

WHAT AM I CREATING...?

Everything that is experienced with the five senses is **affect...** the **cause** is consciousness. I alone am responsible for any and all “effects” that appear in my reality, good, bad, or indifferent. To the degree that light penetrates my consciousness revealing my real identity, my thoughts morph into positive ones that create positive effects. What I give my attention to, determines the nature of my thoughts. If I give my attention to what appears to me as any negative thing, then the unwanted effects of the thoughts that my attention generates, will most assuredly become my reality. The root cause of anyone’s reality can be traced to what they give their attention to. If I give attention to something that produces negative feelings, I reinforce any disconnection I may have with who I really am.

I am Pure Positive Energy, and to the degree that I am reconnected to my Source, my thoughts will be inclined to be positive. To the degree I’m disconnected from who I am, my thoughts will be negative. This is because in my disconnection I’m lost in the illusion mass consciousness has created, and like them I have forgotten my real identity, and as a result the five senses are what governs my thinking. This earth is like a cosmic schoolroom where all come to learn the lessons that will enable them to pass from first grade {Duality” to second grade, {Fourth Density} to third, {Fifth Density} and so on. So... it is where I place my focus that is extremely important in terms of what my reality will be. Until I truly **“get it,”** that negative emotion created from my attention on any appearance causing me stress is counterproductive to my desire to experience joy and peace, which is the fruit of who I am as Pure Positive Consciousness; the reality I create will be anything from “just okay” to chaos.

Joy is created when my true identity is surfacing. It’s not that I should live in denial of much of what main stream media is pushing, but how I’m affected by it. I only need to know that all negative appearances are only that... just negative appearances and that they have no affect on me whatsoever, unless I **see** them as a reality. If I do, then they will create stress for me and then I need to take all attention away from whatever it is and refocus on something positive. The five senses may scream “but its true,” and it may very well be but whether it is

true or false is never the issue, the only thing important is how I feel when I give my attention to it.

My thoughts coupled with the emotions they generate do {in no uncertain terms} create my reality, and once this understanding comes home to me I will take full responsibility for whatever comes into my personal world, for it is I alone that am the sole creator of it. The day I awaken to the fact that it is my focus that creates my reality, I realize then... that if I'm not pleased with what I have created, I can change it, and I'm the only one that can. In the coming year 2013, all will learn quickly to take control of their thoughts. This comes easy as the understanding comes to me concerning who I am and the power of my thoughts to create.

R.S.