

The **SEVEN (TEN)** Steps of Creation



AWAKENING WISDOM
DIGITAL DOWNLOAD BY JANNEKE KOOLE

The Seven (Ten) Steps of Creation

Introduction

The Ten Steps of Creation are well known within our SMSD Path's bountiful teachings and ceremonial alchemy. The teachings of the Steps of Creation were given to Thunder Strikes in 1990 and are a combination of Rosicrucian teachings and SMSD Wheels and Keys. They were first recorded in ***Teachings Unlimited, Volume I, Supplement #1***. We learned them initially as the Seven Steps in the process of our life's experience (the Dream). And right from the beginning, these included three hidden steps that together made up the Ten Steps of Creation.

Within the process of our life experience, we go through seven steps at each movement. The Seven Steps describe how energy moves through life in a constant and continuous cycle. The eighth step establishes the new pattern, the ninth step moves it and then the tenth step signals a completion of one cycle and the beginning of the next stream of life.

The Seven Steps are seven streams of light. Every time that light moves, it vibrates at another level and manifests itself in another form. Once something is created, light radiates from it and it becomes a focus of attraction.

The Seven Steps describe the internal mechanism of the process of life's experiences. It is the key to the structure of the universe and how this universe defines itself.

The 0-9 Law of all Energy Movement



The Ten Steps follow the 0-9 Law. The 0-9 Law is the Fourth Universal Law, the Vibrational Energy Law, or the 0-9 Atom Law of all Energy Movement.

The Fourth Universal Law states that

All energy follows a pattern of movement from 0 to 9: all energy starts at 0, moves outward 9 times and then folds back in on itself.

All energy moves in a cyclical sequence from 0-9, i.e. in 10 steps. On the Energy Light Movement Wheel, we find 1 and 10 – light moving from 0-9 as a full measure of itself.

How many of you have ever tested out this phenomena by patiently dropping a small pebble into a still pool of water and counting the rings while catching the moment that the energy folds back and returns to 0?

Are you aware that this law is operative all the time and with all forms of energy (good and bad/benevolent and malevolent)? When the energy returns it returns amplified tenfold! Every thought, action and dream has a 0-9 energy movement with effect!

Between 0 and 9 are ten steps.

1. Focus
2. Substance
3. Form
4. Determination
5. Understanding
6. Imagination
7. Freedom
8. Pattern
9. Chaos
10. Completion

Let's look at each one in more detail.

1. Focus: When something happens, it catches our attention and we focus on it. It is the beginning point of our perception – a moment that is utterly unique for each individual. The something that happens may be experienced by many but each one of us will pay attention to what matters to us!
2. Substance: We take the “something that happens” inside, into our perceptual filtering process in order to make sense out of what is happening. We feel it, sense, know it exists but have not yet named or given it a definitive form. We are sorting to find out “what does this have to do with me?”. We are searching for the substance, the essence, so that we can focus our intent.
3. Form: Once we have selected the substance and focused our intent, it then takes on a form, a personal frame of reference that holds how we feel about it. This is where we decide if it is useful to us and, in so doing, we formulate an opinion about it. As we do so,

we put a box around it, we define its boundaries and limitations based on what has attraction for us.

This is called the SITTING PLACE – it is the direction on the wheel where we will sit in order to gain an understanding of what is happening to us and what to do about it.

Steps 2 and 3 create our inner dialogue – back and forth we go until we settle on the frame that works for us, that makes enough sense that we can work with it and take action based on it. We must establish a relationship to the substance in order to know what to do with it.

4. Determination: What we decide to do about it occurs at step four. We have sorted our inner response in steps 2 and 3 – so now we make up our mind.

This choice empowers us to take action. We take our inner response into decisive action (or reaction), and this launches our decision out into the world. We choose beauty or pain, balance or disharmony, knowledge or ignorance. Some days we choose what might be judged as a negative energy because that's the best "kick in the butt" at that moment. Many times, we don't see what our action creates until it comes back to us manifold! *What we determine to do at step 4 will inform the next steps and determine the outcome of the "something that happens" at 1!*

5. Understanding: Once the action leaves our hands (or mouth or thoughts or email/text/twitter), it will make an impact and be perceived by others as a "something that happens". Now our communication lands, and how it is received and perceived by others is reflected back to us. These reflections that bounce back to us give us an understanding of what the "something that happens" really meant to us. Only now can we truly know what we can do with it and how it works in our hands. With understanding, we can find a need or use for it.

When looking at it on the Infinity Movement of your birth sitting place, This is known as your DANCING PLACE. It is the place where you most easily dance your power and beauty out into the world.

6. Imagination: Step 6 is known as the "end result". Through the feedback we get from others about the action we took, we see how our actions affected life and others. The best thing about imagination is that we get to see how to improve the next time, how to take it to the next level of potential and refinement of character.

Ask: Was I in charge of myself and at cause in the center of my own circle? This is what is meant by dominion. Or was I dominating others or at the effect of others (therefore being dominated)? What can I do to take myself and my actions to the next level of refinement? At this step, we become the "magi" in the center of our circle of power, eagerly seeking solutions to the problems our actions often reveal.

Notice that it has a triangle around it on the Infinity Movement. That indicates that it is the WORKING PLACE, the solution to the box of limitations in the SITTING PLACE.

7. Freedom: This step takes us into the center of our circle to look all around the wheel so that we can take responsibility for our thoughts, words, and deeds. This is when we are truly free! At this step we see that we are never a victim unless we choose to be - and we are free to choose. The essence of freedom is our free will and to exercise this right we must take responsibility for our actions.

And now the Seven Steps become ten 😊

8. Pattern: From the place of being at cause (freedom, in the center) we become much more receptive to the changes that are needed or desirable at this time. Life is a great teacher – it shows us, without any mixed messages or hidden agendas, what works and what does not work. The challenge here is simply to be “teachable” ☐, to be willing to learn from our mistakes and to keep changing our patterns until we find one that works ... and then have the will to use that pattern until it too asks to be changed. This is what is meant by forbearance (which gives us insightful foresight).

Some questions to consider: Did I exercise self-control and tolerance, and so achieve forbearance? Did I follow my right intentions and create a pattern that is effective and pleasing to me? How can I embrace the mandatory changes that are now obvious so that I create a productive pattern?

9. Chaos: Change is inevitable and will produce chaos. What did our actions produce? Was it viable and effective? Am I growing and gaining something useful?

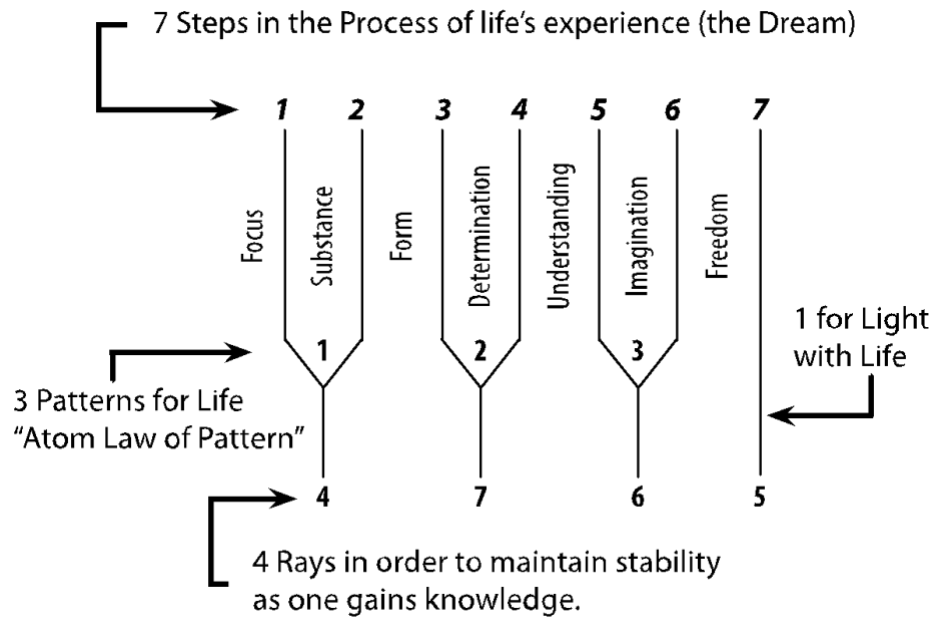
We are meant to continuously evolve and grow – this is the free will of the Great Spirit! And so we make the best of what is presenting itself, we bring our best to the table, and we keep on keeping on, doing the best that we know how to do in that moment. This is not the time to resist or sit back, this is the moment of immediate action. We are the director of the action at step 9.

10. Completion: And that is what takes us to completion – it is done! WE are back in the center of our wheel of life again. We have exercised our freedom of choice and begin anew at the next level of our talents, skills, and abilities.

“In Beauty, it is done!” “So mote it be” – every spiritual path has a way of declaring this 10th step. And just in that moment of completion, even as one full cycle has been completed, a new one is beginning.

I recommend the *Shamanic Wheels and Keys, Volume I, Chapter One* for a review of these basics. Although this chapter is often puzzling at first, it is richly layered with meaning that becomes apparent with repeated readings.

The 10 Steps Create a Magickal Formula



The Seven Steps are Streams of Light

As described above, the Seven Steps are considered to be streams of light that are ever-present and essential in our process of life's experience. When something happens, and we pay attention to it (focus), we will process that something until we stand in the center of the wheel of life (freedom). A moment of light becomes Life, and this happens again and again as we live and create our everyday life (which we call our dream).

1 for Light with Life is the vision of our Sacred Dream. We came into being on this physical plane, a spirit, a spark of light. We came with a vision for our life: a desire to learn and grow as a sacred human.

Three Patterns that sustain Life

You will see in the diagram above that the first six steps create 3 patterns. These patterns reference the genetic code inherent within all living forms that ensures the continuation of that form. In humans, our DNA (DeoxyriboNucleic Acid) distinguishes us as individuals, transmits inherited traits, and ensures the continuation of the human species. The RNA (RiboNucleic Acid) delivers the genetic instructions contained in DNA to the rest of our cells, translating our

encoding into a sequence of events (actions) that are necessary for life to function. Our ETA (Evolutionary Transformational Agent) is a magickal/mysterious agent of chaos that ensures we will always evolve beyond where, who and what we are now.

For us humans, health, hope, and happiness are the three “patterns” that sustain us in our dream, our life in this physical form.

Four Rays that Stabilize and Balance

These four stabilizers or rays (4,7, 6 and 5) are said to be the Creator’s way of ensuring that we stay balanced as we gain knowledge, as we grow our dream and evolve. Our determination to gain knowledge moves us through four stages: forgetting, learning, remembering (bringing into awareness with fondness) and knowledge (gaining memory).

We know these four best as the powers of the four cardinal directions, expressed as the four elements, the four powers, the four worlds, the Standard Conjurors, etc.

4 stands by itself as it has its own frequency and vibration as the focus (1) of our substance (2). The focus of our substance as human beings is to be determiners 😊. DETERMINATION fuels all movement in our process of life experience.

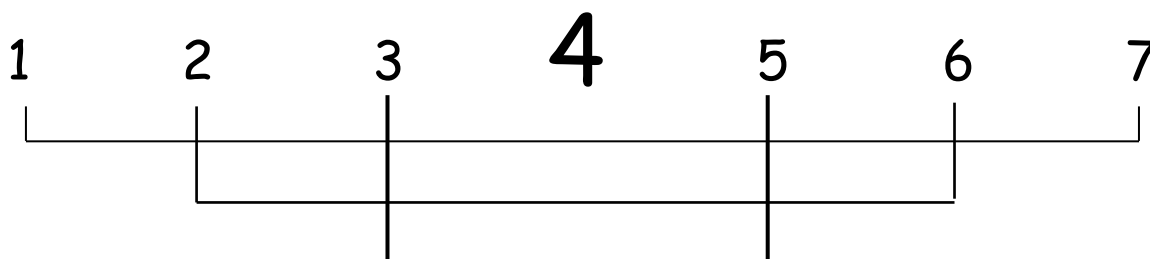
7 is a higher vibration of 1. FREEDOM is the form (3) of our determination (4). We have come into physical form and, at each offering of light, we are determined to return to freedom (i.e. ultimately, to return to formlessness). More on this pattern below as 7:1.

6 is a higher vibration of 2. IMAGINATION takes our understanding (5) beyond what is known into that which is not yet named or formed (imagination as 6). More on this pattern below as 6:2.

5 is a higher vibration of 3. Notice that this is the straight line in the illustration above, the Light with Life. UNDERSTANDING (5) is our freedom (7) for it creates valid knowledge, knowledge that works to integrate change and bring healing.

Consider the following illustration. We can see clearly here that four stands alone. To either side are three steps. These three steps are interconnected to form three stabilizing patterns so that, as we reach out with our determination, we are able to check that our actions are stable enough for us to be successful in our endeavors.

Each of these co-relationships equals 8. $1+7=8$, $2+6=8$, and $3+5=8$. They are considered to reflect the pattern that holds the internal structure of all living things intact. Given that we as humans were created with free will, it is divine providence that we have a means to honor the inter-connection, inter-reliability, and inter-dependence of all forms of all things within the Everything.



7:1 The Freedom Stabilizer

7 as a Stabilizer is the higher octave vibration of the first step (7:1). **This freedom stabilizer ensures continuity.** We might call it the relentlessness of life. It works through our Stationary Assemblage point and may well be what motivates us to pursue movement of our assemblage point into ever increasing levels of awareness.

As we exercise our determination, we do well to ask: Did I follow my highest intention and create a pattern that is effective, that fits my intention?

6:2 The Imagination Stabilizer

6 as a stabilizer is a higher octave vibration of the second step, substance. (6:2) Imagination is the understanding (5) of our imagination (6), that is the ability to go beyond what is known. **The imagination stabilizer is our stretch for excellence** within what we know until it takes us to the edge of what is not yet known. This stabilizer pulses through our being via the Moving Assemblage Point.

As we exercise our determination, we do well to ask: Am I stretching outside my comfort zone and gaining something that will help me to grow and evolve?

5:3 The Understanding Stabilizer

5 as a stabilizer is a higher octave vibration of the third step, form. (5:3) Understanding is our freedom (7) for it gives us valid knowledge, knowledge that works and creates change or healing. **The understanding stabilizer brings integration** so that we can move beyond where we are now. It works with our ETA and is situated within the Great Light Assemblage Point.

As we exercise our determination, we do well to ask: How is what I am doing of benefit to self, life and others? Will I take with me a deepening appreciation of what works and what is needed as I begin anew?

In this way these three patterns support our determination – they are like our wings to stabilize our flight. The fruits of our labor will show us whether these patterns were in place and will reveal what worked and what did not work.

Seven Steps Create Ten Steps

These three patterns (7:1, 6:2, and 5:3) are what creates Steps 8, 9, and 10 in the Ten Steps of Creation.

1, 2, 3 are the initiating steps, the foundational building blocks, that are essential to the determination made at step 4.

4 stands alone.

5 enables us to understand the impact of our actions. We get to witness how our determination has landed on the target of our intending.

6 offers us the ability to learn from what we understand, to see how to refine, clear out the presumptions in our internal perceptions (what we thought we knew) and stretch into a greater level of excellence.

7 places us in the center of our circle. From this place, we are at cause and can assume authority and take responsibility for what we assumed, intended, actually created, as well as what we will do about it going forward. It is the process of life itself.

Once any process has reached the seventh step of Freedom, it will naturally evolve into a new pattern which will need chaos to move it into completion.

8, as the pattern step, is held within the three stabilizers. A new pattern that has been created as an expression of our freedom will be an act of empowerment (and co-empowerment). The greatest karma in any pattern of non-freedom is the separation from or destruction of our connection with the earth.

Most specifically, the focus (1) of our freedom (7) is to experience the Light of Life as Love.

9, as the chaos step, ensures that evolution will and must occur. Within the chaotic wave, energy movement is designed and choreographed and is always in absolute male/female energy balance.

We can ensure this evolutionary stretch for excellence best at the 6:2 stabilizer.

10, as the completion step, sparks the next cycle even as it completes what was begun at 1. 10 = 1. At this step, we are once again in the center of the circle. Obtaining solution on one level merely opens the door to the next level of challenge. Completion is the step which will spin any process into its next evolutionary cycle.

Having exercised our freedom of choice, we get to understand (5) the form (3) of Life as we are experiencing it.

Application into Proper Prioritization in our Everyday Life

I imagine that we are each desiring a dharmic life-style that is fulfilling – where we are consistently healthy, hopeful, and happy. The following process invites you to use the Ten Steps of Creation to design and create choices in your everyday life with poise and confidence.

Begin by Stepping into the Silence. Once inside your inner sanctuary, ask yourself these questions. Allow the answers to emerge from within your inner knowing space – refrain from thinking – feel what you sense to be true for you. Let your curious child spirit shield mind wander within the space and show you:

- What feeds you? What are you doing when you gain energy?
- What inspires, motivates and gives you the “will to do”?
- What are you doing when
 - Your heart bubbles like a running brook in the springtime? What makes your heart happy, so full it spills over in joy?
 - Your mind is still? What are you doing when you lose track of time? What brings you a sense of inner peace?
 - Your physical activity makes you feel healthy and strong?
 - You feel hope, are inspired and motivated to live life fully?
 - Your passion is sparked and gets you going?

Scan in all directions:

- Your five aspects of self (emotional, mental, physical, spiritual and sexual)
- Your relationship(s)
- Varying qualities of your character
- Your social life
- How you walk on your spiritual path
- Your home environment
- And anywhere else Spirit guides you to explore

Take some time to journal, walk in nature, work with your medicine Pipe, etc.

Ponder the most determinative action you desire that will make the changes so that you will sustain greater health, hope and happiness. This will be your #4!

A Handy Template

Use the following page as a template for your prioritization. Place what you came up with as your determination at Step 4.

What you put down for # 4 needs to be do-able – and it has to inspire and motivate you. It can't be work-oriented, it can't be the final product of some arduous process. Your basic self will never get behind this. It has to be so compelling that you will move mountains to get there. Another way to know it – you have to want it so bad that you will sacrifice distracting, short-term pleasures to be able to afford it.

4

3

2

1

5

6

7

8

9

10

Building Blocks are Foundational

The first three steps are building blocks to accomplishment, foundational requirements ... without which step 4 will falter!

Focus: Remember this is the “something happens” moment that will catch your attention and keep you focused – each in our own unique way.

- In order for you to take the determinative action, what is going to keep you focused, energized, attentive and in control of your own prioritization? What is going to be the golden thread that shows you the way?
 - Pay attention to anything that would divert your attention from this focus and remember that it is a distraction! Stay focused on the greatest magnetic attracting thought space that welcomes and encourages you to be who you are and evolve into the greater expression of your essence.
 - This step also tells you how to prepare each and every step you take to actualize your most determinative action. What needs to be happening for you to focus your attention?
- Substance: Remember this is where you will filter and sort inside yourself to find your intent to find what makes sense to you.
 - So if #1 is true, what is needed? What’s your inner dialogue saying? Do you have any “yes, but...” dialogue?
 - Many times this has to do with self-deservement – do you deserve to have what you are desiring? And if the answer is yes, what do you have to take care of? If the answer is no, it’s time to have a “sit-talk” with yourself – what blocks this self-deservement and is it justified or is this a filter that blocks your forward movement and self-actualization?
 - This step tells you how and what to keep in mind as you plan. Remember these first steps are building blocks. What do you need to have in place so that your focus of intent remains unwavering?
 - Form: Remember this is where we put a box around what and how we perceive what we are intending. It’s where we SIT and examine the form and structure of what we are going to do. Because it is informed by step #2, this is also where we have to deal with our inner

dialogue and the back and forth process, the “blah, blah, blah” that can often become quite opinionated and contaminated with resistance.

- It will be important to also look at WHO is in the box with us – what about our family, co-workers, etc. who will be impacted by our choices and decisions? What if they don’t agree with what we are looking to do?
- The key in this step is presence – staying present with self, in the moment, at the stage of actualization, not worrying about the future and not fretting about the past.

Look again at what you wrote at step 4, Determination. What we decide to do occurs at step four. Our inner response has been sorted out in steps 2 & 3 – so now we make up our mind. This choice will always be what empowers us to take action. We choose beauty or pain, balance or disharmony, knowledge or ignorance ... Some days we choose what might be judged as a negative energy because that’s the best “kick in the butt” at that moment. Sometimes we don’t see what our action creates until it comes back to us manifold!

What you determine to do at step 4 will inform the next steps and determine the outcome of the “something that happens” at 1!!

Read 1-2-3-4 and see if this creates a coherent message and inspires/motivates you to engage in this life change.

We have a Formula for Creating a Pattern that Works

- Understanding is a higher vibration of Form
 - Once the action leaves your hands (or mouth or thoughts or email/text/twitter), it will make impact and be perceived by others as a “something that happens”. Now our communication lands, and how it is received and perceived by others is reflected back to us.
 - This is known as your DANCING PLACE, the place where you most easily dance your power and beauty out into the world.
 - $5+3 = 8$ Ask yourself: “What is it that I need to understand, to communicate, to be in my power and give with beauty ... especially to those in my most immediate, everyday environment?”
 - In order to do “due diligence” you have to take a look at all the people who are important to you (parents, spouse, children, close friends, neighbors, and key people at work). Make a list and beside each identify how what you are planning to do will impact them (time, money, stressors, differences in values, what they have to deal with when you are gone, etc. Then, for each, make a note of what you must take care of so that the relationship is honored and to enlist their support (if they can) to support your #4.

- Imagination is a higher vibration of Substance
 - 6 is known as the “end result”, it describes what was affected by your actions, the feedback you might get from others about the action you took. The best thing about imagination is that you get to see how to improve next time, how to take it to the next level of potential and refinement of character. Were you in charge of yourself and at cause in the center of your circle (in dominion) or were you dominating others or at the effect of others (dominated)? What can you do to take it to the next level?
 - It is the WORKING PLACE, the solution to the box of limitations in the SITTING PLACE.
 - $6+2 = 8$ What is my pattern of care for the physical? What do I need to do differently? Who do I need to listen to?
 - This is also a good step to dream ahead: What do you imagine your life will be like 10 years from now? What will your children or grandchildren say about you after you have passed on?
- Freedom is a higher vibration of Focus
 - At 7 we are in the center of our circle to look all around the wheel, taking responsibility for our thoughts, words, and deeds. This is when we are truly free!
 - When we do this, we can stand tall and proud – not just afterwards but each and every step along the way. After all, we are doing it “our way”!
 - $7+1 = 8$ Take a look around – what makes this worth your while? What’s in it for you to do this? What are you seeking to gain as a victory in the end? Just getting it done, just accomplishing a goal is not enough at this place.

These three patterns create the formula for success. Check it out, does it work? Can you see, smell, taste, and know you can and will do it?

Creation is Designed for Success

Having placed ourselves inside the “instructions of the creator”, the patterns of Sacred Law, let’s see what happens when these three patterns lead us to completion.

- Pattern – the three patterns that sustain Life ($1+7$, $2+6$, $3+5$) train us to have the forbearance to remain receptive to learning HOW to engage in dharma.
- Chaos is the Free Will of the Creator – insurance that we will again and again have an opportunity to learn and grow, change and evolve!
 - We are the director of our own course.
 - Additions of 9 can show us where and in what way we will meet chaos
 - $1+8$ which could look like “falling off the wagon” at 8 and thereby losing our focus at 1
 - $2+7$ which could look like resistance in taking care or giving away our dream by justifying it with pretense and pity

- 3+6 which could look like being at the effect of what others say or ignoring valid information by being hard-headed and willful inside your own frame of reference (box of limitations)
- 4+5 which could mean that the needs of others will cancel out your determination and you'll revert to wishful thinking rather than creative solution-finding
- Completion – “It is done!” AND we have just begun!
 - The completion is an energy that will continue to ripple out and grow. It will also return to you manifold and thereby initiate a new cycle. Which makes 10 also another 1, the spark of light out of the void which conceives the next step forward.
 - Time for integration and celebration.
 - What worked?
 - What did not work and next time you would do differently?
 - What has been transformed in you and so what will you “take home with you” into your next adventure?
 - Three keys to completion: celebration, gratitude, tithing (or paying it forward)

REMEMBER: Start small and consider the ripple effect of the smallest of pebbles you drop into the pool. The 0-9 Law is the Fourth Universal Law – it is reliable and consistent and eternally at work in our lives!