













Inspiring a Creation

Trust in <i>US</i> not just in 'me'		Letting a force draw us together		Noticing where my own inspiration comes from
	Relaxing in it			Holding my partner in a spiritual light
Letting my partner find their moment of inspiration			Seeking a harmony that blends our two visions	
Reaching for our dream		Helping my partner to also relax & seek peace		

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Just a shed? Ah, it is more than that. you will find. No matter what you do, creation is a spiritual experience. We feel something inside when we build. To change our own environment is a human drive. We strive to be whole through our entire lives and many of us put this into action through our home building.

We strive for the ideal — the great room, the wonderful quiet spot, the efficient kitchen, the colors and textures, the designs that please our eyes. These are the stuff of dreams while we suffer on the bus, the musings when we need to fall asleep, the distractions while we sit through a boring meeting.

Our environment has such a great impact on our moods and actions that we are always trying to master it to manage ourselves better, to create a more pleasant existence. There is a constant creative tension between our will to be our own masters and our desire to abandon ourselves to a perfect environment — one that we have of course created. So, we try to control that which controls us. Can we do it? We continue to strive . . . we try.

What transforms us?

To see something change so dramatically as a room with new doors or colors, to sense the awe of transformation, to feel the instant mood shift as you enter a newly changed space, brings us to the resounding realization

The disruption of renovating can bring changes within ourselves.

that creation is a real miracle. We ring forth with the true harmony that change is real, and all of this temporal world that we see CAN be transformed. This is hopeful AND scary AND awesome. Inside us, we each hope that WE can also be transformed. Perhaps as we try to improve the world around us, we hope that WE TOO can be made perfect. In the Bible, we are told we will be perfected in the Lord. We desire this. When we renovate, we are told by what we experience that it CAN happen. Renovating is a spiri-

tual experience by nature, so you should take some time to view the job ahead through your own spiritual framework. If you have faith, pray about it. If you have a seeking, look toward your higher consciousness to give

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you a pinnacle to aspire to. It will steady your trip and it will provide perspective when you are lost in the uncertain chaos of change.

Strangely enough, as you invest in the tasks of renovating, you must then become detached from material possessions and the grip that those things have upon your life. During the renovation, nothing of that space will seem familiar; no reflections of who you are or what you love will be there to reassure you. Most religions and wisdom tell us to separate ourselves from dependence on stuff. Ironically it is just as you jump into a very “stuff” activity such as redoing a space, you are immediately challenged to let go of “stuff.”

It is good to go with the flow, and let this period teach you something important about yourself, your relationships, and life. Allow the itchy discomfort of chaos to bring you closer to meaning, to your spiritual answers. Let it move you along in those avenues you said “later” to. You know what they are; you have nodded at them and put them off: “I’m too young, too busy...” Now is a chance to let those issues renovate the inside of you.

A common exercise for spiritual growth is to ask yourself, “What would you put in a backpack for a month’s journey?” Well, as you begin your renovation, you too are selecting just a few things to have access to and the rest will be put away. What can you live without? To where will you turn without those things? What opportunities does this give you? You can put away the old comforts and seek new ways to build more meaningful comforts: how about playing some games with the kids or helping with their homework instead of watching the big screen TV and PlayStation? How about your partner? Do you

need to build more intimacy? How about talking? Weaving your lives together more tightly? Do you spend time thinking and talking to yourself? How is your relationship with yourself?

Your time renovating will include time to stop and think. You might come to find your own thoughts to be good company. You will be faced with some interesting stresses in the chaos you encounter. Do not sweat that stress arrives; you are going to need to renovate those inner walls, too. So, ask your family to pray for you, that you will become a better man or woman as a result of the work you are putting into the house.

Spiritual sages of many origins would advise us not to marry our physical world. It is important not to love your house more than your family. You might think this ridiculous but you ARE loving your project more when you think about it more than your loved ones and their needs, and when you resent others for their lack of cooperation with your time table. If you see yourself in this description, step back, and remember your priorities. Take a break from the projects, tend to another's needs, get your relationships back on track. Talk about the projects together and form new time tables based on team input. Go to the chapter on Team Work and follow where that leads your family.



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If you have faith, God bless you. Pray for each other. Pray for a forgiving attitude and patience. Pray for safety and God's speed (not your own rushed pace) on the project. Allow the pieces to fall into place. You will often get special blessings at just the right time and it is wonderful. See God's hand on your family and this project and let the Lord help your family in all ways as you build together.

Notes from Inspiring a Creation

Write down some of the times when you have felt the following feelings - especially. Pick at least three feelings -- and include a few that you have had together too.

Name:

Name:

Calm

Calm

Aware

Aware

At Peace

At Peace

All-a-Tingle

All-a-Tingle

Smart

Smart

Aware of the Universe

Aware of the Universe

Generous

Generous

Neighborly

Neighborly

Kind

Kind

Natural

Natural

Visionary

Visionary

Energetic Inspiration

Energetic Inspiration

Touched by a Higher Power

Touched by a Higher Power

Reverent

Reverent

In Awe

In Awe

Able to see how it all fits

Able to see how it all fits

Bewildered

Bewildered

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