

You Have Come to Change the World

This section is about authenticity and how important it is to show up from the truth of your soul. For truth = love. And it is only love that can change the world for the better.

As you have been applying the 4 Steps to Divine Mastery and the 5 steps to the process of creating, I invite you to go deeper into the truth.

As you are looking within at your patterns, are you being completely honest with your self? Are you being completely honest with others? In our practice this week, we will go deeper into truth and the feelings of authenticity and love. We will see where fear may still be blocking you, and work with God to find the truth and express it.

It starts small – speaking to others around you what is true from your heart, doing small projects that bring joy, and facing every self-limiting idea and thought and looking for the truth. The meditations this week will all be about deepening into truth and inviting expression. This is the greatest expression of love possible – for yourself and the World.

Authenticity

I had the opportunity to see the Indigo Girls perform with the CU Orchestra. I found myself crying through much of the concert. It was emotionally moving on so many levels - the beauty of the music, the quality of the collaboration and especially, in the truth I felt in the expression.

I have enjoyed the music and have respected the Indigo Girls as artists and musicians for years. They are practiced, skillful, and wonderful songwriters and craftswomen. But mostly, they are true to themselves, their art, and their expression. The truth of who they are is what is communicated, and that is what is felt: truth, without limitation. Truth about their lives, their fears, their inspirations, their loves and their losses. This is real art. From where I sit, they live in the zone of creative mastery. From the outside, they seem to be experiencing extraordinary success. They are an example of authentic living and I believe that is why they have such a strong following. And it is because of this that they are changing the world – they have definitely changed my world for the better.

But what does the Indigo Girls have to do with us? Not everyone is a world-class musician.

I offer them as an example that we can all at least have some shared knowledge of, so you can see what I'm talking about. Yet there are thousands of people who live from the truth of their hearts and make a difference in the world. Through their authentic presence and expression, we *feel* their love. And each of us has the capacity and opportunity to live in this same way.

It is about expression. Art is the expression of truth. Truth is what comes from within. It is not about the product. It is about the expression. It is about allowing the expression of the true self. And by allowing the expression, others can know and feel you and truth, which is love.

As you go through the process of taking Divine Action, you will begin to know your self in a whole new way and the identity you have envisioned will become a reality to you and the world.

Experiencing Success Through Acknowledging Accomplishment

Think about your efforts as expression. How are you expressing you self to others? How can you express yourself more? I recently had a conversation with someone who loves to tell stories, but she says she can't get them on paper. I said to her, what if you just did it?

She said she has tried, but it didn't work. Not denying that it was difficult, it still sounds like judgment and giving up. Everything starts with trying, and the results can be all over the board. If you have ever tried to learn a musical instrument, you know that in the beginning, it could seem not to be working. But in time, things come together. This is like everything we feel inspired to do. So, how do we stay on track when we are trying something new?

The first step is to recognize small accomplishments and to begin to see them as success. We actually are successful all the time, but don't see it that way. We accomplish things all the time, but tend to not notice or devalue our accomplishments because we think everything should be a

grand achievement. But, success is made up of so many things, and it starts with small accomplishments.

To start this process, pick a small project that you have in front of you in your life now that you can complete in limited period of time. It can be a subset of a larger project, but make sure it is a discrete set of activities with a clear intended result.

Write down what it is, what your intended result is, and the action steps you plan to take to get there.

Next, take this into the 4 Steps Introspective Practice (mediation, walk, yoga, etc.) to enter the zone of creative mastery. Go within and ask yourself the following fundamental questions:

1. Do I really want to do this? Am I completely aligned with this project?
2. Watch your feeling, thoughts, emotions. Is there positive congruence?
3. Do you feel enthusiasm for this project?

If your answer is yes, then you are aligned and in the zone of conscious creation. From here begin your project.

If your answer is no, then you have more work to do. This is where you need to explore the feelings, emotions and thoughts that are coming up. Where is there incongruence? Where is there pain or fear? The next step is to use this as an opportunity to heal and find the truth. In this first exercise, I am going to ask you to do a simple inquiry, then decide if this is the project you want to use, or if you want to choose another one. What is important now is to choose something that has a high likelihood of being accomplished. The point is to create the experience of accomplishment, and recognize it as a success.

So, in looking at this project, ask yourself these questions:

1. Do I feel like I have to do it (from within your self)? If yes, go to the next. If no, then consider picking another project.
2. Will this project be beneficial to me once it is completed? If no, then pick another project. If yes, then move into feeling that benefit. See yourself with it completed and move into that feeling. From here, ask yourself again the fundamental questions above.

Once you feel in congruence and inspired to do your project, get started.

During the Project

Focus on it. Turn off all distractions (or as many as you feel you can): email, social media, even put the phone on silent. Set a timer for one hour (or some reasonable stopping point). At that point, check in with yourself.

Are you still in the zone? Write down what you have been feeling. Write down what you were thinking. Write about the experience. Notice positive or negative thoughts. If you are not feeling in the zone, then enter a short practice of meditation or take a short walk, or listen to some soothing music.

It is vital that you stay in the zone while you are creating. So, stopping to shift your energy and focus is an important. Give yourself a minimum of 4 minutes and a maximum of 30. In this time, you can get some foods, take a bio break, and then from the place of intention of being in the Zone, no matter where you are, go back to work for a set, focused period of time.

Notice how the project is going and if you have had to adjust it, or are having challenges with it. The important thing is to use the above process to keep going. Don't quit unless you are absolutely clear from the Zone, that you need to do so. Accept it all, and keep going.

Completion

When you are done, stop and congratulate yourself. Write it down. Tell someone, and even share it with at least one person. Acknowledge to yourself that you have succeeded. You have accomplished extraordinary success!

Write it down in your journals. Check it off. Next, see what it wants to become next from your new place of being at the other side of your effort.