



Lesson 2

External Reflections

In your life you no doubt have many interactions with other humans. You do not need anyone around you to help you with this lesson; however you will be using what you believe to be true about others to assist you. Individuals around us can be a great blessing and at times provide a powerful reflection when we are working with ourselves. Your interactions with others can be a source of great suffering or great joy. Many times we use these interactions with others to go against ourselves.

Everything you "know" about others is really just everything you "choose" to believe about them. It may or may not be what they believe to be true. It may or may not be what is actually happening. It is almost always not really truth. Recognize that what you choose to believe about a person, is exactly what you base your interactions with them upon. The story you have created about them is just that, a story you have chosen to create.

When those around us do things that we do not enjoy it can become a huge temptation to go against ourselves. By using this event we can create a great story of suffering, we can judge that person or ourselves, we can gossip and build hatred between us or within us for the rest of our lives. Different events are much more tempting to create drama over, while other events you may choose to simply forgive or may not tempt you at all.

Those around us can serve as beautiful reflections, because they can show us everything about the way we are choosing to create our stories. We are creating stories about ourselves and everyone else all of the time. The things we believe about others are also the stories we believe about ourselves. The way we judge others, is the same way we judge ourselves. The things we fear in others are the things we fear within ourselves.

What story are you writing about your beloved?

What story are you writing about your children?

What story are you writing about your parents?

What story are you writing about your friends?

What story are you writing about your enemies?

What story are you writing about yourself?

Can you see how what you believe is influencing the way you see everyone in your dream?

Can you see how the story you believe about each one of these humans is coming true in your dream?

Who lives with the stories you create in your own mind? You do! You live each day, each moment with these thoughts, these ideas, and these beliefs. Your stories originate with you, their creator, and they remain with you until you choose to change them. All of these secondary characters in your play have their own stories, beliefs, ideas and thoughts that they live with and they have very little to do with you.

It is sometimes easier, when we fear being honest with ourselves about what we are choosing to create, to look at others and see what we are creating with them. Allowing yourself to look at your relationships with others in a very honest way, gives you a gift to see how you are treating yourself. For example:

Are you respecting those that you love?

How about those that you dislike?

What emotions are present when you are interacting with others in your life?

How about those who have power over your life or those whose life you have power over?

Who brings out different emotions in you and how do they do it?

There are no judgments in these questions. There is no right or wrong, only observations to help you see your creations and how you only see those around you through your beliefs. If you can see how your perception of everyone in your life is skewed by your beliefs, you can see how everyone reflects your beliefs back to you in all that you see. Just allow yourself to see your interactions with others, your beliefs about what they are or what they should be. See that the conflict lies only between what you believe they should be and what they actually are. The same conflict lies within you, between where you believe you should be and where you actually are. Note how the judgments and expectations you place on others, mirror the judgments and expectations you hold for yourself.

Don't make excuses for yourself or others being unkind, abusive or cruel. Don't overlook everything and just think positive, or try to endure a bad situation. But don't deny them either. We must be able to look honestly at ourselves and our life at all times. The "good" and the "bad", the things we like and the things we dislike. We must first see them, if we are to embrace them. We must accept and embrace them, honestly, so that we can own them. When we acknowledge that they are ours, we own them, only then can we truly change them.

We are absolutely in control of what happens in our own mind. We are taking complete responsibility for our dream and what we are creating for ourselves. We are remembering that we have the ability to choose. You have free will to choose what you want in your life and what you do not want in your life. You have the power and freedom to choose to bring things into your life that you enjoy.

Your interaction with another human has the potential to be the greatest expression of love. When that relationship does not have to be anything other than what it is in that moment, when it does not have to fit the story you believe about it, it is free to be enjoyed as it actually is. That is where life, in truth, is lived. Heaven.