

Creating Universes

I've been tired since June 1st! For most of June and half of July I willingly succumbed to rest—lots of rest. In August, I felt more energetic—almost manic at times—and took advantage of the upswing in energy. However, I find myself being tired again throughout most of September and October.

Finding a balance between getting some things done—top priorities—and letting others go to rest, has been a challenge. There have been times that, in my head, I feel like doing several things, but was unable to find the energy to do so. I want to honor my body and give it what it asks for AND there are just things that need to get done. Like taxes and paying bills and writing sermons! So, at times, I have gone ahead and done what needs to be done and rested later.

Not remembering that I am a Human BEing and not a Human DOing, in past years, I would literally push through the DOing. This is different; it's about finding a balance between DOing and BEing.

I recently had a mini-epiphany. I tend to be uncomfortable when I feel tired or have low energy. I also realized that I could choose to

- (1) analyze this to death
- (2) get upset and emotional or
- (3) just notice it, own it—so as not to resist it—and find my amusement.

My Mother will tell you that my first word was “Why?” I was quite an analyzer the first decades of my life, always questioning why and wondering how. However, once I learned to turn down my analyzer and BE with what is, I began to connect the truth—my truth.

Hmmm. Easy choice! I just noticed. And, in remaining neutral about my noticing, a few days later it came to me that, during those times of feeling tired or having low energy, I feel vulnerable.

Just noticing; no judgement. A few days later it occurred to me that under feeling vulnerable was a sense of not feeling safe.

Choices. Analyze, become emotional or notice. I continued to notice and at some point shortly thereafter, it was easy to link my reactions and feelings to childhood wounds.

Now that I understand why I react the do, I can choose to notice, accept and make choices. In so doing, I am creating my Universe.

The October 20th Louise Hay calendar affirmation was “I leave the land of complaints and now live in the land of joy and gratitude.” Reading this shed some light on how I’ve been “complaining” of late. This makes sense to me as I also realized I had been working “disappointment” energy. Typically a very optimistic person, I wondered why complaining—not to confuse complaining with discharging—became a way of expression for me.

Again, I just noticed, and waited. A few days later, I realized that I had been “complaining” lately because (1) I haven’t felt “normal” since June 1; (2) in spite of endless tests and blood work, doctors have yet to find anything “abnormal;” and (3) I don’t know what else to do about it. I no longer seem to know what to do about several challenging areas in my life. And THAT makes me feel uncomfortable.

Whereas I used to just MAKE things happen by pushing and controlling, learning—through practice—to make choices based on WHAT IS presents a process I’m unfamiliar with, which, again, tends to make me uncomfortable, cultivating feelings of vulnerability—not feeling safe. However, the more I can BE with what is, the more my choices become clear and the easier it is to make the ones that best support that which is for my highest good.

And all the while, the ego urges us to accomplish while the soul merely asks that we enjoy the process.

In the past five years, I’ve been in a “letting go” process—letting go of people, relationships, things and control energy. Having been at one end of the spectrum for so long—feeling powerful when in control—it makes sense to me that now I’m at the other end of that spectrum—learning to be comfortable NOT being in control and simply BEing with what is. It’s a challenging and, apparently for me, long process.

There is a fine line between creating our own reality—creating our Universe—while being Divinely Guided and creating with the element of and need to control.

This—right here and now—is the Universe I have created. Life does not just happen to me. I now understand that and accept responsibility for my creations. However, some days, months and even years, I still find myself asking, “What the hell was I thinking?”

Reminds me of a quote from a movie (don’t recall which one): “You can be mad as hell how things went. You can curse the fate. But, in the end, you have to let go.” I’m learning and evolving by experiencing opportunities that allow me to let go, and I always have a CHOICE as to how I react. My choices create.

As Cheryl Crow sings, “It’s not getting what you want. It’s wanting what you’ve got!”

Working with what we’ve got. Every person, experience, feeling and choice are opportunities for us to want what we’ve got. They are, after all, what we created in our Universe. When we can “extract” the learning, we heal, grow and move on. And, if we don’t like what we’re experiencing, we can always choose to react differently.

How many times have you attracted a specific and similar type of person into your life? And how many times did you wonder why again? Only when we find our neutrality and choose to accept that we created this relationship or situation, can we learn, evolve and move on. The only person we can change is ourselves, and when we do, those around often change how they react to or treat us.

For years, I ended in jobs with demanding and abusive bosses. I loved my jobs, but the challenges in my boss-employee relationships were many. I only survived my last job of ten years because both partners traveled a seven-state region and were gone 50% of the time.

Why did I stay? Because I had a deep-seated belief that my “goodness” was in their hands. They paid me so I could live, they were building a retirement fund for me, they paid my health insurance and, to a large degree, they controlled my life because I chose to let them, based on my limited beliefs.

After being laid off I started my own administrative support business. It took two years to get it going, but I did what I had, including work as a temp, until it could support me. I built my clients, most of whom I had for eight years and loved the freedom. However, after ten years, I found myself again unhappy with several of my client relationships. They were very needy and dependent and I became dissatisfied. At the same time, I was taking classes at ICI and started teaching. Two years later, I closed that business and devoted myself full time to my heart's desire—Sacred Spaces. That was three years ago and, in spite of financial struggles, I've never once regretted following my heart. It's essential to creating the Universe I desire to live in.

July, August and September marked various anniversaries of loved ones who have departed and they have been on my mind and in my heart frequently. The October 4th Louise Hay calendar affirmation read, "Whenever I think of a departed loved one, I only remember the good the joyful times. The love link is still there."

Oh no! That is so very WRONG! First of all, it implies judgement of what the departed loved one created while in a body. Our shadow parts are just as—if not more so—important than all the good, love and light that we are. It is in our shadows that we find our woundedness—those places that cry out to be brought into the light so they can heal and we can grow.

When I wrote the memorial service for my dear friend and partner, I recall wanting to share all the things she had learned in the 2-1/2 years we were together before she died. We were close friends for six years in our 20s and reconnected decades later in our 40s. In fact, so much of her spiritual journey and growth came in those last 2-1/2 years, that I referenced the poem, "Everything I Needed to Learn, I Learned in Kindergarten," adding that everything DeLisle needed to learn, she learned in her last 2-1/2 years! I went on to talk about all the discoveries she had, the mini and the humongous epiphanies and her challenges, including life-long drug and alcohol addiction, which she overcame four months prior to her passing.

To NOT talk about, address or remember her shadow parts and challenges, would be to invalidate all that she created in this incarnation—the Universe she created and chose to experience.

When we become neutral to our experiences, we create allowance energy—space for our truth. We gain a deeper acceptance and understanding of how our choices create.

INTERACTIVE:

Getting to your choice and owning it in your space, is a simple and inward process.

Close your eyes. Breathe.

From you COH, say hello to your ground cord.

Think of a situation in which you realize you have repeatedly made similar choices and, therefore, experienced similar outcomes.

Just outside your aura bubble, arm's length out in front of you, image and create a screen. Notice what you created—perhaps it's a TV screen or project screen. Just notice.

Put a grounding cord on your screen and send it to the center of the earth, allowing any energy that is not yours and/or any energy that would prevent you from seeing your truth, to go down the grounding cord.

On your screen, put up a rose that represents you. Notice the energy of the rose—the color, the way it is formed, if it's static or moving. Just notice whatever it is you notice about this rose that represents you.

Now, image that, in those similar experiences with similar outcomes, you choose to analyze it to death. Notice the energy of the rose as you image analyzing. Did it change? Notice how it changed.

Now imagine, with the same rose, that you become upset and go into your emotions around this situation. Again, did the rose change? Notice how it changed.

And, finally, imagine that in these similar situations you choose to just notice the experiences—as to not to resist that which you created—and find your amusement. Say to yourself (and to the rose): “I can choose how to

react. I now choose to react with neutral noticing and amusement at that which I've created." Does the rose change? If so, notice how.

Create a gold sun above your rose and throw a pinch of neutrality in it. When it's full, pop or drop it right into the rose.

Create another gold sun above your rose and throw a pinch of amusement in it. When it gets as big as it's going to get, push it out and make it 10% bigger and then pop or drop it right into the rose.

Did your rose change? Notice how.

Take the rose off your screen and give it to yourself by putting it in your crown or heart chakra.

Take a deep breath, come out of trance and open your eyes.

The Universe you create is based in your reality. Your reality is shaped by your perceptions. When we are open, willing and able to be with what is, we are able to make choice based in our reality. When we create with neutrality, amusement and validation, we really "get" on a profound level that all is right and all is good.

OFFERTORY

BENEDICTION

Excerpts from a *Science of Mind Spiritual Treatment*

I know that Divine Source is guiding and directing me to the better things in life and to the consciousness that gives me the insights and understanding I need to grow in Spirit.

It flows through me, expresses in me—it energizes, magnifies and multiplies as it manifests in, through and all around me.

Nothing but good can come from me and only good shall return to me. I know that all the power there is is devoted to my good—it is devoted to giving me every good and abundant thing I request.

I live this and am thankful that my life is in check and my higher power directing the flow in love and light. Each of my transactions, decisions and implementations is powered with Divine love and awareness.

With this gratitude I relax and let go—I see these Truths flowing to the laws of Spirit; they are the Truths of the Universe. I bask in the expectancy of letting go and letting Source, knowing that the Divine speaks through me—its word is truth; there can be nothing but Divine right action—right now! So be it—it is done.