



Conscious Co-Creation and Embodiment

Years ago when I first started learning about energy, there was lots of talk about how we create our reality. There still is. There was a lot I agreed with about that, but there was something that bothered me about it.

After a while, I realized people I hear talk about this type of manifestation are coming from a very mental space about it. It's about proving to themselves that they can do it, that they can have what they want and "make" stuff happen.

There's nothing wrong with that. That may be exactly the experience some people are looking to have. Personal expansion can come from it, and it can be a way to work through old messages of being powerless. Still, there are several things that I've seen come from it that can keep it from being the experience people were hoping for.

For one thing, this approach to creating your reality can easily become part of the "power over, acquisition is everything" dynamic that is so prevalent in our society. There are a lot of messages in our society that can quickly and subtly bring in that energy. To paraphrase Julius Caesar, you come, you want, you conquer. It becomes about winning and getting, which means that it also includes losing.

For another, the desire to acquire most often comes from a space of lack and "fixing". The thought process is something like, "when I manifest this awesome thing, I'll feel powerful, abundant, loved, happy, complete, etc.". It perpetuates the belief that you're not okay, powerful, abundant, loved, happy, complete, etc. *already*, and that you won't be until this outside event, person or object endows you with what you're seeking. Trying to fill a hole on the inside with things and experiences from the outside doesn't work, as many very wealthy people are demonstrating.

Lastly, this approach often cuts people off from the Universe. They focus on what *they* want and what *they* need to do to manifest their dreams. They feel like the power is theirs, which also means the responsibility and the weight is theirs, too. It can end up feeling lonely, difficult and heavy.

Co-creation, on the other hand, is very different.

Co-Creation and Embodiment

With co-creation, you're working in conjunction with the Universe as a teammate. You're following your inner guidance toward "what's next", which connects you with the power and design of the Universe rather than separating you from it.

Co-creation is all about staying in your body and connected with your wisdom and your essence, your energetic self. This allows you to *experience* the process of manifestation with your whole being rather than being concentrated in your mind. You get to live, breathe, feel and *be* you.

Rather than focusing on acquisition, co-creation centers on your self-expression and what you can *give*. You understand that the process and experience of creation itself is where the magic and the gold is, rather than on a future acquisition. This keeps you grounded in the present, which is the only space where you have any power. So you stay in the present, in your body, and in your power and magic far more easily.

With practice and practices, focusing on co-creation guides you to come more and more *from* a space of abundance, happiness, completion, power. Co-creation is the manifestation and expression of what already is, bringing the energy into form. The real joy is in the release of what's not in alignment with the manifestation – our S.T.U.F.F. (stuck thoughts, unresolved feelings and fears). The *process* of manifestation, rather than the results of it, brings us more into our clarity, joy and abundance. The results truly are the icing on the cake – simultaneously completely awesome and truly no big deal.

The Process

The primary steps of co-creation are:

1. **Connect with your inner wisdom, your inner guidance.** Practice *knowing how to know* through awareness rather than trying to decide with your mind.
2. **Let your vision, your desire come to you.** If Human Design resonates for you, makes sure you're following your authority and design.
3. **Stay connected with your vision/desire.** If you wander into worry, love the part of you that's worrying, release your attachment to the worry, and realign. Rinse and repeat as needed.
4. **Take the action step that's right in front of you.** This isn't about pushing or reaching, nor is it about avoiding and procrastinating. Take each step one at a time with as much alignment, intention and presence as you can. And remember, *resting can be a step*.
5. **Allow the unfolding. Receive. Trust.** Expect delight, satisfaction, success and peace. Know that whatever is happening, it's a beautiful gift for you.

Does it sound easy, really freaking hard, or both? Yes. All of that. 😊

Here are some tips that will help you along the way.

- **Be grateful in advance.** This is putting into practice your trust in the Universe and belief that everything truly is working out for your highest good and greatest expression. It also energetically opens you to receiving, and to allowing the Universe to work magic that you haven't even dreamed of. It's also been shown to reduce stress and lower blood pressure.
- **Practice feeling your sense of your own power, and your openness to possibilities.** If you don't feel it, *imagine that you do*. Breathe it in. Power pose it. Open your heart space and stretch your solar plexus. Shimmy and stamp your feet. Embody YOU.
- **Take stock.** What's here now? What are you feeling emotionally and physically? Keep loving what you become aware of. You have the right to feel everything you're feeling. Allow it to be okay.
- **If you notice jealousy, worry or something else that feels out of alignment with your co-creating, see it as a sign.** It could be pointing toward something you hadn't realized you want. Often, it's a sign that a part of you is feeling scared and needs love and reassurance. Do some Refuturing. Ex:
 - What if it's possible that this or something more aligned can happen for me, too.
 - What if it's possible for me to love and accept this, just as it is.
 - What if it's possible I can love and accept this, and know it's not the Truth.
- **Don't get attached to results.** Allow for the Universe to bring something better than you've thought of. It can help to add the phrase "This or something better." at the end of a visualization or affirmation.
- **Be gentle and forgive yourself.** *This is not about perfection or never "messing up"*. This is about releasing, expanding, embodying, clarifying, practicing, creating new pathways and circuitry. This is about enjoying the process, and loving every single part of you.
- **Do a Future Now exercise.** You can do this alone, or with someone else. You can write it out, make yourself a video or an audio recording, or just talk it out as you walk, drive or wash dishes.
- **Hold it all lightly and playfully.** Getting serious often brings the energy of pushing and/or contraction. You can have fun *and* take your next step.
- **Keep harvesting the energy of what you've done** to be right here.
- **Spend time regularly being creative** in whatever way appeals to you.

Your Co-Creation Toolkit

The following questions, combined with the suggestions above, will help you increase your ability to co-create with the Universe. You'll also be increasing your awareness and ability to make conscious choices.

My inner guidance (intuition) communicates to me through:

Practices that help me connect with or receive my inner guidance:

Habits that can interfere with my reception of my inner guidance:

Practices that help me when I feel worried or doubtful:

Something I feel guided to co-create or manifest:

When I put my attention on this, I notice the following feelings and sensations:

[What if it's possible for me to accept all of this? Squeeze and breathe through it.]

Who or how I want to be in this process of co-creation: (e.g. I want to be someone who...)

I'm grateful for:

At least 3 Refuturing Statements that expand my energy and perspective related to this:

What if it's possible _____

What if it's possible _____

What if it's possible _____

I choose _____.

My next step related to this co-creation is _____

and I'll do it by _____.