

# Create. Create. Create. Do You Feel It?

This was a note from my journal a few years ago. Never did I think I would look back on it, in the midst of upheaval and think, yes this is exactly it!

Expanded perspective = internal peace. Jump to the transcendent. JRP 8/22/17. Within this note is a clue on how to raise one's frequency. It is all about intention and perspective. The relationship with creative energies and nature determines your experiences. It is the ultimate example of reaping and sowing. Carry your water bucket, plant your corn, wait and reap the harvest. Effort is necessary. How hard it feels depends on the amount of resistance. It doesn't have to be a game of tug of war with yourself. Lighten up and love, love, love yourself and others.