

In The Creation Process  
The First 3 Steps!  
Larrina Ellison (loveallbyla)



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[www.loveallbyla.com](http://www.loveallbyla.com)

**In The Creation Process The First 3 steps!**  
**-Larrina E (loveallbyla)**

Do you find yourself wanting more in life?  
You picture yourself getting more out of life than you are right now!  
Well, I'm happy to tell you the results are in your hands.  
Many of us find ourselves on a path where we are not satisfied or happy.  
That can be for a number of reasons!  
For some people to move through this will be impossible.  
People want more and just leave it there, at wanting more.  
Not knowing that they have the power and ability to  
create who they are and what it is they want in life.  
I will share a technique I personally used to begin creating.  
Three simple steps has helped me put myself a better position to create!

**Step 1 "Chapter 1"**

To begin creating yourself and things of which you truly want, you must first:  
Identify with yourself!  
Get to know your likes get to know your dislikes from a closer point of view.  
Interview yourself on things and situations, people even who make you happy.  
Then flip it into reverse an interview yourself on what, who, and why doesn't make you happy.  
This is a very important step!  
Without identification of your present self,  
there is no way to identify with the new person you want to become.  
This step of identification may be uncomfortable and that's okay.  
Embrace it though, feel everything for everything!  
In this step it is important to release your laughs and tears.  
Release tension that is built-up and express your gratitude with your present self.  
Once you identified yourself write down on a piece of paper how you feel overall.  
Under your thoughts of self, rate yourself on a scale 1 to 10.  
10 being the person you want to be, and 1 being the person you have no desire to be.  
Keep that number to yourself.

## **Step 2 “Chapter 2”**

We have identified with ourselves.

Now it is time to accept ourselves.

Yes! Acceptance!

This is even a harder step than the first step.

Once you identified in yourself the good, bad, and ugly you must OWN IT!!!!

It's yours, nobody else's!

When you truly accept yourself as yourself,

you put yourself in a place where you can begin to create!

There is no denial or rejection stopping you from creating.

It's honestly really deep, not only do you understand yourself now but you also embraced yourself!

When you embrace yourself, to me something magical happens!

The release of any power that is yours is given back to you from any source that is being embraced by you.

It's beautiful!

## **Step 3 “Chapter 3”**

We all share energy!

We all are here to love one another and share our unique God-given gift of energy.

Not to take or seek power of it from others!

Many of us on the path we would like to depart from have been made self victim to the harshness of being victimized.

We dislike, hate even something that happened to us.

We want nothing to do with that or for it to never happen again.

Yet we hold onto it with all our might, we replay it in our minds and we hold onto the imprints of it in our hearts.

This is only creating more of what you do not want.

What has to happen is a reorganization intervention.

You have to intervene to your heart, soul and mind to

Re-organize, Prioritize, and Manage things properly.

You have to clear out the creation space in order for new things to be created.

A space for new creations!

Quick question?

Does a painter paint over a beautiful painting just because he doesn't have a canvas or does he go out to acquire a new canvas to create another beautiful painting?

I think you know the answer.

To stay on the story of a painter,  
I want you to picture yourself as a painter who has thousands of art collections.  
Some of the work you hang up and you magnetize.  
People can see up close and appreciate your talents.  
Then you have pieces of work you put in a safe place where no one has access to.  
Only you know what you created.  
This is how we should organize and manage everything about us.  
Nothing that was created for/by you is to be picked apart and not learned from  
but for you to learn, grow, and create.  
To go more into this third step.  
Here is another scenario...  
Picture yourself as a business owner.  
You have been in business for a year things are great!  
You're in a great position and your business is booming!  
For accounting reasons and purposes you must keep track of everything.  
Gains losses etc. Everything!  
This list of gains and losses however doesn't actually define you as a business person.  
It doesn't necessarily reflect your great position that you are actually in.  
It shows the mediums of you- your energy!  
You can very well focus on the losses and overlook the gains  
and everything else good that has come with it. But why?  
Don't let the detailed list blind you from your overall self.  
Side-bar!  
Just to be clear you are at the right place and right time always!  
What that means is, it's always a good time to create!  
You are creating all the time, whether you know it or not.  
You were at the right place at the right time because  
you are the one who is in control of that.  
You were at the right place at the right time because  
you are the one who determines that.

### **Review of Steps!**

Keep in mind the first steps which is to,  
One embrace yourself- that is where your identification happens  
which leads you to the second step of accepting who you are!  
Always keeping in mind of the third step which is to  
manage your thoughts and feelings in places where your  
creation space is clear and clutter free!

With these 3 steps:

1. Identification
2. Acceptance
3. Management

There's nothing really stopping you from creating the person you want to become and things in your life you want to create.

Do not stop I just wanting more.

At least try these three steps and see what happens!

Thank you for reading my **first E-Book**, until next time.

Larrina Ellison

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