

CO-CREATION GROUPS

1. I accept that I am an extension of Source Energy...of God...and am totally self-responsible as I create ever new versions of my reality.
2. I know there is only a stream of well-being that ever beckons me to allow Its flow to take me to my good.
3. I understand that all efforts to push upstream will delay the wellness, abundance, clarity and joy that is mine.
4. Therefore, I decide to let go of all resistance of everything that I do not want and focus ever increasingly on the desires I really want to experience and enjoy.
5. Within the knowledge that I can never get it wrong because I will never get it done, I choose to reach for thoughts of appreciation, thankfulness and joy, and to consciously accept that I am so very blessed.
6. Realizing that everything I have asked for and desired has been given and now is within my personal spiritual escrow account, I joyfully take this moment to visit _____ (perhaps something already asked for, or a fresh and new desire) and I now verbalize a virtual reality tour of this place, person, event or thing and reach for words that describe how I will feel as I become a vibratory match for it in my life: _____.
7. From worthiness I respond to worthiness and behold you fulfilled and joined with your desire. I see it as a manifest part of your world and I will continue to know this with you and for you.
8. I now have a covenant with my Higher Self and I affirm that I will accept only self-responsibility and an active level of claiming back authority over what I allow to be in my vibrational signature. I will always seek to live my life based on my own concept of what I should be, do or have. I am now dedicated to establish within my vibrational signature only wellness, abundance, joy and clarity. I am at peace.

Suggested instructions:

If groups are 5 to 8 in number (suggested) each person will take their moment with each of the first 6 points...one at a time...going around the circle until point 1 has been spoken to and then 2 through 6. If the group is larger, each of the first 5 points can be spoken to in unison.

In any case, point 6 is to be spoken to by each individual as he or she addresses this point as guided, with each in the group listening attentively and supportively. After each has completed point 6, then each member of the group responds to him or her with point 7 of our outline. After each has responded to the first person who speaks to point 6, then the next person in the circle speaks to point 6 with again each responding with "From worthiness I respond..." and on until each has spoken to point 6 and has heard each within the group respond to them with point 7.

Then it is suggested that regardless of the size of the group, all speak point 8 in unison as it is powerful when it is done in that manner.

While point 7 can be embellished as each is guided, under no circumstances should anyone respond with guidance based on what he or she has encountered in life, nor should anyone indicate anything but support, understanding for anything shared with point 6. And, the group should understand that whatever is shared is to be held in strict confidence.