

# Conscious Creation

The Next Step



By Cherie Peterson

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## The Garden of Consciousness

Consciousness grows with each thought, each word, each action. The wheel turns. The wheel turns without thought from us, without willing it to move, but with who we are, how we live and with our relationship to all things.

The wheel begins with an acknowledgement of polarities. This and that. You and me. Black and white. This planet, this universe is made up of these seemingly opposite things. We are taught that for each action there is an equal and opposite reaction.

### *The wheel turns.*

We learn to bring the opposites into complements. We see that you and me makes us, black and white makes gray, day and night make up a cycle of a 24 hour day, etc. Treading the noble middle path brings harmony and allows for understanding of how each part of the whole complements the other.

### *The wheel turns.*

The this and that begin to disappear. It's not a void, it's emptiness. Emptiness opens a space for more, for possibilities to be born or seen. The tantra of male or yang energy penetrates and goes forth. The female or receptive energy then softens to open and receive. In this way there is an evolutionary process of spiraling up ideas, attitudes, beliefs, understandings.



## An Opening for Something More

**So much of what we have learned insists that we get to the ‘truth’ of the matter.** We take our lifetime of experience and knowledge and ‘know’ what is. As we come to conclusions and determine what our belief system is, we become increasingly sure of our ideas. Often at this point, we begin wanting to train others in this “right” system of belief. This is so important and so right, others must get on board and learn this as well. We feel complete and because we care about others, we want them to know this sense of completeness, this correct view.

**This continues until** we reach a paradox in life; until we notice that there is no separation, only uniqueness. Individual values, energies and proclivities gives a plethora of flavor to participation in life. Making another belief system wrong by trying to convert others to our way of thinking has become the western mindset. This mind comes naturally and easily because of the quality of idealism that we in the United States hold. In Ageless Wisdom teachings, a 6<sup>th</sup> Ray personality qualifies our culture. It is our idealistic way to believe we are right and others are not. It creates leadership with a flair; leadership and living that is qualified and stratified. It creates division, separation, right and wrong. It can spiral up to become an inspired, motivated society ready for a higher, more Divinely inspired approach to life.

Both Capitalism and Christianity have been touted by our western way of thinking as the “right” way and to some, the ONLY way. Adherents fight to the death to demand that capitalism is right and must be embraced by all governments around the globe. Democracy is another concept that the US has forced on the world through colonization and endless wars. Is it the best system? We certainly have been taught to believe so. It’s unpatriotic to believe otherwise. This idealism has gotten us into some uncomfortable and economically devastating situations around the world. It is why we fight for our values in the name of “freedom,” no matter if a country is ready for this or not!



**A certain amount of idealism is necessary to look beyond what is and what has been.** Opening the mind to other dimensions and intra-planetary life stretches the linear mind to consider more abstract options. Now that life beyond our beloved planet Earth is being considered as a very real concept, inter-dimensional considerations are also being more widely accepted. Once one has the experience of being in a light body and knowing other dimensions, it becomes quite easy to believe. Simply reading or listening to others describe their experience doesn’t quite do it for many people. It is time to consider these other dimensions before going further into our exploration of conscious creation.

## Creating and Healing as Soul – Our Inner Essence

**Various systems of belief give dimensional levels different qualities.** When ‘fourth dimension’ is mentioned, it could mean many things to many people, and essentially it is a refined frequency where perception expands to include much of what is not even imagined in the third dimension.

As consciousness expands, more and more people are beginning to feel, sense, see, and know what being in a higher frequency can be like. The outer surface of our planet where most of us live is the three-dimensional reality we know. More and more humans are perceiving other dimensions, seeing images, colors, hearing and perceiving beyond the constrictions of the third density. An Inner Vision brings out the auric fields around all of life and an inner knowing paints a new canvas for us to experience. Sparkling spheres of light, colorful orbs dance in the sunlight and new tones suddenly come into our awareness, changing the rules that we thought we knew.

Third dimension can limit consciousness to the matter. Spirit animates all form, and as perception expands, we realize we are spiritual beings having a physical experience. All is light and humanity is now opening to this fact. Other dimensions are right here, but are not perceived by everyone because of the varying rates of vibrating atoms. As our vibrational frequencies move at accelerated speeds the more dense vibrations give way to lighter energetics and whole worlds previously unknown begin to appear to us.

Over 2,000 years ago, the Piscine Age birthed, bringing more concrete intelligence, a refining of the emotional field, and a greater ability to think abstractly. Humanity was taught to obey God’s will, atone for sins, pray and sacrifice for family, for the rulers and for the church. New concepts and belief systems are brought forth as needed on Planet Earth.

### **We are now entering the Age of Aquarius,**

which brings possibilities for group consciousness, other dimensional potential, soul infused living, and use of higher intuition. Abilities are refining, hearts are opening, compassion is beginning to replace greed and selfishness and the old idea of sacrifice is shifting into service with loving kindness to others.



When Mother Earth ascends, much of humanity will ascend with her, moving into fourth and fifth dimensional living. Dolores Cannon, Quantum Healing Hypnosis Therapist and popular author, writes extensively about what her clients report while in altered states of consciousness. A large number of them speak of Two Earths, with the “New Earth” becoming the home of those who move into the fourth and fifth dimensions.

These other dimensions might be what has previously been considered “heaven.” Entities dwelling in these dimensions may be considered “enlightened” or Divine beings, living in harmony and unity as one.

Limited beliefs, dogma, old patterns keep people on the third dimension. This is the time for ascension! These times are ripe for change and letting go of old patterns of belief that no longer serve. Why do people cling to old thoughts and ideas? People want to be right. They want to be safe and think they know something. They are in fear of changing what they know. Ascension means changing to a higher frequency or moving into higher dimensions.

### **What is Soul and How do we Become Soul Infused?**



Soul infusion is that which happens when we release our personal will, our personal ego and our old ways of thinking to what we truly are. . . Soul. Soul is Love. Soul is Light. Soul is Power. It is our Essential Self stripped of all the fear-based thinking and separative living we experience in the third dimension. Soul is what we are without the trappings of the desire nature to have this, wanting to go here and there, believing we are something we are not. Soul is beyond the individual. It is an essence of group, of All. It is the mediator between Spirit and Matter. It is Son, it is Sun. Soul is the connection to our next evolutionary step.

We become Soul Infused when we recognize that Soul is who we are. When we release the veils that hide this, we are Soul. We ARE the Divine Light - whole, united, One with All.

### **How do we Really Create?**

Many in our western society grew up believing in a God that was transcendent - outside of the self who pretty much made the ultimate decisions in life. Living a good life gave grace from this omnipotent, omniscient and omnipresent Being. We are only recently, in the past 50 years or so, realizing that Power, Love and Knowing reside within ourselves. That we are the conscious ones we've been waiting for and that we create each moment with our thoughts, words and deeds. The idea that we create our own reality was downloaded for the general public in the 1970's by Jane Roberts through the entity named Seth in the book "Seth Speaks," and by Ram Dass who wrote the magical book "Be Here Now." These ideas inspired a generation who could open to new ideas and take manifestation out of the hands of priests, rabbis, mullahs and other clerics in order to give it back to the individual.

**When giving a talk in Boulder, Colorado, a number of years ago, I asked the people in the audience to raise their hand if they believed that we create our own reality.** All but two raised their hands. Those two were older men who had no interest in the topic, but were polite nonetheless!

**In our not so distant past** it was quite blasphemous to consider that we, as individuals, had anything at all to do with creating. God gave and God took away. It was in God's hands. We prayed for God to forgive just as fervently as we prayed for things that we wanted and needed in our lives.

Fathers were drinking themselves into angry rages and mothers were terrified to stand up for themselves or their children. Meat was served with every meal and desserts were a big part of dinner. We socialized with family instead of friends and rarely had creative ideas of our own. We were truly a western civilization raised to believe what we were told and frightened into questioning authority. It was a good time for the masculine, authoritarian Multi-National companies to take control of the world with little or no checks and balances.



**Today mass consciousness changes quickly.** Some people have evolved into a place of self-empowerment, taking greater responsibility for themselves. Others are not ready for this change in beliefs and continue to hold tightly onto traditionally accepted beliefs. Remaining in the old school, thought patterns may seem safe and secure, but eventually the light shines in the darkness and old worn-out structures crumble. As hearts and minds open to infinite possibilities, we become empowered to see the world in new ways.

This has played out throughout the world during the rebellions of 2011 as citizens from countries with virtually no rights at all took to the streets and began demanding some semblance of a voice. This fire for individual rights fanned out across North Africa and the Middle East. Western societies felt the flames as more and more states in the US decided to try taking away human rights of arbitration and cooperative decision-making. Western countries are now taking to the streets to voice their concerns all over the world. It is a time for change!

Will a complacent society allow human rights so fiercely fought for to be taken away in the name of fiscal responsibility? Millions of people in the US are turning back to churches for refuge, not ready or able to take responsibility for the concept of a God within. All this crying out for change reverberates into a greater sense of separation. Us vs. them. Me vs. you, which eventually will lead to a synthesizing into Unity. This Unity must begin within each of us. There must be recognition of our own inner power and responsibility for one another.

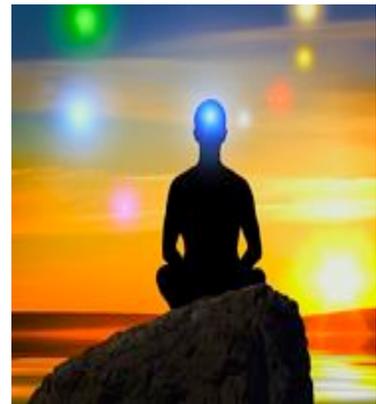
There are those who prefer to harken back to the 'good old days' when gays were in the closet, incest was not spoken about, dysfunctional family life was not openly acknowledged, children were to be 'seen but not heard' and any confusing feelings or thoughts were washed away with a daily dose of prescription drugs or a few stiff drinks. When the body can't take the numbing any longer and begins to break down, eventually an awareness of the causes of dissatisfaction and unhappiness surface. Projection of problems onto others slows, self-awareness blooms and as greater clarity of observation begins, shifts in all parts of the life happen. Our gardens bloom with the turning of the wheel of consciousness.

**Taking responsibility for our thoughts, listening to what is coming out of our mouths and how we communicate with the world and acting with full understanding of the consequences has become essential for our survival.**

**It is a time for greater awareness and those who fight to hold onto living with greed, separation, self-righteousness and complacency will eventually give way to something better. It is inevitable.**

People will become less afraid of change and move the past humanity wanted and needed to think they knew the future, there will be much less attention paid to the unknown and more attention on the present moment. What is happening right now? How do we continually remain present in the moment?

Terror of losing control will end. Trust and belief in the Self will take over the dominating, destructive way so many have lived in so much fear for so long.



**We are now a society blending into a new dimension.** There is no room for fear or doubt in this new experiment. There is only a space for unity, openness and clarity. A golden age is upon us where greater awareness, mindfulness, compassion and joy replaces hidden agendas, corruption, greed and need for control.

It is in this climate that each individual will know him/herself as a true worker for the force of good. It is with this elevated consciousness that we will create a society together that has collaboration and cooperation as the groundwork and each person will see him/herself as part of the whole. Separateness, the one true sin of humanity will diminish and unity will prevail. It is only in this spirit of cooperation that we will create that that is truly conscious and for the good of the whole instead of creating what was once thought of as for the individual only.

➤ **Do you name what you want?**

➤ **Do you follow through with what you want to do?**

The 60's brought a time of revolution. The Baby Boomers stood up against the oppression of Western society. In the 70's and 80's we created the holistic health movement, the green revolution, the exercise craze. Then what happened? We became capitalists and with our new wealth became complacent like our parents. In the 70's we found our inner child in therapy. We discovered that there was an inner self and began listening to that place within us that had real knowledge.

With the discovery of the inner child came the recognition of the victim, the perpetrator and the perfectionist. We learned that we have an interior and a self. Once we discovered who we were and what we wanted, all kinds of creative living surfaced. We recognized our own power. We realized we could have things the way we wanted them. Then many quit creating out of fear that it wasn't politically or socially correct to want something for the individual self.

So we created not-for-profits, hoping to appease the gods of finance. We figured we could use our manifesting skills to bring food to the hungry, free the enslaved, clean the water systems of the world and give everyone decent housing. Or at least a few people decided to go deeply into global service for the good of the whole.

Others became paralyzed out of fear of creating something that was too greedy, too self-centered, too life altering. We froze and stopped intending.



**Why do we stop forging ahead into the new found land of manifesting our desires and needs? Is it fear of success? Is it fear of Power that terrifies us?**

**It might be partly that we are afraid of the work we will create for ourselves when we materialize all our ideas, but there is more to it than that.**

**There is a Higher Power that steps into the equation.**

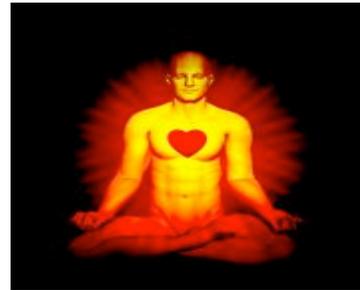
**It is more than just a fear that others may not understand or agree** with what we are perceiving. There is a concern that we must be creating for something other than ourselves. We begin to think, act and work for a higher good. Creating for the individual self no longer seems worthwhile. It can be selfish and self-destructive.

**Eventually the bigger picture is perceived.** What could that be? What is beyond our limited mind that we have not yet imagined or explored? For this map we must go deeply inside. This is the time for deep concentration leading to contemplation and finally to Meditation.

When in a quiet place, either when meditating, just before or after sleep, or while in an altered state, call forth the presence of your Higher Self, Soul, your Divine Being, God-self, or Source. Give your desires to it. Know that what you ask already exists even when your mind wants to argue with you. No time, only the present resides in the grand scheme of things. All is available in this instant. It is our mind that keeps us in the time lag.

### **What Keeps us from Manifesting All We Need?**

We keep ourselves from being all we can be with our limiting thoughts. We think that the more will power we put behind asking for what we want, the more successful we will be. When in reality, it is not about willfulness, but heart and soul. Using our inspiration as a higher emotional feeling, will attract what we want and need.



In books about remote viewing, left-brained authors have written that manifesting just takes perseverance, hard work, and unwavering attention. Successful creation takes much, much more. That masculine model reduces us to struggle and force. There is a dance between the will, the mind and the heart. First we get quiet in the manifesting process. To consciously create, we must practice the tantra of putting ourselves out there, (the masculine push or will), then move into an open and empty place to be ready to receive.



**Can we see it? Can we feel it? Do we know it to be already in existence outside time and space? What old patterns of doubt keep us from being conscious creators?**

Using all our senses, we can get into the vibration or the energy BEHIND or UNDER the actual thought form. Picture it and send it forth out from the heart. Use the sense of feeling what the results of the expectation. Be there. Engage the results.

We are talking quality. What quality results? Happiness, joyfulness, comfort, expansive, lighted, heart-opening? Is there gratitude for the creation? Do we do this for ourselves or for others? Are we deluding ourselves in the answer to this? Are we creating for ourselves or for the good of the whole? It's all OK! We serve others best when our own needs are met!

**Manifesting is more than changing thoughts.** Thoughts are of the mind, which is limited. Change what your heart desires. There must be a distinction between what the mind is saying and what the heart of soul is saying.

### **Releasing limitations is key.**

We are all here to learn this lesson. This includes physical, emotional, mental or spiritual or belief systems that maintain they are spiritual.

There is no need to give our power away. If we just knew who we are, we would see that we are limitless in our great lightedness.

### **How do we Really Heal?**

#### **Healing is a similar process to manifestation.**

When we ask for healing, we must be in our most aligned, higher self. Some call this Soul. We are Soul infused with light and in touch with our highest vibration. This is beyond the mind. We elevate our vibrational field in order to attract Light to us. Light heals. Joy heals. Love heals. This is the Higher Aspect of Love, not the personal attached, sticky love we think of when we think of another person.



When we hold the light of the Divine within us, that light transforms matter. When we are present as our Core Essential Self, we heal ourselves and we heal others. Just seeing another's Essential Core self and reflecting back and forth the goodness that flows between the two, healing occurs. We don't even need to be in the same room, same country or same planet!

### **One energy radiating out and magnetizing in from two entities aligned in a loving, caring, lighted space can do more than all the medicine in the world!**

This means we hold a place of fearlessness, or knowing. We lift ourselves into a place of selfless service, a place of no personal ego. We know ourselves as Light that is healing and healed. This takes contemplation leading to concentration, leading to a meditative space. This space is empty of mind. It is lighted. It is open and softened to receiving. It is filled with all that is needed.

### **What Keeps us from Healing Ourselves and Others?**

Our doubts and fears keep us from the healing process. Our old patterns and beliefs come tumbling in to wipe out a peaceful, lighted place. We keep ourselves in this personal hell of continual mind chatter. Perhaps we think positively for an instant or two, but then we go right back into that endless mind chatter, that often is less than positive.

## What are Steps to this Process?

Getting quiet and letting go of the constant chatter of our mind takes practice. The easiest way to achieve the desired results is to sit in a group of meditators who can hold a high energy field that is empty of thought. Practice, practice, practice.

The good news is that it doesn't take lifetimes any longer. We are ready. The Earth is ready to hold us in this strong field for meditation. Our brothers and sisters are ready for this process to begin, hold and complete. It can all be done with the heart/mind discipline of Awareness Meditation.



## How do we live as a Soul Infused Being ?

We live in the present moment. We live joyfully. We live in service to others. We live radiating Love and seeing this Light in each person. This is the Light of the Essential, Core Self. Many are now coming in and out of this space, seeing more colors, catching a glimpse of something more than the physical forms of the third dimension. Many are letting go to a whole new way of being. This is all very exciting.

## What is Possible in the Future for Ourselves and Our World?

**Anything is possible. Our best work will come from getting out of the way and allowing new ideas, new pictures of what can be brought forth for ourselves and others. We do not know what we do not know. We cannot stand in the way of infinite possibilities with our small thinking. *We can just be quiet.* We must be awake and aware. We must know what powerful manifestors we are!**

## *Imagine it and Be it!*

Are you willing to move out of your present state of mind and into a whole new arena of living? Can you imagine attracting more Joy, more Love and Compassion into your life?

If you are ready for this journey, this life-altering practice of getting into motion to do the work you know you were meant to do, **procrastinate no longer!**

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### About the Author:

**For the past 33 years**, Cherie Peterson, (CMT, MSE, QHHT) Director of the World Meditation Institute; Regression Therapist, Meditation Facilitator, Intuitive Touch Practitioner, Webinar Presenter and Metaphysics Trainer has opened thousands of clients to consider expanded perspectives in the Healing Arts.

Her books, *Laya*, *Child of the Stars*, *Conscious Transition*, *Conscious Transition Contract*, *Conscious Creation*, volumes I, II and III have brought a new understanding of *The Seven Rays*, *Sacred Dying*, *Manifesting as Soul*. Her webinars and classes on Meditation, Past Life, Between Life and Future Life Progression give a synthesis of foundational information to all who are exploring dimensional shifts, parallel universes, time travel, other terrestrial technology and telepathy.

**Now, through *Innervisionjourney.com*** Cherie and other nationally recognized leaders offer a select group of those seeking to move forward on the path a series of E-Books and guides to expand their awareness, enhance their lives and discover more about the purpose that drives them.



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