

## ● deliberate creating, gratitude, and abundance by philip golabuk

Deliberate creating is an inside job. Have you noticed there are two sides to things? The manifest and the latent? The visible and the invisible? What you see and what you get?

Bergson, the French philosopher, did a lot with this in response to the work of Schopenhauer. Both thinkers (and many before and since) were fascinated with this inner/outer duality of life. It issues from identity. There is the person I am, the inner-me that I know and from which, ultimately, I cannot hide; and there is the *persona*—a word that comes from a Latin and earlier Greek word meaning “mask”—the face I present to the world, the one everyone else sees, the one who is visible.

A great deal of confusion about the power of consciousness to create is easily avoided if we remember that this creating is solely concerned with the inner person. Indeed, to come into its own, to begin experiencing itself as creator, it has to leave the world behind for a while.

So, to meditate or daydream or have a nice fantasy, it helps to close one’s eyes, to go within. Distractions are avoided in this way, and we can give free reign to our inwardness without something in the world moving suddenly and snagging our attention.

Now, since creating is inner, and inwardness is rooted in identity, it follows that what we’re creating when we create is a version of self. This is all we can create, and all we need to create.

There’s a joke about a scientist who told God that He was no longer needed, since science finally had discovered how to create life. “Good,” said God. “Show me.” The scientist replied, “Okay, first, we just need a little dirt....” But the scientist couldn’t create the dirt.

The outer world is a concatenation of necessities, all flowing from inner determinations. We choose who we are, wittingly or unwittingly, and the events and conditions of our physical life follow with necessity. There is no negotiation and no error. We get what we are.

Deliberate creating means that who we are is in agreement with what we want. Period. Some students want to know: Does this mean all the time? Most of the time? See, they’re putting in a reservation for failure. They’re like the scientist who can create life, but not really.

When we’re in agreement inwardly, the question of how much agreement doesn’t come up. It only comes up when the student starts thinking that he or she is creating something outer. Then, of course, the prerequisite dirt is missing, because the outer is effect, not cause.

We have everything we need to create inwardly because imagination can go right to the end and, by identifying with it and resting in the feeling of its fulfillment, claim the imaginal reality. Outwardly, there is no place to start. So, deliberate creating is always about who we are agreeing to be, and never about this or that thing that we may be wanting.

● When this agreement comes, all we feel is relief and thanks. Do you think that this feeling of gratitude is for the thing that was claimed inwardly? If so, it's because you're still applying the model of outer things. No, the gratitude is for the very moment of envisioning and embodying. When we come home to our creative identity, there is the relief, joy, and gratitude of Being for Itself. We've been wandering in the world, chasing events and conditions for so many years, and finally, we're home! It's wonderful.

We don't feel grateful because all the money is now present (imaginally). If we do feel grateful for the money, fine. I'm not arguing with that. Better to feel grateful than not. But if we're discerning, we'll see that alignment frees us to realize something more than all the terrific things we can creatively claim: Self-agreement shows us that being here is magnificent. What a thrill, simply to exist. What a golden moment.

Even if it lasted only an instant by the clock, it would be a miracle beyond compare. The whole Creation is aware of Itself as you; in the role of you, it proclaims the victory, I AM! And within the arena of this I-AM awareness, this unique point of view, an entire universe springs into existence each instant. Trees and lakes, quarks and electrons, babies and candy bars, television and blue jeans. It all exists because I AM. Blake said, "Rivers, mountains, cities, villages, all are human."

So, this gratitude is that we have this moment in which to imagine. We can imagine something beautiful, and the facts can go take a hike. Who can stop us? We have this awareness, and all things that spring into manifestation do so in our awareness.

This is a subtle point. Don't worry about "objectivity." Science dreamed that one up for a while; quantum mechanics was the alarm clock, and there's no snooze button. When you say "the tree" and think you're describing something that exists apart from your consciousness, you've forgotten that "tree" is only a label you put on an experience, and that every tree is being a tree for somebody, for some experiencer. Your experience of the tree is uniquely yours, lived from your unique point of view. "The tree" means *your* tree. It's part of you. It lives in your awareness. Many other realities are present, no less than the tree, but we have no senses to perceive them, so as far as we're concerned, they don't even exist, except in supposition.

The tree is surely a very different reality for the bird, the ant, the microbe, than it is for you. And we may allow that all are real. In the mercurial and indeterminate ontology of the world, all that's certain is the self—the beholder. So much for "objectivity." While it may seem that we're grateful only for this or that outer condition, then, secretly we're feeling grateful for our own being. One could say that underlying appreciation for any of life's gifts is appreciation for the gift of life. "Rivers, mountains, cities, villages, all are human," as far as we're concerned. Since every condition is rooted in a version of identity, loving a condition ultimately means loving the self that the condition evokes. The same with hating or wanting to be rid of a condition. When you're in love, you love the other, surely, but also you love being the one who's in love. Field practice teaches us how to go right to the identity without waiting for the condition, and the great surprise is that the identity evokes the condition, and not the other way around, as we thought when we were lost in the dream of the world.

- Deliberate intending allows us to slip into agreement or alignment and enjoy the self as creator. There's no waiting for anything, because this creating is inner, and inwardly, "the field is already white with harvest." It takes no time to create anything we want imaginally, which means that the experience of self as creator is always immediately available to us—in Tennyson's words, "closer...than breathing, and nearer than hands and feet."

When we come home to the self as creator, we experience firsthand that gratitude is really about identity and not just about conditions or things. The conditions or things occasion our remembrance of who we are, and when they do, we love them; when they contribute to our forgetting, we blame them, but behind it all is the play of attention, and behind the play of attention is the self. This joy in our identity is the real abundance. The person who is able to remove the mask of the world and see his or her own face is instantly wealthy.

Abundance is a condition of identity, not numbers in a bank account ledger. You can have a billion dollars and be bankrupt. You can be completely in the dark about how you're going to get your next meal, yet you're a king or queen. Now, Field training adds that if you rest in the feeling of abundant gratitude, then outer forms of abundance will find you. They'll come looking for you. Correspondence requires it, and nothing can stop it but your own doubts and fears when you let these draw you into a state of counter-conviction, which we call "counterintention."

Does this mean that we should start pushing away our doubts and fears? If we do, we've gone back to the belief that creating is about the world! Otherwise, why push them away? When I worry or am afraid, do I exist less than when I don't? I AM! This is the jewel of abundance hiding in every experience, the source of all true gratitude and wealth. We're being given the golden moment, even now, in this very doubt, this very fear. We got to exist so we could have a doubt!

Please take this to heart: the doubt or fear is not a problem as long as you aren't the scientist who believes he can create life, but really wants to cheat by borrowing a little dirt from God. There is no creating life if you can't create the dirt! It's all part of one, magnificent whole. Nothing can be left out. You aren't left out. Your doubts and fears can come along; they're more than welcome. And do you know what? You'll fall in love with them. You'll give thanks for them. And the moment you do, you'll see that they had a gift for you, and this gift will be what you were looking for all along, but couldn't recognize as long as you still believed there was anything about the self that needed changing, anything about it that stands outside the loving embrace of I AM.

In Field training, we say, "Deliberate intending turns time into gratitude." When we remembering that life is a good deal no matter what, a tremendous deal, a gift beyond measure, then we're aligned. That's a high road to alignment. It resolves counterintentions. And whatever we claim in that alignment finds us, inwardly and outwardly.

Abundance must be inner first; the outer follows. Inner abundance comes from knowing who we are. We claim what we want imaginally, and all the time, we're aware that we've been given this remarkable opportunity to exist, to imagine, to claim. It's as though we were praying for something, then realized that nothing we could ask for can hold a candle to the miracle of praying. I learned this one day, when I was wanting something desperately (a sure sign of

● counterintention), and I figured, what the hell, maybe they're right; maybe you're supposed to get on your knees and clasp your hands together and cry out to some God in the sky, and if you're a decent enough person, and you catch Him on a good day, maybe he'll toss you a magic trick.

So, I prayed. Hard. Pushed willfulness to the limit, again (I should have been awarded an honorary degree in willfulness). Now I call this sort of so-called prayer "cosmic begging." Even though it was sincere, it was rife with contradiction, and excruciating. The thing I was praying for didn't show up. No surprise there. But something else did, a few days later, in a staging area that I would have thought unrelated. I was doing some design work for client who ran an assisted living center. When I got to the center for a meeting, there was a lot of buzzing in the main meeting room of the building. I wandered over there and saw something remarkable: A large gathering of people whose bodies were badly damaged and deformed, all sitting around in wheelchairs, and running among them, eight Golden Retrievers. It was a meeting of "Canine Companions."

My client explained to me that the dogs had been trained to assist humans with severe physical limitations. They could open doors, turn light switches on and off, and so on. I asked why the dogs were just running around, and she told me that this is how they pair up the right dog with the right human. The dog makes the choice.

Some of these people were so physically ruined, you wondered how they could get through a single day. And here they were, like kids at a prom, wondering which dog was going to walk up and ask them to go steady. Then, I noticed one young man who had no arms. His eyes were sparkling with eagerness. Finally, one of the dogs picked him. Everybody in the room who could applauded.

Driving home, I was suddenly struck by the image of myself praying, hands clasped with all the force of a demand, and it hit me: I had hands and arms. I could pray, even badly. I could drive. I had a body. I was alive! For all my failings, life had picked me. It believed in me. What was I dreaming I lacked?

The gift of Being is the great equalizer. It makes us all whole and wealthy. Through deliberate intending, we become aware of the gift. Everything else is an occasion. Fun, to be sure. Money is fun. Romantic partnership is fun. Health is fun. These are good things, so naturally we desire them. Wonderful. Let's claim them all as we may wish. But beyond this, each staging area harbors a secret opportunity for us to remember, to come home to who we are, to open our hearts in thanks, and "inherit the earth" that waits for us, so patiently, to return home.