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Creating from the Void

By: Dr. Jeanine

<http://www.simplydivinesolutions.com/>

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About 15 years ago, I was blessed, as the Buddhist would say, to have my rice bowl emptied.

First, I had a big relationship break-up. It was my choice, but it made for a big change in my life. Second, I had a huge car accident. In fact, when I went to go sign my car off as totaled, the owner of the lot said he was shocked that I could have survived, based on the condition of what remained of my car. Thirdly, in an attempt for the Universe to provide me with a "complete experience", my apartment burned down and almost everything inside was ruined. After the firefighters cut a huge hole in the ceiling and doused the flames with water, what wasn't burned, soot damaged or ruined by the water, I just started to give away to my neighbors.

Then something strange happened as I was trudging around in the muck that was once my carpet, I started to feel a tremendous liberation, I knew I could create from the void. The loss of external things allowed my mind some space to begin to focus on more deeply resonate connections. The firefighters said they had never dealt with someone so happy to have all her belongs lay in ruin. Good thing they didn't call the funny farm.

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We don't need all the drama of the aforementioned challenges to create from the void, we can simply sit in meditation and empty our minds of chatter and begin to allow spirit to guide us to what we can do to extend love. Most of us are at the effect of our lives. By this I mean we believe that things happen to us. However, A Course in Miracles tells us that thought always creates form on some level.

When we create with the Divine, we are at Cause (capital "C") in our life. We may be tempted to create from cause (lower case "c") which is mostly about creating unconsciously from fear based thinking. There is nothing wrong with wanting certain forms~but, if we have the opportunity to be at Cause~aligned with the Divine~let's manifest from that space if we can.

In the society we live in, we are often tempted to over-drive our life. We want to make it happen, be more, do more, have more. Frankly, I'm tired just thinking about it! At these times, we may choose to "go to the center" for respite, restoration and reclaiming. We can always access the spirit within and rest in the sacred emptiness of the void.

Here's to Being at Cause in Your Life!

With Love and Blessings!

Dr. Jeanine

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Dr. Jeanine Austin is a doctor of life coaching for women around the world. She is passionate about helping women live a joyful and authentic life. Dr. Jeanine uses cutting edge tools and/or spiritual perspectives which assist her clients in living actualized lives. Because of her extensive background and skill set, Dr. Jeanine is able to provide truly customized coaching which honors each woman's unique expression in the world. Email Dr. Jeanine in order to receive a free consultation today! Happiness awaits you!

Jeanine Austin, Ph.D.

Doctor of Life Coaching

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Personal Coaching for Women Worldwide

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