

When the External Defines the Internal

Today's message was inspired by The Universe. Well, a message from The Universe, delivered in my email box from Tut:

When the external begins to define the internal, (fill in your name), instead of the internal defining the external, one begins living as a mortal rather than as a god.

*Trust me, "god" is better.
Zing, The Universe*

This activated a whirl-wind of scenarios that drifted through my brain over the next few days. I don't know! Maybe it was weeks.

I thought about how our thoughts, which form as a result of our perceptions, create our individual realities. How can five or ten or even twenty people have the same exact experience and yet perceive it many different ways? Because each person's thoughts are formulated after the data has moved through their individual filters. It is our individual filters that ultimately formulate our thoughts.

So how are our filters created? Through our experiences—some of which formed before we even had cognizant memory, which is around age 7. Even without conscious memory or recall, "data" is stored in our bodies and in our cells. These unconscious memories are "triggered" by various stimuli during future experiences. The "triggering" ultimately is the filter through which we form our perceptions and then our thoughts. How we THINK about something creates our reality.

There's no escaping the phenomena that what we perceive to be happening is, in fact, often only a perception and not a fact. We can choose to expand our awareness, our consciousness and, therefore, our thoughts, thus, eventually, changing our perceptions. If we choose not to expand our awareness in this way, we limit our perceptions to those available through our existing filters—filters that, more than likely, were formed decades ago and many of which came into being as a result of what we were repeatedly told, taught and, in essence, trained to believe. And, even those who choose not to choose, have chosen!

What we have been told, taught and trained to believe is what I refer to as “programming.” We are all programmed—by our parents and relatives, teachers, peers, TV, government, the media and even our past life experiences. The external “programming” we are exposed and subjected to throughout our lives is what ultimately defines the internal.

It is when we choose to become consciously aware of other possibilities that we begin to break free from what is, in fact, NOT our truth and, in so doing, we create space in our space for that which is our truth in present time. We no longer allow the external to define the internal.

The Grad Students in the Clairvoyant Program trade “deprogramming sessions” and offer the same to readees. While in a reading space, the Grad Students clairvoyantly look for and notice programming in the readees’ space. Programming most often appears as strings of pearls. These pearls are then energetically removed—sometimes one at a time and sometimes in a string—and they are isolated outside the readees’ space and then energetically destroyed.

The space that is created is filled in with the readee’s energy as well as seniority and present time energy. The shift experienced after being deprogrammed of energies that are not theirs, including deprogramming of the seven major chakras, body/being communication, family, church, pain and punishment energy and others is truly phenomenal.

I can’t tell you how many times I’ve heard the radio DJ or announcer proclaiming, reassuring us, perpetuating, reinforcing existing programming: “This is the most stressful time of year!” Why? Shopping, running around, cleaning, shopping, cooking, decorating, shopping, social events with too much drinking and too much eating, shopping, traffic, additional expenses, shopping . . . you get the idea. The Christmas represented here is the commercial Christmas many of us have been programmed to believe is at the heart of Christmas.

Interestingly enough, “Holidays” actually means “Holy Days”—sacred days. Not much “sacred” about the above stressors. It would be another story if the comment went something like this, “For some, this can be a stressful time of year. Here’s some tips for relaxing so you can enjoy what the holidays are

truly about: love and festive celebrations with family, friends and loved ones.”

The holiday season presents multiple opportunities for us to become consciously aware of family and religious programming. It also offers opportunities to take steps to move more into our own truth, creating personal and spiritual freedom. So powerful is this time of year in terms of the external defining the internal, that the first class in December is dedicated to a “Holiday Clean Out.”

Students clairvoyantly look in their space for religious, family and Christmas control energy, determine how much of each of those energies is actually their own and how much belongs to others, and they check to see how much permission they have for their own truth and how much permission to change and grow. Next, they look for the “pictures” the religious, family and Christmas control energy got in on. In other words, where did they give away their power?

In the closing meditation, they use their energetic tools to “unmatch” from others’ havingness, others’ growth periods and others’ mock-ups for them. In other words, any place family, religious or holiday energy interferes with or invalidates their personal truth. They make conscious choices about defining their internal which, ultimately, will profoundly impact their external experiences which will, of course, impact their perceptions, which will impact their thoughts which will eventually create their reality.

Whew! Talk about creating space in your space!

Yoko Ono, in a recent dedication to John Lennon, said, “Remember, each one of us has the power to change the world.”

And, as Ghandi said—and I can only agree that the best way, perhaps the only way to do that is to “be the change you want to see in the world.”

Virtually every one of us has “off” days—days in which we feel out of sorts and out of sync with ourselves, others and the world. Life happens, and we’re not always prepared or ready to take on what the day brings. We can become frustrated, disappointed, combative, disillusioned, physically ill and/or just plain crabby or bitchy. We’re human; it happens!

What matters is—not what happened or how you felt or reacted, but what you do next. Some of you may recall a quote from a Joan of Arcadia show in which God tells Joan, “All that matters is what you do next,” which was also the name of the sermon message.

In a phone conversation last week, a client shared with me something so profound that I asked her if I could use it in today’s sermon. What she said was profound for two reasons.

One, because I had already decided today’s sermon message title and then asked the Universe and Source to bring me material—examples, quotes, stories, experiences—that would best fit this topic. The next day, this client did just that. I was “tickled” that the Universe had responded so perfectly—and quickly—to my request, which also served as a great reminder as to just how quick and easy it is to manifest through our thoughts.

Secondly, what she shared was profound because it exemplifies how—as we looked at in the inter-active sermon last time we met, our perceptions create our thoughts and our thoughts so powerfully affect our attitude and create our reality.

What she said was short and oh so sweet! “I have been challenged lately with numerous upheavals, disillusionments, loss and trying times, and I’ve remained calm, repeating to the Universe “Show me how this is for the higher good of all concerned.”

Think about that for a moment. You’re in a challenging situation where you feel defeated or hopeless or abandoned or sad or unhappy or, or, or . . . AND, instead of hooking into the emotions that could consume and drown you, you affirm, “show me how this is for the higher good of all concerned.”

What do you think THAT thought will attract? It’s truly amazing that thinking and speaking something so simple, can—and will—totally shift “what happens next.”

We all choose. Remember, even when you don’t choose, you’ve chosen. On that note, here’s a message from the Universe that came to me this past Friday:

Should you choose to go, do, and be, (fill in your name), at the end of your life, shocked and dismayed, you'll likely exclaim that because of all the uncanny events, wild timing, weird coincidences, and sheer chance encounters, all of your life's good fortune must have been your destiny.

Or, should you choose to wait, wish, and hope, at the end of your life, shocked and dismayed, you'll likely exclaim that because of all the uncanny events, wild timing, weird coincidences, and sheer chance encounters, all of your life's bad luck must have been your destiny.

(Fill in your name), do you see what the difference is?

It ain't me, The Universe

So powerful are our perceptions—the internal—influenced by the external that even subliminal messages affect our reactions, thoughts and beliefs. A recent study had volunteers watch a series of cartoons while they were subliminally shown emotion verbs and adjectives after each one. They were then asked to rate how funny they thought the cartoons were.

The results revealed that even when emotion verbs are presented subliminally, they are able to influence judgment. Volunteers found cartoons to be funnier when they were preceded by smiling verbs than if they were preceded by frowning-related verbs.

The results of these experiments reveal that simply reading subliminal emotion verbs activates specific facial muscles and can influence judgments we make.

The power the external has over the internal!

Our thoughts create!

At Carnegie Mellon, psychologist Sheldon Cohen has been exploring exactly how positive emotions affect the body. (This is the flip side of previous work by Cohen and others linking stress, Type-A behavior and negative emotions to lowered immunity, heart disease and shorter lifespan.)

Cohen's research shows that people with a "positive emotional style" have better immunity to cold and influenza viruses when exposed in the lab. His most recent work suggests this is mainly due to the release of optimal levels

of cytokines, proteins that regulate the immune response.

Cohen and his colleagues have also been studying how social relationships and positive emotions can impact lifespan. Their work builds on a famous 2001 University of Kentucky study of aging nuns, which found that the more positive emotions the nuns had expressed in brief autobiographies written 60 years earlier at age 22, the longer they lived.

In an interesting twist on that study, Cohen and colleague Sarah Pressman similarly analyzed a collection of autobiographies — this time, written by 96 leading psychologists at an average age of 65. Once again, there was a correlation between longevity and positive emotions, but in the newer study the relationship held only for "active" expressions of emotion, such as "excited," "thrilled" and "delighted" as opposed to passive emotions like "pleased" and "calm." Falling in line with other recent social research in the elderly, the analysis found that language indicating strong social relationships was powerfully associated with longer life.

One such study had found that people who win lotteries are no more satisfied with their lives after winning than before. Another purported to show that people who became paraplegics were able to return to their previous level of happiness within a few years after their disabling accident. As is typical with human beings and life, there are exceptions.

Such findings support a widely held theory by happiness researchers that a *person's level of satisfaction is determined largely by character and attitudes* — less by external factors, like money or disability — and that we tend to return to our personal set point. Another branch of research suggests that set point can be modified, and that people can learn to be happier.

Seligman has pioneered a number of well-publicized happiness-boosting exercises, for example: keeping a gratitude journal, jotting down three good things or "blessings" that occur each day, making a practice of doing "acts of kindness" for others, writing a letter of gratitude to a mentor.

All of these "happiness-boosting" suggestions relate to what we think and how we feel.

Thoughts + emotion, which is the vibration Universal Law responds to, create our reality. So simple. So powerful. And so diluted with others'

beliefs, energy and mock-ups when we are sleep-walking or unconscious to our space and what's in it.

The choice is ours. Choose or don't choose, we still choose. Choose to allow the external to define the internal OR choose to define the internal so as to create the external. Either way, we choose and out of that choosing our reality is created. All is well in each of our worlds for we create them precisely the way we need them to be.