

Conscious Creating

Happy JULY All!

From an early age, we are encouraged to utilize our imagination in play and decision-making. We are introduced to concepts such as:

- * Colors: their names and the objects they most accurately describe (e.g., vegetables, fruits, animals, grass, trees).
- * The various shapes that exist.
- * The creative processes we employ through words, writing, speaking, singing, and other forms of expression.
- * Creative play with toys like blocks, plastic figurines, dolls, tea sets, Lincoln logs, Legos etc. painting and coloring as well as outdoor play.
- * Creative ways we move, crawl, walk, stand, skip, talk, sing, dance
- * Creative choices in how we feel, express our emotions, or refrain from doing so, and the ability to question our and others' beliefs.

Ultimately, we are spiritual beings engaged in a creative process of discovery in human form, designing our lives.

As we grow, we are influenced by various factors, including guidance, coercion, command, and resonance with the beliefs and expectations of our parents, authority figures, peers, community members, government, and others.

Some individuals believe that our lives are reflections of our personal designs, shaped by choices made in past life agreements, this lifetime, or inherited through our DNA and ancestral lineage. While some choices are conscious, others may not be. Through practices of awareness and mindfulness, we can become more aware of our current choices and nurture ourselves through the necessary changes to move forward.

Science is gradually catching up with the teachings of spiritual elders and teacher regarding the benefits of grounding our energies, visualization, focus on the breath (are you breathing shallow or consciously), awareness of what your body is telling you when something feels off and honoring it all while practicing a deep heart felt space of gratitude for the power which you hold as a spiritual being living a human experience, in order to create with more clarity.

Scientific research like that of the “Heart Math Institute” is revealing that not only our minds but also our bodies retain our experiences. The key lies in navigating these layers of experiences with awareness and compassionate care. This requires diligence, patience, and often repetition. We possess the ability to shift our beliefs to align more closely with our true desires. Through awareness and heartfelt practices, we can transform old beliefs, patterns, and habits.

Some simple steps towards gaining a more comprehensive understanding of your current state and progress:

1. Energy Direction: Identify the primary sources of your energy throughout the day, including people, places, and objects. Are these areas conducive to a productive and healthy lifestyle?
2. Bandwidth Assessment: On a scale of 1% to 100%, assess your current bandwidth or capacity to handle any potential challenges. What steps are you taking to increase your capacity levels when they are low?
3. Energy Projection: Reflect on how you project your energy. Are you Aware and Mindful of how you are showing up in the day?
4. Outcome Evaluation: Consider the consequences of your energy direction. Do you find the resulting emotions, sensations, and

perceptions are helping you in anyway? If so, how and if not, why not?

Here is a fun easy way to help you recognize how you are feeling and how to create from a conscious awareness throughout your day:

Starting with you morning routine. When you wake up, visualize your experiences as colors. Here are a few of mine:

Example:

- * Sunlight streaming through windows: Yellow and joyful.
- * Shower water: Refreshing, soothing, liquid white light.
- * Brushing teeth: Cool, with a soft hue of blue
- * Brushing hair: Grounding, brown tone.

As you choose your attire for the day, consider your mood and the colors that would enhance it and what colors you might add to this:

- * Calm: **Blues**
- * Energized: **Reds**
- * Joyful: **Yellows**
- * Grounded: **Earth Tones**
- * Safe: **Black**
- * Combination: Yellow for joy and Earth tones for grounding, maintaining a joyful yet balanced frequency.

Alternatively, opt for bright blue with black slacks or a skirt for a calm yet steadfast sense of security.

Colors provide valuable insights into our energetic state and can serve as effective tools for guiding our choices in life.

Home and Office Color Analysis:

Reflect on the colors present in your home and office. How do they influence your emotions?

Consider incorporating colors that promote calmness, joy, inspiration and grounding into your home or work environment.

Don't forget to journal your insights and effects that your conscious creating is having on your mood, choices and beliefs.

Happy Creating!

With Love and Gratitude,
Rev. Tammy

BOOK STUDY

Welcome!

If you are looking for a place to connect with other like minds interested in spiritual/personal growth and reading, then this might just be the place for you. We are currently reading:

“*The Wise Heart*” - **by Jack Kornfield** delves into the profound concepts of Buddhist psychology encompassing the following concepts:

- Mindfulness
- Compassion, Liberation from limiting beliefs
- Recognizing the interconnectedness of all beings
- Viewing life challenges as opportunities for growth and development
- Embracing non-violence as a fundamental principle
- Encouraging service to others

Buddhism transcends the boundaries of a religion and serves as a comprehensive way of life, as exemplified by numerous great teachers throughout history.

When and how do we meet:

When and how we meet: Every Thursday from 7pm - 8:30pm EST on ZOOM

We are sharing collected nuggets of inspiration and entertaining questions regarding the chapter that we are currently reading.

If you are interested in joining us and would like to know what the upcoming chapters to be covered are, please feel free jump in. Please reach out to me: tammy@innerawarenessministry.com, so i can send you the ZOOM link. We would love to have you join us.

TOOLS FOR MEDITATION

Benefits of Incense to the senses for calming:

Nag Champa: The aroma has a bit of a sweet, earthy and spicy scent. Nag Champa is used by many for "clearing" places, people and things of negative energy, aiding in relaxation, meditation and clearing one's mind.

Lavender: for calm and relaxation.

Sage, Sweetgrass and **Palo Santo:** have been widely used for decades for energetic clearing of spaces, persons and things and calming the mind.

Benefits of Focus on the Breath:

A simple yet beneficial practice that I have found to work for me when feeling anxious and when settling into meditation:

- I place my left hand on my heart and focus on my breathing (breathing in to the count of 4, holding it for the count of 4 and breathing out to the count of 4).
- Sometimes I will repeat Mantras such as : “I am Safe”, I AM Love”...
- I do this 3 times and then breathe naturally.
- A useful tool I also use externally with breath work, is “Aragonite” for aligning my chakras and calming my nervous system.