

The Creative Force of Intention

A wonderful Facebook memory randomly appeared that reminds me of how thoughts have energy. I was one of those moms who actively chronicled my life between 2007 and 2010. Thanks to the iPhone (no more lugging around a digital camera), I was able to share family moments with my husband, who was deployed in Iraq. I enthusiastically shared my children's sporting events and school activities on Facebook. Those posts captured the frenzy of my life at the time. Today, my life is less outwardly eventful, and I've let go of the habit of documenting every moment. Revisiting those memories sparked a profound realization about the creative process as taught by Ernest Holmes.

Holmes emphasized that thoughts are creative forces. By channeling our mental energy through visualization, affirmations and focused intention, we align ourselves with Universal Spirit and manifest our desires. A memory from summer 2008 brought this principle into sharp focus. The photo showed me with my two children at Yankee Stadium. My 4-year-old son declared that day, "I'm going to play here one day." Later that evening at Rockefeller Center, my 8-year-old daughter said, "This is where Kevin meets his mom," referencing the movie "Home Alone 2." She then expressed her dream of meeting me at the iconic tree on Christmas Day.

At the time, my primary focus as a protective mom was keeping my kids safe in the chaos of a big city. The deeper meaning of their declarations was far from my mind. Fast forward to December 2024: My son, now in college, played a football bowl game in Yankee Stadium, and on Christmas Day, my daughter and I stood together under the Rockefeller Center Christmas tree. These moments felt surreal, a vivid reminder of how Spirit honors intentions, even those spoken in the innocence of childhood.

Inspired by this realization, I plan to create an electronic intention notebook for 2025, which I will call my "Spiritbook." With pictures and affirmations, I'll consciously document my desires and dreams. Reflecting on the past clarifies where I want to go, and it's a beautiful reminder that the creative process is always at work. Spirit's timeline may not align with ours, but it brings our intentions to fruition. ☸



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