

Story Waters Weekly Sampler

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Welcome to this sampler for Story Waters Weekly. Each issue begins with a personal message from Story, usually reflecting on the article contained within the issue. Below is the message from Issue 14: Without Protection Part 3.

This week concludes the three part 'Without Protection' series. To come to see our judgments as mechanisms of self-protection and self-limitation is not to demonize judgment or see it as the cause of all ills. To judge judgment is to walk in a circle.

To see judgment clearly is to see that it is an energy that repels within a universe of attraction, and it is not wrong to be repulsive in a world of love. And yet to truly see judgment is to choose to release it. It is to surrender standing apart, whether that be through an idea of superiority or inferiority. To release judgment simply look at where the need for it is coming from. Look with honesty, with intent for clarity, and it will unravel itself.

Judgment destroys intimacy. The release of judgment really is the dropping of the fig leaf on so many levels. It brings everything in existence closer to your most intimate self. This is why to release judgment is to be without protection – without the original protection inherent in the creation of the illusion, inherent in the birth of the idea that with this fig leaf 'I am not you'.

You are free when you can say, 'I have nothing to hide.' It does not mean that things are not still to be revealed; it means that there is no thing within you that you are seeking to hide. There is no barrier behind which is cast a shadow. If you are willing then join me:

I embrace having nothing to hide. I welcome the flow that unravels all my protections. I am willing to stand naked; to be without the energy drain of secrecy. I have nothing to hide.

With love,
Story Waters



Issue 1: The Changing Self

Change is what you are. Change is what reality is. By broadening your understanding of what change is so you open yourself to change; you open yourself to more of *All That You Are*. To try to be but one thing in a flow of change is to try and cling onto the rock in a rising river. It is time to let go of the rocks of static definition and enter a new experience of reality through the direct experience of becoming the flow of the river. You are in motion. You are in free fall. You are falling into freedom.

Issue 2: Esoterica - The One Self

From Story's introductory chat: I love writing esoterica because it is the closest point between my speaking and writing as it is the deepest and most expanded point in each; as such it is a state of profound simplicity which compels the reader to a certain conceptual space or energetic level – a state where revelation flows into experience easily.

From the article: Clarity of *Self* is when the mirror of reality becomes clear in its reflection and you know without doubt that what you see in the mirror is all you. In this release of any perception of discrepancy is the experience of not perceiving difference between the reflector and the reflected. It is to know yourself as the whole of the reality you are experiencing, rather than being the perceiver of something that is external to you. It is the unification of *Self* and *Experience*. It is to meet *Experience as Self*.

Issue 3: Esoterica - Embracing the Contrast

Your emotions are your experience of expansion – the expansion of *Source* through your experience of this leading edge reality. When you feel feelings you are feeling *Source* expanding through your experience of *Self*. You are *Source* in an experience of its own expansion. The change arises from the flow, the flow is the feeling of expansion, if you realize you are choosing the flow then you will experience being at one with your whole reality, including the experience of discrepancy and contrast.

Issue 4: Seeing Perfection I - Bridging the Distance

What is the feeling when you think of what you want for your life versus what you are currently experiencing? What is the energy within that internal space? What is in this gap, this separation that exists within us? What is this feeling that haunts and enslaves so many? Why is it that we seem predisposed to experience this state of inner distance in a pain-full, lack-full way? It is within you to change this. It is within you to not feel

separated from anything that you wish to experience. It is within you to release suffering itself.

Issue 5: Flow I - The Flow that is Life

There is a river of non-physical energy that permeates all reality. It touches us all continually and in every moment we each choose how much we surrender ourselves to it. To allow it to flow through you is to step into a stream of the unfolding transformation of whatever is present in your energy field/consciousness. You can conceive of this *river of energy* as your spirit, as *Source*, or the unfolding motion that was set forth with the creation of this universe.

Issue 6: Shadow I - The Empty Shadow

Being in the flow will eventually lead these areas of resistance to open, be explored and released. However in this situation some of the 'focus only the positive' teachings can act as a brake as the person has learnt to avoid the negative sensations that arise when the flow brings the wound forward for healing. To understand this is to realize that a natural part of embracing the positive flow is the allowance of anything that is in resistance to the flow to be released from your energy field.

Issue 7: I Am You 1 - Our Shared Consciousness

The consciousness that I am is the consciousness that you are. To see that we are the same consciousness is the experience of the *Universal Self*. It is saying, 'That which is looking out through my eyes is looking out through your eyes.'

Issue 8: Haloic

haloic *adj.* Possessing the quality of connecting different dimensions; most typically the physical and the non-physical, the body and spirit, the unified source and its diverse expression, the one and the many. The most common symbolic representation of the haloic energetic mechanism is the halo. "*All human beings are haloic by design.*" - *Story Waters*

Issue 9: The Story of Life

The birth of the infinite perspective from the *Oneness* is the birth of multi-dimensionality, the birth of *Self* and *other*, the creation of definition, the birth of diversity within the womb of unity. We are *Source*, we are *Oneness*, birthed into an *Infinite Unified Diversity*. We are white light refracted into the rainbow. We are the *One* expressed as *many*.

Issue 10: I Am You 2 - But One That Chooses

Your sense of *Self* will always remain with you in some form and can never be lost. What is fascinating on this journey is to see how your sense of what *Self* is changes even though it is something that feels so incredibly fundamental to what we are. To see how your sense of *Self* shifts is to see with ever unfolding clarity the true heart or flame at the center of *Self*. It is to know the original breath of life that exists eternally within.

Issue 11: What is Suffering?

To not lament suffering is to shatter suffering. To not fear suffering is to empower yourself to no longer be trapped in the illusion of suffering. To not fear suffering is to not resist it. To completely stop resisting is to allow back in the aspect of yourself that you were separated from when you entered the experience of suffering.

Issues 12-14: Without Protection

Waking up is akin to stepping out of being completely contained within the experience of being in the mirror. It is to step out the mirror and see the wider picture. So how do you do this? You do it by letting go of fear and *the chase* that ensues from it. You cannot step out of the mirror whilst you are in fear. Fear is an energy of attraction that pins you tightly to physical reality; so tightly that you are so close to the mirror that there is no way for you to see its edges; you cannot see that reality is a mirror.

You do not need protection. You do not need to protect yourself from your experience. This very idea provokes a wave of fear, a feeling of danger, in many. This is the feeling of attachment to protection. Protection is a valid choice, but it is a fear-based choice and will always create a reality where the fear it represents is validated. It is a profound statement of safety to be without protection. It is a profound statement of self-awareness – the knowingness of what you are.

Issue 15: Seeing the Packaging

The packaging and the message are as one; no matter how much the packaging may tell you that it is separate from the message. This is usually through a notion that the message is somehow a purer energy than the packaging, which is a denial of all being of the one source energy/consciousness. The message forms the packaging in accord with what it is seeking to connect to.

Issue 16: I Owe You Nothing

(This article is based upon the beggar imprint channel). The moment you believe someone owes you something you are bound to them through an energetic cord through which you open the potential to suffer. To believe that someone owes you something that must be repaid in order for there to be balance is to give away your power of being balanced.

Issue 17: Waking Up I

You can focus any energy that you choose; that is your freedom. But where is 'I' in this complete freedom? So often we seek to identify with energies as if they are what we are, but they are not, they are our choice. To see this is to cease to identify *Self* with the *experience of Self*. This is to bridge physical and non-physical experience, rather than to be lost in *Self*-identification with physical experience.

Issue 18: The Gift of Anger

A significant part of becoming a *conscious* creator is remaining conscious of how you are reacting. Feel your negative emotions in order to transform them and clear your energy field of imprints that 'react' to the environment by sending you into emotions you do not enjoy.

Issue 19: Waking Up II

Through passion, love and creativity it is remembered that you are more than the experience; you are the rider of the experience; you are spirit. This is the bridge-point in the *embodied-self* where you can reach out from the confines inside to touch the infinity of your spirit. In this you are stepping out from being *the experience* to being *that which is experiencing* the experience. To step across this bridge point is to know yourself as being that which is choosing this life. It is to know the 'I' of spirit.

Issue 20, 22 & 23: Story on Stories

So your story is not just how you would describe yourself to be, but it also forms how you perceive the world. What we are conveying here is that your story is not just your definition of yourself; it is not just what you know yourself to be; it is that through which you experience your world - your beingness. It is that which creates your personal reality. This is the meaning and the freedom of 'Know Thyself'. You are the message. The message of your *Self*, your life, your story contains everything you need. Your story is perfect.

Issue 21: Collective Realization I

Esoterica: We are the sun that is dawning within you; for you are *the created* now realizing that you are *the creator*. You are that which has created every experience in and of your life. You are that which we are; we are both the mirror and the consciousness from which all choose to step into your shared experience. We are the choice to live on Earth.

Issue 24: Embracing Death

The invitation to you is around the idea that life is *not* precious. Life is bountiful. Life is abundant. Life is everywhere. You can't get rid of it. It is like a weed that is constantly coming up. You cannot stop this life. It is the opposite of precious. There is a plague of life. You can't extinguish this life. You cannot extinguish life. You are eternal.

Issue 25: You Are Enough

To be who you are is to be the flow. To be the flow is to be in an experience of becoming clearer and clearer as to what you are; and what you are you *already* are, even if you don't know it yet. This realization is so profound because it conflicts with so much human mental programming by saying one simple thing – ***what you are is enough.***

Issue 26: We Are Source

We are a collection of non-physical, spiritual beings *freely choosing* to share an experience of being in human form on a planet known as Earth. We are profoundly connected in ways that are beyond our current form of perception through the making of this choice. It does not matter where you look. Whether you look at yourself in a mirror, at your mother, at your friend, at your enemy, at your country's leader, at Gandhi, Hitler or Christ, it does not matter; you are always looking at the same thing – the one shared *Source*.

Issue 27: Tasting the Unknown

When we, as spirit, enter the physical Earth plane, a part of that choice is to largely forget that we are spirit so that we can come to experience ourselves in a body in a way that gives us the experience of a highly individuated sense of *Self*: A part of this identification with our body as our *Self*, is the feeling that we each have a finite lifespan; we are born, we grow up, we grow old, we die. We willingly choose this experience (with its inherent fear of death) because we wish to experience and explore the

qualities of existence that being an individuated human gives us. A part of individuating from the *Source unity* is to step away from the infinite and experience being finite; the infinite is then rediscovered from within the finite; that which feels limited comes to realize that it is limitless. This is the journey you are on; this is the journey of remembering you are spirit and that the basis of your being is freedom and joyous expansion.

Issue 28: Qualities of Existence

The Earth is not a location that spirit travels to in order to incarnate as human. Spirit does not need to travel anywhere because it is not constrained by space-time. You are spirit and, no matter how it seems, you are not contained by physical matter or linear time. The experience of physicality and linear time are being created from within you through your choice to experience the quality of space-time. This has come about through your desire to experience yourself in human form. The universe is a projection of spirit/*Source*. As true as it is to say that you are within the universe, so too is that entire universe within you.

Issue 29: Contrasting Experience

The dualistic qualities that we experience do not intrinsically have different values depending on which end of the scale you are at; it is our belief system that applies the value to the perception. All perception is of the *One Source*, meaning it is of *the same thing*; all perception is therefore equal; all perception is inherently neutral. We are the creators of the meaning that is applied. We are the creators of the differing judgments that we make based upon what we perceive. We are that which assigns the sensation of differing value to differing perception.

Issues 30-32: Choosing Anew

I want you to just breathe. Breathe down to your belly button, that from which you were connected before birth, where you received your energy from your mother. With each breath you are saying, "I choose. I choose life." This is the state from which you birthed into this reality; the nameless space before definition where you decided to come here for this experience. That moment, that energy, that choice became your breathing as a baby. This was before you had named yourself. You entered into life, breathing as a baby, saying, "I choose life." It was that simple. It was that free of definition. Here in the *Now*, as we re-experience that space, that space of namelessness, so we free our definition, we free our very names.

Issue 33: The Infinite Finite

No life stands alone. No lifetime stands alone. No event stands alone. No moment stands alone. Nothing ... stands alone. You cannot define yourself by a lifetime, by your body, by finiteness. You cannot define yourself by the ends of the line. There is no ending to what you are. You are the line, not the ends of a line. You are an endless journey; there is no destination. There is no death to what you are. There is no limit, no end, no repetition. Each of our lives stands, embraced, within a wider life. Each wider life stands, embraced, within an existence that embraces all Earthly lives. All Earthly lives stand, embraced, by a universal life. All that is, stands, embraced by *Source*. There is only one circle.

Issue 34: Collective Realization II

I am We. We are each an individualized but complete expression of the one consciousness. We are not separate from anything except through the idea that we are separate. There is no state of separation that cannot be released. To release a separation is to access the state of consciousness where you chose the separation. This is why when you return to the realization that you are a part of the birth of the choice to create meaning you will find that there is no meaning you now cannot create.

Issues 35-36: The Embodiment of Freedom

Take your foot off of the brake. Cease trying to control your reality. It does not need to be controlled. Love what you are. Accept what you are. What you are is all of your reality - everything that you personally experience. Allow your wounds. Allow them to come up and be healed. You do not need to hold them away any longer. There is nothing that you need to hold away from you. Allow the flow of your life. Allow yourself to be *All That You Are*. To allow yourself to be, is to know yourself, and to know yourself is to know you are *Source*. You are the creator.

Issue 37: Healing the Wound of Physicality

Source dives into the human experience because it wants to taste it, because it wants *this* experience. You are an embodiment of that choice and there was no mistake. This choice was not at the moment of your birth onto this planet; it is not a past choice that you are now living with the consequences of; it is a choice you are making anew in every moment. This is to feel yourself within the eternal moment of choice, the eternal moment of freedom. To feel this is to experience yourself as your spirit

choosing human, choosing physical, choosing to be you. It is impossible to accept this as long as you are in rejection of the experience of this world in a way that carries an energy of seeking to escape it. As long as you carry the energy of escape you are in rejection of the choice to be you – the *Source* choice to be you. This is why love is the answer.

Issue 38: Diving Back into the World

With your eyes now open to the non-physical, it is a radical act to embrace this world and allow it to be as close to you as when you first birthed here and were blind to all else. To be that close is to be in love. The passionate loving of the physical experience by a spiritually awakened being IS the meeting of the human and the divine. In a very literal way, unconditional love of this life is the gateway to a whole new form of reality. Through your opening to love your life you are birthing a new experience of freedom for not only yourself, but all of creation.

Issue 39: Your Dream Starts Here

Your dream is unfolding from within you.

See your *Self* clearly to see the truth of this reality – the truth that all realities are but a mirror. This reality is one that reflects your energy to you cloaked in the faces of matter and time. See through the illusion of limitation to step into your dream. See that your dream is to clearly experience your *Self* and you will be seeing your *Self* clearly.

A reality of joyous freedom is but a realization away. This realization is the realization of what you really are. It is the realization of the reality of your spirit. This is to ground your spiritual reality into this world and infuse it into your divine human experience. This is the realization of *All That You Are* and is experienced as living through your heart and choosing from freedom – choosing without fear. This is your dream.

You are the one. This is the life. The time is *Now*.

Your Dream Starts Here.

Thoughts for the Day

Know that your perfection lies within your imperfection. You are not here to be everything. You are here to be you. To embrace your imperfections, as the gifts they are, is to touch the eternal moment, the *Now*, inside of your being and stand in the timelessness before birth, when you chose those imperfections. To embrace the perfection of your imperfections is to be one with your spirit.

Embrace what is before you this day regardless of whether you experience it as positive or negative. It is a mirror of an aspect of beingness that you are in the process of transforming. Demonstrate that you know you are choosing this transformation by embracing it. Create ease in your life by seeing the choice, embracing the experience, and being a willing, self-aware vessel of self-transformation.

Do not fear that there is something selfish in seeking your joy because you see suffering in the world around you. Realize that the ending of suffering comes from the living of joy. As you come to live in joy so you will radiate that joy and, in doing so, aid others in finding their own. Your joy will connect you with the world and all beings in it.

To be seen with complete love is to be seen completely.
To see someone with complete love is to be seeing them completely.
Only you can make the choice to completely see yourself with love.
When you come to see yourself with love you will have equally come to see the world with love.



Story Waters is a spiritual author seeking to empower people to experience the light within their own being. "The light to follow is the light within yourself." Through his writing he empowers people to connect with, trust in, and follow their own spirit above any external person, organization, religion, or dogma. He inspires people to develop their own inner voice and to love and completely accept their own being without limitation. Story was born in Brighton, England in 1972 where he currently resides.

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