

CREATING YOUR DAY

compiled By Brenda Sutherland



"When we came to the human, we intended to have the kinds of experiences we have created. However, there comes a time when a voice from within tells us that we are not bound by the limitations we are experiencing. We become aware that we are free to redefine our human experience; we realize that we may live in the human without the limitations we have previously attributed to being human." — Arnold Patent

"There is one energy in the Universe—love. The source of this energy is commonly referred to as God. Each of us has been gifted by this Higher Power with the power to create whatever we wish. We exercise this power by using our imaginations. Everything we create remains in our imaginations even though it appears to have a reality outside of us: that seeming reality is evidence of the extraordinary nature of this power.

We have used this power to create what we call our human experience by transforming love into qualities and experiences totally unlike itself. The vehicles we use for this remarkable transformative achievement are our beliefs.

Every belief we create is a perceived diminishment, distortion or limitation of love. These beliefs act as a disguise to hide the power and natural qualities of our true being.

The creation of the human experience is a miraculous accomplishment and is evidence of our mastery of the creative process. Circumstances such as war and poverty, and feeling qualities such as fear, pain and shame are examples of our imaginative creations.

Nothing we create has any inherent power or importance. The creative power remains in us. And the energy that we use to create - with love - remains what it is: the pure, divine gift from our Creator.

The feeling quality of love is joyfulness. The fewer our beliefs, the more joyful we feel. When we are feeling joyful, we are connected to our true power.

The higher our level of joyfulness, the harder it is to hold onto our beliefs. The fewer beliefs we hold onto, the more accessible is our natural state of abundance, harmony and vitality. The higher our level of joyfulness (vibrational level), the easier it is to create experiences that reflect that level of joyfulness.

Raising levels of joyfulness and exploring the benefits of being in that expanded consciousness is what I love to do." ~ **Arnold Patent**

What do you want this day to be like?

- Just voice something
- The first thing you say you are usually testing, because you don't quite believe it
- It is the third thing that begins to manifest in your day
- At the end of the day you become aware that 'this day was happening because of me'

What is a Thought?

- **A Thought is:**
 - a construct of reality
 - a frozen moment of a stream of consciousness
 - the brain processes you put into a package called a neuron and then you add to it by associative memory. So then you have a thought.
 - a structure which reality is patterned by
 - the architecture of reality
 - your adventures of the day are based on your thinking.

As you observe the thought it becomes the form in which reality is moulded. Does thought have meaning and power? It does.

What You Observe Becomes Reality

- The observer creates what is being observed

- Everyone effects the field, consciousness
- Everything I think makes manifest

Creating Your Day

- Why Not?
 - Are you afraid that it won't happen and then you would have to start again?
 - Give it a try
- What do you want to create?
 - Nothing too large. Why?
 - Only create things that are in the realm of acceptance, don't try to create things that you cannot accept because then you are not willing to live them when they appear in your life.
- Choice is to wake up - in the moment you awaken there is no memory of who you are, you don't know who you are. In the moments after waking you spend time reorientating with an identity that a moment ago you did not have.
- You wake up scratch yourself, look at the person next to you, go to the toilet, look at yourself in the mirror. Why? To remember who you are. You form an identity. Why? Because you are trying to remember who you are.
- If you have to remember who you are every single day what are the chances that your day will turn out the same...?

CREATING YOUR DAY EXERCISE:



- Before you remember who you are, in that moment of wordlessness remember who you want to be. Create your day.
- Remember to create my day that it is so astounding, that it will add to my experience of my life.
- Create your day in that moment before any identity is formed and your experience of your day will be very different.
- Create a day that you would call at the end of: hope for living that brings to you adventures, meetings and occurrences that would never have existed in your life prior to this.

Say:

1. Today I will know extraordinary people and have encounters of the unusual.
2. Today I will know wealth in a way of which I have never known and all along the way I will be so excited about today that I shall never feel the illness that I dread everyday.
3. Say these words slowly in your mind, hold them, be present with them, so that you are present with everyone of them. And when you have finished you would have been present with creating your day, and your day can get on with bringing you hope.
4. The more present you are with the sentences the more excitement grows in your body and the thrill of the day can hardly wait.

How do you get the more that you want for yourself?

1. Act of responsibility
2. Observing (Being the observer)
3. Begin to live it day to day – you see the more of you happen
Why? Because you want it to happen, you want more.

What would you like to believe in? Dream a New Life

- Positive and negative is not about good and bad it is about electricity. You cannot have one without the other.

- You are the one that put God in heaven. Maybe you created God in your image – if you believe that way then you have created a God to punish, love, reward, and be afraid of everyday.
- We can graduate God to being about a state of being, about the nature of being, your being.

Greatest Gift

- of life is contained in us
- it is us
- that we are alive everyday
- is that there are no boundaries to your greatness

Doubt

- is a word to explain the desire not to participate (because you don't want to be engaged in creating being more or to accept your greatness).
- Prevents you from modifying your personality, religion, family, origins, or everyday experience - it keeps it intact
- Kiss the doubt

Hope

- Is permission to think beyond restraint.
- It is not in our nature to live in confinement of any sort.
- Hope is getting rid of confinement
- To find a way out of monotonous predictability is when a person begins the journey to release oneself from one's confinement or one's restraint in thinking.

What do YOU want as your life?



CREATING MY DAY

1. Create a day that you would call at the end - hope for living. A day that brings to you adventures, meetings and occurrences that you know happen because of you.
2. “Today I will know extraordinary people and have encounters of the unusual”.
3. “Today I will know wealth in a way of which I have never known, and all along the way I will be so excited about today”.
4. Find your own words and/or say these words slowly in your mind, hold them, be present with them. And when you have finished you have been present with creating your day, and your day can get on with bringing you what you want.
5. The more present you are with these sentences the more excitement grows in your body and the thrill of the day can hardly wait.