



What is Reality?

Take a few moments in the company of friends and like-minded people to appreciate the calmness that is descending upon the room. We are creating an oasis so to speak, an oasis from the busy life that is happening all around us. It is so easy to get caught up in the business of life. We were taught that by *doing* we will succeed. And so we do, and do, and do some more. But often that doing does not give us what we want. And so we search and seek, and try to explain and figure out how we can shift. More doing. What else can I do? Where else can I go? What more can I do?

So take a moment, take several moments to let go of the doing, to let go of the wanting, to let go of the wishing, to let go of the figuring out and the explaining and the doubt. And simply surrender, surrender, to this moment. Feel it, feel its depth, and feel its breadth. Hear the music. Feel your body, feel your breath. Feel the entities in the room. Feel your brothers and sisters that are with you here in the circle. And feel your brothers and sisters that are here with you, not necessarily in physical form. There is much stirring and it is important every once in a while to stop, and simply be.

And from this place of serenity, and from this place of harmony, I call upon, Shaltazar, to come forth. Shalazar the keeper of secrets of the Universe, please come forth and speak to us now. Help us, guide us, show us the way for we are confused. We have learned many spiritual practices, we have learned much about the invisible world and yet many of us are still struggling. Please come to us this evening and share with us how we may cope at this monumental time in human history where the energy is stirred up. Where there is much going on all around us. Where our brothers and sisters are in a state of turbulence.

We understand that we can come together in circles like this, in places of meditation, with groups of like-minded people. And that we can create this oasis of peace and harmony. But we need your help because we want to apply these spiritual principles that many of us know, to our day-to-day lives so our living will be easier.

Please come to us now Shaltazar.

We are here, with you now, and forever. We have always been with you. Yet, you forget. You do not remember because that is the design. You forget, you forget that we were all together in the Cave of Creation where life is reviewed, and life is predicted. And you're forgetting is once again part of the design. We are so sorry that you are going through the difficult times that you are going through. But we are only sorry for the physical; the form aspect of you that has not yet learned that suffering is an option. Yes that suffering is a choice.

And we hear you call out: "Why would I choose suffering? That makes no sense. You speak in riddles, we are not choosing suffering."

But we would say to you, that is because you do not understand the nuances of Spirit working through form. It may be easy for us to tell you that you take life too seriously and that may not be a fair thing to say. But coming from the multidimensionality that we do, we cannot understand why you make the choices that you do while in physical form. But we understand that those choices are part of the purpose of life on planet Earth.

We hear your question, "How can we practically use the spiritual lessons that we have learned, the spiritual principles and insights we have learned to move to a meditative state? We have practiced and practiced quieting the mind. We chant our mantras over and over again. And yet our life often still feels challenging."

You do not realize that which you do is the important first step. And you do not realize how many of your brothers and sisters on your planet now do not even have the opportunity to find the moments of peace and harmony that you do while in a meditative state. When we tell you that you are the privileged ones you may disagree, but let us assure you, for we know, we know what the other human beings on your planet are going through. Those that have not made the effort to awaken, those that have not made the effort to begin the inner journey, are suffering more than you. But it is up to you, it is up to you to lead the way. We hear you say to us: "We cannot lead the way when we are so busy trying to figure out our own life, trying to take care of our basic needs. How can we help others?"

But we say to you that your focus is in the wrong direction. You focus on what you *don't* have in life. You focus on what you *want*. You focus on what is *wrong*. What if we were to tell you that there is nothing wrong, that your struggle is merely your choice? We have spoken often of surrender and we know you hear the words, but have you truly practiced? Have you truly got a deeper understanding of the art of surrender? The ability to let go of all that is beyond your control. Humans are so funny, they try so hard to control what is beyond their control. They fuss and dither and scurry about, thinking that in physical form they have the ability to control everything. You have the ability to control your reality. But we must help you understand that there are two aspects of reality. There is what we may call objective reality. That objective reality comes from the mind, it comes from the thinking brain, it is put forth to you from the world of science and engineering and law and all of the disciplines that believe life is black or white, up or down, good or bad, light or dark.

Yes, the objective reality is very definitive. If you hold an object in the air and drop it, it will fall. There are laws of science that dictate the objective reality of your world. Unfortunately so many of you get hung up, so to speak, on the objective reality, on the thinking reality, of the mind reality. But what you do not realize is that the truer reality is a subjective reality. Yes, a subjective reality is how you view what is going on around you. Your world view so to speak. When something in the objective reality happens, you do not realize how it impacts you. Everything that is going on in your world has some effect on you. It is that subjective effect that really creates your reality.

You are sick. Objective reality—you get a prognosis on your sickness. That prognosis is your objective reality, but what you do not realize is what you create for your future comes from how you feel about that prognosis. Do you feel lost? Do you feel hopeless? Do you feel angry? Do you feel afraid? That is the subjective reality. **We would like to inform you that it is the subjective reality; it is how you view everyone and everything around you that truly creates.**

It is good that many on the planet Earth are beginning to understand more about the principles of the law of attraction, the law of manifestation. You are capable of creating anything you want if you

believe it to be so. However, it is important to know that your subjective reality, what you see and feel in this moment, in the next moment, in the next moment, will create your future. You hear stories of people passing, of people transitioning. You hear stories of terrorism. You hear stories of war. You hear stories of corrupt politicians. They are reported to you as objective reality, but the choice, the choice, my friends, my brothers and sisters, is yours as to how you view the subjective reality of these stories. Are you giving your power away? Have you allowed your subjective reality to be dictated to you? Do you simply allow yourself to feel what you have been told you are supposed to feel?

Tomorrow wake up and really look around. Look around from the place of subjective reality. Look at the interpretation that you are putting on your life, on your loved ones, on the events that are happening around you; of the objective reality that you have given your power away to. Do you believe that you are limited? Do you believe that you cannot create abundance? Do you believe the fears that you have been taught? Because if you choose, and we emphasize, if you choose to believe what you have been told, that subjective reality will become that gloomy objective reality that you predict. And why we emphasize *choose* is because often you do not realize you have a choice, you have a choice as to how you interpret everything that comes your way. Every moment of every hour, of every day, of every one of your weeks, your months, and your years, you are constantly interpreting through subjective reality how you see what is happening to you and to those around you. Of course it requires practice to first of all become aware of the interpretation you are having of the moment. But then from that place of awareness, from that place of higher consciousness, you can learn to choose a different subjective reality.

In your mind's eye allow yourself to reflect on today and the things that occurred. Now reflect on what your interpretation, your subjective reality was of some of the events, some of the experiences that you had today. Start with the experiences that caused you the most discomfort—that caused you to feel less than happy, less than joyous, less than loving. Focus on the experiences that may have brought up fear, or doubt, or worry. Once you have that experience that happened in your mind's eye, begin to reflect on your subjective reality, your interpretation, of that event. Please realize my friends, my brothers, my sisters, the choice is always yours as to how you interpret that event. So in your mind's eye take one or two of those events where your interpretation created an uncomfortable feeling, and since all things happen in the now, go back and re-interpret. Use a different interpretation of the same event. And if you are doing so, if you understand the concept that we are bringing forward to you, there should be a smile coming to your face, a realization, a realization that reality is only an interpretation of what's going on around you.

That interpretation creates your reality, and your reality in this moment creates what you would call in human terms, your future. For every action, every feeling, every thought, every response, is energy, and that energy creates new energy, different energy. For energy is always changing. But it is you that can become in control of the energy of what you call the future. We ask you to practice over and over again becoming aware of your interpretation of every event, every circumstance, every experience that is happening in your life. Now, of course, there are so many happening that you will not be able to do that all of the time on a consistent basis. So we ask you to start by noticing what creates the most discomfort within you. It could be what someone says to you. It could be what someone does to you. It could be simply hearing, or reading something. Now in that moment take a deep breath, move to the present moment, move to the now, quiet your mind as you're doing currently where you feel a place of peace and tranquility, and then simply realize you have the choice as to how you wish to interpret, or may we say, reinterpret that experience in such a way that it creates harmony, alignment, peace, and contentment. The more you catch yourself and the more you practice, the sooner you will be able to create more consciously.

Practice, practice often. Allow the thought to come up. Check in with your heart of hearts to see how that thought makes you feel. If it creates a sense of discomfort then reinterpret. Create a new story.

You will need to work on your trust and faith. You will need to let go of the concept that objective reality is the only reality. Because objective reality is limited to the physical and scientific laws of where you live. Begin to realize that you create with your feelings not your mind. And we hear you say, "Hang on, stop, that's not true!" We have been taught that positive thoughts create different than negative thoughts. And we say, yes, that is true. But it is the feeling associated with the thought, it is the positivity or the negativity that truly creates. Although you have been taught to be thinking beings, at your essence you are feeling beings.

We can demonstrate that to you now. We ask that with your quiet mind and your open heart you feel us, you feel us in the room with you, you feel us hugging and cradling you. And if you are quiet enough, if you are open enough, you will feel our love. For our love is everlasting and unconditional. And if you are fortunate enough to feel that love, allow that feeling to grow stronger and stronger. If you allow that feeling of love to strengthen, you will come to realize how powerful you truly are. The source of your power is love. Feel that love, be that love. The answers that you seek need not come from your limited mind. If you learn to connect with the answers that come from the expansive heart, from the limitless love that is deep within you, if you allow it to lead the way, if at every moment you choose to allow the love to speak first, your reality will certainly change.

We wish it could be easier. We wish you could all know the way, but you must find your own way. We will guide you and we will show you if you call upon us. There are many entities like us available to you. It is when you know it, that it shall be so. Feel us, feel us now and feel us deeply for there is much work to do.

Many of your brothers and sisters are transitioning so they may return in different human form. Reinterpret the pain and suffering. Reinterpret your own pain and suffering so that you may help others reinterpret their pain and suffering. This pain and suffering offers an opportunity to grow, an opportunity to evolve, an opportunity to transform. You're very presence here this evening indicates that you are interested in not only your personal transformation, but helping others transform as well. You are limited in helping others by your own ability to transform yourself. We are entering a new stage of learning on your planet. Knowledge-based learning simply perpetrates objective reality. Experiential learning allows you to understand more deeply the concept of subjective reality. You look at the darkness and you see black—that is objective. But when you look at what that darkness is made up of, when you realize that your personal darkness comes from the interpretation of your life experiences, you realize that you can interpret them in a different way. For those of you who are in your linear logical mind, you would be saying, "I have heard that many times." Yes it has been said many times and we will say it again and again until you feel it, until you know it, until it becomes your subjective reality. Feel it and know it and it shall be so. And we are getting a sense you want to hear more of this darkness that may not be so dark.

You ask us "How can we possibly reinterpret the tragedies, the traumas, the life experiences that have happened and continue to happen on a daily basis in any other way other than tragic and trauma and challenge?" And we say to you—let go of the linear mind. Planted deep within you is the creativity to create any story about any lifetime experience that you want. How can you reinterpret your darkness? How can you reinterpret what you think is wrong so that you can make it right? How can you catch yourself in the moment when you are interpreting something as bad so that you can see the possibility of good?

In every one of your earth moments there are infinite possibilities for the next moment and the next moment and the next moment. And it is the choice you make in this now, in this present now that limits those possibilities. And so if you interpret what is going on in your life in a limited sense, the future now becomes limited. But if you can open up to your Divinity, if you can open up to possibility, then future now's remain limitless. Yes, it is you, each and every one of you that creates the reality of your life. Open up to the limitless possibilities that life has to offer you. Begin to allow yourself to

touch on the multidimensionality that you are. Know that we are with you every moment of your life. All you need do is quiet your mind, then feel us and we are here for you.

You are the pioneers, you are the Wayshowers. Go forth and help others, for your world is changing. Every moment that you choose to interpret from your limitless self you create a new and different world. Yes, each individual in each moment, creates a different life for all of the close to 7 billion of you on the planet. Be unto yourself true. We are here for you whenever you choose to call upon us. Know and feel our love for it is everlasting and unconditional.

Now take a few moments and feel the message that you have received this evening. Allow it to integrate. Allow it to become part of your *beingness*. And begin to take the greatest discomforts in your life right now and from this place of love, unconditional love, begin to put a new subjective reality into place, a new interpretation. It could be from the smallest event to something more magnanimous. Begin to realize that your interpretation is what creates your reality.