

# Explorers Guidebook for **Language of Creation Day Two**

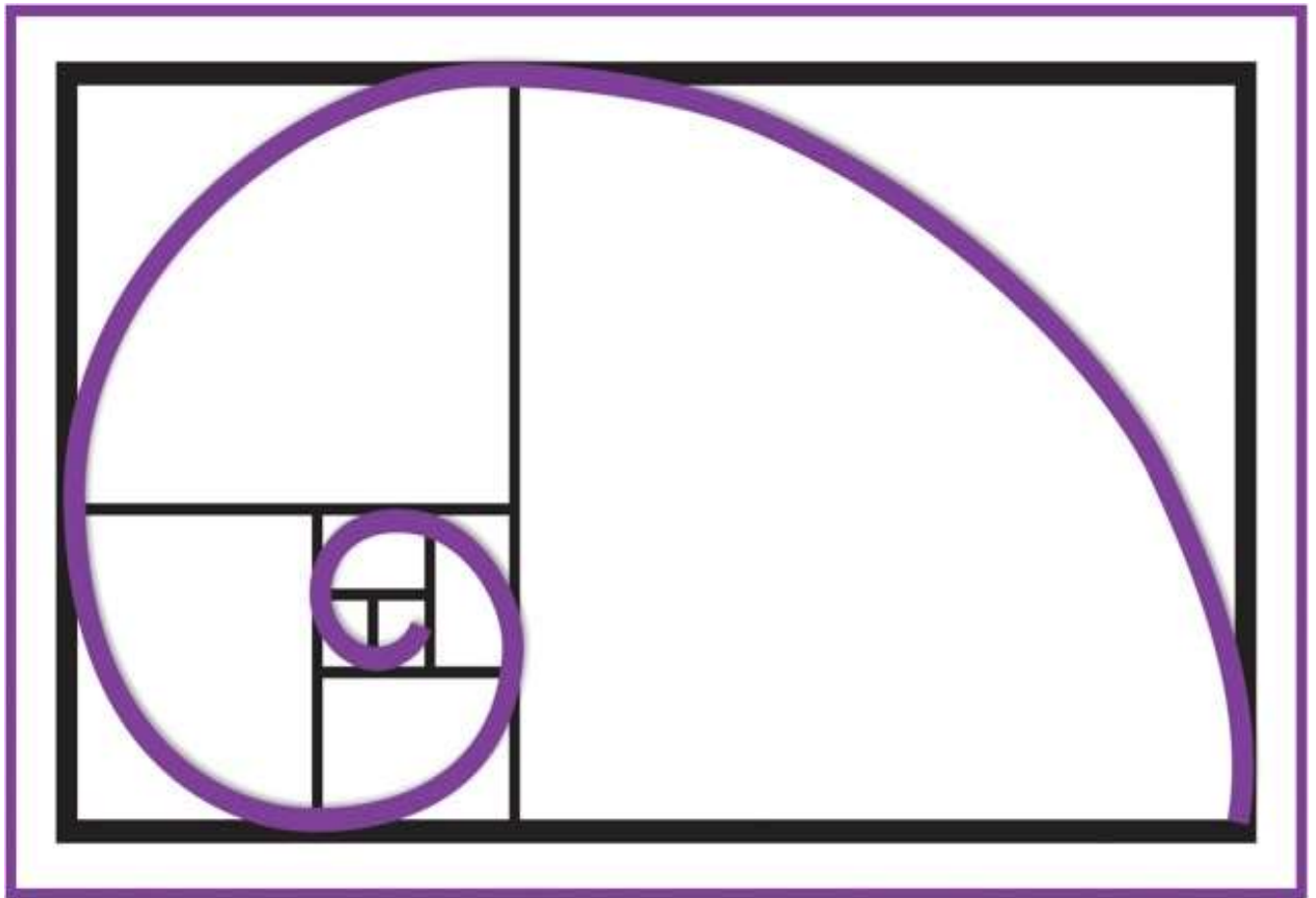
Developed by  
The Creation Institute

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Version: November 1, 2016



# Fibonacci Spiral





# Observing Template

This OBSERVING Template is used with Templates 1, 3, 5, and 7.

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

## OI: Read CI and ask yourself:

**what have I observed in the time since I did the C1 recursion?**

Observing \_\_\_\_\_ has me be present to P1.

Being present to P1 has opened me up into I1.

(whatever in this moment you are opened up into).

Opened up into I1 has me have O1.

(what you experience having).

## OII: Read CII and ask yourself:

**what have I observed in the time since I did the C2 recursion?**

Observing \_\_\_\_\_ has me be present to P2.

Being present to P2 has opened me up into I2.

(whatever in this moment you are opened up into).

Opened up into I2 has me have O2.

(what you experience having).

## OIII: Read CIII and ask yourself:

**what have I observed in the time since I did the C3 recursion?**

Observing \_\_\_\_\_ has me be present to P3.

Being present to P3 has opened me up into I3.

(whatever in this moment you are opened up into).

Opened up into I3 has me have O3.

(what you experience having).

## OO:

Having O1 has me have O2.

# Observing Guidelines

## THE OBSERVING TEMPLATES SIMPLY TELL THE TRUTH

Tell the truth whether what you are experiencing is pleasant or unpleasant, comfortable or uncomfortable, or devoid of any feeling whatsoever. Whatever is up is what there is to observe. Not what you *want* to observe or think you *should* observe. Simply write what you are experiencing... plain and simple.

## THE TRUTH WILL SET YOU FREE!

In the more modern societies, the suppression of emotion is immense. We are bothered by our feelings, whether they are pleasant or unpleasant. We ask, *What does this mean?*

Since feelings are not meant to mean anything, we end up 'in our heads!' Our minds loops and loops and loops. *What does this mean?* and other such frenetic confusions of thought shut us away from what there is to simply be present to.

In the higher mind, you are simply present to what there is to be present to. In the act of being present, something opens up, and you have a state of experience that resonates. You experience a harmonic, not an explanation.

## THE OBSERVING EXERCISES CAN BE BOTH PLEASANT AND UNPLEASANT.

We need to know what we are present to within ourselves. How else can we know what is going on? The New Age 'boogey man' is *not* going to get you if you have a bad day and feel horrible. There is something powerful and important behind your feelings and your experiences. When you get present to it, you open up into what is really there. Go for it!

## FILL OUT EVERY WORD OR PHRASE EXACTLY AS YOU WROTE IT BEFORE.

Remember, we are changing the neuro-synapses of your brain to be more powerful and to support you in being more aware of your true existence!

CORRECT Example:

Observing I cried at the movies has me be present to **bubbling joy**.

Being present to **bubbling joy** has opened me up into....

## READ EACH RECURSION OF THE CRAVING TEMPLATES

Remember, the recursions are the first three 3-sentence writing exercises. The letter and number of each recursion is highlighted in bold on your template so you can identify them on the 1-7 craving templates. **(C1/O1)**, **(C2/O2)**, **(C3/O3)**

### SEE WHAT COMES TO MIND

Step 1: Read the *entire three sentences of the first Craving recursion: C1.*

'See what comes to mind' is essential. You are working with the wiring in the neuro-synapses of your brain.

The unlimited potential of all Creation does not occur in logical thought! The unlimited potential of all Creation comes in *abstract thought* or in *abstractions*. In the Portuguese language, again in agreement with The Aurélio's Dictionary, '*abstract*' is what expresses a quality or a characteristic separated from the object to which it belongs or is linked to.

### DO NOT DERIVE A LOGICAL SEQUENCE FROM THE CRAVING

Pause as soon as you have finished reading the three sentences of each Craving recursion (C1, C2, C3).

Pause.

Your response to the recursion 'should be a bit dissociative.' It might take a bit for that to happen! Let's say you wrote your Craving two days ago.

Craving love creates happiness.

Creating happiness sustains and maintains well-being.

Sustaining and maintaining well-being embodies **relief**.

### DO NOT write:

Observing love has me be present to...

or

Observing relief...

### Stop! Pause.

What is there regarding your life the last two days that comes to mind reading the recursion?

### Example:

Observing I cried at the movies... Abstract! ☺

### Let's do another example:

Craving being lively creates being vital.

Creating being vital sustains and maintains being available.

Sustaining and maintaining being available embodies being funny.

**NOTE:** You do *not* need to use only one word in the exercises.

Only one word is filled in to simplify the examples.

### DO NOT write:

Observing being lively

or

Observing being funny...

### Example:

Observing I love feeding the birds.... Abstract, yes?

See what comes to mind.

It does not matter how random or seemingly disconnected.

### DO ALL THREE RECURSIONS FOLLOWING THE TEMPLATE DIRECTIONS. DO NOT DO THE COMPLETION RECURSION.

Write out all three recursions just as you have seen in the examples above (C1, C2, C3).

You do **not** do this with (CC), the final recursion of the four recursion series.

### WHAT ARE YOU NOW PRESENT TO?

The *Observing* and the *Observing Being* templates bring you into a state of 'Be Here Now.' So, as you write what you observe, notice what you are now present to.

### Example:

Observing I cried at the movies has me be present to I feel more deeply now.

### WHAT HAVE YOU OPENED UP INTO?

When you write what you are present to, you automatically open up into...

Be present to what you have written, and see what opens up. Then, let the thoughts rise. Write *those* thoughts.

### Example:

Observing I cried at the movies has me be present to I feel more deeply now.

Being present to I feel more deeply now has opened me up into fear of being too exposed.

## OPENED UP INTO... HAS ME HAVE!

**Having** is the keys to the kingdom, but you might not really get *having* until you have moved through more of the seven craving exercises. Presently, we *try* to have. *Having* still shocks our systems. And yet, *having* is fundamental to the true nature of a human being.

We were designed to HAVE!

The observing exercise shifts us into the *nature of having*.

## THE FINAL COMPLETION RECURSION IS DIFFERENT IN THE OBSERVING EXERCISE. IT IS NOT THE SAME AS THE CRAVING EXERCISE.

The fourth, final completion recursion of the **Observing** template takes the words in (O1, O2, O3) and fills in the blank on the sentences.

Having O1 has me have O2.

Having O2 has me have O3.

Having O3 has me have OO.

OO is what you write that's new... you haven't written before and builds the *field of having*.

In the **Observing Being** template which you use on designated Craving Exercises you write either:

Being O1 has me being O2.

Being O2 has me being O3.

Being O3 has me being OO.

OR:

Having a(n) OO1 beingness has me have a(n) OO2 beingness.

Having a(n) OO2 beingness has me have a(n) OO3 beingness.

Having a(n) OO3 beingness has me have a(n) OOO beingness.

Once again, OO and OOO is what you write that's new - you haven't written before and builds the *field of having*.



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