

step by step - a statement of belief

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hello beans 🙄

i'm a, roy

welcome to 'my' world of belief

this post, is a reaction to all the energy expressed regarding change and growth.

intro'

it's good to share. because the opportunity for experience increases.
i share now, because i can, and i love all beans.

love, is a creative force. i create this now, as a gesture of heartfelt desire for positive change within us all.

many people share stuff, but i don't feel it offers specific enough new material, to the extent that it causes beans to re-evaluate their take on 'all things' relating to change and our creator. the big c 😊

i read about so much anger and distraction, and i feel, for change to occur, en-masse, we need to expand our base line of belief, to accentuate our focus.

to become more aware of, and more in control of, our personal focus, and awareness.

and so,

with all humility and innocence as a child of the universe, i offer the following for consideration, with a view to change;
both in the individual, and globally.

i would also remind you of 2 possible approaches to the content;
namely, one could instantly dismiss what you hear. this closes a door in your mind on growth.

or, we can listen with an open mind, with care and consideration.

this will afford you time over the following moments (hours days whatever), to ponder all you hear, and become 'aware of'

you are here, now.

perhaps this was 'meant to be for you'? time will tell.

what i share here, i have discovered through searching, filtering out rubbish as i seek truth, by feeling what i hear as truth.

with time, i find understanding and awareness comes from within.

at the end of the video, i will be referencing some resources, that i have found useful.

"embracing the possibility of truth from within"

this is the knowing to me.

we can go over things in our mind.

over and over again, your voice repeats, and repeats.

this constant repetition, is like...

"what was that ... and then there was *this*... and then we have to consider *that* ...

and so we 'chew' things up in our mind.

checking out the taste, seeing if we like the flavour ...

...

"oooh, is that ... yes love, and wait... is that forgiveness? yes nice, and ... oh yep, there's some strengthening of will, and WOW, where's all the money gone ... great idea 😊"

as we ponder all that comes before us, we try to rationalise, and therefore personalise, this new food for growth.

remember,

change, is a constant in our awareness.

being mindful of influence

buzzwords and phrases are all over the place right now.

images may form in our minds eye.

5D - the matrix - awakening - second coming - messiah - new buddha - climate change - the 'new' age - the aquarian age

then we also have, imagination - peppered with images from tv shows, movies and childhood comics etcetera

on top of this, we have... current, multi - media driven

miss-information. blatant lies and false seeds of hope. miss-direction. WHY???

well, it could all be about money and power, i suppose; is that as usual?

then on the other hand we have

experience!

personal experience is our truth.

with this in mind, we could consider that, fear and hate come from programming.

could we say this is that old brain?

so many full of childhood resentments?

do we stay in survival mode?

to pause and consider, before we react, pulls us away, personally, from the automatic reactions of 'old brain', so often in error

food, for thought perhaps?

for many at this time, our thoughts and views towards some things are changing.

at the beginning of resistance to error, confusions may appear to wax and wane as personal truth begins to grow, as moments of awareness and revelation about self and life begin to come to front of mind.

the draw we feel towards personal change and discovery, comes from within, on another level i feel

understanding this in relation to how's and why, is not really necessary right now. for there will always be mystery, and the seemingly infinite nature of continuation in experience

this continuation, is our journey home as it were.
perhaps an analogy could help here..

owning a car, helps me get about.

i put fuel in it to go.

i didn't build the engine, or the car body, but i use them none the less on my journey.

so, look after your car, and it will serve you better on your journey;

i feel it's important to remember,

you don't have to know 'everything', to get to where you're going
they do say, the 'devil', is in the detail

ooh, faith comes to mind 🤔

is fearlessness, an air of nonchalance in and through faith?

to really become aware of something new, affords us an opportunity to become aligned within one's own mind towards a new awareness when we consider it over time

we can share these new things, because we believe there is benefit in what we offer.

most often, this is done with love. based on service to others

conversely, this can be done with error, where there is benefit sought, based on service to self.

invariably perceptions of control, superiority and domination may come to the front of mind and awareness.

i feel that service to others, is, service to self ultimately;
as we search for experience through awareness in life

also,

consider the difference between reading about process, and personally experiencing the process, through choice, based on freewill.

the rewards of 'your' journey, are profound, and totally unique and personal to you ❤️

i must emphasis here, the importance of freewill, in all aspects of one's experience.

we can also consider how we project our own fears on others as we stop them, sometimes through force, from embracing the full potential in each experience for personal growth; so important in each individual bean.

it's 'all', about 'you'.
in each case, for each bean.

so, there is benefit then, in
minding one's own business 😊

thinking of the big c

i feel there is immeasurable personal benefit, in daily considerations of the 'reality', of ... god, our 'creator', who i like to refer to as the big c



i say creator, because i feel it to be more accurate than father or mother. father mother is a concept from this dimension. gender is a product of our design, as opposed to the worm for example. an hermaphrodite.

and so here and now, i share as i believe, in my current position of growth and awareness.

i hope it will bring ever increasing comfort, through a growth in faith and your personal sense of knowing.

i feel, to develop a personal relationship with the big c, we must engage. isn't that what we do with others, friends and family for example?

we take time, to get to know someone.

and here i pause and think, about a seed to sow

yesterday, in a moment of quiet contemplation, words became more, and transformed to feeling, and a knowing

with a sense of personal revelation, i realised, that in this sea of constant change, the big c is the balance in my life, and in all our lives.

whilst the big c may appear as the ultimate abstract, in truth we have the real and only constant in our awareness

from the infinite universes, down to the most infinitesimally small vibration of focussed awareness.

we can, i believe, start at the beginning in our story of the big c

we start with infinity. infinite what you ask? and so the mystery begins. to stall here because of unknowing is error.

think back to the car, and what you 'need', for your journey.

if knowledge and awareness are infinite... how much can you hold within your perception at this very moment ?

I feel comfortable saying, we don't know the 'exact' nature of the sun, it's history, internal workings etc, etc. we just accept it's there; it warms us, provides light and love, to feed all 'life' that grows. us 🤔

and so moving on with the big c

the infinite, that is the big c became aware, and then aware of self.

what does this mean to me?
how can i relate to that?

well I'm aware of me here, but is there another me, a me i can discover, by using a different 'approach' to my awareness of me?

in short, i believe so. yes.

the big c, focus' the awareness and creates energy.
energy in what form, I don't know.

I couldn't even begin to consider WORDS that may be able to convey to anyone's sense of awareness, the nature and form, to an extent that there is comprehension ... I wasn't there, and yet all that is, was 😊

when we FOCUS our attention on a task, we are creating. 'co-creating' our own reality. we do this all the time.

co-creating with what?
with all that is perhaps?

back to the big c

focussing on the original nature of infinity, led to the creation of infinite energy, by the big c.

logos. love.

the creative principle that is the divine, in the creation, in all things.

here we can attach a sense of awareness, beginning to appreciate with awe and wonder, all that is creation

consider all the stars in the universe, each point of 'light', all are energy, points of love in our sky
infinite stars, in an infinite universe, of infinite universes

we can come home and consider the existence of increased dimension, perhaps infinite in nature, here on our own planet even.

how wild and wonderful is that

ice, water, steam then its gone. vibration, heat, and change.

nothing, is impossible. to think is to create.

abracadabra - i create what i speak

to speak in sound is to create a wave. a wave of sound energy.

the energy can be absorbed within the mind of another.

being heard, increases the awareness.

it increases the energy as the sharing repeats the creation.

with the increase in energy, we equally increase the potential of the energy.

like minds, filled with love, have a powerful force for positive change i feel

the infinite energy 'labelled' logos or love, is the source of our own creation here, and on all worlds, in all universes, in all dimensions.

our sun is a point of love

it imparts truth to us. embrace its light and love

the warmth of its caress upon our skin, and so our heart

the creator, is the focussing of infinity as awareness

created as the same, i am aware of my own ability to focus my awareness, within the limits of my own current potential.

we can become aware of the nature of polarity as a reference for direction as in positive and negative.

love expressed as service to self is at the expense of others; this i believe is of the negative polarity.

love expressed as service to others is the alternative. and holds within, service to self, as a by-product as it were.
this i feel is positive, by comparison.

we teach by example, we display our own truth.
in all our interactions with other beans,

do we ever stop to consider and perhaps question, what we teach others, through our own behaviours.

i believe, it's up to the individual to 'check' themselves, where and when they feel so inclined, to change, and 'be' different. to grow in personal truth, dwelling less in error and confusion.

if we live in 'love', we absorb it and radiate it back out. 'loved up as it were' 🤗

self-control is only required when actions would otherwise be in error, or unloving towards another.

i strive daily, to stay in control of outward expressions of error. this is a conscious choice.

it's one that i feel has benefit for both those around me, and myself within, as i personally seek to grow in awareness of the love divine.

love expressed as service to others can be embodied in gifting.
anything and everything. sharing freely.

when we are hungry we 'want' food.
to get enough is to feel content.
safe and secure in our view towards survival 'tomorrow'.

when we wake up to the true abundance in our current home, we can feel content again.

this realisation enables us all to become fearless, and so sharing becomes easier.

our home, is a 'living feeling multi-faceted symbiotic entity', that nurtures us in our growth, providing all we need.
in our current form we are always physically experiencing life and creation, even as we breath the very air, the breath of life

here then, is our first demonstration of 'love and service to others' perhaps.

a demonstration by our creator, the big c
one I feel we need to be more aware of.
we can acknowledge this fully.

giving thanks and appreciation, at every moment of interaction with all
creation. including the interactions with each other, for here is our learning

as we change our view, more and more, we can see the 'sacred nature' in
all senses.

this may provide us with more desire to care for and nurture our own 'garden
home' instead of destroying it based on money and greed.
so silly really 😞

so distracted, and so confused with the learnings,
we see the children play.

see, what 'I', have done, they scream in the quiet of their mind

salvation, and understanding process?

i can't say, there is no second coming.
although initially, i can see how seeds of error could be sewn

picture if you will.

after the form 'jesus, the essene', of the bible passed, observing great
despair, comfort was offered, by someone. to provide hope; nothing more.

they said,
"he will come again. he will come back and save us ..."

well, that would be NO.

this task, sits quietly at your own feet.

to be led by example is to seek the truth within yourself, as did jesus.
illuminate yourself within, through the sight of the single eye within the mind

focus on yourself.
embrace the possibility of truth in other things and allow yourself to grow
beyond your current levels of awareness

how do you do this?

by exploring the silence within

it can be hard to 'FOCUS', in noisy busy places, wherever and whatever those
places may be.
but persistence pays off.
to engage with all that is, we must engage with ourselves, to become truly
aware of self.

awareness of the silence, could be seen to be akin to that experience of our
creator perhaps.
that would in some way seem logical to me

we were created in the same form as our creator after all.

i feel we could pause here, and consider 'HOW' things have been done (to
me anyway), in reverse perhaps 😊

our base awareness, is born of the earth
our 'root or base chakra' is an energy of the earth.

this is the root of mind within the individual i believe

as we move up through the chakra's, do we trace the line of creativity, it's progress as it were. the reverse is a reflection of the original perhaps?

our path then illustrates the returning, as we seek to balance the energies through personal experience, both externally, and within

consider the associations for each chakra and it's correspondence, earth air fire etc

find out for yourselves. explore, discover, if you wish

from the beginnings of mystery, through all created, to ourselves, the greatest of creations.

because we hold within ourselves, individually, the potential of sufficient awareness to co-create with specific intent, to continue returning to source as it were, through the learning of the necessary lessons to ensure we grow as we desire.

understand the nature of 'child'

i see it in myself sometimes.

i see it in others.

it is a part of process.

we can release the beast within; to allow full expression without the need for projection onto others.

a protective place is simply one of solitude.

in many children's lives, there is room for more love. unconditional love. but the paradigms and mechanisms of our current awareness do not always lend themselves to the development of the best possible environments for growth, as desired; for everyone, where love is concerned.

we need space, to say, this is sharp, it will cut you and you will bleed. it may hurt. your body will heal, subject to the severity of the injury. but you can die if it's severe enough.

what happens then, is the choice of the individual concerned

perhaps we could always seek to consider compassion and wisdom
compassion allows us to 'feel' emotion.
wisdom allows us to see truth.

emotion is born of 'now'.

wisdom, is always there to discover.

it is born of our creator and comes from the process of experience, over
countless aeons

when we pause, and consider our personal experiences as they come
before us in our awareness, we have the opportunity to balance the energies
within our perceptions as part of our beingness

through a sense of forgiveness of self, recognising error within, we can free
ourselves of the shackles of guilt, that impedes our personal growth.

we accept ourselves by viewing with an open heart, and bathed in truth, we
find the strength through freewill to effect change in our values and beliefs.

our understanding has evolved; and will continue, according to the design of
the creator.

all things lead back to the big c as we evolve through to unity, as one

take a second bite. remind yourself of the words. let them echo in your mind.
repeat and reflect to afford the full flavour of my truth.

through the forgiveness of self, and the acceptance of self, we can hone,
and direct our will towards growth and love, and move away from error, 'by
personal choice', employing freewill.

it's this realisation alone, which can begin to set you free, and on a path of
self-discovery, with the potential of greater awareness, with every breath

aspects of error

crime and punishment is a state of mind we live in through re-experiencing our own childhood dramas.

how do we stop 'punishing 'ourselves'?"

we forgive ourselves, as we forgive others

is this a LET OFF?

there is NOTHING TO LET OFF, when we see only reactions to conditioning. this is where we employ faith in the process, and compassion through an understanding of the same process.

you can't judge from a seat of wisdom, for wisdom is born from the body of, yet beyond compassion

can we say, to INTERVENE, is to REACT?
this is to project perhaps?

ONLY, through a personal TRANSFORMATION, of knowing through experience can we see all there is to see 🙄

to pause and stop, if a thought, word or action is not loving, is to take 'right' control (OF SELF), by choice, employing freewill

our greatest gift perhaps

i have read, that jesus, the essene of the bible, took a life when he was young

if i take a life, i have experienced a mix of all necessary to act in that way. if i can find forgiveness of self, through an understanding of process, will i be well placed then, to afford compassion to others who find themselves experiencing similar events, by virtue of my own agonising over the guilts associated with my own action?
i feel this is true.

indeed, it was through the forgiving of those that would have his life taken from him, that jesus restored his own balance, and stopped the karmic wheel he forgave others as he forgave himself.
this is lesson to us

other stuff

compassion is a tricky thing

for while every person, and every experience they have, is unique in every infinitesimally small way, and can 'never' be fully appreciated by another, and accepting that through similar experience, we can afford compassion, i feel we could consider it possible that to decide to afford compassion is by virtue of itself a judgement.

to express a judgement could be perceived as a projection
wisdom, might suggest this to be error.
more food for thought perhaps?

i believe if we continue to pause, and consider the things we think and say, and do, we will, with enough time identify the feeling of error within self.
our experiences teach us how to be unconditionally loving to ourselves and others.

i feel thoughts on balance, can hint at why all experience is necessary, with specific regard to returning to source, which to our awareness, may seem a long time coming

but consider

with infinite energy, we have infinite potential, for infinite experience, to achieve infinite balance, in the infinite energy that is infinite love, as expressed by our creator through co-creation

the culmination of which is the returning to source of all balanced energy.

so we see our creator in literally everything we perceive.

a beautiful perception

personal evolution

some may consider the 'revolutionary' nature of growth as a call to arms as it were,
here and now,
as the fervour of emotional release bathes our awareness
but i feel ALL THIS, is more 'personal evolution' in nature,
with the strongest desires born of spiritual growth

so much 'good news' then.

i feel this is a time of rejoicing as we embrace the true simplicity in the task of change that lay before each of us.

it's a time to let go of fear, and embrace our release from confusion

to see with an open eye, and an open heart

it's time to talk to our creator, the big c
and surrender to your own love, in all things

from the perspective of our creator, and with specific reference to a consideration of those that would seek to subjugate en-masse, to serve self over others, i would offer this as food for thought

guidance may come from wonderous sources, as perceived, which of itself, has the power to transform (a mind), much in the same way, as we covet that which shines; shiny things are coveted by many.
however, i feel the parallel paths that are seen to run together now, will not continue together forever i feel

i feel there is error in service to self, and that it's of the negative polarity - born of doubt, fear, resentment, revenge etcetera birthing all things negative

the source, the creative principle in all things, at its core, is niether positive or negative i feel.

this is born out in the journey. our own personal journey. for how can we begin to consider a union when there is no wholeness of beingness in self? no balance

ultimately, the quest is one of delay.

it doesn't mean it's wasteful.

for there is learning to be done, as in the direction of your journey 🤔

early conditioning, is such that we need to explore, where our thoughts takes us, and then why?

i feel there is great merit and personal reward in beginning to listen to our heart now.

is it time to reflect on the karmic wheel, perhaps?

in these changing times, it may be.

the choice of self-service then, could be seen to be error, for in truth, and with focussed reflection, one can realise how the paths must eventually be changed.

could we say that love is boundless creative expression - positive unloving then, is the suppression and cessation of that expression - negative. opposites reflect a balance

again, we measure our reactions through an understanding of process. without creation, and the experiences contained therein, there would be no balance attainable.

i always mindful of the confusions born here, and the potential within each of us to create or destroy.

we realise love is our measure for comparison. it guides us

will there always be pockets of error in our awareness, as the 'one creator grows'?

until we, as children of the universe return to the one mind, that is, the whole creator

SUCH IS THE PROCESS OF LEARNING, THROUGH PERSONAL EXPERIENCE

i feel we are all one.

i believe, we choose moment by moment our experience to learn from.

are we co-creating the new age perhaps
the age, may come through flash or bang; 🤔

or, it could come through a gradual progression.

a change in the energy of all beings on this planet. which then interact in different ways with all energies existing on this planet.

maybe experiencing new energies in our awareness?

how is all this manifested?

through our thoughts and actions perhaps?

as we become more unified in our approach & mindset to the many issues we are faced with, both personally and globally, our unified 'loving' approach, will afford us collectively as a whole through choice & freewill, time to engage fully with the concepts of a 'personal journey' and support for the same, will be found within community .

so, truly,

BE, THE CHANGE, 'YOU', WANT TO SEE IN THIS WORLD

gandhi understood. he loved 🤔

personal journeys can begin with the pause button:-

take time out, and explore your inner you through meditation and prayer

with a focussed intent and desire to get closer to our creator, with more understanding of process, and the learning, we gain strength in will, finding the courage to face our personal error and change ourselves through love and understanding.

to meditate you could simply sit quietly, with your eyes closed, and allow thoughts to enter your mind, and see where each one takes you, until the supply is exhausted, and all journeys have been run.
then all that is left, is to venture deeper into yourself and your silence

you can focus on a mantra/word/phrase, to help focus your intention if you wish

i like "shiring". it lingers...

you can include fasting.

this is a traditional approach, as we lay ourselves bare to the rapture of angelic touch - air fire earth water perhaps?

this place, this planet, this living breathing loving home nurtures our growth and cradles us in her arms that we may become aware and journey forward.

there is NOTHING, more to do save mind your thoughts and deeds.
it's said,
'a thought is as good as a deed'

as a 'playground' to explore feelings, negative ones especially, to play things out, as a movie in your mind's eye.
you can exercise error in the eye of mind.
with full immersion into the movie, we can recreate the stirring of emotions inside.

to review or re-live without projecting onto others is the only way, in truth, else you will be trapped in your own resentments, angers and frustrations.
which can lead to illness and death

where error has been subjected upon you, and in various forms that is the vast majority of beans in the world, the 'playground', will help with the release, of the, sadness, hopelessness, betrayal, rejection, abuse, confusion, despair, grief ... the list seems endless

just experience what do.

accept yourself as you are, or appear to be.
we can ask ourselves why we are the way we are.
when we find the negative energy in our memories, we can release the trapped emotions and express them, without projecting.

as we seek understanding through a realisation of the lessons to be learned,
we can make changes to our values and beliefs

we can walk in 'love', through choice

we can forgive ourselves.

you were co-created through influence. external influence. parents, school
teachers, peers

quite probably, not all of it was good.

forgiving yourself releases guilt, and you can grow positively through the
directing of your will towards a clearer sight of all there is to see.

all faiths talk of illumination within.

this is how we find illumination.

through the single eye. the eye of the mind.

this is how we 'save' our self 😊

love all round, cos its free ❤️

ps.

know that with each incarnation, we forget our origin to complete the
experience.

we need to learn the things to know;

primarily, the giving and receiving love perhaps?

the time to work harmoniously with all others to create the changes we yearn
to see, is now.

pps.

i hope you've enjoyed this little snack. offered with love. it is my most heartfelt
desire, that it provides you with some sustenance for a part of your journey.
and that its taste is such to you, that it serves to build within you a desire for
more of the same, to fuel you for eternity

i'll be back

peace be on all of us eh



links to resources on next page 👍

roydow.com

changetheworldnow.org

my books

https://www.amazon.com/s?i=digital-text&rh=p_27%3Aroy+dow&s=relevancerank&text=roy+dow&ref=dp_byline_sr_ebooks_1

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other books and organisations

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the transformational power of fasting
by stephen buhner

god man the word made flesh
dr george w carey & inez eudora perry

initiation
by elisabeth naich