

Live your life as infinite consciousness

Paul Alexander Wood

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"Of all knowledge the good and the wise
seek to know themselves."

Awareness

It is a beautiful, liberating and truly fantastic thing to become awakened and understand the true nature of who we are. Yes believe it or not there is something great within you, something which goes beyond what you think, feel, act and believe. All those beliefs you hold, they are not who you are, all those thoughts that you think, that is not you, the real you extends beyond what you can currently experience with your five senses, it extends beyond the body and the brain. The terms consciousness and awareness are closer to describing what you are than the answer you give when someone asks your name. You are a part of something which can never die, you see while you don't realize it, and no school will ever teach it to you, you will exist beyond your current form, this life and reality that you are living right now is an experience, a journey, a ride, perhaps it could even be called a field trip, because at your core you are made from divine eternal energy, an infinite consciousness or awareness and you are currently aware of and experiencing a human reality.

Some people label it as 'consciousness', 'all-knowing', 'energy', 'oneness', 'infinite awareness', others label it as some invisible force all around you, but whatever the label it doesn't matter, we are in our essence all the same, we are all one. It is important to become aware of who you really are and to use this knowledge to your advantage, knowing you are not your body and your mind can seriously change your perspective on life, or rather the journey you are currently experiencing. This is about realizing that you are infinite energy, it isn't about stating affirmations, thinking too much or trying over analyze a situation, it is about knowing and being aware, that is all, nothing else is involved. Being aware that you are not your body or your mind will allow you to get closer to understanding the pure potential that you really are. Once you know this you can change your perspective on your life and current situation. By changing your perspective, you can change your life in so many ways,

there is more to you than your 5 senses, there is more to you than thought, because who you really are is beyond body and this includes all your thoughts.

You see for you to realize this no schooling is needed, no great expensive course is required, all you have to do is just understand and get in touch with your true self beyond your mind and your thoughts, your body is a vehicle and your mind is a tool, there is a part of you that is not bound to either. This is not to undermine the amazement and wonder of both, they are incredible, our bodies are beautiful, and our minds all powerful, but they are not the entire story. This is not to be thought of as bad or unpleasant, or negative, it is about liberating yourself, freeing your mind, unlearning what you think you are, removing labels and temporary identities and getting in touch with a higher self, your higher self, your true nature. Awareness is the key that can help take you beyond mind and body. What you think of as you is not you at all. The 'I' you constantly identify with is actually what you are experiencing. You are not, nor have you ever been, nor will you ever be your thoughts, you are that which experiences and who is aware of your thoughts.

Become aware of your breathing, you are not your breathing, when you hear someone sing close by you know it is not you who is singing, and so it is with your own mind. It is a tool, you must realize this. You are not your mind, it controls the body, it gives birth to ideas, it generates emotions by way of thought, and for many it is what they identify with, but it doesn't have to be like this. To become awakened means to wake up from the slumber of thought generated reality, to rise above thought or to ignore it, relying instead on your all-knowing, pure potential unlimited state, which is who you really are anyway. People may be confused by such a perspective on life, they may question if it is true, and when it comes to self-discovery there are really no answers except those you find out for yourself, we all seek our own answers and along the way we find others who have travelled similar journeys. To start

with however it will pay to become more aware in your life, be aware that you are the awareness of everything that happens in your life.

"Awareness operates higher than the mind, without awareness you would know of nothing that the mind produced in the way of thoughts or ideas."

"You are aware that you have thoughts and ideas, now be aware that you are not those thoughts or ideas."

There is no division in the world, we are all one, we have been taught to be different, to think differently, to act, to believe and to see things in certain ways and this is as a result of many things, for example, upbringing, culture, education, beliefs etc. But who we really are is beyond the beliefs we hold. Become aware of everything and everyone around you, you are that awareness, you are infinite consciousness that lives forever, and you are currently now experiencing life in your body using the amazing tool which is the human mind. This is what we all have to experience this life, our brain and our body. However you are not your mind or your body, they simply allow you the real YOU to experience life in your current reality, (which is temporary) your body will not last forever, neither will your mind both are susceptible to age and disease. Consciousness however will not cease, it is a part of all that ever has been and all that ever will be.

Because we identify with who we think we are (the 'I') for most of the time in our day to day life, we find it hard to see it in any other way. However we are really the awareness of our lives but most of the time we never tap into this awareness, we are never really aware, instead we are consumed with our minds and each thought that we have or rather we generate. We think it is us, we think it is true, we believe it is the way things are. But being alive and

being aware can be two very different things sometimes, we think we are alive but all too often we can be consumed by our thoughts to the point where we are walking around in a trance. Being aware is not just about paying more attention to the life around you, it is also about knowing that this awareness is something you are a part of and that your current life situation is just something you are experiencing. All the ideas, perceptions, opinions, beliefs you have are just illusions, mind made concepts which you by way of observation and awareness bring into existence. You are reading these words, perhaps with your own voice in your head but you are not that voice, you are understanding the words as you read them, perhaps conceptualizing the different ideas and statements you are listening to, but you are not those ideas, or thoughts you have about what you are reading, maybe your mind is wandering and you are thinking about what to eat for dinner. However the real you is the awareness behind the thoughts and ideas, it is the knowing that knows you are experiencing ideas and thoughts. There is a higher self beyond what you currently perceive.

One Consciousness

We are all part of one consciousness, one energy, an infinite awareness that lasts forever. The life we see and in particular perceive around us is merely a reflection of the thoughts of everyone man and woman alive today. Our current realities are a byproduct of our past ideas and decisions. The divisions which appear to separate us are just illusions, they are born in the mind therefore they are mind made. Unfortunately there are many times when by way of incessant thinking we lose touch with who we really are, so we become disconnected from all possibility and the infinite potential that is in each of us. Thinking too much can take us away from this. Our minds can and very often do run riot, and because we so often identify with our minds we assume that what we think or believe is the way things are, and so our experience normally reflects what we think, positive or negative. But the

reality which comes from the identity we make in our minds is ultimately a false identity, but it is this identity that we choose to wear that governs and dictates our current physical reality. Instead of identifying with who you think you are, take your point of observation away from your body and instead see yourself as part of the great consciousness that is everywhere. To constantly identify with your body and mind is a false projection because your body is simply what you are using to experience this life.

Most people are completely oblivious to who they really are, instead they live in their own world absorbed by thought living under a blanket of rigid beliefs, perhaps born from somebody else, or originating from a completely different time or place to the one they are living in at present, for example when they were younger. Is it really acceptable to live in ignorance of who we really are? If so why, and if it is not acceptable then why is it not common knowledge, why is everyone on the planet not aware of who they really are? Surely this needs to change. How much would things change if people knew they were infinite consciousness experiencing a human reality using their body as the vehicle? Would people be even bothered by such knowledge or are people more concerned with their alto egos, the 'I' which they are experiencing and which is ultimately a mind made projection that people act out on a daily basis. It is not who they really are, remember that what you say after the words 'I am' isn't who you are at all it is simply what you are choosing to currently experience.

Body and mind

Far too many people identify with their bodies, their egos, their thoughts, and their feelings, they assume it is who they are, sometimes it serves them well sometimes it does not. Do you wake up and use your mind in a way that benefits you? If it seems like your mind is constantly using you and telling you what you should do, then break free and rise above, don't think, become

aware instead, just listen, observe and know that you are not your mind, and that whatever negative mind made nonsense you are making up today is only temporary. The brain which is yours is only yours for a short period of time, so make use of it and use it in a way that brings great benefits to your life that allow you to live the life you most want to live. Open yourself to higher levels of awareness, expand your perceptions of what you think is possible for yourself, use your intuition more, you are in control of this all of this.

Awareness is the key, just being aware that you are not your mind can have a liberating effect as all the self-imposed limitations and negative beliefs take on a new meaning, or rather take on no meaning at all.

Your body and your mind are yours for the duration of your time here in this reality. How you use them is up to you. Your body will eventually die, this much you know, and so therefore you will lose your ability to experience life as you now know, to move, breathe, feel etc. Now in your pure form you are potential, and right now in this reality you have at your disposal something which you I am sure deep down already know is pretty special, your body and your amazing mind. It is when you understand that you are not your mind that you can become free from your thoughts. When you have a thought, you are aware of the thought much like you are aware when somebody starts to sing close by, when someone taps you on the shoulder, or when you hear a car drive past. But what we are dealing with here is much more than that, it is about understanding that you are part of the awareness, you are part of the consciousness that underlies everything you see, hear or feel. To be fully aware is to be fully conscious, it is to open yourself up to life as it is at this very moment and be in full acceptance of life wherever you happen to be, whatever you happen to be doing. Freedom from your mind, freedom from your beliefs, freedom from your identity is liberating, in itself it is one of the most beautiful things to ever do. It is by freeing yourself from who you identify with that you can really begin to learn who you actually are, which is

something greater than what you believe, think or call yourself. You are at a higher level, beyond thought and body.

When you use the words 'I am' you then become separate from the energy flow around you and the consciousness which is everywhere and which you are a part of. Be aware at all times that the 'I' you think of as you is not, it is what you are experiencing. The constant noise in your mind is for what purpose? Listen to yourself if it is applicable for your life. Where does it get you, why are you trying to always make sense of things, think about things, conceptualize, the brain likes to do this, but remember you are not your mind. What do you constantly think about and what does it all solve. Are you passing the time? Bored? Is there not something else you could be doing with the most amazing tool on the planet, the human mind? Your brain chatter is merely attempting to connect you to and make sense of the external world, but is this really necessary and to what end does it serve. Stop using 'I am' and start instead to use 'We are', we are all connected, there are no divisions in life, we are all one spirit, all part of the same infinite consciousness. Divisions are a by-product of the mind. They come from beliefs, they are born from upbringing, they sometimes come from what society says, they are also cultural, but then who says what society should be like, we should remember that we are all collectively adding to the reality we are currently experiencing on a daily basis, whether we consciously realize this or not.

Free yourself

For a moment free yourself from your identity, lift yourself higher than what you currently think and perceive yourself to be. Right now instead of experiencing whoever you currently identify with rise above your identity and remove it for the time being. Be aware that whatever you think you are now you don't have to be. You can be anything you want, your life to this point has been made up from what has been decided and perceived before. You can

change your life in the future only by what you decide to do and think at this very moment, and it is at this very moment in time you have such great power and potential, all your life comes from the here and now. Your potential can only be accessed right now in this very moment, it cannot be accessed at any other time because there is no other time, right now is all they ever will be and it is where all your power lies. You are pure potential, and you have the ability to change your current reality and identity right now. If you want to say anything after the words 'I am', say 'I am pure potential having a human experience, and what I am currently experiencing is just a reflection of my past and current thoughts and behaviors'. Awareness is all about this moment, access this moment, do something useful with it, there is power here, never in the future, or anywhere else for that matter. It is this moment that makes life precious, not some point 10 years from now so how are you utilizing your power? You can do a lot now, you can never do anything at another point in time because now is all that exists. If you are ignoring this moment, seeing it as nothing more than a means to an end point sometime in the future then what you are doing is ignoring life. To not enjoy this moment is to not enjoy life, likewise to enjoy this moment is to enjoy life.

"Drop the illusion that life is at any other moment than the one you are experiencing right now. Once you do that you will understand that happiness is right here it is already yours, all you have to do is detach yourself from your mind."

When people think that life is something in the future it is an illusion, just a perception. Your life is happening right now, and so enjoying this moment, living this moment is all you have to do in life, because it is life. People who do this enjoy life more, because life is always now, therefore happiness can never really be found in the future because right now is all there will ever be. Remind yourself that in your life all you will ever have as you continue your

journey and life experience is this very moment now. Everything in your life comes from this moment including happiness. Nothing will ever happen outside of this moment. Planning for the future is one thing, but living for the future and the expense of being happy now is something else. People are so good at living their lives in defined chunks of time that they miss the present moment, for too many people life is a constant arrangement of meetings, events and particular dates in the future when they perceive things will happen for them. Rarely to people perceive their life in the very moment it is taking place, especially in the western world where people seem to have less and less time. Too many people fill their minds with questions about the past and the future, 'how did that really go', 'how will it turn out I wonder'. This is being locked into the mind, the result of which is that their minds will happily run riot with different scenarios of this happening or that happening, but is any of it useful and what purpose does it really serve? If the purpose of existence is to be, why are you always thinking about this or that? In life sometimes it is wise, useful and just plain more fun to not think and instead just be, let life be. It is as it is right? You are where you are because of everything you have done are you not, so learn to be at ease with yourself and all of the previous and future decisions that you have and will make.

True power

What are you doing right now, are you working towards making a better life for the future, or are your actions now the result of a mind made concept about not getting what you want. What do you want to happen and more importantly what are you doing now to make it happen. Now is what you need to concentrate on. Bring your awareness into it. Bring your focus into the now, bring your energies into this very moment, this is life. Everything ever done or experienced in your life is done in this moment. The future and past exist only in the mind, you give life to them only by way of the thoughts you are choosing to experience now. This very moment is powerful because it is from

this moment where all things in your life will come from. You create now, you manifest now, which is what makes this moment so important. Life is lived now, always. The tiniest little action right now, is worth more than 1 hour of mindless thought about what cannot be done, or what won't happen in the future. Counteract your negative dialogue by taking action. Silence your self-doubt by taking action. There is no time, only experience and that experience only ever occurs now in this moment.

"Start to think of your life as a series of experiences because that is exactly what it is."

Happiness

Stop swimming against the tide, understand that life is ultimately just a ride, choose to be happy, your happiness should be a priority and remember it is a choice you make each and every day. You don't have to place your happiness on something outside of yourself, be it a new car, a better job, a bigger house or whatever, this isn't always desirable and it may mean that until you obtain those objects you won't be happy. Thankfully happiness always comes from within and it can come from whatever you decide, it is defined however you want to define it, it can be found wherever you want to find it.

The answer to finding happiness is dependent only on the factors which you decide to make it dependant on. You will leave earth at some point this is guaranteed, could be next year, could be in 10 years, could be in 30 years. If your life situation isn't or you don't believe it will ever be as you would like it to be what are you going to do about it right now? Happiness in itself is really the most important task of anyone while they are here experiencing life. Don't ponder the injustices of life, just get on with following your own path and

creating your own destiny. The fact is that geographical area and income are not what makes people happy. People sometimes say there is more to life than money, they are right, but perhaps not in the way they think they are right. There is most certainly more to life than your current situation and indeed any situation you will manifest for yourself in the future, way more to life in fact. We make sense of our current life situation using mind made concepts, interpretations and beliefs, but this just one manifestation of many individual experiences that are occurring simultaneously at any one point in time. Your life will last forever, however your life situation experienced through your body is only temporary, very temporary. Make the journey a happy one, make all your 'now moments' happy ones, find something that will bring a smile to your face every day, because it is all you ever have, people who live in the moment and take pleasure from it, will enjoy their life so much more than someone who is continually thinking about this that or the other, and who is constantly absorbed and associated with their thoughts.

"If you don't like something about your life, be aware that it is only temporary, and get on with making changes now that will bring you closer to a life situation which is more likeable and fun."

People live far too deeply entrenched within mind made concepts about what is not possible and what will never be done. There are no limits to how deep we can go in terms of inventing limitations for ourselves, thinking about this and that, concerned about everything under the sun, but to do so is to go in the wrong direction, enlightenment comes from knowing we are part of infinite consciousness and that this world is merely a stage, and that we create our part in it. Life could be described as just a game, if you want to fit into a role society will happily create for you, then go right ahead you will be spoilt for choice, however if you want to live in your own reality and define when,

where and what you do then you use your imagination and see what you can create for yourself.

"It is not what you see out in the real world that matters, it is how you interpret what you see. "

When you look out at your current reality, it is consciousness experiencing life in your body which your mind has created, that is what is happening. Is the reality which you see in front of you now the result of pure potential or is it the result of mind made limitations and roadblocks? Perhaps infinite consciousness is scratching its own infinite power wondering what is going wrong here, after all it knows of no boundaries or limitations. Is the life that you are currently experiencing one far short of what could be lived? We are all merely mirrors of infinite consciousness, we all look out at reality but in actual fact what we are really looking at is a reflection of our own collective thought process, the world we live in is the world we create for ourselves. When we look out at the world, we are looking back at what we have created, ultimately everything that exists today was born from someone's mind. There is power in taking action because it is then when you can begin to change what you see in the world and manifest something new if that is what you want, likewise there is power by way of inaction because then, the world you look out on (your reality) stays exactly as it is. You can change the world or you can leave it the way it is, you have at your disposal the power to do either. This isn't a belief, this isn't an opinion this is a fact of life. Reality is what you and everyone around you have created, and the future will be whatever you and those around you decide to create whether you personally decide to act or not.

Knowing

Most people live a reality that has been made from the thoughts, concepts, ideas and beliefs they harbor and hold in their mind, but does it have to be this way? Because you can access the higher power which is in you by using your intuition, we all do this at times when we get a feeling for something or someone. There are times when we seem know certain things, we may not understand quite why we feel a certain way but nevertheless we go with our gut. When we know something, the knowing is not always preceded by thought or excessive thinking, and so in a similar way to holding a belief we can know something will happen, although we are bypassing the thought that can occur when we believe. You already do know so much about how your future life will turn out, way more than you would probably like to admit, you can access this information by analyzing your beliefs. Now beliefs can be a benefit, they will always dictate your reality, but they are not the only means you have for bringing new realities into existence. Because if you 'know' something is to happen, you will take action in the same way as if you 'believe' something will happen. The beautiful thing about 'knowing' is that no thought is involved. To know is to use intuition more than thought; it is to be aware more than it is to think. Knowing is at a higher level than thought.

Who you identify with, and what you believe are thoughts. Your perceptions and meanings are not necessarily real, however to you they appear real enough. Your skills, actions and environment are all brought into existence by way of what happens in your mind (thought). However there are times when it is better in life to simply 'know', to hold faith in a higher part of you, the greater 'you' which is pure spirit having a physical experience on planet earth. Awareness is not thought, you don't need to think when you hear footsteps getting louder behind you late at night, when this happens you know someone is behind you, this is something you are aware of. To know is not to think. Don't confuse knowing with knowledge; they are not the same in this context. To differentiate between the two take the following statements as examples:

She knows a lot about biology
She knows someone is following her

It is the latter we are concerned with here. If you are working towards a goal in life then instead of believing you will get what you want, just know you will get what you want, this is especially useful if you are someone who suffers from negative beliefs or self-doubt. You can know things are possible just like you can believe things are possible, you probably know more things are possible than what you actually believe are possible for yourself, so use this knowing and apply it to yourself more often. We all know of others who have succeeded in life (perhaps in areas we ourselves might like to work in) however at times we can have trouble actually believing the same fate will happen to us. Do you need faith in your ability to breathe, you don't, so what about faith in your higher self to help you in your life. If your mind seems to continually work against you, rely on your intuition more and more, choose to do this. Tap into the power beyond your mind. Everyone knows about a sixth sense, but not everyone knows to use it in a way that brings into their lives that which they most want. Some people are afraid to use it, they prefer to think instead but this can sometimes lead to over analyzing situations. There are times when our gut instincts can very often be excellent guides as to what we should do.

We are close but not quite close enough to realizing who we really are. To understand is to know that you are a part of infinite consciousness, and that this physical reality or world in which you now currently inhabit is part of your ongoing development. An experience in which you are free to choose what you do and where you do it. The sooner you realize this, the sooner you can't free yourself from your mind made doubts and fears about the future and understand that there is only now in which you can experience and do anything. You can't live tomorrow, or do something tomorrow, because it is just words, followed by perceptions in the mind about a time in the future.

You miss out on life today by continually thinking about the future. Take small steps in life to where you want to be, life is easier this way.

If you want to make something happen in your life or create some kind of change, you don't necessarily have to believe it will happen, you can instead access your infinite potential or hidden power, which is to simply know that it will manifest in the future, or indeed is manifesting right now. Understand that if you are moving towards creating a better life for yourself, while you may not be where you want to be, you should be aware that where you currently are is exactly the point at where you are supposed to be. With continued focus and action you will find yourself even further along towards your ultimate goal or vision. To know this is important. So why not disregard all beliefs that imply basic limitations, otherwise you will more than likely meet your them in your day to day experience. Is that what you really want, especially if you were to examine your negative beliefs? Take time to look at your beliefs, where will they take you, rise above them if need be, understand they are not you. Know that your life will work out and that everything will be ok in the future. Once you know, you don't have to think which is the beauty and simplicity of it. Knowing and thinking are different, when you know something you bypass the mind to some extent, less thought is involved. Compulsive thought and emotion can get in the way a lot of the time, they can be a hindrance not a help. Are the thoughts you think even your own, or are they a by-product of a limiting belief formed when your life was much different, perhaps when you were younger?

Intuition

If you find yourself in the middle of the road with a fast car approaching, thinking about it (using your intellect) will not help you, your instincts might as it will be possible to dive out of the way, your intuition would have told you to not cross in the first place. People rarely have to think about crossing

the road, there intuition guides them, and it can do a lot more for them in their lives than just help them cross the road, or let them know when it is about to rain. It is a valid part of your identity and make up as any of your five senses, however you live and experience life through using your body with your five senses, and so most of the time this is what you identify with. Instead of this, start to think of yourself as a pure spirit that has been encased in an outer shell which is the body you recognize when you look in a mirror. Your body can be thought of as a vehicle of expression. Think about how you live and experience your life, you create and live it each day, but at the same time you are essentially simply aware of each experience that you have, each feeling that you feel and each thought that enters your head. So these thoughts and feelings are not who you are, they are simply what you are experiencing, there must be something else otherwise how would you know how you felt at a particular time, or that you had an idea that suddenly appeared from nowhere. Take some time throughout your day to shift your perspective to one who is the awareness of the experience that is currently being manifested by the thoughts you are thinking.

Life in itself does not have to be difficult or hard, everybody exists pretty much, although some in better conditions than others, but certainly for a lot of people in the world much of the hardships in life come by way of their interpretations on life and indeed how they use our minds and what they choose to focus on. Suicidal thoughts for example all come from the inability to see things turning out the way we want them to in the future, it is a true sense of hopelessness and discouragement in our own abilities to manifest anything in the future, which causes people to decide they would be better out of the picture altogether.

If you have negative thoughts ask yourself what use do they serve, where will they take you? When you enter into this moment, there are no worries, just life itself. 'Don't think too much' is an overused saying but it can be very useful

for huge numbers of people who should go with the flow more often. When you need to make decisions in life what feels right to you, follow your instincts and let your intuitive knowing guide you. Your mind is nearly always at war with intuition. Your mind more often than not is apt to think in terms of limitations, than of opportunities. Opportunities and new ideas are everywhere but you sometimes have to rise above your mind to become aware of them. Hold faith or rather know that you will be able to sustain the life you most want. Sometimes to generate more money in life we have to think we already have more money and that if we don't at that particular moment in time, we are sure and know that it will come. Focusing on lack will bring that into reality. More often than not you will bring into reality exactly what you most choose to focus on. Don't wait for things to happen in life, they never do just happen, things are made to happen.

Don't be afraid to free yourself from your mind, let things be if they have to be. Don't fight against life, a flower doesn't fight or struggle it just is, observe and become closer to nature. You are a part of nature, more so than you think you are, you are not separate from it. There are times when it isn't always necessary or desirable to think all the time. Learn to leave your mind alone, become an observer of it and don't let too many destructive thoughts overwhelm you.

Understand that your life is made up of choices, each one made by you. If you want to work towards a goal, then commit to it and focus on it fully until it happens. Keep taking action until you experience what you most want in life. For example if you are confident that you will get what you want in life, then at some level you will probably hold an identity of someone who knows what they will get what they want, therefore you will probably believe you will get what you want as well, although to some extent your belief will be irrelevant because you will already know. Remind yourself that you don't always need to believe, because if you know something will happen you will take action

regardless of what you believe. Now if you were to say you 'know' something will happen in public someone may rightly ask you 'well how do you know?', or 'how are you so sure?', but it is not that much different from someone holding a belief, (positive or not) about some event or some perceived event happening in the future. A belief is something we hold without any proof. Our life situation and current realities are all about the actions or lack of actions we take as a result of our beliefs. So in some areas of our life what harm does it do to know instead of believe, especially if the end result is taking action. The reverse is also powerful, for example knowing that you will never have what you want, if you adopt this attitude what do think will be the result? What will be your identity, what will you believe, what skills will you acquire? Knowing that you won't get what you want will ultimately lead to inaction, after all what would be the point of taking action if you already knew deep down there would be zero chance of success.

What would happen if for just one day you removed your beliefs and current identity, would you be happier, would you do more, what insights would you have if for one day you switched off your mind (your internal dialogue) and went without it, could it be done, would it even be desirable for the masses who identify who they are with what they think. Are people wrong for constantly identifying who they are with what they think? On one level perhaps they are, on another it is how reality is created. Some might say that to think is what makes us human after all. You certainly can be what you think, this is absolutely the case, and most people are. We can all be consumed by our thoughts and perceptions about what we can and cannot do in life, where we can go and what we believe will happen to us, we can all choose to think in these terms. But if it is not serving us then why do we persist with it? This is one question we should ask ourselves when we come to an understanding of our true nature.

Who we really are

People have different opinions, outlooks and beliefs on the world, we generally form bonds and friendships with only those whose beliefs and opinions are similar to ours, but ultimately we are all one and the same, however our beliefs, upbringing, cultures and education divide us. They create division and thus act as boundaries between people, but we shouldn't let this happen, remembering that we are all one and the same would help people get along, understanding that we and everyone else around us are not our beliefs, our thoughts, or our ideas, but merely the observers of them, infinite awareness having a human experience would help people when it comes to understanding where everyone's differences arise from.

The fact that we can and do hold beliefs, conceptualize, think, and be subject to bodily functions binds us together as humans it is what makes us the same, not different. Do we really think that other people in other nationalities don't think the same thoughts as us, worry about money, disease, taxes, crime, war, pollution, food? The only differences in people are those that we have been bought up to believe, when we are bought up to believe that we are all awareness, consciousness experiencing this reality and that everyone is the same, albeit living in slightly different perception based realities then humanity would change like never before. How amazing would that be, what kind of a transformation would that make?

The ability to look at one another and see what we really are, beyond the five sense reality and to know that we are all one consciousness experiencing this life on planet earth through our bodies would give each of us a whole new perspective in which to look upon not only the world we live in, but also our very own life situations. The mind made perceptions built from years of schooling and indoctrination are what can ultimately distance yourself from your true nature.

Creativity and Individuality

While we are one and the same at the level beyond the mind, it is our beliefs, actions, imagination and skills in this life that make us all unique and this is a positive attribute available to all. It is when we use our amazing minds that we can be incredibly unique and special, everyone is capable of creativity, there are no exceptions to this. People sometimes prefer to think that they are different to the next person; they might assume that other people can't possibly be like themselves, thinking that they wouldn't have done the same things they have done, created what they have created. Well maybe not, but they may have had similar thoughts, and at our source we are one and the same. But how then is it possible to be so different when we are so the same. While you are not your mind or your body, they are what make you very unique, or at least they can be, it depends on how you choose to use them. Uniqueness a given in everyone, however it can be very easily lost when everyone is following everybody else.

True individuality comes from creating on all levels, everybody has been gifted with creativity, we can learn to develop new skills and ideas because that is what makes us all unique, no two minds are the same which is why all of us have such unique potential. Perhaps the level of individuality only increases to the extent one uses his or her creative potential, is it possible that those who are seen as being individual are just expressing their creativity more than those who aren't.

"You are creative, how are you choosing to express your uniqueness."

We don't have potential, we are potential, it is who we are. All people are creative, it is human nature, the question should never be 'Am I creative?' it should be 'how can I express my creativity?' We already have all the tools we need to be creative, a body and a brain. People sometimes make the mistake of thinking that skill is involved in being creative, skills can be learned, holding beliefs about being creative in the first place is much more important than any initial skill, and simply knowing you are creative and that you were born with creative instincts, is more important than holding beliefs so ask yourself how you can express your creativity.

You don't have to paint a photographic quality picture of a postcard perfect view to be a creative painter, you just have to put your own unique identity in the picture, something that makes it personal to you. It will make you creative and individual at the same time. People don't necessarily lose their creativity as they get older although it can certainly be forgotten about and pushed to one side. You could get 20 people in an art studio that have never held a brush before, get them to paint a picture, and the result would be 20 very different unique pieces of work. Skills, confidence, application all come later and are irrelevant to the vastly different styles you would get from 20 different approaches and ideas to applying the paint, mixing the colors etc.

Unfortunately when people paint they get discouraged when their tree doesn't look like a tree, or they compare it to someone next to them whose tree is much better. But this is all relative; you should never compare yourself to others only to yourself. You are creative whether you choose to believe it or not. Creativity can find its way out in many forms, people should intuitively know they are creative, it is just how they choose to manifest it that is different.

Be creative

Spend time being creative, look out at life and see what doesn't yet exist, what can you do that somebody else can't do? Place your unique stamp on the world, what does it look like? Remember there can never be anyone else to compete with because we are all unique. Understand that nobody alive will probably come up with an idea as unique as the idea you haven't yet come up with. Do something which somebody else isn't doing. Follow your heart in life, don't always follow the herd.

You don't get a second chance in your current body and mind therefore you and your life are unique, there is no one else like you on this planet, and there is no one else on this planet who can contribute quite like you can, your time is right now and it should be used constructively. Never lose sight of how special you are, there aren't hundreds of you duplicated around the world, your uniqueness is something to be celebrated, nobody can dream quite like you can, nobody can come up with an idea quite like you can, nobody can design quite like you can, nobody can lead or manage others like you, nobody can contribute to this world quite like you can, and nobody can work quite like you in making your goal a reality. Whatever is you want from life, nobody can or will do it quite like you. We all have and can develop special talents and gifts, we all have unique perspectives and life experiences which go into making our life what it is. There are people waiting to build your new house right now, there are people who want to hear what you have got to say, there are people who will be happy to work for you when you step up and take responsibility, there are people out there who are happy to use the services you offer, there are people out there ready to buy whatever it is you decide to make, there are people out there who are waiting for you to enhance their lives and give them what they want. Are you ready to accept the challenge, step up, and be somebody who made their mark on this world? This is a universal truth and becoming aware that you are unique and special should provide you with motivation to go out and make something happen with your life.

Creative and unique

Be creative about creating your own existence, you already have creativity, you don't need to learn it, perhaps you just need to be aware that you already have it. You are actually free to live your life in any way you choose, and you are lucky that you live in modern times when you can create and conjure up new ideas for living that have never been done before. Think about how you can be unique and creative in a way that expresses who you are, what unique talents can you give to the world? Some people look out at what already exists in life, and if they haven't already experienced something or they haven't heard about something being done, then they immediately don't think that it is possible, or a realistic way to live, many people live like this. If it hasn't been done or seen before then they assume it is impossible, but this is not how new ideas are brought into existence. Life should be about what hasn't been, what isn't heard about or what is not been seen or experienced yet. Be an innovator not a follower. Life is full of potential but only when people start to look at it in new ways. It is unfortunate that many people's lives are all about what they *believe* they can do, and never about what they actually *can* do in life, which is always way more than what they perceive they can do. Why bother to look at what already is, instead choose to look at what isn't and then go and create a reality which fits with who you really are. If our purpose on this planet is to become aware of one simple truth which is that we create our very own existence by way of our thoughts, feeling, beliefs and attitudes then is everybody really doing what they want to be doing? Use your imagination that is what it is there for. Come up with ideas, feel free to dream different scenarios, think about what if this or that could happen. Imagination is a product of your amazing mind it is a wonderful gift to use any way you want, if you need a new idea for a business, use your imagination and come up with one.

Our minds are more apt to being a barrier to our infinite potential than a path to it. We are not insignificant, we may think we are but we are far from it. It is as a result of viewing ourselves as insignificant that we decide to just kill time until nature runs its course, causing us to live well within our unlimited capacity for the time we have on this planet. A lot of people think their own realities into existence through limiting beliefs and un-productive thoughts, and for many this creates a life far less than the life they could create if they were to come from a perspective of amazing creative potential in a sea of infinite consciousness. An idea can hit you at any time, but not when you are using your mind to constantly come up with limitations and self doubt. Many experience life by way of their perceptions and mind made concepts, however sometimes it is more beneficial to experience life directly free from thought and pre judgments.

Shift your perspective

Is your perspective coming from your limited mind state or from your true nature, which is infinite consciousness and pure potential? Part of learning or perhaps it is relearning who you really are involves shifting perspectives. Change your perspective to one of infinite consciousness having an experience in this reality, the reality being your life here on earth. No longer see yourself as your body or your mind but rather see that your body and your mind is what YOU are experiencing. You are always aware of everything in your life, every experience, every thought, every idea and every emotion, all of it. It is this awareness of your life that will help lead you to the path of who you really are. Become fully aware of the pictures you are making with your mind and the voices you are hearing in your head. Don't judge them or believe them to be true, don't try and understand them, just learn to be aware of them nothing more. Yes these are your thoughts, and this is what you are currently thinking but you know that the real you is not your thoughts. You don't have to understand this, you just have to know. Be aware of your life

and enjoy it, don't always conceptualize or judge or place limits on your life. Shift your perspective from one which identifies with their thoughts and emotions to that which simply is the observer of their thoughts and emotions. Become an observer for a day, no in fact for the rest of your life. Be awareness, start to live your life like the infinite awareness that you are. Shift your consciousness. Be the observer to the experience which is the life you have created and are now currently experiencing for yourself. Look at yourself experiencing your life situation. Look what you have managed to create for yourself.

Be the change you wish to see in the world. Live as infinite consciousness with infinite awareness, become more aware, and use your higher level knowing, be all you can be, live the life you most want to live where you want to live it, doing what you most want to do. Know that this reality is not your true nature, but a place of learning, take pleasure from the moments that make up your life, enjoy all there is to feel, see, touch, hear, and taste while you are experiencing life inside your body while you have the use of your mind. Be the person for whom the sky is the limit, who is full of self-confidence, motivation and self-belief, live your life free from fear, experience the oneness with others and nature. Enjoy the experience which is your life and be thankful for it, live each moment in the now, with gratification and happiness, from this moment now change your perspective on how you see yourself and the world.

Shifting perspectives is the ability to look upon something from a different view point. So with a willingness to adopt new attitudes in your daily life, here are some tips to help you.....

- Understand that there is more to you than your mind and your body.

- Who you think you are, for example ‘Joe Blogs’ is not who you are at all it is simply what you are choosing to experience.
- Ask yourself how you can live your life with your body and your mind that is unique and special. We are all one consciousness but we all have the ability to be extremely creative and unique. So how do you most want to express yourself?
- There is absolutely nothing to fear in life, not one thing, fear is power for those who understand how it works, you never die, while your body does, you never will, if you fear death you are yet to understand that death is simply a transformation back to all knowing consciousness.
- Negative limiting doubts, are all mind made. There is nothing you can't do, there are things you would be better suited to doing, and this is where your intuition (all knowing) will help you when making decisions. But as far as how much success you experience in life, this is unlimited.
- Your mind will be the only thing that stops you getting what you want in life. It should be used in a way that helps you get what you want.
- Limitations are born in the mind and they live by way of you choosing to focus on them, and believe them to be true.
- Become aware of the thoughts and beliefs you have and form in your mind, take a perspective of pure potential and ask yourself if what you are saying to yourself or hearing really benefits you. If it doesn't then don't persist with it.

- Observe and be aware of negativity if it should happen to manifest in your mind, just listen and observe and remind yourself that you are not your thoughts.
- Know that your future life will turn out ok. Go beyond the mind and access the untold power of infinite consciousness. You have made it this far in life and you will go much further.
- Consult your intuition more often, don't always think just go with your feelings. What feels right to you?
- You don't have to believe anything in life. What you believe you choose to believe.
- How can the world benefit from the actions you take? How can you help others more than you can help yourself?
- If you are someone who struggles to believe they will get what they want in life then access your all-knowing higher level intuition and just know or even expect things to happen.
- You are beyond mind and body, and so if you find yourself at the mercy of your mind by way of negative chatter, go beyond it to tap into your infinite power and just know things will work out for you.
- Use your mind, it is a tool, don't be a slave to it.
- Learn to become the observer of your mind and of your thoughts and feelings. Become the awareness.

- Look upon self doubt and negativity as just words, or simply noise, don't make it personal to you.
- Observe your thoughts, do they help you or not? Where will your thoughts take you, is it a place where you want to go or not? Be aware at all times.
- Bring your awareness into the very moment you are currently experiencing, this is life, everything comes from this moment.
- Detach yourself from your mind as often as you can, just let things be, you are after all a human being.
- Understand that other people whether they are enlightened or not are like you, they are not their thoughts or their feelings.
- The experience we call our life situation is simply a by-product of our background, conditioning, beliefs and interpretations of life.
- Look for the similarities rather than the differences in people, differences arise from the mind made concepts we hold about ourselves and the world around us, but we are not these concepts, and neither are other people.
- Life is a journey of experience and you are the awareness of it at all times.
- Other people are awareness too, whether they realize it or not, be aware of this as you go about your daily interactions with others. They too are the result of social conditioning, past beliefs, and any mind made concepts they have. But it is not who they are, they like you are having an experience.

- Be aware that the life you are leading is as a direct result of the thoughts you are and have been thinking.
- No matter what you do, where you go or who you meet in your life, you will always learn something from everything you experience. You will always be a stronger wiser person as a result of every experience you encounter.
- You are consciousness experiencing your life, your current reality is a reflection of what goes on in your mind and this is the same for everyone.
- Life is a journey, where you are is where you are meant to be.
- The world is a reflection of people's thoughts, if you want to change your reality, change what you are thinking about.
- If you think you can change the world and make a difference you would be right, by taking action you will indeed manifest something and bring something new into the world, there is power in this. Equally if you don't do anything your lack of action will keep the world as it is, so what you see and experience will remain the same.
- Go to the end of your life, take your last breath, what did you do with your time, what did you create, were you a creator using your mind or were you a slave blindly believing mind made concepts in your head about not being able to be successful. Did you become everything you could become doing everything you wanted to do?

- You can do whatever you want in life, who says otherwise? Life is an experience so what do you want to experience?
- Learn to observe without judgement or mindless chatter.
- Watch a flower grow, does it struggle in life, does it fight with itself, no never, and so neither should you.
- Everything is a learning experience in life, what do you want to learn, what are you learning? Life is more fun when you understand that every day you will learn something, what will you learn today? Make your life interesting and fun.
- What feels right today, never mind tomorrow, or next week, what feels right today focus your attention on now.
- Experience equals a new learning.
- Don't label everything that happens in your life, learn to let life be.
- Don't always label others. Be aware that any label you pin on yourself is just that a label, in the same way you would stick a label on a bag or some other possession be aware that it is not permanent.
- What have you become aware of today that you didn't know yesterday, what made your life interesting today? Live your life like this. Be positive about your life experiences.
- Be grateful you have learned something as you are a wiser person because of it.

- Meanings are only labels we attach to events that happen in our lives, they are mind made.
- On a grand scale of things, what is important and what isn't.
- Become an observer to your life, look down at your life from a higher perspective and observe all the choices you make.
- There is no 'out there' everything comes from your mind, if you want to change any aspect of your life you will have to change within before anything will ever change on the outside.
- When you meet people in life, learn to look at life from their perspective, what beliefs do they hold, what do they feel, what are they experiencing right now?
- What do you most want to experience while you are living in this reality?
- What is really stopping you from living your ideal life, physical or mental? There should be no mental barriers to the success you can generate in life.
- Make the world a fun and happier place and in the process you should make your life happier.
- Your life situation is a reflection not of who you are, but of what you think.
- You can override thought if you so choose. Thought doesn't have to be the panacea be all and end all that dictates much of the decisions you

make in life, you can choose to access your higher level of consciousness, all knowing awareness when you want to make decisions, you can use your intuition. Remember there is power beyond thought.

- If your thinking holds you back, go with your gut instinct and learn to use it more and more.
- Rise out of self imposed, rigid belief systems and see how far you can go as a result. Leave your beliefs alone and experience life on a different level. Either form empowering beliefs or don't form any at all.
- Just know that you will be able to achieve what you want in life. Hold faith in your higher self to use your mind and body in a way that will provide for you the life you most want to live.
- You can never die; you can only ever leave this current reality and move into another.
- You have unlimited capacity while you are experiencing this reality, much of the limitations you perceive in your current world or reality are born from your mind. You make them up yourself, or you blindly believe what you hear others say or what you hear when you are out and about.
- Pure potential, infinite consciousness has no boundaries. The mind can make life hard and a drag sometimes, unhappiness is down to people continually thinking, worrying, playing out numerous scenarios in their heads about what the future may or may not bring. The mind has created most of the barriers to you getting what you want so far in life.

- Rise above it all, don't think so much, live, enjoy, know, be aware. Just let things be, don't fight or struggle with life, sometimes just go with it.
- Other people who have success in life don't have super human powers, they are just like you.
- We are always wiser because of our experiences in life, any bad experience will only exist by way of you labelling it in such a negative way.

Self VS Awareness

The self (the ego) is very different from a state of pure awareness, when you constantly identify with the 'self' you neglect awareness, however by becoming more aware of what occurs in your mind you can begin to see the 'self' for what it really is.

- ❖ Become self-aware.
- ❖ Self is to think, awareness has no self, being aware is not to think.
- ❖ The self is the sum of thoughts, beliefs and ideas.
- ❖ The self is not aware, it never will be.
- ❖ Learn to cancel the self (the 'I') because that is where a lot of problems in life are.
- ❖ Is there a problem with life or a problem with your self (the 'I')?

- ❖ The self is mind made.
- ❖ Live in a state of pure awareness, that is peace, it is timeless and beautiful.
- ❖ Leave the self out of your life, allow pure awareness to come in.
- ❖ Make awareness the goal of your day and your life.

When you identify with the self you identify with a mind made projection born from thought and perception. It is not real, it is not permanent and it is not YOU. It is what you are experiencing. In fact it is more than that; it is what you are choosing to experience.

Consciousness gives life to our physical body, which is our vehicle to experience life on this planet along with an amazing human mind. We may live our life through our five senses, but we can become trapped by our five sense worlds too. The life we lead is ultimately a choice, it is one radio tuned into one frequency and indeed it at some level it can be said that all human existence is like this. People of the world are waking up to their true nature, they are rising above thought generated reality and realizing that there is more to them than what they think or indeed see. It surely cannot be too difficult to comprehend that there is indeed an energy all around that gives life to all things including nature and other living species. Just as the sun provides all the heat for life on earth to occur, consciousness acts like an electric current giving life to the human species. It is this consciousness inside each of us which binds us all together, we are all inextricably linked at the source, what is in me is in you, so as you move forward in life change your perspective, become more aware of everything around you, in nature, in others and also the eternal energy within you.

.....and remember life is what you are currently choosing to experience.