

### *Chapter 3, Letter of Intention*

*Hi! I have pasted in this part of the first weeks work. I want you to really spend some time with the co creation of your life. If you haven't already had some fun with this one, Take Time Now. If you have taken the time to address your Wants, Dreams, Desires and Goals. Do so now. And, take some time to review and continue to create!*

Exercise 2:

Take the same list, including anything else you may have identified that is important to you.

Now, start creating!

What do you want! What dreams do you have? What are your desires? What are your goals? Really play with this one! Have fun! If you are in relationship with someone that you want to create with, play this game with them as well!

Let's take some time and talk about creating what you want. Many times when I have this conversation with people I am working with either in retreats or individually, I get some resistance at this point. For some reason we have been taught to believe that we don't deserve to get what we want. By the way, I would love to get ride of the word "deserve". However, in this transition we will use it because it is so prevalent in the current reality we are living in. The word "deserve" begins in the lowest of lack realities. When you begin your thoughts with the word deserve, notice how you feel in your belly. Now, imagine that you are ordering a meal at a very fine restaurant; you have been invited by the chief an owner of the restaurant to order anything, anything off the menu that you want. This restaurant is abundant and beautiful. You are a guest, highly values and respected. There are no prices on this menu, nothing is deemed of better or lesser value. You simply get to choose. Only you're preconceived value system places higher or lesser value. What would you choose? And, would you be grateful for the experience?

Well, that is what I am asking you to do. In this abundant and beautiful process called active co-creating of life, your life! What do you want?

The Universal energy field or divine matrix IS responding to YOU! What do you want!!!

Ok, that seems like enough for today. Take some time, enjoy! I will send another assignment next week if you are willing.

Love and Light  
Nameste'  
Vicki

I would like *to* introduce you to a formula that I believe is a bit of magic when it comes to participating in the co creation of your life.

### ***Curiosity***

*Just imagine that there is so much that is possible for you that you are not even aware of! Curiosity opens a gate of awareness that has infinite opportunities and options when you embark on the grand adventure of conscious creativity. In short, you don't know what you don't know! It takes*

*some courage and a willingness to release our ego mind to open yourself to the curiosity of the Student. So, are you willing to be curious?*

### **Creativity**

*Each of us has within us a flair for the artistic. We are all on the adventure called life. When we first begin our creative adventure we learn skills from those who teach us. In the life adventure our early teachers are our parents, siblings, teachers, in short, they are the tribe we are raised in. While many of the techniques we learn from our tribe are wonderful, many are not. In fact many of the techniques and skills we learn to live our life adventure are dysfunctional at best and destructive at worst.*

*The past few weeks I have been asking you to take a look at yourself. Have you identified any life skills that are dysfunctional or destructive? If you have been truly honest with yourself, you have witnessed some. So, now you get to be creative! Keep in mind that, if we only do that which we are taught or told, our lives will never be any more miraculous than our teachers. True artists are curious and creative in new ways. If you continue to participate in your life in the same ways you have been participating your life will remain the same. "If you always do what you have always done, you will always get what you have always gotten." Definition of Insanity. Hey, have you ever introduced yourself as being stubborn? Well, if so, now is the time to really ask yourself what are you being stubborn about?*

### **Passion**

*I cannot begin to tell you how important passion is in the adventure of co creation! Passion is the feeling that comes from your heart. When was the last time you felt passionate about something or someone. And, I am not talking about the human sexual passion. (however I am also not ruling that out) I am talking about what has heart and meaning for you. Take some time now and recreate that feeling, in your heart, that ignites the power and energy of passion. Feel it! Feel it more! And More!*

*Passion my friend is the energy that activates the conscious energy field. In Gregg Braden's book, "The Divine Matrix." He talks about the energy field and how we can activate the field to bring to us and participate in the co creation of our experience here on planet Earth. Our thoughts activate the field because our thoughts are units of energy. Any where that you focus energy you will manifest something in a physical form that is in alignment with the energy that is being focused.*

*Ok, so thought (Direction of the East) and feeling, or what has heart and meaning (Direction of the South) Combined together, send out an energy pulse that is 1.000 times more powerful than thought alone. Very interesting and exciting don't you think?*

*Now, here is your action plan. Lets bring it all together!*

*First of all, I want you to Know that you are an active participant in your life. I know this may be real and common knowledge to you. However, it never hurts to ground the basics. You are co-creating your experience as well as your reality. You **can** create the life you want! It is also time to expand your creativity and consciously activate your relationship with the divine matrix.*

*1. You have created your list of intent. Pick one of the areas on your list. It doesn't need to be the one you are most interested in, just pick one.*

*2. You have identified characteristics that you are attracted to and people you have admired that have made a positive difference in your life. These Characteristics are the ones that you get to develop even*

*more than you have already.*

*3. You have created a shift in your thinking. If not, do this now. If you want to manifest anything in your life, keeping in mind the law of attraction. What do you want to attract and what thought patterns are you willing to embrace and activate?*

*4. Feel it! As if it has already active and true in your life. It is you know. So, spend some time feeling the gratitude and reality that what you want already is. Remember, this action activates the field 1,000 times more than thought alone.*

*5. Visualize. See it, feel it, know it! Be the peace! Be the change.*

*6. Let your actions support what you want, what you think, what you feel and what you visualize. Pick at least one action that you will implement in your life that will support your goal.*

*Don't make it hard. Just take a step at a time and enjoy. You can add additional areas on your list as you gather more confidence and momentum. Continue to pay attention to those people, places, or things that still have the ability to sabotage your intention. Then make a choice to be conscious and choose what your thoughts, feelings, visualizations and actions will activate. You will notice that much of what pulls you away from your goal is fear on some level. This is part of the human condition and part of your evolution, out of fear and into faith.*

*I would love to hear from you. Let me know what you are creating and what your experience is.*

*Love and Light*

*Vicki*