

You can consciously create your life and transform the world!

The Art of Conscious Creation: How You Can Transform the World

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*"An astonishing book! This is the first paint-by-the-numbers approach to creating a personal and planetary life that is abundant and happy for all."*

— DR. JOE VITALE, author *The Attractor Factor*, star of *The Secret*

*the ART of*  
CONSCIOUS  
CREATION

*how you can transform the world*

JACKIE LAPIN

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*t a b l e o f c o n t e n t s*

- 7 *foreword*
- 11 *chapter one:*  
ENERGY: THE CURRENT OF THE UNIVERSE -  
WHAT WE THINK IS WHAT WE CREATE
- 19 *chapter two:*  
WHAT'S LOVE GOT TO DO WITH IT? EVERYTHING!
- 23 *chapter three:*  
HOW THE UNIVERSE WORKS
- 83 *chapter four:*  
MAKING SCIENCE OF IT ALL
- 127 *chapter five:*  
VISION POWER:  
THE CREATION, CARE AND FEEDING OF YOUR VISION
- 135 *chapter six:*  
THE 'IDEAL' WORLD
- 139 *chapter seven:*  
VISIONS FOR A BETTER FUTURE
- 187 *chapter eight:*  
THE RIPPLE EFFECT — BECOMING AN "ACTIONARY"
- 197 *chapter nine:*  
UNITED WORLD HEALING —  
THE POWER OF UNIFIED THOUGHT
- 205 *chapter ten:*  
A NEW BEGINNING
- 207 *acknowledgements*
- 209 *bibliography & recommended reading*

*c h a p t e r   o n e*

ENERGY:

*The* CURRENT *of the* UNIVERSE  
WHAT WE THINK *is* WHAT WE CREATE

**I**magine an Earth in the throes of peace! People of every culture and race respect each other, help each other, and work together for the good of humans, animals and the environment. In this world everyone has enough to eat, adequate shelter, work that is fulfilling and sustaining. The global economy is balanced and everyone is reaping the benefits. Science is working to protect our treasured planet and heal all of the illnesses that have scourged the globe. Businesses are **adding** benefits and vacation time for workers, while executives and shareholders are sacrificing their profits just a bit in order to ensure they are bringing to market the best quality products **and** making the right moral choices. Worldwide and national leaders are truly “men and women of the people,” working for the benefit of their constituency, not the strengthening of their own power base. Global warming is a thing of the past, solved through worldwide corporate and government cooperation. Alternative fuel solutions are in use everywhere. Everyone practices energy and resource conservation. People of all ages are kind and polite to each other, thoughtful and considerate. Everyone feels safe at home, the office, and when traveling since crime and terrorism have dwindled away.

Clearly this is not the world we live in today.

It could be!

Our world today is a world we and our ancestors created, a world that has been driven by our most primitive fear — fear of being controlled by others; fear of not having enough land, food, money, power; fear of not being good enough; fear of failure; fear of not being loved or not being lovable. We feared and so we projected fear. Our thoughts became our reality.

That is because our thoughts and our emotions are more than just ideas and momentary feelings. They are *energy*. They are vibrations that we cast out into the world...either loving and kind, benevolent high-vibration frequencies that create a safe, prosperous, loving, munificent world; or they are fear-driven, angry, self-hating low frequencies that poison ourselves, our loved ones and friends, and the Earth.

For just as we humans are living organisms that absorb and emit energy, so is the planet on which we live. As we continue to bombard our world with energies that are rife with fear, jealousy, resentment, anger, guilt and self-denial, the Earth becomes the energetic repository. Like a bank, it takes on our deposits. If we feed it healthy, loving, compassionate energy in the same or greater measure, we'll all be experiencing a very different reality.

Here's a quick look at where mankind's negative thinking has gotten him today. These snapshots represent more than man's action, they also represent the debris of his fears and emotions.

- More category 5 hurricanes than ever charted in history
- The most deadly tsunami ever chronicled
- Record floods
- Terrible droughts causing the destruction of forests, the drying up of reservoirs, the huge loss of wildlife, widespread crop loss and starvation everywhere from the western U.S. to the Sudan and Ethiopia
- Record-setting wildfires around the globe
- Polar ice shelves breaking away and melting in days instead of eons
- Nearly 1,000 animals on the Endangered Species List are considered "threatened"

- The outbreak of AIDS, Bird Flu and a variety of primitive microbes and viruses that have yet to reveal their destructive power

This is just the natural side of the balance sheet. Now let's look at the human side:

- Wars, insurgencies, genocides in Iraq, Sudan and the Middle East
- Threatening powers with emerging nuclear capabilities in North Korea and Iran
- Corporate pirates lying, cheating and stealing from their workforce, their customers, their shareholders and the taxpayer
- Governments choosing to spend money on warfare instead of health-care; on pork-barrel subsidies instead of alternative fuel sources or housing
- Terrorists, anti-Semites and racists perpetrating their hatred through violence, death and vituperation
- Poverty, crime, drugs, lack of jobs, and poor schools driving the cycle of perpetual misery in cities around the world
- Obesity reaching epidemic proportions in children and adults
- Heart ailments and cancer continuing to overwhelm the medical system, despite huge advancements on the treatment side
- Autism and ADD-learning disabilities becoming pandemic
- Everyone seems to be on anti-depressants
- The very scientific methods that medicine relies on for safety and effective health solutions corrupted by special interests
- Young people coming out of colleges having less earning power, higher housing costs and less job security than the preceding two generations
- People are curt with each other, children cast away parents to gain their inheritance, drivers are fueled with road rage and kids are so ill-disciplined they disturb everyone in a restaurant or other public place

- Pedophilia, domestic abuse and other forms of violence against women and children are on a dramatic rise

Are you angry and feeling powerless yet? Well, don't be, because you can help change your world. You are, in fact, one of the most powerful beings on the planet.

With every emotion we feel, we send out energy that either contributes to the construction or destruction of the peaceful world that most of us would like to enjoy. You don't have to be either the corporate raider or the abusive husband. You just might be a man who feels guilty for not spending more time with his children or the woman who hates the figure she sees in the mirror because it carries a few extra pounds. Those energies log into the global "bank." On the contrary, when you feel good because you have reached out to a stranger, taught someone to read, kissed your elderly grandmother, exercised your body or selflessly helped a co-worker stuck on a project, you've put healthy, high-frequency vibrations into the "bank."

## FOR WHAT WE THINK AND FEEL IS WHAT WE CREATE.

As you will learn in the chapter on "How the Universe Works," what we focus on, we manifest and attract. If we turn our attention to envisioning the world in which we want to live, through time, effort and shared vision, we can begin to mold and shape it to that image. It is through our vision, the tool of our imagination, that we emit the energies that transform. Through the harnessing of joyful imaging, creating loving mind pictures of a kinder world, we transform and replace the negative, low-frequency energies that have dominated the past. This is because high-frequency energies are far more powerful than the opposite. These energies resonate with the Universe's desire to give mankind the peace and contentment it desires.

So why have we come to this place of worldwide desperation? It is because we have relegated our creative visionary power to people who are consciously or unconsciously driven by fear. Fear is the most potent kind of

global pollution. What we believe — consciously or subconsciously — determines how we perceive the world and, more importantly, the world itself.

It is time we cleanse ourselves of fear and take back the power. We are the ultimate creators. It is time we remember who we are and why we are here. Try manifesting in your own life first, using the techniques we suggest in this book. Then step back. Don't be surprised when your desire arrives in some form or another. Think about how many times before you've wished for something that came to pass. Your desires, your emotions and the positive energies you emitted manifest your wish. (You manifested it because, on some level, you believed you could.)

We can do the same with the world around us by using conscious creativity — envisioning the world we want, making it real in our minds and hearts before it becomes real in the physical plane. There is no need to feel foolish or powerless thinking that you are just one person. Each one of us is an enormously powerful being for transformation. It only takes one person to ignite change in the world or inspire others.

Anthropologist Margaret Mead understood this when she said: “Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it's the only thing that ever has.”

But you will no longer be just one, or even a few. We are approaching a spiritual crossroads on this planet, where millions of people are realizing there must be something more, something better. They are awakening to a call for spiritual self-responsibility and global cleansing. It is a summons for us to evolve to a higher consciousness of being. It's time to learn we are one with the Universe and we have the power to create our own reality, both personally and as a consensus reality. As you begin your visions for personal and global transformation, others will match your high-frequency energies and desires. Like a tuning fork resonating with other vibrations on the same frequency, this united vision will be unlike any force ever before. It is a remarkable synergistic power that will be life changing for all of us.

See it, feel it, so be it.

## TIME TO TURN THIS AROUND?

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Here are some stunning facts that point to the impact on our planet of negative energy and unconscious thinking. In recent years there has been a considerable increase in severity of natural disasters and international health calamities. Our world is waiting for us to awaken and turn away from the brink of disaster. We have our work cut out for us. However, if we start **Consciously Creating** and committing ourselves to action now, success will be ours! There is no time to waste.

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- According to the Weather Channel, in 2005 the Atlantic Basin saw the most Category 5 hurricanes ever charted in one year. There were a record 28 storms, of which 15 were hurricanes, exceeding the 1969 record of 12 hurricanes, and 7 were major hurricanes. Katrina was the costliest and deadliest hurricane to ever strike the U.S.
- The most deadly tsunami ever chronicled struck in December 2004 with more than 300,000 dead, 1.7 million displaced.
- We are now seeing record floods, including the one that killed 54,700 in North Korea in 2006
- The National Interagency Fire Center says that 2005 broke the wildfire record in the U.S. with more than 8.7 million acres burned. While the total number of fires was down, the acreage burned was way up. 2006 is on record to exceed the previous year-old high.
- The U.S. experienced the hottest summer on record in 2006 according to information from the National Climatic Data Center.
- The National Center for Atmospheric Research claims the world will face far more deadly heat waves, intense rainstorms and prolonged dry spells before 2099.
- The drought gripping the American West could be the biggest in 500 years with effects in the Colorado River basin considerably worse than during the Dust Bowl years, according to scientists at the U.S. Geological Survey. The report said the drought has produced the lowest flow on record in the Colorado River. According to the Los Angeles Times, in 2006 the American West was in the eighth year of its most severe drought since record keeping began in 1895.

- A report commissioned by the British Government issued in October 2006 said that without substantial spending global warming will reduce worldwide productivity on the scale of the Great Depression, devastate food sources, cause widespread deaths and create hundreds of millions of refugees.
- According to the Natural Resources Defense Council, the Ward Hunt Ice Shelf had been around for 3,000 years before it started cracking in 2000. Within two years it had split all the way through and is now breaking into pieces. Images from NASA satellites show the area of permanent ice cover on the Arctic polar ice cap is contracting at a rate of nine percent each decade. If this trend continues, summers in the Arctic could become ice-free by the end of the century. Since 1979, the size of the summer polar ice cap has shrunk more than 20 percent.
- Rising temperatures are already affecting Alaska, where the spruce bark beetle is breeding faster in the warmer weather. These pests now sneak in an extra generation each year. From 1993 to 2003, they chewed up 3.4 million acres of Alaskan forest, states the Natural Resources Defense Council.
- Scientists project as much as a three-foot sea-level rise by 2100. According to a 2001 U.S. Environmental Protection Agency study, this increase would inundate some 22,400 square miles of land along the Atlantic and Gulf coasts of the United States, primarily in Louisiana, Texas, Florida and North Carolina.
- A study by scientists published in the journal *Science* in November 2006 says all of the world's edible fish will be gone by 2048. In 50 years 90% of the world stocks of tuna, cod and other fish will have vanished.
- On the Endangered Species List there are 988 species, 276 more are threatened, and 58% of the species have gone extinct since the list began. The Sierra Club says the average length of time species recovery plans take to be effective is 30 to 50 years.
- More than 650 gray whales have washed up sick or dead on the West Coast of the United States in the first five years of the decade; 75% of the kelp forests of Southern California have disappeared; 97% of the staghorn and elkhorn coral have died off the Florida coast since 1975; 14,000 seals, sea lions and dolphins arrived on the California shoreline sick or dead between 1995 and 2005; 200,000 of the 500,000 albatross born each year die within days, mostly

from eating human trash; 150 oxygen depleted dead-zones have been identified in the oceans around the world. (National Oceanic and Atmospheric Administration, Nature, Virginia Institute of Marine Science, California Department of Fish and Game, Los Angeles Times).

- The National Foundation for Infectious Diseases cited these areas as their top 10 concerns: Antimicrobial Resistance; Bioterrorism; Emerging Infectious Diseases; Gastrointestinal, Diarrheal and Food-borne Diseases; Hepatitis; HIV and AIDS; Hospital Acquired and Opportunistic Infections; Sexually Transmitted Diseases; Tuberculosis, Vaccine Preventable Diseases (including flu).
- New diseases with potential to become pandemic: SARs, Avian flu, and a variety of microbes under observation.
- The Institute of Medicine maintains 20% of children in America will be obese by 2010.
- Since 1981, more than 25 million have died from AIDS and amFAR estimated 40 million currently are living with HIV or AIDs worldwide, 2.2 million of those are children under the age of 15.

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