

Article 226: You Made It All Up -part 1

The way of certainty follows a path of least resistance ...or a pathway of least judgments ...along which you are the dominant creative power in your life, not the individuals and events or the emotions within you, for you are primarily a creator in life, ...therefore, if you want a greater, more expansive self and life, begin by changing your attitudes and thinking from one who reacts and responds to what happens ...to one who creates and directs what is and will happen. Creators awaken tremendous empowerments in themselves and others ...and in the universe, which, before, were left to languish and deteriorate, ...and those empowerments bring greater and finer possibilities with them. What will inspire you to become the truly awakened creator of your self and life? ...but remember merely changing the events and circumstances in your life is not, in itself, especially creative ...and will not necessarily change your life and true experiences of those situations and conditions ...or your attitudes and actions.

Underneath it all, is it possible that you are living an uncreative life of avoidance? Is your life focused more on what you do not want ...than on fully creating and living as you truly desire? Have you taken an insightful look at your life and actions to perceive and understand what you might actually be trying to avoid? What do your emotions and illnesses reveal? Have you listened carefully to your own words? Are you truly willing to reconsider your beliefs ...and the conclusions you have drawn from those beliefs about life and yourself? What is your personal selfimage? Don't be too quick to deny that you are avoiding, for in a world of seeming dualities, the uncreative negative always governs. Are you remaining in an unsatisfying relationship ...or seeking a new relationship merely because, underneath it all, you do not want to live alone? ...and maybe you conceal this under the disguise of *not being able to find the "right person"*. Do you criticize the one you love? Do you judge and criticize yourself? Living creatively as you truly desire means being easy with change, ...do you have long-standing problems or illnesses in your body and life? Are you impatient? Do you feel you have a great deal to endure? Do you tire easily and seek rest ...or a change of pace? Are your emotions and feelings as you truly desire?

Contrary to many beliefs about creative people, the more you use your feelings as a standard or guide for your self and life, or as a test for the truth of your beliefs and activities, the more you will subject your self and actions to the endless whims of your emotions ...and the constant

struggle to recreate pleasurable feelings ...and avoid undisagreeable ones; ...all such actions are responsive, not creative. It is unwise to suppress your feelings ...and equally unwise to rely upon them as an important measure of your self and life ...or your creativity, ...for if your emotions are the dominant focus and outcome of your actions, then your life and endeavors will center on “how you feel” at every moment ...instead of on the creative self and life you truly desire.

Your reactive, emotional state constantly moves from feeling good ...to being concerned ...or to feeling discouraged, frustrated, angry, or depressed, ...the reactions are endless and frequently confusing; ...as a result, instead of creating the self and life you truly desire, they quickly control matters and dominate you. Be careful not to let your reactive emotions rule your life and destroy your creativity ...and the self and life you truly desire.

Living your creativity is not a secret process, yet it is so simple that it seems to remain a secret, for *creative people know that whatever they are doing they just made it up ...and then made it real*. Everything in your life is exactly the same. For example, if you listen carefully to someone and draw a conclusion from their words, you made up the conclusion; if you believe in God, you made that up, ...and all of your beliefs are the same; if you feel unworthy or don't believe in yourself, you made that up; if you don't trust someone, you made that up; if you believe you do not have creative abilities, you made that up; if you believe you are ill or disabled, you made that up; ...and then believing the truth of what you just made up, you set about making that real ...just to prove you are right. Is that any way to use your creativity? It seems you would rather prove your rightness than ever live as you truly desire; ...could it be that you are~with every belief, thought, attitude, emotion, word, and action~seeking to avoid your own self-righteousness? This is what living your judgments and misbeliefs in a falsely created world of duality have created for you, ...is this the creativity you desire?

Make up everything in your life!

People generally have a great intolerance for those who make things up ...as though in doing this, they are being dishonest rather than creative, ...obviously, the difference between creative people and those who fantasize and daydream is that a creative person makes “real”, in a tangible way, what has been made up. Of course this wouldn't be acceptable for physicians, yet, in a way, they put symptoms together to determine or make up a diagnosis; ...and scientists must make up or

visualize matters beyond the known in order to expand science's knowledge of things and happenings, ...and until this foresight is "replicated and proved" this vision is all made up.

In all of this, are you beginning to realize that at every moment you do make up and must make up everything in your life? ...including illnesses in your body? The only difference between creative and non-creative people is not that creative people have deeper or more-expansive insights and visions, but that they make their dreams and images real, ...they realize them. Have you ever thought about looking at your problems and illnesses to see how creative you are? ...and to consider why you are using your creative abilities in these ways? In what ways is your creativity founded on judgments?

Judgments only result in confusion, doubts, and uncertainties
...and loss of self-awareness.