

Create a Direct Path Home to YourSELF

Do you ever feel scattered in several directions? As though there were unseen forces pulling you in fifty directions while the innermost piece of you feels completely neglected?

I wonder if you ever put that data down on paper? It's a very simple thing to do. Why don't you go and get a couple pieces of paper and some colored markers and crayons or pastels to let your Creative Intelligence flow through you? Go on, I'll wait for you here.

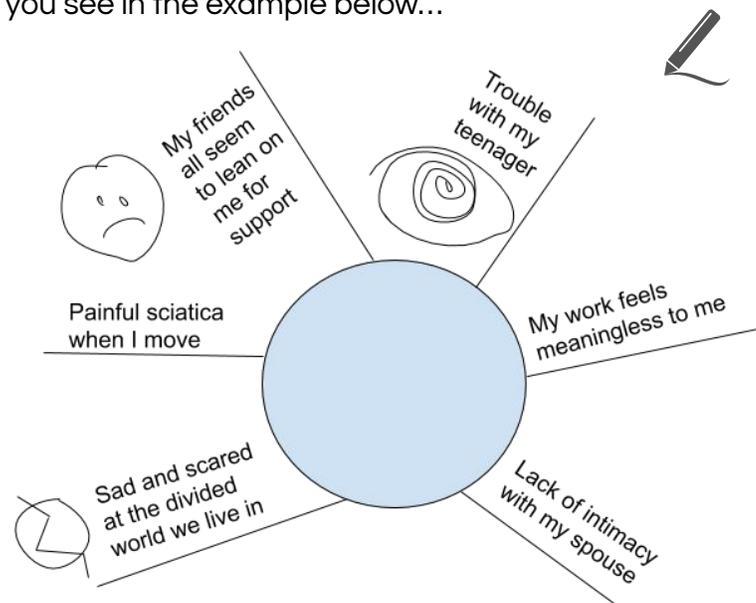
Alright, now that you have these creative tools, can you find a quiet place to be alone in for a few moments? Somewhere with no noise or devices to distract you?

I invite you to take a moment to close your eyes if you're comfortable doing so - if not, just slightly flutter your eyelids - and breathe deeply into the core of who you are. The Japanese call this core your "hara". It's found about 4 cms below your belly button. This is the center of your Infinite Self. The Universal YOU! While you breathe into your "hara" lay your hands upon your naval area to connect with this powerful center.

Now, consider in contrast all the myriad things that are pulling you away from that Silent and Still point in your grounded most centered part of you. Perhaps it's your job. Or is it a relationship(s) in your life that aren't healthy or helpful. Maybe it's the frenetic pace of life that has you running ragged month after month.

Take a moment and list all of these things with your markers within a Creative Mind Map, like a sun with rays shooting outwardly, just as you see in the example below...

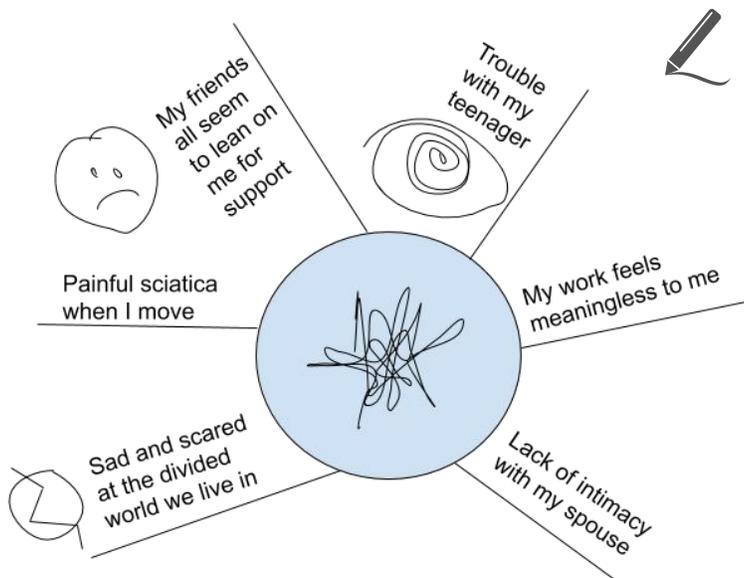
As you write you may feel the need to add more rays to support all the items on your list. Please, do this if you need. If symbols and images want to come through you onto your paper, let them do so in any colors that feel *just right* for you.



CORRY MACDONALD

Simply let everything pour out of you and onto the page, even if it surprises you to see everything that is pulling at you. If tears fall or anger boils up, just notice it without judgement or the need to 'fix it'. You are safe to watch it all come to the surface and do what it needs to do. There is no 'right way' here, simply be.

Once you have everything on the lines around your center circle, take a moment and scan everything you wrote down. Take it all in. Close your eyes and notice where in your body you are feeling the intensity of everything going on.



Are you feeling a whirring in your head? A tightness in your chest? A heaviness on your shoulders? A pain in your stomach? Perhaps a combination of things or something completely different. Notice what you feel within your body.

As you do, take note of what colors come to mind? What shapes? What sort of lines or doodles? Some people see sharp pointy shapes, others sense a foggy haze. Some feel a tight tangled knot.

Without thinking or planning what to put in the center of your mind map, allow the Creative Intelligence of your body/mind/spirit to fill the center circle of your map with the colors, shapes and doodles that capture what *you feel like* in the midst of all that's going on around you.

As you draw, experience the tension and strain leaving your body as it flows out onto the page. Stay with this *lighter feeling* as you close your eyes and imagine how you would *want* to feel if all of the rays around you, the stuff of life "pulling at you" disappeared. What colors, lines, shapes and doodles do you *desire* to play out onto your page. Imagine it all playing out in your life *for you*, like a carefree child, curious and open to play.

Can you feel it through your whole Self?

CORRY MACDONALD

Good! Because if you can feel it, then you can receive exactly what you are imagining (imaging in) for your Authentic Self. The Self who is childlike and free and in the joy of life.

Now, pick up a new piece of paper as you turn your mind map over and move it away from you. It's time for you to begin a new page in your life now. Start by flowing all the colors, shapes, lines and doodles onto your new paper doing only what *feels amazing and what lights you up!*

If you like to scatter orange polka dots all over your paper because it feels amazing then do so! Then, if you feel bored of your orange pastel, drop it and pick up purple if you like that. Maybe you are drawing spirals and that's all you want to draw, then continue. It's your creation here!

Think preschool art made up of pure 'feel good' emotion. *Emotion* IS energy in motion! Create the new momentum of your desired state now, this is all that matters, much more than what the final artwork looks like. Think of this drawing as a container for your new way of **being!**

Continue until you feel complete, your Creative Intelligence will let you know. You are connected deeply with your core, your "hard", your Authentic Self when you create this way. From here, take a long look/feel of your artwork.

Soak it up into your cells, keep it beside you as you write a letter to yourSelf with a capital 'S'.

Thank your Creative Intelligent Self for showing up so powerfully and honor yourSelf with a letter of appreciation. Ask any questions you have to yourSelf and watch the Wisdom pour out onto your page. Repeat this whole powerful process of creating a path to your center often so that you can receive this core Guidance in each of your moments and aspects of your life experience.

Enjoy and always remember - you ARE the Master Creator of your LIFE!



Big Love,
XC

Corry
MacDonald