



The Art of Co-Creation with the Universe

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Today I'm going to talk about **manifestation** and **co-creation**, two words I talk about a lot because they are so important!

Both words are about reality creation, but they come at it in two different ways.

Co-creation - Collaborating, creating or manifesting by working with Spirit, the Conscious Universe, God, Goddess, or whatever you choose to call your Higher Power.

I love to use co-creation because it acknowledges that we don't do this alone—you can't co-create by yourself! **You are *always* co-creating with the Divine and that partnership is *always* active.**

When we are co-creating/manifesting we are moving something from the invisible source of reality (our thoughts, feelings, beliefs, intentions), to what shows up in form, we make it real!

When we use the word co-create, it's like we are signing up for a partnership. We collaborate with the Conscious Universe, which is alive and acts as our partner. That means we do our part by taking the steps we need to take and also trust that the Universe will do its part to meet us and deliver a concrete manifestation of it.

****The essence of the intention—the feeling you want to experience, is much more important than the goal pictured in your head. That's why I always say, "Don't be attached to the form!"**

You have to trust that being in partnership with the Universe will deliver what's in your best interest and highest good!

Manifestation - Making something real. Bringing something from the invisible to the visible. There is less of a partnership idea. The word manifest implies personal power, even though the partnership is there too.

Manifestation is about the result of the spiritual work you do when you are focused on an intention with an elevated emotion and the field of consciousness delivers it to you as an experience.

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