



# *The Art of Creation*

Divine Alchemy

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## **Pointing to the Art of Creation**

**Query One: What are you?**

**Query Two: How do you function as a human?**

**Query Three: What do you believe?**

**Query Four: Do you live your authority?**

**Query Five: What is your intention?**

**Query Six: What will you create?**

Read the Query and then do the exercise for that Query.



### **Query One: What Are You?**

**Do** you believe you are *someone*. Isn't that the way of this world you live in? Would it surprise you to know the personality you feel you *are* is as fleeting as the pictures that dance upon your image screen? And, at the same time (since you live within a concept of time and space), it feels solid and real to you. Who you are is the objectified sense of your personality and that personality has been given to you by others throughout your life.

You are the sum total of every experience you are having in every dimension, time, space, world and "reality" that emanates from within Creator. While you experience the microcosm you live in as appearing to be all that you believe you are, it is the pinpoint of your focus for this momentary life – a very small pinpoint.

Though you may wish to be of the opinion that you are good (whatever that means to you) and are trying your best, in many other realities you do not care whether you are "good" or not. You are delighting in being the "bad girl" or the "incorrigible boy". You are playing it to the hilt and all incarnations impact this one in a number of different ways.

At the same time, when you decide to do something "wrong" in this dimension (for whatever reason), you are living simultaneous lives you would consider "sacred" and "holy" in yet another realm of experience. You are a totality of all of these parts and the collections of roles you are playing are without number. Every time you think a thought, you stimulate a connection within a life you are maintaining in

another dimension somewhat outside of your present conscious awareness. Those lives influence the presence of this reality and vice versa. You are in constant flow and flux among all of these existences in some type of form, not necessarily human.

*Much more than a “who”, you are a “what”.* You are an emanation of consciousness emerging within I AM as it emanates as Creator. Since Creator is an effluence of I AM and you materialize within Creator, you originate from and proceed within I AM. You are I AM, always, eternally . . . and only that.

Your various religions and authorities have spent a good deal of time attempting to divest you of this knowledge.



YOU ARE YOUR OWN LIMITATION. ALL  
LIMITATION IS IMPOSED THROUGH FEAR.

They have done a very good job. You no longer feel worthy to call yourself what you *are* and therefore live within limitations imposed

upon you (you believe). Actually, the boundaries are *self-imposed* because there is nothing outside of I AM so whatever you allow into your frequency stream also emanates from within I AM.

When you experience yourself as a “what” rather than a “who” (if you make that choice within your free will), you begin to feel like you are “coming awake”. Some of your teachers and preachers tell you that you are “waking up”; that you have been asleep. In truth, you are never asleep or not awake. Every role you play out is done so as I AM in human form. It is merely you deciding that you will now view your life as one of divine awareness rather than simply “being human”.

You are not sleeping or dreaming. You are experiencing an aspect of consciousness that is only aware of what it desires. When you begin to feel the stirrings within you of feelings telling you it’s time to change, you will do so.

You incorporate every aspect of I AM. Nothing has been “left out” of you. You are no more incomplete than I AM is incomplete. Your capacity to know this truth is actuated within you right now. Your free will acceptance of it brings it fully into your consciousness and you begin to respond to life from the abundant abilities that are always yours.

The “what” that you are is sporting about in a planet you call earth, wearing a label you call your “name” and exhibiting attributes your personality wishes to experience within your present form.

As such, you are a true and complete expression of I AM. You might say that I AM is sporting and cavorting about in planet earth through the expression of your personality. This is your individuation; it is the individual “whatness” of you embracing your “whoness”.

## **The Mind**

When you begin the process of living as I AM, your mind will produce a number of creative methods to focus your attention on what you think or believe I AM is or could be. The human mind has a constant drive to know and be right because that connotes safety and security to the physical nature of the human.

Your consciousness arrives in this dimension upon your birth. It comes with you, *as you*, to play in this field of electromagnetic energy. Seldom does the human consciousness release its hold on its various beliefs enough to become simply aware of I AM. The mind instantly alerts itself to potential danger when the idea of losing its singularity is entertained.

In physical form, you are experiencing an aspect of consciousness that is only aware of what it desires. Eventually, you will begin to feel the stirrings within urging you to change. Your creative imagination identifies with its creations. You call them real because you have caused them.

When your personality no longer desires to cause them to be, you will become aware of yourself as I AM.



The longer you sit within the silent awareness of I AM, the less you will experience the perceived requirements of the senses.

When you sit in silence, being aware of I AM you may find your senses and their subsequent illusory states quieting down. Smell may be less strong, touch disappears; sight, sound and taste are no longer so demanding. The longer you sit within the silent awareness of I AM, the less you will experience the perceived requirements of the senses. They are all a part of the role you are playing as “you”.

You will know when you are living in your mind's relative reality rather than being aware of I AM by observing, witnessing what you are concerned about in daily life. Any sense of discomfort exists within your reality. It is relative to you and the beliefs you hold so closely. Let go of the belief and the situation changes. Your mind might rebel at this idea since it is afraid it may lose something. It will lose nothing and gain everything. It will surrender its attachments. There is only the awareness of I AM.

You use your physical vehicle to express consciousness within this world. That consciousness expresses fully and completely using both what you would consider inner and outer foci to create your reality. When you close your eyes, you may identify your state as being *within you*. You open your eyes and you are focused *outside of yourself*. These two beliefs are aspects of the illusion. *There is no inner or outer*. You are I AM. I AM is All.

As you unwind the persona you believe is you, your attachment to your spirituality, your preferred belief systems and all you consider to be important to you drops away. Within the inner silence, you find that all of these bonds have bound you tightly within a web of your own making. Only you can untangle that which you have woven.

Contrary to popular belief, you are I AM and as I AM any ideas or concepts you have about the state of your existence are already living in the awareness of I AM. Surrendering your beliefs is the beginning of becoming aware. You are I AM without even realizing your true state of existence.

### **I AM Nourishes You As You**

All that is manifest and not manifest emerges from within I AM, which is you. All is an experience of the whole as emerging love. Love has no *meaning* to I AM. As such, you mirror to yourself your own capacity as love. Awareness of being love in form is a mirror mirroring back to the mirror. It feeds you, nourishes you, brings you to awareness and gives you the ability to be the witness within your divinity as I AM.

When you become aware of yourself as divine, you are present as I AM. You are realizing you are present, which allows you to be visible to others without your mind scripting a part you play with them. When you are in that act of communication with yourself as I AM, you hear the words and those words are

going to mirror the illusion for you. As I AM, you experience only One, the All, and that One is embedded deep within your awareness.

All of this exciting (to you) activity is recorded in a “place” you call your soul. It is a record of your comings and goings in all of realities and dimensions. When you allow yourself to access the information contained within your soul record, you begin to see how these lives can impact this life if you desire. Remember, that it is “if you desire”.

## YOU ARE YOUR CHOICE

You are making the choices here – as I AM. Every choice is the correct and appropriate selection in each moment of your time and space.

You can redefine your “who”; you cannot redefine your “what”. You can give new names and ideologies to the “what” yet it will always remain undefined. The attempt to give it definition belongs to the “who” which does not understand that it is a “what” and always will be.

Your only reality is what you are as a state of aware consciousness. When the “who” lies down to surrender its costume to the earth of this dimension, what you are experiences another entrance into realms upon realms of living. You continue infinitely in expression as I AM.

### **A Knowing That Cannot Be Imparted**

There is a knowing that cannot be imparted. That is the answer to “What AM I?” This is not about belief; it has to be beyond belief. Belief means that you believe without knowing. It is something that you believe *in*. Belief requires no evidence. When you know something, it is part of you. Oftentimes it is impossible to impart that knowing to someone else unless they’re capable of knowing it, also.

They do not have the same perspective or past experiences that will allow them to come to an understanding. This knowing is “I am God”. I AM God. It is being All That Is in every breath, in every thought and including things that others might call uncomfortable. It encompasses all, is all and is without time or space.

Many “spiritual people” believe that by denying the body or the mind elevated spiritual awareness will become present. Is not the body and the mind also I AM?

How can the One be separated into physical vs. spiritual? It is the personality that uses the mind to create a definition of what you are rather than accepting that you are completely divine, which includes your personality within that divinity.

Most often the mind rebels at the concept that it and the body are equal to the spirit, enlightenment and Self-realization. The mind says, “*How can this be?*” It believes the human body and its accompanying parts are less than I AM. That is division. It is separation within the mind and, also, one of the reasons that many people fight so hard to become *something* other than what is being expressed naturally.



### I AM KNOWS NO SEPARATION

The issue with attempting to define what a human is becomes apparent when you realize that using words to define I AM involves perceptions and concepts.

Any words used are based upon a manner of looking at the divine that is part of your present belief system. I AM is wordless and nameless. Therefore, *you* are wordless and nameless. The question, “What AM I?” cannot be answered. The answering in itself is incorrect simply because it is an answer using words and ideas.

Think of the various descriptors you use to describe yourself. Any *this* or *that* is immediately a present perception. Drop the adjectives and all that is left is I AM. Realizing that any thought creates an idea based on a *believed* concept of existence opens the doorway to recognizing I AM. Simply drop the idea that there is something to be and let awareness be your guide.

This realization provides the obvious conclusion. If all is One and all is I AM, then rather than being a body or mind, everyone encompasses all bodies and all minds within the One Mind.

That One Mind is simply an extension of I AM, which is without name or expression. It simply *is* – as you *are*.

### Self and self

As I AM, there is no description that can be used to denote what you are with or without form. What you are conscious of as body and mind is not what you are as a

human being. Everything your mind presents as a personal aspect is incorporated within I AM though living as I AM requires your mind to relinquish its hold on that personal aspect.

There is no integration possible since self and the Self are one and the same. The separation is strictly in the mind. There is no separation. You are *all* bodies and *all* minds as the Self. There is absolutely no separation within I AM.

Your consciousness is *not* your mind, feelings or emotions. It encompasses every aspect of you physically and non-physically. The foundation of your apparent conscious awareness is the consciousness in each cell – indeed, every atom of your biology. Through your consciousness you make choices within each breath. This you refer to as your reality.

Your choice in each moment creates the information contained within the next "sentence" written upon the Akashic Field. Therefore, the Field is not only a storage device for that which you consider your past experience it also holds all of the possibilities for your future-future. It contains the potential for all of your lives. It is your soul record. The experiences already written into the Field, the wisdom and knowledge contained therein are the impetus for the potential contained within experience. Through your thoughts, words and actions you delve into your own potential. Through your free will choices you create the movement within the Field as you.

Conscious experiences shift and change throughout the daily routine of being alive. From what is worn as clothing to what is chosen as food, from choice of meditation practices to preferred arenas of work and play – each is a conscious decision, a free will choice within existence in this frequency dimension. The movement from one thought or memory to the next is *so fast* that you are not aware that consciousness is shifting.

Nowhere is the flow of spirit easier to observe than within the shifting, changing flow *of* conscious thought. Unless you have created a dedicated practice of meditation in which to release attention upon the rhythm of conscious thoughts, they are constantly present.

There is a basic vagueness to the idea *of* consciousness due to consciousness attempting to define *itself*. The ultimate state of conscious awareness within this incarnation can be referred to as *Self-realization* wherein there is a realization that

*Self* is the source. Once this state is experienced the play on words of *conscious consciousness* becomes secondary.

For the most part, humanity walks this earth unconsciously aware. The masses are hypnotized by the blatant references given to them through media, authority figures and their own desires to be seen as *special* or *more*. If you are feeling the inner yearning to become aware of your already enlightened Self, then you must release your attachment to the ideas, concepts and beliefs you have gathered within your personality. It is the need to be right, the need to know, the need to have the last word, the need to appear spiritual and all of the other needs you have incorporated into your personality that lay down the boundary lines obstructing you from your own awareness of conscious enlightenment.

No one can do this for you. *Even pointing the way* is but a very humble attempt to hold up a mirror assisting you to see your own shadow. Dedication, devotion and a single-focused attention to your own Self-realization is the only answer to your yearning heart. Your enlightenment *is*. Will you accept it by loosening the control you haphazardly believe you have over your illusionary reality?

## **Infinite Awareness**

Your capacity to make decisions, attempt to control your life and the depth to which you, as a human being, will go to make sure you are experiencing what you believe you want to experience suggests that you are in charge. *You are in charge of nothing*. You simply *believe* you are to satisfy your mind's desire to feel in control. Your state of being is within infinite awareness as I AM.

Contrary to popular belief, you are I AM and as I AM any ideas or concepts you have about the state of your existence are already living in the awareness of I AM. Surrendering your beliefs is the beginning of becoming aware. You are I AM without even realizing your true state of existence.

Your mind seizes every opportunity it possibly can to convince you that if you do *this* or do *that*, you will be in a state of bliss, harmony and love or whatever it is that you decide you want to feel. It gives you exercises to do, sets schedules for you and watches over your progress, day by day. *Even the practice of observing your progression as consciousness is part of ensuring that you complete what you have devised as your plan to become aware of I AM*. The mind believes it is in control.

As you allow your consciousness to become quieter, you will find your mind will slowly open up to surrendering its need for control, allowing you to step into the aware awareness of I AM. Your mental faculties will abdicate to the awareness of your divinity.

If your mind wants a practice, simply say I AM or I AM Divine to yourself every time you feel like you don't know what to do or think. Let I AM inform you how to live, breathe and experience within the awareness you live as I AM. Since you are already completely aware as I AM, you are simply affirming that which you already are as I AM. Within each breath is the constant awareness.

In the moment of the inbreath and the outbreath, in the space between, you will find a silent space wherein you realize the truth of your awareness. Not only have you yielded to that awareness, your life is your awareness as I AM.

You know within your sacred heart you are a divine being as I AM. *Now move from that knowing to a state of constant aware awareness*

*that precludes any concepts, ideologies or beliefs.* It is not necessary for you to do anything at all to recognize your divine awareness as I

AM. You can make the choice to be aware by releasing the ideas you have about your personal self, the *I* and *me* of you, and being only aware of I AM.



You are I AM - capable of all that is possible and unconcerned about any possibility.

Your focus and the feeling it creates within you is the creator of your present consciousness. Awareness creates no feeling. It is I AM. You are I AM and as such are fully aware of being such. This has no connection to perceived stages of spiritual transformation because you already are divine as I AM.

As you sit in silence, loosen your hold on what your consciousness is expressing through your mind. Allow the revelation of what you really are no matter what anyone says, no matter what is reflected back to you. You are I AM - capable of all that is possible and unconcerned about any possibility. You are I AM knowing Itself as eternally present and aware. Release yourself from the belief that it is not possible.

I AM is an awareness *you* invite *you* to live. It is allowing you to know the awareness of being without knowing anything at all. Within this awareness, you realize that what you do believe you know is only based upon conditioning you have accepted within your life and called real, which it is not. Your beliefs are your illusory story. You are I AM.

When you come to the realization that it is impossible for you to *know* anything, then you are truly free to be aware of I AM. Divine awareness opens to the sense that you do not know and you are then free of the necessity to choose or act in a specific way.

*Awareness* goes beyond the teachings of your parents, your schools, your religions and social structure. This realization requests only one attribute of you, that of allowance. You make an offering of it to you. This is the fulfillment of the transition in your life. It cannot be recognized so long as you believe it is hard. You must control the outcome or the *knowing* of what it is to *be aware*.

This attitude and alignment shift your perception and consciousness from one of simply being alive to being *aware* that you are alive. With each breath, you breathe I AM within your life, your personal reality. Remember that what you believe is real for you is only a subjective perception of what you have been taught to believe. Your beliefs are not real. They are as fictional as any novel you may choose to read, especially when compared to the awareness of I AM, which is what you are becoming aware of in this individuation.

In each breath, there is the capacity to live as awareness. You breathe into the connection of all things as awareness. Take a breath consciously as awareness. Begin with your breath inside your awareness and be with the breath, each breath. Consciousness is a crystal of awareness as I AM acting as your individuation. You are available in that awareness.

### **The Breath and Perception**

Be aware of your body; be aware of your breath, breathing as I AM as you; not so much learning as *experiencing*. This allows for clarity within your awareness. You fine-tune the focus of your awareness. You are a living awareness. You are I AM.

In your choice to incarnate into this realm, to come to earth, you took up a vehicle of movement and expression. You call this *your body* and your body came fully

equipped with an ego personality, an individuation that senses this world, this realm, allowing it to create and experience through free will. In other words, nothing is making you do what you choose to do. There is no thing "out there" that imposes its will upon you so that you no longer have free choice in every matter that concerns you.

At the same time, everything you decide is relative to a reality you call your own. *No one else lives within your reality except you.* Even those people who seem to be very close to you and love you experience their own reality that is different from yours. They make choices dependent upon what appears right or wrong for each of them. These decisions may include you and may not include you. It is only relative to their reality in the same way your reality is only relative to you.

The concepts that create your reality are contained in your beliefs. You may even call them your truths yet they are not true, only beliefs you have decided are true for you. This does not mean they are true for anyone else. I AM is not relative. I AM *is*. You are I AM so you have the opportunity to make choices that emerge within your awareness rather than your mind's belief in its perceived needs and desires.

The world you live in is so sensitive, so responsive to your every thought, feeling and action, that you literally imprint yourself upon it. You might say that you imprint yourself *within it* because you are not *outside* of it; you are *within* its electromagnetic frequency. The true imprint that is not necessarily obvious to you is that of your divinity – the I AM you are. When you interact with your environment, you do so through the mind's concepts about how you should act, be seen and be accepted. I AM is not the concepts. I AM is not the experience. I AM is without concepts or experience.

It is easy for your mind to become attached to the beliefs it thinks are correct. When you are sure you are right and have no room to explore another way of living, you are attached to your belief. Your ego personality contains all of these ideas, opinions, beliefs, judgments and knowledge that it is positive are the truth. It is going to hold on to them, be attached to them, as long as it possibly can. And that is where you begin to become uncomfortable because in the need to be right, to be attached and connected to what you believe is true you are left with absolutely no room to be aware. The door is closed, locked and heavily guarded. You are the keeper of the key. You are I AM. I AM is free of attachment, right or wrong.

Your authenticity carries no price. It simply is. You are authentically aware when you focus upon I AM and live divinely. You simply are and that is all. There is no sense of separation, which is always relative to any specific situation. So long as you create separation between you and anything or anyone else, you are not aware of I AM. Separation does not exist. It is a game the mind plays so that your ego personality can feel important in its opinions and judgments. Your ego personality is always right to itself. Be aware of I AM. Then you are free to live your divinity.

Your mind's consciousness is colored by what you have experienced in your past and often what you hope for in your future. This is your *perception* and it controls your behavior. *Perceptions are always the result of your beliefs.* Beliefs cause you to act or react depending upon what you believe is expected of you by your environment. *All perceptions are relative and create your reality.*

Your feelings create your thoughts and your thoughts create the reality that is your personal field, your frequency environment. The energy field interacts with you consciously and subconsciously creating the feelings that create the thoughts that create the environment. Your mind might ask if there is a reality that is not relative. That is I AM. Being aware as I AM is not relative to any space, time or dimension. It is.

You may also note that any discomfort is predicated by a belief you have about your sensory world. Your gift of existence includes the senses of your physiology. It is the body's senses that magnify the idea of need. It is also the senses that create desire through the mind.



Your authenticity carries no price. It simply is.

Your mind may also resist the idea that you have no needs. It may question whether you should or should not have desires. As a human being these ideas are

prevalent in mass consciousness. They are also demanding attention in the ego personality's consciousness. As I AM, you have no needs. As I AM, there is no desire. You are I AM.

The life of the body and the mind are fleeting, temporary. I AM is infinite. Living awareness as I AM opens doorways to all possibilities since all exists as I AM.

Only the relative world of your reality will attempt to hinder the awareness hinted at here. Your mind may attempt to attach itself to the idea of I AM as yet another concept to control and own. Rather than *thinking* I AM, which is all relative to your belief system, be *aware* of it. Live I AM rather than thinking about it. Living as I AM exposes the unreal, relative reality in which you live. You are I AM.

**Now complete the first exercise.**



## Query Two: How Do You Function As A Human?

The physical body is usually explained as a material structure composed of flesh, blood, bones and organs. It is what is construed as the “outer” form or the face presented to the “outside” world. It mirrors the expression of the ego’s personality.

The human physiology is the receptacle of consciousness through all of the complex processes inherent to it. It is a walking informational vehicle streaming the experience of consciousness. Though it may appear that application of these processes is only relevant to this frequency plane, DNA has access to information that the mind does not. And, as divine conscious awareness you have dominion over the expression of your human DNA.

Consciousness is *not* the mind, feelings or emotions. It encompasses every aspect physically and non-physically. The foundation of apparent conscious awareness is the consciousness in each cell – indeed, every atom of your biology. Your consciousness *uses* the mind to navigate this dimension.

Science refers to atoms and molecules as innate matter though every aspect of the physiology is dynamic – constantly moving, ever-changing, transforming. The autonomic functions of the body exchange information below the level of the mind. To a certain degree, these activities are involuntary. The voluntary, conscious responses within the body are prompted by stimulus as perceived in the personal reality. It is subjective based upon the significance given the catalyst.

## Understanding Your DNA

Sovereign Source Intelligence created out of the Cosmic Mind the DNA code symbolizing and speaking for Itself. The power of the Void contains within Itself the energy, creative power and intelligence to form in many dimensions that which is called DNA in earth. Since the informational carrier of the code is readily accessed by all of creation, you always have an opportunity to touch this immense configuration that lives within you. You make the choice about how this code will express.

The double helix of the two strand DNA lies embedded within that Cosmic Code of life. Deeply held within you is the access doorway to the center of the DNA encoded structure. Through the hologram that is the supporting life structure for all that seeks expression, you can become aware of your will as the One Will and reach a state of awareness of your divine nature.

As your personality becomes aware of its assimilation within the Divine Essence that you are, nothing is lost and all is gained. That which would appear as common reality is no longer valid and the sense of being held within a Cosmic Womb of Divine Grace is the new actuality. Thus, it is called the state of Divine Awareness; the giving up of the personal self to the discovering of the original Self and the foregoing of all you may call your reality. It is a road that many desire to walk, yet few have the courage to complete.

The lack of standard models with which to compare experiences in this realm causes many to doubt the veracity of the experience itself. Yet, eventually and inevitably you reach the doorway to the Essence of the Divine Self, the doorway that is the answer to all of your desires and hopes and the residence of all your fears.

This is the sole vibration that aligns with the coherent wave of All That Is in its creative frequencies. It is the infrastructure of all that exists creating the perfect hologram of dynamic, unfolding, infinite benevolence. It houses the compassionate Heart of the One in its instructional capacity of bringing to the center of your learning the Essence of the Absolute and Infinite—that which is the ancestry of your individuated soul. As your particle of the Coherent Wave submerges itself once again into that Wave through recognition of your Essence, you are granted multi-dimensional understanding of that which you *are*.

## Biological Waves

The physical senses are deceptive. The eye receives energy wave information, transforms it into an object and the visual sense perceives it as real. Actually, it is simply a wave interconnected to all other waves within All That Is which are in a *constant state of change*. Since all waves are connected, if one aspect is going to change all aspects must be taken into consideration.



***Each individual instructs DNA in its expression through thoughts, feelings and beliefs.***

The blueprint of DNA is made up of energy waves. All of these waves affect the entire physiology of the individual which is itself an energy wave. DNA responds to the information in the energy wave and creates accordingly. DNA is a holographic representation of a set of parents' combined DNA influenced by

their lives and the choices therein. This combo DNA is passed to the child. *Each individual instructs DNA in its expression through thoughts, feelings and beliefs.*

The energy wave comprising the individual commands the DNA how to "transcribe" itself. The information within the individual's energy wave expresses its identity within the world including desires, thoughts and perceived needs. It attracts a response to the energy emitted by the signature within the DNA in the same way the DNA responds to the energetic information sent to it. This is the basis for the law of attraction, which is also known as *the principle of resonance*.

## Spirit in Form

Source within form uses the physical vehicle to express within this realm. The more consciously aware you are the deeper the experience of Source or I AM. Within this dimension, physical changes become apparent within the human species as the human physiology evolves through ever-expanding experiences. While it may be perceived that this is a heightened experience, it is much more a *redistribution and balancing within the frequency dimension*.

To date, humans have been resisting change and constantly seeking the familiar. When changes occur there is an experience of lack of control because the *familiar* becomes *unfamiliar* and there doesn't appear to be anything for the brain/mind complex to grasp hold of that brings the usual state of comfort. Even when life appears to be flowing in all of the perfect directions, there is often a feeling of disruption, stress, worry or anger. Many people experience a sense of angst that was not present when unexpected changes occur. What is important to remember is that All That Is IS all that is so it is in a constant state of changeless change – changeless because the occurrence of change is constant.

## **The Knower**

If you wonder whether you as the knower disappears when the body disappears, there is a difference between the knower and the body though neither disappears in the true sense of that word. What does dissolve is the physical compilation that is known as the body. It becomes less firm and much more fluid in its makeup. It disintegrates into what most humans call *dust*.

The knower, on the other hand, simply continues knowing without reference to the ego's personality in this individuation. Much as I am known as Toni in this incarnation, when the knower that is Toni leaves the mortal body behind, the "idea" of Toni goes with it. So, I as the knower know myself in the less than physical though those who have known me in this life will remember me as Toni or Elizabeth or Sar'h. None of these names means they are *who I am*. They are monikers people can use to call me to them.

There is a profound realization in that last paragraph. If the realization appears that those who have passed on, as it were, no longer know themselves by the names of this earth, of what use is it to refer to them as such? Not much, actually. It is only done for the benefit of those who feel they are left behind so that they have someone to refer to when thinking of a deceased loved one. Actually, that being is now closer to you than they have been in physical life.

Who a person is during this life has nothing to do with his or her name or identity and everything to do with the realization of what he or she is as I AM. Since I AM is nameless, the name given is much more an attaching of a specific meaning to an individuation and calling it real.

Once the knower leaves the human form, that knower knows itself without physical form and without name. The type of form that is used outside of this present dimension is much less dense and travels easily through intention. Without using a specific identity, the knower can intend particular states of awareness most easily.

Since there are all possible states of union available to all human beings whether in or out of physical form, the ability to experience various states of expression become more easily available when you are not *attaching* your existence to a physical form. This is experienced in meditation and dream states. It diffuses control, preferences and attachments.

As you begin to realize you are I AM in a physical body, you may feel as though you are reconnecting or connecting *again* with your idea of God. One of the first concepts you want to dissolve is the idea you could be disconnected from that which you *are* in any way. You are I AM in human form so there is never separation from that which you are.

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As the Divine Self in form, you are light. You are composed of bio-photons. You are enlightened.

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Sometimes life might feel as though you are living in a very dark world or that you are not completely up to speed with that which you wish to experience. Yet, again, that is all based on belief. As the Divine Self in form, you are light. You are composed of bio-photons. You are enlightened. There is no way you could be separated from the light that you are even if you were to leave the physical vehicle that you now embody.

The earthly subjects you are drawn to are the measure of your own desire for clarity in specific areas. If you find someone with whom you resonate, you can certainly learn from them. Simply don't mistake their teachings for an instantaneous life experience on their part that is going to be transmitted to you. Each experience is particular and perfect for each individual and applies to them only. What you learn will create your personal experience. Don't put too much emphasis upon it.

## Infinity

So, does it ever end? The answer is *no* because spirit and soul are infinite. So long as there is a soul record recording your lives, there is an experience to be had – in or out of the physical body. Once you lay this body down you will be in another form that is simply invisible to the human eye. You will have experiences albeit not ones so immersed within duality.

Being human is a great adventure – Source choosing to incarnate in form in a dimension of free will wherein the consciousness enters to forget itself until awareness becomes the personal focus. Watch yourself drop the obvious trappings that seem to bind you and find the subtle ones underneath. Those disappear and the awareness of other tiny attachments make themselves known.

Know that the harmony you see in others belongs also to you when you are ready and willing to allow the experiences it takes to get to the place you so admire. If you will do so, you will soon realize that the person you hold in high esteem is simply *a human being having an experience you aspire to because you believe it is not present within you*. Accept that it *is* possible for you ~ then you will see the two of you as equals and begin to get a hint of what it is to be awake.

Take a moment to close your eyes and connect with your breath. Breathe - in; breathe - out; in, out; in, out. See the in breath bringing light into the fluidity of your cells; allow the out breath to connect you with your environment. Picture a waterfall of light entering the top of your head with your in breath. Let it flow through your body, exciting and filling each of the cells of your body and, with your out breath, flowing out the bottom of your feet. In, out; in, out; in out.

The original blueprint of your consciousness from your first breath to this moment sends what you believe you are out into the world. In that first breath, perception was born, the difference between the light as you knew it in your environment and your light as you truly are as the awareness of I AM. When you allow yourself to settle into life, into the pattern of what you are, you can stop arguing for changes in what you are experiencing. When you accept what is in your life, then you are able to create the changes you wish to experience rather than believing that something outside of yourself has to make the changes occur. You become aware of what you choose and you make those choices from within your Source Awareness.

## All Is One

Within this conscious awareness is the recognition of the interconnectedness of all things; each choice you make has a connection to something. You are always sharing the light that you are. You may ask yourself, "How do I want to share this light? What do I want people/my environment/my life story to reflect as me?" This is where your truth comes in because if you wish others to experience the you that is You, then you must *be* that You fully in every moment – *consciously aware*.

Remember, you are always within the interconnectedness. You can give up deciding what it means yet be in resonance with it. If you attempt to decide what the "wholeness" means you will always be seeing yourself outside of it. It is much like asking the mind to analyze itself. The mind would have to use itself to do the analyzing and it, therefore, would be totally subjective and unreliable. Ask your awareness what it wants to demonstrate consciously. Allow all to flow through it simultaneously. You are aware of your consciousness. You are not conscious of your awareness.

Feel what your awareness wants to express. Do not *think* the thoughts. Follow the feelings throughout the neural net of your physical body. Feel what is feeling right for you as conscious awareness.

When you allow yourself this depth of freedom from concepts, programming and belief structures, each moment *becomes awareness*; an understanding of consciousness, of being perfect. Moments of being different and the same coincide. Every action you take affects everything that is in resonance with All That Is in compassion for yourself and all others. *You are living awareness*.

Inhale the reality you are creating. Exhale into that reality your divine awareness. What you are doing is calibrating your being in the exchange between what appears to be within you and without you. Conscious calibration is awareness as consciousness. It is what you truly are. It is your potential at birth, your present truth.

In each breath, there is the capacity to change your reality. You breathe into the connection of all things and you can draw on it consciously. Take a breath consciously as awareness. Feel it fill your lungs. As they expand, you are taking in the environment that appears to surround you. As you exhale that breath, you release the essence of yourself into that environment. When you take in the next

breath, you are consciously breathing into yourself what you created with the last breath. And so it goes . . .

Living as the one, in wholeness, connotes consciously existing within the omniverse. This type of multi-dimensional existence can create “slippage” wherein time and space appear to change. What is occurring is focused awareness within another plane of existence and then return to this frequency dimension while having been the only one to have experienced the other plane. If this occurs, write down the experience for later reflection realizing that return to the present dimension will always occur. This releases fear of the experience. *Once fear is no longer present, control of multi-dimensional living becomes possible.*

## **Emerging Aspects**

The art of mastering the emerging aspects of consciousness will promote increased inner harmony. Some of the prominent attributes are:

**Expanded clarity of focus**

**Connection with Cosmic Consciousness**

**Perceiving all life as one**

**Loss of fear**

**Compassion**

Heightened clarity is experienced as the conscious awareness of being Source in form as the center focus of life. It allows the distractions of physical life to fall away providing an enhanced perspective to become the norm. Rather than feeling that life is an effort and that spirituality must be attained, existence within 4D becomes crystal clear and all capabilities are heightened.

Multi-dimensional communication with the etheric while in the physical body becomes natural. Presently, it is conditioned out of this culture. Unequivocally all of the earlier peoples had constant communication with the unseen. Those countries, tribes and national groups living outside the western world still do communicate with the etheric and use their knowing, their nightly dreams and their voyages of seeing into the unseen to create, organize and administer their daily

lives. Communication with the subtle, etheric realms is so natural, all you really can do is keep *from* knowing it.

*Oneness* includes everything. It leaves no thing “outside” of itself. This plane appears to be based upon separate composite pieces at odds with each other. It is the source of contrast. Within oneness lives the answer to security, safety and the feeling of “home”. It expresses itself as “we” rather than “I” and opens the door to solidity of integrity, flow and congruency.

In the footsteps of oneness, awareness follows loss of fear, hence the feeling of security. Fear is always based upon *perception of past significance* and the anticipation that the future-future may hold the same experience. Fear is a one-word definition of separation. Feeling separate from oneness within I AM is truly the experience of losing awareness of Self. With the dissolution of fear, Self-realization occurs.

Heart-centered compassion reflects a respect and reverence for all life as an outflow of Source. All is one therefore all is treated and viewed as Self.

Compassion is a natural result of heart-centered living and brings joy not only to the compassionate but also to the whole.

### **Harmony in the Field**

All of this and more is available through conscious awareness of your energy field. The physical, emotional, mental and spiritual bodies are enmeshed as one. This integration allows spirit to emerge ever new within this dimension’s resources. Since the bodies always know exactly what is needed for each of them in concert with each other, paying attention to the moment-to-moment awareness of *being* is the answer to every question.

The human physiology creates only health and nurturance for itself. It relies on the conscious following of signals to remain in harmony. Due to this dimension’s principle of resonance, *the bodies can only receive what they are allowed to transmit*. This is a conscious action on your part.

As a standing wave, your bodies are in a constant state of receptivity. Since there is little education and no conditioning within the present culture to assist in understanding how to be a receiver, most humans remain in constant denial that it is possible to experience and control this aspect of existence. Being consciously aware of the transmission of thoughts and feelings sheds light on what will be

received. It is the basis for the standing wave in its constant action of transmitting and receiving, *inherently destroying and creating simultaneously*.

Shifting into conscious control of what is transmitted maintains a new balance within the constituent aspects of your bodies. It releases conditioned responses of mass consciousness thereby realigning the conditioning of your physiology and psyche. All aspects destroy and create within each moment. *It is a continual dynamic of the universe including the human body.*

All humans are creators in this dimension and have direct access to the original blueprint, the initial Source creation in this plane. Within this reality there is no fear, no loss, no abandonment, nor separation. Perception of lack and aloneness, fear and sorrow are part of the world of illusion which is synonymous with being unconscious. Changing perception creates active access to that which is real – peace, harmony and love.

## You Are Source



Realization of being I AM in a physical body can create a feeling of reconnection with a *concept* of God. Dissolution of the concept that it is possible to be *disconnected* from that which *is* will be one of the first aspects to experience as I AM in form.

Sometimes life might feel like existence in a disparate world. Yet, again, that is all based on belief. As Source in form, there is only I AM. Each human being is I AM in form, hence *enlightened*. There is no separation ever, including leaving this embodiment and existing as awareness.

Within the awareness of enlightenment comes recognition of being the *Christus*, the *anointing*. The Christus is your divine nature. The Self has summoned itself into this place, into this incarnation, into this incarnating *within* this world to experience physicality and bring its essence into the bio-electric field. This means

that every desire, every thought, every idea is actually a focus of Source Itself. It is all that you will ever be.

There is no thought, feeling, emotion or idea that is not *of All That Is*. There is no *straying* and *there is no path*. Your journey is a symbol in physical form of the divine manifesting as the Christus in this dimensional realm.

All that is manifest and unmanifest is *entangled*. All is an experience of the whole. Awareness of being I AM in form, *in-forms* the whole. It is a mirror mirroring back to the mirror. The transmission and the receiving of the information are simultaneous.

### **Essence Of Form**

Keep focused upon your Essence. *Distraction or multiple attraction* in any direction is simply part of the creative process. Know it as part of the enlightened experience and expansion.

Look out a window into the surrounding environment. Know that all that you see has been transformed into a slower vibration so that it appears like a tree, a bush, a flower, a wall, sidewalk etc. It is all I AM. There is nothing that is not I AM.

If you were vibrating just a little bit faster in frequency, you would appear as an invisible flow rather than a physical body. That is what you actually are – a flow. Life can be experienced in a different way. Resonating with this understanding of shifts perception of the life experience. Everything glows, grows and expands within this concept and understanding of that which is possible.

Since a human being is a physical likeness of Source in-formed, it means physical form is a spiritual representation of what I AM experiences through you. *It doesn't mean it is the only form of Source*. It simply means it is *one* form of I AM.

This concept exists outside of time. It changes the choice being *made (in the past)* to the choice *made (in the present)* – in every moment, with every breath. It is the infinite realization that the idea of a mother/father God, the divine feminine, the divine masculine are part of the duality. Source *includes* the duality.

The belief there is a split or a separation or a reason to reconnect to that which you are is not even possible. Remember that the *re-membering* is only because earthly amnesia has taken over. There is no thing, no person and no being in all of creation that is separate from that which is I AM because *it is not a possibility*. **There is nothing to remember.**

**Now complete the second exercise.**



### **Query Three: What Do You Believe?**

The English dictionary gives the definition of the word "belief" as something you believe or your opinion. The word "believe" means *having confidence in the existence of something without proof that one is right in doing so*.

A belief system then is *what* you have confidence in without requiring proof that it is correct. Every person has a spiritual belief system. This does not mean that they have a specific religious, political or cultural belief. It simply means that there are opinions and convictions they hold that they have confidence in without requiring proof.

What is your belief system or systems? Is there an actual system that you have confidence in without requiring proof? Perhaps what you believe in does not equate to a system. It might be a segmented selection of thoughts that you feel serve you. Do they? How do your beliefs sustain the life you want to lead? Do your beliefs serve you . . . or do you serve them?

Are you afraid of not believing what you believe? What would happen if you let go of the opinions and convictions that you hold so dearly? What fear looms up in this asking?

**Ask yourself these questions about any of your beliefs:**

- 1. Where did the belief originate?**
- 2. Why do I believe it?**
- 3. What do I feel when I think about not believing it?**
- 4. Is fear part of this belief?**
- 5. Does the belief serve my sense of inner peace or is it serving someone or something else?**

Ask these five questions of all your beliefs . . . everything . . . every single one of them including what you claim to be your spiritual knowing. If you truly follow this exercise to its foregone conclusion, you are going to find that 99.99% of what you have confidence in can be traced to someone's need to be right and/or control. Your belief system may not be a reflection of your personal truth. Do you know what *Your Truth* actually is?

### **How Belief Works:**

You are 99% space even though you appear to be physically solid. Between these molecules, even within the atoms that make up the molecules, are immense areas of space. Within these spaces, frequency wavelengths infinitely flow carrying within their vibration your feelings, thoughts and actions.

The energy contained within the thought you are having, right now, while you are reading will influence life in another galaxy billions of light years from now. A light year is the distance light will travel in a year, which is about 5,878,630,000,000 international miles. You might want to consider that the feeling you are having in this moment is experienced on some conscious level by life in a dimensional frequency much different from the one in which you are now.

Yet, even while all of these feelings, thoughts, vibrations of sound and action multiply within you, they do not even begin to occupy the space within the atoms

of your body. The protons and electrons are actually modes of potential awaiting a signal to collapse into a particularized state. That is when they "become something". You may envision this on a macrocosmic level as *you* in your wave state collapsing into the individuated particle that you call "yourself". This is where your beliefs come into play.

The space you are living within is a "field". In the case of this dimension, that field is electric and magnetic making it an electromagnetic field. A field is a condition in space that has the potential of producing a force. Charges within the field create a condition in the space around it so that the other charges feel the force. Fields fill the universe creating forces that interact with each other. *This includes you.* You are a force field expressing as I AM in human form.

### **Fundamental Beliefs**

There are a least five fundamental beliefs that rule everything you think, feel, say and do. They focus on:

- 1) **yourself,**
- 2) **your parents and raising,**
- 3) **your present relationships,**
- 4) **how you should perform and**
- 5) **your hopes for the future.**

**Everything you experience bases itself upon these five premises.**

You will not ever change the beliefs you are so firmly attached to until you are ready to let them go. Even taking a course on beliefs will not change your belief system if you are not ready to let go of it and create a new life. And, your belief system changes from moment-to-moment, day-to-day dependent upon what you are hearing, reading and experiencing. What will it be?

One of the uncommon realizations that you will find is that you are usually not living within the integrity that you would like to suppose you do. You are not being authentic. You are living a *programmed* life and it has nothing to do with what you really are as I AM. That life is scripted by the beliefs others wish you to

accept and how you implement them in your life. It is certain that you realize how many compromises you make every day and usually think that you are doing well because you have been taught to compromise. The basis for any fear links to these five premises and all that they connote for you. How do they play out in your life?

When you begin to realize that you base your entire life upon a false set of ideas furnished to you by someone else who, also, had their concepts furnished to them, then you can see where all of this leads. So many people want the world to change, not realizing that everyone else wants the same thing, though due to conditioning it keeps going around in pretty much the same circle. Remember that what you believe is real for you is only a subjective perception of what you have been taught to believe. *Your beliefs are not real.* Nothing – nothing – is real except I AM.

Where are you right now as you read these words? What are your beliefs about this course? What self-imposed boundaries already exist as you begin reading words designed to describe your beliefs, your boundaries? Are you experiencing this moment from your head, your heart, your body, your gut or some other place entirely? Take a moment to write down how you feel about your beliefs as they apply to your present life.

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You are as authentic in your expression of  
yourself as your beliefs allow you to be.

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The truth of who you are expresses through your choices, your memories, your intentions and expressions. *You are as authentic in your expression of yourself as your beliefs allow you to be.* Perhaps you compromise. Perhaps you fear. You act as you truly desire to act, speak as you truly desire to speak or do not do so based upon the self-imposed confines you believe are true for you. And, each belief fuels the next set of boundaries you impose upon yourself stifling your naturally born creativity as God in form.

The original blueprint of your consciousness from your first breath to this moment sends what you believe you are out into the world. In that first breath, perception was born, the difference between you in your environment and your essence as you truly are. When you allow yourself to settle into life, into the essence of what you are, you can stop arguing for changes in what you are experiencing. When you accept what *is* in your life, then you are able to create the changes you wish to

experience rather than believing that something outside of yourself has to make the changes occur.

Your attitude and alignment regarding what you believe is "out there" shifts your perception and consciousness. What you believe is real for you is only a subjective perception of what you have been taught to believe. *Your beliefs are not real.*

The information you use to create your worldview is bound in thought and feeling fields embraced by the walls of your beliefs. These energetic fields of information exist as invisible patterns in space resonating with what you are experiencing. If you continue to experience the same action repeatedly, it enhances your belief that your experience is "true" and creates your sense of reality. As the habit patterns define themselves in your life, they become your convictions and you base your life upon this matrix. This blueprint informs your consciousness.

The magnetic fields that encompass you and all that you experience and observe arrange themselves much like iron filings shape themselves due to the pull of a magnet. Since you *are* an electromagnetic field that is composed of thought forms and feeling forms, those energetic signatures comprise your magnetic attraction. The pull you exert on life bases itself upon your magnetic pattern. The pattern is your belief system.

### **How your beliefs play out their energy**

**You believe something is true**

**You act on that belief (disturb the medium)**

**You place expectations upon others based upon the belief (additional disturbance)**

**Your energy stream contains the information you expect your belief to produce although your mental frequency may doubt it**

**The energetic field responds in like kind**

**You realize you have not received your supposed expectation, rather the energy stream you have radiated**

**You radiate again the same expectation, and the loop continues**

## One Ocean

As a wave arises within the ocean, it disperses as quickly as your conscious awareness of any event. The waves of the ocean are accurate representations of human beings incarnating and then dissolving into the One Ocean that is I AM. The ocean of consciousness contains all that you are as I AM. It is far beyond any belief or belief system.

As a wave within this ocean, you assign various attributes to your flow. You base these aspects on what other people tell you to assign to your personality. Since other people can never truly know you, whatever they assign to you is an aspect of their own personality and belief system.

Dependent upon your desire to experience your “wave-self” without conditions or judgments and the strength you allow within that desire, you will see yourself as simply another wave among waves or as separate. There is no separation in any of the ocean’s waves though the physical eyes may believe that it occurs. *Be aware that your consciousness operates within the One Ocean of I AM.* This will begin to dissolve any belief you have that causes a sense of separation.

How strong is your focus upon the neutral, limitless arising of you as I AM? Where do you place your attention each day? Do you set aside “special” spiritual time as though the rest of the day is different? Which beliefs do you hold that tell you specific actions are more spiritual than other actions? How does this affect your creativity?

Your beliefs can foundation your divine awareness. Each of them can be a building block in the conscious awareness of you as divine. First, you must release any that incorporate fear, separation, aversion or anxiety.

If you use your whole, divine heart, mind and physiology to live your divinity as I AM, you will recognize the other “waves” as being a reflection of you and you of them. In the short time that the wave is a wave, while firmly anchored within the ocean, it revels in being itself as energetic water. It has no preconceived conditions about how it is to perform as a wave. It simply *is* what it is and then it is not.

The importance placed upon various spiritual practices, how to bring spirituality into the physical life and the separation that these concepts convey will disappear upon realizing that as the wave, you are the ocean. There is no difference or

segregation between you and I AM whether you picture it as an ocean or as the No Thing. You are It. It is You. *All is one.*

Keep your focus on an impersonal, neutral exploration of your water world. Let the ocean within which you emerge be your foundation and your home. You are It. It is You. *You arise within it. You dissolve within it.* Any other focus is only a story you are telling yourself. Let the story be I AM. Any belief that is other than that is only leading you to the place in which you now find yourself.

### **Beliefs Create Perception**

What you perceive, you are. You see blame and shame where it does not exist and align yourself with, or separate yourself from, what you perceive. Seldom do you see that the personality's desire to present a false picture over which you feel you have no control clouds your perfect vision as I AM.

If you were to create a picture that is synonymous with love, absolution and well-being – and make that picture one that equals you – the ability to carry guilt or shame and promote blame would drop away in the twinkling of an eye. Yet, the result would also create loss of your mind's control and illusion, something your personality structure strictly avoids. The perception is, in itself, of no worth and yet you cling to the self-same threatening, fear-ridden ideas day in and day out for fear of losing your grip on your perceived control – *a control that does not exist.*

When you allow the perception of your beliefs to mirror only the reality of being divine, then fear flies out the window. Remember, *you are the pattern* your mind creates and attaches to as its belief.

The paper you are holding or the computer you are looking at, the chair in which you are sitting, the walls of the room around you . . . and *you* – are interference wave patterns. Hence, there is no objective reality because the observer, the process of observing and the object observed are the same thing. Non-locality is a manifestation of unity underlying all things.

Since nothing really *is* then you can begin to see that the purpose of your belief is to make sure that you create a world that feels physical and firm, rather than the wavelength and frequency it truly is as electromagnetic energy. Everything in this world is composed of electricity and magnetism.

This includes you and your thoughts. The creation of beliefs about what might happen, the fear that something will or will not, is the basis for the stress in your life.

The perception you use to create a completely new system of believing becomes your inner knowing as spirit – I AM. Then you can release your hold upon the material world and see how easily the etheric realm becomes your identity.

## Beliefs and Your Personal Field

The personal biological field is a very strong region of influence that not only



FEELING COMES FIRST. THOUGHT IS  
CREATED BY FEELING

perpetuates your experience as a standing wave, it also influences the reality of others in your environment. Your *personal field or environment* is much larger than you normally imagine. *Feelings*

(first) and *thoughts* (second) are constantly creating energetic influences streaming in all directions – that is *every* dimensional frequency, not only those in a lateral or directional capacity.

As a standing wave, all information is contributed to the expanses of your local environment while, at the same time, emitting the “information” infinitely in every direction and dimension. It is either a contribution to harmony or an addition to the dismay and confusion of this dimensional plane. *All are contributors to the experience humanity is having right now.*

You spend a significant portion of every day attempting to influence activities in and around your personal environment. Within these fields of constant change, what is felt, thought and done manifests based upon *intention* in the moment. The electromagnetic heart is the perfect magnifier of that intention. Beliefs creating coherency resonate with awareness of I AM.

From living joyfully and well in the physical world to having consistent meditative states, from being able to communicate easily with others to tapping into the Cosmic Mind, all of your faculties rely on your consistent congruency and coherency. There is nothing more valuable than aligning with the message you brought to this earth – consciously and with a depth of awareness enabling you to fulfill your deepest yearnings for your life.

This *is* the purpose of your beliefs – the creation of coherency and harmony in all areas of your life. If your beliefs do not create this resonance within your field, you want to ask why you believe in them. What are they creating in your life that you are maintaining as a part of your individuation as I AM?

## **Beliefs Can Lead To Increased Coherency**

The idea of being coherent is what people mean when they say they want to be a higher frequency. The common definition of coherency is *to be orderly or to be relatively consistent in relation to other parts* – in this case other humans and your environment. It is the fixed or stable phase relationship that allows you to feel what coherency creates within your physiology, including the mental and emotional bodies. It implies order and harmony. *It is the natural you without the imposition of your personality's beliefs.*

Coherent people speak clearly, make sense in their statements and are easy to follow when explaining an idea. An incoherent person is usually unintelligible, disoriented (and disorienting) and confused in their speech patterns. Sometimes it is easy to feel that you are incoherent because there is so much information attempting to enter the human system.

Since coherency is what carries the information in your DNA, any belief you have that tells you that you are well, healthy, divine, courageous, wise and loving ensures that your frequency flows easily. It is the feeling you experience as harmony and balance.

Examining the beliefs in your life that feel incoherent will assure that you will find the concepts that create fear, distrust, unease and confusion in your life. If you release these beliefs so that your mind only focuses on the beliefs that confirm your divinity, your frequency will follow suit.

The information in your body creating the experience of union travels through your cells. The cellular information relies upon your heart and brain to communicate with your DNA and your genes to create the instructions necessary for coherency.

Coherence is the underlying principle of all systems within this dimension. The universe and all within it share union within coherence. Resonance and harmony are the result. It is easy to feel a sense of well-being, harmony and resonance when you are in a group that is like-minded with one clear focus. All are able to communicate instantaneously with each other through non-locality. During these

times of harmony, your physiology is operating at its optimum and clear thinking, open-heartedness and compassion are easy attributes to embrace.

This does not mean that you or your physiological systems have to be exactly the same frequency. Each of your body's constituent parts (brain, heart, organs, muscles, etc.) relies on an entrained, synchronized participation. When your heart is coherent the remainder of your systems follow suit more easily, including the brain. This entrainment allows more biological systems to resonate within the same frequency. Harmony can be the result.

When your beliefs link you to a feeling of coherency, when fear and distress are not your daily companions, you begin to realize what it means to be divine, to be I AM. There is no distinction between what *should be* and what *is* in your life because your judgments do not stand in the way of your coherent harmony.

### **Question Everything**

*Question your life.* Question everything in your life: what you believe, what you eat, why you wear the clothes you wear, work at the job you work at (or not), enjoy the entertainment you choose, read specific books, socialize with the people you mix with – everything. You will surprise yourself with the answers you come up with if you are honest with yourself.

What are your desires? What are you concerned about in your life? How do you see yourself and why? Do you have hopes for the future? Do you use *faith* to circumnavigate the rapids and waterfalls of your life? What do you do when something happens you did not anticipate? ***Question everything.***

What do you trust? Why do you trust it? What does it mean to trust that person or set of circumstances? Did someone teach you to believe in certain concepts that either enrich your life or force you to do things that do not fulfill you? Why do you believe those concepts? ***Question them.***

**Now complete the third exercise.**



#### **Query Four: Do You Live Your Authority?**

Trusting yourself is what you always want to do and have not been trained to honor. You have been programmed to ask authority figures for advice, answers and permission before you take action and often what you receive from someone else does not feel in resonance with you.

Trust is defined as the act of relying on the integrity and strength of a person. If something doesn't feel true to you, ask how you know when a person is being honest? Or how do you know there is integrity? *The one person you can trust, first and foremost, is yourself.* Let me give you a recent example in my own life:

Philip asked me to drive him to a worksite so he could move his equipment. All I had to do was drive him there, drop him off and drive back home, which is at the opposite end of the island. It was a very small request. As soon as he asked me, I felt fear. It was not overwhelming fear, just enough to feel uncomfortable.

I sat with the feeling to see why it was coming up. I had an 11 a.m. class that morning via Skype. Was I concerned that I might not make it back in time for the class? No, we would be going to the worksite much earlier. Was I wondering if my car would have a problem, like it had last year? Not really. We had fixed it and it was in good shape. I put it on the "backburner" as I like to call it and told Philip I would take him to his worksite the next day.

I decided to drive carefully and see what would happen. The next morning arrived and we were off. No problem all the way to the north side of the island. I dropped him off and drove down the worksite hill very carefully. It was a gravel road and sometimes slippery. No problem.

On I went, driving south, reminding myself that I had decided not to look around at the pastures, the sheep and cattle plus the beautiful, blooming flora of this gorgeous island. All was going very well until I came upon one of the ranches that had ordered the FDA-sanctioned, mobile slaughter truck to come to the ranch. It was a very unusual object to see in the front of their barn. As soon as I caught myself staring at it, I remembered that I had promised not to take my eyes off the road.

I turned my head back to the road in time to see a car crossing the yellow line as that driver also looked at the slaughter unit. My mind questioned if the driver (couldn't see if it was a man or woman) was going to pull back into their lane. No! They were coming closer and closer and moving completely into my lane of traffic. (Of course, all of this was happening very fast; much faster than it appears as you are reading this.)

I quickly surveyed my options. The high grass, ditch and fence to my right would do less damage to me and my car than the automobile that was now ready to collide with me at 35 mph. As I pulled my wheel quickly to the right, the other driver saw me passing as I headed toward the ditch. They pulled back into their lane just as they passed me, avoiding a head-on collision by about 4 inches. Paying attention to my first feeling when asked to drive Philip to the worksite saved us both.

## **Listening To Your Inner Voice**

Why don't you really listen to that inner voice? It depends upon belief. Your ideals, your beliefs, all of the attachments that you hold onto so dearly are just that – *attachments* – and you hold on to them because they give you some sense of security, albeit false, that the world you believe is real. How many times have you been told to ignore what you are feeling and adhere to what the “authority” of the moment tells you to do?

You must be willing to walk right up to the edge of your fear about rebelling against what you are told if you are going to consistently listen to yourself. This

includes those who will ask you, “Well, what does it mean?” The pseudo-spiritual world always wants to place a specific meaning upon what you are feeling. The meaning to the person asking will be tied to their belief.

If I had told someone that I was feeling fear about driving Philip to the north end of the island, many people would have asked me how I could *allow* myself to *feel* fear. After all, I am a spiritual teacher so I *should* be in control of what I am feeling. And, *I am in control*. I am in complete control of paying attention to what I am saying to me through the physiological feelings that occur within me.

This doesn't mean that you will always know what you feel means to you in the moment it is occurring. One aspect that you *do* know, though, is that if something feels “off” it *is* off. If something feels “on” or harmonious, it resonates with you. It does not make any difference what anyone else thinks about it or says. It is only about you. Trust your edge.

So, what can you trust? Only one aspect of yourself is worthy of that attribute – your feelings as they arise within you and *when you are not attached to the outcome of those feelings*. To the degree you are attached to what you are going to experience will you find that nothing seems to match what you feel. Your mind is trying to control the experience rather than you trusting you.

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## Trust your edge

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### **The Edge That Is Not Okay**

When your mind begins to talk about the “what ifs” and the “maybes”, shift your focus to what you are truly feeling in the moment. You will find that many people often agree with you if you will express the truth of your own awareness. This is true even if what you feel is going against the social norm or the beliefs held by a group in a certain situation.

If you decide to start trusting yourself enough to make it a way of life, start by following your own advice about small things. When you see the outcome of listening to yourself, then you can step into bigger commitments. Look for your edge. Look for the place I like to call “the edge that is not okay”. That *is* the edge.

Often people will say they want to go to their edge, yet they don't want to take a chance that they can't control. This is *not* the edge. Trusting your edge is when you feel as though you are going to step off of the side of a cliff and you can't see anything firm upon which to put your feet. Trusting that edge to appear underneath your feet *is trusting your edge*.

### ***Being Yourself***

What you are in your choices and intentions is an expression of your consciousness. If you are always authentic in your expression, you do not fear the judgment of others nor do you attempt to please people to get them to approve of you. You do not fear. You act as you truly desire to act. You speak as you truly desire to speak. You are aware of your conscious choice within each feeling, thought, word and action.

Ask yourself as you sit here reading how often you compromise that which you feel is true for you to calm the waters of your life. When do you say "yes" when you really mean "no" or perhaps just the opposite? When do you say "no" when you want so much to say "yes"?

An attitude of authenticity shifts your perception and consciousness from one of simply being alive to being *aware* that you are alive – true to yourself in all ways. With each breath, you breathe authenticity into the environment of your life, your reality. Remember that what you believe is real for you is only a subjective perception of what you have been taught to believe. Your beliefs are not real. They are as fictional as the storybook tales of your childhood.

You know already how much you want to express your personal truth. This doesn't mean that your truth has to be anyone else's reality. It simply means that you give yourself the opportunity to live as the *being you know as you*.

This is the first and foremost way to come to awareness versus only acting out as a consciousness. Awareness links you to the evolution of you into a form that is conscious. That consciousness called "you" has a variety of feelings and thoughts that it believes belongs to it. Yet, based upon your present environment, you may or may not allow those attributes to fully express.

With your first breath, your unfolding perception is born. Your perceiving continues on as your parents, teachers and other authority figures in your life

instruct your personality in their “way of living”. As you settle into life, into the pattern of what you are, you experience changes in what you are experiencing. As you accept that *you are life*, you are able to create the changes you wish to experience rather than believing that something outside of you has to make the changes occur. This is the key – how often do you rely on another to tell you how to live? ***Stop here and answer that question for yourself.***



**You may wish to follow up your introspection with these questions:**

Am I afraid of what those I believe I love will think of me?

Do I fear losing some aspect of my life that I am holding because it provides a false sense of security?

How many different masks am I wearing and when do I wear them?

Have you ever questioned how many of your physical ailments are exacerbated by your compromises?

If you gave yourself permission, how would you live today?

*What would happen if you followed up on that permission?*

When you allow yourself this depth of freedom from concepts, programming and belief structures, each moment becomes awareness of your divinity. You know that all is perfect within your world because you are creating each moment for yourself truthfully. And, every action you take affects everything in resonance with All That Is. You are a living divine awareness – *aware of yourself as I AM.*

Within this conscious awareness is the recognition of the interconnectedness of all things; each choice you make has a connection to something. This is where your truth and creativity come in because if you wish others to experience the *you* that is You, then you must *be* that You fully in every moment – *consciously aware.*

*Sit with awareness.* Do not *think* thoughts. Sink into that profound awareness of being All. What is perfect for you right now as awareness?

In each breath, there is the capacity to change your reality. *Take a breath consciously as awareness.* Begin with your breath inside your awareness. Consciousness is a crystal of awareness. Consciously, you are available in awareness. Fine-tune the focus of your awareness. *You are a living awareness.*

Once you become more adept at living the truth of your life, you will realize that all of the fears and insecurities you believe are real for you do not exist and they limit your creativity. They are figments of your mind and the mind is only capable of acting upon that which it has been programmed to believe. When you change the belief that you are limited to the understanding you are alive as Divine Awareness, you affect all beings everywhere including those with whom you live. This *is* the inspiration of your inherent creative nature. You *are* a Creator.

Gift yourself the ability to live your divine life fully, authentically and completely. If you have the desire to “be of service”, this is the greatest way to serve. As you live as the One, all are impacted within the Whole. All begin to remember and recognize divinity to the degree possible in this moment. This is the true giving of you in service. *It is not ever about the doing. It is always about the being.*

## **Christ Consciousness**

Christ Consciousness—profound words for a state of being—what do they mean?

Christus is a Greek word meaning *anointed*. It has come to be known as the divine-human. It is the one complete expression of perfect human in Divine Mind. It is the true, spiritual Self of every individual. Each man/woman has within him/her the Christ—the anointed. You need only look within to recognize and realize your divine origin.

This is made manifest by continually recognizing your divine nature in thoughts, words and deeds. Connection within these attributes allows the Christ body, the anointing, to become your naturally awakened state.

The great mystery is simply reduced to—the cosmic human. It is, indeed, nearer than hands and feet. It is the authority you carry over manifestation in this planet. Bringing forth this principle gives dominion and mastery of self. If it is possible for the human species to become cosmic human beings, the correlation must be that the cosmos is invested within the framework of that which is called physical long before you become aware of the possibility. It is already present and awaits only

your discovery to imbue itself throughout your awareness. What is possible is so much more than your mind might currently understand as your creative power.

Spiritual sight enables you to see that you are not only an individuated person, yet a factor in the cosmic mind. Looking within, you can say earnestly and truly, “I AM the anointed one”. The reason for the limited comprehension and power of the ordinary human is found in the fact that they see the world about them as under material law and agreeing with it makes themselves part of it. Christ, the anointed, is the cosmic human demonstrated and made manifest in every man/woman that includes, yet is not subject to, the material world.

The birth of the anointing—the Christhood—in you is the bringing to realization of the spiritual idea of you through truth. It is the awakening in the inner realms of consciousness of a divine set of faculties. In the beginning, you can feel unsure with little understanding. Yet, as the development of the internal nature increases and grows, your consciousness accompanies this grand evolution and you take on the realization of whom and what you really are—the fully realized being—One with that which is All That Is.

It is the act of re-memembering what you are. The Originating Creative Force is still intact within Its matrix of harmonic vibration of patterns, sounds, intentions, colors and formulas. It is the responsibility and urging to orient yourself within the alignment process that leads to coherent entrainment with that Force. The attunement process begins with the act of identifying the experience of the One Within in a manner that brings crystal clarity to the experiencing.

## **Who You Are**

When you first came into awareness on this planet, with your very first breath, you became aware of the electromagnetic field of the earth and began to build your own field within which you would operate. It was your statement of “this is who I am”. When you took in that very first breath, you breathed in the environment.

Within that breath was contained the beginnings of your understanding of duality, what it is to live in a world of polar contrasts. When you exhaled that very first breath, you exhaled out all that you have brought into the manifestation you chose in this incarnation. In that moment began the process of accumulating memories in your cells. Some of those memories are joyous ones; some of those memories are challenging ones. Each experience you have and have had is registered and

recorded in each cell in your body. This comprises your cellular memory, which may also include experiences from other lives in your soul record.

When you decide that you wish to create a life of awareness by ascribing to the qualities of Christ Consciousness, there is nothing to do and all to simply be. It was created before and with you and all you need do is step into it. It is already here. You have only to acknowledge it, make intention and share in the experience of it together. You are not creating anything from scratch. This is actually the basis of your creative nature. I AM through Its extension as Creator is the essence of you in form. So, you are a natural creator whether you believe it or not. It is the absolute stimulus of all that you feel, think and do.

A good test of how comfortable you are in your body is to pay attention to your out breath. How good does your body feel to you in that moment?

Your cells retain the memory of every thought, every emotion and every experience. You may or may not be comfortable in your bodies. A good test of how comfortable you are in your body is to pay

attention to your out breath. How good does your body feel to you in that moment? Test it; see how it feels. The in breath holds; the out breath lets go. Can you let go?

If the body is not feeling as comfortable as you know or wish it could feel you can reprogram the cellular vibration to hold all levels of consciousness and thereby bring the cells into balance. It is when you are attempting to make something be a certain way, creating judgment, pushing to achieve a certain goal that you experience that depth of uncertainty in the cells of your body. The pushiness creates the feeling of bloating, fullness; the withdrawing in fear creates a feeling of shrinking, tightness of cells. The balance feels just right, just like the three bears. It fits. Then you know that it is balanced; it feels perfect and there is joy in every experience.

The breath and the consciousness (consciously breathing in and breathing out), the balancing in each moment with that breath, allows you to bring homeostasis into your cells, affects the structure of your memory and brings peace and joy to your organism as a whole. Then the Whole is aware of that peace and joy and it is incorporated into the Consciousness of the One (Christ Consciousness), no matter whom or what you perceive yourself to be in the particular instance.

## Acting With Authority

I was once asked to discuss “right action”, which is not only a Buddhist concept, it is also something that your mind often ponders. Loosely defined it means taking ethical action in a situation.

I will begin by asking you, “How can you believe that anything you do as I AM is not of benefit?” Humanity is taught that its consciousness is flawed, that a human being cannot know itself. Hence, there is always another person or authority figure to whom to look for information or assistance. Autonomy appears futile. This is why the mass consciousness, humanity at large, constantly looks for a happy ending.

Personal plans, goals and far-reaching achievements are humanity’s attempts to control the world of natural order. This does not mean that your actions are not good, simply that they stem from your desire to perceive yourself as “doing” good, whatever that may mean to you. The idea of being good or performing good actions is absolutely relative to each person based upon their upbringing, the country they live in, the religion they belong to or not and how the outcome of that good will affect their own well-being.

You live in a reality that responds to each moment, sometimes referred to as a “just in time universe”. Everything happens just in time without prior planning or preparation. Creation lives in a realm of the eternal present within the Self. Every experience occurs now and is perfect through Creator as the I AM. And, this is where your creative action lives – in the eternal present, not in the past or in your anticipated future – only in this present breath.

In each moment, you experience a heart storm of desire. It is your passion. If you are not experiencing it, it is because you have suppressed your feelings and cannot feel what your deepest desires are or could be. What do you want to be and do? What gets you juiced up – like riding a tidal wave of feeling? What gets you excited? Why do you want to get out of bed in the morning? What is your message to the world within your reality?

The answers to these questions release you from focusing upon whether you are “doing something for the highest good” and redirect your attention upon your heart’s desire. Once you realize the passion of your heart can only be of benefit, you will no longer be questioning your motivation. Until that time, all comes under scrutiny within you within the divine Self.

The Essence of being a creator relies on the attention you place upon your own heart's longings and callings. It is the perfect instructor of what is to occur next, no matter what your mind might be telling you or attempting to get you to do. Within this Divine Essence is what you want to create within your life, yet it is completely reliant upon you listening, truly listening and hearing, what your heart's soft, whispering voice has to say to you. And your heart will not ever demand. It will always suggest naturally and wait for you to follow its lead.

Your subjective response to your reality is based upon an ego personality that believes everything happening within the earth is because of it. This translates into "I have to be good so bad things won't happen." The ego personality wants to believe that its actions determine the outcome of its reality. While observing with an open mind rather than always believing you know can expose a completely different state of reality, remember that your experience is particular to you only.

At the same time, you encompass an energetic frequency so large that you are affecting the entire globe by simply paying attention to this information within I AM. It is your intention that determines whether you are resonating with beneficial frequencies, though what is "good" in your viewpoint may be different from someone else's concept of it. What you want to create will always be different from what someone else wants to manifest.

While you may argue there are "givens" within creation outlining what is "good" or "bad", reflect upon the differences within cultures. What is deemed perfect in the society of the United States is opposite what is considered appropriate in the Mideast countries. Your mind immediately pops up in response, "But we're right," as a citizen of whatever country you may live within right now. Pay attention to that message. It is your personal response to consideration of all being perfect within I AM. A human being in a European country believes he or she is just as "right" in believing what that culture dictates as someone in South America.

You are what science calls a "standing wave" of information transmitting and receiving simultaneously. Both actions are happening at the same time. If you place this picture in your mind and use it in your relating to the world, it will change your view of reality. The wave that you are comes from your heart as an expression of I AM. It stimulates and responds to every interaction you experience in every moment based upon your attention. When you talk about being

You are a "standing wave" of information transmitting and receiving simultaneously.

sure that what you do is for the “highest good”, all that it comprises is an increase in your personal coherency through attention based upon your present belief system. And, that belief system was given to you by someone else who considered what was being instilled in you to be the appropriate way to live in this world.

All beliefs are based upon the need of a person to control an interaction. This includes your desire to assure yourself of “doing good”. Trace back every belief you have and you will find this to be true. Believing is seeing and what you see is what you get. What you believe is going to be present for you creates what is there.

All energy is neutral. It has absolutely no significance. Energy doesn’t care. You decide it means something. Your belief creates a perception that what you believe means something. Its significance is only yours. You do not ever know how another person is interpreting a situation. Your idea of what is “good” in a specific environment is subjectively charged with “what is good for you”.

Your feelings are personal so own that which you have created and see where you want to make changes for your own benefit since those are the only shifts you are capable of making. As you do so, you will influence the whole without having to exercise a judgment about whether it or not it is for the “highest good”. Not only can you not know that, your opinion is not important since it stems from a limited belief of what is possible.

Focus your attention on your present intention to live fully as you are within I AM. Shift your focal point from a desire to operate for the “highest good” to being, aligned within the neutral love, compassion and absolution of the Self. Translate your need to know the outcome of your feelings, thoughts, words and actions into a state of neutrality within the awareness of your divinity. Watch this shift create an access field into your creative nature. *Loosen your attachment.*

Your concept of right action, no matter what philosophy you may adhere to, is always based on the beliefs you hold to be true. It also has to do with your personal knowledge and experience. Know that what you may call “right action” or ethical action is relative to you. Your mind might say that there are all-embracing ethics yet that is your cultural upbringing speaking, not an infinite and all-encompassing truth. And what is fitting in one situation can shift and change dramatically in another set of circumstances.

If your mind is still reeling trying to figure out what is “right”, a simple solution is to ask your heart. Your heart operates as the voice of your inner guidance. It will not steer you wrong. While your mind struggles and fluctuates, your heart’s voice simply reveals your personal truth to you. Then your mind steps in and tries to alter the course. Ignore it. Stay focused upon the voice of your heart and follow its divine, accurate guidance.

Realize that being ethical is based upon your personal beliefs. If you feel comfortable and at peace with your action, you are experiencing “right action”.

### **You Are Limitless Because You Are Divine**

All beliefs are created to control some situation. So, now let’s look at why you would want to limit yourself in any way since you *are* divine. Could it be to awaken a creative aspect of you that has long been hidden?

Do you truly believe you are divine? No, let’s not ask you if you *believe* it, do you *know* it so that your *awareness* is always flowing through your divine nature?

If you agree to bring only this awareness to your earth mind, you will recognize your part in the total awareness of Source. It is equal because it is the same. You are human and you are Source, the I AM.

Limiting creation limits its Original Source. All is equal – and unlimited. *All power is in every part of creation.* Your consciousness as fueled by Cosmic Consciousness is as limitless and powerful as that Consciousness. You are completely and totally connected within the Divine. You need only ask yourself if you are willing and ready to acknowledge that truth.

It is your mind that wants to impose limits upon your life in order to keep you in control and supposedly safe. Your heart, the voice of your soul, always knows that you live in a world of eternal possibilities. Anything you truly wish to experience is not only possible, it can be translated into a potential if you focus your attention upon it.

The awareness within your heart allows you to come together with all of the elements of life without attempting to prove anything. It comes from nowhere and is not about anything. It has no meaning and needs nothing. It belongs to no one and to everyone. It makes you free and connected. It is the natural state of being.

## Claim Your Power As A Creator

This is where joy comes from. When you live as joy, you are boundless and limitless. It is neutral joy – not based on someone’s beliefs. What you want to create in your life asks no proving from you. It simply sits quietly awaiting your attention.

Opposite to the heart and its ease of awareness, your mind imposes a strict sense of limits upon your perception. You choose your boundaries. You know you do this because even as you are reading, your mind is telling you that you *are* limited because you are human. That is the basis of the mass consciousness, the mass consensus - the mass mind. *It is why people spend so much time looking for something to make them feel happier because their mind is making sure that they feel their limitations.*

Recognize that you exist, live, breathe and have your being in limitless dimensional frequencies within I AM. Since you are I AM, all expressions exist within you. Once this realization becomes a foundation for you, you will slowly come to realize that no belief is real, only the absolute no-thing of I AM – of which you are infinitely aware.

While belief holds power, awareness equips you to experience within your personal authenticity rather than that of the masses. This knowing is outside of book knowledge and can be felt within your heart, solar plexus and nervous system as *surety*. The assurance comes from the exposure to that which gave you the conscious awareness of its truth in your reality. From this state of being, you act as God in form comprehending the limitless state of your being.

As I AM in human form, you may make the decision to stop interpreting your life through the various shadows cast upon the wall of your personal reality. There is little that bears a true resemblance to the limitless truth of I AM. Nearly all of your beliefs, spiritual or otherwise, convey a message of limitation. I AM is without limitation or need and seeks for nothing for it is All That Is. *You are All That Is* focused into the identity you call your personality. Let the personality dissolve its attributes and the identity recognizes its Divinity.

Right now, what is on your mind? Stop here for a moment, stop for a moment so you can take a minute to survey your internal environment. See what you are truly playing on the image screen of your mind. I would place a strong bet that there are

many, many mixed messages going on right now, all at the same time, rather than concentrating on one object; simply one action or thought that you grace with your full attention.

For the truth of the matter is that you truly have nothing special to do. You might believe you do. You might even believe that your thoughts and your actions are very, very important. Truly, you live in your own universe, one created by the thoughts, feelings and observations that you make in each second or nanosecond when you get right down to it and in this universe you *are* important though I know that you want to be important to the whole world.

This is your state of awareness and it works, responds and reacts without your conscious control unless you decide that you will be in the driver's seat. When left to its own devices, your attention spans all of the worries, anxieties and threats you perceive in your world. You are designed to be in control of your attention – so do it. It's an exercise and a practice because you've been programmed to think of more than one thing at a time, to multitask, to spread yourself very thin.



**The world's opinions about you, the judgments and opinions of your peers are worthless in the true scheme of things.**

Remember this, the only reason that you use your attention to ward off what you don't want to happen is because it conflicts with what you do want. And by attempting to ward off that which you don't want, by placing your attention on it, you create it in your life. It has no choice because you keep calling it to you. How much better to concentrate on what you *do* want and only that.

You are completely responsible and capable of creating the world that you desire in your life. Looking outside of your life, to anyone or anything, not only disempowers you, it stops you from experiencing what you want to experience because they or it cannot give you what you desire. They are too busy creating what they want in their own life to be able to give your desires their full attention. So it is a useless practice to look for fulfillment outside of you whether it is from loved ones, religions, schools, friends, social networks or perceived teachers. You *are* your teacher. You will know that fully when you place all of your attention within to the You that is You - your inner teacher that knows all of the questions you want to ask and all of the answers to those questions.

The world's opinions about you, the judgments and opinions of your peers are worthless in the true scheme of things. Not only are they clouded by their own filters and lack of personal attention on themselves, they are simply projecting out on to you what they feel within themselves. Don't look there ~ you won't find anything at all.

So as you inquire within, be very truthful with yourself. Realize that your desire to be someone, to be special is all about owning your power. It is your own power that you want, yet you look to others to give it to you and they cannot. *Someone else cannot give you your own power.* It belongs to YOU. You must fully empower yourself to *be* that which you are and that is through the concentration of your attention on each particle within each desire you have for yourself.

If you truly desire to *be* a spiritual being having a human experience and to *know* that, then you must place your full attention on each moment of your experience with no drifting sideways in distraction. That is the answer to attracting to yourself all that you wish to *be*. You are your own answer to all of your questions. Only you – no other and in that *is* the Oneness felt, experienced and infinitely expanded.

**Now complete the fourth exercise about trusting you own authority.**



### **Query Five: What Is Your Intention?**

Intention is the foundation of this course. It is the intention you hold that provides the information within the energy you know as you.

You can modify your intention to include doing what you want to do (create) even though most of your life you haven't allowed yourself to create what you truly wish to experience. It takes standing in your own authority, altering your beliefs to mirror your intention and truly recognizing that you are a Divine Creator.

“To intend” is to “have in mind as something to be done” or “to mean for a specific purpose”. Your intention is that which you focus upon or wish to design as your purpose. It is simple to recognize that your intention colors each feeling, thought, word and activity of every day.

This is your state of awareness and it works, responds and reacts without your conscious control unless you decide that you will be awake, aware and in focus. When left to its own devices, your intention will span all of the worries, anxieties and threats you perceive in your world even if you believe you do not intend to focus upon them. Mass consensus is easily overwhelming and overpowering in all ways. The power of your intended position is determined by the strength you place upon your focal point through your own authority.

*Ask yourself what your daily intention focuses upon. When you arise, where do you begin to concentrate? Is it upon an underlying intention, the next concern of the day? What deters you from creating an intended focal point and maintaining it?*

See your present reality as the ephemeral source of anything possible. Then look into that infinite container of what you may experience by intending what you desire to experience. If you look away, it changes back into the invisible wave of possibility. When you look again, it will have changed its potential. Your attention on that which you wish to experience is the causer, the cause, the receiver and the experiencer. It is also the ultimate effect. It is up to you what that experience is going to be – infinitely.

This is truly your intention. It is remembering that your intention is the creator of not just your reality, but of worlds without end and without limitation. Through your intention, you manifest what you experience in your world and through that

frequency invite into your life the beauty of what is possible. This is the beginning of your role as Creator.



### IT IS YOUR INTENTION THAT DETERMINES YOUR TRUTH

What beauty do you

want to bring into your life through the use of your divine intention? What is it that you wish to create either as a physical experience or a new, inner awareness?

It is your intention that determines your truth. It is your intention that either supports a belief or declares it false. It is your intention that drives your life while constantly playing out through your over-arching intention. Often these strongly held convictions are laced with fear or anxiety, compromising the integrity of your intention. Being aware of these doubts eases changing the belief to something more supportive of your true intention.

*At this point, I would ask you to examine the truth of the intention(s) you use to fuel your daily life. From work to play, silence to relationships, how freely can you live your own truth? If you wonder what that means, I will re-word it. How often do you have to pretend? When do you feel that you must wear a mask as if to protect yourself from what you are experiencing?*

Pretending alerts you to the circumstances under which you do not use your intention as the true expression of you. It tells you when you are wearing a mask, wanting to be seen differently or are afraid that the “true” you won’t be affirmed. This is the hint regarding your need to receive “outside” confirmation and it is also manifesting as a need to feel safe. Not only is that not necessary, it detracts your focus from the intention of your experience, which intention does not include a

need for additional security. And it is your intention that is going to fuel your creative output.

## Duality

This is a world of contrast so it is naturally conflicted. Duality/polarity creates a constant state of decision. This is where free will comes in and, hence, the conflict. If you were left to follow your own devices, you would much more easily *go with the flow*, so to speak. As spirit in form, you are preconceived to navigate this realm of duality and choose that which is true for you. And, it is personal and relative to you based upon the previous choices you have made and your moment-to-moment decisions.

If you trust your knowing, the feeling of the rightness of things, you cannot go wrong. Your actions may appear foolish to others, or to yourself, if you try to analyze them with the rational mind. Trust in your intention is the key, not skepticism and concern. And, trusting that the creation of your heart is exactly what is called for in each moment allows you to focus your intention upon what is calling to you. It doesn't make any difference what other people may think about your creation. It is a mirror of you in all ways.

Your personal truth and your reality are intimately connected. What you believe true creates what you term *real*. This is the basis for all life from intimate relationships to historic wars. All is based upon how a person, couple, group or country perceives what is called *truth*.

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*Pay attention to how your truth occurs for you. Take the time to stop and observe how you are feeling. Where does it come from? Why are you paying attention to it? What does it attract? Do you want to change it and, if so, to what?*

Each day you make hundreds, if not thousands, of decisions. Do you make them from the instructions of your head based on what you have learned or fear of repeating the past? Do your emotional responses dictate the outcome of your decision? Do your decisions mirror the truth of your intentions? Research has shown that even the stock market is emotionally driven, both buying *and* selling.

Though significance reigns supreme in cultivating your reality's perception of the world, it is usually conveyed quite obscurely. It is subtle even when it is dynamically creating. Why is that? Because you are so accustomed to believing that your interpretation of your life *is* life that you don't realize you have created the perception. Hence, your truth is relative to you and you alone. By assigning significance to anyone or anything, you create validity in your personal truth and reality. This doesn't mean it is true for others, only you. So. How do you want the significance you place upon anything to create the joy you wish to experience?

Since the assignation is the source of your relative truth, once the frequency of the experience is initiated by you it becomes a self-fulfilling prophecy. As you experience the result, it confirms and strengthens the belief you originally constructed and begins to set up a habit pattern not only in your life, also within your brain. Your brain/mind is always looking for that which is familiar. It is like an analog processor comparing "this" to "that". Once you have made the decision that something *is* the way it *is*, you seldom take the time to find out if it could be different. This habit pattern strengthens the feeling until you *believe it is your truth*.

Your beliefs create your perception; your perception is responsible for your feelings and, in turn, your emotions. It is paramount to understand your *personal truth*. Much as a forest is rooted in the fertile soil in which it grows, so do you have the ability to sink deeply within the rich expansion of that which You Are as I AM. Within the loam of that soil, you can arise divinely, richly and clearly rather than befuddled and muddled by the constant confusion of the mass consciousness.

You are completely responsible and capable of creating the world you desire in your life by designing your truth. Looking outside of your life, to anyone or anything, not only dis-empowers you, it stops you from experiencing what you want to experience because they or it cannot give you what you desire. They are too busy creating what they want in their own life to be able to give your desires their attention. When you feel left out, abandoned or unloved, it is not due to the lack of attention from another rather *the lack of attention from yourself*.

The emphasis placed upon significance within beliefs holds the key to every unwanted experience. You determine what the belief means and if it does not match your expectation(s), it is determined lacking. And so, it very well could be. If what you are focused upon does not mirror your personal truth, it will feel incoherent and incongruent. It will not create the ultimate manifestation you wish

to make part of your life. What happens to your creative intention when you are living within an incoherent frequency?

The world's opinions about you, the judgments and opinions of your peers are worthless in the true scheme of things. Not only are they clouded by their own filters and lack of personal attention on themselves, they are simply projecting on to you what they feel within themselves.

When you feel confident about your beliefs because they have shifted from *believing* to *knowing* based upon experience, you will find it easy to adopt the knowing as your personally designed truth. Your responses to the significance of aspects in your life will be harmonious and authentic. This does not mean that you will not ever take a firm stance. It does not mean that you will become a "doormat" to others. It does mean that your experience will arise from your awareness of what is true for you and you will have no regrets. This *is* creation!

### **The Over-Arching Intention**

Now here is where your concept about intention can get a little tricky. You believe you know what focusing on an intention means. You spend time each day creating specific intentions to further whatever cause you call your own.

Then, one day, out of the blue something happens that is so far afield from what you believe your intention holds for you that you cannot understand how it could have happened. It looks like the exact opposite from what your intention means to you.

Take a minute here to consider if this has happened in your life. Most likely, it has. Now think back to other intentions that you have created and see whether you can identify your over-arching intention. What focus is greater, more important to you and always on the backburner of your consciousness? *What do you truly want to create?*

Since you are interested in this course on divine creation, you have most likely stated something like, *"I want to know what it is to be divine. I will do whatever it takes to experience my enlightenment. Knowing Source is the only focus important to me."*

One of these intentions, however you verbalize it (either audibly or internally) is your over-arching intention. It is the intended focus of your life no matter what other side events you attempt to designate. *It will operate primarily and override all other intentional pursuits since it carries the emphasis of your strongest yearning.*

*Now, take a moment to sit and evaluate what your over-arching intention might be so that you will be able to understand why experiences come along as they do. This may take more than one attempt. Define your true frequency regarding what you feel is most important in this life.*

The second aspect of your over-arching intention is that it may not have been created in this incarnation. It is possible that you intend to take on this specific human form for a reason that is easily forgotten upon arrival in earth. Life begins, progresses and experiences are had that make little sense to your apparent “knowing”. The value of sitting with these experiences and connecting within your divine core for further information is invaluable.

### **Intention Harmonizes With Commitment**

As you observe what you desire, it will unfold with ease and perfection in your life dependent upon how committed you are to that focused endeavor. Understanding your enlightenment, comprehending your divine Self, becoming a living Master or hearing the voice of your spirit are all dependent upon the point of convergence of your intention and your commitment to it. *What do you wish to create?*

The idea of “being committed” is often easier said than done. The polarity of this world contains many attractions supported by the mass consensus. Each and every one of them has the capacity to pull you away from your committed center.

Clarity within your intention is the foundation of your frequency. If you are not sure what you are intending, not willing to make a commitment to it or are afraid of not being able to control the outcome, you will find yourself immersed in confusion. *Do not resist it. Soak in the confusion.* It will lead you to the next step of personal lucidity.

## The Courage of Your Intention

Courage is heart-centered bravery and fearlessness. The word courage comes from the French word “cœur” which means “heart”. It is the step you take when you’re afraid to take the step. Courage sets you apart from the average human who follows what he or she is told to do by another “authority” in a given situation.

As you live, you search for means to relieve any uncomfortable feelings through attachments to people, situations and things. The mass consensus (media) has methods without number that you can buy into for relief. Yet the resistance to being you comes right along with you and the discomfort continues. This is where your true intention is birthed, formed and matured. Turn your focus in another direction. Ask yourself all of the questions that come up about why you are experiencing discomfort in any way. *What does it mean to you?* No one else can answer that question for you.

Pleasure and enjoyment is a natural gift of life, yet it is a constant, dynamic flow rather than a need, requirement or demand. When you live as a *requirement* in your life based upon the perceptions of the masses, you betray yourself and therefore betray all of life within your sacred existence. Since the natural state of your energy frequency is a reflection of your feelings, being in a personal state of intention with the courage to commit *to* that intention paves the way for all you wish to come your way.

It is an interesting aspect because you cannot fool the energetic output or input of this dimension. While you may believe you are being honest and authentic, if you feel resistance, fear, doubt or lack of trust in any way at all, that becomes your true feeling and that is what is responded to within your life. It will distort the appearance and manifestation of your intended creation.



Your over-arching intention is the basis for your incarnation into this life.

Your over-arching intention is the basis for your incarnation into this life. It will continually attract to you every experience needed to acquaint you with its nature.

If you see patterns occurring in your life or hear yourself asking why something is happening yet again, be audacious enough to face it head on so that you can own it. You will name it. You will acknowledge it as your life’s theme. Then, it becomes ever easier to listen to the message of that intention and see how it colors the “sub-

intentions” that you personally provide every day while you are creating. Do those sub-intentions mirror the foundation of your over-arching intention?

## **Intention And Your Heart**

You first came into awareness on this planet, took your very first breath and breathed in the electromagnetic field of the environment. When you exhaled that very first breath, you exhaled out who you are in form. That moment began the process of accumulating memories in your cells. Each experience you have and have had is registered and recorded in each cell in your body. Your cells retain the memory of every thought, every emotion and every experience. Focusing on your breath, the consciousness, the balancing in each moment with that breath and that consciousness, allows you to bring homeostasis into the cells, resonance, and brings peace and joy to the organism as a whole. This is the role of your heart in alignment with your intention. It is the electromagnetic organ that bridges experience in earth with the overarching intention of your manifestation in earth. It is the physical counterpart to spirit embracing wisdom without judgment and maintaining the thread of life that contributes to you remaining within your body.

The soul's voice within your heart is subtle, quiet, almost a whisper at first. It carries the foundation, the basis for your intention. When you practice listening to its voice, it becomes increasingly vocal, obvious and more appropriate to you than the chatter of the mind. Since the inner voice within you, that which is your Self, always knows that which brings you the greatest sense of joy, love, appreciation, well-being and your creative flow held within your Essence, listening to its wisdom directs the flow of your life into channels expanding your awareness and creation of yourself. This coherent energy stream is the foundation for wholeness in life and beyond.

So. When you want to make a decision, you are already in the awareness of that intention. That awareness is the first moment when your heart is beginning to tell you what you truly want, what you have not allowed within your life and the outflowing of your creative intention within your being.

Many people will say that they don't know what they want to do in a particular circumstance, what they truly want to create. That is always false. Every answer is held within the question. Every single human being knows what he or she really wants to do at any given moment. It is always the issue of beliefs held within your mind that keep you from expressing the fullness of your creativity, what you wish

to express, what you wish to perform, what you so deeply desire to give to this infinite world. The issue exists within the very busy mind that keeps telling you that there is a whole list of particulars to consider. There truly is nothing to do but follow the voice of your heart as it is speaking loud and clear to you. This *is* the essence of your intention and your creation.

The inner voice of your heart is much stronger and more capable than the brain/mind complex and its constant comparison of circumstances. Though your mind might address a certain message with a cautionary, red, blinking light to remind you of danger, it has no way to know that a threat is actually present. It has only its experience to rely upon and, remember, all of that past experience has been lived through a perception of reality based upon beliefs and exterior information infused within you by someone else who, in turn, has beliefs embedded with them that are not of their own making. It is a constant replication of beliefs created to control that are passed from one generation to the next. That does not mean that those beliefs are true or even of any value, more a way to secure a specific position within society.

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The heart's message comes without fear,  
judgment or apprehension. It simply is.

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That is how you can immediately tell the difference between messages that originate from your heart or within the mind. The message from your mind will have caveats, conditions, expectations, fears and/or guidelines attached to it. The urgings of your heart will be its message – clear, simple and easily understood.

With practice, your heart's inner voice will speak more loudly than the voice of your mind. At first, you may experience the mind attempting to take over the stage from your heart. It may shout, send enormous currents of chemical reaction (emotions) throughout your body. E-motion is neutral (neither good nor bad) and contains only the positive or negative significance assigned to it by you. The brain/mind may look for that which is familiar and attempt to place all unfamiliar interactions into a more comfortable context through the energy of emotion. Emotion is personal and only relative to you based upon your past experiences that have created joy, fear, anxiety, anticipation or expectation.

Your heart does not rely on emotion (chemical responses) to broadcast its message though its voice can create feelings within you. These feelings are your notice that the intention of your inner voice is addressing you, attempting to get your attention. The question is always, “Will you listen to it?” Or will your over-attentive, controlling mind rule the moment because of fear that if you don’t follow its directive something will happen that will cause you to feel out of control.

Your mind may be a tool to focus your intention and/or direct your creativity, yet it does not know, truly know, what you wish to intend and create. It is a mechanism, much like a computer, that performs the commands given to it by you. Hence, it can easily staunch the flow of your creativity if you give it full rein because its first and foremost focus is control of your performance.

Example: When I began the intention to create this course, I set the intention and then released my mind so I could listen to my heart as it unfolded the information.

Remember, the mind/brain complex is part of your entire manifested system. It is not outside of it nor is it the enemy. It is simply misinformed. Your coherent wisdom expressed through the heart is yearned for throughout your bodies. The mind wants the security of knowing that it is safe to trust the message of your inner Self. To trust that message, first it must approve of the messenger. Sitting down immediately at the onset of the heart/mind tug of war, lets your mind know that you are paying attention; that you care enough to stop and place your attention upon the action at hand. This serves as a signal to your mind that it is appropriate to listen to another voice besides its own. In this moment, the bridge is created and remains . . . infinitely.

Listening to your heart and following its lead is the most natural experience for you. It opens the door to create, through intention, every manifestation that will fulfill your world and all that you wish to see as the outpouring of your creative nature as I AM.

**Now complete the fifth exercise reflecting on your creative intention.**



The best part about how you are changing is that you do not know how the change will manifest. Many people believe they know based upon their religious beliefs, etc., yet no one really knows what you are capable of since you have not been here before. This is the art. It is the flowering of your personal seed as I AM. And, it has no place being limited by beliefs or concepts that no longer serve you, if you are ready to dissolve them into the compost of your present, developing creation.

Now is the moment, the breath, to bring into your experience the wonderful life you wish to live. This is the time. You know it in the very bones of your awareness as I AM. Now, in this present moment, what is your intended creation going to be that will change forever how you experience being?

What you want right now is to gravitate toward the frequency of Self-love. Look at the innovations that are occurring. People rebel because governments have not been caring for the people. They are built on power and control. So. Citizens join in like frequency and create a demand for respect (which is love), freedom (which is definitely love) and a government that is responsible, within its own love, to the people.

In the same way, everyone you worship or hold in high esteem becomes the true mirror of your next manifestation.

Realize, right now, you are the same as anyone you have put on a pedestal. Act the way you have worshipped them for years. *How this will change the world!* It is autonomy. It is

freedom. It is no longer living

by rules that do not serve the Whole. Whatever you aspire to be and create is now ready and willing to become the metamorphosis of your expanding life in form.



So long as you stay in the position you are presently in – you will *stay in the position you are presently in.*

### **Choose Awareness**

Choose awareness. If you do not, you will be afraid, looking everywhere for answers. Are you willing to be your own answer? And, you will most likely be very surprised at some of the people in your environment who come forward and ask you to assist them in understanding. Will you be ready to assist them? This is not to say you have to make them comprehend the same concepts you do. You

simply want to be able to give them of your creative essence so they will realize there is nothing to fear.

Whatever your choice as Creator, the one aspect that will fulfill everything your heart is presently yearning for is the unconditioned, neutral, impersonal awareness existing within all of your creation. It your Essence as Creator.

Some may be angry at that which they do not understand. This is where your patience and appreciation of their standpoint come in. This does not mean you must condone what they are doing or saying. It does mean you can only assist them by not judging them. Rather, be a mirror of peace and resiliency so they, too, may realize this is possible. Within this mirror exists the beauty of what you acknowledge through being the Creator of a new way of living, be it physical, emotional, mental or spiritual. All is spirit, so all is a spiritual evolution created through you.

Since many of you believe enormous changes are occurring, you find you have resistance to certain changes in your life or environment. This sets up an incoherent frequency in your body and it rebels in the only way it knows how - by exerting its influence over your consciousness. It says in so many words, "If you continue in this way, I will cause you pain. Then you will pay attention to me and do something to end the pain." Your body only knows how to communicate in one way – by making you feel something you like or do not like.

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## SLOW DOWN

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What your body desires of you is the recognition that it is the house of your Divinity. Rather than following the mass consciousness and all of its fear and confusion, think and feel in autonomy. Demand that you respect yourself so well that your body will feel it deeply. Then all of the confused frequencies will dissolve and resolution will be felt in your body. This is the basis for your creative interactions in all ways. The coherency you feel within your body fuels the outcome of your creation, whether it be physical, mental or both.

When you change the way you perceive life, then all of the changes will occur within your body. Feel the love that is possible for yourself first and then let it flow

out to the environment around you and to the world at large. It is a magnificent experience you are having in physical duality, your home of contrast. Use the idea of diversity to fuel what your new design will be. Look at everything you have aversion to and question how to emerge within its opposite. How can you manifest a fertile foundation that feeds you and the Whole?

First, and this is most important, remember to slow down. Find a pace wherein you have time to be present with each moment. Without this application within your life, all else will be much more difficult. Then take your ½ hour a day (more if you will) to sit with yourself in sacred silence. I say "sacred" silence because you will be offering yourself the opportunity to go into what I call the Holy of Holies of your heart's temple. You will be sitting with the Presence of Your Essence.

Then when you have gotten used to being quiet, you can begin listening to the voice of your soul, your heart. It will speak so loudly and clearly to you. That which is usually a whisper will become an overriding voice that will literally take over (in a very sweet way) the commanding voice of your mind. This will hold you through all of the transformations that your intentioned creativity is asking of you.

## **Nothing To Fear**

There is nothing at all to fear if you are able to remain in a state of awareness without expectation or anticipation. That is a big one. What causes the fear is when the anticipated or expected results are not seen. Then the awareness disappears and you become afraid. Since no one knows what you are going to be experiencing in the next moment, what is there to fear? Remember that if you allow yourself to remain in fear you are resonating with those who are living in confusion and as a standing wave you can only bring more confusion and fear into your life by doing so. And, fear does not fuel the creative aspect that you are nourishing and nurturing here. It prevents you from focusing upon what your wonderful life may become when you see your Self as Creator.

Etheric awareness will become stronger every day. You will begin to understand your natural ultra-sensitive powers and use them. That is one reason why I emphasize that you learn to stand up for yourself and be authentic. You cannot find your extra-sensory abilities when you are cowering beneath the fear of suppression. You must be coherent. You must be present within your own field for this to take place. It is your field that holds the awareness of your perfect creation. And, of course, you do not need to do it alone. Many people are available to assist

you in the production and outcome of your newly established conception. You are Creator.

There is no "final" outcome because you are infinite so once certain changes take place then more will come. This is not some final ending. It is simply a revolution of a cycle and then another cycle begins from that point. If you cannot say what next week will look like, how can you say what the outcome of the future will hold?

## Loving Your Creation

In what you might call the "original design for the world" as you know it, a specific intention was manifest as Source. I like to call it "Source sourcing Itself"; you might call it "God". This intention was, and is, a composite of all experiences – and all of these happenings and states of being are encompassed in what you know as Selflove. This love is everlasting within Its creation. It is infinite. And yet, you see a perishable world and the thought that the world as you know it may disappear invites fear, hence loss of freedom. This perceived deprivation is formed by learned beliefs that create a particular perception of lack within your life. Are those beliefs true? If the fear you experience is caused by lack of truth in perception, then perhaps freedom from that fear may be obtained through a change in the method of perceiving. See your Self as Creator. Know your Self as I AM available to anything and everything.



YOUR ORIGINAL BLUEPRINT,  
THAT WHICH IS SELF, IS LOVE

Your original blueprint, that which is your Self, is love. And love has no connotation of romance, physical connection or attachment. Love is allowance, allowing all that exists to be in

the state in which it finds itself without having to change so as to be approved of in any way. This *is* Selflove!

You are a creator in this dimension and have direct access to this original blueprint, the initial intention of creation. This originating wave/particle that is your expression is without perception or concept. In this world of illusion, *it* is real. Within its reality, there is no fear, no loss, no abandonment nor separation. If your perception of lack and aloneness, fear and sorrow are part of the world of illusion, then perhaps a change in perception will create a new freedom in life. You might say that by changing perception, you begin to accept your personal, active access

to that which is real – the peace and love of creation as well as that which is not created. So. You see that your intention to create is an outflowing of this awareness/allowance and by focusing upon it, you bring into manifestation what you truly want yet have denied yourself for so long.

And what does this involve? A lasting change in perception that aligns with the beneficence of its origin must include only the neutral or divine allowance. "Ah," says the ego personality, "I cannot believe in neutrality or allowance. There is much bad in the world and I will prove it to you. I will make you separate from that which is bad and keep you safe." Your ego personality believes that if it creates unlike the original intention, if it creates disharmony and separation, it creates self-autonomy.

Yet, if Source is One and all is Source then separation cannot exist. The fears, anxieties, worries, angers, and grief of the past are only alive within your perception when you assert that they are true in memory. Because many beliefs have been created and accepted placing a barrier between you and your Self (you as Source) separation has become real to you and your fellow beings. It is this separation that causes the fear that is referred to here. It is the disunity and feelings of abandonment that exert such an overwhelming force within your consciousness. It pervades the noosphere of earth and is easily tapped into when your frequency resonates with a particular degree of separation. The feeling of separation is based upon the belief in abandonment when arriving in earth.

Hence, your intended creation right now is to stimulate your feelings and mind to use that sense of abandonment to generate an outcome that not only dissuades you from the experience of abandonment, it fills you so full that the idea of being alone or lonely in any way is not even a thought. It takes the fear that has lived within your cells since birth and reverses the potential within them into one of a Master of Creation. Therefore, there can be no abandonment or loneliness since you are producing right here, right now, exactly what you have always intended your creation to be. What will that be?!

## **Perception**

There has been much confusion about what perception means because the word is used to describe awareness *and* the interpretation of awareness. What you perceive is *always* your interpretation and nothing else. Therefore, you can choose to perceive, and interpret life, through awareness of your *Self* rather than only your awareness of your *self*. And, you will need to do that if you are going to be a

competent Creator. It is your divine nature that perpetuates your ability to manifest anything, whether it be an object or a change in your concept of life.

The only Truth that exists does so without concept or perception and is not subject to belief. Therefore, fear and its accompanying companions have no place within it. When your mind realizes that your only truth is that of awareness, drops the judgments and opinions that are constructed from the mass consciousness and relinquishes the need for assumptions and projections, then it begins the journey to its own freedom. Freedom is the basis for your intention. Unless you truly know that you are free, there is no way that you will be able to create what you have intended.

Whatever your mind might believe about what you are capable of can easily be dissolved into "I AM Creator" in all areas of your life.

If you look at "original fear" for what it is, it is easy to understand that the separation being experienced is separation from the Self that is actually *you*. Once you awaken to and accept this understanding rather than it being a source of aversion, your mind begins the restoration of its proper place, its Source-driven perspective. Hiding within your ego personality, this awareness is quite alive. Once programmed mind's hold over your consciousness is released, then fear is released as well. What is truly amazing is that the yearning to create as Source is so great that it drives you unceasingly. You are constantly in a state of creation and manifestation. It is the most natural state of being for you. Whatever your mind might believe about what you are capable of can easily be dissolved into "I AM Creator" in all areas of your life.

It is your fear that you will not make the connection that is the "original fear". It promotes a feeling of helplessness, victim-hood and contributes to the fears of your past like garbage strewn throughout a busy street. This fear is so strong that humanity has cowered before it for ages. It is the cause for religious beliefs that put Source/God "out there" as a punishing, menacing figure. It is the personality attacking itself.

When you are on the attack, you cannot develop any expansive perception because you are in survival mode. It keeps you from expressing through the freedom you truly know to be your given expression.

What to do? *Face the illusion*. Do not hide from it. Illusion is just that – a false appearance built on sand. There is no firm foundation within the "original fear". The only true ground upon which any of creation rests is that of awareness, which creates, nurtures and sustains. This is allowance. Wrap your mind around that new definition so it becomes your focal point. You must *allow* creation if you are to be a Creator. As Source is aware of its creation, its creation is aware of It – and its creation is aware of all other manifested pieces which means that there truly is no "other".

Awareness is all and asks for nothing. Yet, there is always free will and if you make the choice to live in fear, anxiety and anger, separation becomes the norm. Your *awareness* to your origin is severed. The connection is still there, of course, only you do not *know* that it always remains. Separation, by its nature, defies Oneness. Herein is the dichotomy - separation must be a part of Oneness or Oneness is not.

The original intention for experience *is* the expansion of conscious awareness. It is natural to expand and grow and it is only the distortions of your belief system that cause the confusion, worry, pain and fear you experience. When you stop imitating the beliefs that others have created and choose your personal truth, you will immediately know how to manifest your intended creation, whatever that may be.

## **The Call**

The call to create is within you. It *is* your greatest yearning and your greatest desire. Fulfilling this deep draw as the Divine requires that you set no limits upon yourself. If you do, you are setting limits upon your own divinity. Your freedom is also the liberty of the whole. The power of this freedom is in every part of your creation. You are completely and totally connected within the Divine Hologram (the "Whole") as Creator. You need only ask yourself if you are willing and ready to live free of fear. You are I AM. You are fearless. You are Creator. You intend and, therefore, it is so.

I have no limitations. You have no limitations. I AM chooses no limitations. I AM chooses nothing. It is the concept of awareness before the idea of limitations so constraint has no meaning within I AM and you are I AM.

You originate within I AM, Source, the Ineffable. When your mind begins to contemplate a point of origin, it is looking for a beginning. Since the mind wants to understand its ancestry, it looks for its source. This is its first limitation. It relies on

beliefs passed down from one generation to the next, limiting itself to a perceived lineage. How many people allow themselves to create the life they truly want to live? Are you? Are you willing to design exactly what you want, as you want it so that your manifestation as Creator is your breath-to-breath focus?

Your personality is emerging from within your soul record as an aspect of experience you choose as you come into this individuation. You are free to choose among the limitations you design through belief in this incarnation *and to choose no limits at all*. First, you must realize you are free to do so – absolutely free. *Your beliefs do not exist without your connection to them*. If they limit you in any way, this is the choice you have made.

This entire choosing, forgetting, begetting, limiting and not limiting take place within I AM. It is a constant fluctuation within Its Presence, though Presence has no meaning within I AM. In its search to identify itself, your mental body seeks systems of belief, groups to connect with and authority figures to obey hoping to coagulate these distant memories into a substantial story. Within the story is limitation after limitation based upon the beliefs you choose to call your own – or not. You are free to make the choice: limitation or no limitation. As I AM, your choice as Creator of your life is absolutely impersonal.

There exists only aware consciousness in all formations exhibiting the tendencies each has to *be*. All emanates from within itself and is the origin of itself infinitely expressing as I AM – without limitation of any kind. The obstructions experienced within your present dimension are for the sole purpose of observing yourself in this particular embodiment. If you wish to measure yourself within your present emergence, your individuation as I AM is the smallest grain of sand within an infinite beach.

You are the All and you are the pieces that comprise the All. You are unlimited and only choose limitation through the beliefs you use to fuel the life you lead.

You are the beach, the ocean encompassing and expressing the wave.

You may be limited or unlimited. It is always your choice – as I AM creating and expanding upon whatever you program your mind to believe

is true. None of it is, of course, so you have this opportunity to create, again.

## **You Know Yourself As Creator**

You know yourself as no one else possibly can. The "I" that is you, the self you know as your individual personality, thinks, feels and wills throughout the events of your life. This is what is known as your "ego". It is your individuation distinguishing you from the selves of others and from the objects of your thoughts.

It is this knowing that contributes to the foundation of your intention. Whatever you intended in Query Five is the basis for what you are going to bring into form right now. It is not only a manifestation of your divine nature as I AM, it also incorporates the strength of your personality, shifts the perceptions of your mind and emerges as an absolutely new way to express. If you decide to create something that is physical, an object, it will be an expression of your divinity in form.

Your mind is the conscious accumulator of your experiences in the body you are using – and it believes it is separate and distinct from "others" in its reality. To some degree, through its programming, it believes it cannot live the wonderful life that is possible for you because it has been trained to submit to limiting beliefs. In this separation exist apparent independence, safety and imagined security. As your mind compiles its idea of life through these events, the experiences are added to your soul, your etheric record, and the composite of you is enhanced. If you choose to believe you are limited, that choice is recorded in your soul record.

### **Consider This**

Consider this: You are Source or God or All That Is, however you see the Ineffable that underlies all of creation. By Source is meant that awareness that always exists with or without created worlds and dimensions. It is the origin of *all* without having origin itself. *You are sacred*. Limited? Unlimited? Your choice!

Align with your personal, individual guidance system within its sacred Self. When you shift the conscious awareness that is individually expressing through you to its point of origination, the Ineffable, you embrace your Essence, the quintessence of you as Source in a body - Creator. And, since Source embodies no limitations in any way, any choice you make to impede yourself is based upon the beliefs held in this world.

How do you align self with the authenticity of your Essence? If you are going to be the authentic you, then you must acknowledge your presence as Source –

completely. You must allow yourself to acknowledge that *you are Source*. This includes the expression of you in this body which is the sacred space in which you presently dwell without boundaries, blocks or reservations. It is the very foundational expression of you as Creator declaring the outcome of your intention in all the forms in which it wishes to appear.

In order to arrive at this awareness, you must learn to value your emanation as Creator far more than your belief in limitation. This cognizance is inherent in the very cells of your body, your DNA, your heart. You will begin to realize that making the choice to create what you are, as you are, is the most sacred gift you can bestow upon yourself. Once your focus is anchored in this intention, your beloved personality melts gracefully and gratefully into the Essence that is the source of your Sacred Emanation. All limitation dissolves. You express fully as the Creator of your divine intention and to offer it to this world.

The easiest way to access a place within where you can yield to the Essence of your Creativity is through exploration, experience and expansion. When you allow your Self to explore all of the nooks and crannies of the mysteries within your life, it has a chance to experience them from all sides. In this exposure, you expand because you are no longer holding on to the limitations, the boundaries you have artificially erected in order to protect yourself *You need no protection. You are limitless flight, unbounded freedom*. You exist without limitation, restriction or constraint as the manifestation of your divine intention.

Your Sacred Spaces *are* these *unlimited* expanses, in which physical objects are located and all events occur. Within this expansiveness, you maintain your access to your credibility, your integrity, your authenticity all leading to the evolution of your creativity.

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Your Sacred Space is the most intimate  
experience you will have in this incarnation.

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Your Sacred Space is the most intimate experience you will have in this incarnation. It expresses through your heart, the voice of your soul. Experience your view of life from it divine viewpoint, deep within your inner core, the Presence of your Essence as Creator. As you do so, you will realize that there are

no limitations. Anything you consider limiting is your own construct within your life. You may let it go at any time by seeing it in a different way. As I AM, you already know this. Now make it so!

**Now complete the sixth exercise outlining what you are going to create as Creator.**