

The Law of Creation and YOU

By Karen McCoy



Ever wondered how some people seem to live charmed lives while others struggle for every inch gained? Yes, there is the unexplainable, but I firmly believe that the majority of this has to do with **our ability to create**.

As human beings, we are creating all the time, whether we know it or not. We can't *not* create, it's what makes us human, but for many people, they are creating unconsciously, and thus "...live lives of quiet desperation." (Goethe).

Most people are unaware of the power of their thoughts, the vibrational nature of them, but science has shown that thought creates vibration, and like attracts like, so the vibration of your thoughts (low, negative vibrations) will bring you more of the same (low, negative results).

Many of us focus on the action of our thoughts – we think it, then our actions create it into being, when in fact, the thought is the instigator of change at the cellular level. It is not through your action that you are creating your physical experience.

Some people are angry at this hypothesis, saying there is no way they attracted that nasty experience / person / situation into their life, but by default you are offering your thought, and then the Laws that you don't understand are responding to your thought, causing results you don't want and don't understand.

I was ill for many years, and in desperation, I went to my spiritual teacher and asked in exasperation why this was happening. Her answer: 'your body is doing exactly what you're telling it to do.' I didn't want to accept that, but shortly after that, I saw a short movie at the Imax in Victoria called Train to Win, about athletes competing in the Tour de France and how their thoughts had created different 'hard-wiring' in their brain, a different set of neurotransmitters that they could measure, which led to a creation process (of winning) that scientists didn't understand.

I suddenly remembered that 'hardwired' feeling I shared with those athletes during all my years of training, that vim and vigor, that feeling of living like an athlete. The overwhelming soreness and pain in my body dissipated within 24 hours. I was able to return to the gym and train again, *and train hard*, something I had been unable to do for 5 years. I was *thinking* differently, my perspective had shifted. I had creating a new way of thinking, and thus a new outcome!

The Vacuum Theory: Ever wonder why a person will attract the very thing they don't want into their lives, like an alcoholic husband (when their father was an alcoholic) or sabotaging friends (their mother sabotaged them in childhood)?

This can be explained in one sentence: *Nature abhors a vacuum*. What this means is that when you take something away (the alcoholic father/husband) and you don't consciously focus on replacing it with something positive (a sober, supporting spouse), you get the same thing you had before, the thing your personality is used to (yet another abusive boyfriend). It's because you're not creating a *positive*, and different, situation, by choice, you're *re-creating* the negative *by default*.

Your Inner Guidance System: we all have an all-powerful inner guidance system that, when listened to, will never lead us astray and will help us with virtually every confusing decision we need to make – our *inner emotional system*.

Our emotions let us know when we're on track. You know what I mean, when you know you should have said no when you said yes, or when you take back that boyfriend you know is no good for you. Listen to this inner guidance system. It lets you know whether you're growing into your greatest potential or not. *To thine own self be true*.

Change can Happen in an Instant: The exciting thing about all this is that you can change your life in the blink of an eye. I spent many years (and hundreds of dollars) in intensive therapy to come to terms with a troubled childhood. But I learned later in life that you can shift anything in an instant with focus and intention. You just have to learn to create from a different place, one of openness, understanding and acceptance. The choice is all yours!