

Monday

"Thoughts become things." This is true when thoughts are infused with your belief. What you believe determines the level of energy you attach to what you are thinking. Belief attracts. With this in mind and after studying the five steps of co-creation, let's put this to the test immediately. Step #1 is having a clear desire. Take some time right now and think about something you would like to manifest. The most important part of this exercise is your belief that this is not only possible but that it will happen. Get clear and get honest about what you believe about what you want. Do this by writing down what you want and then ask yourself "do I believe this can happen?" or "do I believe I am worthy of receiving this?" If the answer is yes, then we have something to work with. If the answer is no, scrap this one and try this on something else that feels more natural and believable to you. You set your own limitations by the degree of how limitless you can believe. Take a few minutes, close your eyes and feel into the joy of having what you are looking for. Now sit back and enjoy the process.

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Tuesday

"According to the word is the flow" - Rebbe Nachman of Breslov. Let's get back to the desire we left off with yesterday. Today we want to work on step #2 - Just Ask. It really is that simple. Now that you have your clear desire, you believe it can and will happen, and you can taste how could it feels to be there, you have to let go of the thought that you are the creator and just ask. This is your ability to tune into the station you want to listen to. Send out the message and make space to receive what you want. It doesn't matter at this stage what you believe you are sending this to, just press send and know that it is going to be received. Once again, the level of belief you put into this directly impacts the whole process. For those who find themselves questioning whether or not this will work I suggest the following: let go of questioning whether or not it will work and curiously try it out. No judgments. You lose nothing in trying and nobody is watching. Just give it a shot and see what happens.

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Wednesday

Today we're going to work on step #3 - Expect It. Like we explained, on a spiritual level anything we ask for is given and received immediately. There isn't anything to wait for. This is part of the reason why it helps to write things down and visualize. The writing down, speaking out, and visualizing don't do the creating - the creation already happened. What these things all do is they tune you in to what you've already received and when you are vibrating in alignment with your desire it has a landing space in the physical reality. So for today, we're practicing the art of don't think of it - think from it. Meaning, see yourself as already having what you want and act as if it's already here. Be grateful for the gift you received and let that permeate your being. But don't forget step #4 - Keep It Private. There's no need to run around telling people why you are feeling what you're feeling or doing what you're doing. It's between you and yourself.

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Thursday

Step #5 - Hold On - is often the hardest to perform because it requires your maintained belief in what you are looking to experience. Life can throw curve balls and it's important to learn how to weather the storm. Today we're going to practice the art of asking the right questions. The questions of what, why, and who are important. The questions how, when, and where are counter-productive. When it comes to co-creation only ever ask questions that you can answer, otherwise you'll be filled with doubt. Set a timer and take five minutes today to ask the questions: What am I opening up to receive and what do I feel when I receive it? Why do I want this? Who has the power to make this happen? Meditate on these ideas and allow yourself to hold on tight to what you truly desire.

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