

A Pause to Consider

By Anna Von Reitz



Please direct your attention to the fact that energy impresses itself on matter.

This means that our energy, which we project -- literally -- creates matter and determines its form.

That puts a different spin on the oft-repeated phrase, "children of God".

It also explains why we each encapsulate about 33 Trillion (with a T) volts of electricity within our bodies, and why, when an egg is fertilized, the event is marked by a tiny flash of light.

We are creators and we are creating and using energy to do this every single day, but thinking nothing of it. We create like water flows downhill.

We aren't even aware that we are doing it.

And there's the rub.

Take a look at the world that we are collectively, as a mass population, creating. Ask yourself --- is this what we want? Death, destruction, constant fighting, pollution, upheaval, lies and oppression of every kind?

Rats in a trap would be better behaved than our politicians.

So what this airy-fairy talk about changing your "frequency" and "ascending" is all about, is really about changing what you create by changing the energy you project.

Start radiating love instead of hate, and see what happens.

Start working on your own bad habits -- gossiping, lying, fear-mongering -- just stop doing those things which are well-within your control, and see the change in your own life and the lives of people around you.

Are you lonely? I was too. I grew up as an only child out in the country (my sister was thirteen years older than I and left home when I was five) so my closest companion was the family dog.

When I went to school, I was too shy and too average looking to attract any attention, so although I was doing well enough academically, I wasn't making the social grade. By [Christmas](#) time, I still didn't have anyone I could call a friend.

Maybe a few sparks, hi, how are you? -- but not there yet.

The long [Christmas](#) vacation dragged on that year with many snow-filled days and nights. I still enjoyed my sled and romping with the dog and ice skating on my Father's deliberately constructed ice rink, but, Dad was at work, Mom was too fragile to play, and I was alone, or as I saw it, I was the tail end of an era.

All the other kids in the family were already doing things like getting married, joining the Navy, and going to college, and there I was, fighting with knee socks.

"What do you want for [Christmas](#)?" my Mother asked a few days before the big event.

"A friend," I said.

"Hmm," she answered, a little put off.

You can't just go down to the hardware store and buy one of those!

To be fair, I was always a difficult child.

"Well," she said finally, "you know that to have a friend, you must be a friend first."

No, I didn't know that. I never thought about it in terms of energy dynamics. I just observed that everyone else seemed to be part of some web of life that was closed to me.

From that moment on, I learned to smile, to greet, to be pleased with life. I learned to view strangers as potential friends. I got over my awkwardness. I discovered a latent talent for slapstick comedy.

By the end of the school year, you could even say that I had become mildly popular, and had half a dozen pals who welcomed the Ugly Duckling when I got off the school bus each day.

This change was due to one thing. I changed my energy from being needy to giving, from being closed off to caring.

What the world needs now -- desperately -- is that kind of change, and it is a change each one of us can make, by an act of will.

We can smile. We can have faith in our vision of the future. We can afford to help someone else. We can create change in ourselves, so we can create change in the world we are creating.

Recently, I asked everyone to just concentrate on one simple thing -- stop lying. And see what happens.

Already, the reports are coming in, and most people who took on this challenge are shocked by how often they caught themselves fibbing about small things, but fibbing nonetheless.

There have also been reports of major discoveries -- people realizing that their marriage was on the rocks and needed rescue efforts, realizing that a child had grown estranged for unknown reasons, suddenly knowing that a career change was necessary.

Consciously making the effort to tell the truth has a way of illuminating things, just as making the conscious effort to be friendly draws friends into your life.

We don't always think or remember that making small changes in ourselves can create big changes in the world around us, but this is so. It's the reason that giant advertising firms spend billions of dollars analyzing consumer preferences.

What do you want to "buy" with your energy [today](#)? Friendship or violence? Truth or lies? It's your energy. And your choice of how you spend it.

Once you start paying attention --- I mean, really observing, you will notice odd things --- like, how a single friendly smiling postal clerk, literally, day after day, changes a dingy little post office into a haven of peace and joy and affirmation for his customers.

Just by his attitude, his will to help, his joyful energy projected outward, he changes the world.

It was December, the peak of the postal traffic season for the whole year. "Michael" was up to his knees in mail and boxes were stacked head-high all around him. And, there he was, taking time to add tape to a box for a woman bent with age and poverty, reassuring her that it would get to its destination.

He was smiling anyway. He was caring anyway. He was creating his own little energetic space where all the pushing and shoving energy of the season and the pressure of his job was held at bay. As he turned and put her box on the top of his stack of boxes, she also turned away with a smile on her face.

Such a simple thing, putting some extra tape on a box, yet there it was -- the magic of life, the miracle of our kinship revealed, in perhaps thirty seconds of extra care and kindness.

You can do this, too. And so can I. If we stop a moment, pause, and make this our goal each day.

We, too, can change the world, change our energy, and change the space in which we live.

I talked with "Michael" once about how he is always so bright and sunny in the midst of chaos. He just grinned and shrugged, and said, "It beats the alternative!"

He's right, as usual. It does no good to despair, to be glum, to wallow in any sort of self-pity. So he doesn't do that, and as a result, he pulls himself and everyone else upward.

On another occasion, I was having a bad day and was somewhat miffed, and I asked him what was his secret source of joy? He paused.

"Well, I'm alive....I am in pretty good health for my age....I have a decent job....I have friends....and family...." he rattled off a short list and shot me a look like --- what else is there? Why shouldn't I be happy?

Now, you might think that "Michael" is a little dim, to be happy with a mundane life and work as a Postal Clerk, but he's as bright on average as any of the rest of us. The difference is entirely in his attitude, and in the energy he projects.

He is in a constant state of joy, because he is grateful for all that he has, and that joy acts like an infectious agent, touching the lives of everyone who buys a stamp or sends a package.

I have stood in the lobby of the post office and watched the people dragging their steps through the door. They are tired and poor. Their feet hurt. They have a parent-teacher meeting to go through. Their faces are as grey and haggard as the scudding clouds in April.

They have their thirty seconds at the counter with "Michael", and the miracle happens again and again.

They come out of the Post Office as changed men and women. They stand more erect. They are walking with confidence. They are alert. And they are smiling.

I, standing there in the lobby, observing this, had cause to wonder --- WT? What happened?

"Michael" gave them an injection of his boundless agape love.

What would happen, if we all took the plunge and made the pledge to be less self-concerned, more open, more caring, more friendly?

What if we smiled more, and complained less?
What if we always told the truth?

Then we would be beacons of comfort and hope, stalwart and imperturbable, infecting the world with joy--- and wisdom.

Because it makes no sense to create more of what we don't want, and by our own simple, individual decision and action, we can create more of what we do want.

Give what you want to receive. Create what you want more of. Be the change.

See this article and over 4700 others on Anna's website here: www.annavonreitz.com

To support this work look for the Donate button on this website.