

Seize the Day

A GUIDEBOOK FOR CHANGING TIMES

FREE CHAPTER

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CHOICE

The new energetic fuel is choice – your choice.

Tobias

*It's our choices that show who we truly are,
far more than our abilities.*

J K Rowling

Recent scientific experiments prove that energy follows thought. If you make a choice or decision or set an intention, you harness energy from the unified field which comes to support and manifest it. It seems that all energy is here to serve us if we could just learn to consciously use it.

*The creator has entered the building.
The creator is in the landscape. All hail the creator.*

From: What the Bleep Do We Know

In other words, you, the creator, the chooser, have arrived on the scene and anything that is not in line with what you have chosen, either leaves or converts the energy into supporting your choice. If you remain a victim of external influences, energy will simply continue to re-enforce your victimhood. If you are a conscious choice-maker, a conscious creator, it will flow into your life, your reality and bring into existence what you desire.

Until recently few of us were used to making choices. We had not been taught to do so and did not recognise our abilities to be creators. We rather pleaded, prayed or cajoled, “I need this ... I think I really want ... I wish I had ... Maybe it's time ... Please, God, may I have ...” These kinds of words rarely do the work of producing what we want in our lives because they do not come from a clear space within. They are fogged up by neediness, desperation, cultural programming and a total inability to recognise that we can manifest what we desire and above all, have choice.

Many of us are so used to our life being set up and directed by external events and punitive time schedules that we have lost the simple practice of tuning into what we really want for ourselves and then making crystal clear choices. We have allowed ourselves to be non-creators. Even the ‘big’ choices like going for tertiary education, getting married, which job to take, are life events which are more often influenced by family or societal expectations than conscious deliberate choices. We are out of practice! Actually, even when we do not make conscious choices, we are still making a choice. A daunting thought.

Fear of making wrong choices can be a major inhibitory factor. “How do I know I am choosing the right thing?” The head then takes over, we become hypnotised, unable to progress, frozen like little rabbits in the car headlights at night! The head is very powerful. It confuses us and yet we allow it to take control.

If we reflect, “What do I really want here? What outcome would make me feel good? What would make this meaningful and purposeful? What would be helpful, creative and lift my spirits?” and then make

a choice based on the answers to these questions, we are merely making a choice at this point. It does not matter what we choose and we cannot, yes cannot, make a wrong choice. Why? Because all energy is moving towards wholeness and completion. The myriad of choices we ultimately make will lead us irrevocably on our path. If we were to deviate severely from our chosen destiny, we have a loving guardian angel, whose task it is to see that we fulfil the purpose of our life and this angel may organise a gentle – or sharp – nudge to get us back on track.

I used to be incapable of making a decision, although not quite as bad as a beloved friend who cannot decide between grapefruit or pawpaw for breakfast. I trained myself to be more decisive by continually asking, “What do I want at this moment? What am I feeling?” It has served me well as my life has led me into roles of mentor, leader, business woman and teacher, where it has been necessary to think on my feet and make immediate choices. It has not always been possible to say, “I’ll give you my answer tomorrow.”

It is helpful to write down your choices for the day every morning (please see this process at the end of this chapter.) Beware – making choices is potent. You will find an exhilarating new freedom in yourself and your life. You discover your power to manifest and be a creator. You feel in charge of your life and as you let go anxiety for things that could go wrong, not coping, fears for others, the unseen, the unexpected, you become trusting of yourself and life and move fully into who you are and can be. You start to weave your life more rapidly and beautifully and you bring in only those people and events which bring you joy. Our ultimate success only requires dynamic choices which are made from the heart.

When sudden changes or challenges crop up, how do you respond? Do you go into powerlessness, shock, anger or depression? Or do you manage to hold your centre, use your inner power to focus and make a choice as to how you will handle the situation, how you will be in it, and ultimately create a new manifestation? You may certainly go into shock and reaction in some instances, but remember you are in charge of yourself and your life. This will help you move through chaotic times with trust and grace and your choices will determine how the new incoming energy shapes itself in your life. So often in difficult times we become confused and despairing. The key is always to ask, “Where do I need to make a choice?”

As you become more proficient it becomes easier. You make choices confidently in the present moment by tuning into what feels right in the heart. This practice takes you ultimately to the point of choicelessness, where you will be so in the flow of life that the flow – and your heart – will determine how to be, what to do, in every moment. This also implies a state in the future where we have completely discovered the Self. In the meantime we are in training!

Sometimes there may be a daunting decision to make. “Should I emigrate and where to?” “Which job should I take?” It is valuable to do a written list of pros and cons for each possibility and take time to reflect, but then throw out the head work, rest in the heart and experience what feels right for you.

Humanity is ready now to make choices, especially those individuals who are working on themselves. When we have understood how simple it is to make choices and experience the delight of watching the synchronicities and miracles fall into place, then we can let go the concept of suffering. Making choices is most appropriate as time speeds up. There is no more need for long spiritual practices unless they

help you and you enjoy working with them. Now is the time to fill yourself with this new energetic fuel – choice!

PROCESS FOR CHOOSING THE DAY YOU WANT!

I heard about this watching Oprah Winfrey interviewing Elizabeth Gilbert, author of *Eat, Pray, Love*. She got it from Wayne Dyer, so thanks to him.

Write down **WHAT I REALLY, REALLY, REALLY, REALLY CHOOSE TO MANIFEST TODAY**. (If I don't have time to write it I speak it aloud in the car or as I walk around.) Focus on what you are going to be doing, for instance, work, attend a meeting, lunch with a friend, sort papers, buy a present, study, exercise. Notice that these are what you had scheduled anyway. Choose how you would like them to be and how *you* will be in the day and in these particular events. An example: you are having some people to supper so you might write: "I really, really, really, really choose to manifest deep, meaningful sharing, fun and laughter, love and intimacy, a delicious meal and an evening in which everyone thoroughly enjoys themselves. I choose to be completely relaxed, loving and at ease."

How *you* will be is important because everything flows from how *you* are.

This is not only a training in choosing, but in becoming a manifestor of the reality you desire. It gives you the sense of being in charge of your life and you learn trust. It is said your Higher Self is assisting to create what you want once you have made the choices.

Reality is what you choose, not what you are victimised by.
St Germain

Related sections in this book: *Decision Making Process, Discernment, Intuition, Manifestation, No More Suffering, Speeding up of Time*