



## Conscious Creation and the Silver Screen

By Brent Marchant

Most of us no doubt are familiar with the expression, “Life is what you make of it.” It’s an adage that offers comfort in the face of disappointment and inspiration when undertaking new endeavors. Yet, despite the good feelings this saying imparts, how many of us *truly* take it to heart? Do we seriously believe the sentiment expressed by these words? And is the essence of this idea even possible, or is it just warm fuzzy New Age hype?

For my part, I believe it really *is* possible for life to become what you make of it, thanks to the practice of *conscious creation* (also known as *the law of attraction*). This highly empowering approach to living maintains that we each create our own reality in conjunction with All That Is (or God, Goddess, Source, the Universe or whatever other term best suits you). This is accomplished by combining the beliefs we each formulate for ourselves with the power of our divine collaborator, thereby creating the conditions for manifesting the physical world that surrounds us. It applies in all areas of life, too, from romance to vocation to spirituality and everything in between. When the process is applied skillfully, it results in the life we crave.

While some may not be familiar with the term “conscious creation,” the concept is anything but new. Students of the ancient esoteric practice of alchemy, for example, will readily recognize the underlying similarities between that discipline and this one. Likewise, followers of the law of attraction, the personal empowerment concept popularized through the immensely successful book and DVD “The Secret” (2006), will

see conscious creation's uncanny resemblance to that practice. But, no matter what one calls it or how one uses it, the process ultimately yields the same result, namely, that thoughts become things.

A number of important principles provide the foundation for this practice, and many excellent references about them are available. They are perhaps best covered in the writings of author Jane Roberts (1929-1984), who, together with her noncorporeal channeled entity, Seth, produced volume upon volume of material on the subject. But, as eloquently as these concepts are presented in prose, they are also brilliantly portrayed through an entirely different medium—*the movies*.

In many respects, movies are essentially the modern-day equivalent of storytelling, the time-honored practice long used for instructing students in various philosophical, spiritual and metaphysical traditions. But, because motion pictures enhance their storylines with the high-tech wizardry of striking visuals and state-of-the-art sound, they bring their messages to life in ways mere words often can't. Their messages carry enormous impact, evoking strongly felt responses and conveying their messages with palpable degrees of substance and meaning. This is particularly true when it comes to cinematic portrayals of conscious creation principles; they jump off the screen at us with the vigor of the great white star of "Jaws."

As a lifelong movie lover, I've found that films of all genres are capable of accomplishing this, too, including everything from comedies to dramas to science fiction and even documentaries. In fact, over time, I've discovered that movies can be organized into a sort of road map or outline for explaining the key concepts of conscious creation, the approach I used in my books, *Get the Picture: Conscious Creation Goes to the Movies* (2007, 2014), *Consciously Created Cinema: The Movie Lover's Guide to the Law of Attraction* (2014) and *Third Real: Conscious Creation Goes Back to the Movies* (2017).

Many fundamental conscious creation concepts may seem like practical, commonsense guidance, and that's true, to be sure. But, when the principles are viewed *collectively* (with the concepts building upon one another) and applied with a heightened sense of awareness (a truly "conscious" outlook), they work synergistically to provide a powerful means for approaching life. They generate a heightened sense of self-empowerment and self-awareness to help us shape our existence more to our liking. They enable us to address life's opportunities, and to confront its challenges, more effectively and with a greater sense of fulfillment. Here's a look at some of those concepts and films that exemplify them:

**1. Becoming aware of how we formulate beliefs.** Since beliefs are the starting point in conscious creation, it's important to know how they form in the first place. This involves becoming aware of the roles that our intellect and intuition play in this process. They provide the input that our consciousness evaluates and then uses to shape the beliefs we hold based on such assessments. Awareness of this overall process, as well as the individual beliefs formed through it, are crucial for improving the proficiency of our conscious creation practice. Movies that show this include the romantic comedy "Under the Tuscan Sun" (2003), the ballet world drama "The Turning Point" (1977), the quirky comedy-drama "Greenberg" (2010) and the engaging metaphysical documentary "The Quantum Activist" (2009).

**2. Going beyond surface perceptions.** Because we tend to put more reliance on intellect than on intuition, we also tend to put a lot of stock into surface perceptions, those we perceive with our five outer senses. But sometimes these impressions don't tell the whole story. Looking beneath the surface provides a fuller picture, helping us to see that things aren't always what they seem. It also helps us sharpen our intuitive sense, as noted above a key element in belief formation. These ideas are explored eloquently in the gripping psychological drama "Ordinary People" (1980), the French farce "King of Hearts" (1966), the riveting character study "A Beautiful Mind" (2001), the biting satire "Wag the Dog" (1997), the heartfelt father-and-son drama "Big Fish" (2003) and the gripping church-based drama "Doubt" (2008).

**3. Understanding the relationship of science and spirit in our lives.** In many ways, the harmony between these two forces is a metaphor for the relationship between our intellect and intuition. Grasping the one aids comprehension of the other, and a number of pictures illustrate that notion, including the aforementioned DVD "The Secret" (2006), the eclectic conscious creation treatise "What the #\$\*! Do We (K)now!?" (2004), the engaging sci-fi drama "Contact" (1997) and the metaphysical talkfest "Mindwalk" (1991).

**4. Drawing upon the power of choice and free will.** If we each create our own reality, then it would stand to reason that we also must be the ones making the decisions about how that reality materializes. This is where the power of choice and free will comes into play. Surprisingly, however, it's a power we often lose sight of. Maintaining an acute awareness of it is critical to formulating beliefs that allow us to create the existence we want, no matter how outlandish or unusual those choices may seem. Examples of pictures that illustrate this are the gut-wrenching drama "Sophie's Choice" (1982), the edgy dark comedy "After Hours" (1985), the unconventional family drama "Housekeeping" (1987), the futurist yarn "Brave New World" (1998) and the road trip tale "Away We Go" (2009).

**5. Making changes when needed.** When our beliefs don't pan out as we'd like, it's time to choose new ones. Being willing to evaluate our choices and make changes to them (by rewriting the beliefs that underlie them) is essential for achieving results more to our liking. Of course, we have to follow through on those changes in our choices to see them bear fruit; otherwise, we're likely to remain locked in place, unsatisfied with our creations. Films that address such questions include the offbeat drama "The Truman Show" (1998), the gender-bending comedies "All of Me" (1984) and "Switch" (1991), the romantic fantasy "Peggy Sue Got Married" (1986), the quirky Woody Allen comedies "Zelig" (1983) and "The Purple Rose of Cairo" (1985), the never-ending saga of "Groundhog Day" (1993) and the heartwarming odyssey of "The Best Exotic Marigold Hotel" (2012).

**6. Facing fears and living heroically.** This is precisely what's called for when making changes in our beliefs and in our lives. Without the courage to do this, we really *will* stay stuck in place. Many movies delve into this subject beautifully, but some of my favorites are the soul-searching sci-fi drama "Signs" (2002), the courageous leap of faith character study "An Unmarried Woman" (1978), the Alfred Hitchcock classic "Vertigo" (1958), the otherworldly romantic comedy "Defending Your Life" (1991), the charming and inspiring biopic "The King's Speech" (2010), and a trio of contemporary heroic tales (all from 2005), "The Constant Gardener," "Syriana" and "Good Night, and Good Luck."

**7. Assessing the evolution of our beliefs.** Looking at how our beliefs change over time gives us a sense of how far we've come in achieving a particular goal. By taking stock of our beliefs in this way, we can see where further changes may be needed as well. Films in the road trip genre are especially effective at this, and some great examples include the cinematic classic "The Wizard of Oz" (1939), the screwball comedy "Flirting with Disaster" (1996), the action adventure "Indiana Jones and the Last Crusade" (1989), the Frank Capra fantasy "Lost Horizon" (1937), the Stanley Kubrick masterpiece "2001: A Space Odyssey" (1968) and the eccentric father-and-son comedy "Nebraska" (2013).

**8. Appreciating the connectedness of all things.** If we each truly create our own reality, then we indeed create the *totality* of that reality, including all its component parts. When we consider how intricately all of the elements of our existence are interwoven, it becomes clear how careful we must be when making choices, formulating beliefs and effecting changes to them, for the implications can be far-reaching and unexpected. A number of movies explore this idea well, including the ironically titled "Six Degrees of Separation" (1993), the dysfunctional character study "American Beauty" (1999), the engaging gay drama "Hard Pill" (2005), the angst-ridden L.A. sagas "Grand Canyon" (1991) and "Crash" (2005), the heartwarming tale "Pay It Forward" (2000), the sci-fi

blockbuster “Avatar” (2009) and the multifaceted reincarnational saga “Cloud Atlas” (2012).

**9. Exceeding our personal limitations.** A chief aim of conscious creation is to create the reality we desire, something frequently achieved through spurts in our personal growth. Such advances can be realized by thinking the unthinkable, envisioning possibilities never before dreamed of and imbuing ourselves with skills we never knew we had or thought possible. Also, it can involve allowing ourselves to wander the uncharted territories of alternate states of consciousness, such as those experienced in dreams and other unconventional states of mind. Imagine what’s possible with outlooks like that! Sci-fi and fantasy films are especially good at helping us see such possibilities, because they inherently push limits as part of their storylines. Some great examples are “What Dreams May Come” (1998), “Phenomenon” (1996), “Resurrection” (theatrical version, 1980; made-for-TV version, 1999), “K-PAX” (2001), “The Lathe of Heaven” (1980), “Brainstorm” (1983), “Eternal Sunshine of the Spotless Mind” (2004), “Pleasantville” (1998) and “Midnight in Paris” (2011).

**10. Experiencing the joy and power of creation.** As self-evident as this may seem, becoming more conscious of this state of being is tremendously uplifting. It allows us to experience being our own best selves, living up to our potential for the betterment of our own lives and those of others, a concept sometimes referred to as “value fulfillment.” It begs the question, “Who wouldn’t want to live a life like that?” We can see such sublime joy and tremendous power made manifest through such pictures as the gentle comedy “Being There” (1979), the Christmas classic “It’s a Wonderful Life” (1946), the inspiring, high-flying historical adventure “The Right Stuff” (1983), the dreamy fantasy world of “Wings of Desire” (1987) and the heartwarming sports drama “The Blind Side” (2009).

Consider what’s possible when these steps are put together, not only for achieving the existence you want, but also for bettering our world. The satisfaction and rewards of such a life are truly worth experiencing. And to think it can all stem from the inspiration that the movies provide.

Now *that’s* quite a creation, if I do say so myself.

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