

Creation Laws: Discovering Your Super Self

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As an Energy Medicine practitioner, I am often asked two questions by people who have a desire to do something meaningful with their lives:

How can I help people heal?

How can I help the world?

During a meditation, I was told by spirit that every person born holds the full capacity to change the world singlehandedly. In subsequent meditations, I received a download of information, what I call the *Creation Laws*. This article is an extremely brief description of the Creation Laws, which were at the foundation of the download I received.

The Creation Laws are primary in comprehending our power as human beings and to claiming our empowerment as individuals; both are essential for our evolution of well-being for today. Contemplating this message from spirit, I realized that every person born will not necessarily take the actions (or do) what is required to change the world alone, however every person feels, and every feeling contributes to the creation of the world. Thus, it is not the actions we take, but the emotional component of your day-to-day that provides each individual with remarkable power.

These are profound concepts that are now being proven through quantum physics experiments with

energy and DNA. This understanding has the potential to change humanity, breaking the cycle of repeated patterns of force and destruction.

Recently, I was reading and watching several YouTube videos featuring Gregg Braden and the research he presents touched me deeply. Scientists have discovered that what we thought of as empty space in the universe is actually a matrix of energy that responds to feelings. Human DNA was placed in a vial and located in another room. Visual images, designed to evoke emotion, were shown to a person in another room (whose DNA was placed in the vial). Both the DNA in the vial and the person were connected to instruments that measure emotional reaction. As the person responded to the images, the DNA responded in the same way. They then took this a step further by moving the DNA vial 350 miles away. The same results occurred.

An atomic clock was used to measure time and distance. The response was instantaneous!

It was concluded that all space is responding to our emotional broadcast. Thus, science is concluding something that metaphysics has always known. We live in an emotionally based universe. We create from our feelings — not our thoughts.



Through my own spiritual research, which is an accumulation of numerous downloads of information from Spirit that may take years to assimilate and organize, I coined the term “Creation Laws.”

Because of what I have witnessed as an Energy Medicine practitioner, these laws form my beliefs and much of what I have highlighted for several years in my teachings. My guidance has been so insistent and consistent that I not only understand the Creation Laws myself, but that I live by them and teach them.

The Creation Laws say you will create with feelings

opportunities that we seek. Constant attention to seeking benevolent outcomes rewards us with wonderful and munificent gifts, often beyond our greatest wishes. The Creation Laws make us aware that we are the masters of our fate and the determiners of our future well-being.

What I have learned from my spiritual guides as an Energy Medicine practitioner is that we are born divine and are an extension of the Creator:

We come in with purpose.
We are made of love.

Positive feelings and thoughts attract positive energies and create realizable affirmations that enrich our lives.

— primarily generated through your thoughts, your imagination and your actions, all of which contribute to your emotional broadcast. Your emotional broadcast emanates off of your body from your chakras and creates your energy fields that surround your body. These energy fields are also called your aura/subtle body fields or electromagnetic fields depending on which cosmology you relate to. Understanding this is foundational to the creation of your own life and factors into what you contribute to the world.

Although your emotions might seem to be thrust upon you; your feelings, thoughts and beliefs are choices that you have the power to exercise or not. You choose to create the positive and negative experiences in your life. You never lose this choice. The choice impacts all your existence and radiates outward into the universe. At any given moment, you can choose differently, which will change your feelings and then change your emotional broadcast.

Positive feelings and thoughts attract positive energies and create realizable affirmations that enrich our lives and promote constructive changes. In the same manner, negative feelings and thoughts attract negative energies and prevent us from achieving the better

We are born being able to connect into and “see” the dimensions of Spirit naturally.
We are born connected to Source.
We are natural and vibrant energy.

Finding the Truth Inside

I have written a book called *Becoming Yourself: The Journey from Head to Heart*, which is about the concept of the Creation Laws and how to be a healthy human. Here is an excerpt from that book:

A sculptor was once asked how he created such marvelous results from the stone he worked. He replied, “If I want to carve an elephant in stone, I simply chip away all of the stone that does not look like an elephant.” The artist’s creative process involves finding the inherent qualities of the stone and revealing them to the eye. The challenge is to find the truth within the medium.

The sculptor’s statement is relevant to the process of self-realization, which is a derivative of the creation laws. In our efforts to find ourselves, we often believe it necessary to reinvent or alter ourselves into someone entirely different from who we are. We



overlook the inherent truth within ourselves.

"Becoming yourself" is the process of chipping away that which is not yourself and discovering the self that has always existed. Becoming yourself is finding the divine self, the work of exquisite art, that the universe embedded in your soul. Becoming you — the true you — is a path to healing and enlightenment.

The information came through to me during meditations in the late 90's. In the past five years, more information has been revealed about being human, how we heal and how we contribute. In a nut shell — you are much greater than your physical being. Your consciousness is magnificent and extends out of the body in great magnitude. In fact you, your consciousness, is slightly here in 3D reality; the rest of you exists in this magnificent state outside of this reality. Imagine an inverted triangle with the tip inserted into your physical being tapping in to your pineal gland. Your consciousness fills your physical being giving you animation and life force (we can use the word consciousness as a synonym for soul) and the rest of your consciousness would fill the out the rest of the triangle in a personal space of magnificence. I call this part of you that is in your personal space of magnificence your Super Self. Your Super Self is outside of 3D reality and is free from all the confines of 3D reality, such as physical law, cause and effect, logic, limitations, pain, ego, wounds or illness. The Super Self exists in the sphere of all positive possibilities. Learning how to tap into your Super Self can bring extraordinary results in any category. It is a way to empower yourself and empower your ability to help in the world.

My favorite way to transcend my physical limited self and embody my Super Self is through meditation. I use intentional deep breathing to deliberately move my consciousness out the top of my head up into my Super Self. Once there I spend time feeling my expansiveness and freedom. I imagine light years between all of my cells. I envision galaxies, planets and various space object between the different parts of my diffused body shape. I also imagine myself

pulsing appreciation, gratitude, thanksgiving and love out into my universe allowing those feelings to completely overtake my entire being. I hold this place of spaciousness and high frequency feelings for about a half hour. Then I imagine I am surrounded with the sphere of positive possibilities. Each possibility shows itself as a light. When I review what my intentions, goals, prayers are for the day I see the answered prayer in one of the lights. I then pull this to my heart with my hand. Then I feel the feelings of gratitude that this has manifest into my life. I bask in this reality again pulsing feelings of gratitude into my receptive consciousness. The sensations are overwhelming beautiful. My emotional broadcast is magnificent; thus, I can transcend limiting thoughts.

Human beings often become overtaken with the illusion of limitation. This distorts and confines what they are capable of. We are a product of past experiences that determine our future, thought forms of the culture, and the bombardment of negative energies. However, all of this can change with conscious choice and practice, creating a new you with new intentional outcomes.

I have written out a brief form of my meditation to share with you. My recommendation is that you read it into a recorder (or have someone read it to you), put some tranquil meditative music on and then play the recording. This way you can completely relax into the experience. You can also do your own version of what I have written.

THE SUPER SELF MEDITATION

The intention of this meditation is to move your consciousness out of the limitations of your physical body into the quantum fields of your Super Self. The Super Self exists without the confines of physical limitation and in the fields of positive potential and possibility. Through breathing you will transcend the body and move into these fields. Let me give you some instructions for the breathing.

Start by taking some nice deep breaths. Pull the muscles tight between your legs, which activates



the perineum. The perineum is what you contract to stop the flow of urination. Hold this tight as you inhale, pulling the breath up your chakras, like a straw pulling up liquid along the way and then hold it at the top of your head. When you release, envision your consciousness flying out the top of your head into the space of your Super Self.

You will do this several times with several deep breaths.

Let's begin. Take a nice deep breath filling, filling, closing down the perineum, pulling it tight. Feeling the pressure build as you pull up all the way through your chakras until you get to your throat and the top of your head. And then hold it, hold it, hold it, hold it, hold it and then release. Letting your consciousness fly into space. Take a couple of regular breaths here before you begin the next one.

Holding the perineum tight begin your inhale feeling it down at your root. Feel the inhale come up through your body. — your abdomen, your solar plexus, your heart, your throat, your face, your forehead, the top of your head. Holding the breath letting it build pressure and then release. Imaging your breath flying out the top of your head and pulling your consciousness out into your Super Self.

Do it again, each time bringing more and more of your consciousness out of your physical body and into your Super Self. Do it a total of 5 times.

Now you are there. Your consciousness is engaged with your Super Self. What does expansion like this feel like? Reach out with your senses and feel the light years between each cell of your being, here as your Super Self. You are so huge and so magnificent. There are galaxies

You desire to feel this no matter what external circumstances present.

and solar systems between each part of your body. You are the size of the sky, the size of the Universe. You are in your Super Self, in space, in the Cosmos.

Now, I would like you to feel the feeling of freedom — freedom from the confines of your body. Freedom from mind chatter. Freedom from any type of illness, allergy or handicap that you might have on your body. And freedom from old ways of being. You are free from all of it; enjoy the feeling.

Now I would like you to feel the feeling of appreciation.

Embody your entire Super Self with this feeling. Maybe you need to be thinking of things you appreciate in order to embody it. Maybe you can just will it up through memory. Whatever the case, feel appreciation and embody it. What does it feel like to feel it; to feel this amazing feeling? Hold that feeling for a while and enjoy it.

Now let's feel the feeling of gratitude. What are you grateful for? Embody it. Hold it. And get bigger and bigger and bigger with this feeling. Gratitude. So many things to be grateful for. Feel the feeling. Get bigger with it. Expand with it. Feel the freedom of it.

Now imagine the field of all positive possibilities surrounding you. Reach into the field with your hand and pull the positive outcome that you desire to your heart and insert it in your heart. Again, this is the outcome you desire and wish for. Maybe you have prayed for. It is right here, right now. Pull it into your heart and take a deep breath to absorb. Now **feel the feelings of this as if it has already happened**. It is manifest. To have the change happened, the sweet relief, the resistance or the push of wanting is over. What does that feel like? Ahh. . . Relief. Sweet relief. Feel the gratefulness of having it be over. Maybe you hear yourself talking with friends or family about this change. Feel the feelings of this change — of that timeline of it being complete.

Now spend some time with these other feelings:

Feel excitement. Feel wholeness and well-being.




Again, feel gratitude — that regardless of outside circumstances, you feel gratitude. You are not waiting for proof. You love the feeling of gratitude. This is the most important thing to you. This feeling of gratitude, of wholeness. In fact, you decide right now that you would rather feel these feelings regardless of any outside circumstances. You would rather feel these feelings. You desire to feel this no matter what external circumstances present. You just decide that this is what you would rather feel. No external proof necessary. And the feelings get bigger and bigger and bigger. Feel the positive frequency feelings. Feel the feelings like:

- Brilliance
- Empowerment
- Fabulous
- Proud of yourself
- Vibrant
- Whole

Embody these feelings. Own them. Take charge with it. Feel this feeling — your Super Self as it broadcasts into space. Pulsing. Pulsing. Pulsing. Filling the Universe with this amazing feeling coming off of you.

It is time to pull your consciousness into your newly informed physical body. Your broadcast is completely changed. You are pulsing positive feelings into your energy fields, which will then start manifesting a new reality for you. You are living and functioning in the new now.

It is time to open your eyes and enjoy. Enjoy. Enjoy. 



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