



# Sacred Spaces



## Your Feeling Creates Your Reality Filter

by Toni Elizabeth Sar'h

Do you look at the big picture of your life or are you caught up in the little hangnails that keep you distracted? Is your daily experience one of wishing you didn't have to deal with the earth? Would you prefer to be whisked away into enchanted states of "enlightenment"?

The search for enlightenment is akin to believing in Santa Claus as a child and hoping you are going to have all kinds of presents to open. It means that someone outside of you or *something* outside of you is going to give it to you. This is the beginning of self-deception because you deceive yourself into believing you must *acquire* something *now* to make the *future* better.

Since I know that you don't believe in Santa Claus anymore, let's reflect on what creates a reality that feels like it is serving you. This is a state of mind (and heart) reflecting to you what you really wish to experience in life. How are you going to arrive at that "enlightened" state? By changing the way you *feel* and *think* about your life.

Stop looking for places, people and concepts to save you from fear, anxiety, stress and general turmoil. Become fully responsible for every action in your life. The very feeling you are having right now, as you are reading this article, is creating the future you are going to experience. If you can wrap your mind around the idea that only you create everything in your life, then you begin to see there is nothing outside of you whatsoever that will ever be able to give you what you are looking for in any way.

This concept applies to every aspect of your life. That is why I asked: Do you have a big picture of your life or do you get lost in the minutiae that mean nothing within the next hour of your experience? Many people spend a great deal of time wanting to tell me about all of the stories in their lives. The recitation always

carries the connotation of something happening *to* them. Usually, the storyline is constructed around a minute detail in a conversation, an expectation about someone else and, always, a loss of personal power or authority.

This is the “little” picture of life. It is the possible constant distraction keeping you from seeing the immensity of the picture of your life. I know that you have seen enough photos on the Internet to realize how small earth is in relation to this universe. How important is what someone said, what you think he/she meant or what you are going to do tomorrow? It is only important if you realize your divinity and then you won't *make* it important to you. Otherwise, it is a useless exercise. It does not contribute to your Self-actualization or your awareness of you.

Yet, if I asked you what you want in life, you would most likely tell me that you want to know what you are and how to live a happy life. You are divine. When you filter your life through that understanding, the rest comes easily.

It is vital for you to know that there are dimensions upon dimensions of frequency available to you. There are timescales of experience you have no conscious knowledge of and yet, at the same time, if you could look into your future, you would see that everything that you're attempting to pull away from, everything you are attempting to *stop* from happening is *what you are resonating into your life*. Your attention and emotional input inform the vacuum of the future with the subject matter of your focus. This is not personal. It is a relentless, impartial principle of physics – both physical and meta.

The key to coming into balance with this concept is to realize that whatever you are seeking is exactly what you want to *stop seeking* and bring into your conscious awareness the fact that it *exists already as your divinity*. You enter into contact with your *self* and your *Self*. This means the ego personality and the Divine Self blend consciously as one so you see everything you are doing as an aspect of source consciousness bringing balance and understanding to your purpose in life without fear or apprehension. You know yourself as enlightened because you **are** – light within – enlightened.

Every time you think you have to do something to “make it right” or you have to be sure that somebody else is confirming what you are being, move away from this

emotional reaction to what is *happening* in you. Literally, *choose* divinity; choose your own destiny right now remembering that **every** choice informs your future.

How can you tell what you are resonating? You will easily notice whether you are actually in alignment with your divine perception, or not, by feeling inside for evidence of struggle or effort. If it is not a flow within you, if you don't feel like you're flowing from one moment to another, then you are literally resonating struggle and effort into your future.

This is divine *Self-recognition*. It is recognizing how you are living this life as Source Consciousness. It's coming to the understanding that if you want to live in different times, if you are going to bring about the changes in this world you say you want, you have to use your life as the receptacle of information, as the transmitter and receiver of information about you. Remember, the information is impartial, pervasive, all encompassing and impersonal. ***It does not care. You do.***

Move past what you feel is distracting you from your divine abilities and take on your commitment to this world. Turn away way from, walk away from that which you fear. Removing the energy from any person, place or situation is only done by ignoring it. Then you remove the energetic input you have been giving to it. Every time you feel fear, anxiety, stress or discomfort, literally walk away from whatever it is that is causing it and say, "This is no longer in my life. I will not participate with this in my life anymore." You are the only one who can do this for yourself. You are the only one who can sing the divine song of your soul.

So look at all the places in your life where you make excuses. Look at all of those old excuses you use repeatedly. *Look* at them. *Feel* them. What do they feel like? Do they feel like flow, ease and divinity?

Change your focus, your earthly filter, to one of seeing only through divine eyes. Resonate with your divinity. Refuse to see anything except the divine in your life, no matter what your physical eyes may believe they are seeing through all of your concepts. You may need to accelerate your rebellious nature to do so. Good! It is as divine as you are and will express your divinity as much as any concept you hold around spirituality.

**YOU ARE GOD. LIVE AS GOD. BREATHE AS GOD. BE ONLY GOD.**