

“Choosing Consciously”

with St Germain (via Rebecca Dawson)

Do you know what the greatest problem on this planet is? The greatest problem on this planet is your concept of yourselves. Because from the moment that you are born you are perceived to be a problem. Your parents love you unconditionally but there is a problem here. The baby is crying – there is a problem, the baby is not eating – there is a problem, the baby can't walk yet and it is trying to walk – there is a problem that needs to be solved. Your whole identity is completely interfaced with this concept of problem and so right from the time you are born you have already intrinsically identified with problem solving and your whole experience and your whole identity, and your whole journey becomes about “how do I solve the problem of myself, how can I be more, how can I be more consciousness, how can I be more loving?”

The reality is (and you all know this) - you are *already* that. You are already conscious, you are already loving, but there is such a strong belief that you are not there yet, that you are a problem to be solved, that life is a problem to be solved, that your karmic history is a problem to be solved, that every approach you have with your reality is how do we solve the problem of what is happening around us? That is why humans find it so difficult to exist in a state of joy and exist in a state of creation: because of this intrinsic belief in the problem of life; *the problem of you*.

And so purpose becomes about solving a problem and yet the pure nature of creation on this planet does not require this kind of purpose. If you would look at some of the greatest expressions of human consciousness that you have ever witnessed; be it in art, be it in music, be it in the words that come from someone's mouth, most of these greatest inspirational creations have two features to them. Firstly, there is no purpose other than the joy of creating them and secondly they are most often created spontaneously, without trying to plan it, without thought of it and without process. And that is because that is the hallmark of Consciousness. Consciousness creates and it is spontaneous. So to answer the question as to how it would look in every day life to exist without identity without purpose, it is allowing yourself to be spontaneous and doing things just because you can!

When you go to your device that you call the refrigerator and you open up the refrigerator – the question is “what shall I have to eat today?” How often do you look at that selection and say “I am going to have that because I can”. Very rarely. “I am going to have this because I can. I spontaneously choose to have that cream puff”. Most of the time how do you choose your food from the refrigerator?

I train myself to take the best choices.

The best choice for what?

Health and weight.

So solving the problem of perhaps ill health or a weight issue. So can you see that even in that moment that is solving a problem? So there is absolutely no creation happening when you go to the refrigerator which means that the consciousness that you are does not have the maximum opportunity to express in love and unity and creation when you go to your refrigerator. So we invite you to go to your refrigerators and spontaneously have an experience with no sense of purpose. It is a very simple act and see what it feels like.

There is something very interesting that happens there with you because what happens is you actually experience having an experience with that food. "I am having an experience with my choice of cream puff because I am not trying to solve a problem with it. I am not even eating it because I am hungry - I am just eating it because I can".

Now how many of you give yourselves permission to do things like that in your life? And yet you can also understand how difficult it is for other people to give themselves permission to do it because they intrinsically still see themselves as problems.

It is important for you to understand this concept because we are going to be inviting you to step into a space where it is about spontaneous creation. It is very easy for you to come and sit here and try to absorb something or remind yourselves of something or listen to something, but that is not really what you are interested in and that is not what we are interested in. What we are interested in is creating something. So what we are looking for is spontaneity.

There are many that would say that Consciousness knows all. We would say that the human mind would like to think that Consciousness knows all. In order for Consciousness to know all it would have to exist in a state of time and space, and yet Consciousness exists *beyond* a state of time and space. In fact we would say unto you that Consciousness is not actually interested in knowing anything at all. Do you know why? Because if it knew something then that would be something that has already happened or something that will happen, and therefore Consciousness would be foraying into a 3rd dimensional concept of reality.

Consciousness is only interested in one thing; *it is only interested in creating more*. That is all. And what is very interesting to you perhaps is that Consciousness is not interested in creating so that it can know more things, and we are going to push this even further (and we know that this is going to be challenging for some of you) - it is not even really interested in knowing itself. That is a human concept. It is only interested in creating more – that is it.

The human experience is an experience of Consciousness within certain constructs of limitation so that Consciousness can create beyond those constructs of limitation. Shall we talk about the human design?

Humans as Creators

In the beginning the human physical form was designed to be the ultimate creative species in this universe. The ultimate creator species. Why? Because there is nothing like trying to create something from a multi-dimensional consciousness into something that is perceived to be finite... because *everything* within your 3rd dimensionality is perceived to be finite. And so the very nature of reality here is that once something has been created - here it is. What do we do next? Here we have created a chair. Consciousness has created a chair through the human experience and now we wish to create something else. And so the original design of the human was this Super Species that would create and create and create and create and create, and the original design of that was that there would be multiple dimensional realities on this planet as a result.

In truth that still exists, but human awareness has become so focused on the finite nature of 3rd dimensional reality that humans have completely forgotten that they are here to create. They don't create anymore. Humans now repeat things. They replicate. And the human society and culture on this planet has become so obsessed with replication, consistency, cycles of repetition and it is so imbued within the beliefs about who you are that you become so focused on either improving on what has already been created or making more of it. Even your systems of time have been constructed on this premise.

So if you think about your education systems and how your working environments are, your home routines, even in terms of your weather patterns (which again are beginning to reflect more the multi-dimensional tenure of this planet rather than the 3rd dimensional one) you can see that the human focus became very very narrowed and it all became about how do we solve the problem of what we have already created.

So in many ways, if we go back to the human purpose, we agree with you about the expression of Consciousness and love but for most of humanity it has become about “how do we solve this problem”.

You have an opportunity now with the current vibrational climate on the planet to create and love while you are fully consciousness. And how do you do that? You go to your refrigerator and you spontaneously choose to engage with an experience because you can. It may sound very fickle to you, but there is something so powerful about disarming the belief for purpose that opens you up for more instantaneously.

Linear vs Spontaneous Choice

Let us explain it to you in this way:

Cause and effect in your human 3rd dimensional reality is experienced through a series of events. You would look at your own life journey and you would see it as a series of events. You map your lives in a very linear fashion. “I was born here, this is what happened to me and I died here”. So sequences; 3rd dimensional, linearity, not multi-dimensionality.

So what happens is you have to progress in a certain fashion. Now normally what happens is you will come into an event and you will make a choice and you are in this room and you have got to move onto the next experience in your life. Now it may seem to you that you have got a lot of choice but once you really understand this concept you will realise that you don't really have as much choice as you think you do because you are only choosing from a 3rd dimensional field. So you come into this room and the way that most humans think about the progress of their personal life is that they either choose to go forward, or they can choose to go back. So most of the decisions that you make in your life are about progress. It is not the reality of course, but this is a common belief.

So we choose to progress and we go here, and then we open up this door and we go into this room. And then we progress and this door opens and then we go into this room and so on. 3rd dimensional. What actually happens when you enable yourself and give yourself permission to choose spontaneously without purpose is that all of a sudden all of these other doorways start to appear for you and you can actually move in a completely different direction. And then once you move into the next room you make a spontaneous (not for purpose) choice, and all of these other doors begin to open up.

So if you think of a shift from 3rd dimensional experience to multi-dimensional experience, it is like shifting from a room with two doors to a room with 50 doors. You have choice all of a sudden, your life starts to open up.

Now we understand there are some of you in this room who have made interesting choices in the last year or so and you have taken the Consciousness within you and you have pushed it past your limitation and you have done something you wouldn't normally do. And often it is demonstrated within relationships. So you might just meet someone and spontaneously say hello to them and then all of a sudden it opens up all of these other pathways. Not because you have a purpose about connecting with that person, but because you were there and you felt like it at the time.

So that is a very simple example. But what we are trying to illustrate to you is that the shift from the journey where you have to finish solving a problem that is your own sense of personal evolution, to back into multi-dimensional creativity is spontaneous action. That is the key and it is incredibly simple. When you act spontaneously you instantly release yourself from limitation and it opens up so much more. It also (for those of you who are interested) releases you from the effects of history because the influence of emotional memory and history that are stored within the cells and the human blueprint, are only available and accessible to you within a 3rd dimensional framework.

So those of you who have been working very very hard to release your past, it is very very simple.

Go to the refrigerator.

Correct. It is very simple because you are actually exercising the consciousness that is you. Within the human experience consciousness works a little bit like a muscle. You have to start to use it and the more you use it the more natural it becomes for you to. And you can move in ways you didn't know you could move and you do things that you didn't know that you could do because you have given yourself permission to choose without purpose.

With choosing without purpose what are we choosing?

You are choosing for whatever experience your consciousness desires to have in that moment. You can't choose ahead.

When you say Consciousness only wants to create more, what is it that there is to create?

When Consciousness wants to create more it wants to create more than what humanity already knows and what humanity has already expressed, because this planet has been stuck in a cycle of experience for more than 300,000 years. The same experiences over and over and over and over again. And the time has come on the planet where those cycles are coming to an end. And how wonderful is it for you to know how to enjoy that and to allow yourselves to leap from the wave of consciousness in your form as those droplets and create something new in that moment. Because you actually have the freedom to do it for a first time in over 300,000 years.

This is what we find very curious (and we know that we are going to be provoking some of you in this room in this moment). Humans have always believed that they are free. We wish to clarify that statement. *Consciousness is free.* The human condition has never believed in freedom because you qualify everything that you do. Every decision you make; why are you doing that, oh because of this; why are you choosing this, oh because it might benefit me or somebody else; why are you living your life this way – oh because other people need me; why are you choosing to live in this particular way - oh, because that is just where I am at the moment.

There is no freedom in any of that.

Now there is freedom if there is complete acceptance for where you are and there is a great joy in the knowing that you are in complete acceptance of it. But something very exceptional happens when you truly drop into the acceptance of consciousness and the grace that that offers you. Something very curious happens. Let us explain it to you in this way and we say it very simply: the end game is not stillness, the end game is creation and movement.

Stillness is not the Goal

What happens invariably if you drop into that stillness of acceptance from where you are? “I accept. Things might not perhaps be ideal but I accept where I am.” And if you can really drop into the grace of that there is a stillness for a while, and then there is a great resurgence of Consciousness and something begins to happen and there is a creation again!

That is why so many humans have understood that if they drop into acceptance within themselves that things start to move and change. Well of course! Because the stillness is not the final point. The creation that happens afterwards is.

The stillness can be “well this is where I am” but it doesn’t end there. That is just the doorway. And it is very interesting and curious to us (and in some ways slightly puzzling) that for humanity stillness has become the goal when it is really just the doorway to more. That is why it is so difficult for you to stay in stillness. How many of you are able to stay in stillness for a long time?

And that is not an error on your part and that is not an inadequacy or inexperience on your part. If you can’t stay in it for long it is because it is a doorway to a new great creation urge and sometimes that comes out (particularly within you) with a sense of intolerance. You drop into the stillness and then you drop further and the intolerance is there. Now with that intolerance it is easy for you to be very self critical about that, but what is actually happening there is Consciousness is rising in that moment and saying “great, let us do some more, this isn’t enough”. Why? *Because Consciousness always wants more.* It does within *this* reality because that is what Consciousness does in 3rd dimensionality. It creates and it always wants more. Consciousness is aware of its totality and there is satisfaction of course in that knowing but the very nature of it is to always do more. Always. It is only the human mind that says that we must get to stillness and then everything will be alright. And then action kicks in. The irritation rises, the intolerance is there because you open the door of stillness and Consciousness wants to express itself through you of you and as you to go and do something else.

So be very clear that stillness is not the end point for you. It is a wonderful experience that leads you to more and when you reach that more it is all about “what am I going to do next” and that is when the excitement comes back into your life. That is when you feel alive, because the very nature of the human design is “what are we going to do with this Consciousness?” It is an action reality here isn’t it? Isn’t everything about movement and action in this world? So if Consciousness is expressing as you it wants to do something with it. The beautiful nature of discovering the stillness within is the doorway to that. Can you understand it?

And yet how difficult is it to teach the young ones on your planet at this time about stillness? It is very difficult because the nature of their Consciousness is they don’t actually need to go through that doorway of stillness first. They are ready for action! They are there! They just want more and they know that there is more for them to do than this.