

Chapter Twelve

Viewpoint and The Nature of Being

*“We know only what we experience.
Does what we experience reflect
some solid immutable reality?...We
know only what we experience.”*

–Avatar lecture, 1988

cre.ate *vt.* [from Latin *creare*, to make] **1.** to cause to come into existence; bring into being; make; originate; esp., to make or design **2.** to bring about; give rise to; cause

de.fine *vt.* [from Latin *definire*, to limit] **1.** *a)* to determine or set down the boundaries of *b)* to trace the precise outline of; delineate **2.** to determine or state the extent and nature of; describe exactly (*define* your duties) **3.** *a)* to give the distinguishing characteristics of *b)* to constitute the distinction of; differentiate (reason *defines* man) **4.** to state the meaning or meanings of (a word, etc.)

*The universe
consists of aware-
ness defining itself.
All-that-is is all that
is. Dividing it up
and parceling it out
is the role of
creation.*

*Viewpoint: the
point from which
something is
viewed*

A belief has definition and dimension in consciousness. Believing **creates** the belief. Believing is the conscious part of creating.

Beliefs have the capacity to stimulate impressions, to filter impressions or to react with other creations.

Some beliefs contain viewpoints. When a belief contains a viewpoint it is called a self. The identity, or personality, of the self is formed by the characteristics of the belief occupied. The more defined the belief, the more defined the identity. The more flexible the belief, the more flexible the identity.

Behind viewpoint is the timeless, spaceless massless, energyless awareness that underlies all creation. It perceives by becoming the thing perceived. In this mode of perception there is no separation between the perceiver and the perception. Perception is the same as being. And awareness can be anything.

Realities extend outward from viewpoints. Viewpoints and realities interact to produce the phenomena of energy, space and time.

Refer to pages 83-88 of the book *Living Deliberately*.

BECOMING REAL

We are each born with a spark of divinity. When this spark glows brightly, we experience our best and noblest aspects. We cooperate and are real for each other. This condition occurs instinctively during times of crisis, but it can also be deliberately created to accomplish great works.

On the other hand, when the spark disappears we feel separation, and the egoistic and rapacious aspects of our natures appear. Custom and pretense replace realness in our relationships. Conflicts, quarrels, fear, and mistrust become commonplace.

What determines if our spark of divinity glows brightly, sharing its light and blessing with other divine sparks, or fades to black? Honesty. Honesty is the measure of our willingness for others to know our actions, our thoughts, our feelings, and our intentions. Anything that reduces this willingness separates us further from source.

When we are dishonest, we project onto those around us the actions, thoughts, feelings, and intentions that we are reluctant to express. They, the others, become the cheaters, swindlers, robbers, liars, or cowards that we will not admit in ourselves. We deny the worst by projecting it into the world where some broken soul, desperate for any attention, acts out our secret. Then we point an accusing finger and wash our hands of responsibility. We project onto the

honest *having a sense of honor; having honorable feelings, motives or principles; free from deceit or hypocrisy; true, candid, upright or just in speech and action; fair in dealing or sincere in utterance; worthy to be trusted*

integrate *to bring together into a whole*

integrity *unimpaired condition, wholeness, entireness, purity, completeness*

dishonest *having or exercising a disposition to deceive, cheat or defraud*

disintegrate *to separate into component parts; reduce to fragments; break up or destroy the cohesion of, as souls are disintegrated by a loss of honor*

honor *respect blended with some degree of reverence; esteem due to worth*

The ability to accept and honor a trust, without enforcement or supervision, builds self-esteem.

world our secret dishonesty, and it returns to us in the actions of strangers. Self-deception is the source of social decay in the world. Crime and violence have their beginnings in a denial of responsibility.

To protect our dishonesties from discovery, we shut ourselves off from the connection we have with other beings. Of course, we shut ourselves off from source as well. In place of honesty, there is pretense and identity. The door is closed. The cosmic gauge that measures wasted lifetimes creeps upward, but our innermost thoughts are safe. At such a cost! Imprisoned by our own secrets and numb to the pain we cause, we join the line of broken souls. No amount of punishment or humiliation is worse than the suffering we create for ourselves by being dishonest. If the world could only see.

But there is hope. If we drop the pretense and become really honest, something divine within us begins to awaken and grow. Balance is restored by a sincere effort to repair the damage that was done. We cease to deceive and begin to live deliberately. Freeing the attention fixed on our secrets empowers us to direct change and reshape lives. Habits and addictions that held us powerless become manageable; illnesses and upsets are healed; trusting relationships can be established—just by becoming honest.

*The solution is to begin to practice self-honesty
from where I am.*

*I will decide to exert my best efforts to become less
deceitful, to be more fair in my dealings,
more sincere in my speech, more deserving of
trust and MORE FORGIVING.*

*I can steer my own ship. I must! For if I am not
master of my course, I will never live in a world that
reflects real integrity.*

No one else can make the world honest.

Harry Palmer discusses viewpoints with Masters.





Exercise 15

WALK FOR ATONEMENT

This is a miraculous process. It works best up a mountain trail, a path through the woods, or up several flights of stairs. It can be done anywhere as long as each step is deliberate and accompanied by the prescribed confession. It can be done regarding your life in general or regarding a specific situation or regarding a specific person.

atonement the reconciliation of a defined, contained, or limited consciousness with its source

bless to confer well-being or prosperity upon

pretending resisting what you really believe

OBJECTIVE:

To relieve upsets and suffering.

EXPECTED RESULTS:

Relief from hostilities, upsets, and victimhood. New life.

INSTRUCTIONS

1. To begin your exercise you will need to pick a direction and a destination.
2. With each step toward your destination, whisper an action you have done or a thought or an intention you have had that was motivated by fear or anger. (Include any act you are reluctant to express or for which you feel guilt, any act for which you have a justifying belief or for which you feel a need to explain. Also include any non-actions when you really should have acted.)
3. At your destination, contemplate *spans of time*.

4. For each step you take on your return, think of someone and whisper the blessing, "May you be happy and well."
5. Release all thoughts and events to the past, and experience the sights, sounds, and sensations of the present moment with appreciation.

Variations of the Walk for Atonement Process

For self-abasement or self-abnegation:

- Use self-criticisms for instruction 2 and "I am happy and well" for instruction 4.
- Follow this exercise with criticism of others for instruction 2 and "okay" to something for instruction 4.

For being worried or troubled:

- Use imagine something worse (than the worry or trouble) for instruction 2 and "I am grateful for _____" for instruction 4.

For any period of time right before you made (or are about to make) a major change in your life:

- Use something you were trying to keep secret for instruction 2 and something you could reveal for instruction 4.