

SELECTED EXCERPTS FROM
“Awakening the Angel Within – A Beginner’s Guide to Creating Miracles”
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The book is filled with practical exercises to help you integrate the information, release old beliefs and limitations, and reclaim your Divine creatorship abilities

A NEW ERA IN CONSCIOUSNESS

Many ancient civilisations, including the Mayans, Aztecs and Egyptians, have predicted that this early part of the 21st century will be a time of great change on Earth. It has often been called ‘the end days’. The calendars of these traditional societies all agreed on a date in December 2012 as being the end of the current era. Many interpretations of this date and the period leading up to it have been fear-based and have focussed on scenarios of chaos and destruction.

In fact, this time is *not* about the end of human civilization, as some would have us believe. It is about the end of one era, and the beginning of another. It is about a change in consciousness.

The long-predicted and much-feared ‘Earth Changes’ that are happening right now are not just about earthquakes and changing weather patterns. They are an outer reflection of the change in consciousness that is already taking place, not only for humanity, but for the consciousness of Earth herself. Just as the human symptoms listed above can be uncomfortable, the Earth’s symptoms are quite uncomfortable too.

Ascension is already happening for so many people because consciousness is moving and evolving with incredible speed. Although the date of December 2012 *was* originally set in stone (pun intended) on the ancient calendars, consciousness is a living and fluid thing which eagerly desires to grow and evolve. The pace of that evolution is moving ahead faster than originally predicted.¹

So don’t think you have to wait for 2012 before you begin to take an active part in your Ascension journey because your own personal quantum leap in consciousness is already happening!

This time has often been called a time of awakening, so what are we awakening from? We are awakening from the illusions that we are limited and that we are separate from Spirit², or that we are somehow less than Spirit. Humanity is beginning to awaken to the realisation that we *are* Spirit; that we are eternal beings who have chosen to live in physicality.

¹ As I complete the editing of this book in January 2009, Barack Obama has just been sworn in as the 44th President of the United States of America. What further proof could be needed that human consciousness is evolving rapidly and that significant change is upon us?

² Throughout this book I use the word, ‘Spirit’, in different contexts. Sometimes I am referring to Spirit in general, meaning all the non-physical entities – angels, guides, etc – who exist in the spiritual dimensions. Sometimes I am referring to the overall spiritual consciousness which people know by different names such as God, the Great Spirit, the Divine Source or All That Is. Sometimes I use the word, ‘spirit’, to refer to a person’s soul or Divine Self, the non-physical portion of the human’s energies.

How many times have we heard or read metaphysical teachers say, “*You are spiritual beings living physical lives*”? I have believed this concept to be true for years, but it wasn’t always easy to really *feel* the truth of this in my daily life.

This is what the Ascension process is really about – remembering that we are consciousness-beings who have chosen to live in physical vehicles (the human body) – and bringing that remembrance into our daily human lives. It is about remembering that human life is a wonderful game that we invented a long time ago, and we can now open our consciousness to the knowledge of who we were before the game began. This can be quite difficult to achieve without guidance because most of us are so entangled in the accumulated belief systems of many thousands of years of human consciousness.

BEYOND NEW AGE: THE NEW ENERGY

So, what lies beyond the New Age? The new era of consciousness that is already dawning on Earth is one where the individual has access to his or her own Divinity, the eternal part of themselves that we often think of as the soul. Each person becomes aware of him- or herself as being the creator of their own life, in partnership with their Divinity.

We are entering the time of the New Energy – a new and magical framework for existence which allows those who are ready to embrace their roles as Divine Humans and to create their lives with ease and grace.

Synchronicities and miracles become everyday occurrences when we allow the New Energy to operate in our lives. Our intuition becomes greatly enhanced as we discover that it is *we humans*, not Spirit or the angels, who have access to the wisdom; for it is *we* who have been incarnating lifetime after lifetime to learn and gather experience about existence and the process of creation. Spirit and the angels exist on the other side of a ‘veil’ which separates the physical world from the non-physical. As we mature into our true creator roles, the angels are there to support us, not to teach us. *They are learning from us*; it is not the other way around.

The ultimate tenet of the New Energy teachings is this, four simple words:

“You Are God Also”

So, in awakening to our Divinity, we humans are not simply discovering a mere appendage to our human selves. We are discovering that we are, in fact, far grander beings than we had thought. We are spirits – angels – who have chosen to focus and condense our vast energies, squeezing them into the human form. This human form has become our visceral translator of experience – through our emotions, senses, thoughts and beliefs we have not only experienced, but also *created*, our human reality.

Why have we done this? As angels, why did we become physical and come to Earth in the first place? There is quite a story to this that I shall write more about in the

chapter titled, 'Our Journey - From Angel to Human'. But, briefly, we have been volunteers, pioneers if you like, who have undertaken this physical mission in order to learn and experience what it is like to be a sovereign creator, one who needs no authority outside the self and who takes responsibility for everything they create.

Through our many lifetimes on Earth we have been slowly re-learning how to create from scratch using our hands and intellects. Leaving behind our powers of instant manifestation, we have been gradually reminding ourselves that we are powerful creators and that we need to be responsible in our use of the creation energies. The lessons we have learned through physical experience have been relayed back to Spirit, for the purpose of furthering the evolution of all consciousness.

So the new era that is beyond the New Age is a time of becoming aware of oneself - first and foremost - as a consciousness-being living a human life. It is about bringing our Spirit, the Divine Self, into our human existence and learning to live from that perspective - as an integrated Divine Human. It is about being willing to accept both the liberation *and the responsibility* of knowing that you are the creator of your own reality.

Once you have allowed yourself to go through the process of integrating your Divinity into your human life, then that life should be about joy! Then there are no more lessons, no more karma, and no more soul contracts. When you can accept that You Are God Also, then you are free to live just for the experience, and consciously create your life in the most joyous way possible.

That is the highest purpose of being a creator - to create, to express, to live your passion and experience as much joy in your life as you can possibly fit in! And that human craving for outside guidance I mentioned earlier? As an integrated Divine Human you'll find that all the wisdom and knowingness you ever need comes bubbling up from within you, just exactly when you need it.

My aim with this book is to help you to recognize and facilitate your own process of Ascension, or Divine Integration. The name doesn't matter so much. What matters is that you have the desire to understand who you truly are and to bring more of that true self into your daily life.

Close your eyes for a moment, take a deep breath and ask yourself this question now, "Am I ready?" Allow yourself to clearly sense the joyful answer from your own soul: "Yes!"

WHAT IS ASCENSION?

For the first three decades of my life the only Ascension I'd ever heard of was the one drummed into me by my Catholic education - the story of Jesus Christ ascending to heaven after he returned to life following his crucifixion.

But during my thirties, while attending various meditation classes, I began to hear people mentioning the word 'Ascension' as something we mere mortals were

working towards on our spiritual paths. I was intrigued. I wondered if *I* was going to ascend? What did it mean, anyway? Was I going to float up to the sky on a cloud, waving to a gathered throng below, bestowing my blessings on them as I rose out of their earthly sight? It seemed unlikely.

I felt ignorant. I thought that everyone around me in the classes probably already knew all about Ascension and I was the odd one out. So I kept quiet, and listened keenly whenever the word came up in conversation (there was never anything actually taught about it). It seemed mysterious - I heard different interpretations from different people and I finally decided I had to be courageous and ask.

I recall asking two different spiritual teachers whom I admired to tell me their definitions of Ascension. One told me that it meant she was going to defeat death. When the time came she was going to disappear from this Earth plane, body and soul together, as Jesus had done, and live forever in some other dimension.

The other, an internationally-known speaker and healer, told me he believed Ascension meant we would defy gravity and be able to physically fly ourselves to anywhere in the world that we wanted to be!

Now I was as open-minded as the next spiritual seeker, but to me those ideas seemed too fanciful for words. So I didn't get my answer, at least not back then in my early thirties. It would be another ten years or more before I discovered and was able to embrace a definition of Ascension that really resonated for me. And that definition is this:

That we are more than human beings, we are spiritual beings also. Not all of our consciousness is embodied in this physical human frame. Each and every one of us has a portion of our consciousness that has remained non-physical. That portion has remained in the spiritual realms, as pure spirit or energy, while the rest of our consciousness has been having adventures here in the physical world.

That spiritual part of ourselves, which I call the Divine Self, has been waiting a long time for our human consciousness to evolve to the point where it is ready to expand beyond the visible, physical world and incorporate the knowledge, wisdom and simple joy of the Divine Self into everyday human life.

Ascension is about bringing together the Divine and the Human parts of ourselves, and gradually merging and blending the energies of the two so they can become one. It is about discovering and releasing the ways in which you have been limiting yourself. It is about re-discovering your own creatorship abilities. And it is very much about seeing how the mass human consciousness, with its rules and limitations, creates *its* reality and being brave enough to step outside that mass system.

And it is about tapping into the vast well of consciousness that your Divinity is a part of. *Divinity is spiritual intelligence.* By opening up and allowing your Divinity to become one with you, you are opening up to all the knowledge and wisdom you'll ever need. You find that the answers you need are there, often before you've ever

realised you had a question. You find that you *just know* things, and you don't know how you came to know them!

If the uncomfortable symptoms listed above are familiar to you, you are definitely not alone! There are many thousands, perhaps even millions, of other people going through their own Ascension journeys now too because there is a process of change – an awakening – taking place all over the world. Ascension is a *natural process* of releasing the older, denser vibrations where conflicts abound, and learning to exist in the higher, lighter vibrations where harmony and joy are the norm.

Ultimately, Ascension is about evolving to the point where you can say, with absolute knowing and conviction, that you are your own God, your own authority-figure, divine and eternal. It is about becoming a Divine Human.

Ascension – the integration of Spirit and Human – will happen to everyone, sooner or later. Most of humanity is not ready yet, and many may never be ready – at least, not in *this* lifetime. Indeed, it may be several generations before the majority of humans are able to accept that they are eternal, divine beings – angels walking on Earth. And that is fine, it is OK. The game of human life can be a lot of fun and no one will be forced to abandon the game of pretending they are not in control of their reality before they are ready to.

WHAT IS A DIVINE HUMAN?

What do you become when you are a Divine Human? Who will you be when you have blended your Divine Self with your Human Self? Will you be a glowing, grand angel? Will you sprout wings and fly wherever you want to go? No, I don't think human DNA contains a pattern for growing wings, not yet anyway. You will still be human, with human relationships, activities and challenges.

You will still have to interact with the physical 3D³ world for years to come, and it can be a struggle for higher-vibrating beings living in the denser-vibrating 3D world – you really feel its harshness. You may still feel frustrated for a while at the physical symptoms many of us have felt, like blurry vision, dizziness, spaciness, nausea, even diahorrea occasionally! I don't mean to frighten you by including these symptoms, but just to let you know that you may not need to rush off to the doctor every time you feel something like the symptoms listed.

Of course you must take care of yourself and seek medical advice if a symptom is persistent or severe. But just be aware that these symptoms *could be* signs of releasing old energies and walking in two worlds – they may not necessarily indicate a physical problem. Take a little time to allow the symptom to pass, and perhaps ask some like-minded friends how they are feeling. Sometimes you may find that others are experiencing the exact same symptoms – this is a sure sign that what you are feeling is related to an energy shift and there is no need to worry.

³ The term '3D' refers to the three-dimensional physical world around us, as well as the mainstream consciousness which is adhered to and accepted by most humans. It is the world of rules, agendas, institutions and mass belief systems.

But it's not all bad! You will soon find yourself able to let go of seeking guidance from outside of yourself. You will be your own source of wisdom and your own 'guru' – you won't need any other. As you integrate your Divine Self more and more into your human existence you will notice yourself having spontaneous bursts of knowingness bubbling up from within you. This is because you are connecting to your higher wisdom which is not caught up and limited by Earthly human experience. You may find yourself talking with a friend on some topic and saying things that you have no conscious way of knowing. You'll probably find yourself saying, "*I don't know why I'm saying this, but ...*"

And the words that will come out of your mouth will just feel so right – trust this. Allow these insights to flow; if you don't allow them to flow freely then your higher wisdom won't feel very welcome and it might just pop back into its shell for a while longer. Trust yourself. The knowingnesses that will come won't be from the mind, they will come from the perspective of higher wisdom, from the Divine Self.

By allowing and trusting yourself and the wisdom that comes you'll find that you won't feel so much need to seek external guidance. You'll be able to reach a point of knowing that whatever answer or wisdom you need will come to you – in the precise Now moment that you need it. It doesn't come weeks beforehand, it comes in the Now, just when you need it. As this happens more and more you will learn to trust it and believe in yourself – you have all the wisdom you need within you.

As an integrated Divine Human, you will also still be challenged to look at your belief systems, to understand and take responsibility for how you really are creating your reality. You will find yourself disconnecting from old energies that are no longer in harmony with your higher vibration.

You will find that you are able to take a step back from the mainstream mass consciousness and see how 3D reality is created by thought and belief systems. You will be able to move from being an *unconscious* creator of your own life (one who is strongly influenced by the agendas and belief systems of the world around them) to being a Sovereign Creator who chooses their life direction with clarity, integrity and being true to themselves.

A Divine Human takes responsibility for everything that appears in their life. You give up the victim mentality that blames others or blames a distant external God, and you realise that *you* are the creator of your own life and reality here on Earth. That can be both a liberating concept, and a daunting one. Not only does it give you the freedom to consciously create your life as you would have it be, it *dares* you to confront and break through the internal blockages you have set up to keep yourself limited.

And yet, the integration of your Divinity is not a difficult process. It does not require strict regimens of meditation, you do not have to eat a special diet or refrain from anything that you enjoy. In fact, Ascension calls for just the opposite – the relaxation and release of many of the old limitations and controls that you have placed upon yourself. It's like learning to float with the current rather than battling to swim against it.

The Ascension process happens gently and gradually. It does not happen overnight, it does not happen in weeks or months. To ensure that the human bodily system is not overwhelmed by the integration of the higher-vibration spiritual energies, it is best for the process to take place gradually over a number of years.

It does not happen by forcing or trying to make it happen. The Ascension process happens when we *allow* it to happen. It happens by itself, without the need for the conscious mind to try to direct things. It happens by breathing it in, by inviting it in and by allowing it in. And, it is going to happen anyway – to everyone, at some stage. And if you are feeling any affinity with these concepts or are experiencing any of the symptoms, then it is happening for you already.

Will it ever be finished? Some of my friends and I do wryly wonder this as, after so many years, we continue to occasionally experience sensations and symptoms that are sometimes less than pleasant.

There is no precedent, no history to learn from here. The integration of Divinity with humanity is a totally new phase of human evolution. So there are no hard and fast answers; we are learning as we go along. But as consciousness is always expanding, always seeking to know more of itself, in the individual and the whole, I suspect that the process of expansion and discovery of more of the Self will probably continue – perhaps for eternity.

SPIRITUAL MISCONCEPTIONS

In the old human consciousness, there are some misconceptions about Spirit and its role in our human life that need to be let go of.

This is a book about finding the god within yourself. For most people, coming to grips with the concept that they are a divine being – an angel or god – requires a fairly substantial shakeup of their personal belief systems. There are commonly-held misconceptions about the role of Spirit and the angels, and what they can and can't do for us. We have been taught, generation after generation, to pray to angels for assistance; but can they really help?

A common misconception is that the angels can step in and alter the course of events for us. This is not the case. They *are*, in fact, loving companions – friends that we have known before this lifetime and before we ever came to Earth. They are always with you; they are as close to you as your next breath. However, as they are not physical, they cannot interact with us here in this world in some of the ways we may have previously thought they could.

There is a separation – or 'veil' – between the physical world and the non-physical or spiritual realms. The veil is like an electro-magnetic blanket wrapped around our consciousness. The angels are on the spiritual side of the veil, we are on the physical side. This differentiation was set up deliberately so that we could experience our physical journeys and have the learning experiences we came here to have without remembering who we truly are.

So, while angel companions are always with you, the nature and set-up of the veil means that they cannot come in to intervene in your life. Basically, they cannot do it for you. Yes, they can hear you when you pray to them or talk to them. And yes, they can project their love and supportive energies to you, but they cannot manifest physical changes or actions for you.

There is a natural human tendency to desire for there to be a higher power that will take care of things. Well, yes, there is a higher power and it is *within you*. As you become empowered and begin using the Divinity that is ready to reunite with you now, you will find yourself becoming more confident and capable of using your own higher power to become a conscious creator of your own life.

And it is then that your angels *can* help you. We each have a team of angels ready to work with us and support us on our Earthly journeys. Though your team of angels can't physically manipulate events for you, they can help you by moving energies. This can help things to fall more easily into place for you. But *you, the human* are the leader and the decision-maker.

When you throw a stone into a lake, the ripples spread outwards from that initial point of contact with the water. When you make a choice or decision in your life you are like that central point and your angelic team is like the circles that ripple out in all directions, extending your influence. You make a choice, and your angels shift energies to support your choice and help it to manifest. And if you don't make any choices? Well, then your team has nothing much to do.

You can certainly ask your angels for help, e.g. ask them to help you find the job that will bring you the most satisfaction and fulfillment. Always remember, though, that *you* are the one with the intellect and experience to navigate your way to that job, or whatever goal you have in mind. Spirit doesn't know how to use the internet or how to make a phone call or type a CV; Spirit doesn't know how to dress for an interview. You, the human being, know these things. You are the leader; you are the creator in your life. You choose your direction and Spirit supports your choices.

What about a situation where a person has prayed or begged for divine help and something miraculous has occurred? What about the spirit guides and guardian angels that so many people believe are guiding them and protecting them? Basically, I believe those people are underselling themselves and that their guides and angels are really non-physical aspects of themselves. It is themselves they should be giving credit to, not to external guides or angels.

Every human has the power of a divine creator being, but many are not ready to believe or acknowledge it yet. It may be frightening to them that they have the power to create miracles or receive guidance, so they project the miracle outwards onto the figure of an angel or guide. I truly believe that everyone who is receiving spiritual guidance is receiving it from their own higher or Divine Self, or another aspect of themselves, such as a past life.

Sometimes poor self-esteem might be behind people's unwillingness to believe that it is 'just' themselves who is giving the guidance. In other cases, people may use the

concept of spirit guides to boost their ego, believing that they are being favored by a divine being who has chosen to speak to them. Every one of us *is* a divine being and more and more of us are learning how to access our Divinity and make it a natural and normal part of our human life.

Another misconception is the notion of destiny, or that Spirit knows what is going to happen in the future. One implication of awakening to the reality that you are a creator is that you have to understand that Spirit does not have any agenda, and it does not know the outcome of our journey here on Earth. Nothing is pre-destined and Spirit does not judge in terms of good or evil, right or wrong. There is no right way to do this life on Earth, and there is no judgment process to undergo at the end of this life. Concepts like good and bad, right and wrong – these are all human concepts. Spirit does not judge us, there is no test; there is no agenda.

Our human existence is simply about experience. Everything we experience here on Earth, everything we learn and go through, in addition to our own personal growth, also serves the purpose of feeding back information to Spirit and All That Is about life, about existence, about creation. Nothing has been planned in advance, there is no destiny that you have to fulfill. Each new choice that you make – on each day, in each moment – you are creating something new. Humanity as a race is creating its future now, in the Now moment. Spirit does not know what is coming; it is humanity which is creating each new moment in time.

It can be daunting to know that you, the human, are responsible for creating everything in your life. But please don't think that you have to take on responsibility for the entire world, or for anyone else at all. You are responsible only for your own life (and that's quite enough I think!). There is no need for guilt or fear about stepping into your power as a conscious creator. From your Spirit's perspective, there is no judgment or punishment; there is only acceptance, love and understanding.

Ultimately, realizing that you are the creator and there is no one else in charge brings you total freedom to live your life in the most joyful and fulfilling way *you* can imagine.

THE TRUE NATURE OF ENERGY

On the journey to becoming a conscious and sovereign creator – a master of energies – it is helpful to have an understanding of energy, what it is and how it works.

I've written already about the New Energy, the new state of Oneness and fulfillment which is gently easing its way into our lives. But, for some time to come, we will be still dealing with the energies of duality and the old 3D consciousness. So now I want to talk a bit about energy in general – what is it? What are its characteristics and how can we work with it?

Although energy is non-physical, it can be harnessed, shaped and molded into physical creations. Even seemingly inanimate, solid objects are composed of

energetic particles that are in constant motion, vibrating at particular rates. Our bodies are not just the solid objects they appear on the outside, they are composed of vast inter-related systems of living cells and molecules which respond to the beliefs and thoughts we hold about ourselves.

Our thoughts and emotions are electro-magnetic energy, capable of influencing and shaping the physical matter of our bodies *and* shaping our outer reality as well. We each project our energy outwards from the self, thus creating the life circumstances and physical environments that make up our personal reality. Our outer reality is a direct extension of our own personal energy.

There are also other types of energy present here in our world, such as the energies we use to power our machines, like electricity, nuclear power, engine-power, solar power, hydro-electric power, wind power, kinetic energy, etc. But what is energy at its core? What is the common root of all these forms of energy?

Basically, energy is nothing. Energy, in its raw state, is nothing but *potential waiting to be expressed*.

The true nature of energy is neutral; you could almost say it doesn't exist ... until we *imagine* it into existence. Energy is neutral until we activate it through our feelings, thoughts, intentions and choices. We humans use our imagination and creativity to bring energy to life. The imagination is the key to creation and expression.

As consciousness-beings, we focus energy into the physical form of our human body. As physical beings, we focus energy into the material creations we surround ourselves with, and also the 'stories' and identities we have created for ourselves in this lifetime.

Although energy at its core is no more than potential waiting to be expressed, different energies do have different characteristics, as well as something in common. I would like you to do a little experiment, if you would. I would like you to sense the energies of three elements – water, fire and air.

... (In the book, an exercise follows this section) ...

MAGICAL MANIFESTATION

When we were angels, before we moved into physicality and slowed down our rate of vibration, we could create anything we wanted instantly, as fast as we could think it. Perhaps many of us have a long-hidden memory of this ability and, consequently, we find it very frustrating to be stuck in this slow-moving reality.

When I try to imagine what that angelic life of instantaneous creation was like, the image that comes to me is like one of those amazing martial arts action movies. I'm not referring to the literal act of battling, but just that fast and fluid action, where miraculous maneuvers and magical leaps are possible. The actors/fighters are 'in the flow', there is no stopping to consciously think about what the next move might be – it is a continuously-changing and responsive flow. No wonder we Earth-bound

angels get so bogged down and bored with slow, clunky and repetitive everyday human routines, or at least I do.

We've tried to remember and re-create methods of magical creation by embracing the New Age concepts of creative visualization, affirmations and positive thinking. Somewhere inside us, we *just know* that we *should* be able to create as easily as the wave of a magician's wand. But, when our creation doesn't manifest instantly, when we have to struggle and strive to make anything happen, we become very discouraged. Perhaps we even give up and slide back into hopelessness and hard work.

But we *can* get back to that state of magical creation. We *can* have miracles showing up at our front door and all we have to do is receive them. We are coming around full circle now. We separated from Spirit and moved into a slowed-down reality. Now we're on the upswing again, bringing Spirit back into our lives.

But this time we're doing it from inside human bodies – we're combining the two, Spirit and Human, and learning to have the best of both worlds.

More and more people are learning to manifest what they need, just when they need it. And many are experiencing the magic of almost instant manifestation of their thoughts. I'm not saying everyone is going to be putting out their hands and having a million dollars land in their grasp (not that it's impossible, but you'd really have to clear a lot of limiting beliefs to make that one happen!). And that is not really true creation; that is coming from a place of wanting and needing.

True creation is the realisation that everything you need is already there, but you just hadn't noticed it yet. True creation is the solutions or answers coming up within you before you ever realised you had a question. It is the manifestation of what you need in your life – the right job, the right house, the right partner, the money to pay a bill, 'bending' time so that you can arrive right on time when you'd thought you would be late, synchronicities that lead you to be exactly where you need to be in order to receive something or to meet someone who can help you.

The more you can breathe and invite your Divine Self to meld its energies with your human self, the more you are opening up energetic pathways for new potentials and magical manifestations to enter your life. For the integrated Divine Human, life becomes synchronistic. You don't even have to define what it is that you need. You don't need to worry about abundance or health or other specifics, it is all just there. In the synchronistic life there are no needs because everything has already been met, you can simply reach out and take what you need in that moment because it is already there, before you even realised you needed it. ...

... Magical manifestations are all around us; sometimes all we have to do is choose to notice them. Why is it that one person has a miserable day as they curse the rain, while another can receive such joy from the sound of rain on the roof, or the sight of raindrops hanging like glittering jewels on a spider's web? One person might step over the coin on the ground, not thinking it worth their notice, while another may be delighted at their good luck in finding some money.

The magic is in the perception. We can brighten our lives considerably by just making a conscious choice to notice when things are going well, when the energies are aligning in our favour. And then acknowledge yourself as the creator of every little thing in your day – you have attracted it, therefore you have created it.

As we move into the New Energy, creating becomes quite different to how it was in the old dualistic energy. The old way was creating by striving, pushing and trying. And, duality being the way it is, resistance usually pushed back at us. In the New Energy, the energy of wholeness, we create by just being and expressing ourselves in ways that bring us joy.

If we wanted to get somewhere, metaphorically speaking, in the old energy we had to climb on our bike and pedal ourselves along the road, working hard to reach our destination. In the New Energy it is as though we can just sit still on our bikes and the road and the landscape around us shifts and rearranges itself so that our destination comes to us. We choose and state where we want to be, what we want to have or achieve, and the energies begin to shift and move into place to bring what we have chosen right to our door. We don't have to try, it is just there. *It comes to us.*

This is such a different way of being to what we've been used to, I don't blame you if you find this difficult to believe – I certainly did when I first read and heard about this concept. And it didn't happen for me straight away; in fact I had a long, hard road to travel before I started to become aware that things were falling into place whenever I needed something. Note that it doesn't have to be hard for *you*. You can choose for your creation process to be easy and graceful.

Gradually I began to notice that parking spaces became available just when I needed them (a skill I'd never been able to manage before!), appointments were available when I needed them, and answers to questions came to me effortlessly – either by bubbling up from within me or by being provided by someone else or the media or internet shortly after I asked. Everything I need comes to me when I need it. In fact, the most difficult thing has been deciding what I really choose to create!

The New Energy creation process is easy and graceful – what you need comes to you. The tricky part for us is that we have to be willing to give up trying to control the process. We are so used to controlling things, and our minds try to serve us by keeping a conscious grip on things all the time. But the mind is limited and its frame of reference is the past, so the decisions it makes are based on what it has already experienced. The mind has never before experienced the Ascension process, the New Energy or the Divine Self – these are totally new experiences for most humans. Therefore, although the mind is trying to help by holding on, criticising and doubting, it is really not equipped to understand that letting go of control can actually be the way to attain our greatest joy.

Breathing is the way to rest the mind and reassure it that it's ok to let go of control. If you will commit to a few minutes of regular breathing every day, or *at least* to doing some deep breathing if you are experiencing difficulties, your mind will be able to relax and you will find it easier to trust yourself and your Divine process.

And the sooner you can let your mind take a rest, the sooner you will see magical manifestations beginning to show up in your life!

THE FOUR PHASES OF THE CREATION PROCESS

Let's take a look now at how the creation process actually works. I'm not talking about the everyday things here, like how to bake a cake or buy a new pair of shoes. I'm talking about the important, significant projects which you, as a creator, may want to bring into your physical reality.

Many people have found that the more they allow their Divinity into their life the more uncomfortable they feel if they try to stay boxed in by the old roles and expectations of the 3D world (e.g. hanging onto a job that gives no satisfaction just for security). Divinity brings with it inspiration and grand, expansive ideas. These can be the basis for new and wonderful ways of creating your abundance. You may find yourself desiring to create a business of your own, something that is deeply fulfilling to you and which performs a valuable service for the world. You may want to study something new, or to create something artistic.

In any case, it can be helpful to have understanding of how the energy of the creation process works. This can help you to get your idea into physical manifestation, as well as help you understand the potential pitfalls. If you are someone who has had ideas in the past but not been able to bring them to fruition, reading about this process may help you to have an understanding of why things went wrong.

The creation process has four levels of energy movement:

1. The Desire
2. The Idea
3. The Attraction Phase
4. The Manifestation ...

(Read more of the Four Phases of Creation in the book)

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