



Open, Sesame!

Immediate ownership -- as in, "I created this" -- is one of the quickest ways we can shift any kind of problem or issue. If you are willing to see yourself as the source of everything (approval, creativity, love, enjoyment, overwhelm, worry, defeat, et cetera), magic happens!

Shift into your **True Creative Power** at any time you like by asking one of these simple questions aloud:

- Am I willing to own how powerful I am?
- Am I willing to claim full authorship where I haven't felt it before?
- Am I willing to take 100% responsibility for creating my life?

To take this exploration down into your cells, try the following. For each of the 4 phrases below, repeat this sequence:

- Stand up
- Take 3 easy connected pleasurable breaths, starting with a complete out-breath, all the way out. Lengthen your in-breath and out-breath to 3-5 seconds each
- Do a little **Creative Joint Play**: move your body (arms, spine, hips, more) in a way that feels natural, organic, delicious, new -- and even a little silly; the movements can be little or big, shy or bold
- Think of someone you know you love for sure; place your full and wide attention on the sensation of love in your body; notice what it feels like and where it's located
- Say each of the phrases below aloud; repeat until you feel the fullness of the statement filter down into your cells:

"I'm willing to own how powerful I am."

"I'm willing to claim authorship where I haven't felt it before."

"I'm willing to take 100% response-ability for creating my life."

"I am the source of miracles in my life."

When you feel complete with the process, you may like to journal about your experience, or share with a friend, or post on our private [Discussion Forum](#).