



Today is an auspicious day. The abundance is here present beyond the moment, beyond the form. The noise of our story is so distracting it keeps us from feeling, really feeling the sensation just beyond the story. The sweetness of the presence is what you are beyond the story. The presence that is creating the story which is being mirrored back to you. You are the divinity you seek. You have the forgiveness you yearn for. You are the love you believe you lack.

Being in the presence of the Self there is nothing but divinity; there is nothing to forgive; and you are whole within yourself. This is the state of unconditional love. There is nothing to judge and therefore nothing to forgive. Everything is the divine creation and you the creator of everything sit in the center of immense love and ruthless compassion.

Ruthlessness and compassion do not naturally go together in the point of view of humanity in its current condition. We see ruthlessness as cold and self-serving and compassion as pure altruism in the most sentimental way.

I offer you a reframe, a new definition where these two words come together to form a personal tool so strong it can cut through any illusion. Use your imagination to define these words differently as I explain further.

Our minds run from the truth of the story we have created. We try to avoid the pain, even if its the pain we are already feeling. A dear friend of mine recently found herself up against the creation of her own life. It happens to all of us at some point, or many points, where what we have created has stopped working for us. Because we create our lives as a reflection of our innermost beliefs, it can be very painful when those truths are revealed. What starts out as a sweet dream in our lives can end up looking very different when the motivation behind our choices is revealed to us. We can end up looking at our lives and wondering how we manifested our deepest fears. Or rather we say "how is this happening to me!? I've worked so hard to make sure this never happens!". We often create complicated webs in an effort to avoid pain and then when the pain is revealed by events seemingly out of our control, we blame the circumstance. We blame the people that appear to be creating those circumstances. And because it is so potent and real, it is difficult to look inward in those moments and see what it is that we are reflecting back to ourselves.

We miss the opportunity to dive into ourselves. In a crisis state my friend felt overwhelmed by her circumstances. After agreeing to practicing reflection with me, she said she was tired of playing the martyr. It just slipped out quite unconsciously. She immediately tried to defend against the idea of being a martyr because she doesn't want that to be true. I watched her scramble to come up with another word that was more palatable and more in keeping with how she wanted to see herself. But she is not the mind or her beliefs. This is just a story she has fed for a long time so it holds a lot of energy for her.

It was clear that being a martyr didn't match the image of herself that she wanted to have. Because the resistance was so strong it was also clear that this was the key, the golden key to deeper awareness and freedom for her. By using this reflection and ruthless unsentimental honesty



coupled with love and compassion for the self, she has the opportunity to truly witness what it is that is driving her and asking for healing. The only thing that gets in the way is judging that which we believe. By fully accepting that she has a belief that being a martyr is important or valuable in some way, she has the opportunity to uncover and transform the core belief system.

Ruthless compassion is a practice of commitment to the truth of what is. We have all held ourselves with the eyes of the victim in many ways. Whatever we label it the result is the same. Embracing the little child inside who just wants to be accepted, appreciated and loved is the weapon of compassion. Compassion with ruthlessness allows you to love the child within but not fall prey to self pity because of what you have created. Even if being the martyr is a form of self-pity, who cares?! You don't need to feel sorry for yourself that you play the martyr.

Ruthless self honesty will reveal the hidden gems like finally discovering that your motivation has been to create circumstances in which you get to play the martyr, and it also may be your biggest fear to be the martyr. This is just one example of how we can create an address the myriad of images and stories that are the illusion of our lives. Practicing ruthless compassion, self honesty and kind loving acceptance of the truth, will set you free from the merry-go-round. It gives you a chance to create a new story.

How do you do that? Practice. Practice and imagination.

Imagination is the Word in action. We are all gifted with the power of the word. Our very existence is a manifestation of the word. In the beginning was the Word and the Word was with God. And the Word was God. The Word is a direct channel to the source within you.

In the human mind, imagination is the ability to create an image and give it meaning. It is how all languages were created. In other words, we use imagination to create knowledge. We explore and discover, get ideas and take action. Through trial and error we build a lexicon of knowledge and then we rely upon it. We put all of our belief into it. Once the database of knowledge is fully developed in the human mind, we typically use our memory and powerful imagination to keep us in line trying to avoid our deepest fears. These fears are also just beliefs that we have imagined.

For example, if my friend "the martyr" does things in her life to intentionally create scenarios where she becomes the martyr because this is a core belief in her own knowledge base of her life. She may not be aware of that because it's so deeply buried in the underbelly of the belief system. There will be many other early experiences and beliefs that will be supporting the system. The manifestation of her life may look like she is generous and giving and a hard worker. And all of that will feel very good until something happens to reflect back to her that she is martyring herself at the deepest level.

As children we have traumatic and benign experiences. We use our imagination to interpret these experiences and then we believe that is the only truth. And we have powerful memories which stitch together similar experiences and we use that to prove to ourselves that this is the only truth



for us. And these truths are only altered when a force greater than itself is experienced to knock it out of its place.

But we need not wait for that to occur. By practicing seeing everything in your life as a mirror reflection, you can recapture the energy encapsulated in the roots of your beliefs. Recovering the power of your imagination is a key to personal transformation. Think back to when you were a child. Back before the weight of the world was heavy upon your shoulders. All it took to transform into a cowboy was to point your hand into the shape of a gun and start running! For me it was becoming a genie in a bottle granting wishes. Children play for hours and hours in their imaginary world and it is completely real to them.

Bit by bit that imagination is used to cultivate your entire reality. And imagination is the key to unlock everything for you to invent a new one. First though we have to be honest with ourselves about what we have already created. Because the emotional body is aligned with those beliefs and draining your energy.

Each of us has to use our imagination to clear the path to our own transformation. Imagine you are one of millions at the feet of a true master, from any tradition that speaks to you. It could be the Buddha, Jesus the Christ, Muhammad, Krishna or Sai Baba of Shirdi, or anyone else. You are basking in the sun on a glorious day feeling so lucky to hear the words of an enlightened master. Those words are just for you. No one else will hear them exactly as you do. And it doesn't matter if anyone else understands the message relayed in those words the same way that you do.

The message from the source of all creation is being delivered from the master to you, and only you. You have been chosen to receive a message. Now what are you going to do with it? Imagine it.

Let's take "love thy neighbor as thyself" for example. From my point of view the meaning is clear. There is only one creator, One source and so my neighbor is really a reflection of me. The level of love I have for myself is then reflected in the love I demonstrate for others as well. I can then use my imagination to devise specific practices to use each day to make that message real for me. By practicing each day I can see what kind of results I get in my own personal growth journey.

Ho'oponopono is a great example of using imagination to transform yourself. It is a Hawaiian practice of honest accountability for the creation of your reality, asking for forgiveness and sending all your creation love and gratitude. That's it, very simple. But everyone employs that principle in their own way and there is no one correct way to do it. For me the most powerful use allows me to surf the mind and emotional body. If I'm always in surrender and sending love and gratitude I never hold onto any thought or feeling, allowing all to transform and move moment by moment.

This message may be crystal clear to you, sparking ideas of how you can apply the principles I've laid out for you in your own unique way. Even if I am very specific with how I practice, you will have to use your own imagination to create it for yourself. Undoubtedly how you apply it will be different from me. And that is as it should be!



To quote a true master "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven." - Jesus the Christ

And "Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand." - Albert Einstein