

**Michelle Barr ~ Intuitive Business Coach, Mindset Mentor,
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Think about it. That's a very different question than, Why Am I Not Creating What I Want? For really, there's no "not creating" about it. You are the Creator of your entire life, of your entire experience. Things don't happen *to* us, they happen *from* us.

I am intuitive and empathic and always have been, though for a very long time I didn't have a conscious awareness of this. Because of that, I have always been able to create things I wanted, AND I spent a lot of years creating a lot of what I didn't want, as well.

Why Am I Creating What I Don't Want?

The Universe doesn't listen to your words and obey them. The Universe responds to your vibration, to what you are sending out through your thoughts which create feelings, and it is your feelings that are magnetic and attract to you a match to what you are sending out.

Imagine that you are sending out to the Universe a strong desire for the love of your life. You want it. You know you want it. You are sending this desire out into the Universe. Chances are, because you have such strong desire, you also have some resistance to your desire because of your attachment to it, your limiting beliefs, your bad habits and unhealthy patterns, and your toxic emotions. As you are sending out to the Universe your desire for the love of your life – you can feel it, you can see it, you have made your list about all the qualities you want it to show up with – you have to be aware of what else is going out in your request. Energetically.

Things that might get into the mix could include, "I've been hurt before. I am afraid to get hurt again," or, "I think I'm ready to open my heart and my life to someone else, but I'm not sure I'm ready. Am I really ready?" Unworthiness could be getting broadcast out in your request, along with not good enough, not enough, or fear, doubt, and guilt. The possibilities are endless, and most often we are unconscious of them, and yet they hold so much power in our creating.

Have you made room for your creation to show up - really, really made room? The Universe responds to a true vacuum and comes in to answer true need. If you are holding on to things and people that no longer serve you waiting for this new creation of your dreams to show up, it won't.

When it comes to creating, we operate on a continuum of conscious and unconscious creation, and at any given time we can be creating from anywhere along that continuum. If you picture yourself on this continuum with 0% to 100%, from unconscious creating to conscious creating, it is beneficial for you to increase your awareness of the energetic dynamic at play here. How much of the time are you creating unconsciously? This results in a lot of mis-creating and a lot of what you don't want showing up in the process. Now, how much of the time are you consciously creating, showing up as a Co-Creative partner with the Universe? THIS results in much more creating what you DO want.

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How do I become more of a Conscious Creator Manifesting Everyday Miracles?

The 9 Universal Guiding Principles for My Business and My Life:

- ❖ Energy flows where attention goes. What we resist persists. Pay close attention to what you are focusing on. What are you thinking about? What are you feeling? How much time are you spending focusing on what you want, and how much time are you spending focusing on what you don't want?
- ❖ Everything counts. Everything matters. A choice point exists in every moment. Our life is shaped by the series of choices we make along the way. Become more conscious about the choices presented to you. Become more conscious of your ability to choose. This requires a shift in perspective from Victim to Creator. This requires taking completely responsibility for all of it.
- ❖ Everything is Energy. You are an energetic being in energetic exchange with the Universe and everyone and everything in it. Learn about Your Own Universal Energy (Y.O.U. Energy) and how to use it to heal yourself and create your extraordinary life. Learn to work with this. Everything that shows up in your life is there for a reason. You can learn to interpret this, recognize it, heal and clear it, and create life YOUR way.
- ❖ When we begin to dream big dreams, to set intentions and goals for ourselves, when we begin to strive for a more extraordinary life, everything that is not in alignment with that rises up to be healed or transformed. I call that, "Your stuff coming up." When you step into your intentions, dreams and goals, your "stuff" is going to come up. You can choose to heal and clear this so that you can move forward and step out of mediocrity into your most extraordinary expression and experience.
- ❖ Learn to leave the How's to the Universe. Get to the essence of what you want. Dream big. See it, feel it, live it, love it, be it. Don't waste your time asking, how? "How could THIS possibly happen for ME?" Don't let your logical mind take over and try to figure it all out. That will take you right into stories of limitation, scarcity and lack. The Universe can create miracles when we move out of the way.
- ❖ Get out of your head and get out of your stories. We all have created stories we tell others and ourselves that define who we are and what our lives are about. These stories have power over us. They are highly charged with words and emotions. We can become trapped within our stories. Start recognizing what stories you are telling, then stop telling your stories.

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- ❖ The Law of Attraction is always on. It always exists whether you believe in it or not, whether you are actively working with it or not. It is not something you can spend time on here and there and get consistent results. A common misperception I see people making is that they set aside some time to meditate or journal or say their affirmations or attend a workshop, and then they step right back into living their life with their limiting beliefs, bad habits and unhealthy patterns, and toxic emotions driving their bus. And then they wonder why The Law of Attraction doesn't work.
- ❖ Once you get into the flow, don't stop. Act, Access and Adjust. Keep going. So many people stop just short of acting. They hesitate, and then they miss the moment of the energy that has stepped in to meet them. You can learn to stay connected to Source/Creator energy and to receive inspired actions. Then it's still up to you to ACT.
- ❖ Before the doing comes the being. This one is counterintuitive to a lot of people when they first start working with it. Many people come for help, and they say, tell me what to do, and I'll do it... if you can guarantee that I'll get these results. They say that when they have something, they will do something that will allow them to be something. It doesn't work that way. You have to be the thing you want to be first. You have to do the things that people like that would do. And THEN you will have what people like that have. We call this the Be-Do-Have.

I have a poster of these for you at www.9UniversalGuidingPrinciples.com

These Principles, once applied, become more than a way of doing things. They become a way of living, a way of being.

Do the energetic work first. The more you learn to work with the energy of the creative process and the energy of YOU, the less action you are required to engage in. You begin to attract to you everything you need. Things begin to come together more easily and effortlessly in a way that you know is coming from the Universe.

Now, what is the most important thing you need to do?

Show up! This is key. Show up now and in every moment, a ready and willing partner with the Universe, excited to Co-Create. Show up, and trust that you already have everything you need.

Show up for yourself now.

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I want you to be excited about your journey. You notice I didn't say get excited; I said BE excited! Your journey is now, always. You are on it, always have been. We need to stop holding the energy of "gonna" and "getting to" something.

Here's a secret! There is no failure; there are no mistakes. The more you begin to consciously create, the more you learn to Act, Access and Adjust and the more you learn to make Course Corrections that save you a lot of time and energy and save you a lot of pain. Pain happens. Suffering is optional.

Helen Keller said, "Life is either a daring adventure or nothing."

You CAN walk through life engaged in your own process.

You CAN Become a Conscious Creator Manifesting Everyday Miracles!

I see the truth that lives within you. I hold the grandest vision of the greatest version of you.

I see your gifts.

And, I see how you are holding yourself back.

Now is the perfect time to create your extraordinary life, to transcend self-imposed limits and break free from mis-creating unconsciously.

You have everything inside of you in this moment that you need.

There are no failures, no mistakes. You are on your path, always, and this is your journey. You get to choose what step you will take next.

Your WHOLE Life Is Waiting.

What are YOU waiting for?

I invite you to explore your own unlimited possibilities. I invite you to take inspired action, to step out of mediocrity and create your own extraordinary life!

Contact me through my website and schedule a Complimentary 30-minute Breakthrough Session, and let's get started.

www.michellebarr.com/contact