



# Rumblings and Ruminations



Newsletter from Sharon Snir for September 2006  
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## React or Create



## Your choice

***The real issue here is that most of you have become reactive beings instead of the conscious creators of your world experience.***

Omni- Channelled by John L Payne

Many years ago I attended a workshop in which I was given the opportunity see how reactionary I was.

The facilitator was a friend of mine however in the workshop there were no 'friends'. There were students and teacher.

I became the scape-goat during that workshop for every persons unresolved personal issues. I was accused of trying to usurp the teacher, of being disrespectful, of being inauthentic and of being closed hearted. (Now that really hurt!!) I returned home deeply wounded. The wounds I knew would heal but the confusion .... Why had this happened to me?

I began to look at the energy I had brought into this workshop. I was beginning to create the spiritual model I now teach and I wanted people to respond positively to it. I wanted to be liked. Actually to be honest, I wanted people to think I was wonderful! I wanted my work to inspire and excited people. I wanted people to think well of me and to appreciate me. I wanted people to do my workshop one day.

Slowly it dawned on me that I had carried into that workshop an energy I now call **The Conquering Hero**.

I know it sounds dramatic. It was.  
I made sure of it!

The problem was that at that time I didn't believe my work was wonderful and I was terrified to let anyone know that. I didn't feel

***At the heart of all resistance is the belief that you are subject to the circumstances of the outer world. You believe that the actions of others, of governments and other authorities, control your life to such an extent that it is not possible for you to have what you want.***

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I tried to protect myself and the more I tried to protect myself the more I *needed* to protect myself.

**For what we resist always, always persists.**

Did you know that nothing outside of you can exert itself upon you or influence you in any way whatsoever without your invitation? Nothing.

The way I created what I experienced in that workshop was by focussing on the very issues I didn't want to happen. I didn't want people *not* to like me. I didn't want to appear *stupid* or *un-loving*. I carried all my fears into that workshop under the energy of **Conquering Hero**.

To be who you want to be requires you to **choose who you want to BE NOT** who you don't want to be.

**Do NOT focus on what you don't want.**

The Mind is a magical creating machine and it will create whatever you think about. If you think about yourself as a victim, guess what? You'll be a victim. If you think that you are stupid.. Hey presto, you're stupid.

If you think about being a writer or a doctor or a millionaire and you imbue those thoughts with the feeling of JOY then that is what you will create. The trick is to see yourself In JOY NOW. Now is all we have.

How do we do that? How do we enter into that form of consciousness?

Eckhart Tolle, author of *The Power of Now* says,

"In concrete terms, at its most basic, it simply means to say "yes" to this moment.

believe my work was wonderful and I was terrified to let anyone know that. I didn't feel fantastic. So I pretended to be. Unconsciously I believed that if everyone else thought I was wonderful then maybe I would too. I acted the part of someone confident and sure of themselves. And surprise, surprise everyone saw through me like a sheet of glass.

Now they too had a part to play in this drama. We are only 50% of any relationship. They could have come from an open heart and saw how I was struggling to be someone I didn't believe I was. But no one could go beyond reacting to my energy. No one was ready to own their 50%. And that was fine because I was now in full on REACTION.

I cried myself to sleep every night of the workshop and came home feeling angry, sad, hurt, blaming and ashamed.

You name it I felt it.

What I didn't feel was CREATIVE.

"In concrete terms, at its most basic, it simply means to say "yes" to this moment. That is the state of surrender—a total "yes" to what is. Not the inner "no" to what is. And the complete "yes" to what is, is the transcendence of the world. It's as simple as that—a total openness to whatever arises at this moment. The usual state of consciousness is to resist, to run away from it, to deny it, to not look at it.

It's welcoming this moment, embracing this moment. That is the state of surrender. That is really all that's needed. The only difference between a Master and a non-Master is that the Master embraces what is, totally. When there is non-resistance to what is, there comes a peace. The portal is open; the unmanifested is there."

Until next month.

Love and Light,

*Sharon*





