

How your Mind creates your experiences

"Clearly align your [focus](#) on the [feeling](#) you wish to have from your experience, you will have defined the [meaning](#) it holds for you. All the details necessary to facilitate that [meaning](#), that occurrence, will happen without any additional efforting on your part." [Dialogue on Awakening, page 172]

"When turmoil or [chaos](#) appears in your [mind](#), it will be experienced as a form of [confusion](#) and [chaos](#) outside your [mind](#). You do not create unpleasant or uncomfortable circumstances to teach your self lessons. It is only that when there is a lack of [clarity](#) within your [thought](#) patterns, that lack of [clarity](#) will be reflected in the form of a chaotic [life](#). The process is one where the [ego](#) receives information as to the [confusion](#) that exists and translates that [confusion](#) as not being able to control the outcome which becomes an unknown and therefore fearful. And as your attention is focused on these fears, they will become manifest.

"The message your [ego](#) allows you to receive from what I have just described will be quite different. It will say that once again, you have created something bad, something which you have interpreted as negative. This serves as its [purpose](#) very well, because it continues to keep your [mind](#) in a state of [confusion](#) and gives you the excuse to feel that there is something for you to do to straighten out the [confusion](#).

"This type of [thinking](#) also leads you along another path which is not helpful; this is the one that tells you that something is controlling your [life](#) which is beyond your [conscious](#) ability to effect. This can come to you in two forms: as believing that there is another force of any type which has control over your [life](#) and which makes decisions for you, or, that the information can come from your [subconscious mind](#) which you feel is also beyond your level of understanding and therefore, beyond your control. I will tell you that neither of these are true.

"What appear to you to be the [thought](#) processes of your [subconscious mind](#) appear so because you are unwilling to be in touch with them. These thoughts or issues lie clearly within your [conscious mind](#) but have been there in a form unrecognized by you and in this lack of [recognition](#) lies the basis for [confusion](#). It is this [confusion](#) which leads to the [manifestation](#) of your fears.

"Once again, the process works like this: there is [confusion](#) in your [mind](#) and this is interpreted as being out of control which creates [fear](#). Once your attention has been directed to those fears, they will manifest in your [life](#) because they have become real in your [mind](#). It is not possible for you to experience anything in your physical [life](#) that is not encompassed within your [thought](#) pattern.

"Now, your [ego](#) will take this statement and attempt to make you a prisoner of it. It will attempt to create feelings of [guilt](#), saying to you, "Now see what you have done! Now see what a pretty mess you have made." Do not listen to this information. Hear instead the truer implication of what I am saying. To know with utmost certainty that nothing comes to you that is not held in your [mind](#) is an offer of total [freedom](#). You do have the power to determine what will be in your [mind](#).

"The question for you now arises, how then does this fit with prior information I have been given which says, try to empty your [mind](#), try to free your [mind](#) from fearful [thought](#) patterns. I will tell you this message has as its specific meaning to give up the thought patterns which have been created by your [ego mind](#), by your [mind](#) which has within it a [sense](#) of [limitation](#) based upon prior experience, old tapes as you would put it. My encouragement is to allow you to open your [mind](#) to [peace](#), to the peaceful [attitude](#) you have which reflects more accurately your natural [state](#) of [Mind](#), the [state](#) of [Mind](#) which reflects your [Being](#). It is in this peaceful [state](#) that you will experience [clarity](#), that you will experience the absolute certainty that when you create an experience in your physical [life](#) from this state of [peace](#), there will be no [confusion](#) as to its outcome.

"There is no [force](#) outside of you that has any validity upon the [Reality](#) of your [Being](#) which would bring to you what you have called lessons of any nature that would be experienced by you as less than pleasant. When you have, however, developed a [state](#) of [thinking](#) which believes lessons learned are, for the most part, unpleasant experiences, then you will bring those lessons to yourself to be experienced in this way. Allow me to remind you that this [mode](#) of [thinking](#) is one which has been developed over eons of time during which you have convinced yourself that you are a [guilty](#) and unworthy person and are not entitled to receive the experience of [love](#) that is yours as the presence of your [Being](#).

"When you allow yourself to reside more consistently in a peaceful [state](#), the [truth](#) of this will become known to you. Let me put it another way: when you are in touch with your natural [state](#) of [Being](#), when you are in a [feeling](#) of [harmonious peace](#), and requests are made from this [state](#), there is only one way for you to experience the results. When your [mind](#) is in a [state](#) of [confusion](#) and a state of [fear](#), the only way for you to experience what is made manifest by those fears is in a fearful fashion. In its most simplistic form you may think of it like this: [chaos](#) in/chaos out, [peace](#) in/peace out, [love](#) within/love without.

"The meaning of what I am telling you is becoming more apparent. There is nothing that happens to you; there is only the [thought](#) processes and patterns, the [state](#) of [mind](#) in which you exist. That constitutes the sum total of it. What you experience as your physical [reality](#) is only a confirmation of what you are experiencing in your [mind](#). And as you go through this [awakening](#) process, you will discover that it is not even necessary for the physical confirmation. All that is happening to you is happening in your [mind](#).

"Should you continue to experience any unpleasantness in your physical existence, then know that there has been a value placed by your [ego](#) on these experiences. And once again, rather than judging yourself as being bad because you have allowed these to happen, see them as a [reflection](#) of what is going on in your [mind](#), and choose again. Therein lies your [freedom](#)! Choose again, and again, and again and again until the process of your choosing becomes one of normally, naturally wanting to choose [peace](#).

"Now, there is another thing which is troubling you and that is how can I choose [peace](#), how can I consistently put these choices into effect in my [mind](#) when apparently my [mind](#), my [thinking](#), my [life](#) is so influenced by other lives around me? Allow me to assure you that this is another ploy of your [ego](#) to reinforce that your existing patterns can not possibly be changed unless all the other patterns around you conform to your way of [thinking](#). And I will tell you, this is upside down. It will not be seen by you that any other patterns of [thinking](#) around you are changing until you have changed your own. It is in your [thinking](#) processes that you have perceived the [ego](#) processes that are apparently taking place in those around you.

"When I say you will only experience that which resides in your [mind](#), I do not say this is true with the exclusion of how you would experience the effects of someone else's activities. There are no exceptions to this principle. As difficult as this will be for you to believe and understand, I will tell you this: when your [mind](#) resides in a state of total [peace](#), when it is impossible for you to experience other than [peace](#), you will see everyone around you existing within that same peaceful state. I do not offer this as an [intellectual](#) exercise in trying to understand how this would happen. I offer it to you simply as a statement of [truth](#)." [[Dialogue on Awakening](#), pages 69-72]