

Live Your Bliss



You Are Already Powerful

By Terry Cole-Whittaker

Excerpt from the book

THERE IS NOTHING TO FEAR ABOUT THE PERSONAL AND GLOBAL TRANSITIONS THAT ARE TAKING place. The old is falling away as the new world is in the process of being born. We are the midwives, using our state of consciousness to aid this manifestation and transformation of the world.



Terry Cole-Whittaker.

EVERYONE WANTS TO BE HAPPY, AND THIS desire to obtain happiness is the motivation behind our every action, even if our actions prove to bring us unhappiness instead. The problem is that unless we know how to be happy, we will become frustrated in our attempts, and what was first a joy can turn sour and become a source of disappointment and heartache. I know, because this is what happened to me for most of my life. Things changed when I started applying the wonderful knowledge that I share with you in this book.

We really can be happy all the time when we understand the art and science of being blissful and why it is essential. After all, it is the most natural way of living, and it also helps others toward becoming happy and prosperous. The world has been in a sad and mad state because we have been sad and mad – not the other way around. Most people believe that what is happening in their relationships, finances, career, and health *causes* their emotions. They live on a roller coaster of emotions and, over time, become jaded and cynical, thinking that there is no possibility for real and lasting love, prosperity, or pleasure. The

knowledge that I want to share with you is that the outer world is a manifestation of our inner state of consciousness including our thoughts, desires, and feelings.

Especially now, we need to be as happy as we possibly can because something wonderful is coming our way, something that is dependent upon our doing our part. Doing “our part” means simply being ourselves. We are bliss personified. The happier we are, the better we feel and the more fortunate we become in every area of our lives. It is essential for each one of us to learn to access our divine, blissful nature, and then to express that nature through every decision and relationship as we move into this most auspicious time. Our happy state of mind and emotions will save the planet and bring forth the Golden Age. There is nothing to fear about the personal and global transitions that are taking place. The old is falling away as the new world is in the process of being born. We are the midwives, using our state of consciousness to aid this manifestation and transformation of the world.

Unknowingly, most of the people have been creating all the miserable conditions in the

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world simply by their fear- and lack-based thoughts and negative emotions. They have no idea who they are as spiritual beings and what are the amazing creative and mystic powers they possess. All that is happening, including the corruption, war, starvation, terrorism, and other upheavals on our planet, are simply a mirror reflection of our combined internal imbalance and unhappiness. I know this doesn't fit with what we have been taught to believe is true, but true it is.

Bliss is the intrinsic nature of every soul. Bliss is the key to personal and global transformation and transcendence into this new life and new world we have been praying for. We should not be hoping for or seeking out someone to come to save us. Knowledge has been given to each of us through spiritual teachings and sacred texts, but at the same time kept from us and controlled since the beginning by people in authority so that we would be in ignorance and thus easily controlled and manipulated into compliance. Our state of mind and consciousness are far more dangerous to earth and to ourselves than any chemicals and toxic waste. We must know that our thoughts and emotions are the very cause of what is happening and then we can, in a moment, change our future for the future is constantly in a state of flux, and is being formed in this moment by our thoughts, emotions, and activities.

When people who do not have the answers to the most important questions of life are asked about these questions, they reply, *"There are no answers, and life is a mystery."* If you hear this from your spiritual teacher, I suggest you seek another teacher.

Answers exist, and life is not a mystery, as is obvious to someone with spiritual vision. Everything is revealed to anyone with an open and inquiring mind who sincerely seeks and never gives up until she finds. Once we find, the seeking ends and our real life's work begins: realizing and actualizing who we really are – gods who possess all divine abilities and qualities. Then divine energy is able to flow through us and we are able to accomplish great works. The great opera singer Pavarotti must have known this. When asked how he was able to sing so beautifully, he said, *"I just open my mouth and let 'it' sing through me."*

When I realized and applied this knowledge, I started liberating myself from all the problems I had created. Imagine how good I felt after my years of frustration while experiencing the ups and downs of being on that mental and emotional roller coaster.

We are creatures of habit, and I was in the habit of trying to be what others wanted me to be instead of trusting and being myself. When someone would say, *"Just be yourself,"* I didn't know what that meant. After years of pretending to be what I thought others wanted me to be, I had to find out who I really was.

This required that I be willing to live without others' approval when necessary. Personal freedom requires us to follow our heart's desires and fulfill our divine, glorious destinies, even if others try to discourage or stop us. As Albert Einstein noted, *"Great spirits have always encountered violent opposition from mediocre minds."*

Something cosmically and spiritually wonderful is happening now. It is happening to us, through us, and as us. It is truly magnificent, and is something not to fear but to celebrate...

YOU ARE ALREADY POWERFUL

You and I are more powerful than we have been taught to believe. Each of us possesses creative powers that have mystical, even supernatural qualities and potential, and whatever happens in our personal lives, as well as globally, is directly related to how we use these amazing powers. As intelligent people, we seek to be happy and prosperous and to avoid pain and poverty. Doing so is possible when we know three things: who we are as spiritual beings, how life works, and our divine purpose and life's mission. Sacred knowledge offered to us in the revelations of mystic masters of ancient times, as well as our own realizations, are the keys that open the doors to the great secrets and treasure house of divine bliss and opulence. All forms of wealth are waiting for us in the form of knowledge that we can apply to get the results we desire.

Who Are We?

"Be ye as gods," we are told in the Holy Bible. It also states that we are made in the image and likeness of God, so we must be godlike in nature, possessing godlike qualities and powers. We are souls: not bodies or minds, but pure spirit. The Sanskrit phrase, *"Sat chit ananda,"* tells us that the nature of each soul is eternity, consciousness, and bliss. Whatever God is, we are too...

The universe and everything in it was, and is being, created perfectly. When we know how something works, we can work it as it was designed to work, and this includes life on earth. You and I are perfect, and nothing is wrong with anyone. But we must recognize who we are as spiritual beings, how we function naturally in our optimal condition as godlike souls, and how to use our supernatural powers. Once we know these things, we can attain our hearts' desires and fulfill our highest potential for supreme happiness, the goal and purpose of life.

But when we misuse our godlike and creative powers of manifestation, we create wars, poverty, sickness, unhappiness, and all personal and global troubles. In this respect, our powers are like electricity, which can light our homes and cook our food or, when used incorrectly, can cause a destructive fire. Many blame God for their problems, but each of us has free will. Free will puts the ball in our court: we decide how to use our powers of creativity. This means, whether we use our powers for good or ill, the choice is ours.

Think of your soul power as having one "vote." Because all souls are equal and have the exact same amount of supernatural powers, spiritual abilities, and other qualities, all votes have the same power. You give your one vote to what you choose to believe and focus your attention on, and this gives that thought the power to manifest by taking on a physical form or a condition that is the equivalent of the thought.

For example, dwelling on a fear will cocreate it in your world. Dwelling on your fondest desire for a home or relationship will *cocreate* that. I use the word *cocreate* because we are creating with God's energy flowing through our essence.

No one has more power than anyone else, so each determines his or her destiny by how each uses this creative power of manifestation. This is why each person lives a unique life, and why, when we join our votes, our creative powers, with those of others, we determine even the global circumstances of our lives. But no matter what others do with their powers, we always have the freedom of choice, and we use this freedom to cocreate our personal lives.

Each of us possesses several creative tools, in the same way that an artist has tools with which to create her art. These creative tools are hearing, thinking, imagining, speaking, desiring, feeling, and behaving. We use these tools all the time, and unless we use them consciously and deliberately to produce our highest good, we use them to produce troubles. Everyone – and this means everyone – possesses and uses these same creative tools. No one has more or fewer than anyone else, regardless of who he is considered to be.

Thoughts are the foundation of all personal and global creations and manifestations. Thoughts are concepts, and each has a specific vibration, that is, a characteristic emanation. When we believe our thoughts, when we accept them as true, these thoughts act like magnets and draw to us their exact manifestation in our world. The world is constantly changing to reflect the thoughts of the people in it. For example, we create scarcity by believing in scarcity. Everything is made up of energy, and abundance always exists – except for the persons who believe in scarcity. Our thoughts either open us up to our infinite possibilities, or they close the door. We get what we accept, because what we accept we act on; we create a vibrational frequency that must, by the law of life, bring to us what corresponds to our thoughts.

We Must Control Our Minds

People who are unaware of their eternal, godlike nature suffer from the effects of their sad and abusive thoughts and the mean-spirited words and actions of others. People die of broken hearts because they dwell on sad thoughts, when happy thoughts are the sustenance of our lives. Souls live on thoughts in the same way that bodies live on nourishing food and drink. Joyful thoughts are pleasurable and inspiring. Divine, godly thoughts give us good feelings and spiritual vision and intelligence. Fear-based thoughts of lack produce lack, and spiritual thoughts of prosperity and opulence produce sufficiency and abundance. Thoughts are creative because, when we believe a thought, then we take on the emotional equivalent of the thought, feel it, and act on it. Every action has a reaction, for cause and effect is a basic law of life.

Hearing is our highest sense, because what we hear goes directly to the soul. The thoughts that we hear over and over will, unless we reject them, become the thoughts we believe are true, whether or not they really are true. When the mind, the subconscious, fills up with limiting, negative, fearful, and

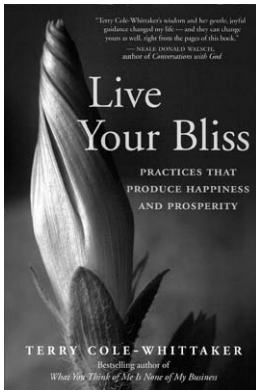
lack-based thoughts, we believe these thoughts are true and close our minds to anything that does not fit into our accepted reality or belief system. When we hear, for example, that life is hard, then life will be hard for those of us who believe this; conversely, life will be a joy and pleasure for those who believe that...

The most powerful terrorist weapon ever invented is an out-of-control mind. Anyone who exploits our fears can control our lives. Conversely, our greatest friend is our controlled mind, which we use for our purposes. We have a mind and a body, but we are not a mind or body: we are a soul riding within the computer-like system of the mind and body. We can use these tools, these vehicles, in order to live our dreams and attain full Self-realization, the actualization of our godlike nature.

Believing that we are only a body or mind is the source of all our problems. Misidentifying ourselves as a body or mind – forgetting that we are a spiritual being – is the source of all suffering, because when we do this we perceive scarcity, lack, and competition. But when we know and acknowledge that we are, as spiritual beings, superior to the world, we identify with our divine, eternal nature. There is an unlimited, opulent supply of love, happiness, and intelligence always ready and available to each of us regardless of our sex, skin color, the age of our body, education, finances, past experiences, religion, or nationality. To access this treasure house of spiritual and material riches, all we need to do is use our godlike qualities and powers as they were designed to be used for ultimate good...

I call fear-based beliefs poverty thoughts, for they deprive us of our divine rights and pleasures and make us believe we are unable to change the conditions of our lives, when we are actually cocreating them and can manifest something else if we choose. Poverty thoughts and limiting beliefs have been passed down from generation to generation. The subconscious mind, in a computer-like way, records everything we have ever learned, experienced, or been told; it categorizes things according to whether we like or dislike them and whether they are good or bad for us, and it determines who and what we think we must have in order to be happy and prosperous. This information makes up our prejudices and forms our decision-making criteria. But this creates a big problem if we allow the information stored in the subconscious memory bank to make our decisions for us or control our feelings and actions. The mind is not supposed to control us, but we are to control the mind by learning how to use it and also learning to discern whether or not the information we are being fed from the mind is true or false. We must place the mind in a holding position, which I call the transcendental position, so that we are able to use the mind to receive higher thoughts. It isn't just what we know; it's being able to discern between what we know that isn't true and what is true. Our fate is set with every decision we make.

In the same way that we can be hypnotized into believing something whether it's true or not, unless we are conscious of who we are, we can be, and have been, dumbed down, repressed, and misled into believing that we are lim-



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ited. Repetition can be used for or against us, because whatever we hear, see, read, or imagine, and especially what we say over and over, becomes established as true for us, even if it's false. All else that counters what we believe to be true becomes, for us, unreal, not possible, even a fantasy, and false.

But remember, all thoughts are vibrations that attract to the thinker the circumstances that are equivalent to those thoughts. No matter what we are told or who says it, if we believe it, then through our mystic manifesting powers we, as the generators behind the thought, empower the thought to create itself in a material form or circumstance. This is true for each and every soul/person...

Split Personality

Trying to be what others want us to be, instead of being true to ourselves, causes a split in our personality, and this is damaging to us. A house divided cannot stand, and in war "divide and conquer" has always been a successful weapon. What this means for us personally is that, when we are torn between following our heart (doing what we want) and following rules and regulations that we believe we must follow to avoid punishment, we usually shut down and do what we have been programmed to do. When this happens, the soul is conquered, because it abandons its shelter, God Within, the Higher Self that knows everything. Souls must express themselves, must be who they are in order to be happy and self-fulfilled. But when we believe it is wrong to be who we are and do what we want – as if there is something wrong with us, and we are not smart enough or able to do this – or if we fear that we will be punished, the *soul* restricts and constricts itself. This is painful – the most painful experience of not being and expressing our beautiful selves...

When we know who we are, we can take our rightful places as gods, who use the tools of life purposefully and beneficially, rather than being controlled by the computer-like mind and body or influenced by others who do not know who they are. No one in her right mind would allow her automobile to take her where it wants to go, so why should she allow the mind to control her life? We can learn to use the tools of life – that is, we can learn how life works – by studying basic principles, or laws of nature, described in the teachings of the sages and saints, and by listening to our inner guidance system.

How It Works

We live in two worlds at the same time, the spiritual and the material worlds. Though we are spiritual beings, each of us is engrossed in a material body in a material world that operates by material laws... Everything material must, by its nature, operate in a certain mechanical way, for the [material] universe is an enormous machine. But we are not machines – we are the operators, the activators of material, physical forms. Spirit controls the universe machine through the mind in the same way that we control the body and mind, but are not the body or mind.

What do I call material? Anything that we can perceive and experience with our physical senses, or with any mechanical device, such as a microscope, is gross matter. Subtle matter includes the mind intelligence, and false ego, which we cannot see. Subtle matter surrounds the soul and creates gross matter – the physical body that corresponds to the frequency signature of the subtle body. In this way gross matter is born from subtle matter. The mind in Vedic wisdom is the overseer of the five physical senses: sight, taste, touch, smell, and hearing. The intelligence is a different tool in that it is supposed to be our link between us, as a soul, and the mind (the computer to carry out our wishes through our actions). We are supposed to direct the intelligence to guide the mind. But what is happening, until a person awakens to their true, divine nature, is that the mind is controlling the intelligence and us. The programmed computer is controlling the operators, us, when we are supposed to be controlling the intelligence and mind...

Remember that we are superior to this material realm... Jesus summed up an important lesson by saying, "*Be in this world, but not of it.*" He also said, "*Know the truth, and the truth will set you free.*" The truth is: you are already powerful and always have been. Now go forth and use your creative powers as you choose. Be true to yourself, for this is all you have. A person who is not aware of the principles of life and his own supernatural powers of manifestation lives in constant anxiety, but one who possesses sacred knowledge and uses his mind to receive inspiration, guidance, and creative ideas is peaceful and enthusiastic. A sacred book of India, the *Bhagavad-Gita* tells us, "*One who is not in transcendental consciousness can have neither a controlled mind, nor steady intelligence, without which there is no possibility of peace, and how can there be any happiness without peace?*" ■

ABOUT THE AUTHOR

Terry Cole-Whittaker is a spiritual teacher and the author of bestselling books, including What You Think of Me, Is None of My Business (1988), How to Have More in a Have-Not World (1985), and Dare to Be Great! (2003). In addition to hosting her own television show for many years, Terry has been a guest on Oprah and other national programs. She lives in Los Angeles, California.