

The Bigger Picture

by Adrian Mitchell

During our lives we have many, many experiences. Some appear good, some appear not so good and some appear bad. All mould and shape us into who we are at any one point in our lives. All, whether they appear random or part of an ongoing pattern, represent some aspect of us and can give us important insights into ourselves helping us, little by little, to improve how we think, how we behave and what we create for ourselves in our lives. As long as this is our focus and intent, of course! For a lot of the time that we are here on Earth, this is the furthest thing from our minds...

Usually, we tend to need some sort of a crisis before we start looking inwardly and asking ourselves the hard questions, as we normally lay the blame for all our ills, little and large, at the feet of someone else; anyone else. When we can blame others, we don't have to carry the can, and we absolve ourselves of any wrongdoing and therefore any responsibility. Even worse, is when we blame ourselves for everything, and every experience becomes an opportunity to beat ourselves up again and again and again. When this is happening, we have become such a victim of life that we are convinced there is nothing we can do expect wait for the next bad experience.

Either way, we don't see what we are doing to ourselves or the amount of our unused power available to us in all of the situations. We don't see it because we are not looking for it, and we can only ever see what we are looking for (either consciously or unconsciously).

Creating our own reality

We have previously looked at how we create our own reality. We have seen that our life experiences are created through our reactions and responses to the continual activators, triggers and stimuli from the environment around us. They are also created by our reactions and responses to our memory and imagination. All of these reactions and responses will be determined by many, many factors all of which are self induced, self produced, self scripted and self directed and include the following: our thoughts, our feelings, our moods, our mindsets, our expectations, our assumptions, our judgements, our fears, our needs, our desires, our past experiences, our addictions, our beliefs and our values.

Life Activators or Triggers

Whereas we may be able to grasp the concept that we create our own life experiences by the way we react and respond to the life activators or triggers because we know that experience can only come from within, it is another thing altogether to understand where those life triggers are coming from and why; how they are set up, and who or what creates them! So, yes I understand that I create my life experience of the car crash I was in by how I react and respond to it, but why on earth was I in the car crash in the first place?! Who or what put that life trigger there, and why? As a result of that car crash, I have a broken leg, a broken arm and many other body wounds. I am in hospital for 3

weeks, out of work for 4 months and seriously out of pocket for a long time. I can certainly choose my reactions and responses to these situations, and therefore my life experience as a result, but did I choose the car crash in the first place (particularly as someone else crashed straight into me and there was nothing I could do about it)?

You can substitute the car crash with any other apparently non self induced event that can cause serious upset or distress to our lives and ask the same question. Why me?

So are these life activators or triggers simply random cosmic acts that we have absolutely no control over? Or, do we somehow create them ourselves in tandem with some cunning master plan in the background which is intimately and uniquely connected to us?

Life Controller

If someone else (be it God, The Universe, The Creative Principle, Oneness, or some Master from an Alien Race!) deals us our hand of cards and then it is up to us to play them as best we can, then with a positive attitude towards our life, we can have reasonably happy and fulfilled lives. However, perhaps it isn't unreasonable to think that if some of us get pretty poor cards no matter how positive we try to be, we always seem to be facing an uphill battle. Despite our best intentions, our lives would probably become very wearisome and unlikely to contain much happiness.

If we have a Life Controller, are we not merely puppets on a string? Are we not servants or slaves? Where is our Free Will? How indeed can we have Free Will if someone else is pulling the strings? That is like being told "here are 6 apples from the orchard of life...if you use them wisely you will have enough food to last you a lifetime". With my luck, 4 or 5 of them will be rotten to begin with! Only 6 apples and I don't even get to pick them myself! That's not fair and I'm not playing that game anymore!

Let's play a different game!

So, what game can I play instead? Well, what about if the Orchard of Life is mine as well as everybody else's, and if there are an unlimited amount of apples in it and therefore there are enough for everybody forever! And there is no Life Controller telling us how much we can have and stopping us from having anymore. Now that sounds like a much better game! In this game we always get to choose what tree to pick from and what kind of apples to pick, because of course there is an unlimited variety of apples available.

This would be a great game as long as we all knew what the story was. We would probably have loads of trouble however if some didn't realise that we all could get our own apples any time we wanted. Or if some didn't realise that there was an unlimited amount of apples, an unlimited variety of apples and an unlimited amount of apple trees. What would be worse is if some decided to create systems so that they could control the distribution of apples to all. These would then find themselves in very powerful positions within the Orchard as they could determine who got the most apples and the best apples. Of course others would set themselves up against them because they would want their share and their choice. As for the rest of us...well, having being out muscled, out thought and out manoeuvred we would find ourselves having to be happy with our lot of apples or

not as this would be our choice and would depend on whether we would choose to be positive or negative about the situation. You know where this game is going don't you?! Down the toilet, like the one before it!

Is there a bigger picture?

If only we all had the same unlimited awareness of Self, the same crystal clear vision of abundance, the same untarnished memory of purpose and the same resonating sense of compassion, connection and love for one another all at the same time and never ending! I'm not asking for much, am I?! But alas, it appears that is not the way things are. So, are we to be forever subjected to these ongoing random cosmic acts over which we have no control and are completely reliant on at the same time so that we can have our life experiences, or is there another angle to this that can reveal a much bigger picture than we are currently working off and can therefore show us where our real power lies?

If we look at our life from the point of view that there is nothing and then we are conceived, we are born, we live, then we die and there is nothing again, then I suppose it would be difficult to find a "bigger picture". Life is what it is and it down to us how we play it, how we deal with it and how we can take what we can from it during the time allotted to us. Our time spent on earth is what our book of life is about, from cover to cover. There is a beginning, a middle and an end, and... that's all folks!

The world of fantasy!

However, suppose we looked at our life differently. Let us for a few minutes take a trip into the wonderful and magical world of fantasy, where there are no rules, there is no structure and anything goes! In this world we can see our current life on earth as a chapter in the book of our life, rather than the full book itself. Looking at our life this way could make a big difference. In this instance there would be no discernable beginning and no discernable end. We are talking about a book that will continue to be written on an ongoing basis forever, and who knows where or how it all began if indeed there was a starting point at all! Now that's what I call a "bigger picture"!

The life we are currently experiencing is simply one chapter in this book and it could be anywhere within it (apart from the beginning or the end, because...!). If you pick up a story book that you haven't read before and know nothing about; open it at a chapter somewhere in the middle and start reading it, it won't be very long before you get quite confused. You will be trying to bring together the pieces of the jigsaw puzzle and that will be very difficult because you have no context. Naturally you could decide to go back over some of the previous chapters or to go forward into future chapters to get the answers or some insights into what is going on in this chapter.

Our unanswerable questions...

But if for some reason you couldn't do that or you weren't aware that there were previous chapters or future ones (remember we are still in the world of fantasy, so stay with me on this!) then you would try to understand the book from the chapter you are reading. There are certain things that you might be able to make sense of and other things that just don't seem right or fair and that get you annoyed and irritated. Some of the questions you

might be asking yourself could be: “How could people treat others like this”? “How could this horrible disease befall such a wonderful human being”? “Why does he keep hitting her”? “Why is this person’s life so unfair”? “Why did she walk away and leave him with the children”? “Why did she have to die”? “How could he have hated himself so much to do this”? “What kind of a God would allow this to happen”? “Why does life have to be so cruel”? “Why were they so poor”? “Why did she have such a horrible family”?

The unanswered questions you could have could be endless and could bring up a lot of negative emotions in you, leaving you very annoyed or upset. But imagine what it would be like if it was your chapter that you were reading? You would be much more annoyed and upset and probably feeling quite powerless about the whole thing.

Our story played out on the stage of life

Once you are aware that the chapter you are reading is but one of many, many chapters and that you are actually writing the book yourself, for your own benefit and will continue to create new chapters, new characters and new experiences as time goes on, you can look at any one chapter very, very differently. If you see yourself as the author of your own book of life then you no longer need to feel you are the victim of random acts of cosmic origin. There is no good luck and bad luck. There is no Life Controller dishing out good stuff and bad stuff to people. We are the architects of our own lives. We are the authors of our own books. If you see that all our books are also plays that are played out on the stage of life and that we, the script writers watch as our story unfolds on the stage, we have an even better insight into how our lives are happening and the control we have over them and the choices we can make within them.

Looking forward...

So, this life is but another series of acts in our play which we have written and are writing. Before we began this life on earth, the scriptwriter within us worked out the scenes, themes, characters and relationships that the new acts would revolve around and that this life therefore was going to be focused on. Because all of our lives overlap to some degree, all the other scriptwriters whose stories would intermingle with ours met up with us to work out the details of the overlapping stories each reflecting the development of their own stories. These details would represent the themes, scenes, characters and relationships mentioned previously which were then woven into the stories to be played out on earth. As the scriptwriter part of us watches our story unfolding in front of us, the part of us that is playing the lead role is writing the story as it unfolds from the point of view of the reactions, responses, choices and decisions being made along the way. This is not interfered with by our scriptwriter who is watching. This is an essential part of the process as the story is written in real time.

The scriptwriter came up with the main themes that we would deal with in this lifetime by looking at the story so far and working out what themes made most sense to bring into play in the next few acts. So rather than having God, The Universe or an Alien Master dictating to us and sending random acts to test our skills, patience, endurance and emotional make up, it is ourselves who create every aspect of our lives via the

scriptwriter and the leading actor. We set the scene; we create the themes; we agree the characters and relationships and we play all of these aspects out in real time through the improvisation of the lead role part of us. Naturally, the more the leading actor is in communication with the scriptwriter, the more he/she is in tune with the nature and purpose of the themes and relationships they are dealing with. This makes it easier for the leading actor to improvise and also to make better choices and decisions which will then have positive effects down the line. The main themes will be played out regardless of how the leading actor plays them, but they can be played out in extremely different ways depending on choices, reactions, responses and decisions made by the lead role part of us on an ongoing basis.

Looking back...

After the life on earth has been completed, the scriptwriter (part of us), leading actor (part of us) and perhaps others who act as guides for us sit down and review the lifetime on earth. This is with a view to seeing how the selected themes were played out and particularly to focus on the overall life experience of the part of us that was playing the lead role. How did we get on? What were the things that we reacted to most? What were the things that concerned us most? What lessons did we learn? What kind of growth occurred? When did we feel we failed? How did that happen? When did we excel? How did that happen? Did we live from the heart? Did we allow ourselves to trust and love? If we didn't, what got in our way?

This review would probably be very intense and very thorough and would probably set up the next part of the story. What part of the universe that part of the story will be set in and what themes will be focused on, who knows?! But let's not worry about the next possible lifetime. In having this lifetime experience we previewed it first, set it up, then played it out and afterwards reviewed it. What might happen beforehand and what might happen afterwards might be very interesting, but the important piece happens in between. In all of this the interplay between the scriptwriter and the lead role is critical.

The Scriptwriter and the Lead Role

You will notice that the scriptwriter who has full awareness of why the themes, scenes, characters and relationships will form the life triggers doesn't at any stage intervene with the lead role part of us to keep us on track or whatever. It is the epitome of trust for the scriptwriter to leave the living of life in the hands of the lead role part of us. This part of us has deliberately been left out of the preview process or else the memory of it has been deleted to allow free will to take place. On our journey here we get to make all the choices and all the decisions based on our reading of what is going on at any given moment in time and on the experiences we have had to date. By us becoming aware of our scriptwriter within as a result of the way we are applying ourselves to life we get to communicate with it and when we ask for guidance, it, always answers. It is always there waiting for the lead role part of us to tune in and look for guidance. When we can do this we then can become more aware of the themes we are living out. We gain an understanding of why certain things keep cropping up in our lives. Our awareness grows and as a result our choices and decisions get better and our lives get easier.

Generally speaking, the better our communication with our inner scriptwriter is, the better it is for the lead role part of us. However it is likely that for all of us we will go through lifetimes either here on earth or elsewhere with very little awareness of that part of us and this is simply the story or the journey as it is written by us and as it unfolds through us.

Context

Even though what happens during this life is all important, what might happen before and after can allow us to access the context of the life we are currently living. With context we get meaning; with meaning we get understanding and with understanding we get clarity. This “bigger picture” may help us to become more aware of the jigsaw puzzle of who we are and help us to piece it together with more confidence and more flow.

Where did God go?

For those of you who are wondering about how God, The Universe, The Creative Principle, Oneness or an Alien Master fit into this “bigger picture”, well, keep wondering because that is an even “bigger picture” again!

Are we still in the wonderful and magical world of fantasy or not? You decide!!