

The flow, cont.

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Question: I'd like to learn more about the flow. It seems very helpful in opening me up to non-judgment. What would you share with me?

Answer: The flow isn't just an idea. It is a fact. It is reality. Nothing happens or is experienced outside the flow. Nothing is independent. Nothing can be done differently than how the flow would have it done. Options do not exist outside the reality of the flow, and any option chosen within the flow is of the flow. Being of the flow, it is of perfect oneness and made in complete agreement. In this way, it is beyond the possibility of judgment. All judgment imagines independent options from outside the flow.

The flow is most useful to you right now as a means of seeing clearly that you are only perfect love. You judge yourself whenever you feel you are less than perfect, when you feel you are not the perfect expression of love. A state that is not perfect love created through perfect oneness cannot exist. It is literally impossible. Every moment is perfection. You, as you perceive yourself, are the perfect result of every perfect moment.

Experience at the level of effect is only experience. It is not reality. But experience cannot be judged separate from reality since experience exists within the mind of reality. If experience is judged, reality is judged also. You cannot judge the creation without judging the creator. You cannot judge your self without judging the totality of your Self, which is God. Here lays the root of all fear.

With this said, focus on the flow. Keep your mind today, in every moment, aware of the flow that is. Want only the flow and you want only reality. Immerse yourself in gratitude within the awareness of the flow, and you accept yourself (and your brothers) as the echo of the reality that you are.

Question: With the teaching of the flow in mind, I'd like to ask about choice. You said that in reality there is nothing to "choose between." There is only the flow. You also refer to "any option chosen within the flow." Are there options? Are there choices? And if there are, doesn't that create room for error and judgment?

Answer: Right now you are slipping into seeing yourself as independent, and this will lead to judgment and a sense of unworthiness. It is not at all helpful to see yourself in this way, which is why I've asked you to remain focused on the flow.

There are no options separate from the flow, and you cannot make an independent decision at any time. Independence does not exist. But within the mind of reality there are multiple vibrational forces in affect. These vibrational forces are cause, which work together to create effect.

Question: Is there a choice in vibration?

Answer: There is always a choice in vibration, and the choice you make in vibration collides in unison with the totality of vibrational choice, and an option comes into being. This option is a decision, which will be carried out within experience unless a vibrational change occurs. If a vibrational change does occur, a new option will be presented and that is the option that will be experienced.

Vibrational energies can change in any moment, and the effect is change in flow. No change can occur in vibration without a change in effect.

Question: So at the level of practicality, how does this work?

Answer: A shift in perception or a shift in how you choose to experience an event is a shift in vibration. This creates a shift in flow. In other words, you and others will react differently based on a different vibrational flow.

Question: So my choice in perception affects others?

Answer: Yes, since there are no others. There is only flow. Everyone in every moment is acting at their vibrational level in perfect harmony with the total vibrational flow. Nothing is ever “out of whack.” Each instant is completely perfect. Each action and each personality is a perfect outcome of the flow.

Question: So there really are no choices beyond a choice in perception, but a choice in perception affects the vibrational flow resulting in what seems to be a different option.

Answer: Yes, but the current option is the result of the current flow. A different option cannot truly exist now. Each moment is perfect. It cannot be different. It cannot be truly judged.

To learn this is to learn everything. Your only choice is your choice in how to see (or feel), but this choice has an effect on everything you experience. It cannot be different from this.