



Lesson 1

Birthing of Your Creation

Everything you perceive passes through the filter of what you know, the filter of what you believe to be true. Everything that you perceive is created by you, within you. This lesson is about mastering your relationship with yourself and taking full and total responsibility for all of your creations. It is about understanding that things are the way they are, because you believe them to be that way. We are dreaming all the time and we are creating dreams all the time. We have created a huge dream around us that we live in each day and call our life.

We began our life in this physical body as an authentic child. We had no concept of what was acceptable or un-acceptable to those around us. We did not even have a concept of self. We did not know the name they called us or any of the words they used. We created and enjoyed our experiences from a completely authentic point of view. Through our domestication we very quickly forgot who we really are and began believing the images and concepts we were projecting about ourselves. We began creating a filter of what we know, or our book of law. When we were children there was no conflict with the images we pretended to be. We were pretending to be something that we knew we were not, but at some point we forgot we were pretending. We created so many different images of ourselves with so many different groups of people. At some point those around us also started to believe that we were the images and ideas we were projecting, and then expected us to live up to them.

Everything around us hooked our attention and by focusing our attention on these things we began to learn. We learned how to create our dream from those around us, who had learned this from someone else. We put a lot of practice into being something we were not. We practiced and practiced putting our attention to something until it became true.

We learned how to create a dream, how to craft our own dream. We may not have realized this at the time, but we were using our attention, focusing on something and then acting upon it as if it's true over and over again, until everyone around us believed it. This is what we do now, we may even still be choosing to do things based on stories we believe rather than out of pure inspiration and authenticity.

How often do you choose a course of action based solely on your desire to do it?

How often do you choose to believe something simply because others around you believe it?

Can you see how often you want to please other people?

Can you see in your life right now how you believe stories about other people that are causing you suffering?

Do you see that when you focus your attention on something you are bringing this concept into your dream?

You have and always have had the ability to choose what you want to experience, what you want to believe, and how you want to perceive these things. You are the only one that can take full responsibility and be fully accountable for what you believe. The things you believe may seem more powerful than you. It may seem as though you do not have the power to change them. You are the one that has given them this power. You are the one that believes them now.

Do you see how powerful you are?

When an event happens outside of you and you read or hear about it, immediately you begin to process that information. Based on the filter of what you know or your book of law, you will begin to craft a story about this event. You will use what you believe and what you see others believing around you to form a story you wish to enjoy. This story can be one of great drama, a story that will most likely be supported greatly by those around you. Or it can be a story of forgiveness, love and enjoyment. You have that much power in your dream. You are creating your experience one event at a time and can choose or change the story at any given time.

Taking full responsibility for your dream and what you believe can be challenging, or it can be easy. It will be as hard as you believe it will be. Embrace the words written here and just do your best. Focus your attention on allowing the words written here to be true. Do your best to not try to understand them or analyze them, just allow them to sit within you over the next few days. Come back each day and re-read them if you like, you have all my love.