



## What is Co-Creation?

Creating Newness through Group Healing

"If two agree on earth as touching anything, it shall be done by our Father who art in heaven."

~ Matt. 18:19 ~

### Introducing Co-Creation

Co-Creation is the means by which a group of individuals come together in 'one accord' in order to create something new in their collective experience of Life. More importantly, the activity of Co-Creation is based upon what is known as a Consortium, which is defined as, "a group that is formed to undertake an enterprise beyond the resources of any one member."

The procedures of a Co-Creation Process can actually take many different forms, all of which are intended to produce clarity, consensus and commitment within the minds and hearts of the Group. The primary activity of Co-Creation is 'personal healing,' which takes place in the context of group activities established in a common Purpose.

In the words of Ernest Holmes, "When a group of people come together with 'one accord,' and with one thought, a greater Power is generated. Not because the Creative Principle responds to a number of people more than it does to one, but because the combined Faith of a Group reaches a higher level of acceptance." Consequently, the members of a Co-Creation Group often receive many blessings in their personal lives as a result of their participation.

### The Fundamental Activities

There are three fundamental activities that occur within a Co-Creation Process, as follows:

#### 1) Co-Creation is a Group Initiation

To initiate means 'to take action, or set into motion.' It is relatively easy for an individual to set something in motion by personally taking action. However, for a Group to

effectively initiate something they must be of 'one accord.' In other words, they must be in complete agreement, otherwise they will begin to work at 'cross purposes,' and will negate each other's efforts. Co-Creation is a tool that we can use to facilitate Group Initiation based upon complete agreement established in a common Spiritual Purpose. In the words of the great modern metaphysical teacher Thomas Troward, "God cares less for our personal desires than for the good of all Humanity. Therefore, when our Purpose is in alignment with that Principal, there is no power in the universe that can oppose it's fulfillment."

#### 2) Co-Creation is Consensus Building

In order for any Group to move forward with an endeavor, it is necessary to first build a consensus amongst its members. Most importantly, we must realize that consensus means 'complete agreement.' In other words, the Group does not operate on the basis of 'majority rules,' which often disregards the aspirations of those in the minority. Consequently, Co-Creation never has a predetermined outcome, except to reach complete agreement amongst all of its members.

#### 3) Co-Creation is Group Healing

All human conflicts are rooted in 'hidden fears,' which produce the conscious desires of what we hope will happen. We then embrace those desires in order to keep what we secretly fear from coming upon us. Consequently, we tend to become very attached to the ideas that are based upon those desires. A Co-Creation Process is a place where we can safely bring our hidden fears to the surface in order to release them. This in turn will set us free to embrace more 'inclusive ideas' that will serve the highest good of all the members of the Group. In the words of Ernest Holmes, "A healing is a revealing of our own spiritual nature," and that which

demonstrates this Truth is the dissolution of our hidden fears through the power of Love, for it is written that, *"Perfect Love casts out all fear."* (1 John 4:18) Ultimately, the activities of Co-Creation will move us beyond the *'desire to possess,'* and *'inspire us to express'* something greater than what we could have conceived of on our own.

### **What Co-Creation is NOT**

Sometimes it is easier to understand what something is, by comparing it to something familiar, in order to discern their differences.

#### **Co-Creation is Not 'Goal Setting'**

A Goal is an idea that provokes a desire within us, which causes us to take action towards its attainment. In the course of that achievement we encounter many obstacles and challenges that require us to face and conquer our own hidden fears. This is known as the *'Hero's Journey.'*

On the other hand, the Co-Creation Process engages what is known as the *'Healer's Journey.'* On this path we engage a healing process to dispel our *'hidden fears'* before we begin our journey, so that it becomes filled with ease and grace. Furthermore, the Healer's Journey is based upon divinely inspired Intentions of what we want to express, as opposed to unconsciously motivated desires that can never be fully satisfied, as long as we are harboring hidden fears.

#### **Co-Creation is Not 'Visioning'**

Although closely related to Co-Creation, the process of Visioning is not exactly the same thing. What the two processes share in common is turning to the Divine as the source of their inspiration. Aside from that, Visioning tends to be more of an individualized process that is not as effective in working with groups. This is because, ten different well-meaning people will often

come up with ten different divinely inspired Visions, which will not necessarily be in agreement. Furthermore, Visioning does not include the healing processes necessary to build consensus within the Group.

### **The Main Distinction**

There is one all important attribute that distinguishes Co-Creation from the two other metaphysical processes described above. Goal Setting and Visioning are both highly effective tools for achieving our *'human potential.'* On the other hand, Co-Creation is the means by which we reveal our *'Divine Potential,'* which will always be something greater than what we can conceive of with our mortal minds. In other words, achieving a Goal or fulfilling a Vision always lies within the realm of our expectations.

However, if we were to look over the course of our lives, we would find that many of the very best things that ever happened to us were things that we didn't expect. Such is the nature of Co-Creation, for it produces blessings beyond what we can imagine or expect, based upon our past experiences of Life. This is because the Co-Creation Process stimulates *'new thoughts,'* that truly reveal *'new conditions.'*

### **The Sacred Covenant**

An integral aspect of the Co-Creation Process is the creation of a *'Sacred Covenant.'* This document is basically a written record of the agreements that were reached by the Group in the course of the Process. Most importantly, these agreements were reached on the basis of Spiritual Principles. Consequently, the Sacred Covenant is not only an agreement made between the members of the Group, but also with the Divine.

## The Benefits of a Sacred Covenant

The creation of a Sacred Covenant has a four-fold benefit.

**1) The Sacred Covenant** serves as a tangible 'form of remembrance' for the Group as to what they had agreed upon.

**2) The Sacred Covenant** serves as a highly effective tool for communicating these agreements to other members of the Community, thereby preventing any possible miscommunications.

**3) The Sacred Covenant** provides the basis for a highly effective '*Affirmative Prayer*' that can be prayed in deep faith and agreement by every member of the Community.

**4) The Sacred Covenant** provides a clear communication to people outside the Community as to what truly lies within the minds and hearts of those who have created the Sacred Covenant.

