

LAZARIS

Creating Reality

The Paradoxes

Q: Many people, I feel, have difficulty integrating the concept of creating their own reality with the knowledge that there are many people out there, also creating their own realities, and I was wondering would you shed some light on this paradox?

Lazaris: Certainly so. It is confusing to a lot of people. They say, “Now wait a minute. If I’m creating it and you’re creating it, who’s really creating it?” There’s a sense of male energy competition that gets in there. Whoever’s strongest. “If my meditation is stronger than yours, then I get the reality and you don’t.” No, it doesn’t work that way. Reality works in cooperation; it works in harmony. Even the discord in reality works in harmony with other discords of reality to generate a rather strange and, at times, not-at-all-wanted kind of experience.

You as the individual create your whole reality from beginning to end, from morning ‘til night, and through the sleep time as well. In your reality everything is an illusion that you are creating, including all the other people with whom you interact. Perhaps a better way to understand it is this: You have written a play — a screenplay, a teleplay, a theatrical play — and not only did you write this play, you also are starring in it, directing it, and producing it. You’re going to hire a number of players to act in your particular play. Now they’re going to agree to act in your play because it also benefits them, because they also have written a play, you see? In their play, there is a character like you, and in your play there’s a character like them.

“I’ll play in your play if you’ll play in my play.” There’s an agreement reached.

Here you are, and you’ve written a play. You create all these other players in your play, some of them major, some of them minor, some of them walk-ons, some of them having lines, and some not having lines. Some of them play background people in your life — extras, as it were.

There are certain people who are significant, clearly so, people who matter — not more as people, but matter more in terms of the impact that they have on your particular reality.

All right. Those people have all written plays, also. In their plays there’s a part for a person just like you, a person that can come in and play that particular role. What we suggest here is that your play and their play mesh. The extent to which they do is the extent to which you are aware of one another.

Let’s put it another way: Let’s say I’m a person who wants to feel sorry for myself, who

wants to go around saying, "The world's against me. No one loves me. No one cares about me. No one treats me good at all." And that's the line I want to say. That's the line I want to say over and over again in my play, and I want to go around trying to convince everybody that it's true.

Well, what kind of players must I have? I can't have players in my play who are exuberant and vibrant, who are giving and loving. I have to surround myself with people who will support my line. Therefore, I will "hire players." I will bring them in and be attracted to those kinds of players who will behave in a way that I can say they are not loving me, not taking care of me, not doing it right for me. Therefore, I get to say my line. I get to feel sorry for myself just like I wanted.

All right, the people that I bring into my play are people who want to feel: "Oh, I'm surrounded by these victims. I'm just surrounded by people who never think I do it good enough. I'm being martyred." And there fore it meshes. One person feels like a martyr because nobody thinks they do it good enough, and the other person feels like a victim because they're not being treated well enough because nobody ever does it good enough for them. So the two plays mesh.

That's how you create it. In fact, you and others both create it, and it so happens that you both create it such that it meshes together. The victims find the martyrs, and the martyrs find the victims. Those that want to be hurt find those that are willing to be hurtful. Those that want to be loved find those that are willing to be loving. Those that want to laugh find those who are willing to make them laugh.

You may look and say, "Well, now wait a minute, Lazaris. I want to laugh. I want to have fun. I want my life filled with love and joy and happiness. I'm not surrounded by those sorts of people." But if you are not laughing, ask yourself: "Do I really want those things? Do I honestly want to be surrounded by people who are making me laugh, who are making me feel good? Do I honestly want to be surrounded by people who love me?"

Now you see what can happen here: Let's say, "Well, yes, I really want to have people who love me, but I also have an agenda of being a martyr." See, those are contradictions. You may want to be surrounded by laughter and love, but if you want to be a martyr more, which reality do you suppose you will create?

So if you find yourself in a position where you want love in your life, but you don't have it, you first need to look, using meditation, to find out: "Do I really want love in my life?" Then find out: "Are there some contradictory wants and desires that I have? Are there inconsistent wants and desires that I have?" If so, then you need to eliminate them. If not, then you need to reinforce the fact that you really do want love in your life. The bottom line is you don't always create what you ask for, but you always create what, at some level, you want.

"That other parts of the world are not ready to work with self-created reality doesn't mean it's not self-created."

Now comes in the question: What about starving children? Are you telling me that they want to starve?

No. No. No. No. No, we're not suggesting that at all. We're not suggesting that people who are in desperate states in this world, starving in Ethiopia, or in any part of the world, are wanting it in that conscious way.

We're not suggesting that those Black people in South Africa want to get killed, want to have their families destroyed. But what we will suggest is this: On a certain level they are creating it. They may not be verbally conscious of that creation yet. They may not have the intellectual awareness, the knowledge, of how they are creating it yet, but they are creating it on a level for some reason. Whether they want it or not, they don't think they deserve any better. They don't think they're entitled to any better.

Additionally, they might think that such tragedy, such misery, might be a way for them to give, might be a way for them to perhaps inspire those more fortunate to take more responsibility for those less fortunate. Because you are aware of their plight, they might be choosing their pain to inspire you to reach out to them and to help them — to teach them how to end pain — to end their pain, perhaps to end all pain. They may have their own agenda that we would not presume that you should understand.

They indeed are creating it by allowing that reality to occur. Now perhaps with education, perhaps with understanding, perhaps with lots of love and lots of support, and indeed in many cases with lots of food, they could then take the time to figure out why they thought they deserved that reality, why they thought they didn't deserve any better.

Maybe they can be shown that they could create a more beneficial reality for themselves. We aren't suggesting to teach them how to meditate right off. We're suggesting feed them, take care of them, give them a sense of stability, meet some of their basic needs. Once those needs are met, then let's sit down and learn about meditation. Then let's sit down and learn about metaphysics. Then let's combine the metaphysics and the meditation to create a better reality for everyone.

But let's not start there. First let's feed them. Let's take care of them. Let's get rid of their illness. Let's give them the resources that they need, the help that they need, and the support that they need to get their lives working. Then, once the needs are met, we can start looking for the esoterics.

You see, in your world, most of your needs are met. As a society, you can afford to work with the esoterics. Those esoterics say: Each person creates their own reality. That others in the world are not yet able to work with the esoterics doesn't mean that they're not true. That other parts of the world are not ready to work with self-created reality doesn't mean that it's not self-created.

Lee Perry, Van Nuys, California

Q: You said a person is responsible for everything that happens to him. How can a

person be responsible for things over which he has no control?

Lazaris: First of all, there's nothing over which you have no control. "Oh, yes, there is! Yes, there is!"

Well, if you can convince yourself of it, you have that option. But we suggest here that there is nothing over which you have no control. You do create it all. No asterisks, no fine print, no hidden meanings. You do create it all. You create it two ways: Either you cause things to occur, by your choice, by your decision, by the feelings that you have, by the thoughts that you hold, by your attitudes and by your beliefs — you cause things to occur — or else you allow them.

Now, we would agree: You did not cause the airplane crash that ... You did not cause that. You weren't the one who jimmied with the flaps over Detroit and made that plane crash, clearly not. You didn't program it. You weren't sitting there thinking, "I hope a plane crashes. I hope a plane crashes." No, you didn't cause it. You are not aware of any particular choices or any particular decisions you made vis-a-vis that airplane crash — nor did you have any thoughts or any feelings about that particular plane, nor did you have any particular attitudes or beliefs about that plane.

But you did allow that reality to occur. We would encourage you to look at why. "Why did I allow it?" Was it to support a belief that it's getting more dangerous to fly every day? Was it to support a belief of "what's this world coming to?" Was it to support a belief in tragedy and that things have to go that way? Was it to scare yourself about your next air flight?

What impact did that crash have upon you? For some of you it had no impact whatsoever. "Oh, another plane went down. What airline was it? What airline was it?" For some of you it touched you very deeply. The sadness of it, and the fact that it was such human error as not adjusting the flaps properly, had true impact upon you.

Therefore, we suggest, you allowed it for varying reasons — your reasons. How can you create your reality when there are things that happen "beyond your control?" By allowing them to occur. By allowing them to occur in your reality.

You didn't cause those people to be kidnapped in the Middle East. You didn't cause those acts of terrorism directly. But you allowed them into your reality, and you allowed them in because you wanted to learn something or show yourself something about yourself. You wanted to show yourself something or learn something about yourself. Maybe it was your reaction to those who don't follow the rules. (Third World nations never seem to follow the rules of war and peace.) Maybe it was to create tension in your life. Maybe it was to feel sadness. Maybe that's why you created it, because you wanted to feel that sadness. Now admittedly the people who were kidnapped had a much more active part in the creation, but you allowed it.

Example: There was the circumstance of a couple who had been waiting numbers of years to have their baby. She was a special education teacher and dealt with those special children who have learning disabilities. He worked with handicapped children. Both of

them were educators, very highly regarded. They had their child. The child was born with mental retardation. They were devastated.

The reason that that reality was created, in that way, which they came to realize and understand, was that they were insecure about their ability to love. They knew they could love handicapped children, but they didn't know if they could love a child without handicaps.

The infant in this case had her particular reasons for being so handicapped and agreed: "OK, you want to give birth to a child. Because of the fear, you have a belief or a creation here of bringing in a handicapped child. I want to be handicapped for various reasons, so therefore your creation and my creation fit together, and therefore they overlap, and thus we join together." Now their reasons may be miles and miles and miles apart, but for a number of reasons they overlapped, so the child was born handicapped. It was the child's choice and the parents' choice, for quite different reasons. In that regard the energies can fit together.

When, indeed, you involve yourself with a person, and that's their reality, that's what they're creating, it is in your reality because for some reason it overlaps. For some reason it overlaps. When you can consciously create your reality fully and completely, then there will be minimal surprises as to who and what you create in your reality. You do create it all. The people you attract to you are the people that you choose to attract to you.

We use another analogy: Let us say there are two of you who are going to swim a race, and there's a third person, a third one of you who is going to watch. On your mark ... get set ... bang! Go! Who wins? Whoever decides to win — not the stronger, not the better, not the more powerful programmer. Each person creates their own reality.

Person A decides, "I'm going to win." And if they really do make that decision, they will win, and in their reality Person B loses, and the person in the stands has the same thought.

"Who won?"

"You did! What are you asking such a silly question for?"

Person B, however, may have other ideas in their personal reality, and they're saying, "I'm going to win." And if they really believe that and really know that, then they win and Person A loses, and the person in the stands ...

"Who won?"

"Well, you did, of course. What a silly question you ask!"

And indeed we would even go further to suggest that the person in the stands, who is also a participant, not really an observer, has their own honest expectation of who is going to win. In their reality the winner is the one that they choose, decide upon, feel, think, and have attitudes and beliefs about. Therefore, some think there are potentially only two winners, because there are only two swimmers, but we suggest that there are three realities that fit

together.

Now sometimes what happens is Person A expects to win, and they really do expect to win, whereas Person B expects to win but has a hidden agenda of "losing once again." And Person C has an agenda of saying that "A is the better swimmer, so they'll probably win!" It may well work that in all three people's realities Person A wins. We would suggest here that in that sense all three realities may congeal. All three realities may pinpoint on the singular incident. Did A win or not? And all three may agree: "Yes, A won," one says happily, one says sadly, one says confidently.

But if they don't all agree, then the realities don't converge. There are many converging and many non-converging realities in the whole of it all.

Well, does that mean if two of us are wanting the same job we could both get it? Yes, it does mean that. But, you see, in your set you will be the one who gets it or does not get it, and everybody else will agree with you, because everybody else in your set will see it your way. Everyone else in your set is in your set!

There are different sets. You cannot be aware of that set because you're in this set, and that's the way you create your reality. It's all your creation, and there is a multiplicity of universes, a multiplicity of realities, all existing from one moment to the next. You pull them together, you edit the film of your realities, and you call this one real. That's how it fits together.

Anonymous Question, Seattle Evening with Lazaris, 1987

Q: I'm having a little bit of confusion about people suffering and starving. On one hand I'm creating my own reality, and I've come here to learn certain lessons. Others have come here to learn their lessons. At what point is it infringing on their reality, and the lessons they come into this incarnation to learn, when I go and help them?

Lazaris: Well, that is a dilemma. Indeed, you create your whole reality. Part of the solution to that dilemma is the fact that you create two ways. One is by causing things. You cause things to happen. Indeed, you create them actively. And the other way is by allowing. You allow things to happen in your reality. So indeed to say, "Hey, look, there are starving people in Africa!" And you know what? There are starving people right here in Los Angeles, too. You say there are starving people out there. You created that. Did you cause it? No, but you are allowing it. You are allowing it.

The question for you to look at is why. "Why am I allowing this reality of starvation? Why am I allowing the reality of hearing of plane crashes, or hearing of people dying of various diseases? Why am I hearing of these human disasters or individual disasters? They are not happening to me, but why am I hearing of them?"

As you will look at why — why you are allowing, why you are bringing it into your reality — you can learn from that and experience it for yourself.

"Now the reason for starvation is ..." There is no "reason" for starvation! There is one person's reason, and there is another's reason, and there is your personal reason. So many in metaphysics want to generalize:

"All starvation means ..." No. Starvation is not a generic symbol. Starvation is personal, and it hurts. Some of you are creating it because you want to help, because you want to go there, because you want to reach out and touch people, because you want to help in that way. And therefore, you are allowing it. You are not causing it. You are allowing it. You need permission and a concrete reason to love and care.

Others, in that sense, are allowing it because you want to help in a more distant way. Some of you are allowing it because you are still dealing with a reality of scarcity. You still believe that there is a limited amount of food, a limited amount of resource, a limited amount of love. And we suggest that as you can really learn, not all of you, but as you can realize that there's enough love to go around, there's more than enough love to go around, then you will start healing that energy that in your reality is called starvation or scarcity.

We have related this before, but it's an important point. There was a drought in the Southeast, and a lot of the Doom and Gloom people, a lot of the erudite, very sophisticated, metaphysical West Coast people, said, "Aha! Look! It starting! See? I told you! The end is coming. The end's coming. The end's going to happen! See, look at that drought. See, just like they said: drought. See, they're starving to death. They're starving. Their animals are dying. Look at that starvation. Look at that. This is going to be the worst ever. Oh, it's the beginning of the end. It's the beginning of the end!"

Some farmer (yes, some farmer) was watching his television and said, "No, I can't stand seeing those people go through that. I wonder what I can do to help. And he sent hay, bales of hay. And other farmers, not the Farm Bureau, not the Government on Health, Education and Welfare, no, not the bureaucracy, but individual men and women who do not know metaphysics from anything, but know love, reached out.

They gathered together their hay, and they sent it **to** that area of the world. While many of the oh-know-it-so-well metaphysicians were *pointing* fingers in blame, those not-so-knowing metaphysicians were *lifting* fingers in love.

If you've got a chance to help, do it. If you've got a chance to reach out, do it. If you've got a chance to love, never pass up the opportunity. Always reach out, because that may be why you are creating it. You can't figure it out, and sometimes it's not your place even to begin to try to figure out why they might be creating a tragic reality, but you reach, you love, you care, and there's never a point where you stop. There is never a point where you stop.

Always reach, always love. If there comes a point where it becomes apparent that no, they want to die, or they want to continue the starvation, they will manage to work around your love.

Don't stop sending love. Don't stop giving love. Don't stop! Never! *Anonymous Question.*

Whole Life Expo. las Anpks. 1987