

# **If It's All Happening Now...**

**by Stewart Blackburn**

Once we decide to take responsibility for our lives, we have embarked on a noble and richly-rewarding adventure. If we go so far as to say that “I create my own reality” or “The world is what I think it is,” then we put ourselves in the position of having to change how we think about things. We no longer can blame anyone for anything, and we recognize that what we are experiencing is of our own doing.

We can go a bit further and accept that the present moment, of infinite size and endurance, is the only time that actually exists. When we bring our focus to this point of consciousness, we can see that we are energizing and choosing certain possibilities and letting others go. And whether or not we are actually paying any attention to our choices, some part of us has a great deal of influence, in conjunction with others, over what's “happening” to us.

Consequently, we are creating our reality, consciously or not, in the present moment. That present moment, then, is the only place we have to power to change anything.

But, if we are responsible for creating each moment that we experience, subject to the influences of others creating around us, then the idea of cause-and-effect can't really be valid. If the world actually lived by cause-and-effect, then we wouldn't have any agency in our affairs at all. The fact that we choose any of our experiences means that we can change most anything. We can create a very different reality from the one that seemed to be headed for creation by cause-and-effect.

The idea of cause-and-effect and the notion of a logical sequence of events are assumptions we make in the physical world. They are parts of the fabric of our everyday experience. But believing in cause-and-effect empowers the beliefs that we are powerless to change things.

If we say to ourselves and others that we caught the flu because we didn't (or did) get a flu shot, or if we don't work hard we won't have enough money when we get older, or the quality of our future depends on what the government does then we have taken the power out of our hands and placed it elsewhere. While the idea of cause-and-effect seems to describe the physical reality we live in, it overlooks how we can change our realities by making different choices in the present moment.

The aim of conscious creation and all shamanic/magical/wizardly efforts is to bring certain desired experiences into being. We are changing reality through our thoughts, feelings, and imagination into something that's more to our liking. But we can't change reality if we are simultaneously thinking in terms of cause-and-effect. They are mutually exclusive.

Focusing on the moment of power is the act of acknowledging the multitude of possibilities that lie before us, none of which is more valid than the rest. While we may well not be making the choices consciously and instead relying on habit, belief, and other people's choices, we are still creating our reality in the present moment.

In order to take charge of our creative powers, we first need to stay aware of how we have made the experience that is in front of us. This involves accepting that we created what we see and then realizing which thoughts, feelings, and the things we have been imagining brought this current experience into being. If the world is what we think it is, then what have we been thinking? This is a radically different question than asking what caused our reality.

The next step is to choose, right now, what it is that we want to experience next. Just as we accept that our past is all happening right now, that the past is really just our memories and how we feel about them in the present moment, the future is all happening right now, too. The future, more obviously, has many probabilities to choose from, all of which are right here, right now.

By letting go of cause-and-effect we free ourselves from the mental shackles of what can happen and what can't. Now, there are certain restrictions in human life that are like the rules of a game. But within those rules there is an enormous amount of freedom and flexibility. We are not bound by what happened or who we were yesterday. Tomorrow we won't be bound by what happened and who we have been today. The magic of all time being the present is that we can make different choices *at any time* to create a different set of experiences.

The invitation is to master the moment point and choose with clarity and expectation the future/present that you would prefer. RSVP to your heart.

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