

BEING CONSCIOUS

This month we welcome Gary Douglas, the founder of Access Consciousness, to *Insight Magazine* as a regular monthly columnist.

AFTER FORTY-FIVE AND STILL ALIVE

By Gary Douglas

Over the last twenty-five years I have had the great pleasure of dealing with people of all ages. It has been a constantly expanding world of awareness as to how people function and how they create limitations and impossibility, as though it is the most normal thing in life. Several years ago, a friend of mine Mary came to live with me. Her daughter had died and she had no family, so I offered to have her come stay, as for so many years of my life she had helped me with insights and counselling when I was in turmoil. I now had the opportunity to contribute to her as much as she had given to me.

When she moved in the first thing I had to do was get new furniture for her - mostly a new mattress, as she wanted a tempur-pedic foam mattress. She said that as moving was so painful at least this type would allow her to lie in the same position for hours without having to move. Interestingly, she had loved her independence, living on her own for most of her 96 years, but was now deciding to lose it. She often talked about feeling as though she were faint when she got up, so I suggested that perhaps if she got up and walked a bit more she could get her blood flowing and that would strengthen her heart and make it possible for her to become more agile. Her reply, 'Oh, I tried that once and it didn't work. Can you bring me a cup of tea dear, you make the best cup of tea of anyone I know.'

I was surprised to hear her say that she had done exercise once and it didn't work, hence she saw no reason to try again. But really, this point of view she had taken was exactly what I kept hearing from person after person who was hitting the forty and up age range, in fact there were some in their thirties that were doing the same! What none of them realised is that our point of view creates our reality, our reality does not create our point of view. As people create a point of view, that is what begins to show up in their lives. In every moment of our lives there is that place where we lock in pain or suffering based on a decision we have made, but it doesn't necessarily have to be that way. Sadly, Mary had locked into her body the idea that exercise was not something that would make her feel better, so she wouldn't do it.

When the hospice woman started coming to the house during Mary's final months, she talked to me to see how she could help with the way things were. I had this weird point of view that not moving all day was not enough of a life, but she informed me it is very much the way things are as one gets older - they become satisfied with less and less until just sitting and watching television or not moving is enough. We lived across the street from the city rose garden and I would gladly have taken her over there for a walk every day I was home, if she would have gotten up, but for her lying in bed was enough.

I am pleased though that not everyone is content just sitting around. In fact, there are some truly amazing people in the world that don't become satisfied with doing as little as possible. When I was a kid and trained horses there was a 92-year-old man who would climb on a metre-high tack box to mount his five-year-old gelding that was 16 hands, then race off down the pathway like a loose noodle atop his horse. He would do that three times a week and I remember I wanted to grow up to be like him. Recently I hired a man to work with my horses and about the third day I was mounting my stallion, he asked me how old I was. I told him I was 70 and he explained, 'but you are riding a stallion'. I said 'you're fired' but I was joking. I am old, I am not dead. I am always surprised to see in the mirror this old guy looking out of my eyes, cause I don't feel any older than I did when I was 18.

Every year I celebrate a birthday, do I get older, or does my body feel older? I finally realised that every birthday I was buying the idea from everyone else that I was getting less able. Isn't it interesting that we have so many people telling us that now we are older we are somehow disabled? Is that the truth or what we buy as a point of view that others sell us? And at what age do we buy those ideas? All the people I have dealt with over the last 25 years seem to hit the over the hill gang about 40-45. What is it that makes this real to so many people? I didn't actually

buy any of it personally until I was 55 - I was always a late bloomer.

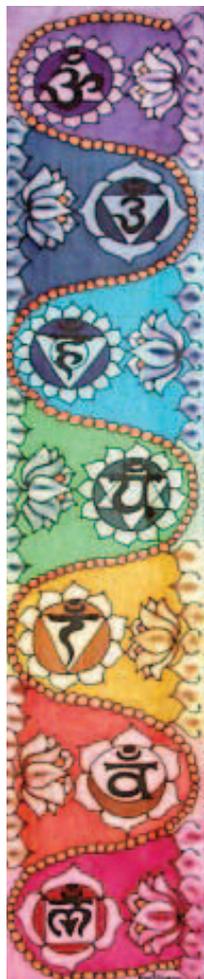
The important thing to get in our lives is that we have a lot of points of view that are not even ours. Many we bought from our parents, some from advertisements on television, radio and other media. One of the things I ask people to do is pick a spot in their body that isn't feeling so good, and ask the question, 'how much of this have I bought from someone else?' Interestingly, most people find that they have actually bought way more of other people's reality than their own and if they just ask to destroy and un-create all that, then they start to feel better.

One of the other things you can do with these strange senses of getting older is ask the question, 'How much of this is mine?' And once again destroy and un-create it. That too usually begins to change what is happening with your body. Also, 98% of your thoughts, feelings and emotions, don't actually belong to you. If you use the question, 'Who does this belong to?' and it lightens up, it is not yours, you have simply bought it as yours when it wasn't. Even if it returns, it still doesn't belong to you, so just return it to sender then watch your life begin to change.

Hopefully what you are getting from this article is that you have to choose, you can ride a horse like the 92-year-old man or like my friend Mary with exercising, go to conclusion or judgement. The problem with that is that nothing, unless it matches your judgement, can even enter your awareness. It is possible to change anything if you are willing to work at destroying and un-creating it.

There was a 74-year-old woman who was about a metre tall. She came to a class and started playing basketball with a 12-year-old girl against two men, a 40-year-old and a 30-year old. The 74-year-old sank 48 straight baskets and she was amazed since she hadn't played basketball since she was 19. The men were amazed too! So how does it get better than that? Live now and enjoy! 📌

Born in middle-class USA, **Gary Douglas** has always been seeking information about life's mysteries. After a series of revelations and insights 24 years ago, he created Access Consciousness - a collection of tools, techniques and questions that empower people to know that they know. Gary is a best selling author, and he facilitates Access Consciousness advanced classes around the world. You can find him and upcoming events at GaryMDouglas.com and AccessConsciousness.com



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