

Musings By Bill ~ Our Worldview

It's often been said—both in Eastern philosophy and modern physics—that there is no external reality. Yep, what we're looking at "out there" is but an illusory projection of our own (and our collective human) consciousness—a magical blend of stories, beliefs, assumptions, wishes, hopes and innate wisdom that create our "reality."

At first, this concept is difficult to grasp. When we let it digest, however, it makes sense. Imagine that everything you see around you is nothing more than a creation of your soul's wisdom and your unconsciously created desires. In this scenario everything that occurs in your world brings you exactly what you need or want (not necessarily according to your conscious thinking though)—it's invited and welcomed by some deep and central "you" in your core.

I think you're beginning to grasp where I'm going here. Yes, the implication is this: you're creating your own world and everything in it, just so you can have the experiences and circumstances that support your becoming the fullest self you can be. Sure, what you create may be difficult, even almost impossible (which may be why we don't choose to create it at a conscious level!). But, deep down in your soul's wisdom, it's "just right" (so says Goldilocks) for your growth, expansion and mastery.

So, if you'd like (of course you would, silly!) an informal "project" for the rest of the year, you might want to try this one: Welcome everything—yes, everything, no exceptions—that jumps into your life as if you willingly invited it. Embrace it with the knowing that it's perfect for what you need to learn or for how it supports your growth. Finally, love it as a friend and thank it for helping you become the ever bigger and better "you."