



Conscious Creation Video

Guidelines & Outline





Welcome to an Exploration of Your New Self, Your New Future

We're so excited that you're interested in creating a Conscious Creation Video for yourself. You're about to set out on a transformational journey, that has the potential to change your life.

Visualization has been used for centuries as a powerful tool for manifesting our visions & dreams. All creation has three building blocks - awareness, intelligence & energy. In the process of creating your video, we will clarify, empower and set all three in aligned harmonic motion, ultimately attracting a new future into existence - for You.

Create space for yourself to truly go deep into this process, following the outline and guidelines given to you here. We're only an email or call away, if you need support.



Live an Empowered Life, the Life of Your Choice.

Imagine being able to step into any circumstance, face any adversity or challenge, with a clear confident knowing of who you are, and what words to speak or actions to take next.

Imagine

- enjoying deeply nourishing relationships
- knowing how to make your desires into reality
- consciously responding to life, instead of reacting
- not being defined by inner or outer circumstances
- feeling content and happy with yourself & your life
- no longer letting fear, guilt or shame get in your way
- being able to see opportunities, instead of limitations

Outlining Your Vision for a New Life

✓ **Vision**

What do you want for yourself & your life?

✓ **Intentions**

What are the specifics of this vision?

✓ **High Vibrations**

What does it feel like to live this vision?

✓ **Imagination**

What are your choices & actions in this vision?

✓ **Symbology**

Choose a simple symbol for your vision.



VISION

What do you want for yourself & your life?

One of the most powerful things you can do for yourself, is to get clear on your desires. If you don't know what you want, you're running on autopilot, without actively directing the unfoldment of your life.

What do you want?

It can be as simple as 'I want to be fulfilled & happy' without knowing any of the details, or it can be an intricate vision with very specific details. There's no right or wrong way... trust what comes to you, as you go through the process.



Getting clear.

Pick one area of your life to focus on for now; family, career, relationships, inner self, spirituality, finances, recreation etc.

Contemplate these questions until you feel very clear:

- **Release.** What is holding you back from living your vision today? What do you want or need to let go of?
- **Change.** Is there anything that needs to change; something you want to keep in your life, but in a different way?
- **Bring in.** Identify what is missing in your current life experience, that you want to bring into your vision, your life.

Keep it simple!

Describe your vision in one short & clear sentence.

Some examples are;

- I have a new job that I love.
- I feel happy and fulfilled in my life.
- My body exudes radiant perfect health.
- I'm living in a loving respectful partnership.
- I live in abundant wealth, while doing what I love.



Pick a Symbol.

Choose a symbol to represent your vision, to use as you continue building an outline of a new future (and your video).

Maybe you'd like to use \$ for abundance, or the letter L for a new lover. Make it something that's easy for your mind to remember and relate to. This symbol will become a daily tool.



VISION WORKSHEET

The area I am choosing to focus on is:

I'm Releasing:

I'm Changing:

I'm Bringing In:

My Vision Statement for a New Life is:

My chosen symbol for a new future now is *(write, draw or paste it here)*:

INTENTIONS

What are the specifics of your new vision?

Now that you have decided what to focus on, as a new vision for yourself, it's time to put some 'meat on the bones', to get clear on the circumstances and conditions.

What does your new vision look like?

You can describe your vision in any way you want; you are completely free to set the parameters for how you want this future version of your life to be. It's important to keep your vision open to infinite potential, and therefore you *do not define the When, Where, Who and How...* leave that to the Universe, the Quantum field or a Higher Power.

Defining Your Vision More Deeply

You'll want to build a rich versatile vision of what you want to bring into your life, using imagery and verbiage that makes sense to you. Use all your senses to make this real for every aspect of your being; sight, hearing, smell, taste & touch.

Contemplate these words as well:

- **Purpose.** What is the purpose, the why, for your vision?
- **Design.** How do you want to design your vision - no limits?
- **Objective.** What are you wanting to accomplish?



Setting Intentions

Create several powerful statements relating to your vision, which makes it real and tangible for you.

Some examples are;

- My new job takes me all over the world.
- I do things I love every day.
- My body feels 10 years younger & fitter.
- I have freedom to work from anywhere.

Remember your Symbol.

Now that you have built the fuller structure of your vision, it's time to bring in your chosen symbol once again.

Take a moment to hold your vision in your minds eye. Bring in your intentions and feel the richness of your creation. Place your symbol almost as an overlay, a reference point and know without doubt that this symbol holds the full vision for you.





INTENTION WORKSHEET

These specifics are important to me in my new vision:

Purpose, Design & Objective:

My Power Statements & Clear Intentions for a New Life are:

I'm connecting my statements with my vision & chosen symbol now.

HIGH VIBRATIONS

What does it feel like to live your vision?

We live in a vibrational universe, where everything influences everything else through energy. Your vibrational state of being has incredible impact on the unfoldment of your life, so this too needs to be part of your conscious creation.

What are the emotions related to your vision?

Your vision and selected intentions naturally will bring a vibrational imprint with them. Feel into what these are and decide what you want to keep, enhance or discard.
You are free to choose and decide how you want to feel!



Moving from Head to Heart

This next step cannot be done by thought or mind alone, now it is time to move into feeling, into emotional vibrations.

Hold your Vision & Intentions in your awareness, while you focus on **feeling** what living your new vision actually feels like. Make it as real as you possibly can.

Feel into every intention, and then consciously bring a positive emotion to each one. Your brain and body does not know the difference between imagined and manifested, so You have the power to feel whatever you choose, once you know how.

Raising the Vibrations

Make a list of your feelings, your high vibrations.

Some examples are;

- I feel happy & content.
- I am loving life in every moment.
- I feel confident, powerful and strong.
- Love fills my heart and my life every day.
- I feel abundant, free and limitless in every choice.



Infuse your symbol with high vibrations

Now imagine that your symbol is vibrating with the high vibrations you have just chosen and created.

Take a moment to hold your vision in your minds eye. Bring in your intentions and feel the richness of your creation. Bring your chosen emotions, your high vibrations, and see your symbol literally pulse with this energy. Know that it is real, for you.



HIGH VIBRATIONS WORKSHEET

When I am living my desired specifics, my intentions, what will i feel? Which emotions do I keep, enhance or discard? I can choose how I want to feel.

In My New Life I'm Experiencing these Feeling & Emotion Statements:

I'm connecting my high vibrations to my vision, intentions & symbol now.

IMAGINATION

What are your choices & actions in your new future?

Albert Einstein said 'Imagination is much more powerful than knowledge', stating that knowledge is limited, whereas imagination is limitless and 'embraces the entire world, and all there ever will be to know and understand'.

What experiences are you having in your new life?

Imagination is a powerful skill, a tool often neglected or used without much conscious awareness. The final step in this outline is to imagine your future now, as a lived experience in this moment. You are the artist, painting your future now.

Remember your future now

Imagine what experiences you're going to have, what new choices and actions you will make. See and feel it happening all around you... again using all of your senses.

Imagine these and make them real - now.

- **Choices.** What choices are you making?
- **Actions.** How do you act? Is it different from now?
- **Experiences.** What are you wanting to experience?



Make it real

Make a list of your new choices, behaviors, actions and experiences as you envision and feel them now.

Some examples are;

- I'm so inspired at work, lifting everyone to new levels
- I easily following the guidance of my heart
- I'm so grateful to my body and all it does for me
- I love being able to be centered in the midst of chaos

Empower your Symbol.

Know beyond any doubt that you are living your future now on an energetic level - and know this future is held in your symbol.

Close your eyes. See & feel your symbol as a living vibrating form. Envision your symbol radiating your future into the space around it, into the space around you, into the web of life. Know that universal law has no choice but to bring the material match into your lived life experience.





IMAGINATION WORKSHEET

What behaviors will I have in my new life?

Choices, Actions & Experiences:

These are My Action Statements for A New Future:

My symbol now holds the complete vision of my new life. Every time I connect with this symbol, I connect with the full vision & draw it to me.



VISION OUTLINE SUMMARY

You have completed your vision of a new you, a new future. This in itself is an act of power, with the potential to truly shift your life. You've created the vision and infused it with awareness, intelligence and energy - the building blocks of our physical reality. You connected your vision to the grid of human life, seeing it pulsate out into the world of form, pulling a new reality to you.

Your *only* job now, is to keep the vibration of this vision present within yourself as much as you possibly can. *Make it a daily practice to experience your future now vibrationally.* Remind and connect yourself during the day. Live & breathe your vision.

CONSCIOUS CREATION VIDEO PREPARATION

Now that your vision is clear, you have your intentions, high vibrations, as well as new choices, actions & experiences, it is time to start building your personal video.

Conscious creation takes conscious action and your video is a powerful tool. It is important that you make it yours, so that watching it lifts you to a higher state of being.

IMAGES

Find images that speak to you, that makes your vision real from a visual standpoint. It can be personal images or generic, as long as you feel good when you see them.

VIDEOS

Videos are powerful visual tools and you can use videos within your conscious creation video. Just as with images, they can be personal or generic, as long as they elevate you.

MUSIC AUDIO

You have the choice of adding audio tracks and/or music to your video... one continuous song, or several clips. Make sure what you choose raises your vibration every time you listen.

STATEMENTS

Every image and video can be overlaid with any text of your choice. Make a list of powerful statements, related to your vision of a new you, a new future.

QUOTES

Instead of statements, you can also choose quotes... your own or from other people. Remember to focus on bringing yourself into a high vibrational state, over and over again.



CONSCIOUS CREATION VIDEO

Bringing your vision into reality in video format

We'll work together at gathering all the building blocks - images, videos, music etc. Please know that it is much more powerful if You pick your own material. Not only will it truly reflect and speak to your personal vision, but the video will be deeply infused with your energy, your intent for a new you, a new future. We are of course here to support you every step of the way and will help find any missing pieces.

Royalty Consideration

Your Conscious Creation Video is intended for your personal use only. It cannot be used for any sale or promotional purpose. Due to copyright laws, *we can only use material that is either owned by you or shared as royalty free material*. Your personal images and videos, as well as music you have purchased for personal use is fine. We can help provide you with royalty free material, but we'll not use anything copyrighted.

Here are some links for royalty free material, with free download. There are many more online - do your own research, if you don't find what you need here.

IMAGES: Unsplash - <https://unsplash.com/>

VIDEOS: Pexels - www.pexels.com

AUDIO: YouTube Audio Library - <https://www.youtube.com>

PRACTICAL CONSIDERATIONS

You'll be given a link to your own personal Dropbox folder where you can upload all the material you want to use in your video (you do not need to be signed up to Dropbox to do this). A Conscious Creation Video is anywhere between three and five minutes long and every images/video is displayed anywhere from 5 to 20 seconds (longer if needed).

Your video will be built based on the result of your outline work and the material shared. You'll get a first draft, to make sure it's going in your desired direction. After that you have one full revision and one touch-up revision, to finalize the final video.



LIFE EMPOWERMENT

Life an Empowered Life, the Life of Your Choice

Creating your own Conscious Creation Video often sets in motion a much deeper process, a process of awakening & transformation, redefining yourself & your life.

Our clients more often than not, decide to combine one of our coaching or mentoring services with the creation of a personalized video, taking the opportunity to make this into a truly transformative experience.



Expansion Session

During a single one-on-one, we'll do a deep dive into you and your life. What are the dreams you are not yet living, and what's holding you from them... regardless of if you want to clear out the past, manifest a new future or both?

These sessions are done via an online video service or by phone, easily accessible from the comfort of your home. [More Info](#)



Immersion Session

This is an opportunity to work on your own process & ability to be the force that moves your life. In this intense format, we create space for the deep inner work necessary to shift your life. It's powerful and life changing.

We'll get together in person, in a format designed just for you – it can be one day, a weekend or longer if desired. [More Info](#)



Mentorship Programs

The thoughts, beliefs and often unconscious behaviors that are shaping your life today were formed over many years. An effective way get untangled from the past is to do committed inner work on a regular basis through mentorship.

These programs run three, six or twelve months, meeting weekly or bi-weekly online or by phone. [More Info](#)



Eva Charlotte Larsson Ruiz

Eva Charlotte is a life-empowerment guide, inspirational speaker, event and journey leader who, for more than 25 years, has profoundly impacted people with her engaging presence and message. Eva's message Rise in Love & Be a Peacemaker, is a message of authentic love of self and life; and the happiness that comes from stripping away personal stories, beliefs and falsehoods that shield us from our true selves, releasing all need for control.

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