

# ELAN

LIGHTS,  
CAMERA,  
ACTION!

A WISDOM SHARING FROM THE ESSASSANI

# Lights, Camera, Action!

*A Three Part Series plus Associated Exercises*



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# TABLE OF CONTENTS

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*Clicking on the page number below will take you to that page, clicking on 'TOC' on the bottom left corner of any page will return you to this page.*

Part 1 - Clarifying Your Vision	1
Clarifying Your Vision Alignment Exercise	17
Part 2 - Definition and Deservability	33
Part 3 - Action	54
The Referential Preferential You	77

# Part 1 - Clarifying Your Vision

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*Transcript for the YouTube Video:*  
<https://youtu.be/gGdqCePJwp8>

Welcome, and greetings this evening of your time.  
How are you all?

(Fine, how are you?)

Oh, thank you, perfect as well.

Allow me to begin this interaction, perhaps you can say the first of a three-part overall intensive interaction. This particular interaction we have, in that sense, titled “Clarifying Your Vision.”

Next month of your time, we will discuss “Definition and Deservability”, and the following month we will discuss “Action.”

Perhaps, you can call this the “Lights, Camera, Action! Series”, if you wish.

Therefore, we will now begin with the overall foundation. We have discussed many times that you are the creators of your own reality. We have discussed many times that creating your own reality according to preference, is simply a matter of a slight shift in perception. You already create your own reality and it is merely a matter of now beginning to factor-in continuing to do so automatically, randomly hodge-podge, as you say, or beginning to take responsibility for creating your reality according to preference — in joy, from desire, which we have already, to some degree, discussed.

Understand, all that it takes to line or align your reality according to your preference, is: **clarity of your vision**. Now, one other way to put this is: clear intention. However, for now we will refer to this, simply, as your vision; that being THE thing, the event, that excites you the most.

As we have reminded you, perhaps, many times — though, it is always the first time for us — your excitement is, is the direct indication of who you chose to be in this life. This applies to *the* most exciting thing that you feel you may ever do, and it also applies, again, perhaps you can say, microcosmically to what's available in any given moment, using that vibration, that perceptive sense, that you have — your excitement — to determine what is most you and then act upon that option with integrity.

In this interaction, we will, for the purposes, once again, of alignment, focus more on the concept of THE thing that excites you THE most. Now, in general, we do not; in general, we focus your attention to the moment to what's available in the moment. But understand, lining up, aligning with THE most exciting thing directly affects what occurs in the moment, and *allows* whatever occurs in any given moment to actually be a stepping-stone toward the most exciting thing.

Therefore, in order to allow your reality to be a bit more *consciously* created according to preference, allowing yourself to fully, fully acknowledge the thing which excites you the most sets up that clear intention; sets up, perhaps you can say, the vision which will represent one of the overall general themes or purposes in your life; one of the overall themes or purposes that you have created this life to discover. And, therefore, when aligning with that most exciting thing, your moment-to-moment reality begins to reflect this alignment. And, though again, the things that are in a given moment may seem to have nothing to do with the most exciting thing, when you etch, when you decide on the clarity of that vision, the establishment of that vision, each moment then has something directly to do with that vision. And, what excites you in any given moment will now change; for the things that will excite you will now be representative of the path of least resistance toward that most exciting thing — so, it lays down a foundation.

We are not in any way, once again, suggesting by this that you do this at the cost of remaining grounded in the moment; but simply to utilize — as a compass, as a pointer, as a barometer — to where these moments will ultimately lead.

Therefore, allow me to begin by simply asking you all the re-question, perhaps rhetorical for now, and when I ask it simply allow your mind to furnish you with whatever comes up; without any judgment or analysis. Alright? (Yes) Alright.

For a moment, close your eyes. I, simply will ask a question. Allow your imagination to furnish the answer in whatever form it comes. If it seems ridiculous, if it seems, in that sense, to run contrary to your normal, shall I say utilizing your terminology, point of view, simply allow it. Note, when I ask this question, what comes up for you.

Alright, is everyone there? (Here) Just checking. The question is simply this, and I am asking each and



every one of you this question personally, so therefore, factor everyone else out. This is your question, what comes up in the screen of your imagination will be your answer.

## **What truly excites you the most?**

Allow yourself to breathe and allow yourself in, once again, the theater of your imagination, to provide any symbol or any impression that comes up. We will allow a moment for this.

*(Pause)*

Times up!

Now, from time to time, in interacting with members of your society, not to draw any conclusions from this — not to make any generalizations — but individuals will simply say: “Well, I do not know what excites me,” to which we will always reply: “Yes, you do.”

First of all understand, in no uncertain terms, you do know what excites you. When you say that you do not, you simply withhold your ability to access what you all already know. But what, perhaps we have not shared, is that individuals who would seem to not be privy to what excites them, will generally withhold that impression from themselves for one of three general reasons.

Number one: judgment of that thing by your society. Now, perhaps more accurately, you're buying into the judgment about the exciting thing that your society seems to heap upon it. For, understand, it is never a product of their judgment which prevents *you* from doing anything. And, never can *their* judgment even have any effect on you, whatsoever, until you match or create your version of their judgment in the form of self-judgment: *"Well, everyone knows you can't do that."*

So, therefore, that will be one of, generally, three reasons that you will find that you will, from time to time, not allow yourself to access what excites you. So,

this is why we say: “No matter how seemingly ridiculous it may seem, when asking yourself: “What excites me?” allow anything to come up.”

Number two will be something that we have discussed in some detail, which is a, quote/unquote, “fear” that you could not achieve what excites you. Again, I remind you that this is a paradox. The *fact* that it excites you, tells you, is the indication of your prerequisite ability to do that thing; so, it is a paradox.

Remind yourself, relabel that your excitement not only tells you that this is most you but then, by extension that, obviously, you have the ability to do this thing. There are no dangling carrots in creation; other than the ones you choose to create. So, therefore, the mere fact that it excites you, in that sense, shall I say, allows you to know, in no uncertain terms, that though it may not be obvious in that moment how this thing can come about, my excitement tells me it absolutely can.

Number three, there is a general overall feeling that many individuals and, again, we have discussed this as well, that upon achieving, quote/unquote, the “thing that excites them”, that they will not have the ability to actually do that thing; that they actually do not have enough power; or, perhaps, fear quite the opposite; that they could not handle the power that would come along with the fulfillment of that exciting thing. And, again I remind you, simply, there is nothing that you can ever create, nothing that you cannot handle, otherwise there would be extraneous creation — and I remind you, there are not.

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**Everything, by virtue of the fact that it exists,  
tells you, by definition, that it belongs.**

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So, understand the message that excitement delivers. Number one, it tells you: “You can do that thing;” number two, it tells you that when doing that thing you will have more than enough power to continue to

do that thing and that that power can never overcome you, for it is an expression *of* you.

So, therefore, should you find — in asking yourself what excites me the most — these barriers arising, simply dialog with yourself utilizing the reflections that we have just shared and ask yourself again: *“What excites me the most?”* Allow it to come up, allow yourself to feel it, allow yourself to validate it.

Understand, once again, that, most literally, though you perceive yourself as physical matter, you are energy; you are Consciousness Itself. Therefore, you are a *frequency* of energy; literally, a wavelength, a frequency, a spectrum of energy. When you establish your clear vision, you, in that sense, conform the frequency of your reality to the frequency of your desire. So, therefore, understand that it is not merely a mental exercise to clarify and establish your clear intention, it is, literally, the initiating step that sets up the energy template, the model, that, quote/unquote, *“your reality then grows upon,”* so to speak. Therefore

it is not merely an exercise but a foundational statement of conscious creator-hood.

If you are willing to acknowledge what moves you, what excites you, you *are* clarifying your vision; you are focusing down on the overall idea that right now is most representative of who you are. Again, it is like unto dialing, perhaps you can say, a phone number or, in that sense, a particular address; it tunes you to the preference of what exists in your reality.

So, we cannot emphasize enough that your willingness to allow yourself to be aware of what excites you the most, sets up the vibration that allows your life to fall, literally, into place; through coincidence, through the seeming strangest of events and, once in a while to keep it interesting, through the obvious course of events as well.

Understand, you already do this in various forms. You already reaffirm, reassert, *some* intention. Very often, it is that you constantly repeat: *"I cannot do the thing that*

*excites me, I cannot achieve the thing that excites me”* — this is the establishment of a vision; this is the establishment of an intention, perhaps not according to preference, but nevertheless, it is the same thing as an intention because it is a statement by you. And, perhaps, you may understand that, in that aspect, the universe is quite neutral; it does not read into what you are saying and interpret; it takes you quite literally.

So, when you affirm: you are clarifying a vision that lays down the foundation for a reality that results in the effect of not being able to do what excites you; brings the evidence along with it that, yes, you cannot do what excites you. For that is what you are continually stating as your belief and setting up foundationally, then again, emotions, thoughts and actions, correspondingly.

So, you already use vision, use intention, though, again, it is generally a random effect. Simply, you need not cease being random and run away from the

random approach. By establishing, consciously, your clear intention, you automatically distance yourself from the old approach but not by running from it in an invalidating way, but by validating and acting according to the new approach, automatically do you distance yourself from the negative, or reciprocal, of what you say you prefer.

In the second half of this interaction, what you call “after your break”, we will perform a short, perhaps you can say, guided visualization, that will once again enable you, perhaps in more symbolic terms, to focus in; to hone in; to tune, literally, in on what excites you. But first, we will allow the settling, perhaps you can say, of some of the information that we have just shared — in terms of what you create as impediments, and in terms of your new way to address these ideas — and allow your excitement to be delivered to you on a silver platter.

Now, before we begin, I again remind you: once you establish your overall vision, your overall intention,



you will either be able to do something, to act, in this moment toward that particular end, or not. If you can, by all means act; do whatever is most obvious [it] is there for a reason and will stand out in your reality for a reason. But, once you have established the clear intention you no longer, if it is not available in the moment, need fixate upon it, obsess upon it, but simply check in with it: “Is it available; is there anything that I can do right now toward my vision?” “Yes”, do it. “No, alright, what can I do something about” and, remind yourself, maintain that clarified vision, and move forward from what is available.

Therefore, again, you do not use the most exciting thing as an excuse, in any given moment, not to do the things that are exciting in that moment, but simply use it as a tool of alignment to remind yourself: “This is what I will settle for, no less than in my life, this excites me, this is obviously one of the reasons, key reasons, I am here, therefore, I will *allow* it to unfold into my reality. And I will allow it to be an ecstatic process by continuing to maintain it as a clear vision,

while *acting* from what is available on the things that excite me.”

Now, that is an exciting and ecstatic life. That replaces your, quote/unquote, “old momentum,” the illusion of momentum, with a, quote/unquote, “seemingly new preferable momentum.” Again, momentum is an illusion, overall, but it an apparency and can also be used to your advantage. Once again, you seemingly establish the momentum of your excitement with integrity.

Allow me, now, to once again thank you all. It is not only an honor but an ecstatic joy to interact with you, particularly now that you are on the cusp of a whole new understanding in your society. Many things are occurring, many things will continue to occur; many exciting ideas are just around the corner, as you say. And, therefore, it is our joy that on some level, obviously by the fact that I can communicate with you in this way, you have invited us to participate, perhaps on the side-lines for now, but the idea is you

would have it no other way; it is your game and, therefore, you make the rules and you determine the, quote/unquote, “outcome,” as you say.

We thank you for your willingness to allow you to be part of our vision, for we are all truly related; in the essence sense, we are, very literally, brothers sisters, cousins, parents, children; in many ways, in many differing and different styles of relationships

Therefore, again, it always is an ecstatic joy to interact with you. We thank you for the honor. We thank you for the opportunity to behold your culture at such a time of transformation upon your planet. Due to this willingness I ask you now how I may be of service to you, and vice versa?

# Clarifying Your Vision

## *Alignment Exercise*

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*Transcript for the YouTube Video: <https://youtu.be/OQVNAu3Z-vU>*

Close your eyes, become relaxed in your seat. Standing, if you prefer, take three deep and loving breaths, with me now.

*[Deep breathing sounds]*

Picture yourself, walking upon a road; *feel* the ground underneath your feet as you walk; *feel* the air bristle by the skin of your face and arm; *feel* the cool fresh air as you breathe it in, walking down this road. As you do, begin to notice that this road exists in a most pleasing place, and that to your left, and to your right, are sights that you find most beautiful. Allow your imagination to furnish these sights, and allow your

heart to furnish the emotion that corresponds to the beholding of these wonders, as you are walking, walking, walking along the road to ecstasy.

[*Breathing sounds*]

Notice the smells, the sounds, the sights, notice, as you say, the wildlife. Feel the glow in your heart, and, understand, that *the you* that you are now being is the Preferred You. Watch how *that you* walks, watch how *that you* holds its head — and hold your head that way. Beholding sights of beauty, and creating the corresponding emotionality, of appreciation.

[*Breathing sounds*]

Notice, off into the distance, a doorway. As you come upon a structure, a building, allow your imagination to furnish the form in which you behold this building. It is still quite off into the distance; notice, and continue to appreciate, along this path, the sights and sounds that you are beholding.

[*Breathing sounds*]

Notice, as the structure providing the doorway before you, grows in size as you approach it; closer and closer, larger and larger. And, understand, that the structure is quite large; extends, as you say, into the sky. As you, prior to entering the structure, scan upward, notice — in whatever form that it presents itself — at the peak of the structure; any idea, any form, of what you call antenna, and notice, in that sense, its shape and orientation.

[*Breathing sounds*]

As you approach the opening, the gateway, the doorway into the structure, you notice that there are several, as you say, steps down. And, as you approach the doorway, you *descend* down these steps into what you perceive to be a main room, in the center of the structure. Allow yourself to perceive the *descending* down the stairs into the depths, into the heart, into the very foundation of the building that you have entered.

Notice the corridor through which you are walking, notice the various ornamentation that are, in that sense, etched upon the walls of the hallway, and notice that at the end of the hallway is another door leading into a room. Slowly, purposefully yet effortlessly, allow yourself to continue to descend these steps until you reach that doorway. As you enter the room, once again, centrally located within the structure, you will notice that there is a chair. Before that chair there is, what you call, a table. Upon that table is, what you colloquially refer to as, a television set. That television set, simply, has a wire that would, in that sense, ascend upward, and, you understand, that *that* wire connects to the antenna, that you have created, atop the structure.

Allow yourself to approach the chair; sit within it. Notice the features of the room around you, notice the walls, feel the floor beneath your feet. Notice the ceiling above you, notice its shape, its size. Notice, as you say, the scent or the smell of the room. Breathe deeply, as you sit in this chair, and relax.

*[Breathing sounds]*

Once again, with me now, and yet for the first time, take three more deep breaths, followed by yet another three. Breathing in Love and Light — breathing out old ideas, which no longer apply to who you are.

*[Deep breathing sounds]*

And, three more. Breathing in knowingness, breathing in self-validation, and excitement — breathing out self-judgment.

*[Deep breathing sounds]*

Notice, the sense of relaxation that your body has now assumed, feel the deeply, all-pervading, relaxation that you have not often felt before, feel the sense of complete comfort — simply being where you are, having no ambitions to be anywhere else, and having no inclination toward reflecting back on any, quote/unquote, “past moment.” Drink in where you are,



simply *being consciously who you are*, sitting in that chair in front of that television set.

[*Breathing sounds*]

Now, understand, you are within the depths of your own *beingness*; extending into the heavens, yet firmly grounded in your reality, as symbolized by the descending steps into this chamber. Allow yourself to understand, that you are now connected to, what you call, your “spiritual nature” directly, yet grounding that spiritual nature into physicality, into the physical world that you are creating. Feel this connection, as above — so as below. Feel the complete knowingness that you are the Reality.

Understand, that what will be broadcast upon that television set, *is your life; is who you are*. Literally, this device, as you have created it, is a *discernment instrument*, which takes for granted that there are many overlapping frequencies occurring at the same time, but gives you the ability to finely, and distinctly,

tune into a particular frequency. Clarify that frequency, focus that frequency, and bring it through, seemingly, as the only frequency. This is, literally, what your machine does do, this is, literally, how it will function, within the scenario that you are co-creating with me, now.

You will understand that, as you look down into one of your hands, you will find what you call, alright, ‘remote control’, but you will understand that what this set is tuned to is your Excitement; is your vision; is your intention. Understanding this, each and every one of you, in whatever way you choose to create it, turn on that set, and allow yourself to *see your vision*. Understand, you have the option to, as you say, flip the channel, and thereby check-in with the various frequencies, but pay particular attention to what presents itself upon that screen; again, particularly that which you *least* expect — which is what shall occur. And, as you are flipping through the channels, as you say, notice the tone of what you call the programming, notice the overall emphases, of

whatever scenario or, quote/unquote, “show,” happens to come up. Take some time, create some time, and, as you say, flip through the channels.

[*Breathing sounds*]

Understand, that what you are seeing upon the screen, is *you* performing actions within scenarios, corresponding and creating events, and allow yourself — in observing yourself doing so — to feel which events attract you more than other events.

[*Breathing sounds*]

Remember that, as you are, again, flipping your channels, no one is judging you, therefore, grant yourself that same respect; any show that happens to present itself upon your screen is alright, in that sense, to watch. Also understand, that anything that you are performing within that scenario, shows you — by virtue of the fact that you are seeing yourself performing it — that it is something completely

within your capabilities. Also, as you see yourself doing that thing, also remind yourself of the fact that you, obviously, are displaying; that you can handle all the Power and Responsibility that comes along with the playing out, with the expression, of this idea that so excites you. So, feel this and allow yourself to, once again, focus in on, perhaps now, beginning to narrow down your channels to but two or three events, or two or three overall ideas, that you find most exciting.

*[Breathing sounds]*

If no one particular program stands out as being any more exciting than any other, then, continue to fluctuate and continue to, in that sense, watch each of the programs, but many, or most, of you, will find that one particular scenario stands out as being that much more exciting than anything else. When that is the case for you, allow yourself to see yourself on the set, on the television screen, performing the most exciting thing that you can, right now, picture you will ever do.

*[Breathing sounds]*

As many of you will sometimes do, allow yourself to, as you sometimes say, “live vicariously” through the image you are seeing upon your television set; absorb yourself in the show, feel, for now maintaining the separation, but emotionally feeling the joy that you feel when you watch a particularly pleasing program.

*[Breathing sounds]*

As you sit, once again, perched in front of your television set, begin to notice that, seemingly, the entire instrument is moving towards you; growing larger and larger, as it approaches you. Understand that, perhaps, it was much farther away than you had at first imagined, and is far larger than you first imagined. And, as it approaches you, you begin to understand that you are not watching something occurring behind a screen; but you are watching a scenario, through a window or a porthole, that, now,

is approaching you, and coming into your physical proximity.

Allow it to continue to approach you, understanding that you will not bump into it. Notice, as it approaches, that it begins to wrap around you — no longer simply maintaining the image of being in front of you, but now surrounding you on both sides — and stand up, in your imagination, from that chair. Picture, if you will, the screen now wrapping around you, coming to a complete circle in back of you. So, now, you are surrounded, 360 degrees, on all sides, by the image, and are, literally, now within the image; no longer separate from the image.

Feel yourself in the scenario, doing the most exciting thing. As you are doing it, feel the joy, and, what you refer to as, satisfaction, that comes along with that idea. Feel it; do not analyse, feel it.

*[Breathing sounds]*

Notice any unexpected happenings within the scenario, pay particular attention to things which are occurring, that you did not expect; rather than the ones that you did. And continue to feel the *joy of the identification of being the you, you say you prefer to be.*

*[Breathing sounds]*

When you have fully allowed yourself to *feel* how it is — to be the *you, you prefer to be* — allow your surroundings to, once again, become misty and fog-like, until you are standing in the blackness, as you say. As this blackness subsides, notice that you are, once again, within your seat, within your room, upon your planet, this evening of your time. And, allow yourself, at whatever pace is most pleasing, to breathe deeply. And, once again, open your eyes, bringing back with you this experience.

Now, understand, though particular symbols, familiar symbols, were used, the choice of each symbol is precise; the choice of each symbol is purposeful. You have preconceived ideas of many of these symbols, and, therefore, we merely “played” with you; utilizing the symbols already prevalent in your society. But, this is far more than simply an exercise; it is, literally, *a form of alignment*. I, simply, suggest to you that this is only the beginning, in that sense, of Clarifying Your Vision; allowing yourself, in a spontaneous fashion, to tune into what excites you the most.

However, again, many things that occurred within your vision, may have, again, been unexpected; so pay particular attention — not to what came up that was most obvious, although you can note that as well — but pay particular attention to anything within that scenario that came up, that was not expected. Continue to focus on the **joy** that those unexpected ideas brought you, the enhancement that those unexpected ideas brought along with them, to the



scenario, and understand, that *this is how your reality falls into place.*

As you Clarify Your Vision, as a clear intention, round and about you, does the reality begin to conform. Round about you, does the reality begin to fall into place, to allow you to experience that vision. But, it will often do so in the most unexpected of ways, and that surprise, that unexpected direction is just as much a part of your Creator-hood; for it is, literally, *one of the reasons that you have created yourself as a physical being.*

One of the reasons that you choose to forget your totality, and focus on what, ultimately, would seem like, a minute portion of yourself — and this is, again, not only for the experience itself — but the **joy** of discovery, within the playing out of that experience. Very often, many of you will lament that things are unknown, and this is a complete dis-acknowledgement of your **purposeful** application of what you will choose to know; and not know. I

remind you, when you know it all, you cannot learn, you cannot experience anything, seemingly, for the first time. And, you cannot be surprised. *Surprise*, in and of itself, is one of the primary reasons for choosing to create a physical reality, therefore, from your Higher Self perspective, is a source of great joy.

Your, willingness to flow with this appreciation, will allow your reality to deliver things to you by surprise, in, seemingly, the most unexpected way; the *ecstatic explosion of coincidence*. Again, things will still come, from time to time, along the most expected path, but, perhaps more often than not, you will find that your willingness to lighten up your grip, and insistence that it must come in a particular way, will allow it to come far faster; through coincidence; through surprise; through the joy of discovery of who you are.

We thank you for your willingness to participate in this exercise with us, this evening.

Before we continue, with what you call, the interaction, the exchange, again, I remind you, we too, are continually discovering, dis-covering; uncovering who we are, as well, and, the process of utilizing your communication as a reflection, enhances us in ways that are not immediately available upon, merely, the experience of our planet, itself. So, I remind you of this, to thank you for your willingness to share with us, which brings us more growth than many of you will assume. We are all equal in the eyes of All That Is, we are all equal in our own eyes. The differences are as fascinating to us as the similarities.

We thank you for your willingness to co-create with us, in this way, and, once again, resume with — sharing!

# Part 2 - Definition and Deservability

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*Transcript for the YouTube Video:*  
<https://youtu.be/2okopE1HyMo>

Welcome and greetings this evening of your time, as you create time to exist. How are you all?

(Good, how are you?)

Oh, thank you, perfect as well.

Allow me, as we have discussed, to entitle this interaction: “Definition and Deservability.” I will begin by reminding you that we have laid down the format that this particular interaction will comprise, perhaps you can say, part 2 of a 3-part intensive.

Part 1, last month of your time, was “Clarifying Your Vision.”

This particular interaction, again, will be on Definition and Deservability which we will discuss. And, next month of your time: “Action.”

Understand, what we are doing in creating the intensive in three parts, as this, is covering the basics shall I say in, perhaps you can say, a slightly more advanced fashion of creating your own reality *consciously*; Conscious Creator-hood. Last month of your time we discussed your vision, or your clear intention. As we have already, to some degree covered, your intention, locked in your reality, allows you to have say; allows you to decide — using whatever criteria that you will — what will occur in your reality.

The criteria of *preference*, allows your vision to be aligned to your passion; to your excitement. To some degree, we have discussed this and led an exercise to allow you to get in touch with what it is that truly excites you.

Therefore, we will now expand upon this idea; explain certain aspects that now that you have crystallized, now that you have created, your vision you can now utilize what you already have created in your reality to a positive advantage, and through this approach transform whatever it is that you do not prefer presently about your reality to a preferred manifestation.

So, first of all, we will then discuss with you the idea of **definitions**; for your definitions, literally, are how you define your reality and, perhaps you can say, another way of saying what you believe about your reality. The definitions that you assign to your reality are part and parcel of the beliefs about that reality. So, therefore, allow us to start in the following way —

When you have clarified, established and clarified your vision, there will be certain definitions that you may still hold, which may run contrary to the fulfillment — in a positive way — of that vision. Therefore, this will now be the timing upon the

establishment of your clear intention, your clear vision, for many of these definitions to come up. You will see as they come up — if you allow them to deliver to you the message that they have — that you can very quickly transform any definitions that you hold about your vision which, again, run contrary to the manifestation of that vision in your life as your reality.

So, therefore, there are, perhaps, particular definitions that you have bought into, and, if they are contrary to your clear vision, they will come up. Step one is allow them to come up. We have discussed allowance. **Allowance** is the mechanism of true Creator-hood, it is the way that you already create your reality: through allowance. So, therefore, allowing the definitions to come up as they will, again, perhaps the ones that run contrary to the fulfillment of your vision, and allowing yourself to *acknowledge* that you hold those definitions, is always the first step to *re-defining* those definitions.

I remind you, when you believe something:

- ◆ you then *feel* that way;
- ◆ you then *think* that way;
- ◆ you then *act* that way,

and it is, ultimately, those actions which then create physically into your life, the manifestation that you prefer.

When you establish your vision, in whatever way you find is easiest for you; whether it be mentally through dialogue; mentally through meditation; on your paper and pencil. Whatever way you find that you organize your thinking, at this point, utilize it in the following way: once you have established your clear vision — your clear intention — make note of what definitions a person who is already doing that thing would have.

As you begin to do this, you begin to *allow* yourself to see the definitions necessary to begin to manifest your



clear vision in the path of least resistance. Often, as you do so, again in whatever way your organizational skills allow, you will also — through the process of elimination — find which definitions, perhaps you can say, you would need have to establish your clear vision in reality, and then, also, that will be an opportunity to allow whatever definitions that you have that run contrary to that vision, to come up.

So, allowing yourself to define the vision; lock in the vision. Allowing yourself to understand what definitions a person already accomplished in that vision would have, allows you to define still further how it is in your consciousness that you can reorient yourself toward, in that sense, your vision. Is this clear so far?

Therefore, again, in whatever way you find most efficient, whether you write it; whether it is merely a dialogue; whether it is through your meditative state; establish — make the time to establish — what definitions one would need hold that is already doing

the thing you say you wish to do. Again, allowing any definitions that you already express that run contrary to that particular definition, to come out; acknowledge it. Allow yourself to see, as you acknowledge it, that it has had you feeling a certain way; has had you thinking a certain way; and, ultimately, has had you *acting* a certain way. Those actions are the actions in your life that still run contrary to what you say you prefer.

When you establish the new definitions that the preferred you, perhaps you could say, would have, you can also extrapolate in your imagination: “*How would a person already believing this, feel?*” — and feel that. Allow yourself to physically feel it before then moving on to the step of establishing how a person who already believes that, would think.

Once you allow yourself to feel that belief, the thoughts of a person with that belief will come quite clearly, quite quickly, and then allow yourself to see the actions that *that* you would, in that sense, perform.

Now, perhaps it will be obvious to some of you that, to some degree, we have already discussed a tool — a methodology — through which much of what we are discussing, is simply automatic; that is what you call: the “Referential Preferential You.” For in the creation of the *you* in your imagination, and handing situations over to *that you*, *that you* has the definitions that you would prefer; the definitions that reinforce the clear vision.

So, going about it through the Referential Preferential You, is one very powerful, very accessible, way to get in touch with your definitions; and to transform them to definitions that you already prefer. But, again, even the listing of the definitions, the willingness to define clearly for yourself the definitions that your vision would necessitate, simply speed along the process; you can go at it from either way; you can do both. The Referential Preferential You, again, is a tool that is part and parcel of you; you can never lose that tool and, therefore, that tool will always provide the definitions that are most conducive to do anything that you wish.

If your reality *appears* to run contrary to your clear vision, I again remind you that a person who *believes* in their clear vision would contain the definition that you call persistence. **Persistence** is simply a matter of understanding that you are going; you intend to create this reality and simply nothing in the external world can stop that intention. Perhaps, it may not go according to the timing, perhaps it will, but if it does not your unwillingness to give up on the idea means you can never fail. So, if your reality appears contrary to what it is that you say you desire, maintain that clear vision and drum up, or allow to come to the surface, any definitions that would suggest otherwise. For your definitions will either reinforce your clear vision or they may seem, at times, to be at odds with it; if those definitions are not the most conducive definitions for that vision. Again, your life will let you know.

If you always remember that you can trace back to your definitions —

- ◆ through how you feel;
- ◆ through how you think, and
- ◆ through how you act,

your life will always be your barometer.

Either you can, as you say, catch it as an emotion that perhaps you do not prefer, but if you find yourself filled, to some degree seemingly automatically, performing non-preferred actions, which we will discuss in more detail, understand that those actions in and of themselves also can be used to trace back to the most expressed definition in that moment.

**You truly act as though you are the person who believes whatever it is you believe; so you can use your emotion, your thoughts and your actions to define what you must be believing in that moment.**

Now, allow me to draw a distinction which, again, we will expand on in a future interaction. When you say:

“I believe this and I do not believe, perhaps, its opposite,” understand you contain both beliefs; otherwise you would not be able to draw the distinction. Any belief that you do not prefer and do not wish to express, your ability to even think of it means you contain it. So, it is not a matter of getting rid of this belief and having that belief; you have **all** beliefs. It is a matter of which belief are you *expressing* in your life.

Everything that you believe, and everything that you do not say you believe, still exists within you. I remind you, there is no outside. Therefore, you contain all beliefs. The ones that are having an effect on your life in any given moment are the beliefs that you are expressing from all of the beliefs that exist within you. So, if you say: “*Well, I must believe this,*” I remind you, you also contain the opposite belief. And, therefore it is merely a matter of which belief do you express — and I again remind you, that you express your beliefs through your emotions, thoughts and actions.

Remembering this, truly gives you back your power; for you understand that you contain all definitions; it is not a matter of needing to get rid of the ones you do not prefer; simply choosing and expressing the ones that you do not while not invalidating the beliefs you do not prefer. Expressing the beliefs you do prefer and not invalidating the beliefs that you do not.

Whenever you create anything in your life, you are expressing a belief — but you also contain that opposite belief, in every given moment. I tell you this to simply allow you to see the degree to which you do have complete power; to which you do contain it all. And, it is simply a matter of which beliefs you express as to which ones will have a result or an effect in your life. So, allow yourself to come to terms with what definitions would behoove your vision, and allow your life to deliver any definition which is not in alignment with that vision — and embrace, embrace yourself, for delivering the non-preferred definition. Do not berate or judge yourself; you are handing yourself back your power, not showing yourself your

shortcoming — unless you label it that way. Therefore, you can get effect.

But if you understand that your reality is handing you back the keys to drive, perhaps you can say, the vehicle of your life in a preferred direction, you may rejoice when something negative comes up; not because you embrace the negative aspect of it; not because you condone it; but because only now is it back in your power to redefine. Any definition that you are achieving a result from, is simply the definition you are expressing. But, I remind you again, that you contain all definitions.

Now that you know this, it is up to you to exercise your ability to respond — your “response-ability” — with the preferred definition or not; and should an un-preferred definition come up, embrace it and allow yourself to utilize its timing of presenting itself to you to be your perfect timing to replace it; and express the new preferred definition, or belief.



Therefore, again, your reality, on a silver platter, will hand you any definition that is no longer representative of who you choose to be. If you run and sulk, it will simply seem to be, in that sense, obstacles in your path. If you embrace it, allow yourself to feel it, glean the definition, choose a new definition; allow yourself to feel that; allow yourself to see how you would think with the new definition; allow yourself to see how you would act with the new definition; and act as a person with the new definition would act.

You are transforming your reality through exactly the same mechanism that you already — for your entire life — have created it. Therefore, there are no new skills to bone up on; simply the willingness to, once again, **allow** your reality to transform by presenting to you these various definitions which no longer serve you.

Therefore, that, for the most part, will cover the idea of Definition.

Allow us, now, to discuss another ability that you all have and that is one of the reasons that, even in your language, this is called “Deservability.” This is not something that you need to go get; this is, again, a definition within you that I, in that sense, challenge you to express.

You have the ability to understand that you deserve to create the reality that you prefer; particularly if that reality is within integrity; for then it will harm no-one else; will harm not you, and everyone, in that sense, is served. You exist; this is one of your primary qualities; merely that you exist. That brings along with it the automatic ability to know that you must, obviously, deserve to exist. Otherwise, how did you get here? Did you slip in a crack of creation? No, you expressed the definition of the fact that you deserve to exist by taking the action of incarnating as this life and because you are an expression of All That Is, All That Is — which is not truly separate from you, but you sometimes view it this way — always bequeaths that you deserve to exist.

The only one who ever, in that sense, entertained the reciprocal definition is each and every one of you. For, again, because you contain ALL beliefs, it is not accurate to say: *“I only contain the belief that I do not deserve anything,”* and it is not accurate to say: *“I only contain the belief that I do deserve everything;”* you contain both beliefs. Therefore, you have the choice of which one to express, and you can allow your reality through the feedback of your actions, thoughts and emotions, to allow you to know in any given moment if you are expressing that you deserve, or if you are expressing that you do not deserve. Either way, you are expressing one or the other. There is no outside that judges you, because All That Is is 100% non-faillingly, unconditionally, loving; you simply cannot screw up in the eyes of All That Is. Everything goes; that is what unconditional love means. Therefore, the only one who can assign that you do not deserve anything is you.

Now, you may perhaps say: *“Well, others seem to very willingly, in my society, define that I do not deserve this or*

*that,*” but understand, when someone says that to you, if you do not believe it, it simply is an empty statement with no effect. If you feel an effect from it, that is not them influencing you; that is them providing a reflection that, somewhere within you, you still match that vibration. You can only feel your matching of the vibration and, in that moment you still contain the belief that you deserve it all; you are simply expressing the belief that you do not. Do you understand the distinction?

Therefore, Deservability — your ability to deserve — is simply a given, and you can express or revoke that particular designation; no one else, nothing else can. And, again, if you are expressing: “I deserve to exist, I deserve to create a life of ecstasy with integrity,” then anything that anyone says to you will simply be: *“Thank you, but no thank you. I appreciate what you are saying I will take it under advisement; if I feel, in that sense, that changes need to be made, I thank you. If not, I still thank you; you have reflected to me, flawlessly and not patronizingly.”*

But, if you sincerely are willing to thank the messenger it is, perhaps you can say, a most integrated alternative to shooting the messenger. And, I mean this in any way that it will come, any definition that is delivered to you in your life; you can blame the definition, shoot the messenger, or, you can understand that the messenger has served a purpose. Embrace the messenger, perhaps catch the messenger off-guard, but that is alright, that is what you will begin to express as you choose integration.

When you begin to extract integration you will not only understand that your ability to deserve is up to you to express, but you will also begin to see the Deservability in others — perhaps others that you had heretofore judged for they, too, have the right and reason; All That Is obviously thinks so, All That Is loves them unconditionally. Now, you can begin to exercise that same unconditionality; now you can begin to, once again, recognize the divinity — perhaps you can say, it is an expression, I will therefore use it — in each individual, and with that divinity comes

unconditional love; comes Deservability; and comes a set of express definitions.

You can always use anything that is offered to you in any form, in a positive way. Now, many times you assume that, perhaps, there are a few things in your reality which simply have no way to assign a positive label to. Understand, everything, everything is synchronicity and, if you say you are willing to assign a positive meaning, sometimes your reality will see if you are really serious about that and give you many opportunities to assign positive meaning. This may seem like an obnoxious inconvenience; it is one of your greatest opportunities for accelerated growth.

I, in that sense, revel in communicating with a roomful of third—transitional— fourth density beings. What will express more of the fourth density perspective, the more unlimited physical perspective, is to establish your vision; clarify your definition. Be clear about expressing your ability to deserve and, ultimately, clear action — which, again, we will

delineate upon further, later. That is all. When you feel you are in third, shall I say, density — limited physical reality — you still contain the definition of fourth, and are simply expressing the limited point of view.

You are so limitless that you can impose extreme limitations upon yourself. I understand, this seems like a paradox; seems like an irony, but only could that be possible with the great power — not that you have — but the great power that you are. You express that power in each and every given moment of your life. So great is that power that you even have the ability to forget completely that it is your power, and assign that power one piece at a time to persons, places and things within your reality. That is merely one definition; *“It is happening to me,”* is a definition you all contain, but, *“It is happening from me”* is also a definition that you all contain — and are beginning to express more and more. Once you constantly express that, that will be all you know, experientially, and you will be fourth density, literally, right here, right now.

Simply continue to grant yourself, grant yourself, Deservability. You have struggled hard enough, long enough. Even if you buy into the dues-paying mentality, you are paid-up. Therefore, you need not use that definition to hold yourself back any longer; everything is due now. Now is the only time you ever exist; now is the time you can transform. And, I remind you to now be mindful of what you are expressing without invalidating it.

At this timing, I wish to thank you all for your willingness to continue to entertain communications from our stream and to entertain us as well. You are all, you say in your colloquial slang, “a riot”. We are a light race, we are a happy race, and you have brought us great joy. We thank you for it as a gift, in that sense, that means the universe to us. In return for your willingness to function as my equal, I thank you. I express my unconditional love, and ask you how we may mutually be of service to each other. Sharing!



## Part 3 - Action

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*Transcript for the YouTube Video:*  
<https://youtu.be/Xbx7tAOUglc>

Welcome and greetings, this evening of your time.  
How are you?

(Great!)

Oh, thank you, good answer. Accurate.

Allow me to express my undying, as you say, love unconditionally, and appreciation, to all of you. It is no accident that you are here this evening; in many ways, you may understand, this to be a reunion of sorts. We have, in that sense, enjoyed interacting in this format through this channel for, as you say, several of your years. In that timing, this has allowed us to convey a body of information, that body of information, in many ways, for your foundational

understanding; for your initiation, fundamentally speaking, is now, in that sense, complete.

Now is the time for the application of the material, for those who are so inclined. Again, we do not insist, in any way shape or form, that you do what we are saying; it is no better than anything else that you are doing — simply different; simply an alternative; and simply a option that will allow you, if you so desire, if you so feel that you deserve it, to create the life that you enjoy; that you prefer, and allows you, in no uncertain terms, to completely validate yourself, and through that process validate your reality and, by then extension, validate all the other individuals that seem to exist or cohabitate within your reality with you.

Therefore, this is, as we have shared, Part 3 of a 3-Part series, again, colloquially speaking: the **Lights, Camera, Action! Series**.

For **Part 1**, “Clarifying your Vision,” shed some light on who it is that you desire to be and, therefore, who

it is you are, and, in clarifying that idea, you set up a vibration — that vibration then becomes your reality by simply maintaining it as a clear Intention and acting that way.

**Part 2**, perhaps you can say, “Camera,” for it is the mechanism that allows for, perhaps you can say, in many ways, the recording of that vibration; that is clear Definition; clear Deservability; and clear Desire.

These lay down the fundamental foundation whereby all of the aspects are in place, and then all there is, necessary or needed, in that sense, to do to complete the process — as a Conscious Creator — is to then, with a foundation, ACT upon that foundation. Apply, *apply* in your reality as an action, these ideas.

You are physical beings, in this particular expression of your soul, you are infinite creators, perhaps you can say, as your innate Self; but you are now exploring, within that infinity of your consciousness, a finite point of view in a physical reality.

The ultimate expression of your Creator-hood, in a physical reality, is action. Action moves; is the moving mechanism of your reality. The beliefs, the emotions, the thoughts, are a foundation; that foundation, subtly or blatantly, affects your actions. And, as we have always shared and is; your actions that create the reality.

A simple reminder, your society has many notions about what you call “spirituality,” and what you, generally, then, refer to as “mundane material reality.” And, many times, individuals will strive to express their “spiritual side” and feel that, in order to do so, they must deny their “physical side.” But this, to us, is a paradox.

It is one way to go about focusing on your spirituality, but it is, from, again, our perspective, generally at the cost of a portion of your spirituality. And, here is why: your actions — your material reality — *is* a spiritual expression; not a separate idea, or a sub-classification, within spirituality. Action, materiality, *is* spiritual; is a

form of spirituality. Therefore, it is an expression of your soul, of your spirit, and you need not deny yourself material existence, deny yourself action, to obtain spiritual. Simply, grant yourself the inherent spirituality *within* your actions, *within* your materiality. Everything in creation is equal, and it is not that spirituality is better than materiality, no. One is an expression of the other, and you can express **consciously** your actions and *consciously*, shall I say, manipulate the materials of your reality with a spiritual attitude; not one at the cost of the other.

In order to create, in this reality, you must perform an action; you must **do** something. So, another analogy that we have used, it is all well and good to have your head in the clouds, to think lofty thoughts, to ponder your spirituality, but it only becomes practical, it only becomes applicable and usable, when, while your head is in those clouds, to keep your feet on the ground. And, when we speak about “grounding yourself,” we simply mean: what can you **do**, in any

given moment, from what **is** available; not what is not available.

No matter what, your actions ultimately create your reality. You can always use your actions to tell, and trace back to, yourself, what you must be thinking, feeling, and believing; for you *always* **act** like you believe something. If you say: “*My belief is that I deserve everything that I can create, in positive love and light,*” then, believe me, if you wish, you act that way. If you say: “*I do not deserve;*” you act like a person who does not deserve.

Now, as I have shared, technically speaking, you contain both beliefs: “I deserve, I do not deserve,” you contain both of those beliefs; you are an expression of All That Is; there is no “outside” — you Contain It All. So, therefore, it is not: “*I have this belief, and do not have this other belief.*” you have both beliefs, but you are *expressing* one belief instead of the other, and that *expression* takes the form of **action**. You are either acting, using the aforementioned example, like a

person who deserves, or acting like a person who does not; and there is no middle ground — one or the other.

If you act like a person who does not deserve, you get the evidence; those actions have results, which are the evidence of that belief. But, if you simply allow yourself to see, allow yourself to project, how a person who does deserve, would act, and act that way instead — not denying that you have the un-preferred belief, but simply choosing the preferred belief — you can transform your life.

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**Your actions create your life in a physical universe.**

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Therefore, acting according to preference is one of the bottom —lines of which we speak, and if you say: *“Well I can’t do that,”* you are taking an action; you are continuing to perform the old un-preferred action. It is not automatic, it is not something that happens *to* you; *you* are choosing to continue the things you do not prefer. You contain ALL beliefs, and what

determines the result is: which one you express through your actions.

**Actions are the bottom-line.** Action, in this particular physical universe, and there are many other universes in which this is not so much the emphasis, but *is* the bottom-line; it is the primary mover, so to speak, of your reality.

Therefore, begin to pay attention to your actions, and begin to ask yourself, if something non-preferred seems to be coming out of the “neutral soup:” *“What am I doing right now? How am I acting? Am I acting according to my preferred belief or am I acting according to my non-preferred belief? I am definitely doing one or the other.”*

So, allowing yourself to establish what you are already doing, is Step 1; owning what you are already doing, then you can choose something else; if you do not own it, and if you then create an elaborate explanation of how it is happening *to* you, it is a habit.



*“Oh, a habit is automatic, I can’t help it; it is happening to me.”* Well, yes, a habit seems to be something which occurs automatically, without thought. But, once you think about it, once you define it as a habit, you are now conscious of it — and, from that point forward, it is no longer a habit, even if you continue to do it; **it is a choice, it is up to you.** You are always acting, one way or another, always.

So, therefore, if you are getting non-preferred results in your life — look at your actions. Do not assume that doing the same thing, over and over again, seemingly, will yield you a different result, no. What *will* yield you a different result, is a new action. And, what gives you a blueprint for the new action is your preferred beliefs, emotions, and thoughts. Begin to factor them in, and begin to:

**ACT** *according to preference;*

**ACT** *according to unconditional love;*

## **ACT** according to **your excitement.**

In every given moment, there are, generally, in your finite creations, just so many things that are available; *available*. “*Can I do something about this right now? No, that is not available. Can I do something about this right now? Yes, that is one of the options available in the moment.*”

Allow yourself to remain grounded for what's available. If you begin to act, and choose from what **is** available, you will begin to see a very, very, extreme change in your life. For, that is coming from a belief, an assumption, that:

*“I always have exactly what I need in any given moment, though, perhaps, now and then I may have to search out; for it may not seem that obvious.”*

Then, you can apply your creativity to, again, seek and begin to examine more closely what is available. “*Well, is that available in the moment? No, it is something*

*I wish to do. Is it available? No, then it is not an option I cannot act upon, that thing, I would still like to do that thing, therefore I maintain it as a Clear Intention, and, when it is one of the options, I know that that timing will be perfect, and that when I can act upon it, I will."*

That's all I need to know: that I still intend to do this, even though the reality is not presenting it at this time, and that when it comes along, I will act upon it.

Your reality delivers to you — on, what, perhaps, you would call, a silver platter — *anything* that you desire; but it does not drop, as a safe upon your head, these things. It provides situations, opportunities, that, if you act upon, if you continue the flow; if you continue the momentum; then you can have those things. Then, you can create the methodology, and the mechanism, that will attract anything that you desire. **It is completely up to you.**

The moment you let go of your Clear Intention, you've "sold out," so to speak. That is the only time that you

could, in that sense, not achieve your Clear Intention; when you let it go; when you allow the reality to talk you out of it. Where your willingness to maintain the clear intention, and act on what is available, leads you to that Clear Intention, whether it is obvious or not; because it, also, excites you. Anything that excites you, in the moment, has to do with any other thing that excites you; even if “reality-wise” it seems to have nothing to do with it. They are, again, akin to stepping stones — one stone seems to have nothing to do with one on the other end, but you must traverse one at a time, in order to get to the other end; which makes it very integral; an integral part.

Whatever excites you from what is available, in any given moment, is the path of least resistance to the overall thing that you intend to do, and excites you; whether or not it is apparent. If you sit around, spending the time lamenting that it is not available, then your action is lamentation; rather than continuing the flow of allowing your reality to flawlessly deliver to you opportunity after

opportunity; advantage after advantage; coincidence after coincidence.

Coincidence does not mean accidental; it means the many interwoven series of events that seem completely unrelated, but that are happening at the same time; co-, the same, incidence: same time.

You are all on the threshold of the greatest transformation that you have, individually, and collectively, ever witnessed upon the soul's life on this planet. The timing is key; the timing is essential; the timing of our, perhaps you may refer to it as a "pull-back," is essential. Now is the time to do; now is the time to move; when you allow yourself to do so, you will shine, you will brilliantly shine as a beacon — you will attract around you a nucleus of new individuals, and this will be the beginning of, shall I say, "Fourth Density Mankind." But, not by talking about it. The time for talking is over, or, at least, the time for only talking is over. The time for words is over; the time for action is nigh, and the essentialness

of the timing will become apparent to you, as you watch the fate of your world begin to alter.

Do not allow anything that you see to provide an excuse to create a negative transformation. Things may seem to be shaking up in a negative way, but, I have shared also with you many times, that, as you *expand*, your awareness of positivity and negativity increases; so your experience of negativity, should you decide to follow your excitement, will be nil. But, your awareness of it, for now, will be pervasive. Whatever you allow yourself to use as evidence will be up to you, but I simply say, that no matter what; no matter what is on your news; is on your media; is in your world scenario, a positive transformation is in full-swing.

Certain individuals will choose to express a portion of that transformation in negative terms, I need not tell you this; it is evident upon your planet. But, your experience of it, and your creation of an alternative bubble reality, is one of the factors that will allow —

what you perceive to be your whole planet — to transform, in a positive way.

Understand, now more than ever in these interactions, that you — each and every one of you — make a difference. Every one of you. The whole is profoundly, *profoundly*, affected by each and every one of you. And, when you say: *“Well, what can I possibly do about that?”* you then perform an action of a person who could not possibly *“do anything about it,”* and so, then, the results of those actions show you the evidence: *“See, I couldn’t have helped it anyway.”* But this is natural.

All beliefs have self-sustaining, self-perpetuating, systems of logic, systems of evidence.

So, when you decide: *“I also contain the belief that I can do something about it, and I see if I am expressing that belief I would act this way,”* and allow your imagination to provide how a person would act in that regard. Choosing the preferred actions, changes the entire

reality; performing the same actions, or similar seeming actions, yields similar seeming results. The one time you enter a seemingly similar situation, and do something different, you understand, in no uncertain terms, through the result, that it is a completely different situation, and that the only thing that kept it seeming the same was your continual similar treatment of it.

Now is the time for action; now is the time for the application. You will be acting according to some belief; you always have; you are, right now as we speak, so to speak, and will continue to. What I am sharing, what I am suggesting, is that you begin to be *conscious* about what you are doing; nothing is automatic. The moment you are conscious of anything, it is no longer something lingering in a subconscious; it is something conscious, which you now choose to do something about. Choosing to do nothing about it, is one action and yields one result. But choosing to not settle for anything less, and beginning, *beginning*, to act on your excitement with



integrity allows you to express your life in the most effortless way possible, with the most fruitful results, representative of who you choose to be.

Establishing your vision, establishing your excitement, is only part of a process of recognition — where that process grounds; where that process connects to your life; to your reality; to your daily life, is what you, and through what you do, with all this.

So, I, once again, ask you to be cognizant of what you are doing, and if there is something that you are doing that you do not prefer, remember, you can do something else.

One of the strongest tools that we have shared with you, is an imagination template of the Preferred You. “The Referential Preferential You” is the, perhaps you can say, name that we have assigned; this is the *you* that is already the way that you prefer, in your imagination.

The reason for that tool, is to provide a set of actions, to say: *“Alright, I’m about to enter a situation, before I do anything, allow me to see how the Preferred Me would act in [perhaps you can say] the hypothetical situation in my imagination.”* Allow the Preferred You in your imagination to provide an alternate set of actions; it always will. If you access it, it always will.

Therefore, of the tools that we have shared, one of the most potent is “The Referential Preferential You”; for it always, in any given moment, with not needing to consult one other individual, has what the Preferred You would do, would act like, the actions that the Preferred You would take in any given moment. That is a tool of self-empowerment; that is a tool you do not need me, or anyone else, to use; it is yours, it is permanent.

Therefore, call forth the Referential Preferential You, call forth the excitement from within your heart, and **act** upon that excitement, with the recognition that *everything is one integrated reality; that everything is an*

*extension of you*, not apart from you, and, therefore, deserves the respect that you demand. That is an expression of integrity; act upon your excitement with integrity.

If you were to now forget everything that we have ever shared, simply, from this point forward, were you to allow yourself to see what is available in any given moment, choose with your excitement, and act upon that option with integrity; all that we have shared, and you have just forgotten, will simply become obvious and evident. It is all an expression of following the message that your Higher Self always broadcasts to your physical self; your Excitement. That is who you are, and acting upon it with integrity will allow everything else to be obvious; all questions to be answered.

As you are now willing to apply the information, should you find, and many of you will, collectively find, certain questions will come up, that is the level that we are now willing to function upon with you,

whereby we can now extend the next level of support; but, only according to your willingness to act. Therefore, in a sense, I am issuing you a healthy challenge: to rise and act according to preference. Most, or all, of your questions will be answered, the ones that do come up are, now, what we are willing to discuss. You will find a fascination that, perhaps, you have not imagined in this process.

Allow me to, once again and for the first time, thank you all, and, again, express my unconditional love, and appreciation, for your willingness to function through your inquisitive nature; through your willingness to accept other realities. Though I do not insist that you believe that I am who I say I am, I do understand that many of you do, and only, simply, because you feel that that is correct for you. For, as I have said, I cannot now, and would not even if I were able, physically prove my existence to you at this timing, because of the timing.

But, applying what we have been sharing will be your proof. It works 100%, that is the guarantee that I can give you. If you do it, if you act according to your excitement, with integrity, you will create a life of ecstasy; you will create a seeming momentum, an ecstatic explosion of co-incidence, and recognition of the Synchronicity of all things. That, I guarantee you.

**As you are being *that you*, you are then, literally, changing the vibration of who you are as a spirit, as a soul, as an expression in your physical world.**

And, this is the vibratory level that we physically exist upon, so this opens up the possibility of physical face-to-face interactions. I have always shared, that we do not insist that this occur, but there is a degree of likelihood behind it occurring. And, simply, what will accelerate it now is, again, not talking but doing; “walking,” as you say, “*your talk*,” that will raise, literally, your vibration; expand, literally, your consciousness; and allow us to perceive each other in a more physical way. And, that is all there is to it, and,

again, I do not dangle this as a carrot, or even a goal; simply share the joy in the becoming of more of who you are, and share the joy in you. And, we always have only considered you equal to us, beginning to treat yourself with that same respect.

I thank you for this willingness, and I thank you for your willingness to open up the doors within you, and begin to peer behind them; understanding that there is nothing that you can create that will overcome you; and the timing of your creations is perfect. Even if you had never done what your creation is now presenting to you, the fact that it is presenting it to you, and in the timing that it is presenting it to you, is your indication that you can handle it. Simply, your willingness to interpret this way and then perform the corresponding actions will give you the result, the manifestation, of what I am saying; not simply theory.

In exchange for your willingness to co-create these interactions with me, and my respective civilization

members, I thank you and ask you how we may mutually be of service to each other.

Sharing!

# The Referential Preferential You

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*Transcript for the YouTube Video:*

<https://youtu.be/f8pF0zu5w>

Greetings, this evening of your time as you create time to exist. How are you?

(Fine)

Oh, thank you.

Allow me to begin this interaction with the entitlement: “The Referential Preferential You.” Now, we have discussed many times, the concept of your imagination as being one of your primary facilities, or tools, that enable you, in that sense, to create the life that you wish — to lay down the template; to lay down the model; to lay down the mold, if you will —



*that will enable you to begin to build that life; to BE that very life.*

And, many of you, in attending these interactions, and participating or listening to these sessions, on what you call your tape format, have, perhaps on some level, understood what we have said; have, perhaps on some level seen, shall we say the usefulness of this idea. But, we do find that, for many of you, it remains just that; a concept; just that; a notion that, perhaps, would be nice if it were only true.

Therefore, this evening of your time, we will participate with you — each and every one of you — in the formation of each and every one of your versions of that Referential Preferential You. Now, again we remind you, that your imagination, in your society, is, generally, used as a generator of fantasies; many times in the form of an escape; many times in the form of a preference that you truly feel will never happen. But, that is only one side of that coin; that is only one side of the imagination. When, in that sense, you view the imagination as a tool, you then get use

from that tool that is very, very, specific; very, very, individual; very, very, tailored, if you will.

Therefore, once you have created the notion of the Referential Preferential You, or, perhaps you can say, the *you* that — if you had your “druthers” — you would be. In that imagination, and together, we will form the mold, together we will form *the birth of this you*, and then, perhaps, describe some of the other applications for it, once having done so.

So, therefore, in your own timing, become comfortable in your seat.

[*Breathing sounds*]

Now, understand, that what you are about to create, and, perhaps, for many of you, re-create, will be something that will, shall we say, “stick around” with you. Being that it is *your creation*, no one can take it from you and, being that it is your direct extension, expression, you will never, in that sense, need anyone else in order to call it forth. So, it is, in that sense, by its very creation, by its very identification, from you, a

tool of empowerment that, once you have you can never lose, and, again, need no one else in order to express it. It is part and parcel of you.

Therefore, in order to, again, create a conducive atmosphere for the *creation of this Referential Preferential You*, and at the same time unify, and unitize, and, shall we say, align, all individuals present, if you will, for me now: in unison, **take three deep and loving breaths.**

[*Breathing sounds*]

And, understand, that as you breathe together, co-inspire, conspire, an alignment takes place; but, that *alignment also exists within each and every one of you*. So, now, as you do, relax; as you do, settle-in to yourself, “blank the screen” of your imagination, and allow yourself to perceive what you, maybe, call the “black behind your closed eyes.”

Now, before we proceed, understand, that there is no way to do this incorrectly. And, in fact, your imagination — being that *that’s* the “screen” that you

are looking at right now — will assist you. Trust that *that* assistance, is part of the very tool that we are speaking of, and, allow whatever embellishments occur from your imagination, to be the exact embellishments that make it that much more relevant to you.

Now, we will begin, by allowing to emerge from this blackness, again, at whatever pace is natural and comfortable for you, the outline of your body, emerging from the blackness. If there is something that you would, physically, like to alter about your body, allow that outline, in that sense, to represent any changes; if you feel you're a bit too thin, then, in that sense, picture it being a bit more robust, and vice versa. In any way, have this outline be *the you* you **prefer** to be, but do not remove it from yourself; still, understand, that *you are seeing* — *you*.

[*Breathing sounds*]

As you do begin to perceive, against the background of the blackness, the outline figure, allow it to be slightly back-lit by a blue-white light; so it stands out that

much more, and you can see the difference between, perhaps, the blackness within the outline *and* the background, by that demarcation line of blue-white light.

[*Breathing sounds*]

Now, again, allow what you would call the features — the colour, the topography of, perhaps, for now, the front of the body — to begin to crystallize, and, see *the you, that you say you prefer to be*. For some individuals, this will look exactly like the *you*, you already are; that is just fine; if it does not; that is just fine, as well. But, again, do not lose the identification that what you are seeing — particularly, if it differs a bit from what you see in your mirror — **is you**.

[*Breathing sounds*]

Starting at, what you would call, the top of your head, and scanning very slowly downward, allow the detail, allow the fine print, so to speak, to crystallize. And, see a bit at a time, from, perhaps now, the top of your head, what you would call, your hair; see that hair —

how does it look, how is it hanging, as you say — being that this is a bit foreign to us.

[*Breathing sounds*]

Allow yourself to slowly, now, scan down to what you call your forehead and eye region, and begin to, very clearly and discreetly, in whatever way that is presented from your imagination, allow that to crystallize, and become more solid, more clear.

As you do so, allow this to wash downward; to complete the nose, to complete the mouth, and the outline of the chin, as you say. See your face, *the face of the you, you say you wish to be*.

Allow, now, once again, that scanning to continue downward, and allow the outline of, what you call, your neck, to take on more substance. See the line, see the musculature within that neck; still maintaining the focus on the face.

[*Breathing sounds*]

As you, now, have head and neck, to whatever degree you have allowed yourself to create it, now, proceed downward and see the outline of your shoulders, see the outline of where your hands, or arms, upper arms, join to the trunk of your body. Continue downward, and allow yourself to see, what you call, your chest, your ribcage area, your abdominal-umbilical area. Notice the nuances, notice the detail, notice the similarities *from who you now create yourself to be*, and, as well, if there are any, notice the differences.

[*Breathing sounds*]

We will mention, before proceeding, that what we are suggesting for you to be creating in your imagination is *the you* that **you prefer to be**; not the you that everyone else says you should be — *the you* that you feel comfortable being, that you know is right for **you**. Do not allow anyone else's opinion, for now, to enter into it; it is your projection of who you feel you, comfortably, are; not who everyone else says you should be.

Continue down, now, to, what you call, your pelvic area, and allow yourself to begin to see taking form, taking shape, the contours of your upper legs, your knees, your lower legs, your feet.

[*Breathing sounds*]

Now, as you say, “pan back,” and begin by taking a few steps back from the point of view that you are, to see the whole self, the entire body — head, middle, legs, feet — see it standing there, in relief, against the black background, again, back-lit by a blue-white hue of light.

[*Breathing sounds*]

Picture, if you will, a road; it can be any road you wish. If this is a specific road, fine, if it is, simply, blacktop, fine. Picture, now, *this you*, being placed upon this road, walking. This is, now, *the you*, again, you say you prefer to be. So, begin to, now, look at **how** *that you* is walking; **how** *that you* is standing; **how** *that you* holds up — or down, or whatever — your head. See how your shoulders are held, see the



language that your body exudes as it walks down the road; confident, assured, *in ecstatic joy for simply being, for simply existing, for simply living the result of the choice of your soul, to create this life, **be that you.*** Enjoy simply walking, and notice the nuances.

[*Breathing sounds*]

As you do, notice, again, the similarities to the way that you walk, but, also pay particular attention to the differences. The differences in, again, the way the head is held, the way the shoulders are held, the way the arms swing; the message, the language that the body puts out. Note what is different about what this imagination is providing you, in this reference point, in this Referential Preferential You, and, again, make note of them, the differences.

[*Breathing sounds*]

Now, imagine that, *that you* walking on this road, is coming up to three other individuals having a conversation. It matters not what they are saying, but, in that sense, you may see that two of them seem, in

that sense, to be somewhat serene, and one, in that sense, is somewhat argumentative. Allowing that Preferential You to, again, walk up to this interaction with the three other individuals, allow yourself to see how *you* are participating in that interaction; how the Referential Preferential You holds; and maintains in conviction, that posture, and is not, in that sense, strayed away from the center that you hold, again, itself in a particular way, when facing the serene individuals but also when facing the argumentative individual — and pay particular attention to how *that you*, in whatever the specifics of the situation that you are creating, handles that situation.

[*Breathing sounds*]

Now, this is *the you*, you always have said you preferred to be, so I assume that, *that you*, would be *doing the things you say you wish you would do*.

So, allow your imagination to provide the specific stance and, again, body language that accompanies this idea, and see *this you*. Feel the admiration for that

approach; for that approach is representative of who you choose to be.

[*Breathing sounds*]

Picture *that you*, now, continuing down the road. As you do, on, what you call, your right side, you will notice a calm, peaceful, serene, and perhaps, colourful scenery; on your left, notice what you call “warfare.” Now, *the you* that you truly prefer to be, will, in that sense, perhaps, have a similar posture when looking to the right and looking to the left. Therefore, analyse, as clearly as your imagination is providing, your particular reaction, *from the preferred point of view*, of *that you*, and pay particular attention to the differences in how that you handles, and interprets, the situation.

[*Breathing sounds*]

Allow *that you* to, now, face the serene side of the road, having, again, the more tumultuous side to the back, and in perceiving that beauty; in perceiving that perfection; in perceiving that particular expression

and manifestation of your nature, allow the feelings that *that you* would have, to come to the surface, and feel the feeling of fitting-in; feel the feeling of harmony; feel the feeling of unconditional love and acceptance. For the scenario that you have chosen to, in that sense, exist within for the time being.

[*Breathing sounds*]

When you truly feel what I am sharing, allow yourself to, now, turn 180 degrees; putting the serene theme in the back, and, now seeing, what you would call, any version of, what you call, “warfare and tumultuousness,” upon your planet. But, notice the following — this preferential *you*, this reference point — still feels that same joy; still feels that same unconditional love; still feels that same connection however, perhaps, is expressing it from the viewpoint: “Well, that’s *their* story;” not invalidating it, understanding that, that fits, as well, but it is not representative of *the you*, you say you prefer to be. But, at the same time, you can understand that it serves a function, for, perhaps, other individuals, who are still exploring separation, limitation and

negativity; and they, too, have the right and reason to explore. But, notice the *lack of effect* from that scenario, and, in fact, the maintenance of the centered-self; understanding, that the serenity surrounds you, as well, from the back.

[*Breathing sounds*]

Allow *that you* to, once again, turn facing the front of the road, as we have defined, and begin, once again, to walk, perhaps again, now, into a fog; whereby there is no longer a discernible difference between one side and the other.

[*Breathing sounds*]

As you walk, you come upon a chair. Allow yourself to sit in this chair, again, with a permeation of fog around you. As you feel yourself sitting in this chair, as you see *that you* sitting in that chair, *become that you in the chair*. Now, take your point of view, and, perhaps, sit on the lap of that Referential Preferential You, but, you will notice, that you sink into *that you*, and merge with *that you*. Allow your viewpoint to

shift, now, from viewing *that you*, to, again, sitting in the seat of *that you*, and viewing *from that you*.

[*Breathing sounds*]

Understand the following: **you are *that you***. All, in that sense, that you would need do to represent it, is, simply, to **just decide** that you are already that you. Just decide, a conscious act; the decision to become. Now, that you are creating this notion within your imagination, understand, that in order to do so, in order to even conjure up these pictures, you must, in the moment that you are doing so, *become the idea, itself*. Otherwise, you would not have the ability to bring it forth; you **are *this you***, by the mere feeling, and conjuring, of *this you*, and experience of *this you*, you **are** that very *you*. Just decide that this is so for you.

[*Breathing sounds*]

Now, in order to maintain this posture and point of view, once you have decided to change, as you have, there are, merely, but two more steps left. Step

number two — [step] one being: just decide — is to *trust that you have changed*; assume the attitude, and expectations, of **the you that has changed**. Not the you that wishes to change, that is looking for the evidence of why you have not; and accepting evidence that you have not; the you that **is that you**, would accept **no** evidence — the accepting of the *evidence that it is not that you*, is the old belief system.

The trust in the new you, *is the creation of the new belief system*; that now looks from that point of view; that now acts **as that you** acts. And, in fact, that is step three: *to act as though you trust that you have changed*. That means, when something comes along, which would seem, on the surface, to say: “You have not changed,” understand, that when you even interpret: “I have not changed;” that is not the *new you trusting in the change*; that is the *old you* seeing whether you really believe in the change. But, you can simply acclimate, reorient your consciousness to, simply, **decide to trust in the change**.

Allow yourself, now, to understand, that the chair in which you sit, *is the chair that you are sitting on in*

this room, and, as the fog dissipates around you, begin, now, to allow yourself to re-acclimate to this room; for you have sat in the very chairs that you are in.

Again, at your own pace, when re-acclimating to your surroundings, you may open your eyes.

Now, once again, understand: you *have* changed, because you are a Conscious Creator, and have simply *chosen* to change. The expression of your belief that you have changed, is your willingness to trust in the change, and act from the perspective of the change itself. You have created a model, you have created a mold, or a template; what we, again, sometimes call the Referential, since you can refer to at any time, Preferential, since you prefer it, You. And it can come in quite handy in your daily life as well, now that you have given it the substance, now that you have called it forth.

And, very simply, if a situation comes along — it may not, but if it does — whereby you feel on some level that your initial re-action is that, a re-action to a



situation rather than a conscious action; simply, first of all, note that you are, perhaps, thinking about proceeding by unpreferred, shall we say, perspective; see that, perhaps, you are about to do something that is not representative of who you say you wish to be, then, in whatever way is possible under the circumstances, call forth the Referential Preferential You. It now, again, has substance; it now, again, has mass; hand the situation over to *that you* — *the you* that was standing in that particular way; *the you* that was holding themselves in that particular way, *the you* that when interacting with other individuals, maintain that resolve; maintain that joy.

*The you*, that, when moving through the polarity of your particular physical reality — negative and positive — simply chooses the positive; acknowledges the existence of the negative polarity, because that is one of the definitions of the reality, but chooses the positive; hand that situation over — that you were about, in that sense, to perform, that was not according to your preference — to the Referential Preferential You, and see, with the specifics of whatever the situation is, *what that you does*. Very, very,

simple. When you do so, *that you* will surprise you very many times just as, perhaps, as we perform this particular set of actions, perhaps, there were some nuances about *that you* that you had not anticipated.

That is what your imagination contains as a tool; the ability to bring forth these specifics and apply them to a specific situation. With this tool, you no longer need anyone else's help. Now, this does not mean you cannot share, and this does not mean that, from time to time, you will, in that sense, enlist the assistance of other individuals; but you now have within you everything you need to proceed in any given situation — if you will call forth, and embody, and empower — that Preferred You.

At first, it may seem as a process, at first, it may seem that: “Well, my initial tendency is still the old approach;” but the more times that you — rather than acting from the old perspective — call forth the Referential Preferential You, and hand that over; the more times you will give yourself the opportunity to see that there is always, *always*, a positive choice. And it is always within you — obtainable by you at

any time. If, when you hand the situation over to that Referential Preferential You, and see what *that you* does; if you then do that, *you will get the result of being that you*.

And, the more you are willing to do so, and *only allow your life to be that consciously performed*, the more that the process will dissolve, in terms of seeming like a process. You will begin to, automatically, simply invoke and embody *that you*, without the seeming one step of removal. So, therefore, this tool — if it does, initially, seem like a process — only does so because that is where you are now willing to *insert a pause before you act according to non-preference*. That pause, that willingness before acting, when you have a negative perspective, is all, all that is necessary to completely transform the face of your life.

For, it does not take very many positive actions in a row, that, then yield positive results, to build up enough of a positive momentum to seem to overwhelm the, quote/unquote: “old non-preferred negative momentum.” For it, again, it is not a matter of walking or running from the negative self, but by

walking toward the positive self there is, automatically, a distance from the *negative experiential self*. You will still be aware of negativity while you're on this reality, but, that reality, in terms of the experience of the negativity, will be through someone else. **"That's their story."** My story, is the positive alternative to their story, which I validate, which is a reality, which has the right, but is not my choice. I do not criticize it, I do not judge the other realities; I simply embody my own reality, as an alternative, as a statement to the universe, as a statement to myself, as a statement to those around me *that this is possible*, for it is. This is how we live, and not because it is us, but, from our perspective, we find this most joyful and wish to share it with you, for your ability to participate in this style of interchange proves beyond the shadow of a doubt, at least to us, that you are eminently capable of what we are sharing.

Therefore, if you wish, you can put this tool back in the closet to gather dust, but you can, as well, call it forth any time. But, you will find, if you are willing to do so, you will no longer, after a period of timing, call it forth; you will simply *embody it*; it will *be* you and,

as you look into your mirror after embodying these ideas of yourself, you will begin to see something very curious occurring. You will begin to see the physical you changing, and will, in that sense, allow that change — to whatever degree you will allow it — will see an alteration in your *physical* self.

This alteration, for the purposes of what I am sharing, may, on the surface, seem to be merely appearance, but it is far more than that; it is a literal redefining, and reassigning of the value, of your genetic health, as well, and, therefore, part and parcel of the transformative effect on your very genetic core as well. For, *your body is a reflection of your consciousness* and, if you go along with the same sort of consciousness, your body maintains the same presentation; but when you alter that consciousness, specifically if you do so drastically, and across the board, there cannot be any other effect. Then, *that body* which is a reflection, which is a representation, to fall in step, to begin to *em-body* the ideas that you, now, are. You need not, in that sense, do so with, what you call, anxiety and, in that sense, your willingness to *be*

who you say you wish to be, will simply, automatically, result in this — but in its own timing.

Notice the changes when they occur, when they do not simply move on. There will be periods that it may seem to be more accelerated, and other periods where it will be less accelerated; but, this process can, literally, entirely redefine your physical body — anywhere from three of your days to three of your years. It is up to you, and, in that sense, if you do not place a pressure upon yourself, and allow the presentation of the Preferred You — you cannot force it — then, things will, perhaps, happen a bit more quickly; but if you obsess with anxiety, you may slow down your own process.

The alteration of the physical body, in and of itself, is not really the point; it is an *effect*, it is a result in the changing of the consciousness. And this will, if you are willing to do this, take the form that, perhaps, up till now will seem drastic to your society. “Well, it's not possible,” many may say, but you will show them that not only is it possible, but: “Here I am.”

Therefore, in exchange for your willingness to redefine yourself, or, perhaps, restate yourself, if you're already happy with how you are, I thank you.

And, as well, understand, that one of the only Universal Constants is change itself, therefore, that is automatic and you need not *force* anything to change. Perhaps, the forcing has the effect of making things seem to stay the same, but your willingness to simply *allow*, and relax, and release your reality, will then allow that reality to conform through the natural mechanism of change, which, again, is constant. Nothing need be forced, and, if you find yourself forcing: close your eyes, conjure up *that you*, I assume that you would not force, and will show you an alternative viewpoint; an alternative posture; an alternative point of view, that will then give you one more choice, which, if you choose, will be the result of *being* that Preferred You.

Each time you mimic the Referential Preferential You, *you* are *being* the Referential Preferential You, and then, simply, you will drop the designation Referential, and simply **be** the Preferential You,

perhaps, then, a reference point for others who may wish such change.

In exchange for that willingness, I ask you now, how may I be of service to you?

Sharing!