

## HOPEFUL HEALING THOUGHTS

### 4. Clarity and Creativity

Good evening, everyone! Tonight, we are going to be working with clarity again and adding creativity. Let's remember that clarity is the power of the mind to be aware of itself. Ask yourself a few questions; since our last meditation; are you more aware of what your mind is doing? Are you wandering, going with the flow or down the rabbit hole? When we are oblivious to what our mind is doing, we are at the mercy of old habits, unclear thinking, negative thinking, anxiety, etc. When we are clear about what's happening, we are empowered to make better decisions.... and to be more creative in all things.

So, let's begin.... take time to get yourself centered and grounded. Use your breath and visualization to do that.

Now focus on the bottom of your feet allowing yourself time to really "feel" the soul of your foot; then move up to your heart center and again "feel" your heart center; move to your crown and "feel". This process should bring you fully into your body. Now be completely aware of your body as a whole. Notice any aches or pain or disturbances in your body. Just be with it all, don't try to change anything... just notice. As you are with your body, you will begin to realize that your discomforts fade away. Expand your energy out around your body about 3 ft. giving you space. Notice what that space around your body feels like... just notice.

Now, notice that there is energy coming into your crown, flowing through your body, and moving down into the Earth, and filling your body and energy field... you didn't need to do anything to make this happen, it happens with clarity of the mind! This is creative energy. It is yours to create with however you choose. Choose well. Just a little refocusing, and you are flowing with the Universe!

You are now in a very creative space. You are in communication with your spiritual self and also grounded in the Earth. Set an intention, stated as an affirmation, for yourself. Here is one you may use "I am safe, healthy, happy, productive and prosperous under all circumstances". You are sending that thought to all particles of your body and field. Feel it, ground it.

Let's share this create energy with the Earth. Spread your beautiful Light around the globe, offering healing to all things and to every living thing.

Bring your energy back to yourself and now live your affirmation. Creative energy is creative.... it simply creates, in good ways and unhealthy ways. You need to give it direction, with clarity, to create what you want and need.

Thank you all for lending your awesome Light to our world. It takes all of us thinking and being together to help heal this Earth and all of us on it.

Accept the blessings that are available to each of you,

Deborah