



## **10 Steps for Becoming the Conscious Co-Creator of Your Life**

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The image of **your life as your personal garden** is a helpful framework in understanding how to become a conscious co-creator in your life. The basic principles that work for our outer gardens also apply to our inner gardens:

- 1) Get ready—prepare your inner ground for planting.
- 2) Choose the seeds of what you desire to have more of in your life.
- 3) Cultivate the conditions for these seeds of your new life to flourish.
- 4) Don't water the weeds! Pull them out.
- 5) Compost. Allow mistakes of the past to become nourishment for the future.
- 6) Don't take bad weather personally—bad things are not usually about you.
- 7) Remember that you are part of something larger: Nature, Mother Earth, Creation, Source. Plug into this larger Life Force and be supported by it
- 8) Appreciate, revel and bask in the growing process, and give it time.
- 9) Share the harvest.
- 10) Savor, savor, savor.

I offer to you below the details of the first three steps of how to become the conscious co-creator of your life.

## Step 1: Get Your Inner Ground Ready for Planting---Your Energy Hygiene

For our outer gardens, getting ready is an annual step, of plowing, tilling, making the soil ready for planting. For our human inner gardens, getting ready must become a daily step.

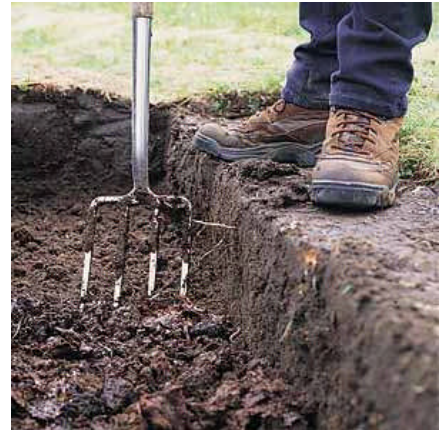
Because our human energy systems are electro-magnetic energy-based operational systems, we need to check in and re-ground our energy every day. This way, our energy is gathered in to support us and keep us tuned in, rather than fragmenting, scrambling and leaving us frazzled.

I recommend a practice of a daily **energy hygiene routine** that can be added in to your regular physical hygiene, like right after showering or brushing teeth.

The following **energy exercises** (from Donna Eden, *Energy Medicine*, and from the *Institute of HeartMath*) take only a few minutes, but will add much to your sense of calm, alert awareness, centeredness and effectiveness.

Be sure to stay well hydrated, drinking 6-8 glasses of water daily in addition to doing these exercises

- **Balanced Breathing:** this exercise **gathers** together your energy and **soothes** your system from any sense of alarm and confusion. Sit with your left ankle crossed over your right, your right hand over left placed over your heart; inhale through your nose with your tongue touching the roof of your mouth; exhale with your tongue down at base, mouth slightly open. Continue for 1-3 minutes.
- **Thymus thumps:** this exercise **activates** your energy. With fingers clustered together, tap or thump on your breast bone area in the center of your chest; inhaling, think of someone you appreciate and love, and exhale with a “ha ha ha.” Repeat three times
- **Cross crawl:** this exercise **coordinates** your energy system with your **body**. Walk/march in place; when your left knee is raised, touch it with your right hand. When your right knee is raised, touch it with your left hand. Do 24-30 times.
- **Tracing Eights:** this exercise **coordinates** your energy system with your **brain**. Hold your hands clasped together at arm’s length in front of you, with thumbs up. Move your thumbs as if tracing a sideways eight, or infinity sign, and follow this movement with your eyes only, several times.
- **Heart Breathing:** This exercise aligns your brain, parasympathetic and sympathetic nervous systems with the rhythm of you heart, **shifting the brain chemistry** from producing stress hormones, **to well-being** hormones. With hands on heart, breathe fully and gently as if your breathing is moving into your heart as you inhale and out of your heart as you exhale, with slow and gentle breaths, 5-6 times. Add to this a memory that evokes appreciation and gratitude, and immerse yourself in those feelings as you continue breathing 1-2 minutes.



## Step 2: Choose the seeds of what you desire to have more of in your life

Any good gardener takes time to reflect on what kind of harvest he or she wants for the season—and begins with that end in mind, choosing the best seeds to plant accordingly. For our inner garden, these seeds are our **intentions**. Conscious intentions are more than wants or wishes.

There is a real power within our attention and intentions. This is addressed by both spiritual and scientific teachings, such as the Law of Attraction and quantum physics, which are different languages for conveying the same truth.

The Law of Attraction tells us that where we put our attention and feelings, we create an attraction that brings more of that which is being focused on—whether intentionally or not. The science of quantum physics tells us that the experimenter affects the outcome of the experiment simply by virtue of being the observer...there is no “objective” experiment. Clearly, it serves us best to use the power of attention and intention purposefully.

A conscious intention is a clear statement, *in the first person*, of the new reality that one desires and envisions. It is stated in the *present tense*. When you say the intention, drop to your heart and allow a *feeling of gratitude* and appreciation, that it is already in the *process of arriving*. Visualize how the situation will flow *with ease*, instead of running into obstacles.

Done in this manner, intention unites the energies of thinking and feeling to flow in a clear pathway toward your vision, in a way that will harness conscious, purposeful focus and choice. It gives the universe (or Higher Power) a clear signal to create openings and possibilities for what is needed. This way, we tap into a higher source for mobilizing resources to operate in our behalf that is larger than the personal ego.

Using intentions consciously redirects the conflicting mental chatter and feelings of fear/worry. Then they do not sow unintended seeds of weeds in your inner garden that would choke out your best intentions before they have a chance to take root.

### Examples of intentions:

- I am attracting friends who are supportive, who accept and love me for who I am. (add the feeling of *appreciating* being loved and supported)
- I am attracting employment in a positive work environment, that pays me generously, and I am fulfilled by the work.(add the feeling of *gratitude* for this environment)
- I am choosing healthy foods and enjoy my new eating habits. (add the feeling of *appreciating* the new habit)

If you have difficulty creating your intention, start with what you don't want, then “flip the script.” So, for example, if you keep getting stuck in a pattern of argument with your partner, and think, “I hate how our disagreements end up creating frustration and distancing.” You can flip the script to intend, “I allow our disagreements to be opportunities that bring mutual understanding of each other's essence, and through them we feel closer.” (and add feeling appreciative of the closeness that will bring).



### Step 3: Cultivate the conditions for these seeds of your new life to flourish

There are many ways to cultivate conditions for flourishing. In your **outer environment** at home and at work, surround yourself with things of beauty and love. Choose uplifting art, fresh flowers, photos of people and memories that nourish you, and calming music. Take moments throughout the day to slow down and appreciate them. Create a sacred space at home for meditation or prayer with objects from nature or with spiritual symbols, that help you step into a consciousness greater than your personal ego. Spend time in nature, appreciating the beauty that surrounds you outside.



For your **inner environment**, have a **daily spiritual practice** of meditation, prayer, chanting, or simply heart-based breathing. Collect inspiring readings from poetry, articles, scriptures or books that you read daily upon awakening or before going to sleep, to stay grounded and uplifted.

Also inwardly, give yourself frequent **doses of unconditional self-love** any time you notice a sense of feeling discouraged, any tightness or constriction in your body or breathing, or any stress or confusion. To do this, hold your hands over your heart and say:

**“Even though I have this feeling/thought of \_\_\_(state the negative feeling or thought here)\_\_\_ I choose to love that part of me, just the way it is right now, no matter what. I choose to love and accept myself completely and totally.”**

Repeat the statement three times, and breathe quietly between and after, until you notice a shift. The majority of the time, you will feel a noticeable shift. If you don't feel a shift, it's definitely time to pull weeds! (See the next step.)