

Our Creative Choice ©

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Life often ushers in events that bring us to our knees. In the midst of the event, possibilities seem very limited. We may experience emotional, physical, and mental pain. The mental pain may manifest as thoughts that are negative and self-defeating. Our mind is cluttered and peace is no longer our close friend. We feel fragmented and tired, isolated from others, unloving and unlovable. Our foundation is shaky and we feel we have lost our footing. We realize we have lost touch with whatever keeps us grounded. These can be the most frightening of human experiences and the most blessed.

It is often true that we do not experience the picture I described above until we are moving away from the traumatic event. Remembering this is vital to the process of evolving up and out. When we experience the pain and are able to view the aftermath of the event, we are moving out of the trauma. This is the place of great strength and possibilities. It is here that we stand at a crossroad. What we do next determines if we move up and out or sink deeper.

Some people, myself included, believe we are placed on this earth to create. Creation is dynamic and constant. We are perfectly able to create experiences that are for our highest good and equally able to create experiences that do not honor who we are at our highest level. What we create depends on how well we understand our creative power and how practiced we are at creating. Practice comes from awareness of our creative power. The less aware we are of that power, the less practice we have at using it and the more life happens to us rather than as a result of our creative choice.

It is helpful if we do not separate ourselves from our creative expressions through a judgmental attitude, but rather accept what has been created. If you do not like what you have created, you have the power to create something different. That is the kicker we often forget. The power to create is always available. In fact it is working whether we give it conscious appreciation or not. Of course, some people have been given messages that can keep them rooted in self-reproach over choices that turn out to create pain and turmoil. If you find you are operating from a cycle of self-reproach and your power to create seems elusive, you may want to explore books, workshops, or go to a trusted friend or a professional for assistance. Your creative power is the

outward expression of values that dignify self, others and the environment and it is every person's birthright.

Practically speaking, fear often causes a lack of awareness of our creative power. Most usually, the fear is related to our unwillingness to be truthful. We try to convince our self that we want this or that thing in our life, when we know deep within that we have another agenda, or we are allowing this event in our life because we are too fearful to speak the truth of what we really want. During these times, the choice we make out of fear seems the easier way to get what we want. Down the road, we discover that the job, relationship, purchase, decision etc. has become problematic and the cycle of emotional, physical and or mental pain begins. Usually a pattern can be identified as this cycle re-occurs.

Life could be more harmonious if we could become acquainted with our creative power and use it each day in a consciously competent manner. Operating at this level means we are operating at our peak level of performance. At this place, our intuition is working with us to give us the messages we need to be truthful. What follows are expressions of our creative nature that move us to higher levels of spiritual, emotional, physical and mental development. Not so many years ago, intuition was relegated to a less valued place and felt to be the domain of the "overly emotional woman." Fortunate for us, we have come to know that our intuition is where our strength resides. If you are interested in more information on the power of intuition, check out the many books on the subject at your local bookstore.

Learn more about your power to choose and create and develop your intuitive nature. When events come together in your life and you are in pain remember that to move up you must first move within. There you will find your highest self ready with all you need to create what you want and remind you that you are a creative being, unique and magnificent.

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