

“HOW TO PUT IDEAS INTO FORM”
FROM THE CONSCIOUS ENTREPRENEUR HANDBOOK
by Kristin Rose, PhD

So you want to be a Conscious Entrepreneur.

You care about making the world a better place, and you’re going to invest blood, sweat, and tears into bringing your passion to life. You’re committed to fully living your purpose, and the way you run your business will be a clear reflection of that. You will do your life’s work in harmony with other people, with the planet, with the universe. It all sounds so perfect, like a dream come true! And if what you’re going to be doing in your day-to-day life will reflect who you really are at the deepest levels, then everything you need to make it happen should manifest immediately, right? Right!

So then why is it so hard to get started? Why is it so hard to make the transition from dreaming the dream to living the dream? Why is it so difficult to put our ideas into form? Is it because our dreams are too big, too unrealistic? No. If anything we’re probably not dreaming big enough. Instead, the root of the problem is often our lack of faith in realizing the dream.

Own Up to Your Own Stuff

Let’s say we have crystallized a vision to the point where our passion is completely engaged and we are on fire to create, to bring this vision to life. What’s stopping us? Well if our dream truly reaches for the sky, we may struggle to make a practical connection between where we are right now on the material plane and where we think we need to be in order for that dream to fully manifest. We figure that would take forever, and there would be an infinite number of obstacles – it’ll never happen.

But our dreams are so important to us that we get defensive and refuse to sacrifice our grand vision to the pessimistic society that surrounds us. “How dare these other people rain on my parade. It’s their fault that I’m not able to realize my vision.” But this way of thinking places the problem outside of us, thus denying our inner feelings of disconnect. And our lack of faith is justified even more. We’ve just perpetuated the very problem we’re claiming we want to resolve.

So does this mean that we need to dream smaller, to rain on our own parade? Absolutely not. What it means is that it’s our responsibility to be honest with ourselves about our own limited faith in realizing our dreams. Once we accept this, we can work through it, and even find a way to take advantage of it.

Why the Disconnect Between Idea and Form?

One reason we feel disconnected from our vision is that by calling it a vision, we're making it separate from the here and now. It's separate from us, so it can't possibly exist in this moment. We think that the bigger the vision, the longer it should take to manifest, and the harder it will be.

Another reason for the perception of disconnect is that when we have a dream, it's easy to get attached to it in that state. Once a dream, always a dream. Our brains love to label, categorize, and keep things consistent. And thought-forms, while not tangible in the physical sense, can still be difficult for us to detach from. So what we need to do is take advantage of our excitement about our ideas as ideas... and match it with the same level of excitement for channeling our ideas into form.

Transforming Disconnection into Manifestation

Our habitual attachment to form, which may feel limiting, is also the key to breaking out of it. In order to do make this transformation, we need two things. First, we need a key that unlocks the hidden gifts within our feelings of disconnect. Second, we need a practical tool to actually make the transformation.

1. Transformation Key: A Lack of Magnitude

The subconscious does not realize magnitude. Just alignment of energy. So one tear is the same as a flood of tears. A fleeting smile is the same as a belly laugh. A grain of sand is the same as a desert. A second is the same as a century. Magnitude is an illusion, but since we think it is real, let's take advantage of that misconception and scale down the magnitude while preserving the perfect harmony between the idea and the scaled down form that you decide to manifest first. Do this often enough, and the form will grow naturally and on top of a solid foundation, thus expanding your faith and confidence in your ability to put ideas into form.

We feel disconnected when the scale of our vision does not seem to resonate with the practical here and now. But the underlying root of this disconnect – our attachment to the false self – cannot be triggered when our goal is trivial. This does not mean that we have to limit our vision, but it may mean that we could benefit from limiting our initial goals for how that vision will manifest. Therefore, our Transformation Key is “a lack of magnitude.”

Start small, trivial, and safe. Start with the most purely aligned mini-forms you can think of that symbolize the way you'd like to see your ideas manifest. Over time, the ever-evolving form will take on a life of its own, fueled by your increasing faith in realizing it. With practice, it will begin to feel more effortless and continue to evolve more organically, but we need a foundation to get started. Similar to the law of inertia, it is harder to shift from being at rest to being in motion, than to staying in motion once you are already in motion.

Once you gain enough momentum, your ever-evolving form will take on a life of its own. This is another reason to start small. Because it's hard to change something that's already in motion, make sure that what you put into motion is aligned with your vision. Smaller forms are easier to change than larger ones.

2. Manifestation Tool: A Passionate Structure

Suppose you are born a musician with tons of natural talent. You have the capability to learn any instrument in the world and channel beautiful music anywhere you go. But if you never encounter an instrument, if you never find your voice, if you never come across a structure through which to manifest that gift... then you'll never fully realize your gift, and no one will be able to benefit from it.

The job of the aspiring entrepreneur is to find the right structure – not necessarily a definite, permanent structure, just something to start with. Lay the groundwork. Don't get attached to the forms you create as you go. Stay in flow, and the form will take care of itself. Form is simply a way for us to connect with each other. It's still not real within itself – it is still another form of the material dream – but it can be used to get people in touch with that deeper part of themselves.

What does it mean to put something into form? Some example verbs that are used to create form include building, expressing, creating, transmitting, sharing, and connecting. When you can perceive the result with any of your material senses, you have just put that idea into form.

Once you have channeled your vision through a passionate structure and created one form, no matter how small, this success will give you the momentum you need to continue evolving the entire process. It will refuel your vision, further awaken your passion, and guide you in further defining and expanding your structure for bringing it to life. When you're ready to scale up and integrate this manifestation into the form of an organization, business, or movement... you will be able to change the world.

About the Author

Kristin Rose, PhD, has over 12 years of experience leading transformation projects for companies including Genentech, Pfizer, and American Express. She holds a PhD in Social Psychology as well as certifications in a number of energy healing modalities.

She has emerged from the corporate world with an understanding of how to apply healing and intuition to the day-to-day reality of one's life, both at work and at home. In her individual sessions, team events, and workshops, she shows you how to master your own energy and expand your consciousness, so that you can offer your most valuable gifts to the world.