

Like a Watered Garden
"Self-CREATION, Day 3"
Christina G. Hibbert, Psy.D.

*"And I, God, said: Let the waters under the heaven **be gathered together unto one place, and it was so:** and I, God, said: Let there be dry land; **and it was so.** And I, God, called the dry land Earth; and the gathering together of the waters, called I the Sea; and I, God, **saw that all things which I had made were good.** And I, God, said: Let the earth bring forth grass, the herb yielding seed, the fruit tree yielding fruit, **after his kind,** and the tree yielding fruit, whose seed should be in itself upon the earth, **and it was so even as I spake.** And the earth brought forth grass, every herb yielding **seed after his kind,** and the tree yielding fruit, whose seed should be in itself, **after his kind;** and I, God, **saw that all things which I had made were good;** And the evening and the morning were the third day."
(Moses 2:9-13)*

Day 3 of Creation:

Session 1 had us seeking to "divide the light from the dark" by taking a fearless and searching look at the "good" and the "not as good" in our lives, getting in touch with our true desires, and envisioning what we hope to create and who we hope to become. Session 2 focused on helping us create "an atmosphere of life-sustaining air" to support us in our endeavors, focusing on spiritual connection and all things that "sustain" us in creating what we desire. As we now shift to the Creation day three, it is time to get organized and time to get to work.

"Gather together..."

Reading the scriptural account of day three in Moses (above) we see that this was a busy day. Much work was accomplished—from creating the waters and dry land to beautifying that land. Take a look at the bolded words of the scripture above, describing day three. First, the Lord "gathered together unto one place" the waters. Similarly, we need to get organized, to gather together all that we've worked on so far—to gather our thoughts, our desires and our hopes and organize them into realistic and attainable goals.

After your kind

Now is a good time to make sure we really know why we are setting these goals. We worked a little on this in session 1 but as we look to day three we see another important component. As God planted seeds of grass, herbs and fruit and asked them to "bring forth" after "his kind," so has He planted seeds in us that we must "bring forth" "after [our] kind."

What *is* your "kind?" Are you clear on what the Lord has planted in *you*, in what you were created to bring forth on this earth? God prepared the elements just as he has prepared us. What have *you* been prepared to become? When we know in our hearts why we are here and why we are working so hard to create good in our lives we will find our work enjoyable, inspiring; we will experience the full measure of joy we are meant to experience here in this earthly existence.

"And it was so..."

Getting clear on what you are meant to do, to desire, to create in your life is important in making it happen. Looking again to the bolded words above, we see the words "and it was so" repeated

several times. God spoke and it was so. We can follow this example and do what we say we will do. This involves getting to work on the goals we have set for ourselves, without delay. Right now, today, do something. We cannot wait to make change. We simply decide to change and do it. We pray for guidance, help, inspiration and then we pray for the ability to go and do. As President Hinkley so wisely said, “Get on your knees and pray. Then get on your feet and work.” Now is the time to make it so.

See “all things...”

Finally, we learn a valuable lesson on evaluating our work: “I, God, saw that all things which I had made were good.” He evaluates His work and because He is perfect, His works are perfect. We may not be perfect and our works may not always be “good” but if we stand back and look at what we are doing, continually self-evaluating, we will create wonderful things. We will know when things aren’t working as well and we need to make change, and hopefully we will follow the example of the Lord and see when things are good. It’s ok to appreciate the changes and creations we are part of. After all, we “are that [we] might have joy.”

Homework:

1) Get organized:

- a. Revisit Sessions 1 and 2 to remind yourself what you currently have, what you desire, and what you hope to create in your life.
- b. Sit down in a quiet space and take some time to write out specific goals for your creative intentions. Ask yourself, “Who am I working to become?” “What experiences do I desire?” “What improvements might I seek for my relationships?” “What changes do I need to make to create the life I envision?” Then write a few clear, concise goals to get you where you hope to be. Remember, these aren’t “New Year’s Resolutions”—they are specific goals to help you carry out your vision!

2) What is “your own kind?”

- a. What are you called to do, to create, to become? What have you been prepared to do at this time of your life? What is your life’s purpose, mission, ministry?
- b. Patiently look and listen for clues to what you are meant to “bring forth”. Keep a “mission” journal, noting the questions, answers and insights you find in your search for your life mission.
- c. If you haven’t already done so, create your “to be” list. Visit it often, reminding yourself who you truly are and editing as needed.

3) If you’ve clear on the first two exercises, then **it’s time to begin!**

- a. Start today. Don’t delay. Think of one thing you can do today to begin creating your vision and do it! Repeat again tomorrow. Then repeat again. And again. You catch my drift?

4) As you work through your goals, create **time and space for personal evaluation.**

- a. Sit still and ask yourself, “How am I doing with my goals?” “Have I been ‘bringing forth’ what I set out to bring?” “What is going well and what is not going as well?” “What can I do to be more effective?”

- b. See when your creations are “good”. Smile. Say a prayer of gratitude. Write about it in your journal. Tell your family about it. Take a moment and see the good.
- c. Tip: Setting a regular time for evaluation can help you remember to do it! For instance, first Sunday of the month or at the end of each week.
- d. Tip: Go out and purchase an adorable notebook or journal to help you keep track of your progress. Pick one that makes you smile when you see it!

Next: Day 4, “...to give light upon the earth”