

Soul Lesson #3

Creation Begins with Thought



All creation begins with thought. The process of manifestation is not random or haphazard, although it certainly can appear to be so to the uninformed or untrained eye. Rather, your imaginative power, and all such energy, follows Divine Law, which dictates that every development is initiated by the mind.

In your realm, quantum physicists confirm that everything in the Universe, including you and even us, is made of consciousness or thought. Ultimately, all aspects of existence, including your personal world, are essentially your musings, beliefs, and ideas made manifest.

Creating is a relatively simple process. If you choose good thoughts, beliefs, and ideas, you generate positive outcomes. Your lesson is to be deliberate in your thinking so that you produce desirable results. Examine how you have exercised your creativity so far by

reflecting on your life as it is today. All that you observe has arisen from the way you use your mind.

Your thoughts create in one of two ways: either consciously in alignment with Divine Law; or unconsciously, carried away and manipulated by the chaos of the world. As you can imagine, the consequences of these two methods are vastly different. You act unconsciously when your attention is controlled by your ego and mesmerized by superficial phenomena. At this level, you are concentrating on negative self-images, insecurities, doubts, imagined disasters, exterior influences, past destructive patterns, and global fears—leading you to manifest sickness, stress, chaos, disappointment, and pain.

I have a client named Lynn who focuses her attention exclusively on being alone. An only child and orphan, she was abandoned by both her husband and then her boyfriend. She is so mesmerized by her solitude that she sabotages any effort by others to connect with her in a more intimate way. Although she desperately wants to create closeness and companionship, she dwells on loneliness. I've known her for ten years, and in that time, nothing has changed in her life. Until her mind-set shifts, nothing will.

Noticing where your attention rests can be a challenging task. Reflecting on my life, for example, I can easily see that I'm focused on my relationships with my daughters; working closely and intimately with my clients; creating positive connections with friends; and writing, teaching, and sharing my message with the world. Not surprisingly, those areas are flowing smoothly, and I'm quite happy with my manifestations.

To my shock, however, I've also noticed that I don't give enough attention to my husband, Patrick, and our relationship; to recreation and having fun (at least lately); and to relaxing (almost never). Needless to say, Patrick and I feel more distanced than ever. I'm also crankier than usual because I'm not playing much, and I'm chronically exhausted because I rarely stop.

Not satisfied with this, I've decided to look deeper. In doing so I've become aware of a buried layer of thought that has held my focus on a core level for a long time. I've been acting on the belief that I must constantly push and drive myself to serve God, and that my personal needs are far less noble to pursue. This is an attitude that I picked up in Catholic school 37 years ago (if not even earlier, in past lives), and it has been hanging on, creating an overextended, self-insensitive experience for me ever since.

I thought I was over that, and it actually surprises me that these mental habits still linger.

What it shows me is how stubborn unconscious patterns can be. In fact, a huge part of our soul lesson is to bring to awareness what does hold our attention and examine it to see if it serves our spirit—and if not, change it. If our attention rests on positive desirable creations, then we should leave it alone. But if it's held hostage by old, inherited misery, then we need to refocus in order to liberate ourselves.

You create consciously through intention, which selects your thoughts carefully and zeroes in on only those that serve a specific outcome. Having a clear objective directs your mind on an unwavering course and begins to bend and shape the physical world to match your desire. What appears resistant gives way to cooperation, and what was a struggle gives way to ease.

Intention dictates the course of creativity as it unfolds. The Universe submits to unyielding intention because it is the nature of Divine Law. Think of the various ways in which you have directed your thoughts, and note the results they have produced.

Recently, my older daughter, Sonia, got her first car and invited her younger sister, Sabrina, for an inaugural ride. Three blocks from our house, she hit a pothole in the road, which bent a tire rim and gave her a flat. She had the vehicle towed back to the dealership, where she explained what had happened. To her outrage, they said it was tough luck and not their problem, and told her that it would cost \$350 to fix.

Wanting justice, she refused the verdict. Unwavering, she wrote the dealership manager, the automobile manufacturer, and the tire company, insisting that the damaged parts be immediately replaced without charge. She was so focused on the outcome she wanted that she wouldn't even entertain a conversation to the contrary.

Her desire prevailed. Not only did she receive a response less than 48 hours after her letters were received, she also was offered a new rim and tire as well as a year's worth of free car detailing and an apology from the manufacturer.

Was she surprised? No, she was resolute. This is a quick example of the power of intention. I never doubted she would succeed because I could tell how focused she was on her goal.

No thought is neutral or benign. All beliefs have power; and when you concentrate that force and direct it, whether consciously or unconsciously, it is bound to manifest something—without exception.

You do not have to monitor all of your thoughts to create desirable outcomes—just the ones that work against you. Some bring beautiful results, so leave them alone. Instead, pay attention to those ideas that are detrimental and undermine your life, and sort the productive ones from the counterproductive ones. Focus on the conditions and experiences you desire in your life. By virtue of Divine Law and the inherent power you possess as an Immortal Creative Being, these dreams will be fulfilled.

Now you can apply this lesson.

— If you are totally confused, have no idea what to focus on, are too worried to concentrate on anything, or place your attention on all that is wrong in the world . . . then you are a **student** in working with this lesson.

— If you agree that how you direct your mind *does* make somewhat of a difference in some areas of your life but not in all; practice positive thinking on occasion but mostly forget to do so; have a difficult time focusing on anything for a long period of time; or believe, and even fear, what you see on the news and television . . . then you are an **apprentice**.

— If you accept that your thoughts create, are attentive to them, notice where they serve you and where they do not, or are careful to think productively . . . then you are a **journeyman**.

— If you think creatively; review your beliefs regularly; focus on positive, happy thoughts most of the time; or are willing to leave no stone unturned to reveal unconscious, counterproductive, or negative mind patterns . . . then you are on your way to becoming a **master** of this teaching.

If You Are a **Student** . . .

- Notice the satisfying or positive results in your life, and appreciate that you created them.
- Observe where you place your attention, including what you think about, talk about, and hear others discuss.
- Turn off the television or radio, and hone in on your thoughts for a change.
- Create small successes, such as finding an ideal parking space or receiving a compliment at work.
- Work on becoming familiar with this creative power.
- Notice whether you have goals, or if you drift aimlessly from day to day.
- If you have no objectives, set a few small ones, and practice focusing on achieving them.

If You Are an **Apprentice** . . .

- Make a list of all your successful creations as far back as you can remember, and reflect on *how* you thought about them.
- Shift your attention away from what you do not like or want to what you *do* prefer and desire to experience.
- Talk, sing, write, think, and daydream about what you love, especially about yourself.

If You Are a **Journeyman** . . .

- Give your full attention to one thing that you love for an entire week.
- Write down what is not working in your life.
- Keep a journal of all your daily successes and how your thoughts, attention, and intentions played a role.
- Write down one intention for the week, and focus on it for 15 minutes every day.

If You Are on Your Way to **Mastering** this Lesson . . .

- When focusing on a desire, plan on a positive outcome.
- Start every morning with the intention to create an even better day than yesterday.
- Immediately recognize errant beliefs and say out loud: “Dis-Create.”
- Think beautiful thoughts often.

Your Soul’s Lesson
Thought Creates

Your Soul’s Purpose
To Create Intentionally

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This excerpt is taken from the book ***Soul Lessons and Soul Purpose***, by Sonia Choquette. It is published by Hay House (April 2007) and available at all bookstores or online at: www.hayhouse.com

Sonia Choquette, PhD is a world-renowned visionary, intuitive consultant, and revolutionary teacher. She is known for her ability to elevate people’s awareness out of a five-sensory paradigm of limitation and fear and into a six-sensory world of creative possibility and personal power. She specializes in guiding individuals and businesses to successful professional outcomes, from people seeking the right job to independent start-ups to expanding Fortune 500 corporations.

A masterful guide committed to activating the highest intuitive and creative potential in all, Sonia is the best-selling author of eight books published in 19 countries: ***The Psychic Pathway*** (Three Rivers Press), ***Your Heart’s Desire*** (Three Rivers Press), ***The Wise Child*** (Three Rivers Press), ***True Balance*** (Three Rivers Press), ***Vitamins for The Soul*** (Hay House, April 2004), ***The Diary of a Psychic*** (Hay House, July 2003), ***Trust Your Vibes*** (Hay House, 2004), and ***Trust Your Vibes at Work*** (Hay House, 2005). She also has numerous audio editions.

Highly trained and apprenticed in the intuitive arts, Sonia was educated at the University of Denver and the Sorbonne in Paris. She then pursued a spiritual education at the American Institute of Holistic Theology (AIHT) www.aiht.edu, where she earned a B.A., an M.S., and a Ph.D. in Metaphysics in order to better advance and reflect her life’s work as a six-sensory vibrational teacher. Several of her books are currently being used in the AIHT curriculum

Sonia is a trusted and proven advisor to captains of industry such as Charlotte Beers, advertising CEO and former head of the Campaign for America, appointed by President Bush; Billy Corgan, singer/songwriter and founder of The Smashing Pumpkins; Jessica

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She has long worked with leaders in all industries, including retail, health care, real estate, hotel management, finance and investment, law, and education, among others. Sonia is also on the board of advisors for several corporations, including Mia Francescas, Kim and Scott's Gourmet Pretzels, The Wellness Center, and The Hoffman Institute.

*A powerful speaker and teacher, Sonia has devoted her life to training people to activate and use their sixth sense, which she believes is a non-negotiable tool for succeeding in today's world. Her course "**Your Heart's Desire**" was voted one of the ten most powerful workshops to change your life by **New Woman Magazine**, and her book of the same name is currently required reading at the University of Santa Monica creative arts department.*

*Sonia has been a guest on **ABC, NBC, CNN, Fox, The Wisdom Channel, and WGN**. She has also been featured in **New Woman Magazine; New Age Magazine; USA Today; Body, Mind and Soul; Chicago Tribune; Chicago Sun Times; The London Times; and Crain's Chicago Business Journal**.*

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