



Creation Energy

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Breath

All life comes from cellular energy which multiplies.

Human life is driven by breath, unconsciously.

When we override our breathing system regularly to a practice of deep breathing we bring in more energy into our physical body. This energy is shared with our mental/emotional and spiritual energy.

Your breath has the power to create it always has.

Vision

Our eyes show us a unique picture of the world.

The transform energy waves and vibrations to collectively reflect through our eyes new and ever changing images.

It's with this we understand our vision is more than what we see through our eyes. Our vision and the power of our sight comes from within.

Therefore the creation of what you see comes from within.

Feeling

To experience life through feeling is to sense multiple energy vibrations.

We each have our own unique sense of touch which again comes from within.

The feeling you have when you create and achieve something is not something you touch. It is something that has been created within you.

Consciousness is not something we can see or feel or hear. And as it lives through each of us, it waits patiently to be introduced.



Connected Energy

We are all connected to energy.

Whether you feel it or not we are all energy creations.

We have the infinite opportunity to transfer this energy into different forms.

But we can only do this when we connect to the energy. To do this we simply intend the energy to be part of us. To acknowledge this energy as part of you and not separate to you.

Welcome this energy home, within you.

Energy Vibrations

Energy vibrates at different levels and some energy vibrates at the same levels. So if you don't have one you can access the other energy to help in the creation process.

For example sexual energy is the same vibrational energy as money.

When you tap into your sexual energy in a loving way, you may experience greater wealth. Likewise when you want to increase your wealth you can harness the energy creation through your sexual energy. To boost the power of the intention and creation you can also visualise your bank statement as you 'enjoy' your sexual energy.

Above Thoughts

We often limit ourselves to our beliefs and thoughts.

Consciousness is a source of whole connected energy which will guide you to feel in complete flow of your creations.

This is not always to create and manifest what we think we should have. Consciousness guides us to connect and create energy that will support our growth with the highest of intentions.



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Your Creation

What is it you want to create?

Describe what you want using as much detail and description so if you were telling someone about it they could really get a picture and a feeling just listening to you.

Why do you want this creation?

What will it give to you in your life?

Is it for you or for someone else?



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Techniques

- 1) Allow deep breathing to become a daily practice.
- 2) Repeat daily affirmations of what you believe you are welcoming and creating.
- 3) Have focused, clear intentions to repeat daily.
- 4) Relaxation of the physical body through guided relaxations or self healing; (a bath or gentle exercise too.)
- 5) Relaxation of your mind through deep breathing and releasing negative thoughts as you exhale.
- 6) Visualisation (experiment with different places, spaces and connecting through different energies vibrations at the same time.)
- 7) Clear your energy through your body through dry bathing, cleaning the energy of your home, workspace and car - opening the windows, cleaning and playing music. (See Energy at Home Guide.)
- 8) Acknowledge at a cellular level in your body anything that is not supporting you will be within your energy. Fill your cells with creation energy.



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see you soon x