

Some Thoughts on Creation
By Fred Matser, 1995

I am writing this essay because I am concerned about life on earth.
I care about life on earth.
I am aware that I am just one of many, many people, who care.
I also care about you, dear reader, companion in time and space on this wonderful planet where we live.

I care about all expressions of life in me and around me.
The human being is only one of the billions and billions of expressions of life on earth yet it seems to be the only expression of life that works against nature and creation.

Humans are over-focused on their own existence and their own psychological and material creations. Because of this anthropocentric approach, human beings often 'forget' about, and neglect, the billions of other life forms on the planet.

As a result we humans are rapidly transforming the living materials of the natural world into 'dead' material, with all the associated detrimental effects on both our external environment and our internal 'invironment', our health.

We create enormous power systems in order to supply energy for the production of more and more material goods and services even though they are often unnecessary. Yet even when all these material comforts and services are obtained we are not necessarily satisfied or at peace with ourselves.

Meanwhile billions of other humans are deprived of access to even the most basic goods and services.

Why should this be? In my view this occurs because of the false perceptions and beliefs of humans. Let me try to explain my thinking:

Time and Space

Here on earth we experience life in two dimensions: time and space. Yet spiritual adepts throughout the ages have claimed that beyond time and space there are many, many more dimensions and that these dimensions can be experienced by anyone willing to open their minds and expand their perception. Alas hardly anyone is willing, or open, to doing this.

If we consider the 'human being' then for me the 'human' represents the finite part within time and space while the 'being' represents both the finite and the infinite (i.e. both in and beyond time and space). This 'being' is the core of the human being, the aspect of a person that never

dies, sometimes referred to as the eternal part of the soul.

I believe this soul is the 'link' with that which is beyond the two dimensions of time and space, that which is beyond all dimensions and yet also in all dimensions, that which I call GOD.

In my understanding GOD is the 'Father', the 'pure centre' of all creation and all dimensions. Within time and space His creation is expressed in all kinds of forms, which vary from the gross to the subtle in terms of their level of vibration.

All forms are expressions of different cycles of energy that interrelate and are continuously in transformation at different vibrational levels. We are able to perceive some of these transformation processes (especially the more gross ones with lower vibrations) by means of our physical senses (i.e. in terms of smell, taste, vision, colour perception, touch, sensitivity to temperature, the pull of gravity, etc).

Functional and Dysfunctional Thoughts

Our senses enable us to perceive our environment as well as our 'invironment', enabling us to determine how we feel. Our perceptions then help form our beliefs, which can then be viewed as thought forms, or 'energy structures'. These thought forms can be 'functional' or 'dysfunctional'. Therefore we have the power within ourselves to create both functional and dysfunctional thought forms.

If we are able to expand our consciousness it is possible, using so-called 'paranormal abilities', to perceive beyond our physical senses. This can enable us to penetrate forms in a novel and profound way.

For example if forms are viewed with the non-physical eye, using what is termed the 'third eye', then auras can be seen and a wonderful pattern of colours and light emerges. This perception is like the fractals that are now being discovered,

In addition to sense perception we humans have been given the capacity to think, which enables us to discern, and the power of free will. We can use our free will and our faculty of discernment to create both functional and dysfunctional thoughts and actions.

I define functional thoughts as thoughts that are in harmony with the cyclical, evolutionary laws of nature, or creation, and in tune with the flow of life. In contrast, dysfunctional thoughts are those that go against the natural laws of creation and evolution and against the flow of life i.e. these are destructive thoughts rather than harmonious ones.

I believe functional thoughts are created out of love, truth, inspiration,

clarity and peace and based on balance, and flow whereas dysfunctional thoughts are created on the basis of fear and control. In the words of the well-known American author, Jerry Jampolsky, 'love is letting go of fear' and so dysfunctional thoughts can be transformed into, or replaced by, functional ones. The more we are able to filter out dysfunctional thoughts and purify our hearts the more we may be able to connect with the 'being' part of ourselves and, from that standpoint, choose more functional thoughts.

These functional thoughts would then enable us to choose more functional actions for the benefit of society rather than the anthropocentric actions that are now widespread. A key issue in the purification of our hearts is to learn not to be ruled by our emotions. We can feel and observe our emotions but if we can also remain detached from them then we can learn to see issues more clearly.

Human 'Havingness'

Alas, humans have forgotten about, or often choose to ignore, these principles and, out of fear, we tend to forget about our human 'beingness' and escape instead into human 'havingness'. For me, human 'havingness' is expressed in many ways including a belief in competition, external power systems, the mechanism of attack and defence, as exemplified in wars etc., and the belief that the material world is the only reality that there is. Yet this belief system seems to me to be the result of not understanding the true meaning of life in time and space. In our ignorance and anthropocentrism we often think and behave as if we - and not GOD - are in charge of the earth. Yet we humans cannot create trees, birds, people or planets.

We live under the illusion that we have the power to create but in reality we are tapping into creative power and having it work through us. For example a person may engage in sex purely for physical pleasure and yet this action could result in the creation of a new life. I believe we are meant to care about our planet, to care about life on, in and around the planet, to care about other human beings and to care about ourselves. By 'ourselves' I do not mean this in an egotistical way but rather in terms of honouring ourselves, our parents and children as 'creations of GOD' and caring for ourselves as manifestations of His creation and as His stewards of the earth. In my understanding GOD's 'plan' is for us to be truly creative by allowing ourselves to be inspired by Him and to share in His Love.

Science and Religion

We tend to explain our existence based on 'scientific' perceptions and on the dogmas of religion and it is true that both science and religion have served us in many ways. Yet neither have all the answers.

In the so-called 'civilized' world we have a strong belief in science but how would indigenous people view our science?

Would they be able to accept the anthropocentric concept of linear progress, expounded by so many scientists, or would such views be

incompatible with their ideas of cyclical evolution?

Studies of primitive societies show that they are often much more in tune with these cyclical laws than the so-called 'civilised' ones.

As a result of this we constantly change our understanding of our material world. In other words, what was perceived to be true a thousand, a hundred or even ten years ago, is not perceived to be true today and what is now believed to be true may be disproved in ten, a hundred or a thousand years time. So, seen from this perspective, one can ask: What in human thinking is really true in time and space?

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Truth

Many people regard scientific truths as absolute and base their worldview on these beliefs. However, in my view, science does not represent absolute truth but rather it is a wonderful 'tool' that can help us explain the 'world of manifestations', our physical 'world. Similarly religion, or spiritual beliefs, can be the basis for our perceptions and worldviews and our understanding of truth. Yet if religion is understood only on a mental and emotional level, rather than in terms of real inner experience, it can lead to a competitive approach between different religions. As a result, people debate the superiority of different religions and even fight wars over them. However, it seems to me that if religion is fully understood and experienced 'beyond' this lateral dimension, then the 'being' of the human can be revealed to each of us individually and no thought of competition, or the superiority of one religion over another, remains.

Beyond Time and Space

As humans in time and space, we are used to explaining our existence in sequential terms i.e. past - present - future but I believe there are

realities on other levels beyond time and space - in infinity (the absolute). It is my humble belief that what we perceive on earth is an expression of a 'blueprint' from an unseen world, the world beyond the two dimensions (of time and space); God's blueprint for creation if you like. In other words, beyond the two dimensions there is information available which is the blueprint for the creation of all forms in our sequential world. If we can understand this concept then a totally different awareness of all manifestation is created and as our perception changes, our understanding ('stands under God') and inner experience of creation changes.

Competition

In the so-called 'civilized' world we believe particularly strongly in competition, indeed our whole society is based on this belief system despite its destructive effects on nature and on our peace of mind. Competition manifests itself in all areas of society; not only in business, but also in sports, in the media, and even in finding a parking place. Huge amounts of energy are wasted in believing in the idea of competition and in competing with one another.

Yet, if we understand the nature of co-existence, between time and space and the absolute, then it can be realized that competition is really an illusion. After all, if time is defined by the speed of light, one person can never be in exactly the same time and space as another so what is there to compete with? Competition is really an invention of humans. Animals may compete against one another but this is more from instinct for survival rather than being done with awareness and a desire to be 'better' than another as with humans. If competition is experienced as a game, with no further consequence related to outcome, then it can be an enjoyable way of 'playing'. Indeed playing competitively can be stimulating for all involved.

However this is rarely the case and unfortunately, in society at large, the 'play'- element has all too often been forgotten.

I am suggesting that instead of competing, to the detriment of others, we instead develop the ability to make the most functional choices by comparing, caring and sharing.

The more we can open up our consciousness and awareness the more options we will see with which we can compare, care and share. We can compare through history (time) and on the lateral level (space) i.e. as we experience each new situation we look back to the past for reference but often exclude our thoughts and feelings. If instead we can compare different options and also include present thoughts, feelings and intuition and the experience of co-existence, or connectedness, then we will see that to care and share is our basic duty of service to all life forms.

I believe that we can compare, care, and share without competition,

learning from and teaching one another at the same time. It could be said: competition is an illusion; comparing, caring and sharing a reality. Practicing this comparing, caring, and sharing means we will act more functionally since the emotional load and destructive effects of competition will not be present. As a result we would have a more functional society. GOD has given life to us.

The question is 'Are we able to receive it?'

Leaders and Followers - Victims and Helpers

On the basis of our so-called 'civilized' belief in competition we have created power systems in society made up of people who are 'in control' and those who are 'controlled'.

The competitive human aim of being the 'best' means there will always be others who are 'weak' or 'weaker'. Such systems enable certain people (the leaders) to restrict the power of others (the followers), while the followers refrain from acknowledging their own power and instead allow the leaders to exert control.

In my view, this is a game of illusion: We are all here, in time and space, to learn about the development our own 'inner' power. The allocation of power also applies to the phenomena of 'victims' and 'helpers'.

One positive aspect of a helpful interaction is that it feels good to be the helper of a victim. Yet wouldn't it be great to just be supportive of each other and oneself, so that ultimately we are neither 'helpers' nor 'victims', but just caring human beings, learning and evolving with one another?

Might there be a connection between these notions of power (control) and the ongoing process of destruction of the environment, expressed through the rapidly increasing numbers of life forms that are becoming extinct, due to human actions? The more we identify ourselves with our material possessions and achievements the more we risk losing our connection with our inner selves, our 'beingness'. As a result we judge, and are judged, on what we have produced, what service we have provided, our fame or our wealth rather than who we really are as God's creations in time and space.

As a result of this type of valuation, many people are not 'seen' at all and feel undervalued.

Is this what we really call 'progress'? Is it really helping us to understand the meaning of our lives?

Thoughts and Feelings

Instead of welcoming and experiencing life through our 'being', by means of all our senses, we often insulate ourselves against our own real feelings, the feelings of others and the cries of nature. In a way we become quite insensitive to both our 'real' selves and towards others and the environment.

Once our human mind is disconnected from its 'being' it is easy for it to be influenced by the mass mind, the collective, lower level of consciousness

of other humans. For example when millions of people sit watching a football match they lose themselves in the group consciousness and individual consciousness is not raised.

I view the mass mind as like a huge cloud, a vast collection of thought forms which are not open to GOD and which are trapped in various states of fear. The mass mind functions only on the level of delusion, being expressed as guilt (past) and expectation (future), as well as in action/reaction towards other human(s) - i.e. it functions only on what I call the 'lateral level'.

In a way we keep each other entangled in our own creations of guilt and expectation and this affirmation of the human mass mind keeps on creating solutions that are based on fear.

This represents a great loss of energy and our mass media feed this clouded human consciousness on a daily basis. Yet I believe we are really meant to be here to celebrate life, to be joyful and to allow intuitive, creative powers to come through us. As I have said earlier, if we regard ourselves as a product and expression of these creative powers then isn't our purpose to express these creative powers in a caring and serving spirit, for each other, oneself and nature?

In short this means living in the NOW -the only moment there is to live - and not just taking for oneself but taking responsAbility to put back in what we take out.

Reconnecting with the Heart

Children often have a greater awareness of their 'being' (a 'now' awareness) than adults.

We need to listen to them more. They could help adults integrate their feelings (heart) with their minds for we all still carry an awareness of 'the child within', the child we once were.

I often say: 'The chaos in the environment is a reflection of the disorder in our minds and hearts (invironment).'

I believe that it is through the reconnection of our heart with our mind within ourselves (invironment) that we can overcome the chaos around us, such as our damaged relationships with other people and with the environment, and restore balance.

We need to stop taking advantage of each other and competing and basing our actions on mental processes.

If we could be more in touch with our hearts, and allow them to influence our thoughts and actions, then these would be more likely to be in tune with the cyclical, evolutionary laws of nature. Decreasing the extent to which we manipulate ourselves, each other and nature might help to allow Divine Light, the awareness of the infinite, to shine through.

We, human beings, as 'stewards' of the earth, have the responsAbility to allow GOD's expression of Love to work through us, and to help make this world a place of Light -that is a place of balance, harmony, inspiration and peace.

We need to allow ourselves to trust in the abundant regenerative powers within ourselves and in nature. We do not need to control nature (environment), but rather to control ourselves (invironment). In this respect we, the so-called 'civilized' people, could learn a lot from the indigenous peoples who, in so many cases, still live closer to nature and creation.

Are we ready to change?

I wrote this essay because I, like many other human beings, am concerned and because I care. However I am keenly aware that the implementation of these principles can be, for many of us, including myself, very difficult. I think this difficulty relates to the way in which so many of us have been educated (and the types of belief systems we have been given).

Yet, I do believe that a willingness to change, expand our perception and allow Divine Energy to come through can help tremendously in making us more peaceful, more loving and happier and can make this world a better place to live for all its current 'inhabitants' as well as future generations of all species. The vital question we need to ask ourselves is: 'Am I really ready to change my perception, and, as a result, my attitudes and my actions? I think we all need to do this!

Developing a functional society

The key issue to focus on is having the courage to conclude that human systems based on 'having' and on issues of power and control are simply not functional anymore.

With open hearts and minds and with courage, as mentioned above, let's explore the creation of new systems.

These should reflect an understanding of the need to develop power for all individual human beings.

I would like to invite all of us to work towards developing a functional society here on earth, based on these 'new' principles.

I know I am only one human being, who cares, but I believe that when we join forces we can make a difference for the good of all.

In the words of an inspiring native American saying:

A quick mind is a sick mind,
A slow mind is a healthy mind,
A still mind is a divine mind.