



Professional Certified Coach

**How to Manifest Using ...**

## **The Law of Creative Expression Harness the Power of Creativity**

*What lies behind us and what lies before us  
are tiny matters compared to what lies within us.  
~Ralph Waldo Emerson*

Within YOU lies a deep well of creativity waiting to spark fully into expression. You might say, "Oh no, not me... I'm not creative." You, like many others, may solidly stand your ground and insist that you do not have a creative bone in your body. Taking this position is a way to defend and argue for your limitations. Limitations, that in-truth, do not exist. In other words, your belief in your absence of creativity is ONLY a belief, it is not real, and it will never produce a happy life. Do you think that only the great painters, composers, musicians, writers, etc. were exclusively blessed with creativity, and the rest of us mere mortals are sentenced to plodding along trying to create the best life we can? I invite you to set aside your skepticism and open your mind and your heart to the thought that you are intrinsically a creative being. When you were born into this world, creativity came with you as standard operating equipment, along with your arms, legs, brain, liver, and heart.

The commitment to full creative expression is the answer to many of our life problems. Many people languish in unfulfilling jobs or other life situations because they haven't made a full-scale commitment to their creative expression. Are you one of those people?

### **What is Creativity?**

Anything can be a creative act. Rearranging your kitchen cupboards, garage, or attic in a way that is more convenient and pleasing involves creativity. Changing a recipe to enhance the flavor or increase its health benefits requires creativity. Strategic planning of any kind is a creative act. Brushing your teeth with your non-dominant hand requires creativity. Doing a flower arrangement, singing to your dog or cat, or dancing and moving your body in a new way are all creative. Are you yawning yet? You might think these examples are mundane, yet I use them to illustrate that creativity can be simple expressions. And yes, they can also be elaborate. Creative expressions, however, don't have to be internationally recognized to be of value. And, starting simple allows you to open the doors for deep wells of creativity to emerge.

### **Where does creativity come from?**

Creativity does not come from our intellect, as some think. When we are creating, we access the spiritual dimension of ourselves with is also the source of our intuition. This flow

of positive energy facilitates a sense of well-being, satisfaction, and flow. Simultaneously, we tap into and are connected with universal energy, the very energy of creation.

### What value comes from expressing creativity?

Are you someone who thinks that you must earn your fortune from your creativity or it isn't worth anything? Or, do you believe that someone else has to like or approve of your creations for them to have value? If so, please release those thoughts. While it is possible that you will earn fame and fortune from your creations, and that other people will love what you create, the true value of creative expression can be found in totally different ways:

- **Happiness:** Sparks of happiness can be found in the simple pleasure of performing the creative act itself. It simply feels good to create!
- **Positive Energy:** Expressing creativity creates a positive flow of energy that provides a sense of well-being, internal satisfaction, and increased self-esteem.
- **Authenticity:** You tap into your Authentic Self and express more of who you really are at the core when you allow yourself creative expression.
- **Relationship Harmony:** According to relationship experts Drs. Gay and Kathlyn Hendricks, the root cause of conflict in relationships between couples is that one or both people are not expressing their creativity, and instead are diverting their creative energy into generating problems in the relationship.

### What stands in the way of creativity?

Your beliefs about yourself stand in the way. As a child, were you were laughed at, mocked, or told you were not good enough when you expressed your creativity through drawing, writing, painting, singing, dancing, etc.? Were your thoughts and actions so directed and controlled that your creative expression was squished? Did this result in your belief that you are not creative? Well, you are! You are an adult now and you can decide if you want your past beliefs to continue running your life. If not, it is never too late to tap into your creativity and experience your life in a completely different way. Keeping the lid on your creativity leads to the slow erosion of your spirit and the spiral downward into a narrow life of dissatisfaction, boredom, or the settling for the status quo. You can have MUCH more!

### How does creative expression relate to manifestation?

You are a co-creator with the creative force of the Universe. It is only through proactively expressing creativity that you will manifest what you want in your life. You get to decide if you will create your life from the default of your belief system, or if you will commit to accessing your creativity and create what you really want. *"What you want to manifest in the world will bear fruit and bring satisfaction to the extent that it represents you at your full creative expression. When you hold back from commitment to full creative expression, you feel unrewarded, no matter how materially successful you might be,"* says Drs. Gay and Kathlyn Hendricks.

Look at your life as it exists today and ask yourself, *"does my life represent me at my most expanded vision of myself? And, am I showing up as I really want to and creating what I truly desire in the world?"* I wish you a magnificent life and I hope you will claim that life by allowing your creativity to begin as a seed that then turns into a bud, and eventually blossoms into a beautiful flower. The world needs your creativity. You need your creativity. Commit to being a person willing to harness your unique creative power.

For more information about how to expand your creative expression, go to the resource page of my website for the tool, *Unleash Your Creativity*.

(Chris Lucerne is a Master Certified Coach. Using a BodyMind approach, she specializes in two areas: Supporting clients to *Build Relationships that Matter (including the relationship with yourself)*, and to *Go Beyond Loss and Embrace Life*. [www.ChrisLucerne.com](http://www.ChrisLucerne.com) – 210-408-7699. The twelve laws of manifestation are based on the “The Manifestation Course” by Gay Hendricks, Ph.D.)