

Explorers Guidebook for Language of Creation Day Four

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from Stories of Netsilik Eskimo

In the very earliest time,
When both people and animals lived on earth,
A person could become an animal if he wanted to
And an animal could become a human being.
Sometimes they were people
And sometimes animals
And there was no difference.
All spoke the same language.
That was the time when words were like magic.
The human mind had mysterious powers.
A word spoken by chance
Might have strange consequences.
It would suddenly come alive
And what people wanted to happen could happen –
All you had to do was say it.
Nobody can explain this:
That's the way it was.



Workpages

The Language of Separation

- 1 You look for answers in a sea of _____ answers or _____ answers.
- 2 Your next sequence of thought is h _____ to a _____ the a _____ to your circumstances.
- 3 You think either/ _____.
- 4 You think good or b _____, r _____ or wrong.
- 5 Your thoughts are disconnected, looping, life d _____, internally d _____.
- 6 If you think one thing, you have to e _____ something else.
- 7 You have to make sure you can e _____ what you are thinking.
- 8 In conversation, you need to u _____ or be u _____.
- 9 You can think about something but thinking about something is not the same as being in direct interaction with what you are thinking.
- 10 The Language of Separation is linear thought – past to f _____.
- 11 The LOS keeps you in the m _____ mind.
- 12 Language is o _____ oriented.
- 13 Language then n _____ our life experience leaving us trapped in our t _____.

Our thoughts are not OUR thoughts

**They are the thoughts that we were born
into thinking!**

**Through the Creation Exercises, we discover our true thoughts.
We even find the thoughts behind our thoughts.**



Workpages

The Language of Connection

1. You no longer think for or against. You think w_____.
2. You no longer think either/ or, you think both/_____.
3. Your thoughts become life ge_____ and life en_____.
4. You become s_____ -aware.
5. Your thoughts are c_____ oriented.
6. You no longer think g_____ or bad, right or w_____.
7. You no longer have to explain or understand. What you are thinking is so part of you, and is so p_____ for you, you transmit what you are present to, through your c_____ to it.
8. You find you can include everything, nothing excluded, synthesizing your thoughts into w_____ system thinking.

(W_____ systems thinking synthesizes the interrelationships of what you are aware of so you arrive at conclusions and solutions different from those constructed from a conditioned range of focus.)
9. You can think in d_____ interaction with what you are thinking. This is the resonant language.
10. You can think with the c_____ power of what you are thinking.
11. You find yourself present to what you are thinking like being on a landscape where life is visible within the clarity of your t_____.

Craving Being Guidelines

COMPLETING THE TEMPLATE

The CRAVING BEING Template is written out exactly the same way the CRAVING Template is written out (see below). The only exception is to remember to include the word 'being' where it is written in the template..

COMPLETE THE LEVEL 1 CRAVING BEING EXERCISE

Template 1 CRAVING GUIDELINES

Craving A (Craving must be something you truly crave).

Almost all of humanity has forgotten the power of craving. Often in the mis-understanding of spiritual disciplines, we think that craving is greedy, a sin, or a lie.

This is not so. You are organic. You are designed to crave like the seed craves the sun. The seed's natural craving forces its shoot up through the ground, and there in unity with the sun, grows, blossoms, and becomes what it is naturally designed to be.

You would not be here if the sperm had not craved the egg, and in unity with the egg, became you.

Craving A creates B. (What you crave to create must be pleasant and something you truly want to create).

You may define 'to resonate' as to be pleasant, life-enhancing, harmonic. With sentence 1, 'Craving A1 creates B1.' soothes the neuro-fibers in your gut where reactions to desire, fear, and hope occur.

What do you want what you crave to create? Really think. Thinking in a pleasant, harmonic, and life-enhancing way reprograms your life and your experience of living.

Everything must be what you want, not what might be your present experience, i.e., Craving love creates pain. Ask yourself: Do I really want love to create pain? What do I want love to create? Craving love creates joy.

What you write doesn't have to be logical or even make sense. You only need to write what is pleasant, harmonic, life-enhancing and something you want. Your nervous system does the rest! Breathe.

Do not think too much. Take the first word or phrase that comes up that is pleasant.

Do not worry if you can't think what to write. You are boxed in a grid of traumatized neurons.

Keep reading the statement (What do I crave? What do I want ____ to create?) again and again. Your neurons will start 'firing' on behalf of what serves life. Your mind will break open.

Sometimes when this happens, you may get emotional... cry or feel elated, sometimes even a little frightened or nervous. This is your solar plexus coming back online in service of life.

Creating B sustains and maintains C. (Repeat the pattern exactly).

B1 must be written exactly as it was written at the end of the craving sentence, and at the beginning of the creating sentence.

You must not use the same exact word or phrase more than once. You are, however, welcome to embellish.

Craving a new job creates excitement.

Creating excitement sustains and maintains a world of excitement I have never known.

Craving health creates vitality.

Creating vitality sustains and maintains new openings for vitality. Remember, in Creation much can be craved and much can be created without lasting very long. The Creation Exercises are designed not only for you to create but also for what you have created to continue: to be sustained and maintained.

Sustaining and maintaining C embodies X.

The ultimate goal in life is to create something that can sustain and maintain itself long enough to embody.

An embodied system is self-maintaining and self-sustaining. The earth is a self-maintaining, self-sustaining system. A human embryo sustains and maintains itself for around nine months and then is born as an embodied human.

Human beings were designed to self-sustain and self-maintain. That means that we would naturally have what is true to our design. As outrageous as it sounds, it is true! In Ireland, there is a phrase, "May the road rise up to meet you." This means that when we are one with creation, what is ours to do, to be, and to have occurs. This is the purpose of the Creation Exercises.

Recursions

The example above (A-B, B-C, C-X) is called a recursion. You will write three cravings recursions that are the same. Using the same craving (A) each time supports the creation process while you are anchoring yourself in creating.

When manifestation begins to occur sustainably, then doing different cravings for each recursion would be recommended. The last recursion is called the completion recursion. In this recursion, you take X1, X2, X3 which you will find at the end of recursions C1, C2, C3 after the word 'embodies.'

Do not forget to do the fourth, completion recursion! This is what entrains your abdominal brain in an *elasticity* where reaction stops occurring, and the ability to include what you have not been able to include before begins.

Craving Being Template

This CRAVING BEING Template is a primer, like practicing scales, to persistently increase your capacity to be.

DO NOT WRITE ON THIS TEMPLATE
when doing the templates you must write out each word.

This CRAVING BEING Template focuses on what you truly crave being.
Cravings A1, A2, A3 can be all the same or all different.

C1:

Craving being A1 creates being B1.
Creating being B1 sustains and maintains being C1.
Sustaining and maintaining being C1 embodies being X1.

C2:

Craving being A1 or A2 creates being B2.
Creating being B2 sustains and maintains being C2.
Sustaining and maintaining being C2 embodies being X2.

C3:

Craving being A1 or A3 creates being B3.
Creating being B3 sustains and maintains being C3.
Sustaining and maintaining being C3 embodies being X3.

CC:*

Craving being X1 creates being X2.
Creating being X2 sustains and maintains being X3.
Sustaining and maintaining being X3 embodies being XX.

Use with OBSERVING BEING Template

“The use of the Creation Exercises supports us in gaining
the Strength, Stamina and the Capacity to move out of
the reality of separation and into the reality of unity where
we can be who we came here to be
as unique and essential beings in unity with
what connects us to life and has us exist as whole.”

Elektra Porzel

“Out beyond ideas of wrong-doing and right-doing,
there is a field. I'll meet you there.

When the soul lies down in that grass,
the world is too full to talk about.
Ideas, language, even the phrase "each other"
doesn't make any sense.”

Rumi, 13TH century poet