

# CREATE YOUR GARDEN OF EDEN

*Change Your World in 7 Days  
Like God Did*

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To Cutty:

For his words of rebuke and wisdom—

*“Just do what you’re sent to do and stop playing around!”*



# TABLE OF CONTENTS

Foreword	ix
1. Introduction	1
2. Preliminary Pre-Creation Assessment	15
3. Day One: Creation of Light	33
4. Day Two: Creation of the Dividing Line or Boundary	47
5. Day Three: Separation of Water from Land	53
6. Day Four: Creation of Heavenly Lights and Seasons	67
7. Day Five: Creation of Fishes and Birds	79
8. Day Six: Creation of Animal Life and the Human Being	87
9. Day Seven: The Time of Rest	99

\*Complete exercises are in the *Create Your Garden of Eden Workbook* available for free download at [www.createyourgoe.com](http://www.createyourgoe.com) and [www.mygoe.com](http://www.mygoe.com).



## FOREWORD

For several years after I left university, I felt that I was not operating at my fullest potential but was cruising through life without a clear destination or purpose. Indeed, during this time, in my search for more out of life, I changed jobs and careers, moved to different countries, switched churches and even ended certain relationships. I was constantly questioning what I was doing and why I was doing it.

This is not to say I did not have a lot of great things going for me. In fact, to those looking on from the outside, my life appeared to be almost ideal. They saw a young woman with outstanding credentials and qualifications- a Harvard law graduate, working at a top New York law firm right out of law school, full of creativity and talent to spare. Indeed, a few years later, when I was a young Senator in the Parliament of Trinidad and Tobago, a journalist wrote a story about my political fortunes headlined “Star on the Rise.”

Yet, I did not feel like any star on the rise. I knew that the life I was living was not all the Creator had planned for me. My cry was “there has to be more to

life than this!” Something inside was not being fully expressed on a daily basis. And I was determined to express externally that which was alive internally.

These internal frustrations led me to ask God, the Creator of life, for guidance and direction. I specifically wanted a plan or a system that I could follow, step by step, to create a fulfilling life. Following this prayer, I opened the Bible and began reading. There I found it. The process I was seeking was laid out, quite simply, in the first few pages in Genesis.

I’ve written this book to share this process with you. I am still on my journey and initially thought that I could not publish this book until I had completed my process. But of course, by then it would be too late. My life would be over and I could help no one. I realized then that along the path to our goals, we can share what we learn even before we have accomplished all we set out to do. More important, some may need to hear this message now, not years later when I feel I have completed what I was sent to do.

And so, I invite you to read, learn and apply this process to create the life the Creator intended for you to live. He is waiting to start this journey with you and will be your constant guide along the way.

# INTRODUCTION

We were all created to have an abundant life - a life filled with energy; spiritual, emotional, and physical wellness; happy and fulfilling relationships; and personal growth and development. And each day comes with opportunities and experiences designed to cause the best within us to rise to the surface so that we can have this abundant life.

The truth is, however, for many of us, life is the opposite of exciting and abundant. Each day is either one of uninspiring ordinariness or full of stress and crises. Many live as spectators, watching others participate with excitement in the game of life and then wonder silently saying, "Surely there has to be more to life than this?"

The answer to this question is a resounding yes! A dreary, dismal life is not what our Creator intended. His intention is for each of us to have a meaningful, significant, abundant life. And we can have this life if we follow his plan and direction and apply his principles to all we do.

But why aren't we all living satisfying and energizing lives? For the most part, it is because we are not following the purpose for which we were created.

Each of us has been sent to the earth for a specific purpose, and until we identify and pursue that purpose, our lives will be empty and unfulfilled. In fact, deep within us there is recognition of this purpose. This is what drives people across the earth and from all walks of life to continually seek and search for meaning. We all want to identify, understand, and attain the underlying reason for our existence.

The pathway to this discovery is not always easy. Some spend years meandering through life in a kind of fog, uncertain of how to reach this goal and wondering "How do I know and fulfill my purpose in life?"

In this quest, some look to family, friends, mentors, or life coaches. Others, like me, read numerous personal development and self-help books in an effort to understand themselves and make the most of who they are. Speaking with advisors and reading motivational books is helpful, but I often found an element of spiritual substance or truth to be missing in most of the books I read. And in fact, many of the people who

advise can hardly discuss their own purpose or destiny in life with confidence and present a clear pathway for others to follow.

For while many aspire to live purposeful lives, few know how to achieve this state. Many go around in circles while chasing this elusive goal of a fulfilled life—a life in which you know intuitively that you are doing what you were made and created to do.

It is often in the later years, after a series of missteps, dead ends, and wrong turns, that some finally find their place of purpose. But even then, they are unable to tell you clearly what systematic steps they took to get there.

If you are on such a search, this book is written for you. My central theme is that in your quest to find your purpose and a pathway to your destiny, you should turn to the one who gave you life—God the Creator—and pattern the process God used to create abundant life on earth at the beginning of time.

God created you and knows why you were born. He has a specific plan for your life. Your makeup and design were not random. You were very carefully engineered. From the outset, God had an agenda for your life, and

his intention is that you leave your specific and unique mark on the world. To ensure this, he placed within you the capacity to do what he envisioned. In addition, he orchestrates the circumstances of your life and your interactions on the earth to enable you to fulfill the purpose he has for you.

This concept should not be difficult to grasp. Just imagine that you want a companion or assistant in life and that you can create a being to meet that need. Obviously, you will have certain specifications in your head as you begin. If you needed a being with the skills to drive a car or a pleasant manner to greet visitors to your home, you would include different abilities and characteristics depending on its ultimate purpose.

Similarly, you are custom made. Even though all of humanity shares common traits and characteristics, you are a unique individual with specific abilities, likes, and dislikes. You have a unique personality, history, and outlook. All of these combined enable you to fulfill the Creator's plan for your life.

It makes sense, therefore, that as you seek to fulfill your purpose in life, you should first go to the source itself—the Creator.

The Creator can guide and direct you to your purpose, and he also can reveal the unique strategy you need to live a full, satisfying life and become all that he intended.

The process of fulfilling your life's purpose does not have to be ad hoc, speculative, or based on trial and error. You don't have to wander in circles while trying to fulfill the Creator's plan for your life. There is a process or technology you can tap into that will guide you to accurately fulfill your purpose and destiny, and in so doing, you will please and honor the one who created you.

This process is readily available. It is not hidden or concealed. It is found in a rather obvious place in the book provided for us as a guide and manual for life that is known as the Bible, or the Word of God. The Bible's record of history, including its anecdotes, lessons, proverbs, poetry and songs, is drawn from the lives of individuals, families, tribes, and nations that spanned hundreds and thousands of years. It presents the Creator's plan for life on the earth he created. And it is our road map for both personal and group development and maturity.

Part of the journey toward maturity and success on this earth is to understand the general guidelines in the manual and apply the lessons, patterns, and examples to our individual situations. This is what this book seeks to help you to do—to understand one of the patterns in the Bible and apply it to your quest for purpose and meaning in life.

Which example or scenario from the Bible shall we use? Since this search for purpose is of primary importance and underscores all other pursuits, we will look at the first event we find in the Bible.

This first event recorded is the description of the creation of the earth on which we live, the creation of the first man, and the process of positioning him in a rich, fertile and suitable environment—the Garden of Eden.

It should be no surprise, then, that this first recorded event in the manual for life outlines a process we can use to determine why we are here and to construct a life to attain our purpose and destiny successfully. For with this knowledge, everything else falls into place. After gaining this knowledge, all our decisions and choices will be consequences of understanding our purpose and the path to our destiny.

Our focus, therefore, is on the creation process outlined in Genesis, and we will use, as a guide, the steps the Creator followed in creating the world.

Let us now take a look at the world at the beginning of creation to understand why this process can be applicable to fulfilling one's destiny on the earth.

Genesis 1:2 describes the state of the planet at the beginning of our time in these words: "*the earth was without form and void; and darkness was on the face of the deep*" (NKJV).

The image that comes to mind upon reading this is the depiction often used in many sci-fi movies of the earth after an event like a nuclear war, an alien invasion or a natural disaster. Picture a total wasteland—bleak, dark, empty, lonely—a place devoid of life, growth, and anything of beauty. No movement. No energy. Only darkness. This was the earth.

But this was at the beginning. From this bleak picture in Genesis 1:2, an amazing change takes place.

Over a period of six days, the planet was transformed from a total wasteland to paradise. From a dark, empty void, it became full of beauty, life, light, energy, and productive capacity, and was inhabited by a likeness of the Creator himself.

What a change! If ever there was a complete reversal of a situation, environment, and a major overhaul, this was it.

I believe the Creator decided to create a world that would reflect him as sovereign of the universe. He had an image or picture of what life on planet Earth should be, and obviously it was not the total wasteland of Genesis 1:2. His vision was for a place of beauty—a fertile garden and a paradise.

Since what existed at that time in Genesis 1:2 on the natural, physical earth was not what God envisioned, a change had to occur.

This change of the state of the planet was not an ad hoc process. Rather, the Creator set out to achieve his goal using a process that was well structured, based on a plan, with distinct steps and levels, and culminated in a definite end product or masterpiece. This end product was the human (both man and woman) living and operating within an ideal environment—the Garden of Eden. And at the end, it was good and pleasing to the Creator.

The fact that this major change occurred in God's world should fill us all with great hope and faith. As the Creator changed his earth, so too you can turn your life around, with his help. And this book will show you how.