dr. Joe Dispenza that says "You can't create a vision of your future if you are focused on your past."

We form patterns from the ages of 1-7 years old and then we live our whole lives creating from a place of childhood wounding where we are playing out the same scenarios day after day, mostly living in survival. We learned from guardians who had certain values and beliefs. We watched how they lived their lives, we listened to others and, consciously or unconsciously, we took on what we saw or heard as true, which then became our patterns and then formed our beliefs.

When you create from a place of unconscious, unresolved issues, you may be manifesting unwanted things into your reality. It's why personal growth work is important so you can release the past and create what you want to happen, instead of what HAS happened.

Are you focusing on and reliving the past? This will continue to create the same situations over and over again. Loving yourself, being compassionate with yourself and doing your work to release your childhood wounding is important, but it's a balance of doing this work to release and then focusing on what you want to create so you don't stay stuck in the past.

Your story is important, it matters but if you get caught up in it, you will wind up staying stuck which will then cause you to manifest the same situations over and over.

The way that something shows up in your life is by what you are focused on, so if you focus on what has happened or continue to live out your past patterns, you will continue to get the same result.

Focus only on what you want to create and what makes you happy, this will get you the results you want. IT WILL HAPPEN, unless you are doubting that it will happen or focusing on what you don't want. The past is not where you are going. Focus only on what you want to create!

Be very aware that you are creating from the place of infinite possibility instead of your limited thinking of an unwanted past experience.

When you haven't gotten what you wanted thus far, it's hard to really know that you will be able to get what you want in the future. Part of this process is trusting yourself enough to take inspired, aligned actions, which we'll talk more about next week.

If something shows up and it isn't what you want, you get to create something else. Because the universe is in constant motion and is never still, there is always opportunity to manifest something else. Just look to nature. Think about the ocean, the waves never stop coming in or the clouds never stop moving...just choose again and create more of what you want.

The next part is deciding what you actually want to create. This comes from a place inside. You already have desires....these are things you want, people you wish to have in your life and things you want to experience.

The universe is a mirror and will reflect back to you the energy you are sending out, so because you are creating in every moment, look at how you are living your life. Are you sending out energy that you want to be reflected back to you? Are you creating with kindness and compassion?

Most people create in a very masculine way of doing, doing, doing. Now don't get me wrong, there is certainly action in creating your life, but what we need to realize is that the way we've been existing is based on a patriarchal society

where the masculine energy dominates. In order to balance and sustain we are now moving into the divine feminine where we are seeing the feminine power rise. And the feminine qualities are more about receiving and allowing. When you create you really want your energy to be more about receiving and allowing instead of pushing.

The way to access this energy, of course, is through connecting to your higher self.

So here are some questions you want to start asking:

1. What do I want to create?
2. What the easiest way to do this?
3. What is the next step I need to take? There is always a next step, but let that step be easy. This is creating in alignment and flow. If it feels hard it isn't the next step and you aren't living in flow.

Now I also want to mention this piece. I know, that sometimes in life, you feel there are things you must do and you don't have a choice about. We do get placed in certain situations for learning, but the question becomes... How do I make it easier? You don't always have total control of your circumstances but you do get to ask for what you need and want.

Do I need help doing this task?

How can I be supported in doing this?

Ask for help, whether it is a friend, a loved one, someone you pay, or you can also ask for help from the universe. Just say it out loud. Ask, and if you allow yourself to receive, that help will come to you in the form of inspired action, a message, a person reaching out to you, or something else, but you have to be willing to receive the help or it won't show up.

When you live your life where you love yourself enough to let yourself receive from the universe and from others, you experience balance and ease, peace and alignment. Let yourself move through your life in this energy and start creating the life you want.