



# THE ART OF PERSONAL CREATION

How to manifest your dreams

The Law Of Attraction explained in simple words.

Diane Holliday

## The Art of Personal Creation

*Please read all of this before you start on the art of manifesting your life, it's important to see how it all fits together.*

We all know times when strange things occur, we are aware at times when we are being 'looked at', we may get a strange feeling in an empty house, we can think of a person we love and they will call us, dowsers find water, lost objects or people, trace pipes and more. These phenomena have usually been put down to coincidence, synchronicity or just odd, but of course there is an explanation, even understood now by quantum physicists and scientists.

We know that clairvoyants, shamans and healers for centuries have had success in using their minds or thoughts to answer questions or heal people and animals. We also know people who have set their minds and created what they want; for instance, many people have had success with 'Cosmic Ordering' and 'Ask and it is Given', two popular books in recent years. We can all use this simple and effective method to create the life we want, I am one who did it and I continue to manifest my own life.

Just imagine being able to conjure up a new job, find a partner, pass exams or even find a new home. It is possible and it's not just wishful thinking, though any thoughts that enter your mind that it won't work will have to be dealt with first or it will block the pathway into the 'thought field'.

For many years there have been experiments and tests to find the source of our 'out there' communication and this is not the place to write about that in detail; there are many good books that you can read to get a decent overview and understanding of the 'how', see the reading list at the end. But our thoughts move through space and time and this is known as the Source Field, Thought Field, Quantum Field or Zero Point Field.....no doubt other names as well as physicists delve even deeper. The old word used by [Edgar Cayce](#) (well worth a read) was Akashic Records, a place/field where he was able to access information and understand things that normally he would not have known.

Suffice to say then, that **we are** able to create our own lives, or reality, with our thoughts when our vibration matches that of the desired outcome. We get what we think about, so be careful of what you concentrate your thoughts on...make them good ones. Thoughts that repeatedly say, "I am fat" or "I have no money", will of course give you more of the same.

Vibration is the key; the Law of Attraction states that we can only have what we attract, and all is vibration. Every atom has a vibration, energy, and we are all made of atoms, so simply put we have to be in the same vibration at the desired outcome...!

Please don't confuse attracting anything, particularly abundance with money! Attracting anything has to be good for you, others and the universe and the outcome will arrive at the right time, but not always in the way you expected it.

Ideally you can be in the 'right vibration' to access the Field most of the time, just by adjusting the way you think. Every time you have a negative thought, i.e. low vibration, you can change your thought to a positive one, thereby increasing your vibration.

For instance, feelings of anger for the lack of something is negative; change that by being grateful for your life and what you do have, one of the fastest ways to increase your good vibrations!

# The Art of Personal Creation

## The Plan:

First we learn how to increase our ordinary vibration to a higher level; therefore, accessing your higher-self, God or Universal Energy, whatever you prefer to call it; it can be done in several ways .....as follows.

- You can use EFT(Emotional Freedom Techniques) or any Tapping system
- You can get into a Meditative state
- You can be '[Grounded' on the earth](#), by walking/standing on the ground without shoes
- You can use [Crystals](#) or [Dowsing](#) tools
- You can use music and/or colour to heighten your perspective
- Or you can think yourself into a higher state by the awareness of your thoughts (see the Vortex later in the article)
- Most of all VISUALISE yourself where you want to be

So how do you know which vibration your desired objective is, so you can match it?

This is something that I have been asked many times and have no real answer, but the best way to think of this is as Neale Donald Walsch puts it [The Be-Do-Have Paradigm](#).

You have to BE what it is you want, DO what those people who have it already do, then you HAVE what you want. Best to read the extract from his book in the link if you are unsure.

So for example, to have a happy life, you have to BE happy, DO what happy people do and then you HAVE happiness.....simples...!!

The main thing is that you have to believe it will happen, no point in doing this if you feel you don't deserve it, or it's just playing.

## METHOD:

- Get yourself into a state of relaxation, be aware of your thoughts, and use one of the methods for accessing your higher self, mentioned earlier.
- Think about the objective, the desired.... but not in a 'needy' way
- Visualise the objective – get as close to this picture as you can, smell it, feel it, BE in it
- Now, when you know that you are seeing and feeling the 'Object of your desire' ASK for it
- Then let it go into the Field and **don't ask again**
- Retain the picture in your mind and JUST KNOW IT WILL HAPPEN

**The clue to all is this, is the clear knowledge that your request will be met with the answer you need, at the time you need it.**

The visualisation can be accessed at any time and it will get clearer the nearer it comes to you.

If you need to ask for something else, give it a little time and start all over again but don't change your mind about each request.

## The Art of Personal Creation

For instance, if you want a new home.....ask and keep the picture of this home in your mind. Then you may need a new job, so start all over and keep this visualisation separate but concurrent.

**Be** the person with the new home/job, **do** things that people like that do and you will **have** what you want.

Remember that it may come in a form you are not expecting, but it will be right for you.

My experience of manifesting my life over some years, led to my present home and partner, by the sea, nearer to my children, with adequate time and income. All requests manifested in one man, one place and all the rest just followed. We now create each day, knowing that the high vibration we are in is sustainable for the most part, just by remembering and checking our thoughts.

By the way, luck has nothing to do with this; it is truly learning to create each day and when you get, and stay in that higher state of being, all things come. It takes work and effort to start with, but eventually it becomes a natural part of existence in the world.

Each day, each moment, you have a choice of how you think. First thing every day consider your thoughts to be on the plateau, neither good nor bad. I work mostly with clients using Skype so I use this gesture to help them understand the concept. Hold your hand out in front of you with the palm downwards; the top of your hand is the plateau or normal state of your feelings. Now, think of the day ahead and know that it will be a good and happy time and FEEL your thoughts rise, this is above your hand, and you are now in the positive vortex. If you are dreading the day ahead, your thoughts will be in the negative vortex, below your hand and your day will be as you expect.....rubbish!

Have a look at the appendix now and see how your thoughts can be changed at any time, all the time to keep you having what is right for you.

This is THE most powerful thing you can learn, as you increase your ability to manifest your life as you wish it to be.

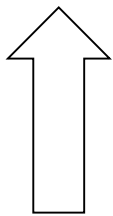
**Contact me if you think I can help you; you get what you think about, so you will be correct, I can help you!**

[Diane](#)

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## DIANE'S ENERGY VORTEX

When I talk about vibration and energy, you will understand about negative energy and how it sucks; it drags you down and it takes away the joy in life. It needs to be managed and turned in positive energy, which will pull you upwards towards a happy life.



**Bliss**

**Love of Self**

**Acceptance**

**Forgiveness**

**Kindness**

**Detachment**

**Happiness**

-----**Plateaux** -----

**Unhappiness**

**Fear**

**Anxiety**

**Anger/Blame**

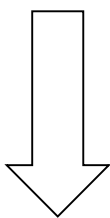
**Frustration**

**Guilt**

**Depression**

**Thoughts of death**

**Loss of Self**



# The Art of Personal Creation

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Dowsing Services and Spiritual Support

Tel: 01273 640895/07989 078556

Skype: diholiday61

[www.dianeholliday.co.uk](http://www.dianeholliday.co.uk) [diane@dianeholliday.co.uk](mailto:diane@dianeholliday.co.uk)

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## READING LIST

### **The Field**

Lynne McTaggart

ISBN 0-7225-3764-6

### **The Intention Experiment**

Lynne McTaggart

ISBN 978-0-00-719458-2

### **Spontaneous Evolution**

Brice Lipton & Steve Bhaerman

ISBN978-1-4019-2580-2

### **The Source Fields Investigations**

David Wilcock

ISBN978-0-525-95204-6