

# Living On Purpose: Co-creating Your Reality

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*Life isn't about finding yourself. Life is about creating yourself.* I don't know who said that, but I liked it enough to write it down!

Creating. Create. Creation. You. Me. Them. Supreme Being. God. Who's doing what and what does it look like?

Esther and Jerry Hicks, in their book *Ask And It Is Given, The Teachings of Abraham*, define creator as “one who focuses creative energy” and deliberate creation—on-purpose creating—as “focusing on what is intended while being consciously aware of one's vibrational state of being and connection to one's source.

In a recent discussion in which I said, “It makes sense to me because we choose our parents and the family into which we are born as well as our experiences, all in order to learn precisely what we came to learn. To heal. To grow. To evolve. We sometimes lose sight of the perfection of our creations when we go into judgement and invalidation of our experiences—our choices—but our creations are perfect. Always.

Well, the other person adamantly responded that she certainly did NOT choose her dysfunctional, family, which included abusive parents who neglected their children. Of course you did, I persisted; it's the ONLY thing that makes sense. “Well, I would not have chosen them!” was her empathic response. “What then what is the alternative,” I asked? She was silent. “Who did choose?” More silence. “If you didn't choose, what would the alternative be?” No response. “That a “higher power”—namely God—chose for you while you stood by in victim energy, having no say in the creation of your life, being forced to endure whatever was created for you?” “Does that sound likely, reasonable or even possible?” The silence on the other end broke. “I just know I didn't choose them and that we don't agree on this.” End of that conversation. I left it, knowing a seed had been planted and the only way it could possibly sprout was for me to walk away and leave it to incubate in her space. Maybe it would sprout and grow; maybe it wouldn't—it was not for me to try to influence.

It was clear this person was unable to believe she had created her life experiences because she was judging them and invalidating herself. When we judge and invalidate ourselves, we create resistance, which blocks the flow of light. Our energy becomes darker, denser and moves more slowly. When energy moves more slowly, we tend to feel heavy, out of sync and unable to move through the experience so we can receive the learning. In essence, we trap ourselves in the experience itself and lose our certainty and clarity about the purpose of our creations.

We can *choose* to believe that others are doing us wrong—controlling us—OR we can *choose* to believe that all is always in perfect and divine right order. We can *choose* to know that we are all on the same page, even though we express this page in a multitude of ways.

You might be familiar with the movie, *Multiplicity* in which Michael Keaton's character duplicates himself so he can do more in his life. He shifts suddenly when he realizes he has given up the power of co-creating his life, at which point he proclaims, "*My whole life flashed before me, and the funny thing is, I wasn't in it! I need to get back in my life.*"

And yet, he was co-creating all along in that he created his life in such a way that he came to realize and understand that he had given up his power to co-create, which invariably led to victimization. He also came to understand that, ultimately, he was responsible for *everything* all of his multiples created. And, if he was responsible for all they created, maybe he would just rather do the creating himself!

What matters is not *what* we create, but what we learn from our creations. And, the more we can "have" our creations—without judgement and invalidation—the more we can move out of resistance to what is and into the havingness of our growth and healing.

When the spirit in the body of homeless drunk incarned, his or her mock-up or intention in this lifetime may have been to experience humility. So do we judge what that person has created for him or herself, or do we say hello to the creation as a powerful means from which that being can learn, heal and grow—and validate the being as having created the *perfect* experience from which can be derived precisely what he or she came for in this incarnation?

Emerson said, “95% of what goes on in our heads is none of our business!” I love that observation because 95% of what goes on in our head comes from our analyzer—the place that tries—and tries and tries (you can almost feel the wheels turning)—to make logic out of everything and, therefore, creates judgement, places blame and serves up very large heapings of invalidation. Not to give the analyzer a bad rap—it is very useful and works perfectly within a limited scope. It’s just useless—even detrimental—when what we really want to know is why we’re creating what we are creating.

As clairvoyant readers, we learn to turn down our analyzer and be in the center of our head—our clairvoyant space—a place of neutrality, free from judgement. As a result, we are able to look at creations for what they offer in terms of growth. It is our intention and purpose to look at WHY the person created their experiences, and to validate them by seeing and relating precisely what exists within that illuminated space that is for their highest good in terms of their spiritual growth and evolution.

Why do people want clairvoyant readings? Of course, each person has their own agenda in terms of the information they seek; however, the bottom line is: we seek validation for what we’re creating in our space—in our reality—and why we’re creating it. In others words, it’s not about judging the experience itself, or even putting emphasis on the experience; it’s about being able to have and assimilate all that the experience has to offer us in the way of our learning, growth, healing and, ultimately, our evolution as spiritual beings.

In “Grief and Grieving,” a book co-authored by Elizabeth Kubler-Ross and David Kessler which, although I am not in complete agreement with some of their philosophies about creation as it relates to death, is a well written, informative and helpful book for anyone who is grieving or for those who know someone who is.

In talking about survival complex—wherein a person survives a mass exit as in an airplane crash or natural disaster—the survivor incessantly—sometimes obsessively—questions why *they* survived—why *they* were “spared” while others around them died. The writers explain that there really is no explanation and that in order to move on, the survivor needs to move toward acceptance that there is no logic or reason for who lived and who died as that is up to “the powers that be”—God and the Universe—and that information is not available to us.

WHAT? I had to read that again. I could hardly believe they said that! How could it be that we create our lives—our incarnations—our experiences, but not our deaths, our exit point? A part of life incarnated in a body includes leaving that body when we're done—when we've gotten what we came for or we've had enough. So why would we be capable of creating our life precisely as we need it to be, but not be capable of creating our exit as well? Talk about a lack of logic!

In the song *Crazy*, Gnarls Barkley proclaims, “It’s no coincidence I’ve come and I can die when I’m done.” Precisely my point. You choose to come here and when you’re done, you’re done and you get up—or in this case get out of your body—and you go home.

Taking responsibility for our creations doesn’t mean we create alone. It is through our connection with our own Divinity that we are able to co-create with Divine Source. And we are always loved, supported and assisted by our guides, angels and other out-of-body beings with whom we have agreements (Hey—someone’s got to drive your car when you blip out!) so bless those agreements you have with out-of-body-beings!

A friend and I were discussing the power of creating and destroying to manifest that which we need or desire, and we both noted the very fine line between light magic, which always creates (and destroys) with the highest good of all in mind, and dark magic, which creates (and destroys) through control energy with no regard for that which is for the highest good of anyone, including the creator.

Being creators of our existence as beings and beings in bodies, we learn discernment between a need to control and taking responsibility for creating so that we affirm that we create with the intent of allowing for and receiving that which is for our highest good as well as the highest good of others. A simple and powerful affirmation of this intent is: *I willingly receive all that is mine by Divine right under the law of Grace.*

*What are you creating and why are you creating it? That is where your learning, healing and growth lie. Clearly, our surroundings—our reality of what “is”—will support in every way that which we choose to create. Blame can only exist when we refuse to see our own power as true creators.*

So validate your creations for what they are: amazing and perfect opportunities to learn, heal and grow. This is true for every one of us . . . those who incarnate into royalty and those who incarnate into poverty, and every one in between. We are all on the same journey with the same destination; how we get there is as diverse as we are.

## **BENEDICTION**

From *Ask and It is Given* by Esther and Jerry Hicks, pg. 77 – 79.

You are a perfect yet expanding being in a perfect yet expanding world in a perfect yet expanding universe—consciously participate in your own delicious expansion!

Read pages 77 -79, “Important Things You Should Know.”