

*Like a Watered Garden*  
"Self-Creation Day 5"  
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**Day 5 of Creation: "...bring forth abundantly...life"**

*"And I, God, said: **Let the waters bring forth abundantly** the moving creature that hath **life**, and fowl which may fly above the earth in the open firmament of heaven. And I, God, created great whales, and every living creature that moveth, which the waters **brought forth abundantly, after their kind**, and every winged fowl **after his kind**; and I, God, **saw that all things which I had created were good. And I, God, blessed them**, saying: **Be fruitful, and multiply** and fill the waters in the sea; and let fowl multiply in the earth; And the evening and the morning were the fifth day." (Moses 2:20-23)*

Day 5 is the beginning of animal life on this earth. After establishing an environment in which life can flourish, the Lord lets His creativity loose, creating "whales and every living creature that moveth...and every winged fowl after his kind". Consider the countless varieties of just sea life and birds that exist on this planet—and that's only the beginning! Likewise, our creative ability is endless.

**"Let":**

An important word in these verses is "let". God doesn't command or force the waters to "bring forth abundantly." Instead he simply tells the water to "let" it be so. It is the same with each of us. As Master Creator, God stands ready to show us what to do and how to do it, but it is up to us to listen, hear, and "let" it be. Only we can let ourselves create and nurture life, both in the literal sense—as mothers, wives and family members—and in the figurative sense, as nurturers of the creations that we give "life" to. Again, we see that we are asked to *let* ourselves "bring forth abundantly" "after [our] kind."

Notice also that God doesn't create man, his "crowning creation" on day one. He builds his creations. Here, He creates sea and air life and the next day He moves to the higher functioning mammals and finally, humans. The lesson for us is to start small. Any little creation can make a big impact in our world.

**"Be fruitful and multiply":**

It is also interesting that this is the first time God "blesses" his creations. I think it has a lot to do with honoring life. He blesses us, too. He desires us to "be fruitful" and also to "multiply," not only in the literal sense, but to multiply our God-given talents and abilities. He blesses our efforts to do so. The question for us is, "*Am I being fruitful? Can I see the fruits of my labor popping up?*"

If we've been working through these "days of Creation," then by the time we are working on "Day 5," we should see some "fruits." That doesn't mean everything is perfect right now. It simply means that by now, we should see *some* of our desires coming to pass.

If you can see "fruits," then wonderful! Take some time to write and record what has led you to this place in your life. Let yourself see that your creations are "good." Then, you can start dreaming and desiring even higher creations.

If, on the other hand, you feel “stuck” in your creative process—if you don’t yet see the “fruits” you desire—then this is the perfect time to take a deeper look at what is holding you back. Often we stop *ourselves* from receiving those blessings that are part of creating and multiplying. We might just be forgetting to “let” ourselves receive them.

### **Nurturing Creativity:**

Author and creativity expert Julia Cameron writes, “Be very careful to safeguard your [creativity].... We want to set aside time for our creative work but we feel we *should* do something else instead.” This is what leads to feeling “blocked.”

She continues, “...we focus not on our responsibilities to *ourselves*, but on our responsibilities to *others*. We tend to think such behavior makes us good people. It doesn’t. It makes us frustrated people” (*The Artist’s Way*, p. 43). She is absolutely right. When we fail to allow time for our creative endeavors, time to literally create our life and experiences, we end up feeling frustrated. And that isn’t good for anyone.

In order to receive our blessing to “be fruitful” we must allow ourselves to be pruned, and also to be nurtured. When we nurture ourselves, our entire environment will feel the benefits.

Psychologist Carl Jung once said, “Nothing has a stronger influence psychologically on their environment and especially on their children than the un-lived life of the parent.” Are *you* really *living* your life? Or is your *life* simply living *you*?

Creativity is the key to really living. And nurturing is the key to creativity. Julia Cameron wisely says:

“The essential element in nurturing our creativity lies in nurturing ourselves. Through self-nurturance we nurture our inner connection to the Great Creator. Through this connection our creativity will unfold. Paths will appear for us. We need to trust the Great Creator and move out in faith. Repeat: the Great Creator has gifted us with creativity. *Our gift back is our use of it*” (*emphasis added, The Artist’s Way*, p. 44).

Are *you* giving back to the Great Creator?

### **Personal Revelation:**

The key to all of this is personal revelation. Using day five’s example again, the Lord speaks to the waters, tells them to “let” these things be brought forth, and the waters obey. That is *personal revelation*. We can’t bring our righteous desires to pass without the whisperings of the spirit to show us the way, & we can’t be shown the way unless we open ourselves up to these whisperings by seeking, asking for, and receiving personal revelation.

Author of one of my favorite books, *Following the Light of Christ into His Presence*, John Pontius, writes, “Personal revelation is surely the word of God in its purest and simplest form: unfiltered, unedited, untranslated, pure, intimate, specific, and direct. It is the essence of faith, hope charity, and prophecy” (p. 12).

I can attest that personal revelation *is* the *simplest* and *purest* way to live. As we *pray* and then create space to *listen*, we will *hear* His will for us. The paths we need will appear. And we will feel the immense love that our Father has for each and every one of us. It is through that great love that we create all that we desire in our lives. Then we stand back and see, once again, that “it is good.”

### **Homework:**

There are several homework options this session. This is because each of us is in a different place and may need a different tool to aid our progression. Don't feel like you have to do them all. Select one or two that feel right for you at this time. Use your personal revelation skills—listen and obey.

- 1) **Questions:** Ponder the following...
  - a. **What are my creations?** Am I actively *letting* them come forth? If yes, how am I doing this? If no, what is preventing me?
  - b. **Can I see the fruits of my labors?** If yes, in what ways? If no, what is standing in my way?
  - c. **How do I show love to myself?** Am I regularly doing these things? If not, what is holding me back? Is it a time issue? Another person or thing? Or is it an internal “should” preventing me from loving myself?
- 2) **Improve your self-nurturing.** Create a list of “loving” versus “non-loving” habits. Choose one “non-loving” habit to break this week. Choose one “loving” habit to implement.
- 3) **“Ten Tiny Changes”:** (*from The Artist's Way*) “List ten changes you'd like to make for yourself, from the significant to the small or vice versa (‘get new sheets so I have another set, go to China, paint my kitchen, dump my friend Alice’). Do it this way: I would like to \_\_\_\_\_. I would like to \_\_\_\_\_. Select one small item and make it a goal for this week. Now do that item.”
- 4) **“Where does your time go?”** (*from The Artist's Way*) “List your five major activities this week. How much time did you give to each one? Which were what you wanted to do and which were *shoulds*? How much of your time is spent helping others and ignoring your own desires?” And I would add, how do you feel about this?
- 5) **“Life Pie”** (*Artist's Way*) “Draw a circle. Divide it into six pieces of pie. Label one piece spirituality, another exercise, another play, and so on with work, friends, and romance/adventure (or any categories you choose). Place a dot in each slice at the degree to which you are fulfilled in that area (outer rim indicates great; inner circle, not so great). Connect the dots. This will show you where you are lopsided. ...it is not uncommon for your life pie to look like a tarantula.”
- 6) **Do something NOW!** As speaker and author Tony Robbins teaches, once you know you need to change and decide you're going to do it, you should never leave the site until you *do something* about it. That may mean making a phone call, scheduling an appointment, carving out quiet space, talking to your family or anything else. The point is to do something about it NOW! You will feel so much better knowing you're actively pursuing the change you need.