



CREATIVE ADVENTURES **IN MANIFESTING REALITY**

A Creative Process Chart for staying motivated
and on track towards your heart goals and dreams

E-BOOK BY LORRAINE BLACKLEY



Dedicated to Lola and Christian, my two wonderful adult children.
My greatest creations.

*"Success is not final, failure is not fatal:
it is the courage to continue that counts."*

Winston Churchill

National Library of New Zealand / Cataloguing-in-Publication Data.
Creative Adventures In Manifesting Reality - Creative process Chart.

ISBN: 978-0-473-15688-6 (paperback) ISBN: 978-0-473-15689-3 (ebook)

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Published by Creative Adventures Ltd www.creativeadventures.org

1550 Dairy Flat Highway, RD 4 Albany , New Zealand

First published in 2009. Printed in New Zealand by Astraprint

Re published 2014

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Use this book, to engage with a creative process, to achieve whatever it is you want.

When you **bring personal and professional aspirations and dreams to fruition you engage in a creative process.** Maybe you know how to direct a creative process successfully, to achieve the things you want. Maybe you are rather more haphazard and wonder why the objects of your dreams and desires remain elusive.

The Chart and dialogue in this book outline a creative process approach, which you can work with consciously and consistently to create what you want. Twenty five years, of supporting people to **manifest their dreams and achieve the things they want**, have gone into the design of this chart.

When creating anything, there are certain patterns that enable and others that sabotage your efforts. This approach shows you these patterns. Use this book to identify the point you are at, in any creative process. Use it to kick start an initiative, project, direction or enterprise. Use it to bring a specific dream to fruition. You can even use it for things like bringing more love and more joy into your life .

Ideally, use it to **shape your whole life**, or use it as a navigation tool to find your way as the world around you changes rapidly.

A creative process asks you to **follow your heart** and take your guidance from within rather than looking to external factors for direction.

Take your business to the next level, bring a personal goal to **fruition**, plan and take a holiday, **grow** a garden, **improve** your intimate relationships, **move on** from someone or something that doesn't serve you, have more fun with your children, **pursue** a new career, **achieve greater wellbeing**, fulfil a **life-long dream**, gain entry into a **chosen field** of study or navigate a challenging **life transition**.

Whatever it is that you want, use the chart to:

- Identify your **goals and dreams**
- get **on track** to achieve them
- direct your life using a **creative process orientation**
- make your life a more interesting and **satisfying experience**

What you choose to create is **personally defined**. What makes one person happy is different for another. Listen to and follow **your heart**, even when working in collaboration with others. **Consider your whole life**. Your head may be full of ambitious projects, your health may be presenting issues and your heart is yearning for a simpler way of being. In your mind you think you can't possibly allow yourself to consider all these things as you are attached to your present lifestyle. **You must take everything into account**. All these factors play a part in finding a heart aligned way.

A creative process starts with knowing what you really want. Then taking small steps to bring what you want into being. The small and congruent steps lead you to bigger possibilities.

Here is what one person did:

“Hi Lorraine

Just wanted to let you know of my creative adventure and what I'm up to these days.... I'm currently living a cool life in London, having escaped from marketing and my old jobs in Wellington... I'm a yoga teacher, teaching people how to lose weight and create vibrant health. I run health workshops all around the world.

Vancouver, Seattle, Greek Islands, Italy and then back to London, where I'm a Yoga expert for a large chain of women's sport and yoga clothes. In Vancouver I am also studying towards my Naturopathic Diploma.

I have an amazing relationship with my partner, I am doing TV work which I really enjoy and hope to have my first book out next year!

Feeling very blessed! And wanted to say many thanks for the work that we did back in 2003, it was the beginning..... Amazing actually, what I wrote down for one of your exercises is almost exactly what I'm doing.

If you get a moment, check out my website www.katrinalovesenn.com

Much love Katrina x”. 2009

This book and chart are the beginning. Read it and use it to guide **your** creative process. Which starts with the courage to **take the next small step...**

Whether it is art or life, **begin with a blank canvas.**
Get very present with yourself so you can start from exactly
where you are.

CREATIVE PROCESS

Next, consult with your **heart**.

Your heart contains the blueprint of all of what you are and are to become. In the same way as an acorn contains the blueprint of a mighty oak tree.

CREATIVE PROCESS



Then ask yourself:

What are the five most **important things** to me?

What is my sense of **inner purpose**?

What makes my **heart sing**?

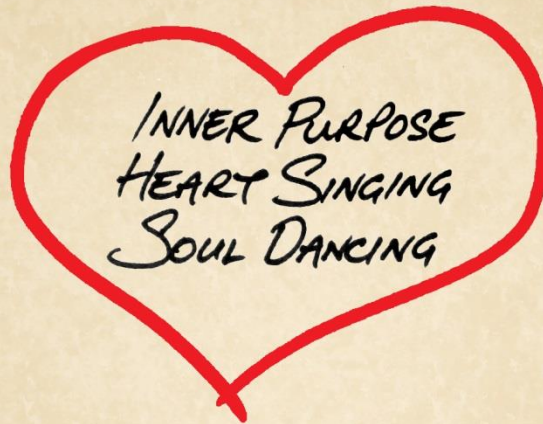
What makes my **soul dance**?

From this enquiry, find a **desire**.

Ideally, a **burning desire**.

Desire stimulates your imagination, forming dreams and goals in your mind.

CREATIVE PROCESS



INNER PURPOSE
HEART SINGING
SOUL DANCING

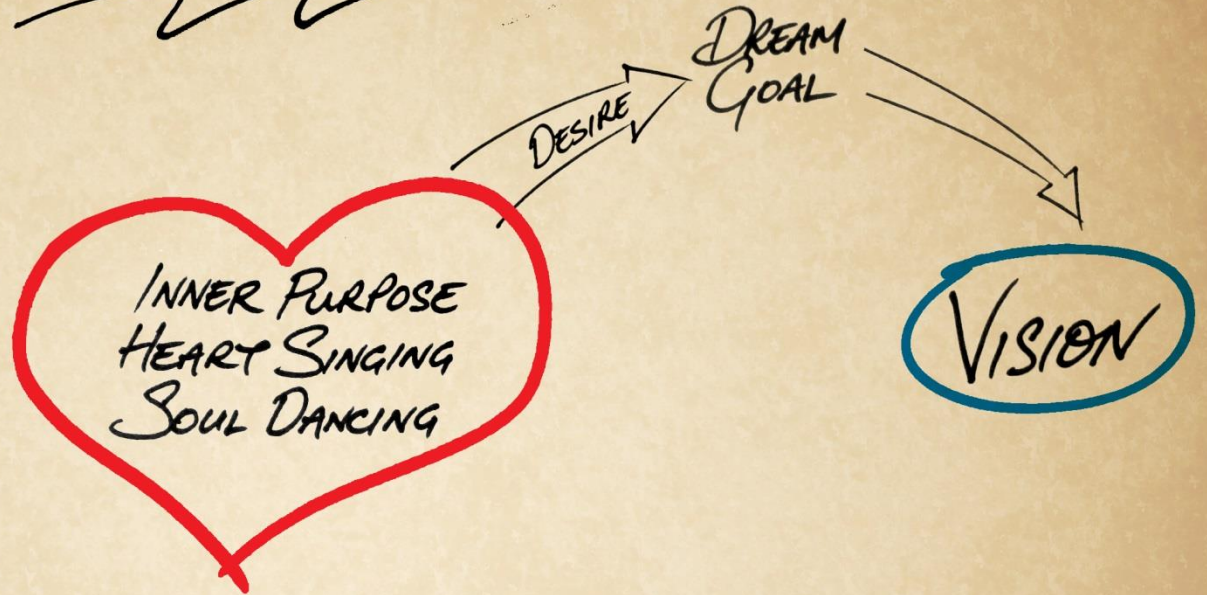
Continue to shape your dreams and goals by using your imagination. Form them into a vision that is both a picture and a feeling. Make it contain your sense of inner purpose and what is important to you.

When you think of your vision, your heart says, YES!

There is no need for your vision to have form at this stage. A sense of what you are after and a **good feeling in your heart** is all that is required. Your vision begins taking shape.

It's fine if you have a clear picture in your mind but it's not essential. When working with a creative process approach, your vision will take shape and form along the way.

CREATIVE PROCESS

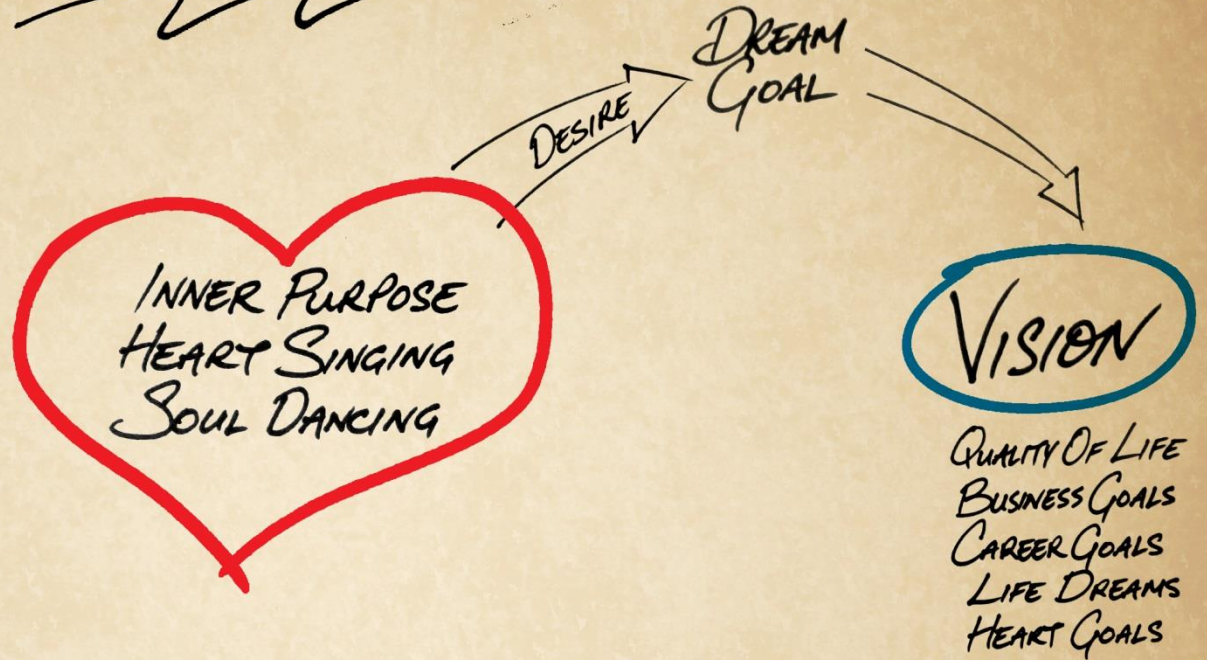


You might want to shape your vision into **clearer form** by imagining: **business goals | career aspirations | life dreams | heart goals**

You may know the essence of what you are after, but at this stage it may not have a form. As previously stated, clarity of form is not required yet. However, it is a place your mind may naturally want to go to. It's the way we have been taught to make things happen.

If your mind wants to shape your vision and give it form, you can let it. If it doesn't, don't worry and **simply move to the next step.**

CREATIVE PROCESS



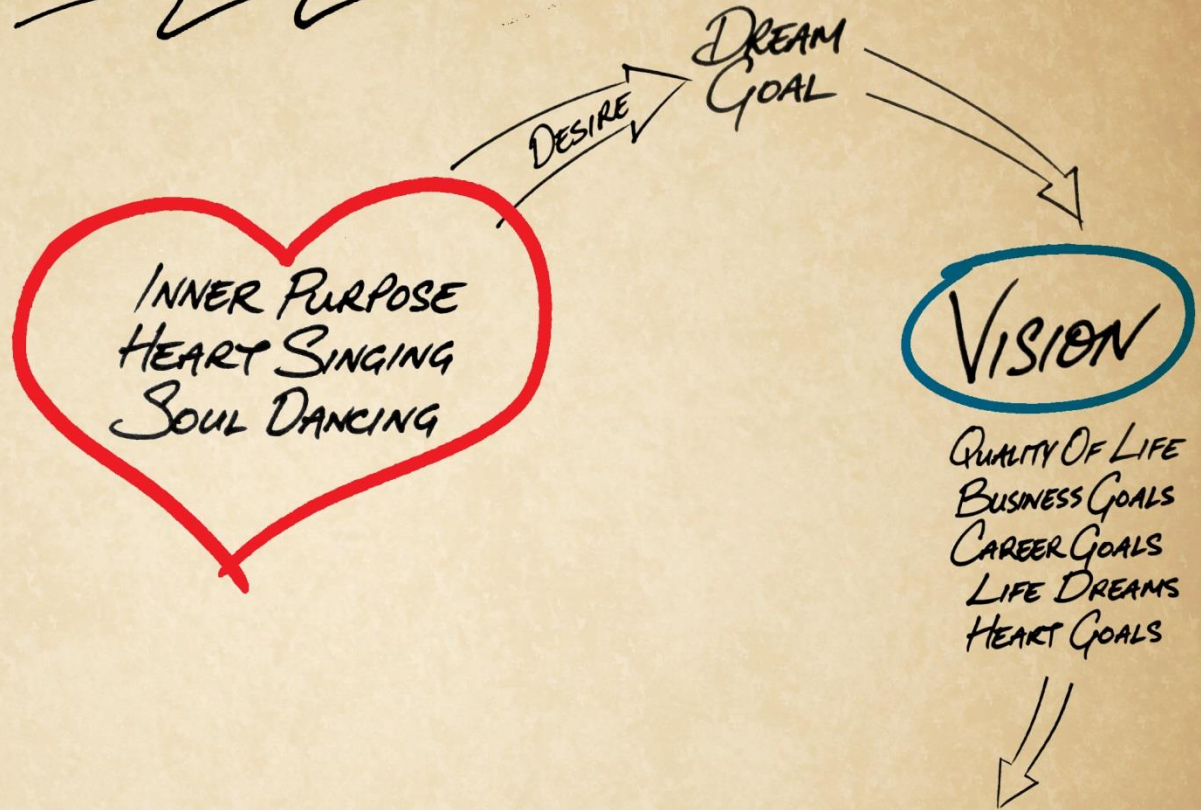
What happens next is you **start racing full steam towards** what you want to manifest.

Yes, you have **imagined it**. It **feels good**. You are **convinced it is right**.

You are going to **make it happen**.

You **feel optimistic** and sure your ideas are meant to be!

CREATIVE PROCESS



Things don't go quite how you expect.

You run into the **obstacles and challenges**.

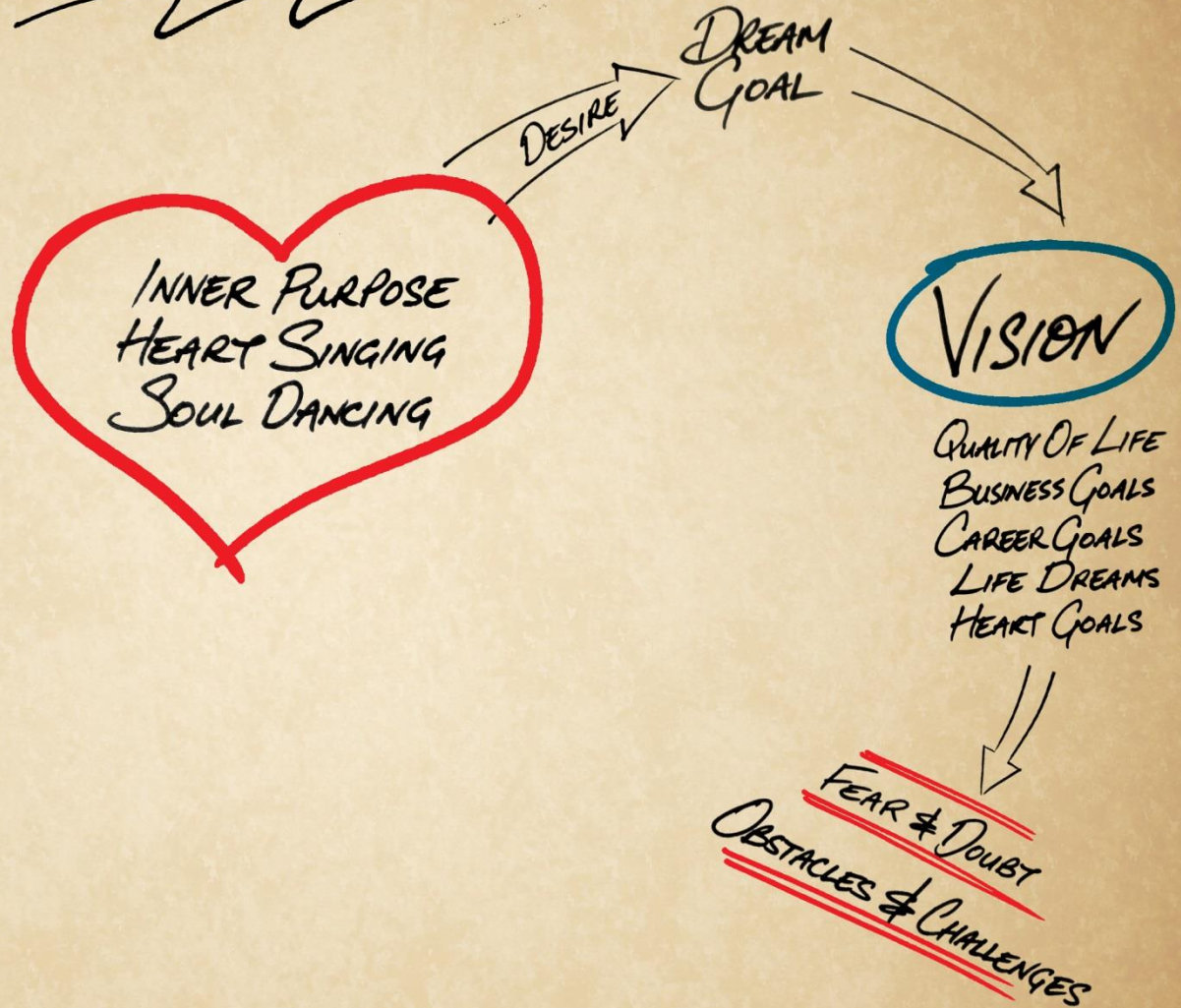
Fear and doubt creep into your mind.

You start to **doubt yourself** and your ability to manifest your vision.

You remember all the reasons why it may be **too hard**.

You start to imagine it to be **out of reach**.

CREATIVE PROCESS

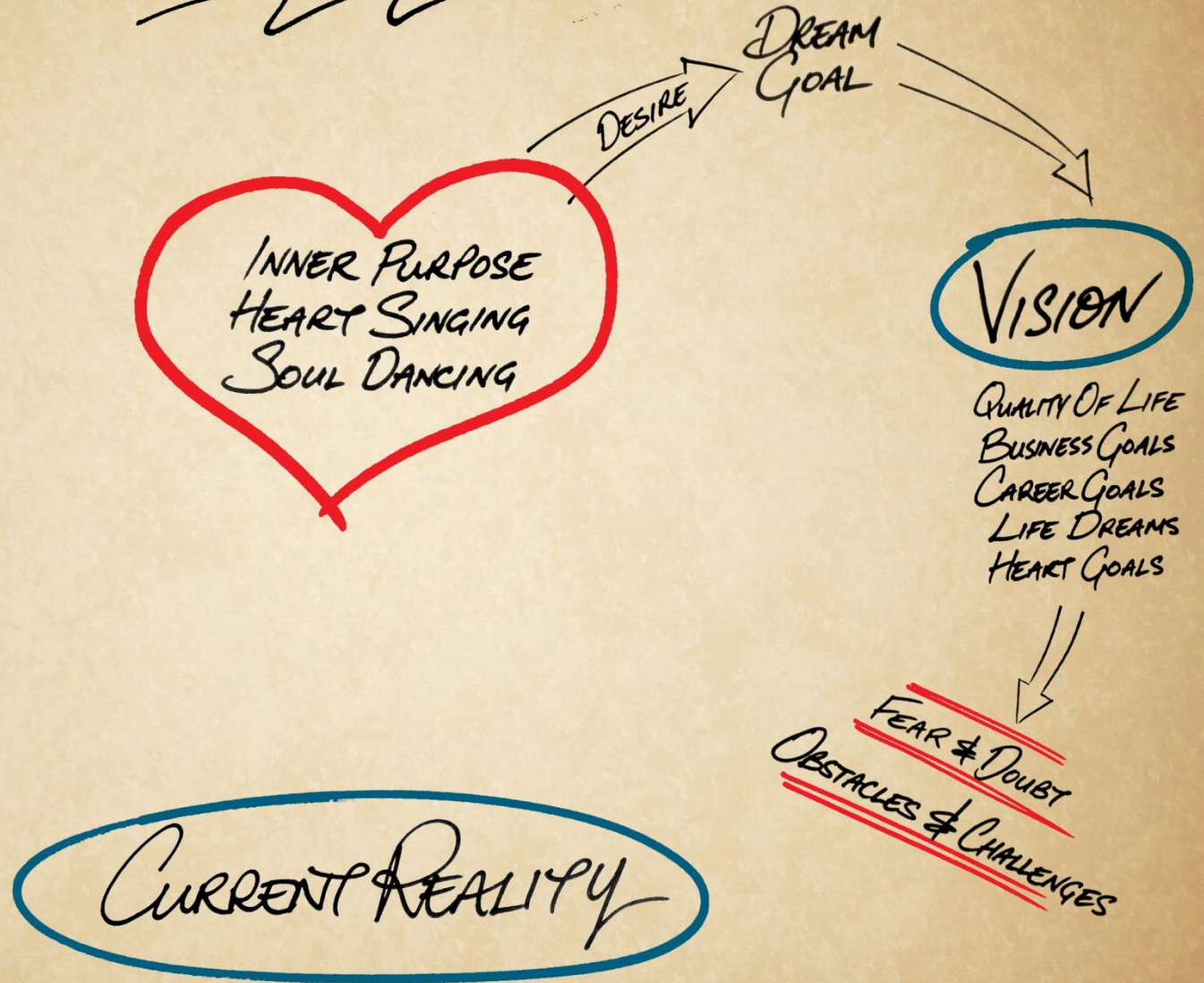


You have encountered opposition. There is no cause for concern.

In nature things happen through the synergy of opposing forces. Without opposition you can't create. Without the existence of positive and negative charges, lightening could not be produced. It is the same in your life. To produce outcomes, both positive and negative forces are needed. It is your doubt and fears that create the negative energy and opposition. Your fear is then reflected into the obstacles and challenges that bar your path. Oppositional forces are vital to develop the skills and understanding to eventually achieve your goal.

The obstacles, challenges, fears and doubts are presented because of your current reality. Since your current reality hasn't changed, to support your vision, it tends to support the status quo. It keeps you where you have always been. Your current reality becomes a bit of an obstacle course to achieving your vision.

CREATIVE PROCESS



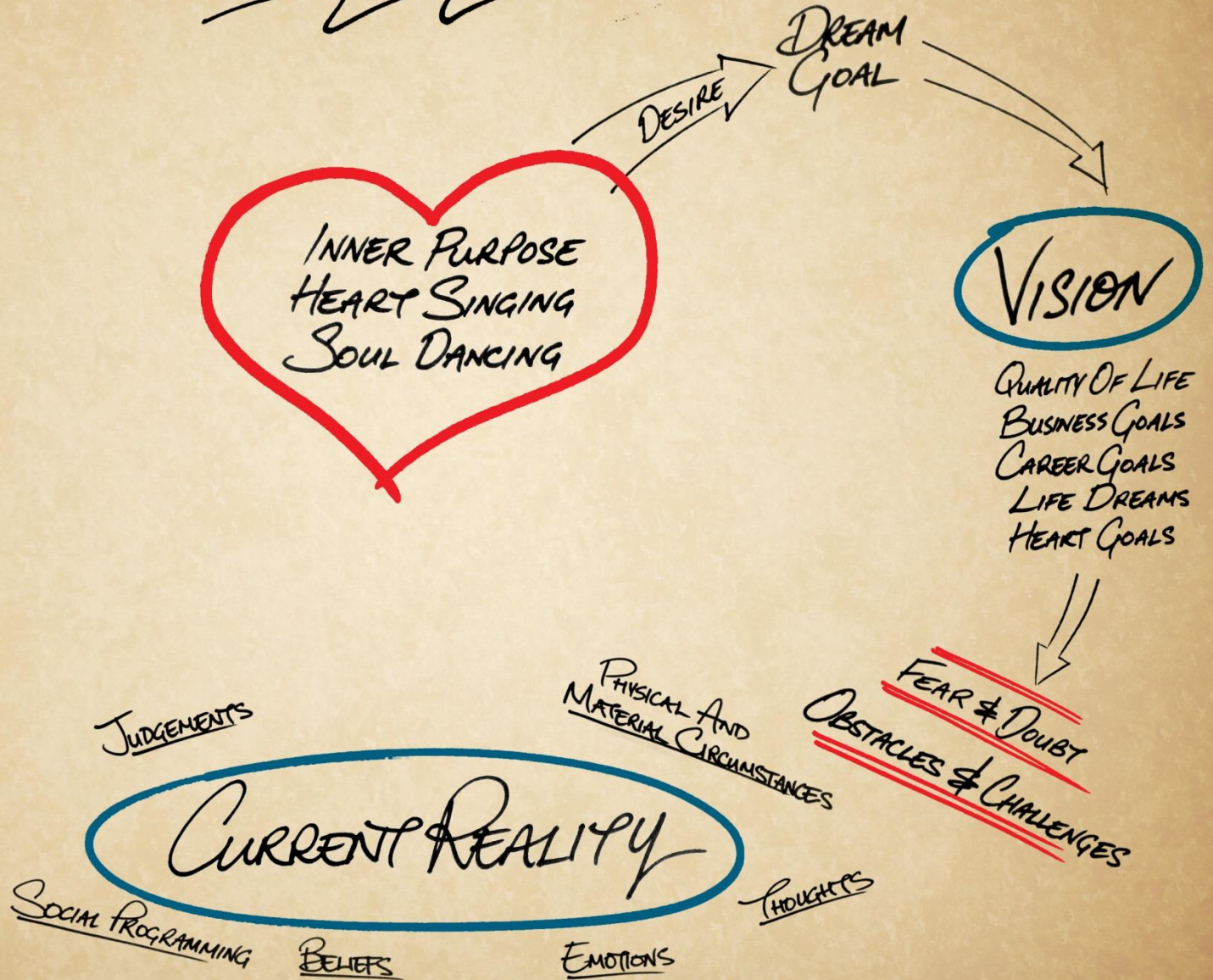
Current reality consists of your **physical and material circumstances**. Your **thinking** and your **emotional state**. The influence of **social conditioning** and the **beliefs you hold**. The **judgments** you make about others, yourself and life in general.

In a **creative process** there are a lot of things that need to be brought into your **conscious awareness**, before you can **realise your goals and dreams**. If this doesn't happen, your current reality remains as it is and only produces what you already have. It won't **allow new manifestations**.

95% of what is going on in your current reality exists below the level of your conscious awareness. The idea is to bring a good deal of this 95% to the fore and **tell** yourself and others **the truth about your thoughts, feelings and circumstances**. That way you gain greater command over your world.

Consider what opposes you to be your greatest ally.

CREATIVE PROCESS



Working with current reality, to bring it into alignment with your vision, is not about fixing or changing anything. It's about challenging the way you think. It is **an awareness-raising exercise.**

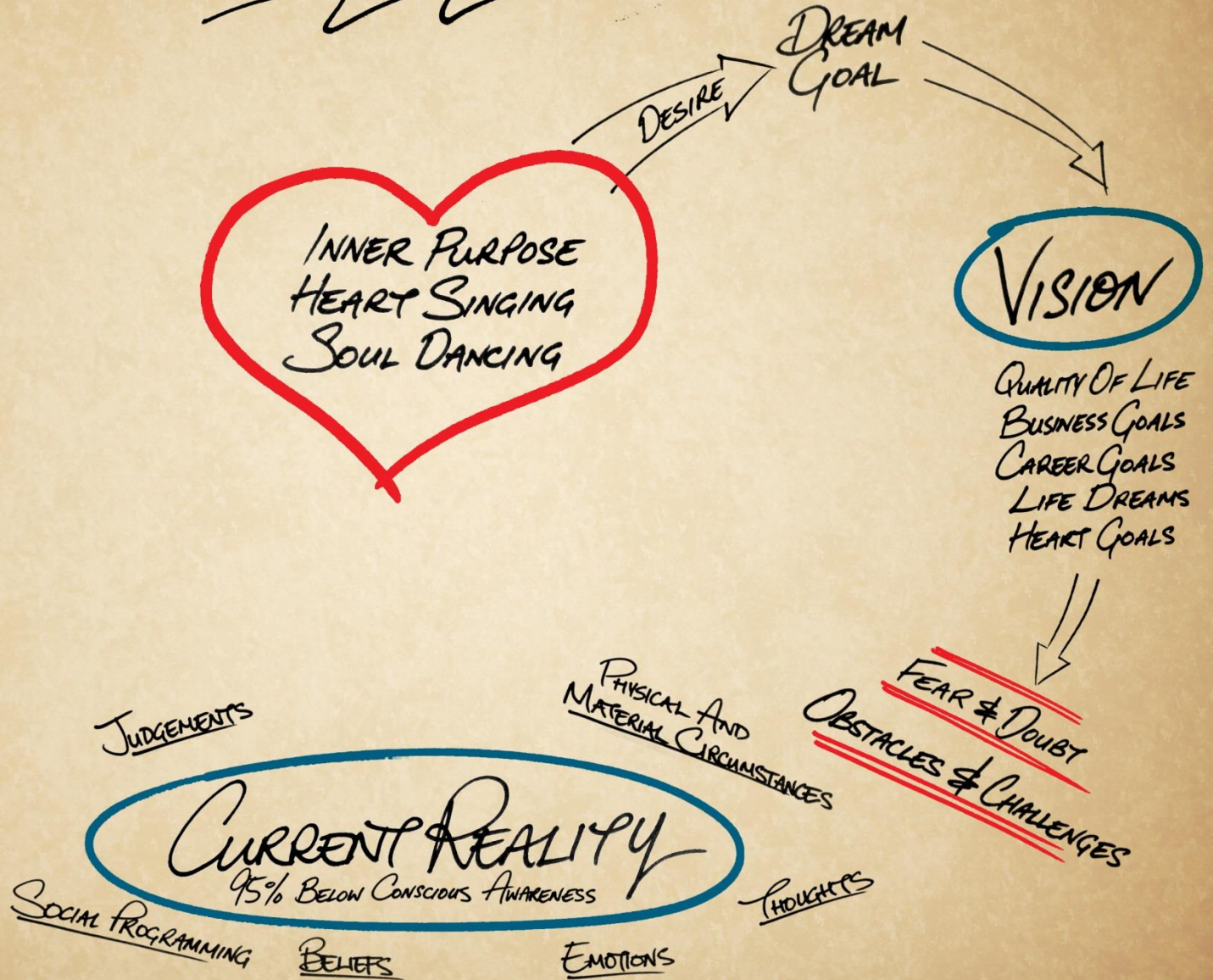
Seeing things as they are, even without a demand that they be different, has a profoundly transforming effect.

Combine this with a strong intention and unwavering focus on your vision, and the energy of transformation will move you towards your goals and aspirations.

Manage and respond to what shows up in your current reality by telling the truth and taking authentic action. **Never consider that what shows up is permanent or has the power to stop you.**

At all times stay focused on your vision.

CREATIVE PROCESS



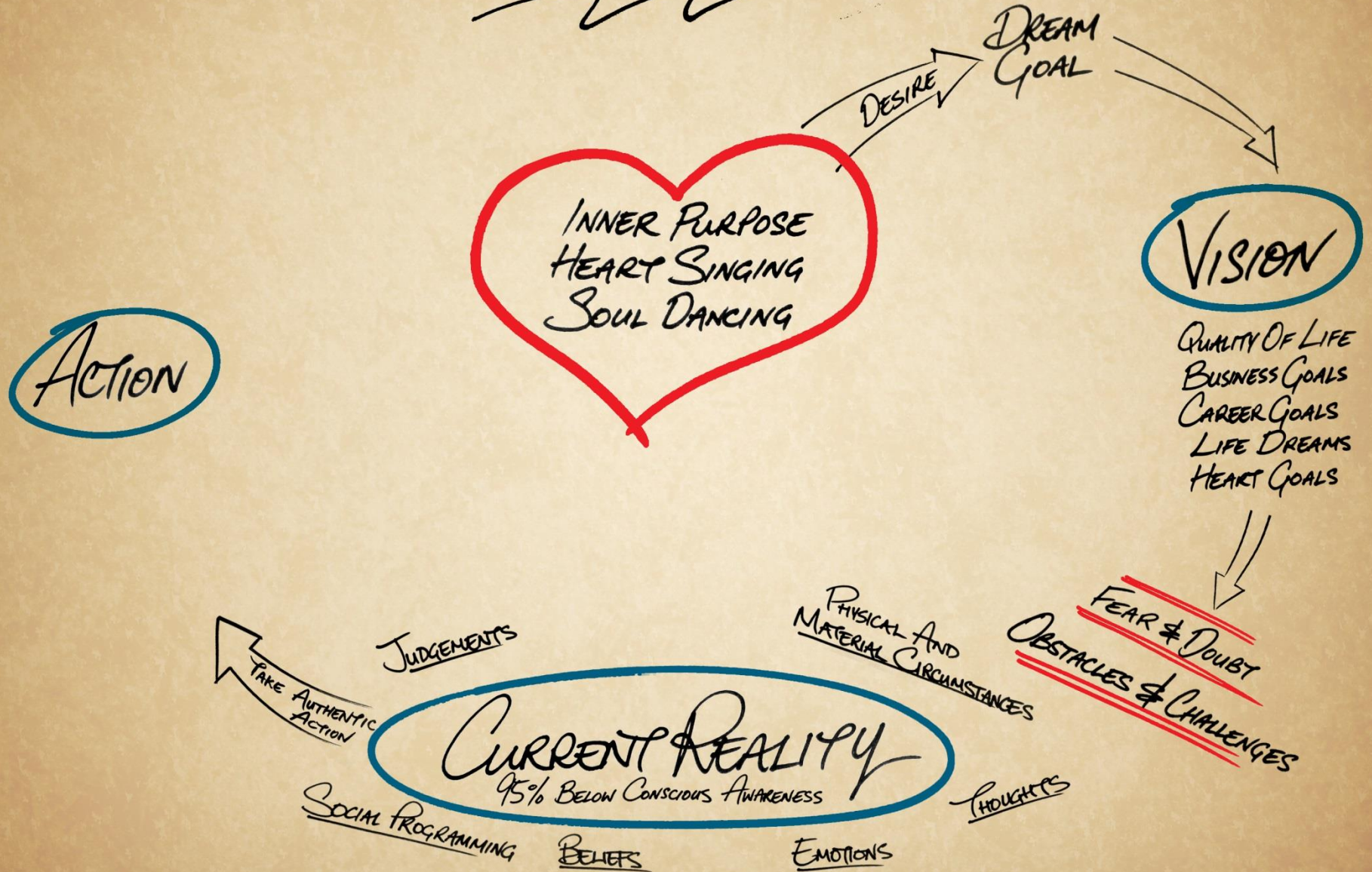
Current reality is like a quick sand and tends to prevent your movement forward. If this happens the creative process stops. To ensure it doesn't:

- 1 Keep your focus on your vision and where you want to go
- 2 Get into action

Action is an essential ingredient of any creative process. Choose actions that have integrity and congruence for you. Actions that address your current reality in authentic ways. Actions that that allow movement towards your vision.

Action fuels the creative process. Without it, nothing happens. Start with the little actions that are obvious and right in front of you. Keep going by consistently taking action.

CREATIVE PROCESS



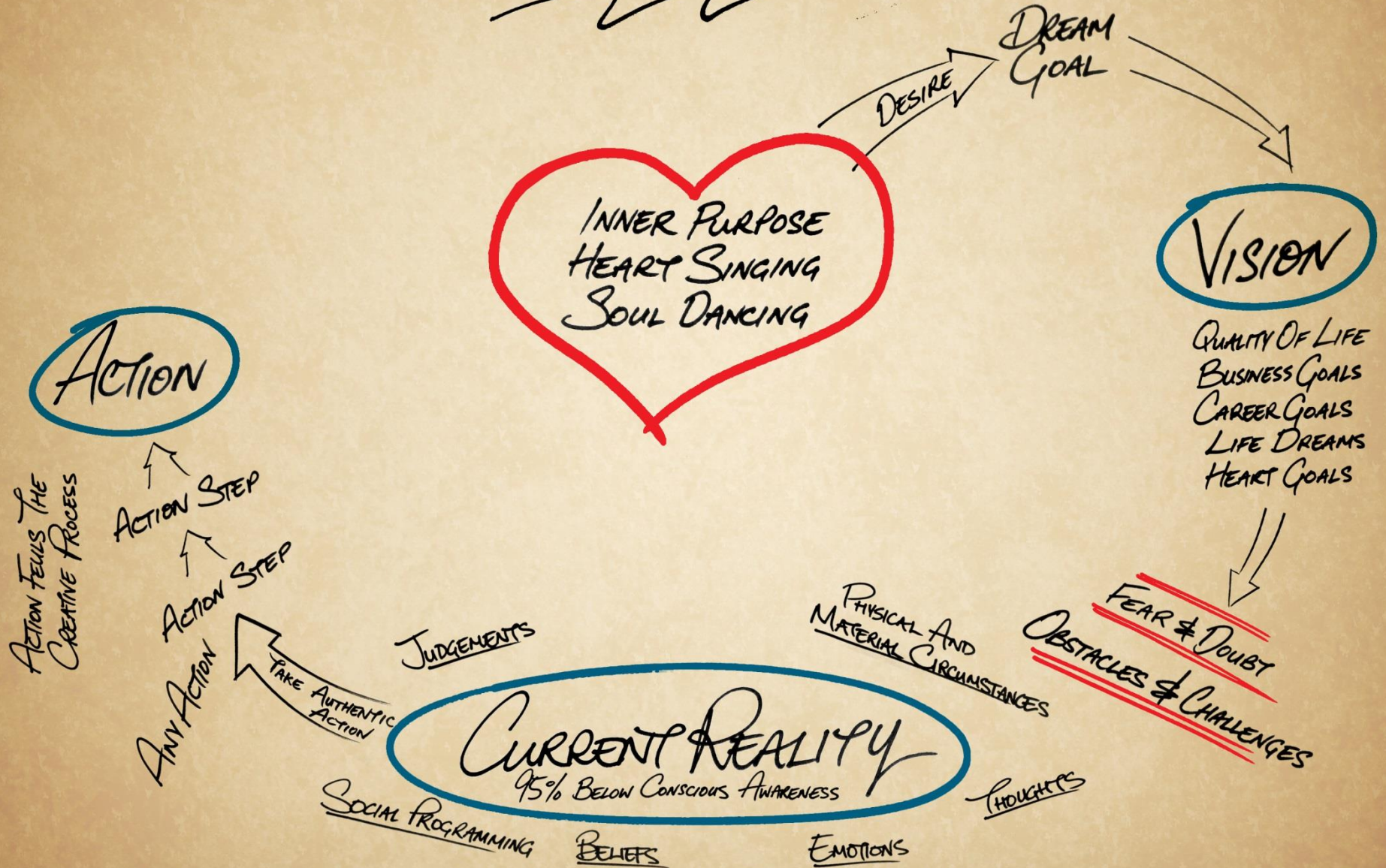
If you are stuck trying to work out the right action, **just take any action.** Even a wrong action will bring you information that will assist you to move in the right direction. **The momentum of taking action will get the process moving.** Keep moving at all times, even if the steps are only tiny. This helps you to gain clarity and leads to your ultimate success.

Sitting on the sofa, trying to work out a right action, will create confusion and take you nowhere.

Engage with the people and circumstances that cross your path. Each step brings understanding that informs the next step. It is not necessary to know all the actions at the outset. Trying to work it all out, in the beginning, only limits the possibilities and is often a waste of time.

Get into action and work it out as you go.

CREATIVE PROCESS



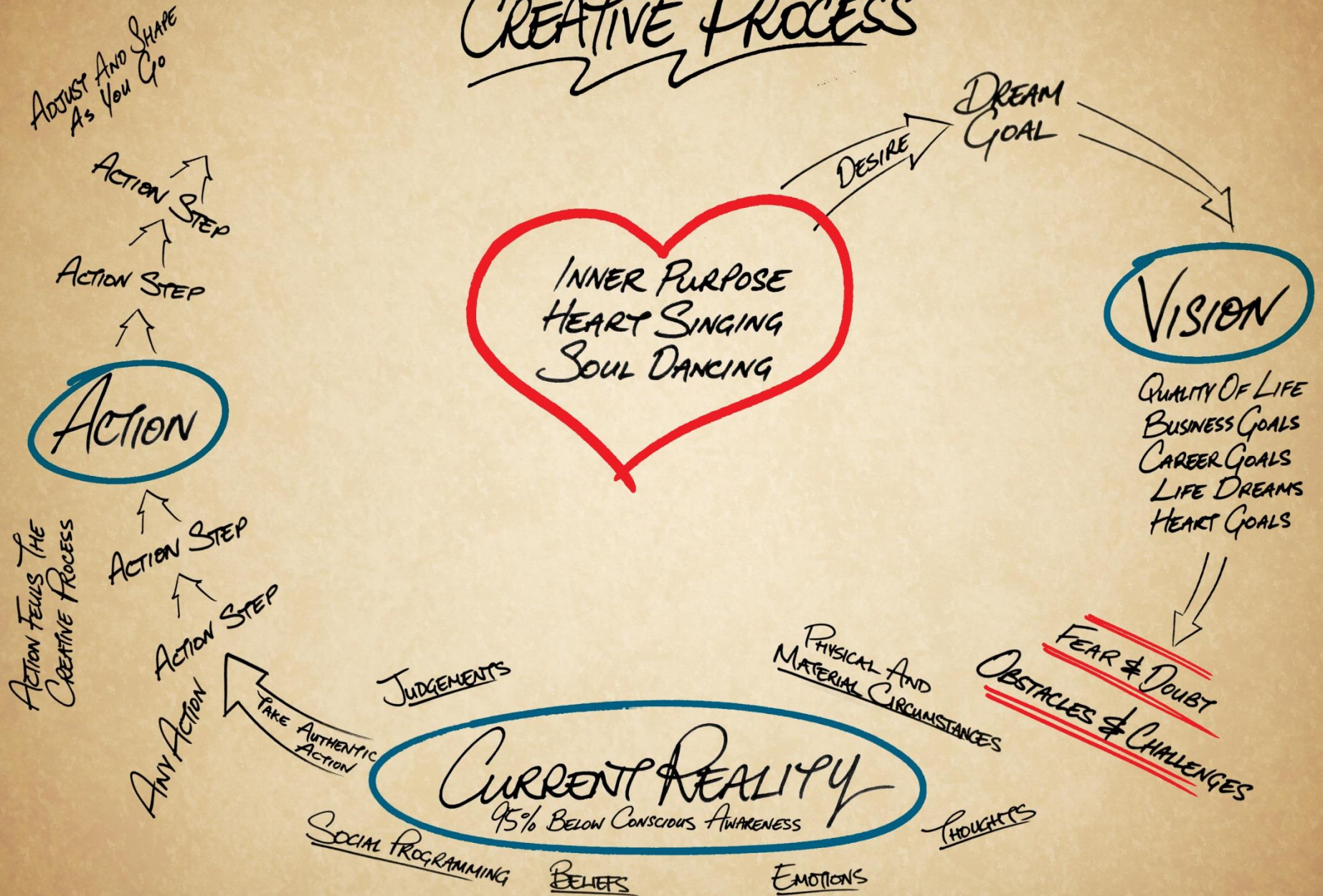
Chance encounters and synchronistic experiences will happen.
Allow a naturally unfolding, step-by-step process, adjusting as you go.

Working in this way allows greater possibilities to show up, as factors beyond your awareness come into play. **You will discover a greater intelligence than you are consciously aware of, as the laws of attraction and the laws of creation swing into motion.** Following a creative process allows the fullness of this partnership to take place.

Nothing is set in concrete. As you discover new information, allow your vision to develop, and your plans to reconfigure.

Hold firmly to your vision, but dance lightly with circumstance.

CREATIVE PROCESS



Doubt can and will jump up at any point and especially when you are almost there.

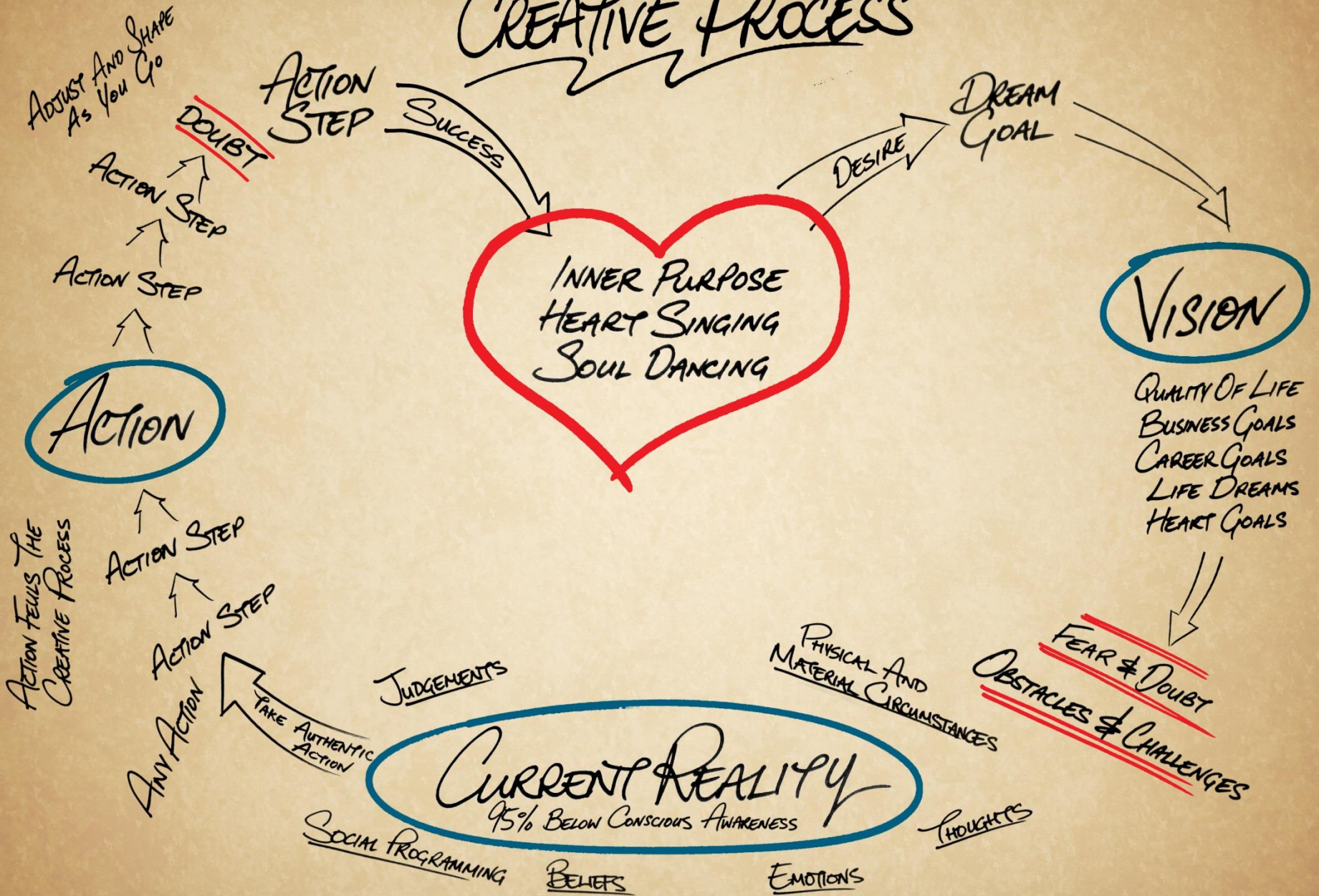
Never believe what doubt tells you. It is a reflection of beliefs you hold which have been formed from experiences you have had. And from what other people tell you about their experiences and views on life.

This means that doubt only tells you how things have been, at times, in the past. Doubt does not tell you what is possible now, or in the future.

You decide what is possible. Stay focused on your vision. Take the next action step. You never know how close or far you are from realizing your dreams.

If you keep going and continue to apply these principles, you will manifest the objects of your desire.

CREATIVE PROCESS

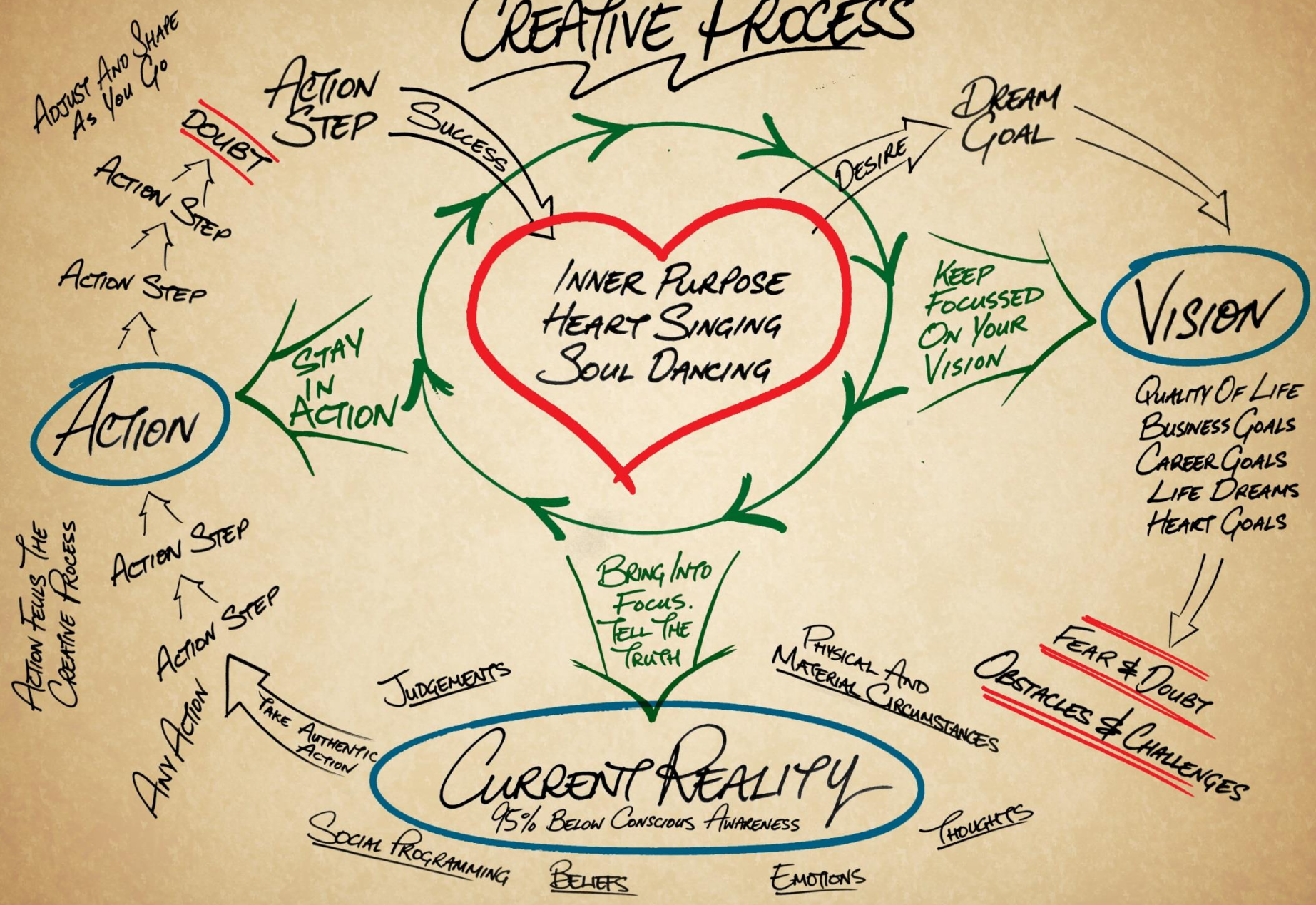


This process can appear to **have a life of its own**. Never the less there are some very specific principles that are moving you along with seemingly little effort.

These are:

- 1** When you keep your focus on your vision, **energy follows focus** and takes you in the direction of your vision.
- 2** When you are **honest** about your current reality and address it in an **authentic** way, you will find yourself naturally **reorganizing things** to support what you want to manifest.
- 3** When you create movement and momentum through action, the **energy of your actions will move you towards your goals and dreams**.

CREATIVE PROCESS



The chart may seem like a circle that you move around.
Rather it is a **simultaneous process**.

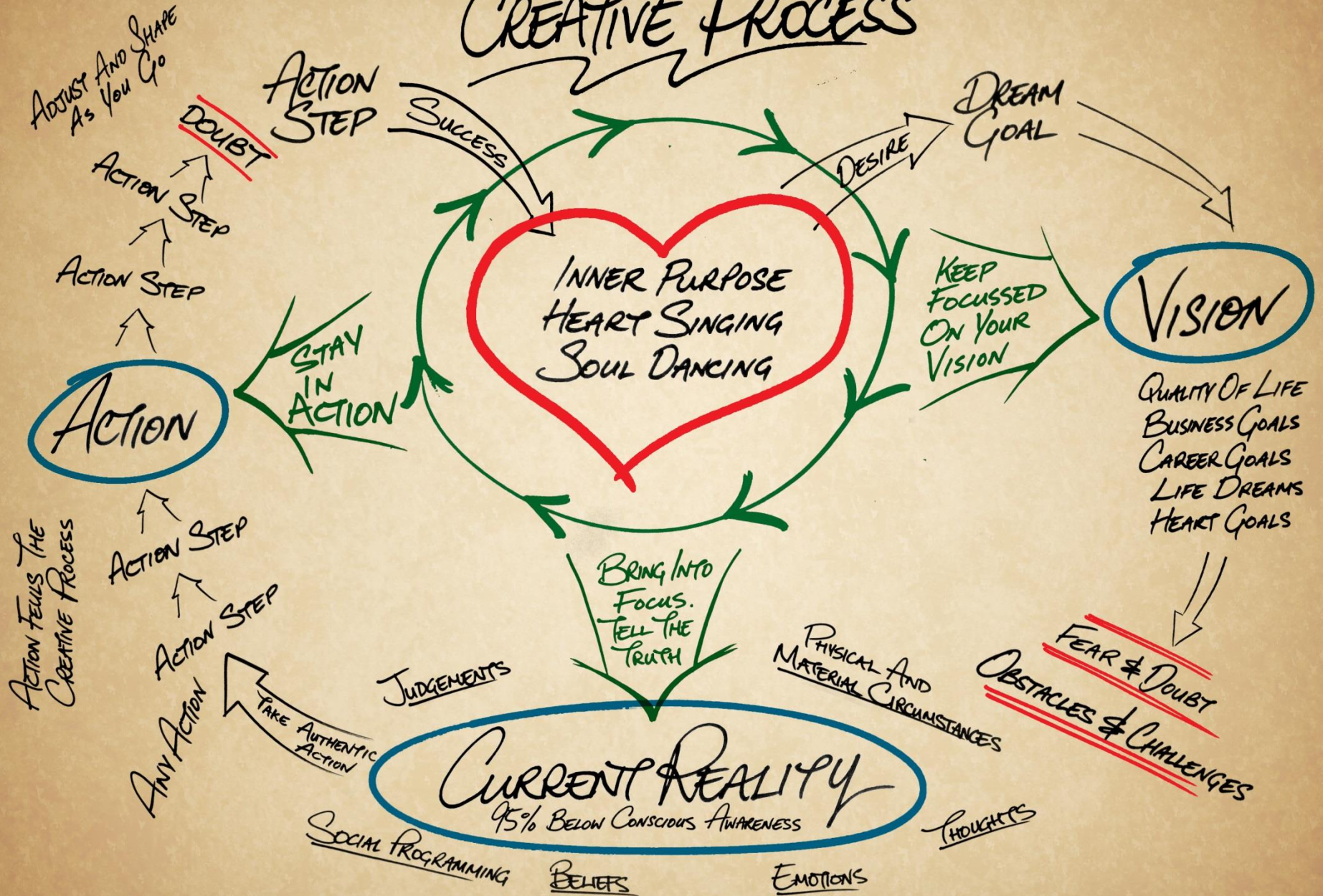
Form your **vision**, evaluate your **current reality** and take **action**, all at the same time. Do this over and over. This keeps a general movement towards the realization of your goals.

If you lose your focus and engagement with any one of these areas, it is like getting a flat tyre. The wheel stops turning. The manifestation process grinds to a halt. Every time your tyre is down, pump it up through refocus and taking action.

Get back on the road. As long as you keep going **you will manifest your desires and dreams.**

It doesn't matter how long it takes. Success is personally defined by you and no one else. The power is in the journey not the destination. **Appreciate, enjoy and celebrate every step.**
Most of all have fun!

CREATIVE PROCESS



CURRENT REALITY CHANGES WHEN YOUR PERCEPTION OF IT CHANGES

Call to Action

Take the following steps to get started with your manifestation process. Reading is not enough. This is your opportunity to get into action.

Step one:

What do you want?

Whether you can answer this question fully or not, **start drawing and writing** about what you want. It works perfectly well to imagine what you would ideally like and to make it up.

Imagine it. Bring it to life through your words, pictures, images, dance, song, drawings, vision board or any creative expression.

Feel what you want, already present in your life. Einstein said, **“Your imagination is your preview to life’s coming attractions.”**

Step two:

What is it that stops you achieving what you want?

Write down all the thoughts and fears you have in relation to your goal. Notice that what you have written is only what you believe to be true. It shows your perception. **Your perception only gives you one angle on any situation.** It simply reveals what you believe. Challenge your beliefs. Try to see past them. **How can you see things differently? How would you prefer to see things?**

Experiment with changing your reality by changing the way you think, feel and respond.

Step Three:

Write down all the external barriers that stand in your way.

Other people, lack of funds, lack of time, don't know how.

Choose some trusted allies, colleagues or friends who understand or have been where you want to go. Ask them to help you

brainstorm possible ways around each of your road blocks. You don't have to do what they say but the process of brainstorming will give you ideas and assist you to **find your own way forward.**

Step four:

Generate a list of actions that can take you towards what you want. Break those steps down into smaller steps.

Find the actions you can engage with right now.

Always begin with little steps. Always stay in the present.

Leave the **big steps.** They are positioned in the future. By taking lots of little steps you will find you have also taken a big step.

Step five:

Commit to your creative adventure **by taking the first step**, then the **next**, and the **next**.

Step six:

You don't have to believe it is possible nor know the totality of how you will get there.

Just keep taking small action steps every day.

Allow these steps to take you to **exciting places**, to meet **interesting people** and engage with **expanding experiences**.

Every encounter and every step is shaping your manifestation.

Step seven:

Stay focused on your vision. Keep going.

Surrender to synchronicity. Relish those chance encounters.

There are no straight lines.

Dance.

Step eight:

Every time you find yourself **doubting or afraid**, get out a pen and paper and **express your reservations in writing**. Keep writing until you have every fear and doubt down on the paper. When you have finished **burn the paper**.

Get immediately back into action by looking at your next step and breaking it down into tiny steps. Take the next tiny step.

Congratulate yourself.

Step nine:

If you find yourself stuck: **Choose a smaller step**. Keep breaking the steps down until you reach one small enough to act on.

Choose steps that are exciting and desired. If you don't really like a particular step, why would you take it?

Ask for help and support when needed. There is nothing like a buddy to help you take the challenging steps.

Step ten: Manage your inner state and make a shift from:

- thoughts of scarcity to the **experience of abundance**.
- fear-based contraction to **feelings of expansion and trust**.
- a competitive mind set to **a creative, collaborative approach**.

Seek out the people, information and literature that can help you make these sorts of shifts. **Thoughts and feelings hold power** so hold the thoughts and feelings of **how you want your life to be**.

Step eleven:

Feel profound gratitude for what is already present in your life. Begin each day making a list **of everything you have** to be grateful for. Continue this step until gratitude becomes second nature. **Having gratitude** for what is already present **allows more of what you want to show up**.

Step twelve:

Hold the image in your mind, all day, every day, of **already having what you want.**

Have **absolute faith** that your manifestation is **already so.**

Have the celebration party now. This signals to the world around you that it is time for what you want - to show up.

About the Author:

For 30 years Lorraine has been a teacher in the field of human potential and possibility.



Founding Director of Creative Adventures Coaching, Author of Creative Adventures in Manifesting Reality, Publisher of the online Follow your Heart Magazine and creator of Midlife Makeover Online – a nine week program leading you step by step through a transformational process of re-creation. Having reinvented herself many times and supporting 1000's of others, to do the same through a process of connecting to one's true purpose and nature and living into one's fullest possibility.

She works with a combination of the deeply transformational and the practical everyday considerations supporting people in both their personal and professional transitions. A life purpose coach, holistic in orientation and an advocate for going for what you want in life, love and livelihood. A business coach and mentor encouraging business owners and creative entrepreneurs to align and leverage for success.

Lorraine's great passion is a real life study of the creative process as it applies to the direction and development of individuals and communities. She says, "we all have an innate and intuitive understanding of creating and creation is happening through us at all times. To develop a conscious understanding of this process and how to partner with it, becomes a profound adventure."

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