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## You live in a world of your own design

by [Sophie Benshitta Maven](#) — Category: [Activate Spiritual Capacities](#), [Expanding Human Being](#), [Raise your vibration](#) — May 20, 2016  
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You live in a world of your own design. And you create the world with your [beingness](#).

We think that beingness is all good... But beingness is neutral. It doesn't take sides. There is a beingness for everything, including greed, jealousy, and puniness... if that's a word.

But whatever that beingness is, when you realize it, when you pinpoint it, you'll immediately see that it actually created your current reality, and if you don't do something about it... it will create the rest of your life that same...

But as a human you have access to creating any kind of beingness... you have difficulty in holding onto it. But yet, you can start. Any time, any day, any age. And increase your capacity to hold onto the beingness, honor it as yourself.

- One of the beingnesses we are really familiar with is BEING judgmental. Or the flip side of it (they always go together, like the two sides of the coin!) BEING judged.

**You smile,  
but you wanna  
cry. You talk,  
but you wanna  
be quiet.  
You pretend like  
you're happy,  
but you aren't.**

Both are beings.

Which is more frequent? They are the two sides of the same coin: judgment. Pretending that you have the right and the power over life and death...

All superiority, all ego.

Now, let's look at the being of "being judged"...

After all, don't you need someone to judge you to feel being judged? No. In fact, you bring the beingness of "being judged" to any situation... and, surprise, whatever anyone says, sounds like a judgment to you.

The [koan](#): "For you, everything is the same as everything else, except that not always" is written just for you! You are unaware that you are bringing the beingness to every situation, and your beingness creates the world of Judgment.

Of course the flip side is right there: you judge them for judging you... even if they don't.

You live in a world of your own design: judge and being judged. How is it working for you?

Being ALWAYS creates a world, whether you are [conscious](#) of it or not.

Feelings, thoughts what you see, what you hear, your interpretations of what you see and what you hear are in perfect correlation with your beingness.

- If you are superior as a being, then the whole world will show up as inferior to you.
- If you are a victim as a being, everything shows up as an abuse...
- If you are forced, manipulated, coerced as a being, you'll resist everything, because everything will show up for you as a force!

You can't see your beingness, you can't feel your beingness... you don't have direct access to it.

But if you look at the world, how it shows up for you, what it is doing in relation to you, people, things, you can ask the poignant question:

What beingness am I bringing to the world (or this situation) that causes the world, people, things, to show up the way they are showing up?

Beingness is created by words, mostly inaudible words, spoken internally.

I used to bring a beingness to life "I can't". I was like a horse afraid to jump the gates... At times I used to bring a beingness to social interactions, especially groups, called "I am persona non grata, I will be thrown out."

I would be thrown out of programs I paid for. People would refuse my money...

Until I, finally, distinguished and owned my propensity to bring that beingness to my interactions, I had a very predictably traumatic life. A big freakin' drama!

So, what there is to do is

1. get curious about the beings that you bring to situations
2. distinguish them
3. own them

No need to fix them, [change](#) them. The moment you bring judgment to it, or [resistance](#) to it, it becomes stronger. When you surrender to it, bring non-resistance to it, it becomes "weak in the limbs"

But only when you do.

Most beingness is hard-wired, and you can't get rid of it. The only way to be free inside the "machine" and the hard-wiring, is to surrender.

The moment you do, you can move about freely, you can create pretty much any being.

Let's hope that you'll create some beingness that is enjoyable.

Watch out for part two: How to create a world, how to design a world, and what help you have... OK?

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