

CONSCIOUSLY CO-CREATING OUR REALITY: THE MYSTIC AND THE MAGUS

Leo Adams, FRC

Co-creation occurs on all levels, every moment, every day. All Is one in one shared mind. We are all part of a whole Consciousness, both Cosmic and Divine, and everything we think, speak, and do, influences our future, on all levels, including and especially in the manifest physical world.

In this article, I will share some esoteric and practical elements related to how we can co-create with the Divine at all levels, every day and every moment, as well as some processes for co-creating from a Rosicrucian and Kabbalistic perspective.

Are you the observing bystander mystic or are you the magus?

The mystic focuses on oneness with the Divine. The magus focuses on directing the Divine Will into manifestation.

Be both the mystic and the magus as a co-creator of our shared reality.

To start, let's get just a few of the principles or laws on the table.

Being a student of the Rosicrucian philosophy can easily be reduced down to learning and understanding natural laws and how we can use and live in alignment with them.

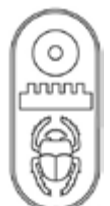
The following are some of these fundamental principles or laws. Everything in this presentation should relate back to these fundamental laws.

- Everything has rhythm and cycles
- Everything is vibration
- Everything is changing
- Everything is connected

The concept that I will elaborate on briefly is not easy but it is very simple.



Giambattista Tiepolo, Rinaldo and the Magus of Ascalon (ca. 1745).





A mural depicting Robert Fludd's The Rose Gives Honey to the Bees, in the Rosicrucian Cultural Center in New York City.

In the drawing by Robert Fludd often entitled in English *The Rose Gives Honey to the Bees*, it includes a cross at the bottom, symbolizing the hardships of the material life. The blossoming rose above it, represents the opening of our heart and the radiance of the soul that lies within each of us. Bees are seen working incessantly, to extract nourishment from the rose, in order to create sweet honey.

So, through our hard work, we can receive wisdom directly from the Master Within and through this alchemical process, experience the sweetness of life.

The idea of the mastery of life on Earth is very esoteric and easier said than done. According to the Rosicrucian ideal, each person should attempt, by every means ethically, morally, and cosmically approved, to succeed in life, to enjoy health, happiness, material comforts, and the comforts of physical existence, and to attain spiritual peace and attunement.

In fact, Rosicrucians have ever held that to truly fulfill the mission of our existence here on Earth, and thereby carry out the

Divine Will, we should neither slight nor negate the material or worldly obligations that are incumbent upon all of us, but should meet them, master them, and make an eminent success of our earthly life.

We are taught in our Rosicrucian studies, that every thought, word, and action can cause change, reactions, or manifestations. We are taught to be conscious in thought, word, and deed.

Why do these natural laws work the way they do, whether we are conscious of them or not? The reality is that we are spiritual beings in a physical world of amazing potential and possibilities. We can sit around and ponder, daydream, talk a lot, gossip, wait for something to change or happen, and so on and so on, or we can work very hard and incessantly to make things happen, to build cities, to make changes, to make lots of money, or just have a good time with all of our hard work.

Imagine a world where we used everything we know esoterically about

our oneness to create our shared reality, consciously and constructively.

This world can be thought of as being here and now. Look beyond what you can see with your eyes and know that a majority of the All, the Cosmic, is much, much, more than we see in the resulting physical world.

Our Great Work

This All can be seen through your heart and through your mind's eye. It can be felt and known to various degrees. We are taught as Rosicrucian students that it is much easier to know thyself, than to try to know the entire Cosmic.

“Know Thyself and thou shalt know the universe and the deities“: This famous saying is often attributed to Thales of Miletus (ca. 624-ca. 548 BCE) and is said by some ancient historians to have been inscribed in the pronaos of the Temple of Apollo at Delphi.

While we explore ourselves and become one with the Master Within, we will come to know the Cosmic, the All, or the Divine, as we know ourselves.

We can be like deities.

This quest toward understanding and union is the Great Work of the mystic. With this understanding and oneness, it is the Great Work of the Magus to consciously co-create here and now, on Earth, as it is in heaven. This can only be done through mastery of self and a cosmic alchemical marriage of oneness within and without.

I suggest to you: be the mystic and the magus. Ascend your consciousness in

reunion, while manifesting in your daily life.

Now I want to draw attention to a well-known axiom, “As Above, So Below,” and a couple of other important, lesser-known axioms from the Hermetic *The Kybalion*, “all is one,” and “all is mind.”

If everything is happening on all levels, above and below, and, if we truly understand and communicate within and with our higher self or consciousness, and everything is connected as one, then we should be able to do or create anything, on any level: the Cosmic or Divine, the mind, the astral, and, most importantly, the physical level.

As you may know, this is easier said than done, but why? All things in the physical world must follow not only natural laws, but also the physical and metaphysical laws of our objective reality.

There are many things in our physical world that are possible, but some are more probable.

You may wonder: how can I move mountains, or create

better health, wealth, and harmony in this amazing world of possibly?

If you start by creating in the highest levels of the Cosmic, and after the energy or idea flows downwardly through the mind and astral planes, most of the important work is already done by the time it manifests into the physical universe or on Earth.

You must be active, receptive, and perceptive all at once, all the time,



The ruins of the Temple of Apollo at Delphi.



everywhere, on all levels. The path of the mystic is to return to a state of perfection and reunion with the Divine Cosmic through mastery of self. All Rosicrucian students know this path and activity, and work toward a reunion of oneness with the Divine and one's higher-self or the Master Within, through personal exploration, meditation, inner awareness, transformation, and enlightenment.

You will not find the answers in books or presentations, but only by practice and looking within. This process of reunion or, from the perspective of the Kabbalah, ascending the Tree of Life, is the path of the mystic.

From a Kabbalist interpretation of the Genesis story of the Bible, the journey back to the source is protected by an angel with a sword, swinging to and fro, back and forth, to keep the unworthy out of the Garden of Eden or Oneness.

It means this journey to the source, will not be easy and may not be for everyone. This process involves knowing thyself and attuning with the Master Within. It involves knowing that you are one with

All. Sometimes your doubt, fear, and ego will give the illusion of separation from the All, but understand and be one with the Cosmic.

The regular practices of meditation, devotion, and service will assist in this process of reunion, and lead to understanding, wisdom, and knowledge. This is your great work as the mystic.

While I refer to this process as "reunion," it primarily refers to your state of consciousness; you are already one with the all, wake up!

First, and most importantly, before you start on your conscious efforts of co-creating: listen to the Master Within; trust your intuition and your heart; meditate regularly; be conscious and aware in every moment; think, speak, and act consciously; and consult with the Master Within every moment and continuously as one.

There can be no doubt nor fear, only love. You are one with the Master Within.

Consciously Co-Creating

Many of you may know the symbol of the Star of David, or, in Hebrew, *Magen*



Star of Creation



David, or the Shield of David, which we could interpret as: the Divine is David's shield. This symbol has been used in many cultures and traditions other than Judaism over thousands of years.

The Rosicrucians, Martinists, Kabbalists and many other esoteric traditions have seen this as a union of the above and below, the higher and lower, the inner and the outer.

This symbol was also used in Islam. In Hinduism, it is called the Shatkona, used in yantra or mandalas, and it represents the union of both the masculine and feminine forms. More specifically, it represents Purusha (the Supreme Being), and Prakriti (Mother Nature, or causal matter). It is also sometimes associated with Shiva, Shakti, or Sanat Kumara.

In Buddhism, it is commonly used as an aid in meditation to achieve a sense of peace and harmony.

The Hermeticists and Gnostics, saw the symbol as a union between the masculine and feminine principles of life and the universe and all creations.

The alchemists felt this star symbolized nature; and the two interlocked triangles,

represented the four principles or elements of fire, water, air, and earth.

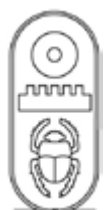
I personally refer to this sacred symbol as the Star of Creation for many reasons.

This concept of co-creation is simple, but not always easy. Live and be present in the above and below; embrace the positive and negative, in all creation, and create a third thing, by the union of two polarities.

The universe is your cosmic womb. Make every thought and action a conscious thought and action, at the highest levels possible and as an active partner in co-creation.

You can use the Star of Creation in your co-creation exercises as a symbol assisting in focus and as a reminder that everything occurs on many levels. The union found in the alignment of these levels can assist you in your Great Work. Make sure everything you think and do are in alignment with your true happiness, and Peace Profound.

You will know when you are co-creating and in alignment because even though you need to do your daily part in the work, you will see that your efforts are much easier. You will also see that you are surrounded by unexpected or unplanned opportunities



and serendipitous experiences where you are getting help from your higher-self and the Cosmic as a co-creator.

If you are trying to do this co-creation on your own, and your lesser or lower self says, “I can do it, but I must focus on getting the job done and this spiritual work and meditation will just have to wait until I get some free time, until the weekend or when I get home from work, or after the kids go to sleep,” then so be it. However, be warned: your higher self must be in full alignment with that which you desire to create. Your lower or ego self rarely knows what you need or truly want.

This co-creating with the Divine Cosmic does not work like dropping a coin into a wishing well. When it comes to co-creating, anything is possible, but some things are more probable. Actually, everything we create is part of a co-creation process. The question then arises: are you consciously participating and directing? If you actively do anything—in thought, word, and action—things will happen. Will it be exactly how your lower self or ego wanted it or even expected it to be? Maybe, but heed this advice, as it is most probably what you needed to experience based on your actions and thoughts, as well as where you are in life, and what plans your Master Within and higher self have established for this incarnation and in

the moment: everything exists in rhythm and cycles; pay attention, reflect, learn, and adjust.

Everything is also affected by the law of cause and effect. Everything is changing. Be an active, conscious being in the art and science of co-creation.

I will now turn our attention to some very practical elements of the act of manifestation. We create everything we have around us. This may be a tough knowledge pill to accept. Do you just wait around for things to happen or come to you? You could, maybe if you were a rock, but you are not.

As conscious beings, we should be conscious in thought, word, and action. Before you start your co-creative experience, ask yourself: are you creating for yourself, others, humankind and all living creatures? Are you creating or acting on the behalf of Earth or the environment?

The material world is constrained by time and space. The objective world or perceived reality is much more than meets the senses, and manifesting occurs on more than just the material plane.

This co-creating with the Divine Cosmic does not work like dropping a coin into a wishing well or even putting pictures on a vision board. The astral plane is littered with idle dreams and feeble wishes.



It takes conscious effort and work, in heart and mind.

Understand the Process of Manifestation

The magus knows that the practiced skills of concentration, focus, and will are key to co-creating.

It is much easier when you start the creation process with the vision on the divine or mental planes, before it is physical, and it must be in alignment with Cosmic will and natural law.

In the tarot illustration of the magician or magus, the magus is only a conduit for creation, for the wand is the connector to the source, the Cosmic, and the pointing finger is the magus consciously directing the manifestation on Earth. There is no magus without the union of the Cosmic.

The following are factors to consider during the process of manifestation.

Concentration

Concentration has been defined as “the ability to direct one’s thinking in whatever direction one would intend.”



Our ability to concentrate depends on our commitment and enthusiasm for the task, as well as our skill at doing the task. If commitment and enthusiasm are high, time will fly by and it won't feel like work at all.

Commitment

We need to make a personal commitment to put in the effort needed to do the task in the way in which we realistically plan to do it. If we just play at it in a halfhearted manner, then it is much more difficult to take the task and ourselves seriously.

Enthusiasm

If we are interested in the task and enjoy doing it, then we find it easy to motivate ourselves to start. Once started, our feelings of involvement in the activity keep us going—we want to do it.

Skill

Knowing how to do something gives confidence that our efforts will be successful, so we don't have to deal with anxiety about whether something will work or not. Anxiety tends to impair concentration.

Our Emotional and Physical State

When we are in good physical condition— i.e., well rested, relaxed, and comfortable—and our emotions are calm and benevolent, then we tend to be positive about things. This in turn raises self-esteem, which makes us more able to concentrate, if only because we don't have to worry about how awful we feel inside about ourselves or life in general.

Our Psychological State

This should be as calm as possible. If we are in an obsessive or distracted state, our thoughts are preoccupied, leaving little mental space to think about anything else.



Environment

It is much more difficult to concentrate if our surroundings keep intruding on our awareness, perhaps because it is noisy, too hot, or too cold, or the furniture is uncomfortable, or the people around us are stressing out.

Expanding Your Concentration Span

People sometimes refer to an attention or concentration span: this is the time we can concentrate on a specific task before our thoughts wander. In learning concentration skills, we aim to extend our concentration span, bearing in mind that we will have a different span for different tasks.

The process of co-creation usually takes time, energy, and conscious effort. It may require some physical effort or action. It must be in alignment with Divine Will and natural law. It should be in alignment with your higher self and true will. You must see it and feel it with your mind and with your heart.

Kabbalistic teachings have some similarities to our Rosicrucian teachings in regards to manifestation or co-creating using our meditation techniques. There are

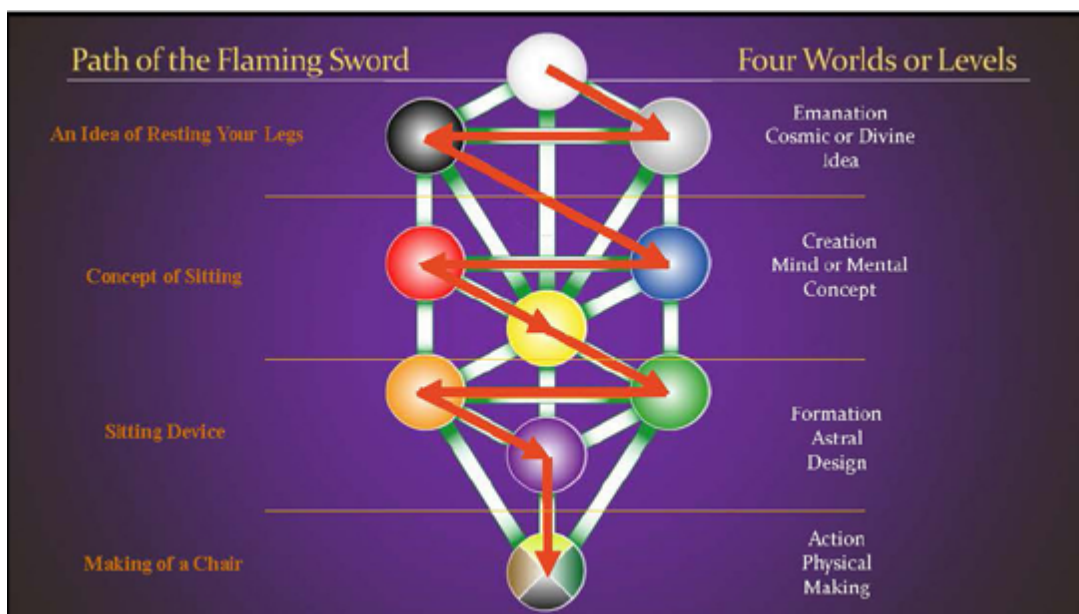
different words, levels, and concepts, but the process is the same and the source is the same.

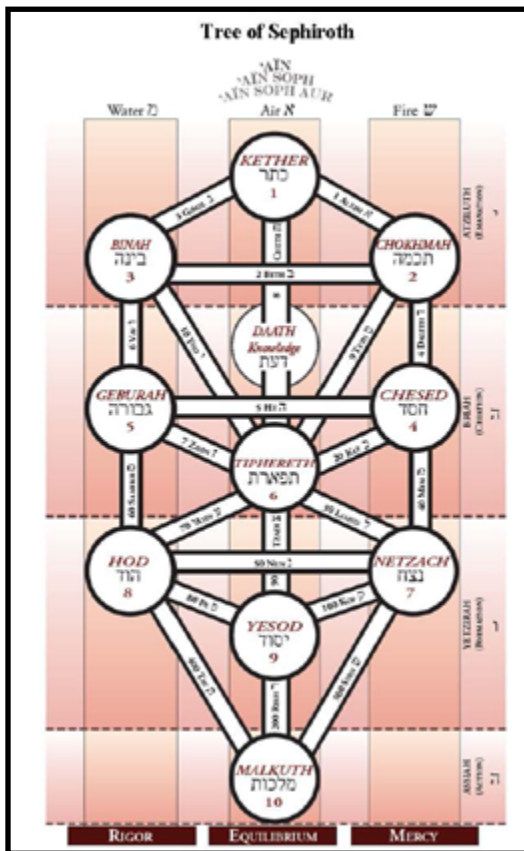
Examine the traditional Kabbalistic Tree of Life diagram. This is not meant to be a lesson on Kabbalah; however, everything I will share has a correlation back to the Kabbalistic tradition and principles. The Tree of Life is simply a tool, a map, or a diagram to symbolically and simplistically represent the Cosmic and universe on all levels, within and outwardly.

The ten emanations, or *sephirah*, all start from the Divine or top sphere and flow downward from right to left, back and forth, all the way to the manifest physical.

This route is called the Path of the Flaming Sword and it represents the flow of all creation from the Kabbalistic viewpoint. For Kabbalists, this is why and how everything we do affects and occurs on all levels.

Everything flows from the One, the Source, *Kether*. Then it flows through *Chokmah*, the Supernal Father, the first idea, thing, or thought from the Cosmic.





Then it flows through *Binah*, the Supernal Mother, the first sense of duality and polarity.

Then it flows across the great divide or abyss, from the Cosmic into the Universal Mind and manifest world of *Chesed*, or Love.

Then it flows over to *Geburah*, Strength, and the active principle toward the manifest. At this point most things are in motion.

Then it flows into *Tiphereth*, where Beauty and Light become visible to those who have entered the door of enlightenment, and it is where your Christ consciousness will do a final assessment of worthiness.

Then down through *Netzach* and *Hod*, where things are pretty much set, and where your emotions and fears, or ego and thoughts, can get in the way. Know Thyself. Be True. Know it shall be done.

And the last stop before the physical, *Yesod*, where your spiritual essence could be challenged, or your vision has become real on all levels.

Then finally in *Malkuth*, where the physical becomes real; pay attention, because creation is right in front of you now in every moment.

While these might be viewed as separated worlds or levels, they are really one, but at different frequencies of harmonization. The separators are illustrated simply for communication purposes only.

The top world or level is called Emanation, and it is also known as the Cosmic or Divine level, where ideas are formulated.

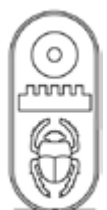
The second from the top is the world of Creation, also known as the level of the Cosmic Mind, where ideas are transformed into concepts.

The third level, or the world of Formation, also known as the Astral level, is where things move from ideas and concepts into design or elements that can become manifest.

Finally, the lower realm of action, or the physical level, is where situations or things become part of our objective reality on Earth. It is where we actually make things happen in the physical realm.

You might say this all sounds vague or esoteric, but let me provide a very practical example of these ideas manifesting. In this example, I will elaborate on an object manifestation, but this could just as well be any object or situation or condition. This could also be occurring in your microcosm of soul personality or the macrocosm of the Cosmic.

Let's take the idea of resting your legs, and place the idea into the Cosmic



realm. It evolves through meditation and communion, to the concept of sitting. As the ideas and concepts flow downward, our visions develop some possibilities, like maybe building a thing we will call a chair. Finally, we must take action and build the chair.

What is important to remember is that everything flows from the Cosmic and it is up to us to create our objective and subjective realities in every moment.

To begin closing this article, let's review the process and principals of consciously co-creating our reality.

Start with why you wish to co-create. Are you sure? Have you consulted your Higher Self? In consciousness of mind and heart? Be clear, specific, and know your answer, know it with the imagination, vision, and heart of a child. Know it with a passion and clarity. Focus on the what, not necessarily the how of the details. Work toward that vision with passion and consciousness.

So Mote It Be!

Using the Rosicrucian Method of Meditation

The Rosicrucian method of meditating has two phases: an active phase and a passive phase.

In the active phase, you consider the purpose of your meditation. Ask the Master Within some basic questions about your intent. How is this a worthy goal? Is this goal a need or want? Does the goal bring happiness to someone else besides myself? Will it be a key element of my focus and enjoyment in life? Will this support my sense of peace profound and happiness? Is this in alignment with Divine Will and purpose?

If your intent is to create something or a situation, you should formulate the idea at the highest levels and see the co-creative energies flowing downward toward manifestation, whether it be on the astral or physical planes. Reflect on possible high-level solutions and outcomes based on what you know. Focus on the clarity of the what, not necessarily on the how.

The second phase is the passive phase. You should ask your Master Within for guidance and understanding. Listen for





guidance about actions you may need to take or people you need to speak with. Then, remain passive and receptive to your Master Within with an attitude of expectation. This will release the action and energy of the first phase into the Cosmic Mind.

This is very important. The answers or messages may come to you during the passive phase. You may receive guidance, signs, or opportunities within hours, days, or weeks. Things may come in meditation, dreams, moments of vivid intuition, or the feeling an unconscious need to take some sort of action.

Synchronicity can be a communication from your inner teacher or the Cosmic. Pay attention. Do not confuse this with worrying or stressing.

The following is a personal homework exercise in practicing this conscious co-creating:

1. Consciously acknowledge your goal; be clear.
2. Consult your Master Within.
3. Clear your mind.
4. Visualize the end-result.
5. Stay focused.
6. Experience the image as real and know it is done.
7. Release the image to the Cosmic.

8. Go forth and do and enjoy the work.

Be the mystic and be the magus, in your daily personal life as an active co-creator, and as one with the Cosmic.

Video

<https://youtu.be/gcuOd5VTZGU>

Bibliography

Brisson, Roland. "The Master Within." December 1, 2015. Podcast, 26:29. <https://rosicrucian-podcasts.org/the-master-within/>.

Clymer, R. Swinburne. *The Hermetic Concept of Success*. Whitefish, Mont.: Kessinger Publishing, 2010.

Lewis, H. Spencer. *Rosicrucian Principles for Home and Business*. San Jose: AMORC, 1929.

Lewis, H. Spencer. *Self-Mastery and Fate with the Cycles of Life*. San Jose: AMORC, 1929.

RosicrucianTV. "Attunement with the Master Within." April 30, 2015. Discussion with Dr. Lonnie Edwards and Julian Johnson, 3:27. <https://youtu.be/KEEBSvutGcA>.

Saxton, Richard Duane. "Communing with the Master Within." <https://www.scribd.com/document/46684711/Communing-With-the-Master-Within>.

The Three Initiates. *The Kybalion*. 1908.

Various Rosicrucian Order, AMORC materials, including archived issues of the Rosicrucian Digest and various Rosicrucian Podcasts.

