



Your Three Primary
POINTS-OF-POWER
To
Freedom

Allen W. Stacker

**THERE IS NOTHING MORE POWERFUL...
THERE IS NO FUNDAMENTAL TRUTH SENIOR TO...
YOUR THREE PRIMARY POINTS-OF-POWER**

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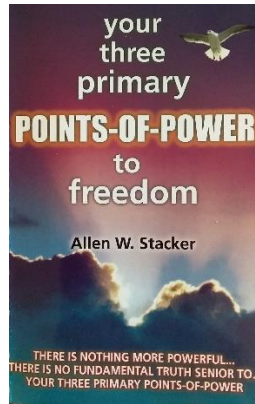
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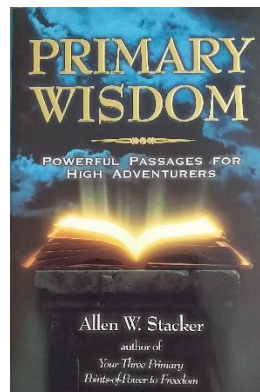
Your Three Primary Points-of-Power to Freedom

Who you truly are and creating what you truly want.



Primary Wisdom

Powerful passages for high adventurers.



The Little Bay of Here and Now

The Alchemy of Love. A Story. (Very nearly a true story).



acknowledgements

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in the production of this PDF version.*

We are blessed.

Debbie (and Allen) 2021



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POINTS-OF-POWER
To Freedom

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Foreword

Dear Reader,

Although this companion book (the first that was published), pre-dates the www.pointsofpower.com.au website, the three core fundamental messages within it are the bedrock, the drumbeat that underlie all of Allen's writings and website. It is offered in the 'now' as a timeless reference for all those who are on the many stages of the awakening path. The sacred path of finding the divinity within. It is our wish that it may assist to guide you simply and responsibly from limitation to personal power and freedom – to take you home.

This book may be read in its entirety, often, or perhaps there is one particular primary Point-of-Power that needs further understanding/clarity at a particular time, and therefore that chapter, page/paragraph can be re-visited for fresh contemplation and insight. There is *always* a new potential you in each moment.

As always, you are invited to embrace what resonates with you and discard the rest.

It is my great honour and privilege to share this book and may it bring peace, comfort, joy and understanding to (en)lighten your path, as always according to your inner wisdom. May you always keep remembering...

Somewhere "out there", Allen is smiling at that!

In love, wisdom, peace and power

Debbie



***To The Incredible Being
That Answers to Your Name***

the search

Do you feel yourself drifting endlessly in a sea of uncertainty? Do you long to disentangle yourself from struggle, anxiety, fear and despair? Do you long to divest yourself of guilt, unworthiness and the contents of the past? Do you hunger for more joy, abundance, peace and love? Do you long for healing and personal power? Do you long for the way out and the way beyond? Do you long to be free?

Do you search for answers in religions and philosophies, gurus and masters, societies and seminars, and organisations and movements? Do you search for the answers that never come?

Do you search for the Alchemy Magic?

Do you search for the Holy Grail?

Do you search the whole world for the answers where they can never ever be found?

Your ***Three Primary Points-of-Power to Freedom*** is a small book but not slight.

There is a treasure in it...

The answers to your search...

And a warm Welcome Home...

our star the sun

A million times larger than planet Earth, but merely one of some three hundred billion stars (suns) in our system – the Milky Way galaxy.

And our galaxy far less than a trillionth of the known universe – the universe of many billions of galaxies. Where is the centre of this unimaginable immensity? Where is the creator?

The centre of the universe is where you live your life, and the creator is subtly hidden... In You.



*You are the power of the
primal source manifest.
The essence of you and the
primal universal creator
(God) is one.*

*Unquestionably, then,
the power available
for you to draw upon
is illimitable.*

You! The primal universal creator! The primal source! Illimitable power! This certainly sounds most impressive.

So exactly who or what is the primal universal creator, or that which is more commonly called God?

For indeed few words have as many connotations as does the word God. And there are very few words that have as many old familiar and concurring stories, concepts and pictures attached.

Pictures of dim, musty buildings, some very beautiful, with pews too hard and sermons too long. Hushed boredom pierced by angry righteousness. Inflexible mandates to worship with quite frightening consequences for the unbeliever.

Sad, poignant and disturbing stories of "us" and "them", with families, loved ones and friends divided.

Ominous pictures of fear, guilt, judgement, retribution, penance, wrath, sin and salvation. Ambiguous "man-made" concepts of an authoritarian, cosmic producer/director/critic, to be both dearly loved and deeply feared, who resides somewhere outside and beyond reality – somewhere in the depths of space. This imperious power can apparently only be reached at certain times via a chosen pious male mediator. In the strangest fashion, the direct cosmic line is always open (and unengaged) for prayer, but requires an experienced and licensed operator for absolution! Very strange indeed.

And the poignant stories continue...

Religious wars, past and present, hot and warm, with their righteous leaders all sanctimoniously “blessed” to win – to maim, kill and destroy. World war leaders were “blessed” in the very same manner – to maim, kill and destroy. Which side is God actually on? Both sides? God against God? *All* the power that there is opposing *all* the power that there is?

If *any* war can be called holy, then what is left to be called unholy?

There are constant faction fights (dissension) between religious sects within every doctrine. There are hundreds of religious/cults/sects with self-styled autocrats each using God, manipulated in every situation, to make whatever they are sermonising absolutely indisputable. *All*, it seems, have an exclusive contract with the supreme.

And the fear! Some religious individuals are so convinced of God’s vengeance that they actually begin to plan for it! Testimony to the fact that instilled fear of God’s vengeance doesn’t teach people to be good, it just teaches them to be fearful.

Other individuals become quite anxious and concerned if they think they are too happy and having too much fun. To them this can only mean one thing: they are not sufficiently atoning for their transgressions. “Transgressions” have been interpreted to mean almost anything from a game of cards to a fugitive thought of sensual felicity. A tumble from grace is in store for a full-blown sexual fantasy, with an invitation to the inferno! An invitation with no RSVP.

Religious aberrations are not just confined to organised religion. There are a great many assorted Eastern gurus schooling dedicated and vulnerable followers in all manner of religious devotion. A common exhortation from many, but

certainly not all, of these gurus is: "It *is* true that God *is* within you, but on no account should you trust yourself." A paradox that very conveniently favours the guru.

If by chance the chosen guru fails to deliver the nebulous dreams – God, truth, freedom, peace, happiness, awakening (the secret formula), then there are thousands more to choose from. No referral is necessary. And if all the gurus come to nought there is really no cause for alarm. There are as many religions/sects/cults to choose from as there are individual gurus. All of them are most anxious to save your soul (and take your power). Of course each has the secret formula. Each has the incontrovertible truth (and no-one else has). Each is absolutely right (and the rest of the world is absolutely wrong).

Just how on earth did humanity ever manage to create such a colossal holy commotion? Such contention, disagreement, intolerance, fear, hatred, contrition and confusion? Such a grand variegated cavalcade of pious incongruity, divine power brokers, zealous righteousness, fabricated evilness, fictional broken souls, condemned sinners, pseudo humility and, as so many can testify to, hidden agendas.

With all this to contend with, it is little wonder there prevails the confirmed pragmatic atheist. Little wonder indeed. Moreover, with all this pervading pious pageantry, it is not inconceivable that we on planet earth are the laughing stock of the universe.

But most incongruous of all is that while particular religious dogma exhorts the concept of original sin (that you were born somehow tainted by a mysterious original wickedness), all the sacred books of the gods and all the great teachings of all ages, were based upon the greater divine reality of the human being – the

individual soul and its divine heritage, its oneness with its source. Therefore, based upon *you* and your oneness with God.

All of the great teachings, using the vernacular of the times, and with awareness of the belief systems operative *then*, were intended to lead humankind to the understanding that existed *beyond* the symbols and parables. They were intended to lead people away from ignorance, dogma and perceived weakness, and towards the understanding of their true divine nature – their blessedness, sacredness, creative power, joy, uniqueness and greatness. The teachings were always consistent with the affirmation/assertion of the divine self – spiritual autonomy. In other words, no organisation was senior to the individual, and love was always heavily stressed.

The quintessence of the greatest teachings remains constant – you are the power of God manifest. From the exemplified teachings of the great Christ entity: “The kingdom of God is within you”, to the teachings of the avowed Indian holy man Sri Sathya Sai Baba: “There is only one God and he is omnipresent [thus within you]... and one who is in need of help of another person, thing or condition, is a slave thereof.” When asked if he himself was God, Sai Baba, who has performed healings, instant manifestations and all manner of miracles on a daily basis for decades, would frequently reply, “You are too, but you are not aware of it.”

All true spiritual teachers of all ages, have directed the human consciousness to the God within. All have taught that there is no paradise beyond consciousness. Heaven is within you.

We have had various great teachers throughout history. But their true and beautiful teachings have very often been misinterpreted, distorted and perverted

for our own designs. Rather than applying their teachings, we ended up persecuting and/or worshipping the teachers.

Despite their dogmas and the “beliefs” they treat as “truth”, world religions have given comfort to many people and have inspired many others to great empathy and good works. Unfortunately, they have simultaneously led a great many others into blind alleys of guilt, fear, ignobleness, supplication, dissension and bloodshed. And, ironically (and regrettably), far away from the great and infinite, yet intimate, presence of God, whose very love and power forms their being.

In the veritable big picture, there are no such phenomena as judgement, wrath, retribution or damnation. None whatsoever. God will never judge you, forsake you or damn your soul, for your soul is part of God, and your soul is not something you “have” (a cherished possession) – you *are* your soul! Indeed, God does not even *know* damnation, and damnation has no meaning whatsoever in the vast realm of love in which *all* existence is embraced.

The “fear of God” is a contradiction in terms. God does not know fear – only love. Fear is self-elected. In truth, fear is nought but love’s absence.

Ask yourself: On whom would God take vengeance since all that exists is God? How can evil or Satan exist since all that exists is God? Religions worldwide are full of prayers “written by God”. To whom would God be praying?

In essence, ignorance is the truth of religious fervour. And as a direct result of this ignorance, there prevails fear, guilt, ambiguity, intolerance, confusion and conflict.

You have been taught quite expertly what you are not. You have believed many tales. You are not "contaminated" and you do not need to apologise for your birth. Your humanhood is not "suspect". You are not guilty or evil because you are alive. You are not under a sentence. You were not born in sin, original or unoriginal, and you have never transgressed from God's intention. You have not become estranged from God (an impossibility) for such mythical or fabricated transgressions. You are not a wretched, inferior, damnable, iniquitous little creature in need of validation, absolution or salvation. To the contrary, you were born blessed, dearly loved and in a state of grace. So shall you remain. There are no exceptions. In truth, all is one.

The universe is one and everything that exists is a part of everything else that exists. All is God, God is All-That-Is. Religious dogma and pious philosophical constructs have induced humanity into the delusion of separation from God. Dogma separates people from people and paradoxically all of its advocates from God. All dogma is a hypocrisy to divine inner revelation, and is not the path to love, freedom, power and everlasting life, since you are loved, free, powerful and eternal right now. At very best all religious dogma is but "man's" gross misconception of spiritual truth.

At worst...



So let us now journey beyond dogma, doctrine, creed and codes of religious beliefs. Beyond indoctrination and the subjugation, zealotry, hatred and contrition it spawns. Let us step from antipathy to love, from puerility to wisdom, and from penance to power.

Let us connect with our heritage – the immense and infinite power/love source from which all of nature, the great cosmos, springs. Let's go home.

before the beginning

Consciousness/Spirit/All-That-Is/Source/God. The Spirit was all. There was no other. Nothing but itself. Inexpressible, infinite power that knew only itself. Did the Spirit have an origin – a primary source? It knew only itself.

Nothing. No space, no time, no universe – definition-less. Nothing but infinite source, at every point aware of itself. But curious: dreaming, contemplating, imagining. Ever-multiplying dreams, thoughts, imaginings. Developing within its massive imagination the entire creative pattern from which all realities will manifest, together with their infinite possibilities. And it loved what it saw. No time was involved with this. There was no time.

Then the desire to burst forth to freedom. The urge to experience. The primal urge to create and express itself. Not out of responsibility, but out of joy. Divine subjectivity with the urge to manifest physical reality.

creation

From a divine spark of inspiration, a stupendous burst into objectivity. A primordial cataclysmic exploding inspirational frenzy of unimaginable power and proportions, bursting into reality and giving birth to space, time and matter. Immeasurable creative alchemic complexity: God/source/consciousness, light, energy, matter, space, time. The physical universe manifests, not at a particular location in space or at some defined point in time, but indeed *forming* space and

time. Simultaneously, individual divine immortal consciousness is released with the primal creator's love inherent in each.

The universe did not evolve consciousness. Consciousness created the physical universe and continues to do so. Elementally there is *only* creativity.

God

God is the creator that is within you and all of its creations, and is personified in all of its parts. The creator that is greater than the sum of its parts. The creator that knows itself as a seed, a flower, a seagull and the seashore, as an ocean, a continent, a planet, a star, a galaxy and the universe – and more than the universe. A synergy of creative consciousness: omnipresent, omniscient, omnipotent.

God is the creator that is aware, wholly and utterly, of itself *as* you. And loves, cherishes and supports you because it *is* you.

God is the innate intelligence within all consciousness, and is the very essence of the energy that forms your being and the love that forms your breath. God is the nuclei of your cells and the essence of your soul. You are one in consciousness with God – you are God manifest in flesh. God *is* who you *are*.

That which you have so ardently sought has never been separated from you – never. You experience God through your very own existence. God is the life that you are.

You have an intimate connection with the cosmos, for your essence and heritage is one. The "I AM" at the centre of your being is the "I AM" at the source of creation. You are because God is. God is because you are. Your paramount self-awareness in your awareness that you and God, the love and the power, are one. You are already what you seek. The kingdom (consciousness) of God is within you.



There is no greater love than the love of God. There is no greater peace than the peace of God. There is no greater power than the power of God, and you have this within you. The power to heal and the power to create. The power to create health, abundance, joy and miracles.

All of your fear, anxiety and despair, all of your doubt, struggle and uncertainty are but of the ego/personality – your conscious version of what you are. While it is not necessary or desirable to annihilate your ego, you need to be aware that your ego can obstruct the way to your true higher God self. Your ego can keep you thinking you are greater than others and far less than you truly are. Your ego can keep you in the illusion, the dream, of your separation from God.

So now awaken from the dream! Know your true divine nature! Know who you *truly* are! Know your power! Know that beyond the personality/ego, beyond limitation and outside of linear time, yet more intimate than your breath, is your divine higher true infinite self.

Your Higher Self loves you beyond measure and is an ever present and unfailing help when called upon in time of need. You never need to feel lonely, for your Higher Self is always there. The power and the love is always there. Always.

Your Higher Self is eternal. Your Higher Self is immortal. Your Higher Self is infinite. Your Higher Self is love. Your Higher Self is God. Your Higher Self is You.

Never disdain your humanness. You are soul/spirit, a portion of God in flesh, living a life: being, desiring, creating, experiencing and growing. And you do not need to grow through struggle and suffering. Suffering means pain, and it doesn't mean growth. You do not become enlightened, virtuous, more spiritual, blessed, graced, loved, honoured or favoured by choosing to live your life in martyrdom, supplication, scarcity or abject humility. Your life is meant to be a joyous, creative, celebratory experience, and certainly not a private purgatory. Growth, learning and challenge, certainly. A chamber of horrors, never! You did not come here to tinker, shrink and despair. You came to create, evolve and enjoy. ENJOY!

So let us move on into creativity, light, love and happiness. As your awareness of your true divine nature begins to expand and grow; as you become more and more at one with your higher consciousness and validate the divine potential of your being, your burdens will be lifted, shadows, anxieties and fears dissolved, and old wounds healed. You will increasingly create only a positive reality, for you are becoming an irresistible, positive, loving, creative force. And in this consciousness (co-creating/partnering with God), wondrous things will happen in your life – and they can happen very quickly. Miracles!



You are the power of the primal source manifest. The essence of you and the primal universal creator (God) is one. The power and love that drives and is the universe, is the power and love that drives and is you.

You do not need to ask your permission before you assert your sovereignty. You do not need to join a religious organisation, spiritual movement, occult/esoteric society, or a secret order, sect or brotherhood. You do not need to live in an ashram, in a monastery, or on a mountain top. It is not necessary to go to India, Mecca or Rome.

Truth is not found by going from church to church, discipline to discipline, priest to priest or guru to guru. Truth is not found by renouncing life. You do not need to abstain from the pleasures and joys of your humanhood in order to become "spiritual" – or more spiritual. There are no degrees of being spiritual.

You are spirit now! Perfectly.

To discover truth, you need only to discover yourself, for there is nothing in eternity more true than you.

You *are* truth! So is a flower, a dolphin, a tiger and a diamond.

You are not "lost" in the universe, you *are one* with the universe. You do not need to be "saved"; you have never been abandoned. You are innately blessed and graced. You are powerful and free. You can grow with laughter and joy. You are a part of God, and you are loved beyond measure (regardless of what you think or do). The "glory" referred to in religious/spiritual teachings and in holy books, is nothing less than the unveiling of God – the primal creator in you, as you.

Welcome home.



*You create your own
Experience/reality/world.*

*You are the source,
The author, of your life.*

*Unquestionably, then,
you can create what
you want and what you
want to experience.*

*Do not seek outside yourself
For Wisdom, Peace, Power, Freedom,
Health, Prosperity, Happiness and Truth.
There is no cause outside yourself.
You are the source – ways.*

Indeed, you are the source, the author, of your life. You are the creator, the sovereign creator, of your own experience/reality/world. This is your great gift, the most awesome gift of all, the gift of creation, given to you from the infinite realms of generosity and love.

In every moment you are creating, and there is nothing in your experience that did not originate with you. While it may appear (convincingly) that events happen *to* you, you are always the origin of those events. All joys and sorrows begin from nothing and are created into existence by you. What exists in your outer physical experience, existed first within – in your thoughts, feelings and imagination. There is no outside agency creating the events and circumstances forming your life. You are creating it all – always. You are the exclusive, pre-eminent designer and creator of your world. If you did not exist, then your personal reality, your experience, would not exist. *You* are the origin. Your reality is your creation.

What a grand source of liberating power this knowledge is – that you are the producer, director and scriptwriter of your life, as well as the star. That in truth, everything is under your control. Frightening? On the contrary. That you could be at the mercy of some mystifying unknown agency that is creating your experience for you, even part of the time, is at best very frightening.

Of course “I create my own reality” is an easy verity to accept when one’s life is nothing less than wonderful, but not so easy to accede to when in the midst of

personal suffering. If you are in the latter department and your life appears to be slowly but surely falling to pieces, take heart.

Regardless of your age and circumstances, you can begin at once to step into a new world. If you are not presently enjoying good health, freedom from disease, boundless energy and "aliveness", then this can be changed. If you long for friendships or a love relationship, you can draw these to you. If you are now struggling with finances, or even hopelessly in debt, you can realise your fondest dreams, for there are no limits to the abundance that you can create.

The truth that your reality is your creation is your miraculous blessing and not an imprisoning curse, for it is *because* you create your own reality that you can choose any reality you want. It is *because* you create your own reality that you are free.

You are indeed blessed. You *are* the creator and you *are* free to create your dreams. Unquestionably so.

Your only conceivable error at this point would be to place judgements on any of your undesirable past creations, and on yourself as the creator. Clearly understand that these creations are *not* you the creator, and you the creator remain forever greater than your creations. Infinitely greater. So no judgements!

reality creation

Although the path for each person is different, creation/manifestation is common for all paths. We are all the perennial creators of our own

experience/reality/world. Creation is ongoing and indeed the physical universe is being created as you read this.

To change *your* world you must initially turn from the objective appearance of things – the conditions surrounding you (the effect) – to the creative nucleus of things (the cause) – YOU! In the midst of the apparent contradictions, contrasts, complexities, calamities, contention and confusion of your life, there is only one principle at work – YOU!

So let us begin. Let us shift from the dramas of your life, to the creator of those dramas – YOU!

First, a little pertinent background.

You, as a soul/entity, chose this life. You did not stumble onto the earth plane. You intentionally and knowingly chose the circumstances of your birth, including parents (and they chose you), country, culture, race and sex, together with a designated lessons/opportunities/plan/purpose/focus, to facilitate your greater growth and learning, and that of significant others. You set the stage. The circumstances were not *thrust* upon you. They were *chosen* by you.

In turn this has formed certain energy patterns in your life that attract to you situations and people that advance your purpose. These pre-decided life focuses may not only be exclusively personal, but deeply linked with others in your family, love, business and social circles. For some, these links may be global in scope.

This does not imply predestination – that your future is somehow predetermined. Nothing in the universe is predestined. In fact, there is no such thing. At no time are events predestined. You are not “programmed”, and your future is not “set”. It is created by you. There is also no interference here of any limitation to creating what you want. Within the designated lessons/opportunities framework, *you* create without limit, or rather, you create within the limits you impose on yourself. You are ever the creator of what is to be, ever the source at the centre of your world.

How did you get where you are from birth until now? Realise that where you are is precisely where you have decided to be. We are always where we have decided to be. Let’s take a closer look.

Belief precedes experience. A belief is something that you consent to and hold to be true. Your beliefs are the transparent coloured filters/lenses through which you view the world. No evidence will seem to be available to you to disprove your beliefs. Your beliefs will create the experience to confirm the “rightness” of your beliefs (and the “wrongness” of another’s belief).

You are born with some positive assumptions of a general nature, and you have formed other beliefs both helpful and limiting about yourself and the nature of reality through verbal communication, example and constant telepathic reinforcement from parents and others. But regardless of where your beliefs originate, or how they are formed, they are agreed to by you and reflected in your experience.

The beliefs and the attitudes/perspectives/viewpoints they give birth to, cause you to think and feel in a certain fashion, forming powerful choices. And once you choose, a decision is born.

The whole “works” – thoughts, feelings, imagination, attitudes/perspectives/viewpoints, choices and decisions, habitually follow your beliefs.

Events in your life can seem beyond your control and “inevitable”, simply because you are so out of touch with yourself that you never catch the moments of your own decisions. Hence you can become quite convinced that events happen *to* you, and then feel as if you are a pawn of fate. You may always feel yourself a “sitting target”.

Your private experience is filled with far more decisions than you realise. You are constantly making choices between probable actions: “Shall I go or shall I stay? Shall I do it now or later, today or tomorrow? Shall I do it at all? Shall I this or shall I that – yes or no? Maybe or maybe not?” Even to choose not to choose is a choice. To do nothing is a choice.

All your choices and decisions have progressively led you to where you are. You are precisely where you have decided to be. You are the result of all the decisions you have made up to this point in your life. But again, no judgements.

creating a preferred personal reality

manifesting your heart’s desires

First, four seminal points. Let’s look at each in turn.

1. Belief precedes experience

Belief does precede experience, but realise that any false limiting beliefs you hold are simply that – beliefs. Erroneous assumptions and *not* facts. They are

self-sabotaging and can in the worst case be completely debilitating. But do understand that they are not *you*. *You* are the *believer*.

A few examples of false limiting beliefs:

'I do not deserve love, joy and abundance' is *not* a fact.

'I cannot change my life' is *not* a fact.

'I can never be prosperous' is *not* a fact.

'I can never have what I want' is *not* a fact.

'My capacity for love, joy and abundance is limited due to my genetics' is *not* a fact.

'I am being punished for not doing penance' is *not* a fact.

'I am suffering for past-life transgressions' is *not* a fact.

'I am at the mercy of the past' is *not* a fact.

'The future must mirror the past' is *not* a fact.

'I cannot control circumstances' is *not* a fact.

'I am at the mercy of childhood events' is *not* a fact.

'Poverty and suffering are spiritual' is *not* a fact.

'My creative powers diminish as I grow older' is *not* a fact.

'Celibacy is virtuous and godly' is *not* a fact.

'My church leader, guru, master or spirit guide is closer to God, and more graced and powerful than I am' is *not* a fact.

'I am unloved' is *not* a fact.

'I am unworthy' is *not* a fact.

'I am inferior to others' is *not* a fact.

All of these are examples of false assumptions and how we sell ourselves short of our infinite greatness.

2. Beliefs can be changed *now*

You do not need to rummage endlessly through the past searching for the origins of false limiting beliefs. Because of the true nature of "time" and your power in the present for great creative change (as discussed in your third primary point-of-power), your limiting false assumptions can be changed in the present. Changes in the present can alter things right across the board.

3. Judgement and resistance

Again, do not place judgements on your creations or on yourself as the creator. But do be aware if you find yourself in "resistance" to an experience, for you may be "disowning" your own creation. That is, you are not declaring yourself as the source, and are therefore making someone or something else the origin or cause of your experience.

And here lies a conundrum, for the "experience" is the very *reason* we create. The purpose of any creation is to experience. We create abundance, for instance, because we want to *experience* abundance.

Even if we are blissfully unaware that we are the creator of our reality and the source of our experience, this does not moderate the truth that the purpose of creation is experience.

When we are "disowning" our creations and subsequently in resistance to the experience, we find ourselves in the middle of a rather novel scenario: we are refusing to experience the creation that we created in order to experience!

While appearing as a witty paradox, this novel scenario of resisted experience has highly undesirable consequences. It is responsible for struggle, pain and stress in our lives together with the dilution of our creative power.

Struggle and stress are sustained because what we resist persists – the situation remains unchanged (it can in fact become stronger), and paradoxically, we are continuing to create what we don't want to create. In effect, we are creating against ourselves! Our creative power is diluted for our attention/creative energy is streaming into the resisted creation. We are using our power to re-create and perpetuate the undesirable. In fact, more energy is used in resisting (disowning) a prior creation than creating anew!

We cannot get rid of something (in this case an undesirable creation), until we own it.

The answer to the whole dilemma is, in a word, responsibility. Taking total responsibility for all our creations – our Life.

So, a few words on responsibility.

The words responsible and responsibility are so often associated with wrong doing. During our young days, for instance, no-one ever walked into our "immaculate" room and demanded to know "who's responsible for this?" it seemed that we only ever heard these infamous words when we had done something wrong (at least in the eyes of Mother Superior). We had "wronged", so therefore we were "responsible". Strangely, it seemed to us, we were never responsible for neatness.

But of course, the reverse was indeed true. We were just as responsible when our room was immaculate as we were when our room was a battlefield. Regardless of the state of our room, it was virtually impossible to abnegate responsibility. Triumph or so-called disaster, we were the cause.

But do you recall the "resistance" you felt in admitting to "owning" the mess as opposed to owning the neatness? It always appeared to be the mystery of mysteries just how the chaos in your room manifested. It just seemed to sort of "happen". Do you remember surveying this "act of God" (the mess) and wondering how on Earth this could possibly be? It was just so obvious that this was not something that one would logically create. It was simply inconceivable that a loving, kind, intelligent being (you), of sound mind and body, could have had anything remotely to do with a mess creation of such staggering complexity; that your very own beloved room was no longer your private sacred sanctuary, your piece of heaven, but your nightmare from hell! Unbelievable!

With this example of responsibility, it is important to understand and appreciate that regardless of whether we "caused" the mess or "allowed" the mess, we still created the mess. It was our creation and accordingly we were responsible. Our reality is our creation.

Our struggle with the world is the result of disowning our own creations. Whether our sacred room or our sacred life is triumph or so-called disaster, we are responsible. We create everything in our kingdom. When you fully accede to this truth (with no escape clauses), you have taken the quantum leap to personal power – and freedom. However, true freedom is not "licence". True freedom is responsibility.

Be aware of confusing responsibility with seriousness or self-sacrifice. There is no relationship. Being fully responsible for the reality you create has nothing

whatsoever to do with being humourless, melancholy, long-faced or deadly serious. The universe is the dance of consciousness: God/Spirit/All-That-Is creating and having a brilliant time. There is nothing solemnly serious in the universe outside yourself.

Responsibility is not self-sacrifice. It is impossible to "give up your life" for you are an eternal and immortal being. The self can *never* be annihilated. It cannot be "given up". Anyone who says "I have given up", or "I will give up my life for you", is speaking pure nonsense. When one "gives up their life" as it were, they inevitably *gain* the life they *truly* want. You always get what you truly want. Love is *not* self-sacrifice. Self-sacrifice is hypocrisy and delusion. In truth, self-sacrifice does not exist. There is no such thing.

There are two interesting questions that often arise at this juncture. The first of these is: how do you tell a person who is in the midst of personal trauma that they create their own reality? The second question is: if everyone is creating their own reality – I'm creating it and you're creating it, then who is really creating it?

The answer to the first question is – You don't! You do not ever tell someone in trauma that they create their own reality. Never! You comfort, love and heal – you make "whole". Then, if and when appropriate you empower.

The answer to the second question is – both are! Reality creation works "cooperatively" so to speak. The comparison of the "play" is often used to obtain a clear understanding of this scenario. And, indeed, each person does create – produces, writes, directs and stars in, their very own grand play – the "Greatest Show on Earth". And it truly is.

Now this Greatest Show on Earth requires a cast, players to enact the script: co-stars, other significant players, speaking and non-speaking parts and all the pertinent extras. The play may even have guest stars.

Where do these players come from? There is no such thing as an independent cosmic casting agency since everybody is busy starring in their own play. So your players must come from other people's plays. And this is how the plays connect/interlock/mesh. In effect, there are plays within plays within plays, etc. Now in your play, for instance, there may be a significant role available for a warm, loving person. And in another person's play there is a warm, loving star seeking a co-star. The birth of a passion play!

The players in your play will always support your line. The heroes and villains, heroines and rogues will be ever faithful to the script. And if, according to your script you want to be hurt, there will be those players who are willing to be hurtful. They are simply playing the particular role in the play that you have authorised. Scripts are acted out verbatim. You weep and applaud by design. The loving will find love and the victim will indeed meet with the perpetrator. There are no accidents and coincidence isn't.

As the script writer, the author of your life, you reign supreme. You are always in power. The whole production is under your rule. Your authority is absolute. You are at liberty to change part or all of the play and to write the most beautiful story ever told. The sharpened pencil is ever in your hand.

In truth, nothing in life is opposing you. You have no opponents in the greatest game of all – the game of life. Indeed, the whole of nature – the universe- is on your side. You cannot lose.

How can you possibly lose, for intimately there in the silence, compassionately aware, is the splendour, the power, the love – your Higher Self. Do not ever forget this. Ever!

4. Create your heart's desires with joy

What you want to co-create and experience in your life, is simply what you want to create and experience. You do not need to ask permission.

The urge to create, grow, explore, learn, adventure and enjoy yourself (have fun) is fundamental to your divine nature. Your very essence is consciousness (God), which *is* creation, not destruction. So create with joy and discern the following.

When creating your heart's desires:

- You do not ever need to justify or apologise.
- You do not ever need to seek approval or validation (or applause).
- You do not ever need to confer with the past. The past is not the source of the future. You are – now.
- You do not ever need to feel guilt or unworthiness. Ever!

There is one reason and one reason only why your desires don't manifest. You stopped too soon. There is no other reason. Regardless of how strongly you may be arguing with yourself for some other limiting agency, this is the *only* reason.

Be aware, however, that if you *insist* on arguing for your chimerical limitations, you could win the case – but hardly a case for celebration. Remember, in truth you have no opponents. All the power (and love) that there is, was or ever will

be, is on your side. Your heart's desires *will* manifest. All you need do is *allow* them to.

Don't keep your heart's desires under analysis/evaluation. Worthiness, justification and deservedness are judgements. Judgements slow down manifestation. If you have the strange (and false) belief that you do not deserve, then re-read your first primary point-of-power.

Unlike on the higher planes of existence where thoughts manifest instantly, on the earth plane, manifestation takes so-called "time". In truth, manifestation *can* be instant (instant materialisation), but in most cases an interval of time is required.

When creating your heart's desires, be acutely aware that your intent, your stated objective, is powerful – very powerful. Your intent is "literal". That is, your intent is honoured to the letter by the universe. With your intent, creation has commenced. From that vast universal realm of creative consciousness in which nature and the source of nature merge in a creative synergy, all of the necessary elements are being drawn together to bring about the desired end – your expected intention: the seemingly chance encounters and opportunities, people contacting you who you have never met, unexplained coincidences, your urges, impulses, intuitions, in fact whatever is needed to manifest your intended, imagined and expected desires. So be very alert for new things that present themselves to you. Don't go to sleep...

For some of you this short elucidation may not be sufficient. You want to know the ways and the means – the "how's". "How" is this going to happen? "How" are my heart's desires going to become reality? You become perturbed as your only safety is in understanding everything.

However, you feel quite safe and secure in not knowing how you grew from a foetus, or indeed how you keep breathing. Your heart beats whether or not you understand anatomy. You feel safe in not knowing how flowers grow from seeds and oak trees grow from acorns. You don't agonise over "how" you manage to fall in love.

The fact is the ways and the means, the "how's" cannot be questioned, for they come from an infinitely greater source of knowledge than you "consciously" possess. Infinitely greater than the combined "consciousness" knowledge of humankind.

But if you are still cemented in the intellect (the most limiting part of your consciousness incidentally), and utterly determined to anatomise the "how", then here is another "how" to keep the first "how" company. For if you are going to be fully occupied with the "how" for the rest of this life and beyond, you would surely welcome a little variety.

So, if you were to fall from an aircraft right into the centre of an erupting volcano, or you were in a diving bell that imploded at a depth of ten thousand metres under the Pacific Ocean, "how" is it that you are not annihilated? How indeed!

Now while you are busy diligently cracking the "how code", the rest of us are moving on. We just want to have some fun, create a few miracles and all that sort of thing. And we realise "how" the wonders are going to manifest in our experience is not our concern at all. We just know that they will. Absolutely.

the instruments of reality creation

DESIRE – INTENTION – IMAGINATION – EXPECTATION

DISARMINGLY SIMPLE – AWESOMELY POWERFUL

Let's look at them.

DESIRE

Desire is fundamental to all creation, life and growth. Without desire, life could not be. Creation would not exist. Your desires are truly the agents of your soul's will. Spoken or unspoken, overt or covert, all creation begins with desire.

INTENTION

Again, your intent is very powerful. Your intention is your stated objective, destination or end-in-view.

Your intent is honoured to the letter by the universe. Your intent is acted upon spiritually and biologically. What you want is what you will receive. So be heedful and honest with yourself at all times. Beware of the hidden agenda – the saboteur. Ensure that what you ask for is synonymous with that you want, for you will always get what you *truly* want.

For instance, if you want people to love you but you have an agenda of being a martyr, then there is a contradiction. If you want to be surrounded by love, laughter and fun, but your desire to be a martyr is greater, which reality do you think you will create?

The most powerful force in the universe is love. Love is the God force. Consummate love for yourself will transcend all destructive hidden agendas, for love does not have an agenda. Love yourself enough. Every moment of your existence love who you are. Do yourself just honour.

IMAGINATION

Your imagination is truly your instrument of liberation from the bonds that hold you. Your power to form images of a non-existent future is the very foundation upon which your freedom rests, for our future is literally our own imaginal activity on its creative march, creating the realities and circumstances of our life.

Imagination is the originator of all forms, and by the power of our imagination we create our world in harmony with our desires, intentions and expectation.

So what exactly is imagination? Think for a moment of something that you desire and would love to have and experience, anything at all in any area of your life. You will see a picture or image of it in your mind. This is your imagination.

When our imagination is based on memory and the evidence of the senses – the way things appear to be, then we re-create and perpetuate. Our imagination is automatically and habitually following our beliefs.

However, when we realise we are creating our reality and begin to imagine our world as we desire it to be, and not as it is, our imagination then displays its transforming power, for indeed events run true to their imaginal origins.

The power of imagination is without limits: all of nature, the cosmos, existed first in the primordial imagination. Imagination forms the world that you experience. Imagination is the very door to the reality of that which you seek.

EXPECTATION

Expectation is an assuming, a trust, indeed the faith, that the desired end will be realised. There is no question, it has already happened.

Suppose you entered a cinema a few minutes before the end of a movie and all you saw was the happy ending. Later you returned to see the whole movie. Now, regardless of the plot, the sub-plots and the seeming direction of the movie, you know the ending. You *know!* There is no question.

So now, how can you abide in this expectation, this knowing? How can you truly expect that your desires will be realised? How can you be this sure of the happy ending to *your* movie?

The answer to this quandary is not complex. It is actually quite straightforward. First, because your reality is your creation, you can create whatever reality you please. This establishes the very fact that you *can* create your desires. The fact that you *can* is indisputable.

Second, physical events run true to their imaginal origins. Therefore your imaginings/visualisations are the precursors to the physical events that you *will* be in. What you "think about" and "see" in your mind, you will physically experience.

Third, and this is the mountain-mover, there is your Higher Self. When you join with your Higher Self to co-create your reality (and this only requires your *pure* intent), you are partnering with God. This is the hand you are holding. Literally! And why would you ever hold the hand of anyone else – master, guru, priest or indeed *any* leader? This, in fact, is giving your power away. When you look to *any* superior, *any* leader or *any* mediator, you are giving your power away. And regardless of what you may think or what others have told you, you are *not* putting your trust in God. You are not! You are putting your trust in another's "belief". Be very aware: What someone "says" they believe (or sermonises), and what they "really" believe, can be light-years apart.

Every fanatic, bigot or zealot who speaks obsessively (either meekly or using ringing rhetoric) of their incontrovertible truth, good and evil, righteousness and retribution, and tells you to follow blindly in obedience, has a core transparent belief in his own powerlessness. Is this the hand you are holding? Is this who you have given your power to?

Stand tall! In the history of humankind the only people who have had masters are slaves! Show kindness, compassion and respect to all, but do not look to any "superior". Stop following! Stop supplicating! Stop seeking, for you are *already* what you seek. Whether you are aware of it yet or not, you will never be closer to God than you are at this *very* moment. You are the power of God manifested as you. You are one with all Power, all Wisdom, all Love. Don't leave home!

Know yourself! Know that there is no greater entity than the one who is now reading these words. Many are far more advanced in awakening than you, and with far higher vibrations of consciousness and expanded awareness, but none are greater. Never, ever give away your power. Never! There is a vast difference between learning and following. The latter is enslavement. Spiritual knowledge and truth is *not* proprietary!

You wish to create and manifest your dreams? You want wisdom, understanding, personal power and transformation? You want miracles? You can have them all! But whenever you become part of a “following”, you give away the power to do that. Before you put your faith in another, you must first lose faith in yourself. In truth, following is self-deception. It is nothing but the effort of attempting to be somebody that you are not. An absurdity and an impossibility. *No great teacher ever said “follow me” (except metaphorically). Every great teacher said “follow you”.*

The key to the door of understanding is ever on your side of the door!

Now, back to your movie. The first two reasons alone will in fact answer the question for you as to how the happy ending can be expected. That is, you know that you *are* creating your reality, and with your imagination you know *what* you are creating, so you can fully expect the experience, the happy ending. And the third reason (joining with your Higher Self/co-creating with God) is indeed the mountain-mover because God never fails. Never!

DESIRE – INTENTION – IMAGINATION – EXPECTATION:

The magic alchemy of reality creation. Take the hand of your Higher Self in perfect faith and trust and create miracles.

using the instruments

Consciously Creating Circumstances

Whatever your desires, the very first step is to write them down. This serves to clarify your intentions by separating them from the clutter, the crowded boulevard of the mind.

The simple act of writing down your desires is very powerful in itself, and some of the early prosperity teachers taught (very successfully) little else.

Writing down your intentions is powerful, for you are now concentrating your creative thoughts (thoughts are electromagnetic energy) onto what you want (at last). And a great deal is beginning to happen at this very point, far beyond your conscious awareness. The universe is always listening – always! Your intent is acknowledged.

In your own special, indeed sacred, *My Life by My Design* book, you may choose to begin with all of your intended desires listed on one or two pages (your future at a glance), followed by one or more pages for each of your desires to allow for details. Don't spare the detail. You can have a separate section for each area of your life: health, relationships, residence, finances, career, business, profession, personal growth, and so on. Update your list when you please. And most important, your book is *private, personal* and *confidential*.

Do not limit yourself: create, don't re-create. That is, remain detached from (unconcerned and unmoved by) your current circumstances (regardless of how adverse you may perceive them to be). Circumstances, situations and events are effects, they are not causes. Don't concentrate on what you don't want to

experience and don't compare what you want with what you now have. Your current circumstances have no bearing whatsoever on your future creations.

Draw your plans as grandly as you can imagine. See a future that lies beyond the limits of logic and reason. Do not attempt to justify what you want to create and don't consult with the past. Don't resist, resent, regret, repress or re-act (discussed in the conclusion). And again, do not concern yourself with "how" your desires will manifest for this cannot possibly be known.

Intellectualising/analysing is limiting. In effect, you are using the most limited part of your great consciousness (it only knows the past and is also the dumping ground for other people's rubbish) to create an unlimited future. You can intellectualise yourself into all sorts of dilemmas.

Don't project confusion. In nothing be anxious. Worry does absolutely nothing but feed on itself. It is impossible for worry and anxiety to effectively change a situation. Do not worry about tomorrow: you are creating your tomorrows this very day! Concern yourself only with what immediately confronts you – it is there for a reason. All fear is illusion. You never need be afraid of anything, anywhere, anytime, ever. In truth, you are *never* in danger for nothing can hurt you and nothing can destroy you. Nothing! Fear is nought but a negative energy that betrays the integrity of the soul.

You are ever supported, protected and lovingly embraced in the intimate presence of God. You *do* create your own reality and you *can* create what you want. You are part of God. Why would you fear?

visualisation

Using the Creative Imagination

Events run true to their imaginal origins. The scenes set in your imagination are the precursors to the physical events that you will experience.

Visualisation sessions may be done three times a week or three times a day. There are no rules here, so don't become confused. Quality is far more important than quantity, and just a few minutes three times a week can create enormous change. However, let us say you begin with once a day.

Choose a quiet time of the day (before sleep is good) when you will be undisturbed for five to ten minutes. Comfortably sitting or lying, close your eyes over lightly and relax. Spend a few moments simply "being".

Now construct a scene or an event in your mind/imagination that implies that your desire is realised. An event that you would encounter *following* the fulfilment of your desire. You are not an onlooker looking "at" this scene as though you were passively watching a movie; you are actually "in" the movie. You are the star and the event is seen from your perspective – through *your* eyes. It's *real*. You can hear it and smell it! You're "*there*".

The scene is always "I am" and "I have" and never "I will be" or "I will have". You already are what you want to be, and you already have what you want. In your imaginal animated scenes, the future is now and your desire is realised. You are thinking "from" the end and not "of" the end. You are "there" you have made your desired future a present fact.

Accept and appreciate without judgment the fact that your life now, in every area, is due to the "state" you are thinking "from". You may have thought quite often, for instance "of" one day being prosperous, but you have been thinking "from" the perspective of your present financial state. If you were indeed prosperous, you would be thinking "as" a prosperous person. You would be thinking "from" the end – "I am" and "I have". "I will be" is a confession that "I am not".

As another example, if you are presently healthy, you are thinking "as" a healthy person. You are not thinking "of" one day becoming healthy – you are healthy now. And you are viewing the world "from" the perspective of a healthy person. To state "I will be well" is to say "I am ill". And, of course, good health would not be in your "desires book", for you don't (can't) desire what you already have.

What you operate "as" – "I AM healthy", "I AM prosperous", "I AM loved", "I AM powerful", "I AM free" (your concept of yourself), determines the world that you experience. You are ever drawing to yourself that which you are conscious of being. You form circumstances in harmony with what you imagine yourself to be.

As the world is simply a reflection of you – a mirror for you, there can be no outer change until there is first an inner change. As within, so without. The essential change must take place within yourself.

Imagine that you "are" and you "have", and you will be and you will have – unquestionably. Take your attention (creative energy) away from your alleged problems and imagine that you are already experiencing what you desire (to be and to have). Again, your imagination is truly your instrument of liberation from the bonds that hold you. Events do run true to their imaginal origins.

Imagination creates the reality.

Feelings are *very* powerful creative energies, so align your feelings with your visualisation. Imagine the feelings that would be yours with your desire fulfilled. Feel what it would be like if you had what you wanted now. That which you *feel* yourself to be you are, and you pull into your experience that which you are.

Assuming the feeling of already "having", must objectify (manifest) the fulfilled desire that would have created the feeling retrospectively. For example, if heat can create mechanical movement, mechanical movement can create heat. Therefore if a physical fact (having your desire fulfilled) produces in you a certain feeling, then inversely, by assuming those same feelings, you can produce (manifest) the physical fact. Whatever you want to be or to have, *feel* "it is done". Feelings are creative magic.

Also begin to "physically" assume that your desire is now realised by acting "as if". Make a small gesture each day or so that assumes you *now have* what you want. Again, you have made the future a present fact. Action *is* faith and expectation.

Prayer is most certainly powerful. Prayers are always answered. Always! But what is truly understood by less than one person in a million, is that prayer is every thought you have, and indeed every word you say. Because you "think", you are actually praying every moment of your existence. Again, thoughts are creative: To think is to create, so become very aware of the continuous mental conversations that you carry on with yourself. Without getting in your own way, uncritically observe your "self-talk" – what you tell yourself is true every moment of the day, and remember your desires. Do they match? Is that what you would be hearing with your desire fulfilled – if you were already what you wanted to be, and already had what you wanted? Remember, the quickest way to "get" anywhere is to "be there"!

Think "as if", feel "as if", act "as if" and your assumptions will blossom into "facts". They will become facts – absolutely. Not by might, nor by force, but by my spirit.

In effect, manifestation is effortless as it does not embrace willpower, muscle power, struggle, bullheadedness or brute force. Contrary to popular belief, you cannot "force" anything into being. In fact, all opportunities are brought to us – everything gravitates to that consciousness with which it is in tune, and our impulses, urges and intuitions, when trustingly followed, escort us to unite with the opportunities. In effect, we are being guided to our destination by an unseen hand, so do not ever analyse away what your intuition is telling you. When you get an urge or impulse, don't analyse it, honour it. This is your higher consciousness communicating with you. Trust! You will never be forsaken. Never!

At times things may seem somewhat perplexing, disconcerting, even negative, for you just cannot see all the pieces as they form the path leading towards the desired objective. Realise that at no time are you seeing the big picture. You are seeing only one scene, or fragments, out of the entire movie – the one with the happy ending.

If you are wondering if your Higher Self sees the bigger picture, the answer is yes. Your higher self always sees the bigger picture. Your Higher Self has indeed seen the happy ending. Your Higher Self is outside linear time. In fact, your Higher Self knows the solutions to every problem and trial that you will have. Not all is as it seems to you. All solutions are at hand. Don't confuse this with predestination. Your future is not set. Your future at this moment consists of "probabilities" – windows of opportunity. This is what your Higher Self sees. And the windows of opportunity ahead of you in "time" and coming into your experience, change as you change. As you change the concept of yourself, the events ahead of you in time are altered. You are creating.

Rest assured, that just as you can't have a day without weather, you can't have your intended, imagined and expected desires not manifest.

You do have a great future, o ye of little faith. You do indeed. Your reality is your creation and you can create what you want – absolutely. No asterisks. No exceptions. None! God did not send himself on a mission impossible.



*The present is your pinnacle
of creative power. Everything
rolls forth into creation from this moment.*

*Unquestionably, then,
all freedom and power is yours in
the present to exonerate the past
and originate a new reality.*

"Now" is the miraculous moment. The present moment is that pinnacle of power at which you choose your future experience from the infinite probabilities. Everything rolls forth into creation from this moment. This moment is the birthplace of your future.

The past is not the source of the future; the present is always the source of the future. Your present circumstances are the result of choices and decisions made in "other" such "presents", which you now call the "past". In other words, the present is in fact the effect of the present! When you made the choices (planted the seeds), it was then the present. And the results of your choices (the fruits) manifest now in the present. Thus the power has *never* resided in the past, for you both planted the seeds and picked the fruit in the "present".

Going back to this other "present" (what you call the past) in which you did plant the seeds, you were not at the mercy of events and happenings *prior* to that time of planting. In other words, all freedom and power was yours at that time to plant the seeds of your choice *regardless* of circumstances *previous* to that time. Similarly, "now" you are *not* at the mercy of previous (past) events. Your future circumstances will be the result of choices made *now* in the present.

Apart from the obvious fact that the present is the *only* time you can think and act in (you can't think a thought in the past or the future), the power and control you have over events in your life is greater than you may have at first realised. Not only is your future not at the mercy of the past; the past in fact is at your mercy! Strange but true: the past is as open to change as the future is.

Understand that the past is not immutable. Its contents are not as set in concrete as you may believe, for time doesn't exist as we think of it. Linear time, moment after moment, year after year, past, present and future is actually an illusion. Quantum physicists have demonstrated and proven that time is an

illusion. Everything is "now". Time is "simultaneous". But we perceive reality a bit at a time due to the fact that there must be a lapse between each perceived experience.

The true nature of time is often experienced at annual events such as birthdays, anniversaries and New Year's Eve, when we wonder where the last twelve months have "gone". Of course, the time hasn't gone anywhere. Everything is "now" an eternal "now" in which all things occur. It was "now" when you finish. Everything is "now" all exists "now"! It is "now" everywhere in the universe.

So *now!* Here are the powerful implications. As everything is "now", and there are no actual divisions between past, present and future, all is one and divisions are arbitrary, then what we do *now* has its effect on *all time*, because all "time" is *now!* Changes now in the present – thoughts, feelings, intent (our choices), can actually reprogram the past. In other words, changes in the present can "rewrite" the past and therefore change its effect. The past can be "revised", and if the (old) past can be recreated into the present, so then can the revised past. Tomorrow will take up the altered pattern verbatim. All freedom and power is yours in the power of the present. The future is your creation, and you are not at the mercy of a past over which you have no control. Indeed, in the power of the present you are ever in control.

Events certainly seem as solid as houses. But just as surely as houses can be radically changed, so can events. As the creator of your reality you reign supreme in the power of the present. You are in government and there is no opposition. What power you have! But on the other hand, what responsibility!

Understand that any past so-called "failures" (always an evocative label) with love, health, finances or, indeed, any adventure, have no bearing on your future creations whatsoever. You are never at their mercy.

In reality there is no such thing as “failure” in any case. All is learning, growing and becoming. Failure is not a “thing”, it is a “label” we put on things. Change the label to “learning”.

However, if you ever feel unforgiving towards another, several others, or even the entire universe for any reason, then two perspectives on forgiveness are hereupon offered. Paradoxically, both are valid and both are empowering. You choose!

- a. The granting of forgiveness removes forever the effect of whatever was forgiven from your life.
- b. As you create your own reality from beginning to end; as the world is a mirror for you; as every judgement is a self-judgement; as no-one or no thing does anything to you; as you are the only one who can offend you, what is there to forgive!

Now, as a little exercise, stop reading for a few moments, relax and be still. Wherever you may be, look around you and realise that the present here now, the stillness here now, is the origin/the birthplace/the inception of your new reality – the new you and your new world.

What do you want and what do you want to experience? You choose! Now! For your future is boundless and you are not in the clutches of a past (in this life or any other) over which you have no control.

“Now” is the miraculous moment. The present (the gift) is truly your primary point-of-power in the annals of time.

The fact that a severed limb will not regrow, or we cannot bring back (into physical existence in this life) a departed loved one, does not negate the truth that the point of power in "time" is in the present. There are simply accepted limits in corporeality, such as the death of the physical body. However, the spirit/true self isn't limited by anything.

Your freedom and power in the present for great creative change and healing (release from the old past) is immense and immediate and is not really possible to adequately verbalise. The evidence of this can lie only in your own experience.

**YOU ARE THE CREATOR
IN ABSOLUTE COMMAND
IN
THE PRESENT**

Conclusion

You live on the planet of free choice – you are empowered to believe as you choose. You are, however totally responsible for your choices, and indeed there is no destiny *but* your choices.

So what exactly are you supposed to be?

You are supposed to be you!

So what exactly are you supposed to do?

You are supposed to do whatever you want to do –

what makes you happy!

You do not in any way need to justify your existence.

Being is its own justification.

You are free.

You are a sovereign entity.

You are your own master.

You are your own authority.

You are the designer and the creator.

You are the professor and the student.

You are the patient and the therapist.

You are your "forever friend",

for your eternal journey is but from yourself to yourself.



When events repeat themselves in your life there are lessons you need to learn. The severity of the lesson is your choice. And always steadfast before you, whenever you wish to learn, is the greatest teacher of all – you, your life and the experience of it. A greater teacher has never existed or shall ever exist.

Do not look to any superior. Do not place anyone higher than you. Regardless of how many books they have authored, how many seminars they've held, how many wondrous words they've uttered, or how lettered, pious or famous they are, they are not greater than you. They are not! How can they be? You are God.

Hold no thing more divine than you, for in truth there is not. Never sell yourself short of your infinite greatness. That which you seek can *never* be found in another for the Kingdom of God is within you. God *is* who you *are*.



Accept nothing that does not feel right to you. Your heart is the final authority. Be in a state of awareness and *trust* what you feel. You're never wrong when something feels right. Your mind (in its fear) may interfere at times, but the heart always knows. "What if", "what if" is but your fearful ego/personality chattering. It can only trust what it knows, and all that it knows is the past. Honour the wisdom of the heart.



Discern what you hear and read. Use care with your own words. Words have power. Dare use them for three purposes: to heal, to bless and to prosper. Do

not wish misadventure or misfortunate on another. What you wish for another you wish for yourself – literally! To curse another is to curse yourself. All violence is returned, without exception. The moment you pick up the sword, you have already lost, in truth, when you attack, you are calling for help.

If you really want to know what you think of yourself, then ask yourself what you think of others. There is your answer. What you see in others is but the projection of what you *think* you are, however, not necessarily of *what* you are. Ultimately, you have no enemies, you only have teachers. Indeed, show kindness to all your fellow adventurers, for God is what they are, and they are what God is.

Again, don't resist, resent, regret, repress or re-act. All five result in pain, struggle and the diffusion of your creative power. All are disempowering and self-sabotaging. However, all five can be eliminated quickly and easily. Instantly in fact. Remember, you are the creator in absolute command in the present – no exceptions.

Resist: resistance dissolves the moment you "own" (and thus experience) where you are (your creation). Resisting an experience fuels it. The energy cannot dissipate. The situation is sustained. It persists, it grows, it festers. The reasons for resistance are varied. You may feel you had nothing whatsoever to do with the situation you found yourself in. It happened to you out of the blue. You just cannot remember creating it. It's obviously not your creation, it's a "mystery creation". You may blame others. "They" did it to you. "They" are the

cause of your pain. "They" are the cause of your dilemma. "They" are the cause of your unhappiness.

"They" could mean people, God, the universe, the devil, the dark forces, fate, chance, kismet, Nemesis, or just plain bad luck. But "they" don't create your reality – you do, remember! The secret/the master key/the "way out" is to own and experience where you are, continuously, without judgement or blame. This in turn sets you free. Your creative power is no longer diffused. Your forces are not scattered. Your power is no longer being diverted to nourish and keep alive the situation that you *don't* want in your life (the resisted creation). You have reclaimed your power. You are in full-power to create what you *do* want. Whatever the situation you are in, *never* make yourself "wrong". You are not wrong, you are learning. Learning that you create your own reality – very powerfully. Actually, it is not situations in themselves that cause us pain, it is the labels and judgements we place on the situations that cause us pain. A situation is simply a situation. It is not bad, awful or dreadful. Like "failure", bad, awful and dreadful are labels, not situations. Don't resist! Stay in power! Own and experience the moment – every moment. Create your dreams. Don't resist and thus perpetuate your nightmares.

Resent: To resent is to feel bitter about, to be jealous of, to begrudge. Let's eliminate resentment this instant. Three statements and it's gone.

1. You can create whatever it is that you want.
2. Other people are entitled to be happy and to create what they want.
3. All judgement, no matter how you spin it around, is self-judgement.

There, no more resentment. Don't resent – create!

Regret: What is regret? The answer is found by defining its opposites: to be happy, to not look back, to rejoice, contentment, pleasure, satisfaction. Don't

regret what you did or didn't do, commonly called "mistakes". Were they really mistakes, or did you make them that you might learn? Think about that.

Repress: To bottle up, hold in, inhibit, smother. Understand that non-judgement and the repressing of emotions are not one and the same. You can be non-judgemental of yourself, your creations and others, while at the same time honestly expressing your emotions. It is repressed (denied) emotions that result in illness and pain. Don't become entrapped in "positive thinking wonderland" – the whole rigmarole of the human potential movement with its hollow ornaments, the "right image", the "right stuff" – where you are told to guard your "negative" thoughts and feelings as though they were wild animals. It is perfectly all right to feel any emotion. Calling an emotion such as anger "negative", is a misnomer. A misnomer that has caused a great deal of pain, for *any* emotion not honestly expressed (denied) is a negative emotion, and *any* emotion honestly expressed is a positive emotion. Repressed love can cause as many physical and emotional ills as repressed anger. Don't reside in pretence. Don't pretend not to feel what you feel. One emotion is not good and another one evil. Emotions simply *are*.

Re-act: With regard to creating, to re-act is to re-create. Resisting and re-acting are allies. Both dilute your power to create what you want, and both keep alive that which you don't want. Also, be aware of re-acting to disparagement from others. Understand that the observations (judgements) of others must be as they describe them relative to themselves, for there is no such thing as an independent observer. In other words, other people's judgements of you are in fact judgements of themselves.

If anyone does, however, make you unhappy, dispirited or feel inferior, it is because you have allowed them to. You have given your power away to them because you have allowed them to determine your reaction.

Don't get swelled up when people praise you, and don't feel dejected when they blame you. Power moves but is never moved. Don't criticise, covet or compare – your business is to create. Your primary purpose is mastery of self.



The responsibility of reality creation cannot be abnegated. It can not! Nothing in the universe or in your life is by chance. Nothing! The physical universe is not a random accident. Neither is your life. A trillion galaxies do not manifest by chance. Neither does health, sickness, joy, sorrow, love or loneliness. All is by design.

You have so much power!

health, prosperity, peace, love and happiness

is your creation.

Sickness, scarcity, struggle, pain and suffering

is your creation.

Such is your power.

YOU HAVE SO MUCH POWER!

You have created from nothing the reality that you know.

HOWEVER,

Clearly understand that your current

personal reality

is not absolute bedrock reality.

It is not the only reality.

*Your current reality is merely one of countless
"probable" realities that you can create and experience.
A personal reality of sickness or scarcity or loneliness or
unhappiness,
can be changed to a reality of health,
prosperity, love and happiness –
easily!*

DESIRE – INTENTION

IMAGINATION – EXPECTATION

Use the grand instruments of reality creation and use them well. They are your awesome gifts. Use them with joy, with love, with trust and with care. Your dreams will come true, absolutely! Use them *now!* For indeed the very next moment awaits your creation.



Love, trust and honour yourself. Be ever true to yourself. Be alert to self-deception. Live in integrity – integrity *is* success. Stop looking endlessly for what is wrong. There is nothing wrong! Stop looking for joy. Joy *is*. Live it. Be it. Joy is *self*-realised. Have fun, laugh, enjoy yourself. It is said that angels fly because they take themselves lightly. Never forget the inner kid who loves to play. When you are doing what brings you joy, you are loving you.

When you become bored – the experience is no longer intriguing, challenging, exciting and uplifting – it means that you have already learned what you wanted to learn from that experience. Boredom is your soul's message that it's time to move on. It's time to change. This applies in every area of your life. Don't become entranced by the boredom. It is not as safe as you think. Listen to your heart. It will tell you where your happiness lies. Live your truth! Allow what limits you, what enslaves you, what does not bring you joy, to flow from your life.



Do not desire to be compassionate to anyone before you have truly been that with yourself. Above all things love yourself first. It is only possible to love another without distrust, possessiveness and insecurity when you have loved yourself beyond these.

Wanting to heal others is admirable and shows much love, but can you really heal another when the only healer of illness or dis-ease is the creator of it? Everyone is at the hands of their own creation, and as such, they are totally responsible for their own healing. The healer is desire, intent, and the acceptance and love of self. A person must first desire and want to be healed. They must show intent. Intent is the manifesting power. If you desire to help and heal others, then *love* them. Recognise only God in everyone. *Then* you will become a great facilitator.

Remember, no-one needs to be "saved", and no-one can know what is best for another. Each person (entity) is evolving, and *only they* know what they most need to experience. The deepest, purest love for another is when you give them the grace and allow them the space to do whatever is necessary for their own

evolvment, learning, understanding and happiness. This is truly saying, "I love you".

Love is the supreme power

Love creates, heals, redesigns and transforms.

Every moment you love, you grow.

Laughter is beyond words

Laughter is a wonderful aid to healing.

Laughter shifts energy.

Envy is but self-judgement.

Hatred is the destroyer.

And fear is the grand illusion.

Do not fear the future, create the future

Do not search for the truth, you are the truth

Do not follow another, you are the one.

Welcome change. Don't fear or resist it, for growth and change are the only constants. Your "darkest" moments are when your greatest learnings take place. Adversity is your teacher.

But storms *always* pass, the dawn *always* comes and *never* a door closes that another doesn't open. "Terrible happenings" are the predecessors to truth and freedom. Totally impossible situations are the preludes to miracles.

Sometimes it takes painful experiences to bring us to our knees so that our true higher divine self can be born. Spiritual awakening! Super-consciousness breaks loose and we know its awesome power. We should be ever so grateful.

Again, do not ever regret, for in truth you have never made a mistake. Wisdom is gleaned from experience and how can wisdom be a mistake? It can not! The Master regrets nothing. It's not about saving face, it's about empowerment.

Reclaim your power now. Own your creations (and thus disencumber/unburden yourself) and move impassionedly, fearlessly and assuredly forward. You have not lived the best part of your life yet. The best is yet to come. Poverty is but the sleep of wealth. The caterpillar, a painted butterfly to be. Not winter but summer sleeping.

Change, though at times unsettling, unnerving and distressing, is a blessed thing.



Your **three primary points-of-power** is not a fascinating concept, an interesting hypothesis or a wonderful idea. It is not some grand ethereal notion. Your three primary points-of-power is *real*, it's *true*, and it's *You!*

- You cannot have an encounter with God apart from yourself. You cannot separate yourself from your experience. You cannot think or act in the past or the future.
- You are part of God. You create your own experience. Your power is in the present.
- You have illimitable power and love to draw upon. You can create your heart's desires. The present is your point-of-power for transformation.

Above all...

KNOW THY SELF.

Realise your soul's infinite greatness.

Recognise your healing and creative power.

Trust your loving heart.

Feel the giant arms of God – your true Higher Self

ever embracing you

as you walk gently to freedom.

You are never alone. Never.

Bless you.

You are the light of the world.

You are the power of God manifest on this Earth.

Your future is not set.

*Answers cannot be given to what will happen,
but you can easily create what
you want to happen.*

You can do seemingly impossible things.

*The primal power/love source has no
limitation. None!*

With this in mind, how can you be still?

In love, wisdom, peace and power,

Allen

www.pointsofpower.com.au

epilogue

In the new energy of this new millennium there will be new teachers. They know who they are, and your intent will find them.

- Teachers of high vibrations of consciousness.
- Enlightened teachers at one with the higher divine self.
- Teachers of the true alchemy process (trans-forming the energy of fear to the power of love).
- Teachers who don't call you to support a doctrine.
- Teachers to facilitate your healing and your power.
- Teachers who honour you.
- Teachers to take you home.

Teachers like Jonathan, one of my early instructors and still my most cherished. It was Jonathan who taught me to follow my heart and trust the force within. It was Jonathan who taught me that all failure was not failure, but learning. It was Jonathan who taught me to be my own authority and true to myself. It was Jonathan who taught me that I was responsible. It was Jonathan who taught me that I would astonish myself with what I could do. It was Jonathan who taught me that heaven wasn't out there someplace. It was Jonathan who taught me that the fastest way I could get anywhere was to begin by knowing I had already arrived. It was Jonathan who taught me all limitation existed only in my mind. Jonathan told me to keep working on love. Jonathan gave me freedom. He taught me to fly.

Indeed, Jonathan Livingstone Seagull* was a fine teacher. But of course, Jonathan, like heaven, is not somewhere in the sky. Jonathan Seagull is the inexpressible spirit that lives within us all. Connect with this spirit... and soar.

*A story by **Richard Bach**



Remember who you truly are.

Remember who is responsible.

Remember your power in the present.

Remember.