



RESPONSIBILITY: AS WITHIN SO WITHOUT

“You are the creator of the world you experience.”

“Total responsibility is the beginning of the path out of pain and into joy.”

The Way of Mastery

Let me pose a question, a very important question, a question that will literally affect every single area of your life, a question that will determine its very quality. Did I grab your attention? Here is the question: “Who or what determines what you experience?” The answer has to come down to one of two ways of thought. You are a card-carrying member of one of the two camps below:

Camp A – other people and circumstances or “I don’t know”.

Camp B – you alone.

If you have bedded down in **Camp A** (where membership has its privileges) , it is your spouse who makes you feel the way you do. It is the personalities and attitudes of your kids that cause you to perceive, characterize and react to them the way you do. It is the weather that is responsible for your mood. It is the government and its policies which get you so riled up. And isn’t it perfectly understandable that all drivers would react the way you do to the motorist in front of you? Do you notice a theme running throughout **Camp A** members’ answers? Put plainly it is: *“I have nothing to do with what I experience or how I perceive someone or something! It is done to me! I am the innocent victim! All power rests with external forces and agents. I, on the other hand, have none.”*

continued ...

Now let's look into the approach and thought system of the card-carrying members of **Camp B** (here too membership has its privileges). Less words, explanations, rationalizations and justifications are required here: "I alone am responsible for how I see and experience everyone and everything in my life." Period. Full-stop.

The adherents of **Camp B** realize and take responsibility for the fact that it is their thoughts and beliefs which determine their perceptions. In turn, it is their perceptions which determine what they experience. And it is their experiences which, to complete the loop, reinforce their thoughts and beliefs. **Camp B** puts you squarely and forever behind the steering wheel. **Camp A** puts you forevermore in the back seat of some other driver, like other people or circumstances. Where do you choose to sit in your ride through life?

Everyday examples of this abound. You are walking down Granville Street by yourself on a blustery, rainy November afternoon. You can't stand the weather and wish that you were somewhere warm. You feel deprived and hard done by. You notice how dirty the street is. Your eyes land on a thickly-chewed wad of gum on the sidewalk that you barely avoid stepping on. You notice that no one makes eye contact with you or smiles and conclude that Vancouver is one of the most cliquish and unwelcoming cities anywhere.

You are walking down Granville Street by yourself on a blustery, rainy November afternoon. You notice the beautiful displays of the shopkeepers and feel pleasure, gratitude and a spike of happiness for their efforts and care. You see how the streets are generally well-kept and orderly. You see a little girl's hand tucked into her Mom's as her Mom, chatting and laughing, gazes down at her daughter adoringly. A flash of deep love and appreciation rises in you for your own children. You thank God that you happen to live in a country as safe and free as Canada and conclude that life is good and you are blessed.

Who is responsible for your entire experience of Granville Street on that rainy, blustery November afternoon? Who is responsible for your entire experience of everyone and everything in your life? To be all grown-up means that you never have been, are not now, nor will ever be anyone or anything's victim. No one and nothing is doing anything to you. You completely run out of "bad guys" to blame, and that even includes no judgments of you.

It is your willingness to realize that the time has come to admit and realize that "you are the creator of the world you experience" and that "total responsibility is the beginning of the path out of pain and into joy."

Take your pick. **Camp A** – the privileges of all members are that they are entitled to their anger, fear, depression, self-righteousness, indignation, forever being unfairly treated, icy hopelessness, hurt, sorrow, suffering and pain. Or **Camp B**, wherein privileges include the choice to be responsible for their thoughts, beliefs and perceptions and reworking them if necessary into a full prism of satisfying and joyful colors and experiences. You truly are the creator of the world that you see.

The choice is yours, now and always.

The Transfer of Trust

From Seeking Happiness, Peace and Safety from the World to Finding it Within A One Year Program

If you pause long enough and really think about it, from whom or what do you seek your happiness, peace, safety, and self-worth? An honest self-inquiry will show you that you believe you gain these things from outside of you – from the world and from other people. For example, the world values you and pays you for what you do and this gives you a sense of security. Other people, like your family members and friends, approve of you and love you and this makes you happy. Once you have enough money and enough people who let you know that you are a good and fine human being, as conventional thinking goes, you will know peace. From the time you were a child, utterly and completely dependent on others for your survival and worth, you have been fixated on the **HORIZONTAL** to validate you and show you who you are. As the adult you are today, you are, almost certainly, still doing the same.

We remain enslaved by externals – job and financial circumstances, other peoples' opinions and love as the singular mirror reflecting our fundamental identity and value back to us .

However, the very nature of the **HORIZONTAL** is that it is and always will be *changeable* and *unreliable*. A family member, for one reason or another, may withdraw their love and support or not offer it in the first place. A very good friend will move on or move away, or over time you may feel differently about them. A job will be down-sized or lost. The supply of money and work, as it always seems to do, flows and stops, flows and stops. Even your own body, because that too lives in the **HORIZONTAL**, will inevitably deteriorate and lose its vitality, attractiveness and reliability. If your happiness, peace, safety and security are based exclusively on the **HORIZONTAL**, you are in for the experience of an endless roller coaster ride through life, or to switch amusement park metaphors, a swirling, frantic "unmerry-go-round".

Fortunately there are two others realms in which you can truly and deeply know happiness, peace, safety and self-worth, but they require inner work to get there. The first is the **INTERNAL**. This refers to your honest and real relationship with yourself. Can you develop a solid self-love, self-understanding and self-acceptance which remain totally independent and immune from all of the fluctuations that external events and other people are prone to? And, as important, can you develop a *knowledge, relationship and trust* in the **VERTICAL**, by whatever name and presence you know it, – God, Jesus, spirit, Universal Intelligence, Love, Peace, or Higher Power – that can permanently raise you above the battleground of the Horizontal and give you a fundamentally different and constant experience of a trans-worldly inner peace and happiness that has absolutely nothing to do with anything or anyone outside of you?

Using *A Course In Miracles*, *The Way of Mastery*, the teachings of Bentinho Massaro, a teacher of enlightenment, and any private devotional, spiritual practices and paths of the participant, we will shift together in our ability and willingness to trust and access the **INTERNAL** and the **VERTICAL** as that which gives us the rock upon which to stand and be in life.

FORMAT: 6 experientially-based weekend workshops spaced approximately 2 months apart beginning in April 28/29, 2018; buddy system; weekly support group meetings (highly recommended but not required)

COST: \$1650 + G.S.T. payable over the course of the year. Some financial assistance available for those motivated but without the means.

To register: Contact Catriona, seminar coordinator, at (778) 773-2726 or seminarsjoelbrass@gmail.com

UPCOMING SEMINARS

HEALING THE ORIGINAL PAIN OF YOUR LIFE: THE INNER CHILD SEMINAR

Many of us are aware that we are stuck emotionally or spiritually somewhere in our journey through life. These stuck places may show up as unwanted and self-defeating behaviors or symptoms such as:

- unhealthy relationships
- relationship breakdowns
- an excessive need for money, position or power
- constantly seeking the approval of others and fearing rejection
- constant, unstoppable busyness
- workaholic tendencies
- loneliness
- explosive emotional outbursts with loved ones
- dependency on alcohol, drugs, sex or shopping as a mood- enhancer
- family strife
- low self-esteem
- depression
- eating and sleep disorders
- internet addictions

All of these conditions are expressions of a soul in too much emotional pain and fear, recycling it over and over again in the present day, often onto people and in situations that have nothing to do with the original wounds which produced it.

This seminar will gently and powerfully escort you into some of the most formative moments, relationships and events of your early life so that you can identify the original source of your emotional pain and fear and learn how to heal and release it at its roots. It is my personal and professional experience that doing so can free you up in the present day to live a qualitatively new and fresh life and not just some re-enactment of your past.

DATE: SAT / SUN, MARCH 10 & 11, 2018

RELATIONSHIPS: THE WORK OF LOVE

In this seminar we examine ourselves as the perpetrators of pain. We examine the myriad flight and fight responses that we have employed to keep from our hearts and souls the very people we say we want to love, the very people who have committed the "crime" of loving us. This most certainly could include our love interest but we will also examine our relationship with our father, mother, sister, brother, son, daughter and past loves to discover the ego patterns that have run us and our relationships into the ground.

We begin to move from being baffled, righteous, or victimized by our love lives to taking 100% responsibility for the state that our most significant relationships are in. All of our dynamics and imposed barriers to real intimacy, committed love and monogamy are faced.

Only then can we discover and examine the components of a healthy, loving and mutually beneficial relationship. Only then can we discover that with courage, vulnerability, honesty and humility, we can begin to experiment with laying down our survival-oriented, fear based ego patterns and establish an entirely new base from which to interact with the people of our lives.

DATE: SAT / SUN, JUNE 2 & 3, 2018

**COST - \$275.00 + GST per person (deferred payment plan available)
bursaries available to those in financial need**

**If you have further questions or would like to register contact:
Catriona (seminar coordinator) at (778) 773-2726 or
email: seminarsjoelbrass@gmail.com**

