

## 4 Blind Creating

**L**ike the Flatlanders, a part of our selves is trapped in a plane of lower vibration. We are in a level of energy vibration which our Creator does not even recognize. The world of separation, negativity, competition, and fear which we perceive is not real. But if it is not real, then why does it seem so to us? Perhaps it is because we do such a good job of creating blindly, making experiences for ourselves which are at the same vibration level as we are at this time.

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Most of us create blindly most of the time. We have no idea that we create our experiences every instant. Some of us think that fate is at work, or that experiences are random events, or that someone else is always doing something to us, or that God is giving us what we deserve. Oh sure, at times

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we may try to think positively with the hope that we can change our circumstances, but we often feel that we have little control over much of what happens in the world. We may sense that people react to us in response to the way we treat them, but we don't go much beyond that in accepting the responsibility.

We are generally blind to the fact that we create all our experiences. We forget that we are created in the image of our Creator, and that we ourselves have the power to create experiences of our earthly drama. Think of yourself as a "three in one" package deal. There is your True Self, which is still outside of the contracting spiral of consciousness, still totally aware of your divinity. It is like that sphere of light of each Flatlander, sitting outside the plane of Flatland. Then there is your subconscious self, which has for years been your real creation center. When it was integrated with your True Self, fantastic and loving manifestations were created, but it is now caught in the spiral. In Flatland terms, it is caught in the plane of limited consciousness. Your subconscious self just continues to go along dutifully creating.

A very significant change has now occurred in the way this creation center works. Before the spiral developed, your subconscious creation center and your conscious self were of one mind. They worked together, drawing their energy from your True Self. Your True Self formed the "thought system" from which your mind worked to imagine wonderful new manifestations, in interdependence and awareness with the True Selves of all others, and with our Creator. What was imagined was then created. In other words, you were consciously in control of what you created, and you were always creating from a basis of love (your True Self).

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Conscious creating has become invisible to most of us. Now we create blindly. Over our lifetimes we have lost consciousness of creating all of our experiences, not just those we work at consciously. But we have not lost the power to create. We have merely allowed it to slip into a subconscious part of our minds, and in so doing, have put our subconscious selves in a dilemma. What can we use as the basis for deciding what to create, and deciding what is possible to create? Being caught in the contracting spiral of

consciousness, we can no longer find our True Selves, which have remained intact outside the spiral. There is a dimensional barrier we cannot penetrate without conscious direction. We do not get real direction from our conscious selves, trapped inside the spiral, because our conscious selves don't remember that we have such power. So, this new subconscious self does the only thing it can do under the circumstances; it gathers data from what the conscious self experiences in the earth drama.

This center for creating, which has now become subconscious, is sort of like a computer. It follows directions. It needs to see conditional relationships before it decides what to do. It needs a data bank of these conditional relationships so that it can determine what action to create. Since it has clear awareness of our conscious selves, it collects the thoughts of our conscious selves in an effort to figure out this new system—the system of materiality and comparison.

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Suppose the subconscious self received the thought from the conscious self that "If I touch this flame, I will be harmed." The subconscious self doesn't question this truth. It

just puts it into the data bank. Then the next time I become consciously aware that I have touched a flame, I send that thought to my subconscious creation center. The creation center looks into the data bank and follows the instructions: "If I touch this flame, I will be harmed." The creation center then follows the instruction and creates the harm to the body.

Over many lifetimes, the subconscious creation center of each person accumulates a large data bank of "If, Then" relationships. Because humans share consciousness with each other, our data banks contain many of these conditional relationships that come from the experience of others. That is, there are collective conditionals as well as personal conditionals, all dutifully stored by our ever-diligent action centers. As long as we are not aware of how this system of creating works, we just go on and on blindly creating experiences for ourselves.

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So far, this system of blind creating doesn't sound too disturbing. It seems to put some order into the drama. The physical realm begins to be more predictable. Fire will burn you. Well, of course there are those

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who can walk on hot coals without being burned, but they are the exception to the rule. If we ignore such aberrations, we see that the creation center helps guide us through a day on the planet. But unfortunately there is a problem with the system. You see, there is this universal law, which exists in the vastness, both inside and outside the spiral, which says that “what you sow you will reap.” You will create for yourself that which you think. Your subconscious uses this law to set up the system of conditional sentences which help you get along in the earth drama, but it goes a step further. The law means that whatever you think, you will experience. This wasn’t a problem before we were caught in the spiral. We used our True Selves, the context in which we existed, as the thought system from which we worked. All of our thoughts were loving, and therefore, all of our manifestations were loving. All our experiences and the new life forms which we created were loving, and treated us so.

Now that we are caught in the spiral of contracting consciousness, and can’t remember our True Selves very often, the law of “Sow and Reap” is a whole new ball game.

Now that we have forgotten the love system, we create blindly unpleasant, negative experiences. For example, if you think that you do not deserve to be treated lovingly by anyone, then you will meet a lot of people who will not treat you lovingly. Your subconscious creation center accepts your undeserving opinion and creates a situation that demonstrates hostility. You reap what you sow. It isn't a matter of punishment, it is just your subconscious creation center following the universal law of "Sow and Reap," using the only data bank it has available right now.

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Your subconscious creation center uses this law to create manifestations of your thoughts both outside and inside your body. For example, if you think that you lack power or ability, that weakness may show up in several different ways. Your thought that you lack the power to change your work situation may give you tasks where you have no power. Or, the power or responsibility may be given to you so that you can prove to yourself that you can't handle it. You fail to accept and use it effectively. If you think that you cannot speak up and make changes, then your subconscious creates situations where

this is proven to you. It doesn't do this because it dislikes you, but because that's what you told it to do!

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If you continue over time to think that you have no strength to stand up for what you believe, you may begin to have problems with strength in your lower back, for example. Your subconscious creation center will do everything possible to dutifully manifest your thoughts of weakness. Again, this is not to teach you a lesson, or make you suffer for your thoughts. It is just the way the "Sow and Reap" law works.

I am discovering the all-pervasiveness of this law. I have not yet learned to look at all situations outside and inside myself as manifestations that I have created. It is hard to break old habits. Sure, I have known for many years that if I treat someone kindly they will likely respond in the same way. And I recognize that if I show anger or rudeness, people will likely be the same to me. To go from that sort of direct cause and effect relationship to an acceptance that I create all of my experiences is quite a jump, but I am slowly learning. I have discovered that when my lower back hurts, as it has been doing

more frequently over the past six months, I should not just see a doctor or do more back exercises. I should also try to figure out the root cause of my backache. When I was in Rio for two weeks for the Earth Summit, meeting many people who recognized the presence of Spirit every instant, I was free of pain, though the plane ride was long and my bed was very basic. My back was strong, perhaps because my thoughts became secure, strong, affirming of my spiritual worth, and loving while I was there.

Many people refer to a system of experience based upon previous thoughts and action as the "Karmic system of cause and effect." My interpretation of what they say is that we meet ourselves in our experiences. This is a way for us to evolve to higher consciousness through many lifetimes of lessons, so they say. For example, if I treat a person of another race poorly, judging that person of lesser value than me, then I create a new image of that person. This new image of inferiority is my perception, not the actual person. Then my subconscious will create an experience for me in which I become that false image which I created. I may reincarnate in

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another race and be discriminated against. Or I may become a member of a political minority in this lifetime and find that other people look at me scornfully. Again, I am not being punished for my thoughts, I am merely experiencing what I created, the image of inferiority of a person not like me. I personally don't think that this Karmic system was designed by our Creator to give us lessons to help us evolve. I think we have simply used the universal law of "Sow and Reap" to try to evolve into something that we have forgotten we already are.

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In my opinion, there is no system of punishment for our transgressions, and the Karmic system is our own adaptation of the simple "Sow and Reap" law. But it is that adaptation that forms the system in which we operate, mostly without realizing it. We go along for lifetime after lifetime as blind creators, placing the blame for our experiences on everyone or everything else except our own thoughts. Whether we shift the responsibility for creating to fate, our Creator, luck, other people, our childhood, where we live, or any other of a myriad of excuses, we are still blind to the fantastic power we each

have to co-create with the loving energy of the universe.

One thing that has troubled and puzzled me is why I don't always get what I ask for when I am convinced that the request comes from a loving intent. A few years ago I joined a group of twenty or so people who meet at the United Nations once a month to help create "heaven on earth." This group meditates, prays, and then visualizes specific peaceful outcomes throughout the world. We visualized the Soviet tanks leaving the Russian Parliament building in August of 1991, just a day before this actually happened. We visualized people hugging each other and spreading love at the Earth Summit, which they did to a large extent. We visualized the people of the former Yugoslavia putting down their arms and rejoicing in peace, which they have not done. Not everything we visualize works out the way we imagine, and we question why.

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If I have a pain in my body, I try to visualize light clearing out what causes the pain, and I ask for help from my spiritual community of helpers. Sometimes the pain stops, sometimes it doesn't. Sometimes travel

arrangements work out perfectly for a trip to a peace conference, and sometimes they don't. And this discrepancy occurs despite the fact that I ask for help in both cases. Something I am doing, or not doing, gets in the way of the spiritual creating that I am trying to access.

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The key is, we need to make requests from our True Self in order to create loving manifestations. Our subconscious creation center turns to either our True Self or our conditional data bank to see if a request is possible to fill. If I trust that I am an unlimited spiritual being who can easily handle a new responsibility, my subconscious creation center will work to create the new responsibility for me. But if I make a request strictly from my objective mind, without believing I am unlimited and divine, then this objective mind thinks of all the reasons why I cannot handle the new responsibility.

Our reasoned mind diverts our subconscious creation center. We make a request, and then we unknowingly say or think something that assures the request won't be fulfilled. Here is an example from my experience when I met with four friends recently.

Members of this group help each other with our current problems. We were helping one of the group to create a perfect job at the United Nations. She has worked as a volunteer at the United Nations, helping to create harmony between people, but now she wants to work from within the organization as a paid employee. She explained to us some of the details of the job she wants, while we all visualized the outcome. She wants a position where she can bring people together in informal ways; she wants to attend meetings where she can help build a community spirit; she wants to meet other employees who are willing to talk about spiritual solutions to political problems.

When we finished visualizing and meditating with our friend, one of us asked her if she knew of any jobs available at the United Nations. She said, "Yes. There was one I saw that looked interesting, but it is probably filled by now." At that point we realized that she had just undone the positive patterning she had created for her subconscious creation center. The positive patterning she did earlier was intended to direct her subconscious creation center to look

to her True Self for directions and results, but when she consciously questioned the possibility of getting the job a few minutes later, she gave her subconscious the green light to look into her relative data bank for all the reasons why she couldn't get the job, rather than to her unlimited True Self, which includes the access to our spiritual helpers as well. "If the job was listed over a month ago, it is filled by now. There probably aren't any other jobs yet because these are hard economic times. If you don't know someone on the inside, you won't get a job." She had just nullified the request by not accepting that it could be fulfilled. Her subconscious turned to its old standby for help—her conditional data bank of limitation. At this point, we were reminded of how difficult this business of conscious co-creating can be!

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We have to keep patterning a new way of thinking for our subconscious creation center if we wish to regain use of our conscious ability to co-create in love. We have to practice. We have to keep saying that we are unlimited, powerful, cooperating spiritual beings who deserve every possible loving experience.

Our subconscious creation center needs a new program. The one we have developed over many lifetimes of individual and collective thought is incorrect. There is a bug in the program. The program tells our subconscious self that we are usually at the mercy of the world. Oh sure, we can work hard to get ahead, to secure a decent living for ourselves and our families, and we can accomplish wonderful creative feats at work and play. But there are still limits to what we can do, at least as defined in our program. My program has been telling my subconscious creation center that it must always check with my previous experience in the world to see how to react, to determine my limits, to decide if I am safe. My program needs to be changed. It needs to be overridden with new instructions that say that I am an unlimited spiritual being who has the whole universe waiting to co-create with him.

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When I allow the old program to operate, I deny my True Self. When we allow our collective program to speak of separation from each other, of competition, of defining worth by comparison with others, we deny our collective divinity and power. When

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When I started studying the book *A Course in Miracles* (Foundation for Inner Peace, 1975) a few years ago I was somewhat bothered by the premise of the daily lessons. Each day for a year there is something to read, to meditate about, and often to repeat every hour or so during the day. It seemed to me that the purpose in repeating the message is to re-program our minds to think of ourselves differently, and to awaken a deep knowing within us. At first I was skeptical about such a seemingly mindless approach to awakening. This seemed like mind control to me, not mind opening. But after a few weeks I began to realize that this type of repetition of a thought was not different from what I was doing much of the rest of each day without being aware of it. Through daily experiences, I receive repeated reinforcement for the idea that this body can become diseased, that I must compete with other people for recognition and security, that comparing myself with others is the way I justify my-

self, that my identity depends on my shampoo, that violence is a way of life for humans.

I receive a lot more "mind patterning" experiences each day from normal living than I receive from simply repeating a statement from *A Course in Miracles*. I decided that consciously adding another type of patterning, as described and planned so beautifully in *A Course in Miracles*, is certainly better than what I previously received for patterning. I realized that my subconscious creation center will fill up the data banks with whatever comes in through experience and thought, so the information might as well come from another source for awhile.

Self-help books abound these days. They are some of the best selling books around. They often stress the need to create a positive image of yourself. Visualizing yourself as successful, or accomplishing your clearly stated goal, is important. Saying what you want to accomplish is important. The myriad of techniques offered for self improvement can be effective in changing our data base from one of helplessness to confidence. However, I believe that if we want to completely and powerfully change our image of

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ourselves, we need to re-program our thoughts about our spiritual natures as well. The same techniques of patterning can be used, but with the added purpose of conducting an inner spiritual search for our True Selves. I think that is the ultimate goal of self-help; to find within each person the Self that remains unchanged. Then all other aspects of our lives will be helped automatically. We will find a whole spiritual realm waiting for us to ask for help, and to expect results. That is when conscious co-creating in love will begin.

We are unlimited, divine, powerful, loving spiritual beings, and we must remind ourselves of that constantly so that our subconscious creation centers believe it, and blind creating ends.

