

Monograph Twenty-one: Conscious Creation (1) Attachment to Reality

In this third series I want to explore the other of the two aspects of consciousness, Thought, with a focus on changing, transforming and transcending thought, and freeing all thoughts from our addiction to the illusional reality. Once freed of Separated physicality and all its binding, restricting rules, norms and dictates, there's no limit on what we can Create, and, therefore, on what we can achieve. First, however, we have to go through the rather arduous task of freeing ourselves.

Getting Ahead of Myself

It's natural, I think, to follow an exposé on the potentiality of Conscious Creation* with an exploration of the actuality of it, but in doing so, and especially in starting, rather than finishing, the third series with it, I am getting ahead of myself.

I follow my intuition and my inner guidance with each one of these monographs, so I know starting with Conscious Creation is right, but I have to confess I can't quite see the reason why at the moment, even though restoring Creation is a primary Purpose* of my Work*. As the third series unfolds I'll know why this is to be the first, but until then I'm practicing the faith and trust I so strongly advocate.

As I know from very personal experience, you cannot Consciously Create just because you've undergone a Process* of Transformation*, regardless of how powerful it is and how much you transform, and as much as you will, no doubt, want to.

No one can, and if you try, you'll only be Working* against yourself. If you've truly been triggered so that a Process of Mastery is Working through you, you'll be blocked.

The Seeds of the New Harvest

Transformation is not enough. What use a thoroughly ploughed field if no seeds are sown into it? The whole purpose of the field and the preparation of it is to hold and nurture the seeds of the new harvest. No one ploughs a field just for the heck of it.

Having said that, Processes of Transformation do change you and, therefore, your reality, so many people do rest on their laurels after transforming. For some, it's enough. And that's absolutely okay. If you've done the Work of inner transformation, you well and truly deserve the reward . . . and the respite.

You just won't Consciously Create, or not fully. You will partially, but you won't do so in a way that will allow you to experience it in its fullest potentiality.

Perception that's Rooted in Separated Physicality – the Illusional Reality

Transformation is not enough because, despite the internal changes and the internal clearing, your sight, whilst released from many of your shadowed thoughts, will still be rooted in, and dictated and determined by Separated* physicality – the illusional reality – which automatically renders you unfit for Conscious Creation in its fullest potentiality.

As powerful and as healing as it is, *and it is*, transformation does not take you beyond physicality, or beyond the physical perspective. It's not meant to. An important aspect of it is the transformation in the way you see, interact with and respond to your environment, the relationships surrounding you, human society, and your own reality.

Your sight will still bind you up in the pursuits, goals, focusses and perspectives of Separated physicality, and, as such, you will struggle to see beyond it.

For me, despite undergoing relentless and, in some ways, unforgiving, certainly unyielding, Processes of Transformation for nearly ten years, I was still unable to see, connect with and understand the true metaphysical Purpose of my Process of Mastery. So, having walked away from those things I knew did not serve me, like marriage and a career as a statistician, I still believed I would Create in my reality, for myself, a different and better marriage and a different and better career.

That is, I still believed I would Create a different and better physical existence and a different and better identity based on different and better physical constructs. Presenting a different mask to the world, in other words, like changing the appearance, story line and script of a character half way through a stage play.

Our Current Frame of Reference

Despite all the Work I'd done up to that point, and all the internal clearing I'd achieved within myself, and despite the Knowledge* I'd unearthed and rediscovered, I still thought in terms of the illusional reality.

Simply put, Separated physicality, the illusional reality, was still *my frame of reference*.

If someone had told me, back there, that not only was I *not* going to Create a different and better marriage and career, I was actually in the process of going beyond physicality, completely, I would have failed, miserably, to comprehend, which was why I was never told. There was no point. Actually, I probably would have been plunged into a depression as I wondered what the heck it was all for . . . which, I confess, I did quite a lot.

I knew the Process Working through me was powerful – powerful enough so that it probably wasn't going to settle for a new version of the 'Recipe of Life' – but, still, I couldn't see or conceive of anything else, or any other possibility or potentiality, such was the bound up condition of my sight.

What do you get out of this?

In those days, even after the intense Work of transformation, I was still identified with

the aspect of myself that is egoic, so, while I was able to acknowledge the power of what was Working through me, I was still trapped in a mindset that wanted to know how it was all going to serve me, or, specifically, deliver me up what I wanted. Which was why I battled want right through my Processes of Transformation *and* Transcendence.

This is exactly why I know I am well qualified to talk about want, all its toxic effects, the hold it has over us, and the arduous Work that's required to conquer it.

The part of me that wanted whispered constantly *this initiation stuff is all well and good, but what do you get out of it . . . what's it going to do for you*, and its whispered voice pulled at my mindsets, focusses, perspectives, and intents.

Entrapment

As I've said often enough, the ego is rooted in physicality, especially Separated physicality, or the illusional reality. It sources and draws its power *from* Separated physicality, and it wants you to stay rooted *in* Separated physicality because then it can and will retain control of you – your thought processes, mindsets, focusses, goals, ambitions, pursuits, perspectives, beliefs, and, therefore, your motives, intents, choices and actions, all of which, as now we know, shape and configure your reality.

Separated physicality is, in other words, the ego's stomping ground, its *frame of reference*, so it sees, assesses, weighs and measures everything from the perspective of Separated physicality, which, if you're still identified with it, will cause you to do the same.

And while ever this is the case, Conscious Creation is automatically negated because anything you do try to orchestrate or manifest or create will be centred on reality and will, therefore, if successful, serve the ego's agenda, empower it, and perpetuate your identification with your ego.

We refer to this as entrapment.

In the new paradigm of human existence, Conscious Creation will *never* be allowed to perpetuate entrapment, which is exactly why, for those who are truly awakening, trying to use Conscious Creation to Create what is wanted in one's reality will be blocked. Actually, it will be strictly withheld, even forbidden.

The Quagmire of Materiality

The way I talk about the ego makes it sound like a monster that exists within us. If you start the Process of disempowering it, it certainly feels like a monster you are battling, which is why I nicknamed it 'the third-dimensional beast'⁴. But the important thing to remember about the ego is, as I said in the first series, everything in this human existence now is geared towards egoic entrapment. That's what an existence in Atlantis is.

We literally learn from the cradle to pander to the ego, so right from the outset we give it power, and we're taught how to give it power. You know the expression *give a child a lolly pop, you'll never get it back?* The child will have a tantrum if you try to take it back, just as the ego has multiple tantrums when we try and take its power away from it.

The quagmire of materiality, the illusional reality, for those entrapped, is like quicksand, sucking us in and under, from where rising above it and breaking free is inordinately difficult. Sucked into it, as we are in the state of entrapment, seeing what might be beyond it is certainly impossible.

Heck, just conceptualising or even imagining what might be beyond it is all but impossible, as I know from very personal experience.

When you're making weird and wayward choices from the perspective of Separated physicality but you can't explain why because you're following an inner guidance that you can't explain, and don't fully understand, so you can't connect with the Purpose of it or where it's taking you, and everyone around you thinks you've lost your mind, which causes you also to think you may have lost your mind, it's a struggle and it's tough, something I would spare others, hence my writing.

Transcendently-Intelligent, Knowledgeable Faith (True Faith)

So why not just ignore that inner guidance and continue taking your cue from Separated physicality?

Remember I spoke of the internal compulsion that is born when the powerful Hermetic Processes of Mastery are Working through you? You *can't* ignore it. Ignoring it is *not* an option. In fact, if you try to ignore it, you could potentially become ill.

And besides, something else is awakened with these Processes, and it, too, cannot be ignored: a yearning to know what more there is or may be, not just of human reality but of ourselves. This is why there was no way Neo wasn't going to take the red pill². He wanted to know what the Matrix was, and the only way he was going to know was to be free of it.

The internal struggle that's generated by going beyond when you can't fully see *what* you're going beyond and what you're stepping *into* is why, in the earlier stages of awakening in these Processes of Mastery, and even in the latter stages with respect to specific things we might be Working on, faith is required. Real faith, not the counterfeit version offered by institutionalised religions.

Real faith is the kind of intelligent, Knowledgeable faith demonstrated by Neo and Peter when they both stepped out and did very stupid things from the perspective of Separated physicality. One attempted a jump from one skyscraper to another, and the other stepped out of a boat to walk on water.

I mean, who does that!?! Honestly. Well, I, for one, do it constantly and have done for nearly two decades. Which is why I know that while the struggle is intense and the Work arduous, the rewards are unimaginable, indescribable, and well worth the angst.

Shifting Identification

When we begin to *see* beyond the quagmire of the illusional reality, even if just a glimpse, we've taken the first steps towards actually going beyond it, existing beyond it. And we've taken the first steps towards shifting identification *from* the ego *to* the

metaphysical part of ourselves, our higher consciousness.

Processes of Transformation do allow us those first, initial glimpses because we learn to see beyond the circumstances of reality to the deeper psychology of our fears and shadowed thoughts. But to truly shift identification, Processes of Transcendence and Transition are required. And, if we are to go beyond Separated physicality, beyond the curtain of the illusional reality, we *do* have to shift identification.

If you thought you waged a battle with your ego during the transformational Process then I have to warn you, that battle will merely be a precursor, an introduction, to what will come with transcendence and transition. You can think of transformation as Egoic Disempowerment 101, for beginners. Processes of Transcendence and Transition up the ante, significantly, and your ego will not like it.

Transformation for me was tough, but transcendence brought with it different battles that were truly painful and, in terms of the underlying dynamics, a *lot* harder to identify and understand. Again, this is something I would spare others.

Transcendent Being

I said in the first series, and will repeat here, when the ego is genuinely disempowered, it loses its hold on the psyche, and the psyche naturally begins to be infused with what comes forth when the ego no longer holds sway.

When we shift identification from the ego to the higher part of ourselves, Transcendent Being* comes forth, or Metaphysical Essence*, or the Higher Self*, whichever of these you prefer.

In a very real sense, Transcendent Being is, like Hermeticism, pure abstraction, or essence, so *it has no physical substance, no physical form, no physical definition, no physical frame of reference, and no physical infrastructure within which it operates.*

It can and, eventually, does have physical expression, but only in the sense that it powerfully *affects* and *alters* reality, although not in a way that is easy to detect with the physical sense of sight. As such, anyone who exists in a state of Transcendent Being will look absolutely no different from the rest of us.

Furthermore, shallow perception, or seeing only the illusional reality, coupled with the fact that humanity's physical sense of sight is supremely limited, renders us all but incapable of seeing and recognising that an individual exists in a state of transcendence. In our current state of chronically-ignorant existence, even if told, most people are incapable of understanding what it is, so the knowledge will fail to transform perception.

Most people are incapable of moving beyond the zombie state, or, to use a familiar analogy, the state of being that we not-so-affectionately refer to as the Caterpillar Consciousness, and, as such, they have no ability to conceptualise, let alone experience, Transcendent Being. No ability at all.

The Matrix articulates this perfectly when Morpheus explains to Neo *you have to*

understand, most of these people are not ready to be unplugged; and many of them are so inert, so hopelessly dependent on the system (the illusional reality) that they will fight to protect it². They will certainly fight to stay attached to it.

The Ego's Perception of Transcendent Being

Transcendent Being does not alter and affect physical reality the way the ego does, with physical effort, and, therefore, it does not do so in a way the ego likes because the ego fails hopelessly and helplessly to perceive it, let alone control it. But this also renders any explanations of it using ordinary words very difficult, especially if describing it for those whose mindsets, beliefs, focusses and perspectives are entrapped.

In the transcended state of being the five physical senses are no longer the primary means of cognition, which was symbolised, in the second and third Matrix movies, by Neo's ability to see the source code of the Matrix.

If, in the first movie, he had relied solely on his five physical senses then, by rights, he should have run, as instructed, rather than turn and face the agent. But he was responding to another, deeper, inner sense and guidance, so he did turn and face the agent. But even those who were free of the Matrix still wondered what the hell he was doing. Morpheus had to explain to them *he's beginning to believe²*.

The 'Sixth Sense'

To refer to Transcendent Being as the 'sixth sense', intuition, or gut instinct is, really, naught but a futile attempt to label something that cannot be labelled. These are actually rather inadequate descriptors, although they all apply, but they barely scratch the surface of what Transcendent Being encompasses and expresses.

By virtue of it having no physical frame of reference, Transcendent Being is automatically beyond the ego's frame of reference. What comes forth cannot be seen with the physical sense of sight, nor can it be perceived by a psyche that is entrapped in physicality, and, therefore, nor can it be defined by, or even measured against, anything in or on the physical plane.

This is why, for those of us who are transcendentally awakening, what is seen in the physical in terms of our behaviour, actions, mindsets, perspectives and focusses seem different, weird and abnormal to everyone else, certainly indefinable, just as the Lady of the Lake is indefinable in the Arthurian legends.

She symbolises the aspect of consciousness that is the pure abstraction of Transcendent Being. In that sense, she is *potentially* an aspect of every incarnate consciousness, although she is not an aspect of those trapped in the zombie state, the untransformed Caterpillar Consciousness, courtesy of being utterly and, really, irrevocably dormant.

A Choice of Two Pills or Paths

The transcendent pathway into oneself takes us down into the rabbit hole I referred to in the last series (Monograph Twelve), but, courtesy of the importance of Free Will in this

dimension, going down that pathway invariably begins with choice. I think it must.

Just as Neo was given a choice of two pills – the blue pill that would have taken him right back into ordinary physicality (the Matrix) or the red pill that did take him down the rabbit hole of transcendence² – so, too, was I given a choice of two paths at the very beginning of my initiative Process, only a handful of weeks after I was triggered. They opened up within me, as if I was at the point of the base of a 'V' and had to choose either the left arm of the V, or the right arm.

And, just as Trinity told Neo *you have been down there, Neo. You know that road. You know exactly where it ends. And I know that's not where you want to be*², so, too, could I see right to the end of one path – the path of ordinary physicality – and so, too, did I know it was not where I wanted to be. But the other path, the one I chose, was hidden from me, just as it was hidden from Neo until he started walking it.

I couldn't see it because I wasn't capable of seeing it.

If you are undergoing a Process of Mastery then I'm as confident as I can be that you will somehow be given the same choice, or you will have your own version of this experience. The choice itself is wholly internal, although yours may have a physical manifestation, but it will be too powerful for you to miss or misconstrue.

And, although it feels like a choice, and it will be constructed as a choice, really, it's much more a reference point than it is a choice. That is, as choice is in these powerful Processes, it's a construct that facilitates alignment between the conscious awareness and the transformative, transcendent Processes.

As a reference point, your conscious awareness will know you've made a choice to walk a path that takes you away from ordinary physicality, and, especially, from the illusional reality. But at first, that's all you'll know. You'll see the path you've chosen *against* but you won't see the path you've chosen to walk. Again, this requires faith.

The Preparatory Nature of Transformation

In the analogy of our field, transformation thoroughly churns up the soil of our consciousness, just like a powerful plough, challenging and breaking down old mindsets, and, crucially, transforming ignorance into knowledge, particularly with respect to ourselves.

And then, when we're ready, transcendent Knowledge*, Truth* and Wisdom*, gained externally and attained internally, fertilise the soil of our consciousness, nourishing it, making it ready for the seeds of the new harvest.

So what are the seeds of the new harvest? Freedom from the illusional reality. New mindsets, new beliefs, new focusses and perspectives, new intents. New ways of looking out at the world and at the human experience. New ways of interacting with reality.

New thoughts, in other words. New ways of being.

Mastering the Art of Passive Conscious Creation

Working with our own shadowed psychologies and their link with the landscapes of our realities, as we're required to do during the transformational Process, is a good way to learn, practice and master the technique of Passive Conscious Creation*.

Not only does this technique allow us to start Working with Conscious Creation as a concept and a practice, it also puts old habits, particularly with respect to our addictions to the illusional reality, on hold and begins the Process of shifting and changing our vision, our sight. Crucially, too, it is, in my view, an essential tool for starting the arduous Process of putting the ego in its place.

The more the ego is disempowered during transformation the better off you'll be as you start transcending. Believe me, when it comes to transcendence and shifting identification *from* the ego and its implacable hold *to* the Creative force and its source within, you'll need all the help you can get.

Revisiting the Observer Effect

Before I revisit Passive Conscious Creation, however, I want to revisit the Observer Effect*, partly because it can't be revisited too much, and partly because I want to bring it into this third series. Having introduced it in the last series, it's time, now, to talk about it in its entirety and to delve into it in far greater depth.

The Observer Effect is such a powerful dynamic in this Separated human dimension now that I would go so far as to say it dictates and determines reality, individually and collectively, and it is being used against us to perfection by those who understand how to manipulate us into locking our realities in place.

We have to break its spell. We have to break it down if we are to become true Conscious Creators.

The Observer Effect is responsible for the patterns of fear that play out in our individual and collective realities like the needle stuck on its proverbially-broken record. For that reason alone we need to negate it, but it is utterly preventing us from Creating in a way that allows us to reach for and attain our highest potential, and, therefore, to know what we're truly capable of achieving.

In other words, the Observer Effect, as a dynamic, is keeping us small and ordinary when we are, in Truth, neither of these . . . at all.

The Three Components of the Observer Effect

When we look at it in its entirety, the Observer Effect actually comprises three quite distinct components, and, whilst changing or resolving any one of the three does negate it, the optimal and by far the most powerful way to negate it occurs when we change all three in tandem, together, which is why Passive Conscious Creation is so valuable as a practice. It facilitates us Working on all three components at the same time.

As for the three components, they are:-

1. Making reality the focal point;
2. Projecting shadowed, rather than Creative, thoughts onto the canvass of reality;
3. Chronic ignorance that forms the underlying premise of mindset, belief, intent and expectation, all of which determine how reality responds and behaves.

1. Making reality the focal point:

Making reality the focal point in and of itself is not the real problem, and, in fact, when we progress Conscious Creation as a practice, as Eddie (the Eagle) illustrates³, it's actually normal and healthy to do so because, as I've said numerous times now, reality is the canvass we've chosen to Work with in coming here.

The real problem with making reality the focal point at the moment is the Separation of it from metaphysical truth, its metaphysical source, because, as I've also said numerous times, this turns it into illusion, and then we perceive and interact with reality on the basis of illusion.

So, when something in our reality stirs up emotional chaos, we tug and pull at it, trying to change and control it where it cannot actually be changed, in reality itself, and working against ourselves in the process. Then, by obsessively tinkering with and trying to tweak reality, we bring it into even sharper focus. We can't and we don't see anything else. We become locked in, and it's like playing tug of war with an immovable force.

2. Projecting shadowed thought onto the canvass of reality:

Again, projecting thought onto the canvass of our reality is not the problem in and of itself. We're supposed to project thought onto it and, in fact, it's impossible for us not to because this is the true source of it. When those thoughts are dreams of higher and highest potential, or Creative thoughts, as Eddie's (the Eagle)³ was, reality responds beautifully, like the malleability of water, as I said in the last series.

The real problem is not *that* we project thought onto reality, it's *what* we project onto it, specifically, the shadowed thoughts that reside in the different layers of our psyche.

And this is greatly exacerbated when we obsessively make reality the focal point. Doing so heightens the power of these shadowed thoughts *as* projections because, in focussing on reality and trying to remove the projections, or change them into something better or even different, we empower rather than disempower them. And then, reality responds accordingly. Thus do we lock ourselves into the self-perpetuating cycle of fear-projections.

3. The underlying chronically-ignorant premise of our interaction with reality:

This is foundational, and in being foundational, it's rather crucial. Remember when, in introducing the Observer Effect (Monograph Twelve), I said whether or not there is interference from us as the observer depends on where we exist – Separated physicality or, beyond it, in metaphysical Truth?

The interference of the Observer Effect only occurs when we exist in Separated physicality because we labour under misguided mindsets and beliefs, and these form the basis of our interaction with reality and its response to us. In a purely authentic metaphysical existence there is no interference. In metaphysicality the Observer Effect does not exist.

Put another way, it is the chronic ignorance of an existence in Separated physicality and all its associated misguided and false mindsets and beliefs that form the foundation of the Observer Effect.

The only way to resolve this particular component is to completely master materiality, the physical dimension. Whilst this is certainly possible, it's also extremely difficult. Despite Working at it and on it for nearly two decades, I haven't yet completely mastered this component of the Observer Effect. I'm still Working on it now, even as I write this, which is providing me a golden opportunity to fully practice what I preach.

Changing chronic ignorance into Knowledge will happen gradually, and once begun, as a Process, it will continue to build on itself, which will rework the foundation upon which the Observer Effect is based. Until this occurs powerfully enough to start to neutralise it, the first two components become important because we *can* address these straight away, and if we apply ourselves, we can address them powerfully and effectively.

Again, in my opinion and experience, there's no better or more effective way to do this than with Passive Conscious Creation.

Revisiting Passive Conscious Creation

Passive Conscious Creation is the first of the two ways we can Consciously Create, and it is, also, a discipline that facilitates a retraining of the conscious awareness and intellect. It is a discipline that allows reality to take its rightful place in Creation and, at the same time, it also allows the conscious awareness to take its rightful place in the whole tetrahedron of consciousness.

It is a discipline and, therefore, it *requires* discipline, and application, effort, even determination and dedication. But it is a necessary first step in mastering the art of Conscious Creation in its entirety. It's a first step that can take many years to master, but it's a first step that must be fully mastered before progressing beyond it because it reworks the toxic interaction with reality that forms the premise of modern existence, particularly with respect to the actions and consequences of *Unconscious* Creation.

- Inherent Recognitions

The foundation of Passive Conscious Creation as a technique is the recognition of some rather brutal but crucial truths, and then, based on these recognitions, there are different and specific aspects of it that are practiced and applied.

Those brutal but crucial truths can be summarised as follows:

- ➔ a higher intelligence and power within us is directing the Process of our life, and in the beginning, before any personal experience of it, coupled with the fact that it

cannot be perceived by the physical senses, this must be taken on faith;

- ➔ as a Separated conscious awareness we are not equipped to be in control because we are hampered and hindered by the shadow of fear, false belief, misguided mindset, distorted perspective, and want, all of which we will be unaware of until our Process makes us aware of them;
- ➔ as a Separated conscious awareness we are labouring under the burden of chronic ignorance, particularly self ignorance, but also ignorance as to the true nature of Process, reality, and the link between both;
- ➔ as a Separated conscious awareness we are labouring under the frame of reference that is the illusional reality, and, as such, it is the illusional reality that dictates what we see, how we operate, how we exist, how we think and believe;
- ➔ everything in our reality, regardless of how seemingly trivial, or how 'good' or 'bad', is exactly what it needs to be right now, in this moment;
- ➔ the landscape of our reality symbolically holds the inner dynamics of thought, shadowed and otherwise, that are within us in the place, or the layer, of our psyche where we are now;
- ➔ the movie of our reality is the means to an end, not the end in itself, so it's there because our Process has Created it to be so, for a valuable Purpose that we won't be aware of until we change our sight and develop the ability to see beyond the physicality of our reality.

- Becoming Passive

In becoming passive, we take our hands off the steering wheel, surrendering control, allowing our reality to take shape, and to reshape itself, around us.

So, to use Peter's example of walking on water, instead of trying to make the storm go away by dealing with it physically, as did the man I referenced in previous monographs who made the storm of conflict go away by murdering his neighbour, we recognise and acknowledge it's there because we've Created it to be so, but we leave it there, look beyond it and Work with it.

- Acceptance

Acceptance is one of the crucial states of being we need to be in, and most of the time, a conscious choice is required to be so, and it takes a conscious effort to maintain it. Often, we need to recognise when we've slipped out of it, back into old habits, and we need to pull ourselves up and remake the choice to be in the state of passivity and acceptance again.

In this state of acceptance, we accept what's there in our reality *and* what's not there in our reality. And in accepting the fabric of our reality in its entirety, we take responsibility for it. As such, we respond and interact with it as required, but we do so *as it is, without trying to control it or change it physically*. And, crucially, in the state of acceptance, we Work with it as it is.

- Doing the Work

Passive Conscious Creation is rendered useless as a technique if we don't do the Work to delve more deeply into the shadowed thoughts that become manifest in our reality. There's no point in accepting reality if we're not also prepared to Work with what's there and what's not there.

So, while we no longer interfere, we apply ourselves to doing the Work internally, using the landscapes of our reality, and using our emotional responses to those landscapes to delve into the psychology, or thoughts, that underpin those landscapes.

When you become adept at doing the Work, you really will experience the way you can change your reality by changing your thoughts. In other words, you experience your own ability to change reality at the source, where it can actually be changed.

- Surrender and Subservience

Although vital, passivity and acceptance are only two of a number of states of being we need to consciously maintain when practicing Passive Conscious Creation. Of equal importance are the disciplines of surrender and subservience.

That is, we surrender to the Process that's Working through us, in a state of trust, allowing it to flow, and we maintain a state of subservience to the higher aspect of our consciousness from which Process is sourced. You can even develop visualisations to help you maintain the state of subservience. Picture yourself paying homage in a temple, for example, but you are also the temple *and* the god to whom the temple is dedicated.

- Cognisance

Cognisance is an awareness of what is in our reality but it is also an awareness of ourselves and, specifically, of what is going on within us, *and* it is also an awareness of the link between what is within reality and what is within us.

Cognisance, if practiced authentically, allows us to develop a knowledge of the psychological undertones of our choices and actions, and, even underneath these, of our intents.

But we don't stop there. We delve even more deeply into ourselves, well below the surface, into our own psychology, becoming familiar with our own psychological language, our deepest fears, beliefs and mindsets, all of which form tendencies, vulnerabilities and susceptibilities – traps, pitfalls and lures that pull us back into old habits and old toxic addictions to the illusional reality.

- Pre-empting the Process

We don't rule anything in and we don't rule anything out, especially with respect to reality, which, when put simply like this, sounds easy but is definitely not so easy in practice, especially when want still has a powerful hold over us. We don't pre-empt the Process, in other words. We stop trying to take ourselves where we *think* the Process is

taking us, which is, really, invariably where we *want* to be going.

In that sense, we make the effort to remain open, pliant and flexible. One way of doing this is to stop ourselves racing ahead into futures that may not happen. We pull our awareness into the current moment and make the effort to keep it there. Pulling our awareness into the moment allows us to pull our awareness into our internal landscape, too, where there is much of value for us.

- Dragging Focus off the Physical

Again, dragging our focus off the physical circumstances of our reality is far easier said than done. This is something that will take practice, and lots of it, until our sight starts to shift and change and we get used to looking beyond.

In learning to look beyond the physicality of the circumstances, we start to see the metaphysical truths, in the form of our thoughts, that are shaping reality. We've been gifted the most valuable tools, in the form of our emotions, to start doing this. And, using our emotions, especially the icky negative ones, we learn to relentlessly and perhaps even ruthlessly ask ourselves those fundamental questions: what does this situation say about my deepest thoughts? Or, how is this circumstance reflective of what is within me? Or, what is it I fear?

- Learning to Work with those Other Tools

Passivity and acceptance, as states of being maintained in the practice of Passive Conscious Creation cause reality to take a proverbial back seat. But in doing so, and especially in learning to go within, we bring those other valuable tools into sharper focus – intuition, vision, instinct, the ability to have insights, revelations and epiphanies, etc.

A whole new internal landscape opens up within us, and we really do experience the fact that reality is not just external, it is also internal. That is, a greater, deeper part of us opens up, and we develop the ability to access it, and to commune with it. Eventually, we learn from experience that this internal landscape is not only more powerful than our physical senses, it is also more reliable.

Using Passive Conscious Creation to Break the Spell of the Observer Effect

1. Making reality the focal point:

If we look *at* the circumstances in our reality, especially those that are making us very uncomfortable, even stressed, and we try to resolve them, or make them go away, *in* reality itself, we automatically make reality the focal point, trigger the Observer Effect, and reality will continue to respond accordingly.

As Passive Conscious Creators, we learn to look beyond the physicality of the circumstances in our realities to the deeper Purpose and, especially, to our deeper psychology, and so we automatically stop making reality the focal point. Then, we release the Observer Effect and un snag reality in the process.

2. Projecting shadowed thoughts onto the canvass of reality:

Likewise, when we delve deeply into the shadowed thoughts – fears, beliefs, perspectives, mindsets – within us, we confront them. And by confronting them, we begin to resolve them, robbing them of their hold and their power over us. Then, we stop projecting them onto the canvass of reality, breaking the spell of the Observer Effect, and we start to experience just how fluidly reality responds to changed thought.

3. Chronic ignorance as the underlying premise of an interaction with reality:

In the beginning, practicing Passive Conscious Creation requires faith because we have no real experience of just how powerfully it works. Gradually, though, as we continue Working with it as a technique, the experiences we accrue rework, or transform, the chronic ignorance that prevails, both internally and externally, into Knowledge, and, as I've said many times, once begun, this is a Process that builds on itself exponentially.

The more ignorance morphs into Knowledge, the more we rework the foundation of the Observer Effect, the more we release it just by changing this component alone. Coupled with the Work we do on the other two components, we can negate it completely.

Negating the Observer Effect and experiencing how reality can potentially respond *and* how we can change it goes a long way towards breaking the addiction to the illusional reality. Reality itself ceases to *be* illusional.

A Practical Example

As familiar with Passive Conscious Creation as I am, because I've been practicing it for well over a decade, I admit there's a lot to take in here. Once you connect with the overarching dynamic of what it is and of what you're achieving by putting it into practice, it becomes a lot more like second nature. Until then, as a set of instructions and steps you have to try to remember, it's fairly extensive.

I realise it could feel like juggling and struggling with a whole lot of different but interrelated threads. So the easiest solution to this perceived juggling act is to provide a practical example.

I could draw on the extensive repertoire of my own experiences, but I think I'll retain a sense of dignity and privacy, and so will, instead, utilise the fictitious example I referenced in the last monograph – that of the woman who responded to her fear of aging by resorting to Botox and surgical enhancements.

To flesh out her situation, let's say she's an actress, and she wants and goes for a particular part in a movie. Not only does she fail to secure the part but the casting director compounds the situation by telling her that, despite her well-recognised talent and name, they needed a younger actress for the part.

She now has a choice of two very different pathways, forming two very different scenarios, both of which will play out in her life and her internal and external realities very differently, and both of which will result in consequential effects that will ripple out across

the next years, if not the rest, of her life.

A Choice of Two Scenarios

Scenario One – Passive Conscious Creation:

In the first scenario, she responds to this experience as a Passive Conscious Creator.

She knows this is a situation that hasn't just happened to her. On the contrary, she knows *she* has Created it in the landscape of her reality, and if she is to deal with it in the *right* way, she knows she needs to get to the heart of why she's Created it.

She begins by allowing herself to recognise and feel the pain of her emotional responses to the situation – her anger at the casting director, her jealousy of the younger actress, her upset at missing out on the part, her devastation over the reasons why she missed out. And, she realises the intensity of her emotional response signals the depth and intensity of a fear that she's holding deep within.

Even though she doesn't find it easy, she forces herself to go beyond the physical circumstance, and she keeps contemplating the situation until, courtesy of an epiphany she feels deep within – a realisation that she quite suddenly connects with consciously – she knows what it is she fears. She realises that she does fear getting older, but she also realises that this fear masks a deeper, more powerful fear of being rendered obsolete, redundant, no longer viable, both as a woman *and* as an actress.

And since she's on a roll, she also realises that her beliefs stem partly from the programming of the illusional reality and its over-emphasis on physical appearance, especially where women are concerned. She recognises the programmed mindsets and the consequent pressure on women to be not just psychically beautiful but, really, perfect, and she also recognises that, as a dynamic, it's even more powerful in the context of the career she's chosen as an actress.

She realises that she's allowing her physical appearance, and the burgeoning signs of aging, to dictate and determine how she feels about herself. As such, she's allowing the illusional reality and all its toxic mindsets and beliefs to rob her of personal power.

In thinking about it more deeply, she can see the responses to this programmed mindset in some of the other actresses around her and the pressure they feel to retain their beauty with futile attempts to stave off the symptoms and effects of aging. And she decides she's not going down that path.

In recognising all of these dynamics at play within her, she confronts her fears and her misguided, false beliefs and perceptions. She knows she's getting older but decides to accept herself as she is. She might even go a step further and get some external help, talking to a counsellor or psychologist about her inner fears and insecurities with a view to healing and resolving them.

As a consequence, she realises she's been going for the wrong roles as an actress, so she adjusts her thinking and starts going for different roles. In the process, she discovers the

new roles she's going for, and getting, have much more depth and complexity, and they are challenging her as an actress, expanding her as an artist. And she loves them.

Courtesy of being freer and lighter, minus a few fears and false beliefs, coupled with a new enjoyment of her career, and the satisfaction and fulfilment that accompanies her enjoyment, she radiates the beauty and sparkle of true inner self acceptance, and this has a snow-ball effect on the people she's close to. They sense the change in her, and, while they're not necessarily able to articulate it, they find her a pleasure to be with.

Scenario Two – An Ignorant Response to the Illusional Reality:

In the second scenario, she responds to the situation out of the chronically-ignorant addiction to the illusional reality that typifies modern existence.

She's angry and jealous but she doesn't really stop to recognise these emotional responses for what they are. So she lashes out, wanting only to hurt the casting director and the younger actress the way they've hurt her. Perhaps she bad-mouths them, running them down publicly, or, worse, she vindictively spreads untrue rumours about them.

She feels the panic arising out of her fear of being rendered obsolete and redundant, but she has no idea she's feeling it and nor does she have any idea of the fear she holds within her. In fact, she has no idea of what's really going on within her at all. So she continues to go for acting parts that no longer suit her, and she continues to experience the failure and rejection that confirms her fears and false beliefs.

It is out of this panic that she opts for surgical enhancements and Botox, but she fails to realise that her age is obvious in ways other than just her face – the lines on her neck and on her hands, the hardness in her eyes, her energy and demeanour, for example. The surgical enhancements are, initially, mildly successful. She does get one or two coveted roles, but then the failures and rejections start again, and she goes back for more surgery.

She reaches the point where she's had so much surgery she looks plastic and distorted, and the Botox prevents her from forming the facial expressions that comprise a crucial component of acting. So she still fails to secure the roles she wants, but she perceives these rejections through the colour and texture of her fear of being redundant, shelved, obsolete.

The rejections are confirming those fears but she still has no idea *that* she fears, let alone what those fears are.

Her career grinds to a halt, and, in more ways than just her career, her reality reflects the fact that she has become obsolete – a 'has-been', yesterday's story. She becomes bitter and brittle, finding solace, or escape, in alcohol, and people don't like being around her.

Realities that are Worlds Apart

Even though I admit I've had a little fun dramatising this example, playing with it a bit, this *is* exactly what happens. Dramatised it may be, but it's *not* exaggerated. Depending on her response to the opportunity presented to her with the failure to secure that original role, the two realities she could exist in are worlds apart, like polar opposite extremes on

the same continuum. This is real. This is how it is for us.

We don't ever experience the extreme difference between the two scenarios because, in choosing, the two are mutually exclusive. It's one or the other, never both. Also, of course, in being so chronically ignorant, most people don't know there is another way, a different path. A better option.

The Master and the Servant

The ultimate irony of Conscious Creation in its fullest potentiality is the more you connect with and practice it, the less you focus on reality.

The *more* you realise the power you hold within you to Create, the *less* you Create in and control your reality.

The more you realise the extent to which reality is sourced from within you, connected to you, the more *disconnected*, and, in a sense, distanced, you become from it in terms of wanting from it and being invested in it. You become invested in something else, no longer invested in reality at all.

But to achieve this kind of mastery, to become the master of your domain, you have to first of all become the servant. And you'll have to be the servant until you're ready to move beyond servitude, which means the burning, driving need to be in control will disappear and you'll find you don't want to be the master.

Why take back the driving, putting your hands back on the wheel, when the Creative Process does such a good job?

The Creative Process is certainly masterful at navigating the shadowed psyche, so you won't put your hands back on the steering wheel whilst ever the psyche remains shadowed.

But when those shadows really start to be cleared away, you can and you do arrive at territory within where putting your hands back on the wheel becomes necessary. But putting your hands back on the wheel does *not* mean you start controlling your reality again, shaping and configuring it the way you would have it.

Remember, Creation is about consciousness, not reality.

Even Eddie, as an Olympian, Created his dream in his reality, but there was a deeper Purpose underlying it – a Purpose of Destiny* – namely, a challenge to old, boring, unoriginal, set-in-stone mindsets. And, he has given me a beautiful example to Work with in these 'Conscious Creation' monographs. He is proof positive. For that, I thank him.

Detachment From Reality

There is another way of looking at all of this, another approach into the dynamics at play: attachment to reality. Attachment to reality arises out of a psychological and energetic investment in it and, especially, in the way it's configured, which is what happens when we want and need *from* it and *in* it.

I could have named this monograph 'Detachment from Reality', but I didn't because, although it might seem like splitting hairs, it's not actually possible for us *to* detach from reality, as much as we would, perhaps, like to when we know it's holding our shadowed thought projections.

It is, however, possible, and necessary, to recognise and confront attachment to reality in the old, addictive way, hence the title.

That is, while we cannot separate from reality, or separate reality from us, we can and do paradoxically become addictively attached to it, holding onto it, locking it in place.

Attachments to Reality

So, the Work we do in Passively Consciously Creating doesn't just facilitate us resolving our shadowed thoughts, it also, in breaking down the addictive hold of and on reality, gradually chips away at our invested attachment to reality.

Even once we break our addiction to the illusional reality and start to Work with reality the way it's supposed to be Worked with, recognising its true place in Creation, these addictive-like attachments still remain, like little snags, and these, too, have to be cleared away and resolved to truly release reality and, more importantly, consciousness.

Once again, there is a highly-valuable tool we've been given that's been designed to help us with our attachment to reality: the language of our emotions.

As I was told so long ago:

“Your emotions are the key. In addition to pointing you to your deepest fears, they will also allow you to know if you are still attached to the physical. If anything in your physical reality triggers an emotional response, you can be sure you are still trapped in the physical.”

Using emotion to identify and Work with attachments to reality is, at least in my experience, probably something best Worked with in the latter, rather than the earlier, stages of the overall Process of Mastery. Certainly during transformation, you'll find you have more than enough on your plate just Working with your emotions to identify and resolve fears and shadowed thoughts.

But once you clear those shadowed thoughts during the transformational Process and then Work to break the addiction to the illusional reality during the transcendent Process and you develop the sight and vision to easily see beyond physicality during the transitional Process, emotion becomes supremely handy as the means of identifying lingering attachments.

It is worth clarifying at this point that just resolving fears and confronting want will release attachment in and of itself, but sometimes you might think you've cleared a fear or want only to have a lingering attachment point to dregs or echoes of that fear remaining.

And identify all attachments we must because in *truly mastering materiality*, the illusional reality, we must have **no** investment in the configuration of our reality and **no**

attachments to the colour, shape, texture, so to speak, of reality. Then, we are truly free, and then, reality is truly free to ebb and flow and take shape as it may.

The Viscous Cycle of Needing Proof to Negate Shadowed Belief

In the practical example I referenced above, the emotional response of our actress didn't just point to her fear, although it was, for her, enough initially to use it to Work with her fear. Her emotional response also signalled her attachment to her reality in the form of her very great need to secure the acting roles she so desperately sought.

In being addictively attached, the acting roles she so desperately sought had become the proof she'd latched onto to convince herself she was not obsolete or redundant. She needed proof she wasn't redundant because she feared she was. She feared redundancy because she believed it. And what she believed, she projected into her reality.

It's a viscous cycle, is it not?

The only way to break this viscous cycle is to stop, turn around, and look the fear full in the face.

You can also see the potential snagging effect on reality of attachment in Eddie's example³. If he'd been attached to the summer Olympics, unable to let go of it, he would not have Created his dream of being an Olympian. His attachment to the summer Olympics would have snagged him and his reality.

As it was, when the idea of the winter Olympics presented itself, he embraced it wholeheartedly and was able to go with the flow of the guidance that was Working through his reality.

The Changing Interaction and Relationship with Reality

When we master these dynamics, and the true place of reality in Creation is grasped, accepted and experienced, reality can, indeed, be used in a unique way to interact with one's consciousness and one's Process, or *what one is Creating*. Then, Working with reality truly becomes bi-directional, no longer just uni-directional (wanting from it).

Meaning, we can change our consciousness with our reality as much as we can change our reality with our consciousness. A conscious thought can, then, affect and even shape reality, but so, too, will reality shape and affect conscious thought. And this is a seamless interaction.

Sometimes, you can find it impossible to know which comes first, like the chicken and the egg. The answer to this riddle is obvious but paradoxical. Neither comes first and, at the same time, both do.

Remember, too, that thought, being metaphysical in nature, is not affected by time. So often, you simply cannot know if you've Created a thought in your reality, or if you've had the thought because it's a precognition of what's coming.

In this sense, the fine line between thought and reality really starts to become apparent. We automatically think prophecy is the *prediction* of what will occur in reality, but it is, more often than not, *Creating* what will occur in reality through the implantation of thought and the generation of belief – something my Merlin understood when he used it to Work on the consciousness of his people in *Lady of the Lake*¹ to prepare them for the coming of Arthur.

Some of our conscious thoughts can be pretty scary, but this is where we can afford to breathe a sigh of relief as we remember that the conscious awareness will never be in charge of the act of Creation. Our Process acts as the filter through which our conscious thoughts are sifted. Which is just as well.

The Irony of Wealth

Money, and lots of it, according to the false mindsets of the illusional reality, allows us to shape and configure our reality according to all our whims and wants. Thus have we erroneously invested money with a power it really does not have. For all their wealth, people with money still grow old. Their money doesn't give them immunity from illness and disease, and they still die.

And guess what. Just like the rest of us, they still Create their fears in the landscapes of their realities.

They might mistakenly think they can use their money to make their fear-projections go away, but we know better now, don't we? In trying to remove the fear-projection from reality they will trigger the Observer Effect, and then, they will walk right into that same fear-projection again because they will Create it in their reality in a different, albeit more powerful, guise.

Such is the powerlessness of money. There really are some things money simply cannot buy. When you truly master the art of Conscious Creation, money is rendered redundant. You discover the real power, as opposed to the illusional power of money, you hold within you to truly Create. Then, money becomes just another thread in the fabric of reality, with no more or less power than any of the other threads.

* Author's Note: I deliberately use capital letters to denote higher-dimensional concepts and to distinguish these from the common, lower-dimensional use and definition of the words.

1. *Lady of the Lake*, Jennifer Wherrett, 2013, Xlibris.
2. *The Matrix*, 1999, Village Roadshow Pictures; Warner Bros. Pictures.
3. *Eddie the Eagle*, 2016, Hurwitz Creative, Marv Films, Saville Productions.
4. *The Third-dimensional Beast*, Jennifer Wherrett, 2011, <https://www.thelady.com.au/Verses>.

Jennifer Wherrett
<https://www.thelady.com.au>

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