

# Explorers Guidebook For **Language of Creation** **Day One**

Developed by  
The Creation Institute

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## Welcome!

Thank you for joining us! I am very excited by the establishment of The Creation Institute, which will hold all of Tantra Maat's teachings as webinars, and live classes. It is Tantra's legacy and I am profoundly honored by this responsibility. By your participation, we will get to ensure that this extraordinary body of work continues to have its impact. Our teachers have worked with Tantra for 3-4 years and have this material 'in their bones', so you are in for a wonderful experience of connecting into their passion for this work.

Thank you for the gift of your time and your attention.

Elektra Porzel,  
Director, The Creation Institute

## Language of Creation Course Description

In this course, you will take a journey traveling through the templates during which you will develop your own internal GPS for moving toward your desired life. You will learn to move along that continuum from where you are now to where you want to be as you gain proficiency in writing the first four of the Creation Templates: Craving, Craving Being, Observing and Observing Being. Along the way, we will traverse the land of language and energy, of nature's creation process and of field being fields.

Your manual will be made up of four sections.

Expect to receive the relevant section before Week 1, Week 2, Week 4 and Week 5. We recommend using a ring binder to retain both the pages of the manual and materials from exercises through the course.

# Agenda: Language of Creation Webinar

## Day 1 Beginning Your Journey

Preparation for the Journey  
Realities of Separation & Connection, and their  
Impact on the Nervous & Emotional Systems  
Break  
Introduction to Template 1- 'Craving', guidelines and  
practice  
Summary and Homework

## Day 2 The Golden Mean & the Art of Observing

Q&A and Sharing of Craving Exercises Energy and  
the Language of Creation  
Break  
LOC and the Fibonacci Sequence, Golden Mean  
Template 1- 'Observing' and practice  
Q&A & Sharing of Observing Exercises  
Summary and Homework

## Day 3 Deepening Your Experience with the Templates

Key points from Guidelines and Use of Templates  
Sharing of Creation Exercises

## Day 4 Language and being our Being

Q&A and sharing of Observing Exercises  
Introduction  
Languages of Separation and Connection  
Break  
What is a Field?  
Introduction to Template 2 - 'Craving being...' &  
practice  
Summary and Homework

## Day 5 Energy & Observing Being

Q&A and Sharing of Craving Being Exercises  
All of our Travels!  
Template 2 - 'Observing being' - Intro and practice  
Break  
Q&A Observing Being  
Resources and Next Steps  
Bridging Consciousness  
All the wonders we've seen

## Day 6 Deepening Your Experience with the Templates

Review of Key Elements of the presentations  
Sharing of Creation Exercises  
Resources and Next Steps

## Core Template Guidelines

- Keep the templates you write in a notebook and be sure to date each one.
- Do not write on the template form.
- You must write out each word and end each sentence with a period.
- Write each out by hand.
- If you must use your computer, type out each word. Do not use cut and paste.
- Write only what you want to have in your life.
- Use resonant words. Resonant = pleasant feeling, harmonious, life-enhancing or fulfilling
- Do not use the same word more than once, but you can embellish on a word.

## GENERAL GUIDELINES OF ALL TEMPLATES

**Before you begin writing, have the template for the day in front of you.**

People are always stunned by how easy it is to forget how to do the Creation Exercises. Please remember that the very same reason you cannot think or experience what you are attempting to think or experience, is the very same difficulty you have remembering how to do the exercises.

**Write out every word. Don't use shorthand in any way.**

Each template is a brain-mind development exercise, designed to restore the neuro-synapses of your brain. I recommend that *the first month*, you write out the Craving Formulation Exercises and the Observing Discernment Exercises in *longhand*. However, if writing longhand dissuades you from doing them at all, then begin by typing them out on a computer. You are entraining your brain back into the creation-based intelligence you were created from. The kinesthetic memory and activity of the neuro-synapses when writing longhand is strongest; typing will work, too. It is part of recording, connecting your words to your cells.

### Date every creation exercise

It is very important to date every exercise. In the beginning, there can be confusion in not only how to do the exercises, but also in even *finding* which exercise is the correct one to Observe.

Additionally, as you continue to restore your 'whole mind' system, it is extremely important to go back and review your exercises. You will be amazed at the shifts, manifestations, and level of awareness you have achieved.

You are not working with the retention-memory-base aspects of the brain-mind. You are now working with the creation-based aspects of the brain-mind. This is why so many people appear to be losing memory function. The creation-based mind is taking over. If we are experiencing what is ours to do, to be, and to have (as amazing as it seems) we do not have to remember how to do, how to be or how to have. *How to* is replaced by *knowing*.

Going back and scanning your past Creation Exercises is a serious part of developing your consciousness. You have forgotten the awareness of a creator. Examining what you have previously written restores a very important aspect of your consciousness. You will see that you have, indeed, been bringing what you crave into manifestation.

Even if what you crave has not come into full form, you will see that the movement from energy toward matter, formless toward form is actually occurring. An example of this is my weight loss. After being a hundred pounds overweight for over forty years, I began to metapoint '*craving a slim and healthy body*', '*craving being slim and health*', etc. Over the period of time I did the templates, I got healthier and healthier. The right practitioners and

products rose in my 'field,' providing what nothing had ever provided before! I could hike like a slim person. I became aware that the source of my problem was not will power, but biochemical, and finally, the right product came along that would fit my needs completely. I am becoming slim (after already being healthy)! Not only did my body change, my attitude towards myself, and my feelings about myself and my body, transformed into life-enhancing and life-generating emotions and thoughts.

## Do not fill in the boxes on the sheet

Writing out or typing out the Creation Exercises is vital. Filling in the boxes or the blanks NEVER works. The brain sequencing of actually writing or typing out the sentence structure is the act of retraining your neuro-synapses into the ability to include what is so and create beyond that.

## Keep your exercises in a notebook and/or computer

We recommend you write out your Cravings and your Observings in two notebooks for the first month. One notebook would contain the Cravings, dated and written out. The other notebook would contain the Observings, dated and written out. The written hand stimulates the nervous system and the neuro-synapses of the brain and retrains your system more effectively. However, if you find it hard to take the time to write longhand, please use the computer if that is easier.

If writing in a notebook, use the two notebooks recommended above. I also recommend creating a collage on the front of the notebook to visually 'hold the field' you are creating. Use one craving and one observing notebook per month. This makes it easier to go back and review.

If typing out the Creation Exercises in the computer, I recommend you save your exercises in monthly folders, each folder containing a file for Cravings and a file for Observings. Save each file by type and date (i.e., Craving01032011).

## Do not use dittoes or abbreviate

Please remember not only to write every word out, and make sure you write out each word or phrase exactly as you wrote the word or phrase in the sentence before.

## This is especially for people who write out the exercises.

### Not

Craving a joy-filled morning creates my own paradise.  
Creating " " " sustains ....

### Correct

Craving a joy-filled morning creates **my own paradise**.  
Creating **my own paradise** sustains....

### Not

Craving a joy-filled morning creates my own paradise.  
Creating my own paradise **s & m** a realm of beauty.

**Correct**

Craving a joy-filled morning creates my own paradise.  
Creating my own paradise sustains and maintains a realm of beauty.

**Make sure to put a period at the end of each sentence.**

As you complete each sentence, and intentionally add a period at the end of your sentence, your neuro-synapses complete a link and establish a connecting point (a metapoint) with 'the field'.

**You may get confused and feel stupid... keep going!**

You are neither confused nor stupid. Your neuro-network and your nervous system are compromised. You are simply following the templates as you do the exercises and nudging your system back awake.



## 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.

In the level 1 craving template, you are directing your solar plexus' response from reaction to creation.



# Template 1: Craving

## Level 1

This CRAVING Template is a primer, like practicing scales, to persistently increase your capacity to be directly connected to the metapoint of yourself and the greater whole of which you are an essential and unique part.

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

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

### C1:

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

### C2:

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

### C3:

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

### CC:\*

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

Use with OBSERVING Template

**COMPLETE A LEVEL 1 CRAVING EXERCISE  
WITH THE  
OBSERVING EXERCISE**

# Glossary of Terms

*We have found that we have had to create definitions that align with the unity of Creation reality that we are working in.*

**Activate:** To activate: to make active what is present but dormant and trying to rise.

**Activation:** In The Field of Tantra Maat, it is a period of time devoted to activate\* what is rising within you that connects you to life and has you exist as whole.

**Animate:** To give vitality; inspire; to give life; to make alive.

**Being:** The nature or essence of you as a person.

**Capacity:** How much strength and stamina of your 'being' you have. How deeply you as a personality can you go into your nature or essence. How much space can you have for your nature or essence to have residency in your life and in your world.

**Consciousness:** The state of being aware of one's own existence and the activities consistent with that existence.

**Craving:** What you want, desire, or long to come into existence that you don't already have or don't have the way you want, desire, or long for it. Craving is a natural communication system with Creation.

**Creates:** In the work of The Creation Institute, 'creates' is not causing. 'Creates' is your unity with Creation bringing what you crave into existence. This is an existential activity. In other words, the focus is our relationship to our existence.

**Creation:** That which created you and from which you came into existence. The Intelligence that created all life. Sometimes referred to as God, Goddess, Allah, Great Spirit, etc.

**Embodies:** Something sustained and maintained long enough that it comes into physical form/matter.

**Enwholment:** An unbroken and undamaged state where something is complete in the design of itself.

**Existence:** The animate nature of life.

**Existential:** Concerns related to the animate nature of life.

**Field(s):** Energetic dynamics that can be harnessed to animate and bring into existence physical form/matter.

**Inanimate:** Lifeless; spiritless.

**Landscape:** The territory you cover as a Being.

**Memes:** Memes are units of social or cultural information transmitted/passed down through the ages. By the point something is a meme, it seems like it is "just what's so". Stereotypes, gender roles, pretty much any social norm/convention or cultural or religious tradition is a meme. This transmission of information preserves cultures, etc, so memes are valuable. There is a problem with memes when evolution/growth results in a life-defeating impact on individuals/collectives, if the meme is unconscious and remains unexamined or entrenched for the sake of the survival of the norm.

**Meta:** Meta means to include and go beyond.

**Metalanguage:** A language that gives you access to the beyond and access to the larger landscapes of your existence that you are part of and may not know exist.

**Neuroplasticity:** The brain's ability to reorganize itself by forming new neural connections throughout life.

Neuroplasticity allows the neurons (nerve cells) in the brain to compensate for injury and disease and to adjust their activities in response to new situations or to changes in their environment.

**Original Design:** The design of your Being. What you are designed to be beyond the enculturation of your personality.

**Power of Balance:** This is the capability to grow, and expand including 'what is' and to go beyond in a way that can be sustained and maintained over time without collapse or breakdown. The Structure of the Creation Templates give us access to expand our Being, our consciousness and our capacities in a stable sustainable way. The Craving templates calm the physical part of the system, which provides you access to consciously responding rather than automatically reacting. The Observing templates restore balance to the energetic aspects of your system.

**React/Reaction:** To be at the effect of a stimulus, often resulting in unconscious action. Reactions can be life-enhancing or life-defeating. An example of a healthy life-enhancing reaction is for exp. 'pulling back as you step off a curb when you notice a car coming'. That momentary fight or flight reaction allows you to take immediate, life-preserving action without having to consciously think it through, then your system can return to a calm resting state of homeostasis or balance. Reaction becomes life-defeating when your ability to choose how you speak or take action is inhibited by an automatic, unconscious, unexamined and/or conditioned way of speaking or acting.

**Reality:** The landscape of your everyday existence that directly affects how you

think, how you speak, how you feel, and what you experience. Reality is what people hold to be real.

**Reality of Connection/Unity:** Where human beings live lives connected to inspired ways of living, creativity and being. They know themselves as an integral part of the whole, connected to a great living energy. They live in ways that are mutually beneficial and cooperative with the world around them. Life enhancing. Life generating.

**Reality of Separation:** Our current consensus reality that presently occurs as 'dog eat dog, only the strong survive, everyone out for themselves way of living' – a reality many people still hold to be real. Life defeating. Life degrading.

**Resonance:** Your connection to Creation – often pleasant, life-enhancing, life-generating, harmonious, fulfilling.

**Respond/Response:** To express in union with your direct link with Creation. Being able to consciously choose how you beyond any stimulation by fight or flight stressor that might be present.

**Sentient Intelligence:** The resonant language of creation that bonds all that exists into one cohesive whole. This is the intelligence when picked up on allows all of life to be a sensual, engaging, vital, and connected experience.

**Source-based:** Your direct link with Creation, i.e. that which created you.

**Strength:** Strength is the muscle. How much pressure you can take before you buckle under its weight. This pressure can be mental, emotional, physical or spiritual. How strong you are when under pressure.

**Stamina:** Stamina is defined as strength that allows you to continue doing

something over a long period of time; staying power or enduring strength.

**Sustaining and maintaining:** At some point whatever is created from the initial craving stimulus must be able to be sustained and maintained before its form can stay in existence.

**To Tell the Truth:** To observe and report what is going on with you physically, emotionally, spiritually without inhibition.

This is the capacity to trust yourself and be present to what you are present to without judgment, then report it. With the Craving templates, you are able to express that which is life-enhancing and your truth about how you would like your reality to be. With the Observing templates, the ability to report what you are present to, without censorship, is crucial, even if you perceive what you are present to as negative or unpleasant.