

How you create your world

Your mind is the tool you use for creating and interacting with your world. To be clear, you do not physically create your world with your mind. You only create your perception of your world. Perception is your experience of how you filter your sense input through your ideas and beliefs. The structure of the world that we all interact with is just an energetic framework we are connected to. The structure of the world is the same as the structure of you. At it's core it is infinity and eternity. It is a part of All-That-Is.

The events and experiences that you perceive are fully created by what we will call All-That-Is. You do co-create with All-That-Is through the repetition of your thoughts and emotions. You don't actually create anything, you just pull events and experiences to you, which All-That-Is is creating, so that you can perceive and learn from them.

How does this function? From birth on, you receive input from the world around you. Through this input, you create what I call your book of law (see description in teachings). Your book of law is just the ideas you choose to accept as your truth and are set as your beliefs. These beliefs generate thoughts which create emotional responses. Once a belief is set, it will perpetually create repetitive patterns of thought and correlating strong emotions. The emotions are reactions to the thoughts which feed energy to and drive the continuation of the thoughts. This feedback loop keeps you locked in a cycle of behaviors, habits, and patterns.

The reality of the world of form is held in your thoughts. Your thoughts are how you create your perceptions and experiences. Thoughts and emotion are used to pull you into experiences and events so that you can learn the lesson behind those thoughts and emotions. Without stepping out of your thoughts and emotions, you are stuck believing that they are you and therefore do not

learn the lessons. This attachment to your thoughts and emotions causes every experience, internal or external, to add to the wounds you are carrying. The more you attach to and identify with your thoughts and emotions as the truth, the larger your wounds will grow. As you feed your wounds with the energy of your thoughts and emotions, the gravitational force to the habitual thought patterns and behaviors will grow. This is what keeps you repeating your habits and patterns. You may try to run from them, but you will just repeat them with different people and places.

The primary or initial wounds are created from birth to 7 years of age. We will call these your core lessons. They become deep and hidden- constantly producing pain for you in the form of what we refer to as negative emotions. They also tend to generate most of your other wounds and all of your hidden patterns and habits.

Your perception of your world is entirely dependent on your wounds. Everything that comes into your awareness is filtered through them and then reacted to. As your mind reacts, it generates rapid and constant thoughts which drive more emotions. This loop is what really solidifies your reality. The reality of the dream we call this world becomes more rigid and solid the more thought and emotion is put in. Your mind will diligently bring up all the pain and patterns you set up for yourself to experience so you can learn the lessons you chose for yourself and so you will evolve.

The mind is a tool meant to help you create the world of your dreams. As it stands, it seems as though the mind has usurped your entire awareness and is running amok. The attachment to, or identification with, your ideas as truth and avoiding the source of your pain has forced the mind to perpetually remain in thrall of your wounds. Without looking inside and finding/releasing your wounds, your mind will withhold all of your energy and power in order to

force you to look at your lessons. The lessons are set up to ensure you evolve into fully free and awakened beings.

This will lead to conscious awareness of being. When you become consciously aware of your being and live your life through that, the world becomes less rigid. You can then play with reality. You can let the Joy of being flow through you out into your world. This state is freedom. Enlightenment. Bliss. It is Peace and Joy. You will have a deep knowing of creating the dream of form as a playground of love. You see the perfection in everything. You embody the formless and perceive it's reflection in the world of form. With this vantage point, you can choose the thoughts that align with anything you want to create, and the world will pull you into those experiences that reflect your every Heart's desire.