

Conscious Co-Creation

Curiosities to Contemplate



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Welcome Friend!

This handout is a space to reflect on how you engage in co-creation.

You are invited to be honest, curious, and kind with your reflections. Let this be a space to deepen the alignment with your inner Truth.

Answer from a place of Knowing, acknowledging with acceptance and trust. Meet yourself where you are and grow from there.

There is no need to journal with words. Feel free to reflect and contemplate in whatever way feels most harmonious in the moment. Allow it to be new every time.

May this to be a stepping stone into creating your own curiosities for contemplation in co-creating.



Blair

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Co-Creation with the Ego self

✦ Describe your relationship with the ego self.

✦ How does ego currently shape or influence your creative expression?

✦ What gets in the way of conscious co-creation with ego?

✦ How can you begin to move into more harmonious accord with the ego self?

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Co-Creation with Self

✦ Describe your relationship with who you Truly are.

✦ What allows you to embody and express in the world as the True Self?

✦ What might make this connection feel more easeful or consistent?

✦ Imagine what life might look and feel like living as the True Self.

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Co-Creation with Society

✦ Describe your relationship with society at large.

✦ In what ways do you feel aligned with the direction or values of society?

✦ Where do you feel misalignment and/or disconnection?

✦ What would a harmonious society look and feel like to you? Dare to dream...

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Co-Creation with the Planet

✦ Describe your relationship with the Earth as a conscious co-creative partner.

✦ In what ways are you already co-creating with the planet — however subtle?

✦ What feels difficult or distant in your relationship with Earth?

✦ What would help you move into more harmonious accord with the planet?

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Co-Creation with the AI

- ✦ Explore your relationship with artificial intelligence (AI).
- ✦ What barriers or beliefs arise when you consider co-creating with AI?
- ✦ How are you already consciously co-creating with AI (even unknowingly)?
- ✦ What's one shift you're willing to make to invite a more conscious partnership?

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Co-Creation with the Unseen

The Unseen may include, but is not limited to: energies, entities, God(s), Source, Beings, ETs, guides, ancestors, dimensions, and subtle realms.

✦ Describe your relationship with the Unseen — that which exists beyond form.

✦ What unseen energies, guides, or intelligences do you feel connected to?

✦ How would you like to deepen or expand this co-creative relationship?

✦ What might your life look or feel like if you lived more attuned to the Unseen?