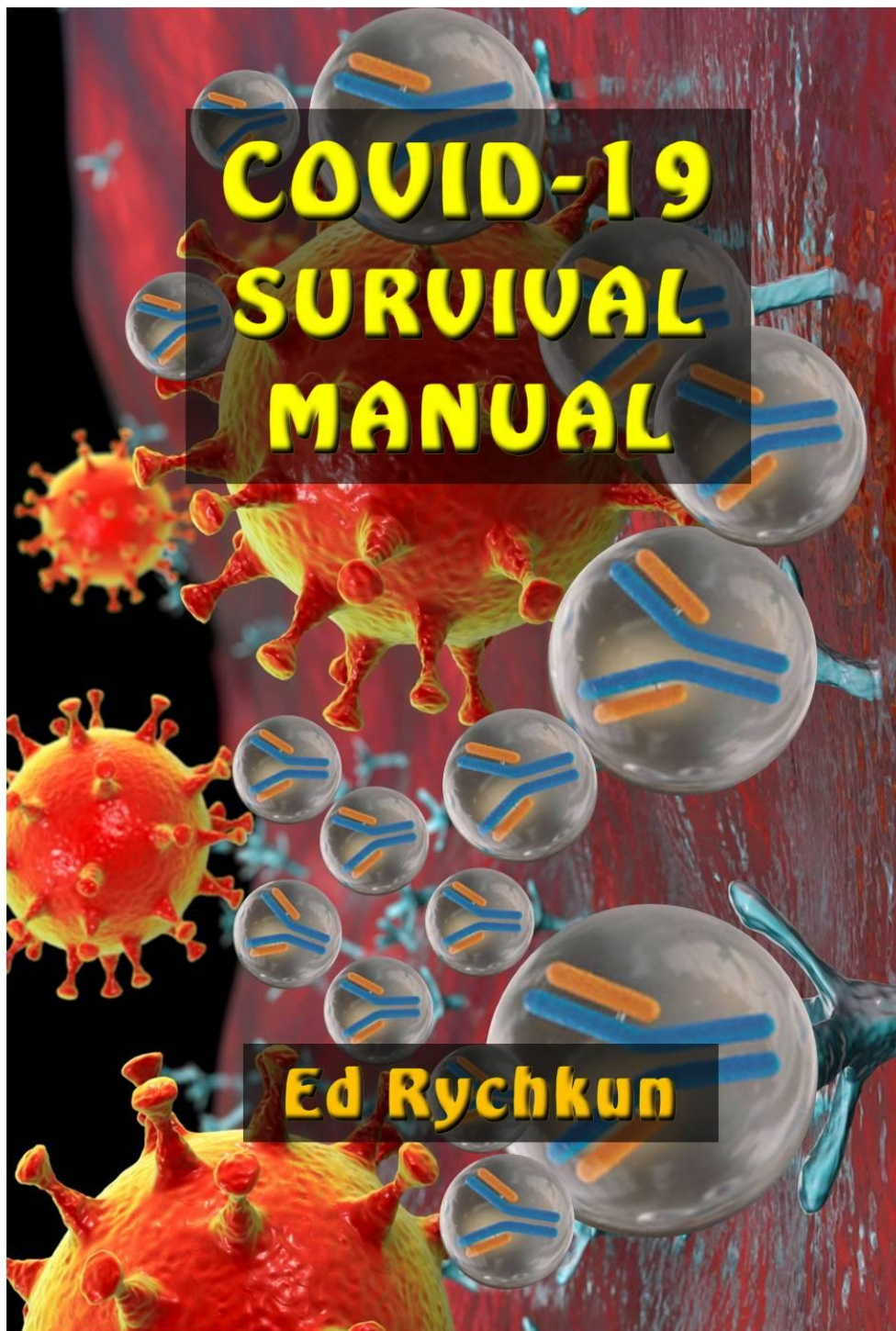




COVID-19 SURVIVAL MANUAL

Ed Rychkun

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PREFACE

The COVID-19 pandemic is currently a world focus that points to a new strain of virus that is highly contagious. As of May 2020, 5.5 million people got it, 2.3 million recovered, and 348,000 died. At a 6% death rate, that's a pretty impressive virus. It appears to be more virulent, more mobile and easily transmissible than other viruses. Although there are many questions about the how these deaths are classified, the truth is that like any other form of infectious diseases like the annual flu (USA 39-56 million got it and 24,000 to 62,000 died) or influenza (USA 9-46 million got it and 12,000-61,000 died) these rather confusing statistics simple verify that anyone can get the disease and potentially die. Since its discovery in December 2019, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has an impressive toll of 348,000 dead.

But more interesting is why do they die?

What is being learned is that viruses are really nothing new because sure they are a threat to life, but they are also essential to life. That's because viruses give the immune system work to do once the system is threatened. Your immune system is designed to create an immunity to it if it's deemed a threat, then store the process away so a gene can express itself with the immune solution on call. For example normal, healthy gut bacteria help prevent infection by bacteria that cause gastrointestinal illness, but excessive antibiotic intake can kill the normal gut flora, and make one vulnerable to gastrointestinal disease. So the bottom line is that when you get sick and die of a virus, it's because the immune system couldn't deal with it. Why is that? Let's look at the key players; Genes.

They are the guys that are supposed to deal with this. And once they detect the problem or intrusion, they do what is called up-regulate to activate the process of detection and fixing the intrusion, if of course they have the solution in their inventory of processes. That is called their expression. If they are unable to do this properly, they are down regulating, in effect doing nothing. They are not able to express their function of activating their procedures (internal pharmacy) to get rid of the intruder. But who are the guys in charge of this operation?

First, look at the cover. This is a picture of what goes on in your immune system. It is a picture of an antibody immunoglobulin molecule attacking a Covid-19 virus. The interesting thing about this process is that it is a two-way attack process. The virus can either attack the cells in the body (you get sick or die) or the cells can attack the virus and create an immunity against it.

It has been determined that SARS-CoV-2, which is the virus causing coronavirus disease COVID-19, uses the angiotensin-converting enzyme 2 (ACE2) as a cell receptor to invade human cells. Thus, ACE2 is the receptor not doing its job to stop these bad critters from infecting you. It is either on the spot up-regulating to express a solution or sitting on its ass down-regulating with no expression. The latter leaves COVID in a heyday to attack what is most vulnerable. It is this gene expression effectiveness that determines the effectiveness of keeping infections at bay. In a healthy person, the ACE2 receptor chops up two forms of a protein called angiotensin to keep blood pressure stable, among other things. SARS and the novel coronavirus, however, use the receptor to infiltrate cells, so the virus can latch onto ACE2 and sneak inside, replicating itself inside the cell and then wreaking havoc throughout the body. Normally, ACE2 is found on lung, kidney, heart, and gut cells. But scientists recently found ACE2 receptors on the cells in peoples' noses. Obviously this is an open gateway for an air born infectious virus!

So obviously if these bad guys get through, the most vulnerable areas are sinuses and lung, kidney, heart and gut are secondary places of vulnerability. Now why do you suppose the most vulnerable COVID people are the old ones over 60? They have the compromised dysfunctional immune systems that are not allowing the gene expression to take place. It doesn't take a brain scientist to figure out a compromised immune system once you get older makes you more vulnerable to an infection. The most vulnerable populations for having a bad outcome with COVID-19 — including needing to be in the hospital or on a ventilator — are people over the age of 60, especially the ones with additional medical concerns. This includes people who are smokers, who have hypertension (high blood pressure), diabetes, low immune systems, and/or underlying lung disease or those who take medicines to suppress their immune systems because they have some sort of autoimmune condition or cancer.

Well these are the places compromised most so that gene ACE2 can't do its job. And if you are taking pills to fix the problem, guess what? That just potentially makes it worse. So COVID slips through and has a ball with older guys.

So what is the sequence? As you get older, you compromise the immune system and the ACE2 abilities to do its job. In technical terms, the gene expression becomes a down-regulation issue as opposed to younger, normal functioning of up-regulation. And what is the culprit here? Besides the pills you take effecting immune functionality, emotional stress, real or perceived, at source it is the greatest killer of all because it also instigates down-regulation of genes. And when that happens continuously, it cause energetic blockages, that allow the next level of compromise of dis-ease, then disease and finally death or severe dysfunction.

Now we pick on COVID and ACE2 but it's the same story whatever issue you look at. Once gene expression is compromised to down-regulation from up-regulation, your epitaph number is up and posted. And how do you help this system? Well as you will soon find out, it's all about managing the culprit of stress. That means you stop engaging in the 12 deadly sins that are causing the problems. Stop compromising your immune system with stress. And what is the greatest source of stress? Fear! Why? Because it refocuses the brain in a way that shuts down intelligence, digestion, and immune system in preparation for dealing with the fear, i.e. down-regulation... you need adrenalin and a cascade of internal functions to take place. And over time, if this continues, the program to launch the solution physically and biochemically gets to run continuously. So guys like ACE2 are rendered useless.

So what do you do about it? That is what this book is about. It is called SEE for Subtle Energy Entrainment meant to set a program to deal with what I have called the 12 Deadly Sins. I will summarise the sins and the solution in the next chapter.

As to the fear of COVID, ***get over it.*** Of course there are preventative measures just like the cold or flu or influenza. But there is also a storm going on that questions why the virus is treated so much differently than other diseases like the flu and influenza that can kill all ages not just older ones. The means of tagging a death with COVID when the death is due to other causes is being questioned. The greatest storm of this is in Italy where questions are being raised about the 33,000

deaths out of 321,000 cases. In his fiery speech to the Italian Chamber of Deputies, Vittorio Sgarbi, claimed that 25,000 (at that time) people did not die in Italy from Covid-19 and that according to the country's Higher Institute of Health 96.3% of those whose deaths were put down to Coronavirus actually died from other diseases.

Regardless of the conflict and confusion, drop the fear - that's the worst culprit messing up your immune system and ACE2 that are not doing the job. So what can you do to help it? Well of course prevention is part of it. It does not deny the need to implement prevention practices no different than a cold, flu or influenza so avoid contamination and exposure. Sure, less contact, face masks, gloves, washing, etc. may keep you from being exposed but it does nothing to make the immune system work better.

This book is about launching a program that helps the immune system do its job, so it can up-regulate that useless ACE2 Gene rather than have it sit on its butt and do nothing. The rest of the book will explain what you are doing about your stress that is dead wrong. It explains what the new science of energy management is doing to deal successfully with *all* diseases and dysfunctions, not just about COVID and ACE2 so as to address the SOURCE of the problem.

This book gives you the process called SEE for Subtle Energy Entrainment, coined to simply encapsulate the procedures used to help make the subtle energies of the body work the way they are designed. These are processes used by the people that have had huge success in shifting health and wealth outcomes for thousands of people. They have documented their success cases, and share their findings.

If I could share this for free I would but as an Amazon Publication, it has a price tag. As a result, if upon reading this on the free download Kindle Sample you want to look at the PROBLEM and SOLUTION you can go to my website at www.edrychkun.com and download the [SEE the PROBLEM and SEE the SOLUTION](#) for free, then decide if you need the supporting information in the book.

Ed Rychkun

12 DEADLY SINS

Let me begin this book with a special message that will be presented to you in a clinical, scientific approach. It is about understanding your natural design of subtle energies involving gene and emotional expression, and how it works to create your reality. Understanding this and paying attention to your ability to create subtle energies can impact your heaven or hell in life. My desire is to show you that Science and live testimonials starkly validate this is so. This, my hope is, will undermine any belief that you are not a special immortal being able to create your own reality. When the human brain is faced with stark evidence of healing and reality miracle examples that validate how expression really works, it opens subconscious to a new possibility of life that you may have been diverted from. The focus here is to help get you back on your path of health and abundance by presenting the evidence and the processes accepted by those who have learned to become a new mind and create a new reality. The greatest diversions from your path may have been a fall from grace of religion and the lack of understanding of how stress impacts your natural biochemical and energetic design. I hope to present the reasons for this statement and how to take control of correcting it.

This book is dedicated to finding and sharing answers to why a life is as it is. If you ever wonder, why your life seems to be lacking and is just ordinary you may wish to explore how the proactive management of your natural design of subtle energies may be the culprit. Our Conscious Reality as a holographic part of the Greater Conscious Reality operates under the laws of its Natural Design including those of numbers and sacred geometry created by an omnipotent Creator. Under these rules all humans are a holographic fractal of the Creator Consciousness equally gifted with mental and emotional abilities to experience a long life of abundance in a place called Heaven on Earth. If you are living in anything but this, in some form of dysfunction, you have not paid attention to your Creator ability of **Subtle Energy Entrainment and Expression**. This is most often an effect of free will choosing emotional toxicity:

1. Your emotional toxicity inhibits genes from expressing themselves properly to access your built-in natural pharmacy as designed by DNA;
2. Your immortal enzymes Telomerase that controls cell age are dysfunctional and not being able to replicate cells as designed;
3. Your energy centers, their mini-brains and their connections are clogged and plugged with emotional toxicity directly affecting mental, physical and physiological functionality;
4. Your subtle and invisible circuitry of meridians are under stress, blocked, plugged with emotional toxicity and not functioning as designed;
5. You are choosing to express your mental and emotional gifts the wrong way, choosing to limit your physical and mental evolution to rise beyond a savage animal;
6. The reality you create by way of thoughts, visions, words (brain) and emotional charge (heart) is biased to dysfunction by lack of heart-brain energy entrainment.

What you have chosen to do is commit some of the 12 Deadly Sins and are an average Earthlings who more often than not engages in 12 "normal" average ways:

1. Not understanding their subtle energy rules of engagement in life purpose.
2. Using free will to choose negative perceptions of experience and expression.
3. Not knowing they are the Creator of their personal material world.
4. Creating toxic emotions to down-regulate gene expression from normal expression.
5. Allowing toxic emotions and stress to build in their reality to create dis-ease and disease.
6. Supporting subconscious programming to focused on being in a survival mode of life.
7. Not understanding their genetic makeup to evolve beyond the savage Anatomically Modern Human.
8. Accepting religious doctrine of sin and vengeance as their truth of expression.
9. Ignoring being a fractal part of the Unified Quantum Field.
10. Forgetting their purpose of being here to create Heaven on Earth and improve the greater consciousness.
11. Preventing their DNA from opening to its higher purpose.

12. Not aligning with heart-brain rules of their subtle energy Natural Design

If you are guilty of being an average as a consequence, an average Earthling will die at an average of 70-75 years with a demise of the common life killers of coronary, heart, cancer, pulmonary, respiratory, nerve or diabetes disease. In the end like 60% of Earthlings you will be the proud owner of less than \$10,000 in wealth; and like the vast majority believe in some religion to guide your life. If you wish to SEE better and rise to an above average Earthling, try the proven programs offered in this book.

In order to take action to correct these dysfunctions, and misconception, I am providing a simple process called **SEE** for **Subtle Energy Entrainment**. It is a combined set of simple techniques used by the most successful miracle makers on the planet. These will allow you to launch a 28-day plan focused on a holistic vibrational program that makes coherent the energies of heart-brain, subtle energy centers, and circuitry in such a way as to allow your Natural Design to function the way it was designed to. SEE will install a new mindset, attention and intention using love and light so as to correct, revitalize and reestablish your true self for what you are and what your purpose is. This process, substantiated by many miracle cases, allows you to shift belief to controlling your health and wealth reality.

This book is not for the meek minded because it centers on many startling discoveries about human physical, energetic and biochemical designs, as well as some revolutionary discussions about human purpose and animal to spiritual evolution. For this reason, to give you a "heads up" consider the following statements that are expanded and justified in the book:

You have free will to determine your perception of experience and expression. Medicine and science are discovering the nature of subtle energies and the importance of energy coherence in the brain and heart as the gateway to reprogramming the subconscious to affect biology and attract a new reality. More and more medical practitioners are confirming the power of the mind to heal and shift reality by attention to and choice of managing positive emotional expression within the Unified Quantum Field of infinite possibilities.

You are the Creator of your material world reality. The Universe is a domain of waves and frequencies (i.e., the Quantum Unified Field) decoded by your mid-brain internal and sensory design to perceive and present via Fourier transforms the holographic illusion of the seemingly material reality. Through the process of interaction, you become the Observer to cause the wave functions to collapse to their particulate state forming an interactive holographic reality. The nature of this reality is governed by a fractal unit of your reality as part of the whole and created by your individual expressions of mental and emotional energies. It is a perceived reality totally under our control being created from inside out refreshed every Planck unit of time. Your reality is thereby being created by way of specific rules of perception and engagement in it.

You control the expression of genes. Genes are designed as basic physical and functional units of heredity made up of DNA. They include genes that act as instructions to make molecules called proteins in response to environmental stimuli. They are a set of instructions that determine what the organism is like, its appearance, how it survives, and how it behaves in response to its environment. Your emotional and mental environments and their consequence of subtle energies turn on or turn off the instructions. Whether real or perceived or imagined when these energies are created (expressed) they cause gene expression to up regulate (on) or down regulate (off) depending on whether the emotion is positive or negative.

Your emotions and stress or joy level have individual powers. On a lognormal scale of 0 to 1000 emotions such as hate, anger, fear, shame, guilt, grief and apathy are below 200 and down regulate gene expression, while gratitude, joy, love, on peace, reason and enlightenment are above 200 and up regulate genes. All thoughts images, words that are expressed can carry these emotional signatures to affect your reality. As such, the choice to express negative emotions and embrace stress has compiled negative effects on longevity, health and form to your life that run automatically in your subconscious.

Your subconscious is a survival machine. Under your natural design; your brain (mental) and heart (emotion) are designed to assist you in evolving from a survival mode to a higher spiritual mode above the level of a savage animal. Like a tape recorder, using an emotional record button, the heart-brain subtle energy systems evaluate, store and playback those programs required to respond to internal and

external environments automatically. As stress and emotion press record and playback an accumulation of negative programs develops over time.

You are driven instinctually to seek God. The discovery of the God gene called vesicular monoamine transporter 2 (VMAT2), predisposes humans towards spiritual or mystic experiences. The quest for God (or to "return Home", find Heaven) as so evidenced by the vast majority (92% of Americans) of humans is a fundamental instinct and behavior towards religion and spirituality as influenced by heredity. The quest for God has resulted in 4300 religions and 2800 supernatural beings over thousands of years. This instinct to return Home is because all Souls have a mission to evolve selves as part of the whole and to expand and grow on behalf of the Creator. Unfortunately, this insatiable quest has brought negative expression to manifest violence and chaos.

You are driven instinctually to the sweet taste of vengeance. The discovery of the Vengeance gene creates a behavior and desire for altruistic punishment, retribution and punishment against rule breakers. The deep-seated, biological drive to punish others for wrongdoing activates the same pleasure center of the brain (Dorsal striatum) involved in recreational drug use and falling in love. The sweet taste of vengeance drives people to judgment, anger, retribution, and conflict to "*put things right*". Without exception, this particular behavior to judge a wrongdoing and seek out "justice" is an overwhelming drive in humans that has inhibited the spiritual growth by embracing negative energies.

You are infected and effected by the level of truth in religious doctrine. On a logarithmic scale of 0 to 1000, the level of truth originally expounded by Jesus Christ calibrates at 1,000, the highest attainable on this plane. By the second century though, the level of truth of the practice of his teachings had dropped to 930, and by the sixth century, had dropped to 540. By the time of the crusades, at the beginning of the eleventh century, it had fallen to its current level of 498. A major decline in the year 325 A.D. is due to the spread of misinterpretations of the teachings originating from the Council of Nicaea. The truth about God is also a fall from truth. The truth is therefore compromised and to follow beliefs blindly may impact your negative expression. The most prevalent expression of the untruth of being a sinner and supporting anger and fear through vengeance do not serve your genetic expression well.

You are a fractal part of the Creator and the Unified Quantum Field. Everything that exists is part of the Greater Consciousness as love and light which is the infinite whole of Creation. It exists to evolve, experience and improve the whole. There is no separation between Creator and Creation. The Creator (Great Omnipotent Designer or **GOD**) is Consciousness that follows a greater intelligent design where everything that exists is thought and emotion made manifest has a purpose of evolving. As humans are a thought within the Creator Consciousness, they themselves are Creators thinking the thought. Manifestation of personal reality is part of your natural design through love and light, or attention and intention to infinite possibilities within the field by way of thinking and feeling.

You are here to create Heaven on Earth and improve the greater consciousness. As a spark (spirit) of the Creator (immortal soul) taking a lower vibrational form as a mortal material human, all humans are gifted with a Natural Design to represent the Creator in growing and evolving spiritually of the whole for the greater benefit of the one whole. Under free will, the modalities of light being dielectricity and magnetism of love to be chosen as attention through observation that generates and maintains a field within the greater consciousness. While light is the intention that generates and maintains the vibratory frequencies of quantum within the field. This is the self-referral process of the Creator creating creation, which in turn becomes the self-referral process of creation creating the Creator. The way we choose to express ourselves in life governs the life as to whether it becomes a physical and mental hell or heaven on earth.

You being an AMH (Anatomically Modern Human) have rendered your DNA ineffective. The AMH first appeared in the fossil record approximately 200,000 years ago as a separate species, not through the Darwinism evolution tree. They mark the beginning of the subspecies. These Homo sapiens and their DNA has not changed through this period, being the same today. On an evolutionary scale of the Map of Consciousness 0 to 1000, the AMH sits at 204, barely above the state of an intellectual savage animal retaining the survival mode of existence. The purpose of each immortal soul is to engage in mortality to evolve spiritually beyond the lower state of animal to state of a Creator creating a heaven. This power to control reality of life on earth resides in each and all by way of mental and emotional expression as programmed in DNA. At a level of 204 the AMH has barely evolved

beyond the status of an intellectual savage animal totally wasting the spiritual wisdom and programs for a higher human evolution.

Your beliefs control and define your reality. If you can get through these statements, you will begin to understand you are an assistant creator already creating your life reality unconsciously believing you are the victim. When you understand how this happens, and how subtle energies are designed to work, you will become mindful of what you are and how to change your reality.

What this book *is* about is **EXPRESSION** - yours! It is about how you express your emotions and mental abilities to elevate your life above the level of a savage animal instead of holding toxic beliefs and emotional memories that are destroying your biology. It is about simplifying your quest for perfection to attain a fruitful life that allows you to peruse that heaven on earth. It is about understanding and harmonizing with the natural laws of your design; using the most recent successful techniques to take control of your health and wealth reality. It is about a self realization of managing your internal environment of subtle energies. It is about the science of subtle energies and how you may have come to mismanage them to your disadvantage.

What this book is about is your personal heaven and hell, here, now, created by you. It explains how the wrong religious group consciousness of prevailing beliefs has a direct effect on the quality of human expression that changes your long life and abundance. It is about how this particular belief system incorporates toxic expressions to create conflict, wars and destruction reinforcing the Earthling's quality of embracing the status of an intelligent savage animal that generates its own personal Hell. Most important it is about learning about your built in Natural Design, what science has discovered about it and what you need to know to correct the environment and conditions that are working against you.

You will learn that when you understand why and how to deploy your mental abilities to express higher emotions consistently over time, you begin to rewire and rewire your neural circuitry to experience reality of inspiring, supernatural healings. You will learn all about **SEE, Subtle Energy Entrainment**, and a combination of simple effective ways that thousands have used to stop the toxic environment of emotion that suppresses proper gene expression. You will learn how to cleanse the blocked subtle energies in your body that are expressing disease,

dysfunction, and dis ease. You will learn how to create and maintain a new mind and environment to shift your reality.

This book is about your built-it Natural Design, how emotions are residual chemical records of the past and create residual effects in your body. Because emotions influence your thoughts, if you live by these same familiar emotions every day, and those emotions are driving your thoughts you can't think greater than how you feel. Then not only do you think in the past, but you create more of the past through the same chemistry, biology, behaviors, and actions. Worst of all, you are enforcing old programs of habits, chemistry and behaviour in your subconscious. This means you are forecasting your future through the unconscious anticipation of the past. Why? Because as humans, if you can predict feelings for every experience, you can remain safely in the known—even if that known is stagnant, suffocating, or unhealthy. But in order to deploy your brain the way it was meant to operate, this has to be a conscious choice of habits and expression to rewire beliefs.

When you learn to manage subtle energies by entraining key body centers and invisible connections of mental and emotional expression, you take the subtle energies out of the past and into the present. They are no longer anticipating the predictable future based on the past and things begin to change. What most people don't understand is what has been taught out in the open for thousands of years: that the sweet spot of the generous present moment is the unknown, not the known. When you are in that present moment, you are free from the past that holds you prisoner, you are able to use that liberated energy to create a new future. And when you learn to entrain the brain, heart, breath and emotions into a new environment of wellbeing by way of dedicated intent, you become a different quantum observer of abundance and longevity. You connect, in total nothingness of the unified Quantum Field of limitless possibilities and astonishing things simply begin to happen.

The biggest challenge, and breakthrough is the ability to overcome the emotions that keep you connected to memories of the past—as well as the memories that tie you to the problems in your current lives. Like a vicious circle, types of lower negative emotions anchor us to everything we have known in the past. Through a process of managing you Subtle Energies like emotions into a process of harmony and entrainment you learn to lower the volume to those emotions to give your Natural Design a chance to work the way they were meant to. This is a process

very similar to the old science of meditation, the first step in overcoming the self by zeroing out the old life patterns and opening to highest possible frequencies of emotional energy.

When this becomes a habit, the side effect of success in releasing yourself into the unknown field of limitless possibilities, away from emotional bonds typically results in healings because the body is actually moving out of the past and the brain is being rewired so as to release the internal pharmacy of the body's natural biochemicals through gene expression. Sometimes it may take a week or two for the body to switch on and begin the process of change. But when you heal your emotional state that is tied to, associated with, or built on the past, your personality literally begins to change into a new personality to express a new state of your reality.

Within each Earthling is a Soul, that guides you using free will. This "gut feel" it exudes is really a "heart feel or "intuition" directing you to a discernment of what aligns you with your purpose and powers.

Under Natural Design all Earthlings are equally gifted with mental and emotional abilities to experience a long life of peace and abundance, in a place we call Heaven. The instruments of this natural design are the brain and heart, both tools of evolution and survival. These are what you are born into reality with, to live, love, and expand your soul. If you are living in a hell of disease, dis-ease and reality dysfunction instead, if your life is not right, it is because you are not allowing your Natural Design to function properly by how you express yourself mentally and emotionally. Simply, you are not understanding or paying attention to your invisible subtle energies and the way they work. Worst of all you are programming into your brain and subconscious a toxic set of neural programs that inhibit natural design functionality and create a loop of negative cause and effect. What the new science tells us is:

1. Your emotional toxicity inhibits genes from expressing themselves to access your built in Natural Pharmacy as designed by DNA;
2. Your immortal enzymes Telomerase that controls cell age are dysfunctional and not being able to replicate cells as designed;
3. Your energy centers, their mini-brains and their connections are clogged and plugged with emotional toxicity directly effecting mental, physical and physiological functionality;

4. Your subtle and invisible circuitry of meridians are under stress, blocked, plugged with emotional toxicity and not functioning as designed;
5. You are choosing to express your mental and emotional gifts the wrong way, choosing to limit your physical and mental evolution to rise beyond a savage animal;
6. The reality you create by way of thoughts, visions, words (brain) and emotional charge (heart) is biased to dysfunction by lack of heart-brain energy entrainment.

This book is about these issues of internal and external expression and how to correct them. You will learn what science has to say about them and what to do about changing them. If your life is crappy, and a living hell, then you already know what you need to change. You will clearly understand why this needs to change into a new model of belief; you will learn how to change your choice of expression to create a nontoxic internal and external environment for your brain to deal with and function differently. You will clearly understand what science is reporting about this toxicity, and what thousands of people are using to STOP the wrong expression that creates the internal and external environment dictating how genes and DNA express themselves. Next, you will understand how you created, and how to CLEANSE the existing toxicity environment so subtle connections and energy systems function as designed. Then you will learn how to MAINTAIN the proper internal and external environments to prevent toxic energies from your life engagements and experience. You will learn to proactively control whether your life becomes a physical and mental hell or heaven on earth.

At the base of the issue is the reality you live in and the way your natural designed brain learns to adapt to your environment and store the resultant program of cognitive awareness. Fundamentally by natural design you are using your consciousness to sense your reality so the subconscious can determine what kind of behavioural program it needs to store. Your subconscious becomes a repository of programs that are the result of observing and reacting to the environment. The most intense programming occurs between ages 0 to 7 when the predominant brain wave pattern is in Theta. The subconscious can process 40 million bits (nerve impulses) per sec and it plays these programs back like a tape recorder when they are required.

The problems occur when your thoughts, normally in the aware beta wave pattern occupy the conscious mind in day to day activities and thoughts. By the time you mature, 95% of the cognitive activity comes from the subconscious to deal with day to day activities which are recorded on its tape. The conscious mind which is your identity and creative center is an optional device that you deploy, independent of the subconscious. It does not rely on tapes. Thinking, which can occupy 95% of your day, allows the subconscious mind to take over on autopilot because the conscious mind is busy. To understand this, it is like driving a car and thinking; while the conscious brain is occupied, the subconscious automatically takes care of the driving and all the background functions like knowing how to drive. Thus, most of the day, you deploy a consciousness processor 5% of the time and that processor can only operate at 40 bits per sec. It gets more and more difficult to get to the tape record button. In order to press the record button to write on the tape to create a new behavior, or to replace an old one, you require access to the subconscious - into theta, otherwise the record button does not function in the normal day to day beta mode. Being conscious of an issue does not change the tape, as simple awareness does not get access. It requires the ability to get into a non-busy brain activity, or more and more repetitive effort in the conscious brain to press a record button.

The focus here is to present the best of the best crossover pioneers who bridge science and metascience by clinical observations and documentation. They are the leaders in showing people how to access the tape and to press record. Their histories are filled with thousands of dramatic healing and life changing testimonials. Their files are filled with clinical tests and scientific observations of how things of mind, body and spirit really work. And best of all these pioneers have published their best sellers and teach you how to do it by yourself.

I have brought these different systems that all work, together so as to allow one to break old habits and form new by STOP old, CLEANSE, and MAINTAIN Subtle Energies.

INTRODUCTION

The Great Shift

At the turn of the century something incredible happened. It was like a great subtle shift in the mentality of many people who in some unanimity of consciousness began to question the sanity of our world. The establishments began to look different. The established infrastructures came into more and more transparent dysfunction. Some called it the new age, some called it chaos, others became confused about what was true, many looked for new answers about their purpose in life, and many began to question these enormous systems of bureaucracy, regulations and control in medicine, energy, government, education, and the ethics underlying their purpose. In that first decade, many silent pioneers began a quiet shifting in their work which began to question old science and began a quest for new truth. One such shift has been quietly unfolding in the world medical systems. That shift began to focus on many crossover sciences between the old metascience and the new science. It set a world wide foundation for some of the most phenomenal discoveries and revelations of our time.

These discoveries and revelations, particularly after 2012 began to show up around the world as scientists and highly trained people began to test and prove by example these discoveries that confounded the old minds. From quantum physics explaining new reality, to energetic medicine, computers, to internet, connectivity and a new industrial revolution, the old dysfunctions began to give way to new discoveries. In this particular case, it is the shift in well being that is the focus. The staggering discoveries of how the body and mind works, how the mind alone can heal and effect matter, how we are all interconnected, and what we can do to change our reality are staggering. As millions reached places of incurable and hopeless diseases not curable under the established medicine, they began to look elsewhere. They began to seek alternate ways of dealing with dis-ease and disease, and many pioneers began to break down the wall between the myths and the truth. Science shifted in its focus to become addicted with seeking and proving a new science of energy healing. Scores broke the bounds of the establishment as they defied rules and fears of being different and began to come forward with staggering results. Now after a decade of

practice, many researchers and doctors are documenting cases of unbelievable healing miracles. Not only are they scientifically observing and documenting the science of these miracles, they are creating a new paradigm in medicine.

In this book, we are going to focus on how this shift can affect your life in terms of understanding yourself and why things may not be working well, especially with regards to a better life and well being - our health and wealth reality. In the last years after 2012, more and more pioneers have come forward with clinical proof of how subtle energies in the brain, the heart, and the body actually work and respond to different environments. Scores have helped thousands of cases that were deemed hopeless. What was once the mystical metascience of meditation, chakras, acupuncture meridians, pranic tubes, healing miracles, light bodies and ascension has become a science explained by quantum energy, brain and heart waves, energy centers in the body, understanding of consciousness, invisible subtle connections, and currents in and out of energy body. The new pioneers began to piece together a new picture of old techniques, and how we could take control of our health and wealth reality. These pioneers have come forward to observe and monitor that subtle energy design that we have all been ignoring. This book is about those pioneers, what they have witnessed and how we can benefit from this information.

So what are you here for?

To believe that you as an Earthling were born in Heaven on Earth is a stretch for many who struggle with life. But if you begin to really understand the natural design of your brain and body, and how they interact with matter, you would quickly come to that conclusion. Most Earthlings will tell you that they are here to enjoy life, and of course some do. Most try to do just that by finding happiness through feelings of joy, and bliss by experiencing higher emotions. Why? Because emotions and feelings are the judge; they measure how you feel about any experience. But as most will attest to, it seldom ends up that joyful way. If thoughts are the seeding ground of your expression of reality and emotions follow thoughts, the culprit in changing your heaven may well be the types of thoughts and emotions you are expressing. As it turns out within 7 years of being born, most are literally unconsciously hell bent on creating a living in Hell.

According to the **National Science Foundation (May 2018)** an average person has about 12,000 to 60,000 thoughts per day. Of those, 80% are negative and 95% are repetitive thoughts. That's a lot of affirmative negative stuff! If we repeat those negative thoughts and we think negative more than we think positive thoughts, we are creating continuous streams of energies from our brains. These studies reveal that the quality of our existence rests on the quality of our thinking because that process expresses internal and external communication. It also reveals how our bodies respond to the way we think, feel and act. This is often called the "mind-body-spirit connection". When we feel guilt and shame or stress and anxiety our bodies cry out to tell us that something isn't right. For example, high blood pressure or a stomach ulcer might develop after a particularly stressful event.

Thus, it is important to return yourself to a belief that you indeed were born here in Heaven on Earth. You simply did not understand how and why it isn't that way. This book will tell you why and what to do about it.

Planting a toxic garden

In a nutshell, your personal reality is one that you created. You are not a victim of it; you are a player (observer) in it. If it is not what you want, then you need to pick out the things you don't like and change them to live them as if they are real. The human is designed to experience a life learning to survive and prosper by adaptation and learning about environment. Thus, you may have facilitated your brain to program your subconscious with undesirable behaviors and experienced your life in a way that may not be desirable. Without knowing the rules of the brain game, you may have expressed negative emotions that in turn down regulate your genes into dysfunction. In order to correct this, you need to create a new garden from the Unified Quantum Field and plant new seeds. To do this you need a new set of rules as to what your silent invisible design really does to create your internal and external reality.

If your life is not a heaven, or has many issues, your mind and brain are responding to your belief, emotional expressions and acts. The paradigm shift is about science now verifying the truth as to how the mind and consciousness effect matter. It is not an old myth of matter over mind, it is mind over matter.

If you look at this process of your reality, it is like a garden that you plant seeds in. Your thoughts are like seeds and the emotions you attach are like fertilizer, either toxic with lack of nutrients or nontoxic with good nutrients. And these seeds are not only thoughts but images and words that are subtle, quantum energies that all have a purpose and abide by specific rules. You are constantly planting seeds that will grow in your garden of reality and you must be diligent of providing the right nutrients and keeping the weeds out. Lower negative thoughts and emotions are like weeds and you must constantly be avoiding seeding them as they can overgrow all the good plants. If left unattended, the toxic fertilizer of emotions will kill your good plants and allow the weeds to take over. On the other hand, nontoxic fertilizers of positive emotion make the garden grow better for the right plants to prosper.

If 80% of your thoughts are negative and 95% of those are repetitive, you are seeding weeds in your reality garden, then feeding it toxic fertilizer to allow them to grow and dominate. You are feeding big strong weeds that crowd out any positive plants. The reality garden is loving emotional problem fertilizer that is giving you a Hell on Earth! A garden full of healthy weeds! From this perspective, you must identify this as a pervasive problem that infects your mind, will, emotions, and physical body. It's like a negative default programming process that is hard wired into your entire being and creates a feedback loop of more weed seeding. So, look at your garden and its fundamental belief as reflected by your life.

You need to understand you are not only going to plant a new belief, you are going to weed the garden and be very mindful of the type of fertilizer you use. It is not just a tendency to be negative or do a bad thing once in a while that grows weeds; it is a subconscious set of programs formed by your beliefs, such as accepting you may be of a negative and sinful nature. In many cases, this is a predisposition created by simply not understanding how you are designed, falling to the darker side, or it may be founded on religious beliefs that follow dogmas of God or gods of dominant religions that dictate how you seed and fertilize your garden.

If it is a religious dogma, this can be a pretty crappy start. For if, under the belief you are a sinner here to work off your sinful baggage and perhaps get to Heaven when you die, that is a bad garden to start with.

And this you must understand planted your garden, and the subconscious is programmed to maintain it. In this scenario, you can consciously believe you are here to be in Heaven, but your subconscious will win and keep you in Hell.

Yes, history bears proof that a prevailing belief supports exactly that, people are born as sinners, never presumed innocent and each is here to work this off. They do not have the power to change this unless they surrender to those exalted religious leaders and a wrathful God and pray for forgiveness. And, the prevailing belief supports that an almighty deity has assigned this task of salvation to chosen ones, who can spare you and get you a spot in Heaven when you die. When you begin to truly understand that such fear, subservience to follow and believe, and lack of control devastate your physiology and are actually creating your reality, you may take action to correct this.

It is not hard to understand that with that kind of belief you end up sinning against yourself to create a hell instead. What if you found out that this philosophy, which translates into your beliefs, then your mode of behaviour, is indeed the greatest sin that has denied you health and abundance because you have not paid attention to the natural design of your body and the way your reality is created. The new science is telling us by thousands of examples that we all have the ability to heal our internal and external environments with mind alone.

The philosophy, the belief, all determines how you choose your expression. You live your life expressing yourself. You are born with emotional and mental tools that allow you to rise above the animal instinct. The bottom line is this: how your life gets experienced relies on how this expression orchestrates the genetic expression of body and mind. And this natural design in you determines whether you experience a heaven or hell.

But you may have to plant a new garden. You will learn how in the following chapters.

What's this to do with religion?

Your reality garden (your life) is your big question. What does it look like? I have already alluded to a religious garden as a basis for it must be scrutinized. Why does religion have anything to do with a garden? Consider it is the soil you choose to plant in. **Dr Paul Haider** says

polls show that 60% of all people believe they have a soul, 80% believe in angels, 92% of Americans believe in God. It doesn't even matter if these believers are scientists or not. It is an unfettered belief in something that has no grounding in science. As you will learn later, this unfettered belief is driven by a gene in our natural design - to seek a Creator. It is a fundamental drive, an addiction, to find God. This quest has historically translated into religions and bibles defining a doctrine of behaviour and expression.

Religions and what they construct as bibles reflect a common belief of a group. That common belief becomes the way believers live their lives by integrating these beliefs into their expression and experience of the doctrines. These historically give witness to a toxic environment expressing conflict of anger, vengeance, judgement and war. With this, and such a dominant environment of toxicity in our lives, dominant negative thoughts and emotions, it is not a surprise to see a common religious and spiritual quest for gods to believe in; to believe something that is better; to answer deep questions of purpose. But these bibles have never been written directly by a deity. They are all 2nd and 3rd party interpretations of history by Earthlings who say they represent some deity's truth.

These bibles present their versions of the *Word of God* that has resulted in spanning centuries originating from scores of books in the Old and New Testaments combined. Right from the beginning, the Epistle to the Hebrews involved **66 books**, spanning at least **1,500 years**, and in both Near Eastern Ancient culture and the Greco-Roman culture of the first century. That leaves a lot of leeway for interpretations of the "word".

The Bible is the best selling book of all time with over 50 billion copies sold and distributed. According to Wycliffe Global Alliance, at least one portion of the Scripture has been translated for 3,350 of the thousands of existing languages; the Bible in its entirety has been translated in 683 languages. God allegedly wrote the Bible through 40 writers, possibly fewer or more depending on how one views the authorship identification in respective books. **Stephen Juan**, Ph.D. is an anthropologist at the University of Sydney who reports there are some 4,300 religions of the world compared with 6,800 living languages spoken somewhere in the world. Given every language has its own meaning assigned to words, that leaves a lot of leeway from the original meaning.

It isn't only time and language that muddle the meanings. The attention to gods is impressive through history. There are 40–50 Hindu gods that have never been named. Throughout recorded history, we can count anywhere from 8,000–12,000 gods who have been worshiped. No one is quite sure how many gods are still worshiped in modern times, but the list is likely no fewer than 24 major gods and maybe about a 100 or so minor deities and spirits. It's hard to pin down since a lot of Asian cultures have a lot of minor divinities in their theologies.

Since the Sumerians around 6000 years ago, historians have catalogued over 3700 supernatural beings, of which 2870 can be considered deities. That's a lot of gods offering fascinating stories and wisdom.

In the ***Encyclopedia of Gods, Michael Jordan*** documents that since the beginning of time, the same mysteries have puzzled people on every continent; the same fears have beset them. They have attempted to explain the mysteries and allay the fears in the same way - through the worship of gods. Deities have been identified with the human psyche for at least 60,000 years. Encyclopedia of Gods offers concise information on more than 2,500 of these deities, from the most ancient gods of polytheistic societies - Hittite, Sumerian, and Mesopotamian - to the most contemporary gods of the major monotheistic religions - Allah, God, and Yahweh. Among the cultures included are African peoples, Albanian, Pre-Islamic Arabian, Aztec, Babylonian, Buddhist, Canaanite, Celtic, Egyptian, Native American, Etruscan, Germanic, Greek, Roman, Hindu, Persian, Polynesian, and Shinto. It is not difficult to believe why when you understand that Earthlings have been discovered to have a "God Gene" that is forever niggling away to seek God!

These have created a lot of bibles, and these bibles according to the March 2007 edition of ***Time***, the Christian and Islamic Bibles have done more to shape literature, history, entertainment, and culture than any book ever written. Its influence on world history is unparalleled and shows no signs of abating. With estimated total sales of over 5 billion copies, it is widely considered to be the most influential and best-selling book of all time. As of 2000, it sells approximately 100 million copies annually.

The Bible has far outsold any other book, with a whopping 3.9 billion copies sold over the last 50 years alone. The Bible is by far the world's best-selling book of all time. No other book, fact or fiction even comes close. Most estimates place the number of Bibles printed each year at over 100 million. 20 million Bibles are sold each year in the United States alone. That's 273,972 a day! That's a lot of people searching for answers and guidance in these bibles and beliefs.

That is why it is important to understand that your garden, the reality of your life, may be founded on and fertilized by beliefs that do not service your expression and gene behaviour in your favour.

The God model is wrath and vengeance

Much like the hundreds of old gods of Greek and other origins presented over time, many bibles and books have portrayed God as a vengeful and wrathful deity who can and does inflict great punishments, death and destruction upon any of his people, particularly non believers and sinners. It has been the case that this role model is believed to be justified in cleansing the Earthlings of sinners. Over time, this proliferation of man interpreted beliefs and continued modification of bibles has proliferated into many conflicts and death.

These interpretations are about judgement: right and wrong, not just about sinners. The extent of the interpretations, and diametrically opposite doctrines about the way to heaven, salvation, and a good life has historically proven to create a battleground of cultural conflict, hatred, fear, and despair. Worse of all, it portrays gods as a deity that supports these types of emotional expressions centered on vengeance and wrath. That instills fear.

Although it is said that the New Testament portrays God as more loving and human loving tyrant, it is not accepted by the Hebrews. And the second largest religious group of Islam does not accept the more toned down God, nor the story of Christ being a son of God. The dispute of beliefs over thousands of years has resulted in wrath and vengeance of Kings and leaders. Even the mighty Vatican history is rife with wrath, destruction, and vengeance. How many deaths have been caused by this religious disagreement? Lists vary but the last but religiously motivated wars and genocides total 195 million.

This quest for the right god(s) word, the disputes over Sin, Heaven and Hell, right and wrong has resulted in vengeance wrath, anger and death to be the most prevalent expression in the global consciousness. The words of God seem to support the idea that vengeance is a trait of God and is perfectly fine to embrace. It would seem that God's word of law encourages one to be a sinner by supporting death and destruction of others... no problem if it is God's will!

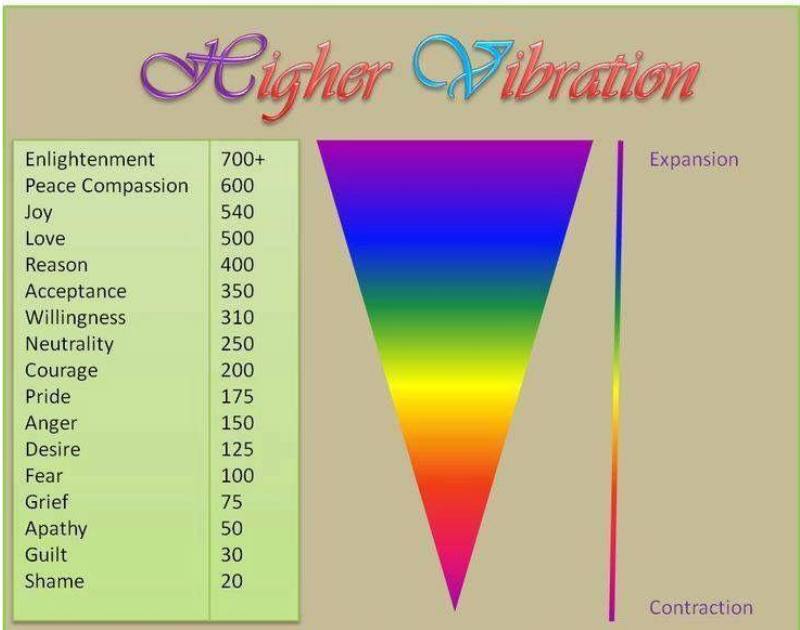
This savagery of destroying others has been expressing itself for thousands of years. The measure of this is reflected in the conflicts, wars and the perception of what is believed right and wrong. At the base of conflict are the old belief systems that Earthlings support and to what extent these emotions that arise from the acts of supporting them are expressed. The belief that arise from these biblical cauldrons of conflict and the stories simply creates those negative emotions that result in the way a religious expression effects gene expression to create a living Hell.

As the real story unfolds, you will find that expression (the invisible subtle energies) are the key to your quality of life. Your Soul expresses through your Mind. Your mind expresses itself through the body. The body expresses itself through emotion. Emotion expresses through Genes. Genes express through cellular biology. Cellular biology expresses through DNA. At the heart of the matter is emotion that controls genes and it can be positive or negative. But the crux is that positive or negative, under your natural design has totally different consequences of how your body and mind create Heaven or Hell.

It's all about expression - yours

What you will clearly understand in this book is that it is all about expression - emotional - at a subtle invisible level. The way you decide to express your emotions dictates how your genes will express themselves. You will find there is much scientific data to support this expression. Most people believe in a soul so the idea of expression beginning at a soul level should not be difficult to believe. That soul expresses itself through a human vessel that expresses itself through emotion and mental abilities should not be a hard sell. But that emotion expresses through genes is not a common understanding. Further, that genes express themselves through cells into biochemistry as response of DNA is also a new science. It is a big mouthful, but this is precisely what science is proving to be true. The emotion is a new kid on the

chain. At the heart of this *chain of expression* is the type of emotion you brand your experiences with. There are no exceptions! Let me introduce this notion of emotional subtle energy.



The late **David Hawkins** did extensive research on measuring emotions. He clearly put the expression chain into perspective. He plotted the range of vibration, the frequency of emotions as measured through muscle testing. Now these may not mean much until you understand that it is the type of emotion and its strength that has much more effect on your life and body than you understand.

As mentioned, the type of emotion that you express affects the type of genes that respond. It is a natural design in you. These emotional expressions whether negative or positive, affect your external environment and have a major effect on your internal physical life as well. Just think how you pick up the angry or joyful mood of someone else in a room. Well these emotions are also doing things to your body! Why? Look at the chart and see what **higher emotions up regulate** or **lower emotions down regulate** your genetic expression for health and well being. Down regulate means they don't work towards longevity and health because they are busy pouring biochemicals into you for

their own reasons of response! Those emotions that create anger or stress work differently from those that create joy.

Those lower emotions of your choice of expression create and release different stress chemicals in the body. Most people can believe that an outward expression of hate and anger have a toxic effect on internal biochemistry. But to understand that imagined hate and anger does exactly the same is not a current belief. And this expression of lower emotions is not anything new. Emotions, or the type of feelings create cascades of chemicals and bioreactions into the body. Let us take an example of vengeance and the choice of how you express it.

Vengeance as a noun means infliction of injury, harm, humiliation or the like on a person by another who has been harmed by that person, violent revenge. Its synonyms are reprisal, retribution, revenge, wrath, repayment, avenge, an eye for an eye. This word carries a whole lot of negative energy. It is the prime setting that creates down regulation in the body. Add to this a few more emotions at the bottom of Hawkins' chart of guilt and shame because you are a born sinner and you have a lot of negative subtle energies that are on autopilot screwing up your genes.

But rather than seek vengeance in the negative way, your free will allows you to choose a positive way. It involves seeking justice through forgiveness, understanding and love. It is simply a choice, but both will have totally different consequences in the gene expression, as well as how the act itself will operate through cause and effect. Wrath, anger, revenge will bring back a much different reality than that of the opposite of justice.

Why do you think that history, the conflicts, the death, the destruction have been so rampant with this energy? Why do you suppose that the sweet taste of vengeance is so prevalent in modern day movies and Earthling expression? The answer of understanding this tendency may be in another rather revolutionary discovery that the Earthling is not only endowed with a God Gene but also one of Vengeance that gets expressed through the same area of the brain as the Love gene! Love vengeance?? Hmmmm! Why do you suppose the Earthling's habits are so preoccupied with a response of anger, judgement, wrath and revenge of putting things right?

Why is this tendency of gene expression chosen? Everyone loves to see justice of some wrongdoing come right - that appears to be an inherent motivation of genes, but the resultant expression of hate, anger, versus love, justice and compassion is the choice. Does this choosing have to do with our belief system?

Your religious expression

War and conflict are the result of hate and judgement. And these result from the Earthlings' ability to use mental and emotional abilities to determine whether love or anger are expressed. Deep at the heart of the matter is expression. How you use your mental and emotional engines of design (head and heart) to determine how you express yourself and how this expression translates to your gene expression is key to your heaven or hell.

Another deep rooted aspect of this expression is sin. A sinner is a person who transgresses against divine law by committing an immoral act. If you express yourself in any of the seven deadly sins of covetousness, envy, gluttony, lust, pride, anger, and sloth, Buddy you are a sinner! This varies a lot from religion to religion but typically a sinner is one who breaks a moral or religious law.

If you believe you are a sinner from the get-go, guess what? Those thoughts, emotions and feelings you harbour and express, like guilt and shame are even worse expressers! Religious beliefs about being born a sinner and relinquishing your powers to others governed by a wrathful god who can forgive you and save you is a dismal point of reference for expression because you are born a loser, here to work away at making things right as a subservient.

But understand that you are choosing a way of expression all the way down into your total essence of biology. That ends up as a sin against you and your body, especially when it is really your choice on how you deploy emotion and subsequent action to screw up your genetic expression by down regulation. It is actually very simple when you transcend religion and take responsibility for your way of expression. That way of expression is through Hawkins' Higher emotions that up regulate your biology to do what it is meant to do with its natural biochemical pharmacy. If you think it is ok to express wrath, anger, hate and vengeance because your god does and can, think of the toxic

subtle energy you propagate in the thoughts and feelings you project? What does your garden of reality look like?

You may think this is idle nonsense, but you are going to learn why this is very serious stuff. This is not to say that Religion does not have its purpose. Free will allows each to gleam from whatever source (including bibles and religion) to determine individual truths and wisdom to express soul and self. In every story, fiction, myth, nonfiction, bible or doctrine, there exists some wisdom for someone to pluck out. Wisdom exists for everyone in everything, but it is the way each chooses to interpret, express and act on it that is the issue. The question, however, is; are you able to discern the wisdom so you can embrace the higher emotional expression?

The best of the best

But there is a good side to this? Yes! As part of a great shift that began to occur at the end of the last century, there is a quiet wave of belief that supports a totally different picture - one of a loving God (or supreme force and order) that has no conditions. It is not a religion which is stuck in the salvation of a mortal existence. The wonder of this is that there appears to be an evolving consciousness that is arising like the Phoenix, out of the ashes of religious doctrines, biblical writings, and a common awareness of something not quite right. It is like the best of the best wisdom is bubbling to the surface and people are getting it clearly. It is like the God Gene is surfacing to simply "know" the truth that appears to be much different from diverse religious beliefs.

It transcends mortality as a spirit and soul that is immortal and organized with a specific belief system, yes, but it does not require a representative to save you from sin. It supports a different version of a notion that we are all magnificent beings with wonderful gifts to enjoy long life and abundance as part of the Creator (whoever or whatever that is). And that belief has evolved into a massive movement of people around the world. In a nutshell, these are simple common revelations; the belief that God is everything, all things are one, man is God, mind creates reality and one's own experience validates the truth.

This is a new emergence in consciousness. Non religious Earthlings account for 1.1 billion. Many of these are wrapped up in a different system of belief outside of religion. And many of the religious ones

appear to be shifting this way as well as they gleam their own truth out of the confusion. Many are simply taking a more “heartfelt” extraction of key wisdoms from their religions and abandoning old ways of listening to others. It is commonly known as the New Age but there is nothing new about it. Tucked away in all of these confusing religions the same philosophy can be extracted. The problem is picking out the good stuff and living it.

The New Age Movement is not a singular religion. Although, as you may have gathered, it is essentially a collection of eastern-influenced metaphysical ideologies, bound together by “universal tolerance” and moral relativism. It is a natural progression of humanism as it teaches that humans have evolved biologically and must now evolve spiritually. There is no hierarchy, doctrine, creed, or membership and you will not find the “First New Age Church” on any street corner in your town.

Man is the central figure as he is viewed as divine and progressing toward a kind of godhood. They believe God is in everything, and everything together makes up God. Therefore, as a part of nature, man is part of God. Central to this theme is God as the Creator of everything as unconditional love and light.

The following table shows how this new belief system compares to the central doctrine of Christianity (2.1 billion).

NEW AGE MOVEMENT	NEW TESTAMENT CHRISTIANITY
God is an impersonal force.	God is personal. He is our Heavenly Father who loves us.
God is all and all is God. He is part of creation, as are all of us.	God is the Almighty Creator of the universe and all within it. Man is finite, and one of God’s creations.
There is no sin, only misunderstanding of truth.	Rebellion from God is sin. All have sinned, and all must be saved.
Man saves himself.	Jesus Christ paid the penalty for our sins. Only through faith in Him may man be saved.
Heaven and Hell do not exist. They are states of mind.	There is a literal Heaven, and a literal Hell.
Jesus is a man who exemplified “Christ Consciousness, and the divinity that is man.	Jesus is the Son of God, and is part of the triune nature of God.

Although the movement is a Western spiritual movement that developed in the second half of the 20th century it is quickening

exponentially during these times - no doubt because of the dominant negativity that fills people's lives. Its central precepts have been described as drawing on both Eastern and Western spiritual and metaphysical traditions and infusing them with influences from self-help and motivational psychology, holistic health, parapsychology, consciousness research and quantum physics.

The wonderment of this new evolving consciousness is that it aims to create a spirituality without borders or confining dogmas that is inclusive and pluralistic. It holds to "a holistic worldview," emphasizing that the *Mind, Body and Spirit* are interrelated and that there is a form of *Monism* and unity throughout the universe. It attempts to create "a worldview that includes both science and spirituality" and embraces a number of forms of mainstream science as well as other forms of science that are considered fringe.

The New Age movement includes elements of older spiritual and religious traditions ranging from atheism and monotheism through classical pantheism, naturalistic pantheism, pandeism and panentheism to polytheism combined with science and Gaia (Nature) philosophy; particularly archaeoastronomy, astronomy, ecology, environmentalism, the Gaia hypothesis, psychology and physics. New Age practices and philosophies sometimes draw inspiration from major world religions: Buddhism, Taoism, Chinese folk religion, Christianity, Hinduism, Islam, Judaism, Sikhism; with strong influences from East Asian religions, Gnosticism, Neopaganism, New Thought, Spiritualism, Theosophy, Universalism and Western esotericism. The term *New Age* refers to the coming astrological Age of Aquarius, but it is more like an evolving consciousness of the Soul.

What is so dramatic about the shift is that so many scientists are coming forward plucking out the best of each of these and using science to determine how our natural design works in relation to the old spiritual beliefs, and proving how we all have the ability to heal and prosper in a Heaven on earth.

This is taken from the definitions of the New Age. It is an impressive list of talents, knowledge, religions and beliefs. If one were able to decipher from all this and select the best of the best of their "truth" that would ring with them, how likely would it be, without any leaders' doctrines or organizational structures to come up with the following beliefs:

- (1) All is one; all reality is part of the whole;
- (2) Everything is God and God is everything;
- (3) Humans are God or a part of God;
- (4) Humans as souls never die, but continue to live through reincarnation;
- (5) Humans can create their own reality and/or values through transformed consciousness or altered states of consciousness

And when you get to the "heart of matter" or what is more commonly known as the "heart of the matter" that truth becomes a simple knowing that resonates with your inner being, regardless of who tells you otherwise, or what your intellectual training gravitates towards. The most staggering research comes from the field of quantum physics that is shedding a whole different light on the powers of human/soul consciousness.

That consciousness is the total quantum field creating a holographic unit of the greater consciousness of the Creator who is creating and evolving all that is. And we as a soul are an immortal spark of light and love as part of that creator, here to express and create in representation of the Creator. What is coming to the front of awareness through science is enforcing those beliefs prevalent in the New Age. What is even more mind bending is that reality is a holographic projection that is refreshed every Planck unit by our brains and that we come equipped with a Natural Design to create a heaven on earth. Sound crazy? Only because you have fooled yourself or you have given away your powers to a different belief.

Now estimates vary as to how many people actually believe these. In our table, 1.1 billion were "non-religious" That was in 2010. It is a personal matter and it is a process quickening as those religious billions are beginning to question their teachings of sin, heaven, hell and vengeance upon those who do not follow and yield to the almighty. If you check out the internet you will see how alive this movement is. And the heart of the matter is that if you look back at the chart on emotions, the up regulate emotional expression is the dominant expression.

It is like more and more Earthlings, despite their beliefs and religions are beginning to see a different truth and reject doctrines. It is like people are saying *"Stop, enough is enough, this doctrine is just not right"*

Sadly, the Earthling has been pretty consistent for a long time. Feeding much of the disbelief in religion are things like findings that the Earthling, now scientifically referred to as an AMH is not a Darwin evolved creature. They have their own anatomically evolved line. Scientists generally agree that AMHs (Anatomically modern Humans) first appear in the fossil record approximately 200,000 years ago as a separate species, not through the Darwin evolution tree and mark the beginning of the subspecies Homo sapiens and their DNA which is the same as it is today.

And through this history AMHs have persisted to follow models Biblical Gods and religious conflicts supporting war, conflict, vengeance, anger, wrath and selfish dominion over others. Religions, and the belief that your God tells you that you are a born sinner, loser, undeserving until you join his fold and it is ok to be angry and vengeful is simply NOT a good foundation for expression. Get rid of it as a platform of belief.

Humanity's great gifts

You were actually born into Heaven. Your greatest gifts - reason and emotion - can be natural designed energy of expression that can be the devil or the angel of your existence. You do not need to die or be subservient to religious rulers to figure that out. It turns out that science is telling us that your emotional expression dictates how your genes express themselves. And how genes express themselves governs your health and abundance.

As you have been told some of the worst emotions are wrath, anger and vengeance that conjure up a lot of other energies like hate, fear, conflict, judgement. The other bad dudes are shame and fear. These emotions and actions of expression create many biochemicals that are devastating to your wellbeing. It is not difficult to conclude that you are indeed sinning against yourself if this is your choice of expression in life.

The Biblical God and his alleged Will and Word set a model of behaviour in the Earthling that makes vengeance, wrath, anger, destruction, violence, jealousy, and killing non compliance mortals perfectly OK! All you have to do is look at the last century which has killed the most people ever because of wars, conflicts and "non compliance". It is a

historical fact that the model of the Biblical God's behaviour is an accepted part of the global consciousness.

Just type in "Lord wrath" or "God angry" to a Bible Gateway search. There are more than 600 references to divine wrath in Scriptures. In the Bible, God's wrath is not the problem but the solution, not the offensive doctrine needing defense but the long-awaited vindication of justice

As a role model of behaviour, the typical god of the bibles it is therefore perfectly appropriate to kill, maim or render fear or seek retribution in anyone who does not believe, behave in the laws or beg for forgiveness. In fact, as a role model, it is hard to find history, movies and stories that do not support this way of expression. It is simply accepted that God is perfectly justified to destroy sinners and those close by.

A sin is defined as an immoral act considered to be a transgression against divine law as *"a sin in the eyes of God"*. It means you did an immoral act, wrong, wrongdoing, act of evil/wickedness, transgression, crime, offense, misdeed, misdemeanor, error, lapse, and fall from grace.

Vengeance is a punishment inflicted or retribution exacted for an injury or wrong doing. It means you engaged in revenge, avengement, anger, wrath, retribution, retributive justice, retaliation, requital, reprisal to get some form of justice.

It would seem that vengeance is a pretty bad sin!

And a bad sin is another investment in a place called Hell.

But it seems to be ok if it is done in the right way. An eye for an eye and tooth for a tooth has some qualifications... and obviously a diversity of interpretations. It seems to be dependent on whether you are influenced by the right hand or the left hand of God. Whatever the case may be, religions that are written to convey the code or the word of God to mortal humans seem to have caused unprecedented conflicts, anger retribution and destruction. It would appear that over time, so exemplified by these gods of love who reap vengeance on those who don't abide by the laws they have set the role model and not only influenced the behaviors of humanity, but humanity abides by the same

idea: if you don't listen to me and accept my belief and follow my word (beliefs) then it is my god given right to seek retribution and serve vengeance upon you.

Science has been very diligent at figuring out how these genes in use work to express themselves. The big brain in our noggins is very adept at gene expression to learn ways to protect and adapt and propagate in the environments. But only until recently has it been discovered how these genes express themselves internally to release the proteins of a natural pharmacy built into our DNA. Not only is science finding that 80% of the expression in pills is found in plants, but most all are found in the body's natural pharmacy. What is being revealed is that these genes use a process to create and express this process in an up-regulate or down regulate manner which can be driven by emotion. And here is the big one!

What are your religious beliefs doing to your genes?

Emotions control how your genes express themselves. They either work (up regulate) in a positive emotional environment, or they shut down (down regulate) in a negative emotional environment. So, stress, like in the flight or fight syndrome or those religious beliefs that cause anger and helplessness, shuts down the immune, digestive, and mental function in favor of deploying power to other areas. This sounds ok until you understand that the brain is storing programs of survival for you and continuous use has serious disease and dis-ease in the body, aptly creating your personal Hell. Opposite is to create a constant up regulating system, so you create Heaven.

This is best exemplified by a situation that you experience extreme fear or joy. Both launch the brain into storing programs into subconscious that reflect that the response to the emotional trauma or joy. That means once stored it can be recalled by simply bringing the imagined situation into awareness to activate the same programs. When this occurs, as a simple reminder, the biochemical reactions take place without you paying attention, or the experience being real.

This issue of finding your Heaven has been a forever quest, and those who have figured it out, or think they have figured it out have offered much wisdom to others, and the evolution of Heaven and Hell, good

and evil has been the key focus of the lessons that some supreme god has offered through the writings of those who represent a god. Not surprising, you have to be forgiven for your sins by god or their representatives before you are allowed into heaven. The irony is that the hell you choose to create by your gene expression (or the heaven) has nothing to do with these bibles created and edited by mortal men.

And to add to that, is there a gene that compels humanity to seek God. Of the 7.3 or so billion Earthlings, it seems that 5.8 are compelled to seek some form of god and a belief system surrounding a God.

Religions support conflict and separation

Now, here is the crux.

Religions it would appear over history show that the differences in opinion and biblical guidance has resulted in conflict, death and destruction, supporting a consciousness of vengeance, wrath, anger, and conflict, of retribution. They have also been responsible for instilling fear, and fear of Satan or some other bad dudes luring you into an eternal Hell. Over time, religions have become an unnatural design of dogma to separate you as a mortal physical vessel from your immortal divine self.

Religions have supported the great consciousness belief that Heaven is a place a powerful deity can allow you into if you follow the god's rules. It is all a great story but at least it supports the idea that you have a soul who will be spared Hell if your mortal vessel behaves. It is all supported by a belief that you are born into a body, you live, and you die as a mortal then free your soul. Worse of all, it is how these gods are portrayed as wrathful, vengeful, angry deities with special powers who indiscriminately kill mortals and inflict pain and suffering on non believers... or even innocents who are in the way. This is of course reflected in the numerous bibles of religion that sets up the role models of behaviour for mortals to follow. The big problem is that this type of behaviour creates emotion which then expresses itself through gene expression to create a hell on earth.

And it does not take a genius to figure out that something greater than us created all this reality and this body that we have been given to experience this reality. And it may have indeed been the case that a wise operating manual was given to us (or Moses) to best deploy these

bodies in an optimum way. The problem is how you separate the BS from the real valuable wisdom. Multiple authors and thousands of years have not figured it out and have effectively created the greatest myth of all time that it is so riddled with conflicting information it is simply absurd why anyone would buy it and believe it let alone act it. And the story transcends logic, science and evidence to be ignored and endorsed to the point of fighting and seeking vengeance on non believers.

Bibles and religion are the greatest construct ever created. It places you in a position of a helpless mortal, powerless before the gods, to be subservient and beg for salvation as you are born in sin. This automatically sets the scene for your reality garden. It is simply not conducive to long life and living in heaven.

At some point in your life or next life...

At some point in your life, you may understand that the New Age movement philosophy has an underlying truth because it has evolved individual by individual from the heart and from within. You will know that the Creator is all that exists which is a Greater Consciousness encompassing the Unified Quantum Field that includes you and all matter. You will understand that the Creator or GOD is a Greater Omnipresent Design of Intelligence that creates and evolves, and that you are a spark of life as part of that Greater Design living under the laws of Natural Design. You are here to express, create and evolve as a being of light and love. You are here to represent, as part of the Creator within a conscious construct of holographic reality, and express life in a way that benefits the whole natural design intelligence of love and light.

At some point in your life, or next life, you will simply know that every day, every minute, every second you have a choice to your mental and emotional expression — how to live, how to react, how to love, who to love, what to learn, where to put your focus and attention. That choice is the seed that sprouts the dreaming and creative process.

At some point in your life, you will simply know that your choice of expression controls your holographic reality — that your brain is there to serve you, you are not serving it. And it is then that you realize that from the realization that this is the way it is now you begin to proactively create a new more desired reality.

At some point or another you will learn to trust this process of the individual consciousness being part of a universal consciousness, where we pull into being patterns of energy that already exist. These patterns of energy and information are then processed through the physical vessel of the body and transmuted into form, ideas, creations, relationships, careers, health, by way of expression.

At some point in your life or your next life you will come to understand that heaven and hell are not only constructs of religion, but creations of your own expressions here on earth as you the Observer collapse your consciousness from non matter to matter into your personal reality. You will understand you were born into Heaven and have been working diligently to be in Hell.

At some point in your life or next life you will realize you have a built in natural design to longevity, well being and abundance and that you have spent most of your life inhibiting these gifts of life.

At some point you will trust the truth in these statements to not know where you will end up, but rather to take the first step of a journey into the unknown in a forward momentum of creation. It is alchemy that occurs that transmutes being into expression. The secret is that the unseen world rules the seen world. Mind over matter. Matter does not rule the mind.

What you will understand is that what you are seeking already exists within the void as frequencies and energetic patterns—the void being the quantum field, or the place from which all things arise. You only need to bring your consciousness to it and match the frequency of that energetic pattern to bring it into being. To achieve this is a constant process of addition and reduction, which in itself is a process of refinement.

It's for these reasons that if you want to create something new in your life, you have to continue to revisit the dream with all of your being, for it's through this process of refinement that you raise your body's frequency to match that new future or creation.

In this process, you will come to trust your own powers in the breath and in the subtle energies of which you are made and in their natural design. In the inhale is the ask; in the exhale is the listen. You will

teach yourself to find time every day to be still and stay awake to the space between the inhale and the exhale. This in-between space is the void, the place from which the universe speaks to us. Heaven is created from there as above so below.

And you do not need a Biblical God who classifies you as a sinner to set your life expressions; nor one of judgement, wrath and vengeance to follow as a role model!

Truth is hidden in plain sight

The truth is not hidden. The truth is that you are an Observer that already creates reality as an interactive hologram through your midbrain. You did not know the rules of how this works. The truth is that your management of emotion, and the choices you alone take are what governs the way you are creating your heaven or hell. In the end it's all about training yourself how to express higher emotions and understanding how to rewire the brain from a place called the present moment. As you continue in this book, you will awaken your heart, and feel its presence because if you let yourself be governed by your heart energy field, it will stare at you in plain sight and you will simply know the truth.

It is unfortunate that these simple truths are clouded by religions and their contrived stories of God. The double-edged sword, the great conundrum is that many Earthlings who finally realize the truth as they age, become difficult to express themselves away from the damage done and the state of health.

Fundamentally, you as a reader have a wonderful advantage in that you can begin a new life pattern to health and abundance now. But you must first understand what it is that needs attention.

Under Natural Design all Earthlings are equally gifted with mental and emotional abilities to experience a long life of peace and abundance, in a place we call Heaven. If you are living in a hell of disease, dis-ease and reality dysfunction it is most likely several key factors of your beliefs and behaviors are doing it to you.

1. Your emotional toxicity inhibits genes from expressing themselves to access your built in Natural Pharmacy as designed by DNA;

2. Your immortal enzymes Telomerase that controls cell age are dysfunctional and not being able to replicate cells as designed;
3. Your energy centers, mini-brains are clogged and plugged with emotional toxicity directly effecting mental, physical and physiological functionality;
4. Your subtle and invisible circuitry of meridians are under stress, blocked, plugged with emotional toxicity and not functioning as designed;
5. You are choosing to express your mental and emotional gifts the wrong way, choosing to limit your physical and mental evolution to rise beyond a savage animal;
6. The reality you create by way of thoughts, visions, words (brain) and emotional charge (heart) is biased to dysfunction by lack of heart-brain energy entrainment.

It's all about your toxicity of expression in life that creates the internal and external environment that dictates how genes and DNA express themselves. Science is telling us that how we choose to express ourselves in life governs the life as to whether it becomes a physical and mental hell or heaven on earth. The bottom line is you do not need a biblical God, or a religion to teach you down regulation.

If for some reason, you are not getting it and think that these subtle energies of emotion and vision or thought have no significance to your biology or mental state, consider two different situations. One, you encounter a dangerous snake. Consider how you express yourself and what happens to your biochemistry by way of gene expression. Now imagine that situation later. Do you believe that the same programs and biochemicals are not happening?

Consider a man who has a vision of a naked woman. What happens physically, biochemically and biologically? There are thousands of reactions going on without you even knowing it. Your brain is programming these into subconscious continuously.

The new science of Epigenetics

In this book we are going to look at what science says about these 6 key factors. Science knows from the science of epigenetics, it's the environment that signals the gene. Thus, if the end product of an experience in the environment is an emotion, as long as you choose to

live by the same familiar emotions every day, they keep signaling the same genes, and this is how you slowly march towards a genetic future.

By the same means, since the body is the unconscious or objective mind, it believes it's living in the same environmental conditions simply because you are caught up in the same emotions. But as you begin to heal from your negative emotions—old emotions related to stress, to betrayal, trauma, shock, and other problems that stem from anger, wrath, hate, vengeance, shame, guilt and low frequency vibrational energies and lack of in your life to get past this ravenous, insatiable cravings of those emotions, there's a new liberation of energy. In other words, if you stop paying attention to them, they lose their power over you. Then you not only have the means to actually create a new future, you instigate a new way for your energy centers to operate and allow genes to express themselves focused on well being and homeostasis.

As you overcome the lower emotions that keep you in the past of discord and conflict, you are no longer signaling the same genes in the same way—and the body moves into stasis. In the process of creating a new future, as you combine a clear intention with an elevated emotion and really start opening your heart—if you do it properly and practice it over and over, every time you embrace a higher emotion that's connected to the future, you begin to select and instruct new genes.

Some healings can happen in an instant, but for others it takes a little while for the person to teach the body to remain in that higher emotion. But if they can sustain that elevated emotion over time—say for a week, it begins to up regulate genes for better health and down regulate genes for the condition or disease.

What you will find is that you may receive the greatest healings when you aren't looking for the healing. Why? Because if you're looking for the healing, it means you are separate from it—it means you're trying, forcing, controlling, expecting, wanting, wishing, etc. But when you can get yourself in the emotional state and feel like your future or your healing has already happened, and sustain that emotion, you begin to knock on the genetic door. And since genes make proteins and proteins are responsible for the structure and function of your body—and the expression of proteins is the expression of life—as you heal emotionally, you really begin to heal physically.

Cause an Effect

The moment you give the frontal lobe a holiday by entering a safe zone from the hyperactive beta survival mode, it becomes your ally. It goes outside the box of beliefs into no time or space where things don't matter (pun) and reality does not exist. It becomes your imaginative, analytical processor where you focus on a new possibility. It is where you can live the dream. Here, focused on an idea or a vision not limited by time or matter this is where the cerebellum gets on line, where you become the observer and get out of the survival reptilian mode and move into the subconscious to unconscious circuitry and wire into natural circuitry based on the experience

The issue with the big smart brain is that it is time based and matter based. It learns from the past to plan the future. That is what it has evolved to do in order for your survival. The global consciousness, which as a reflection of the billions of minds is a living evolving energy, just like your own consciousness. Your consciousness is always evolving and learning, storing its chosen wisdoms in its subconscious. The global is the same, storing its collective wisdom into the subconscious. Thus, the global limits its participants just like yours does because that is where you choose from.

The global mind is conditioned to time. Time governs everything. Time is money, all work to time, you must plan for a future time, your time is limited, history is time, and the clock governs life. You worry about it and it governs your life. Matter is the model of life. Matter is more important than mind. Identity and self protection, conflict, fear of time, growing old, not being secure is a paramount issue which the big smart brain has evolved to solve. And of course, my brother has been active here to assist in evolving this big brain over time. So, in a place of no time, no matter, no identity, no space, just pure consciousness, this is not a viable thing. So you need to get the frontal lobe out of beta survival to understand it is safe. The midbrain has no useful function in this wisdom about matter, so it is a process of letting go of survival and stress.

The norm, the global box, reflects this belief. Most have been hypnotized into believing cause and effect which is a Newton model. Many that are even partially outside the box believe in the Laws of Karma and the Law of Attraction. These are a silly rationalization of the

big brain trying to expand out of the box. These choices keep you inside the laws of matter.

So, let's get outside the box...

1

MEASURING EMOTIONS

A map of consciousness

Let's take a better view of emotions. I introduced the importance of emotional expression earlier but let us try to get a more clinical view of emotion. All humans possess the ability to create emotions based on their feelings as created from experiencing their reality. That is what the body and its sensory systems are designed to do. How the humans perceive, sense and interpret things is a choice, as is the emotion that is created. That is what you as a conscious mind are designed to do. These emotions are subtle energies with specific characteristics of waveform as period (length) and vibration (frequency) that are projected out into the internal (body) and external (quantum space) environments. That is what the body and minds are designed to do. These energies are sensed by other minds and bodies from the quantum space. That is what we are designed to do. But we as humans have the choice as to how any emotion may be projected as negative or positive. In this chapter I want to revisit a pioneer in this area of measuring those characteristics of emotion.

I had mentioned a pioneer in this area of investigation. One of the experts in this area is the late **Dr David Hawkins** who has dedicated his life to studying and quantifying emotion. He is an MD., PhD. a widely known authority within the fields of consciousness research and spirituality and has written and taught from the unique perspective of an experienced clinician, scientist, and mystic. He has been knighted and honored worldwide with titles such as "Foremost Teacher of Enlightenment and Bodhisattva." His background is detailed in Who's Who in the World. Dr. Hawkins has lectured widely at universities and

institutions, and to spiritual groups, from Westminster Abbey to Catholic, Protestant, and Buddhist monasteries. His life was devoted to the spiritual evolution of mankind.

In his work, he was focused on the evolution of consciousness and the development of human society which he depicted in the mathematical terms of nonlinear dynamics. His study concerned itself with a limited set of parameters of consciousness that he calibrated from 1 to 1,000. The numbers represent the logarithm (to the base 10) of the power of the respective fields. Although he stated that the entire field or phase space of consciousness itself was unlimited, going on up to infinity, the range of 1 to 600, represented the domain of the vast majority of human experience and was the primary scope of his study; the levels from 600 to 1,000 reflected the emotions projected in the realm of non-ordinary evolution. That meant enlightenment, sages, and the highest spiritual states. His work produced what he called a map of consciousness.

MAP OF CONSCIOUSNESS®

God-view	Life-view	Level		Log	Emotion	Process
Self	Is	Enlightenment	↑	700-1000	Ineffable	Pure Consciousness
All-Being	Perfect	Peace	↑	600	Bliss	Illumination
One	Complete	Joy	↑	540	Serenity	Transfiguration
Loving	Benign	Love	↑	500	Reverence	Revelation
Wise	Meaningful	Reason	↑	400	Understanding	Abstraction
Merciful	Harmonious	Acceptance	↑	350	Forgiveness	Transcendence
Inspiring	Hopeful	Willingness	↑	310	Optimism	Intention
Enabling	Satisfactory	Neutrality	↑	250	Trust	Release
Permitting	Feasible	Courage	↕	200	Affirmation	Empowerment
Indifferent	Demanding	Pride	↓	175	Scorn	Inflation
Vengeful	Antagonistic	Anger	↓	150	Hate	Aggression
Denying	Disappointing	Desire	↓	125	Craving	Enslavement
Punitive	Frightening	Fear	↓	100	Anxiety	Withdrawal
Disdainful	Tragic	Grief	↓	75	Regret	Despondency
Condemning	Hopeless	Apathy	↓	50	Despair	Abdication
Vindictive	Evil	Guilt	↓	30	Blame	Destruction
Despising	Miserable	Shame	↓	20	Humiliation	Elimination

This little table will give you some perspective as to their relative power and intensity. In his chart you will see a down arrow and an up arrow from the area of 200. He was pointing to the characters of these emotions that have power to do more than you have been led to believe. Remember that the number shown as the logarithm means that in terms of power and intensity, the upper ones are dramatically more powerful than the lower. His scale gives a clue to the strength of that emotion to influence biochemical and mental processes in your mind and body, more commonly known in biological circles as up regulation and down regulation of genes. They clearly indicate a break point at the level of 200 where emotions control the up regulate or down regulate of genes.

The way in which David derived theses was through a process of Muscle Testing. The muscle-testing response is a simple "yes" or "not yes" (no) response to a specific stimulus. It is usually done by the subject holding out an extended arm and the tester pressing down on the wrist of the extended arm, using two fingers and light pressure. Usually the subject holds a substance to be tested over their solar plexus with the other hand. The tester says to the test subject, "Resist," and if the substance being tested is beneficial to the subject, the arm will be strong. If it is not beneficial or it has an adverse effect, the arm will go weak. The response is very quick and brief. Hawkins noted that it is important to note that the intention, as well as both the tester and the one being tested, must calibrate over 200 in order to obtain accurate responses.

Experience from online discussion groups has shown that many students obtain inaccurate results. Further research showed that at a calibration of 200, there is still a 30 percent chance of error. The higher the levels of consciousness of the test team, the more accurate are the results. The best attitude was one of clinical detachment, posing a statement with the prefix statement: *"In the name of the highest good, calibrates as true. Over 100, Over 200,"* etc. The studies revealed also that the contextualization *"in the highest good"* increases accuracy because it transcends self-serving personal interest and motives. For many years, the test was thought to be a local response of the body's acupuncture or immune system. Later research, however, revealed that the response is not a local response to the body at all, but instead is a general response of consciousness itself to the energy of a substance or a statement.

We are used to this with lie detector technology. That which is true, beneficial, or pro-life gives a positive response that stems from the impersonal field of consciousness, which is present in everyone living. This positive response is indicated by the body's musculature going strong. There is also an associated pupillary response (the eyes dilate with falsity and constrict to truth) as well as alterations in brain function as revealed by magnetic imaging. (For convenience, the deltoid muscle is usually the one best used as an indicator muscle; however, any of the muscles of the body can be used.) Before a question (in the form of a statement) is presented, it is necessary to qualify permission; that is, state, "*I have permission to ask about what I am holding in mind*" (Yes/No). Or, "*This calibration serves the highest good.*" If a statement is false or a substance is injurious, the muscles go weak quickly in response to the command, "*Resist.*" This indicates the stimulus is negative, untrue, anti-life, or the answer is "*no.*" The response is fast and brief in duration. The body will then rapidly recover and return to normal muscle tension.

The study of kinesiology first received scientific attention in the second half of the last century through the work of **Dr. George Goodheart**, who pioneered the specialty he called applied kinesiology after finding that benign physical stimuli—for instance, beneficial nutritional supplements—would increase the strength of certain indicator muscles, whereas inimical stimuli would cause those muscles to suddenly weaken. The implication was that at a level far below conceptual consciousness, the body "*knew*," and through muscle testing was able to signal, what was good and bad for it.

Now this may seem somewhat airy-fairy, but the Hawkins' research is well documented and has been derived from thousands of tests. But less airy-fairy is the fact that this is not different from the scientific studies on emotional effect on genes and the biological process of down or up regulation.

His research is best summarized in his published chart above that he called the Map of Consciousness. Hawkins' research, based upon thousands of cases of clinical psychology and their effect on the quality of life, led him to qualify these emotions like a scale of evolution using the analogy of a bum. His explanation defined a stepped evolution from material to spiritual progresses upwards as he is perceived at each level:

20 (Shame) We see the bum as dirty, disgusting, and disgraceful.

30 (Guilt) We believe he would be blamed for his condition. He deserves what he gets; he is probably a lazy welfare cheat.

50 (Apathy and Hopelessness) His plight might appear desperate, evidence that society cannot do anything about homelessness.

75 (Grief) The bum looks tragic, friendless, and forlorn.

100 (Fear) Some see the bum as threatening, a social menace.

125 (Desire) He might represent a frustrating problem—why does somebody not do something?

150 (Anger) The bum might look like he could be violent; or, on the other hand, one could be furious that such a condition exists.

175 (Pride) He could be seen as an embarrassment or as lacking the self-respect to better himself.

200 (Courage) We might be motivated to wonder if there is a local homeless shelter; all he needs is a job and a place to live.

250 (Neutrality) The bum looks okay, maybe even interesting. “*Live and let live,*” we might say; after all, he is not hurting anyone.

310 (Willingness) We might decide to go down there and see what we can do to cheer him up or volunteer some time at the local mission.

350 (Acceptance) He appears intriguing. He probably has an interesting story to tell; he is where he is for reasons we may never understand.

400 (Reason) He is a symptom of the current economic and social malaise, or perhaps a good subject for an in-depth psychological study, worthy of a government grant.

At the higher levels, the bum begins to look not only interesting, but friendly and even lovable. Perhaps we would then be able to see that he was, in fact, one who had transcended social limits and gone free, a joyful old guy with the wisdom of age in his face and the serenity that comes from indifference to material things.

600 (Peace) He is revealed as our own inner self in its temporary expression.

This evolution is a process of growth from one to next, from a vibrational signature at the level of a savage survival machine to a spiritual awakened human. An interesting part of the study is the correlation with the classical chakra system recognized by many spiritual disciplines. It correlates almost exactly with the Map of Consciousness that has emerged from their studies. The level of 600

corresponds to the crown chakra, level 525 to the third eye chakra, level 505 to the heart chakra, level 350 to the throat chakra, level 275 to the solar plexus and the spleen or sacral chakras, and level 200 to the base or root chakra. As you proceed through this book, you will become more familiar with the natural design of these energy centers known as chakra, and their profound influence on your body.

Humanity's primary impetus is survival

Hawkins explained the evolution this way: At the levels below 200, the primary impetus is survival, although at the very bottom of the scale—the zone of hopelessness and depression—even that motive is lacking. The levels of Fear and Anger are characterized by egocentric impulses, which arise from this drive for personal survival. At the level of Pride, the survival motive may expand to include the survival of others as well. As one crosses the demarcation between negative and positive influence and goes on into Courage, the well-being of others becomes increasingly important. By the 500 level, the happiness of others emerges as the essential motivating force. The high 500s are characterized by interest in spiritual awareness for both oneself and others, and by the 600s, the good of mankind and the search for enlightenment are the primary goals. From 700 to 1,000, life is dedicated to the salvation of all of humanity.

Reflection on this map alone can bring about a profound expansion of one's empathy for life in its variety of expressions as you begin to understand what you are putting out there into your reality. If we examine what are generally held to be less "*virtuous*" emotional attitudes, we realize they are essentially neither good nor bad; moralistic judgments are merely a function of the viewpoint from which they emanate. We see, for instance, that a person in Grief, which calibrates at the energy level of 75, will be in a much better condition if he rises to Anger, which calibrates at 150. Anger itself, however, is a destructive emotion and is still a low state of consciousness, but as social history shows, Apathy can imprison entire subcultures as well as individuals. If the hopeless can come to wanting something better (Desire at 125) and then use the energy of Anger at 150 to develop Pride at 175, they may then be able to take the step to Courage, which calibrates at 200, and proceed to actually ameliorate their individual or collective conditions. Conversely, the person who has arrived at a habitual state of unconditional Love will experience anything less to be unacceptable.

As one advances in the evolution of his individual consciousness, the process becomes self-perpetuating and self-correcting so that self-improvement becomes a way of life. This phenomenon can be commonly observed among members who constantly work at overcoming negative attitudes such as self-pity or intolerance. People further down on the scale of consciousness may find these same attitudes acceptable and will even righteously defend them.

Global consciousness is at 204

What is particularly revealing about his work is the state of humanity as a whole. In the Introduction of Hawkins' book ***Power versus Force***, it was stated that for thousands of years, Humanity has retained the status of a smart savage animal. According to Hawkins' work, a graphic representation of the distribution of the respective energy levels among the world's population would resemble the shape of a pagoda, in that 85 percent of the human race calibrates below the critical level of 200, while the overall average level of human consciousness today is approximately 204.¹ The power of the relatively few individuals near the top counterbalances the energy of the masses toward the bottom to achieve this overall average. Only 8.0 percent of the world's population operates at the consciousness level of the 400s, only 4.0 percent of the world's population calibrates at an energy field of 500 and over, and a level of consciousness calibrating at 600 and over is reached by only one in many millions.

He states that *"Below consciousness level 200, comprehension is limited by the dominance of Lower Mind, which is capable of recognizing facts but not yet able to grasp what is meant by the term "truth" (it confuses res internal with res external) and that truth has physiological accompaniments which are different from those of falsehood. Additionally, truth is intuited as evidenced by the use of voice analysis, the study of body language, papillary response, EEG changes in the brain, fluctuations in breathing and blood pressure, galvanic skin response, dowsing, and even the Huna technique of measuring the distance that the aura radiates from the body. Some people have a very simple technique that utilizes the standing body like a pendulum (fall forward with truth and backward with falsehood)".*

As we look at the Map of Consciousness, it becomes clear that the calibrated levels correlate with specific processes of consciousness—

emotions, perceptions or attitudes, world views and spiritual beliefs. The chart could be extended to include all areas of human behavior. Throughout, the research results were mutually corroborating; the more detailed and extensive the investigation, the greater was the corroboration. The critical response point in the scale of consciousness calibrates at level 200, which is the level associated with Courage. Is humanity coming into the period of the courage to learn and accept the truth?

Religions HAD good intentions

Throughout history, all of the world's great religions and spiritual disciplines have been concerned with techniques to ascend through these levels of consciousness. Most have also implied, or specifically stated, that to move up this ladder is an arduous task and that success depends on having a teacher (or at least teachings) to give specific instruction and inspiration to the aspirant, who might otherwise despair over his inability to achieve the goal unaided. The research of Hawkins indicates that the typical rise in this state of consciousness (called the level of vibration) is typically 6 units in a lifetime!

In his book, Hawkins details some of the calibrations with the credibility of truth in religious bibles and scriptures.

The level of truth originally expounded by Jesus Christ calibrates at 1,000, the highest attainable on this plane. By the second century though, the level of truth of the practice of his teachings had dropped to 930, and by the sixth century, had dropped to 540. By the time of the crusades, at the beginning of the eleventh century, it had fallen to its current level of 498. A major decline in the year 325 A.D. was apparently due to the spread of misinterpretations of the teachings originating from the Council of Nicaea. Students of religious history will find it interesting to calibrate the level of truth of Christianity as practiced before and after Paul, Constantine, Augustine, etc. It should be noted that the Lamsa translation, from the Aramaic, of the New Testament calibrates at 750, whereas the King James version, from the Greek, is 500. Just as there is a wide range in the level of truth of various translations, so there is a wide variation between different Christian practices. Most major persuasions—Roman Catholicism, Anglicanism, Christian Science and many small denominations, such as the Quakers—calibrate in the high 500s. (In 2005, calibrations of the principal Christian denominations ranged from 310 to 535).

What this suggests is that the evolution of religions, and hence their scriptures, have devolved and descended into less and less truth. The difficulty one has is to be able to discern what the real truth is.

Emotion	Vibration		Thoughts	Motivation
Enlightened	Oneness	1000	Unification	Oneness
Serenity	Peace	900	Meanness	Well-being
Exhilaration	Bliss	800	Rapture	Elation
Joy	Welcome	700	Happiness	Abundance
Compassion	Empathy	600	Inspiration	Clarity
Appreciation	Gratitude	500	Devotion	Generosity
Love	Cooperation	400	Trust	Harmony
Satisfaction	Amusement	300	Curiosity	Vibrant
Power	Strength	200	Discovery	Challenge
Self esteem	Dignity	100	Duty	Obligation
Acceptance	Contentment	0	Safety	Aplomb
Happy	Nervous	-100	Worry	Hyper
Surprise	Shock	-200	Confusion	Annoyance
Anger	Rage	-300	Defiance	Boredom
Guilt	Resentment	-400	Remorse	Stress
Fear	Threat	-500	Hate	Blame
Grief	Sadness	-600	Loss	Burden
Despair	Pain	-700	Anguish	Distress
Useless	Resignation	-800	Sadness	Depression
Powerlessness	Numb	-900	Overwhelmed	Frozen
Shame	Apathy	-1000	Helpless	Death

The truth, however resides in this table. A poison toxicity and its strength is negative (0 to -1000) and the wellness nontoxic (0 to 1000) is positive.

Earthlings are the most wondrous creatures of free will designed with a DNA and brain capacities to create or create and change their own reality; to discern their own truth, if they are able to rise above the level of smart animal above 200. They can reap the rewards of their emotional expression to attain their full potential. But do we? Some can and do but most don't. Why do the vast majority use their free will

to choose otherwise, to be in a place called Hell? And most important, how do we choose to change this?

The issue is that we have spent a lifetime programming ourselves into an ever-increasing loop of self-destruction because we have not understood, nor paid attention to our sublet energy systems. It's not just visible vascular and nervous systems that need help with fixing, cleansing and maintenance; it is the invisible subtle energetic systems that also need attention.

In the following chapters, I am going to share what has taken a lifetime to understand and simplify. I am going to focus on science and evidence. In particular, there are many scientists, medical doctors and practitioners on this planet who are a crossover between science and metascience. They are the pioneers of a new evolution of self awareness and methods to change reality. They work clinically and efficiently to put the wellbeing control in the power of individuals and here is the crux. What they learn, teach and do outside the norm shows documented results. This book will follow results, not technical papers and dissertations but results.

At the end of this book, I will reveal how and what works and what you can do to take control of your expression and shift into a new life. I have had to name it **SEE** for **Subtle Energy Entrainment** because that is what it is as a process and what it focuses on. Although it has its basis in TM (Transcendental Meditation) meditation has too much old baggage of non-science and metascience. SEE is a more science focused process that deploys mediation as a part of the process. We will end up with the "best of the best" procedures that cost nothing but your focus and time. You do not need to hire anyone or buy anything, but you need to open your mind to how your equipment works in the present moment, the impossible being possible, and it is you that can do it.

Dreams do come true....

2

HEAVEN AND HELL ARE RIGHT HERE

The last chapter was dedicated to research about emotions. They are the result of your natural design. They have form and relative power. All people know the impact of rage and fear on another person as well as on yourself. What you may have not understood is what relative power of influence they have, nor the degree to which they effect your life and well being.

You, as a Soul have been born into a physical vessel to express yourself and evolve self. Yes, from a primitive level of 20 to a level beyond 200. You have been born into a Heaven with a body designed to adapt to your environment, grow, evolve, prosper and create. As an Observer of your experiences, you create reality with your natural design of interactive tools to sense and measure environments automatically. The reality thus created is your own local holographic movie projection that is part of a greater non local global movie. It is all created by consciousness that collapses the holographic wave energy of non matter into what appears as matter. Although you do not know how you do this, your underlying tools of Natural Design do this continuously without exception.

You, as an Observer, having been given the ultimate device for survival (a brain and a heart) deploy tools of perception through your five senses to determine how you will engage in the reality you create. This engagement provides the way you will experience your observed reality, and hence provides the environment within which you can

choose the way you express yourself. The key tools of expression are mental and emotional discernment which allow you to decide how that expression will be engaged. That choice of emotional and mental engagement creates energies thus tagged with type and intensity that are given life within the Unified Quantum Field. That choice further engages the natural design as dictated by emotion to express physical and non physical energies and biochemicals as a direct reaction and interaction.

The process of genetic expression effects the way in which the physical and mental responses change the body and environment. The means of operation and the link between physical and non physical are subtle energy channels, minibrains and centers of responsibilities that operate under the laws of natural design to respond or not respond to your evolution governing the type of reality that comes forward.

As an energetic being within a total unified quantum field of energy, the consequences of your discernment (bad or good) are to choose the way you launch expression (negative or positive). This triggers action (weak or strong) in your reality to determine the experience (Hell or Heaven) giving you a personal place to grow, learn, evolve or devolve by way of free will.

Although there is no energetic distinction between bad or good, negative or positive energy, the consequences that result from the choice of expression are diametrically opposite and can result in a reality that is heaven or hell. By learning to manage the choices in a positive field, and control the subtle energies being created and responded to physically and mentally, your reality of wellbeing can be entrained into your preferred reality.

You are NOT a SINNER

If you can wrap the above statements around your mental gift of a brain to create the energies for reality, and a heart brain to experience feelings, you will immediately understand that your life and your reality, as well as your experiences are your choice. The nature of that belief and the consequences of the belief are what shape and govern your life movie. Because your brain contains the reptilic (instinct) and mammalian (emotional) parts, these are your highly developed sensory organs to help you survive in your life movie. That is your basic design.

Did you ever have a conversation with God who told you that you were a sinner? If your belief system is based upon coming out of the Earthling starting gate as a sinner then you will be so, not just as a sin against the rule and regulations of the religion, but against yourself in how you affect your biology and your life movie. That choice launches a belief of giving away your true power, of accepting that you are not worthy, and that you are beholden to others in a life of correction. It will keep you in fear, guilt and shame. Why? Because shame and guilt cause an apathetic lack of involvement in your powers to control your reality. In addition, they create emotional stress and in terms of the effect of internal expression, these are the **worst possible emotions** to harbour and project into your life movie. These lower emotions lead to a mortal life of polarity and conflict. Opposite are the higher emotions leading to an immortal spiritual life of enlightenment, also providing a heaven on earth. So, the most effective strategy to launch if you think you are a sinner is to forgive yourself and get over it, then launch a concerted effort to substitute high frequency powerful emotions.

One would like to believe that you did not come here as an Earthling to be just a mortal vessel to engage in these lower emotions. You want to live a great life of joy and abundance. You are an immortal being of light designed to engage in abundance and love. You are given all the tools to do so. Heaven and Hell are not where you go after death. They are mythical constructs created by Earthlings. The real Heaven and Hell exist right here on Earth. Your choices of emotional engagement are the natural means to creating a life of heaven or hell. The devil is not the one trying to convince you that you are a sinner. It is you believing you already are, so you have already begun to sin against yourself by believing this is true. Your free will is deciding it by way of your choice of expression. You are not a victim of destiny; you create your destiny and reality.

The truth of it is hidden in plain sight and many of the esoteric metascience like reiki, meditation, acupuncture, energy healing, have been preaching it for many centuries. But it isn't until recently that what they were preaching could be verified by clinical science and test cases.

Fundamentally, the secrets have to do with the workings of subtle invisible energy of emotions and how we create them. Not only do they dictate ability to rise above a smart savage animal, but they have many

consequences to your physical and mental state of health as well as the type of reality you attract.

In a nutshell, ***how you deploy your mental process and how you decide to express your emotion has a direct effect on your mental and physical well being, and the reality that you as an Observer, create for your experience.***

Your Hell is when long life becomes short life, wellness becomes sickness, and reality becomes negative and unfruitful. Your Heaven is where long life produces wellbeing, health and abundance.

Under our Natural Design we are all equally gifted to experience long life of peace and abundance, a place we call Heaven. But at a level of consciousness of 200, there is only one thing on most minds: survival in a world of conflict. So do we? Under our Natural Design we can bend our reality into our preferred world. But do we? No, typically the rules of engagement are a myth and so your reality is on autopilot mirroring and attracting the reality you have. Some have learned how this works, but most don't. Why do the vast majority use their free will to choose otherwise, to be in a place called Hell? Why are 90% of thoughts negative? It's a resistance to see the truth about your design.

Under Natural Design, in addition to overcoming the belief you are born as a sinner, the next great challenge is vengeance. The sweet taste of vengeance drives people to judgment, anger, retribution, and conflict to "*put things right*". Without exception, this particular behavior to judge a wrongdoing and seek out "justice" is an overwhelming drive in humans. This particular trait, a team of Swiss scientists found by discovering a vengeance gene, creates a behavior and desire for altruistic punishment, retribution and punishment against rule breakers. They found it has a deep-seated, biological explanation. Punishing others for wrongdoing activates the same pleasure center of the brain (Dorsal striatum) involved in recreational drug use and falling in love. NPR's **Jon Hamilton** reports on this study, which appears in an issue of the journal **Science**. The staggering conclusion is that it is the same area of the brain that is activated by the act of love. Wow! No wonder humans love the sweet taste of vengeance! No wonder even God loves vengeance!

That means there is a natural process in us to seek vengeance. And guess what? Underlying this process of choice are the genes that create

a feeling and emotion of a strange form of love for making things "right". It causes conflict, judgment, anger, fear, and yes, it is indeed a sweet joy of vengeance. It certainly reflects why so many love to see movies that involve satisfying that urge. And even if the slightest law is broken, there is always someone around seeking a way to punish the wrong doer. However, it must be understood that vengeance as an emotion, or feeling offers choices of expression and acts in response. Vengeance can provide the environment for justice in a compassionate way offering a choice of expression including compassion, forgiveness and healing.

Thus, if you subscribe to a model of negative vengeance you are simply expressing energies that create biological and biochemical havoc in your body, never mind the toxic reality you are creating. This energy/emotion of vengeance is a highly toxic one that sits opposite to love and instigates your natural design to cascade negative biochemistry, or, worse through down regulation of genes stops the positive biochemistry. Hence, blocked energy centers, incoherent brain and heart function, disease, dysfunction, dis-ease, and body chaos results.

I have talked a lot about the up and down genetic expression. Once you begin to understand the nature of how this works and the ramifications to your life and wellbeing, you will have a different picture. For this reason, I am going to address this in subsequent chapters to explain the science of expression.

Built in Natural Design

First, let us look at your design. What is this Natural Design? It is an approach to psychology and biology that holds that concepts such as "motivation", "emotion", "inner feeling", "development", "and adaptation" refer not to down-reductive explanations of things but to up-reductive descriptions of patterns of which those things are part. It has its roots in philosophical behaviorism and the new realism. It reflects our natural laws of creation and behavior. Its roots lead to the unknown mysteries as to how we were built, function and grow within the world we call reality. Built in Natural Design is about how things really work in a process of underlying code or laws.

Every biological organism has a design to survive and thrive in specific ways that are essentially unexplained. We can measure and describe

how they function, but we are essentially clueless as to how they are built into us and the laws they are built on; as well as the laws that provide optimum functionality. Of all species, the human is the most complex, with thousands of built in programs of Natural Design in our cells and DNA that respond from environmental stimuli. How DNA translates itself into behavior through cells and proteins is a big unknown. What natural laws dictate how biology replicates? How do we grow? All you have to do is look at how things are created, grow, evolve, and replicate and shake your head in wonderment of the design. Everything is subject to some coding of process that is a Natural Design. And on a greater scale there is the Greater Design of how things work that we are essentially clueless about. Science can measure and observe these things to approximate underlying laws but not really explain why or how they work, like gravity and magnetism as an example. The most puzzling designs are invisible, like consciousness, and like the subtle energy fields and connections in our bodies.

Needless to say, this gets into the more esoteric explanations of quantum physics, fractals, Fibonacci numbers, sacred geometry, platonic solids, and a raft of topics about instinct and animal behavior. These will become clearer later.

One of the least studied and more “esoteric” natural designs built into the Earthling is the one of evolution. The evolution of the Earthling, science says, has not changed in DNA for at least 200,000 years since the discovery of the Anatomically Modern Human. Clearly, the preoccupation with how the brain is designed from a physical evolution has been the focus ignoring the more subtle designs of invisible energy connections and flow. By choice, this ignorance of design has kept the Earthling at a state of a savage, vengeful animal supporting the negative expressions of conflict and polarity. Yes, on a map of consciousness the Earthling remains at 204 at the vibration of the root chakra immersed in survival. Everybody pretty well knows that the brain is well designed to evaluate the environment for best survival and to keep track of the good and bad experiences by keeping programs in the subconscious. But there is a Natural Design in our subtle and physical anatomy that goes above the level of a smart animal. It is a design that allows - by choice - the evolution of a more spiritual journey.

It is best described by the “use it or lose it” analogy. The brain grows and evolves like the rest of the body. Let us start from birth of the Earthling to see what science has figured out about this natural design as it relates to brain waves. The nature and function of brain waves is key to understanding the rules and codes of the natural design of the brain.

Brain wave patterns are key

When you choose to deploy your more animalistic side as a smart animal, away from a higher spiritual evolution, you are missing your true potential while immersed in the lower material world. To best understand this, consider the process of learning something. When you decide to learn to play a guitar, there are three vital things happening in the brain:

You focus on the present moment

This means you engage in a total preoccupation with now and eliminate any thought or interference in past or future. In that scenario, the brain waves take on a frequency called Theta or Alpha. When one is hypnotized, the same state occurs. This is a state where the mind and brain are able to, by repetition, create the program in subconscious that records the learning process until it can simply be recalled just by the mind.

You activate a neurological process

This means the brain fires neurons and then wires them into habitual programs for recall. When your conscious mind is occupied in the normal day to day thing and mindfulness, it is in a state of Beta, not conducive to accessing the record button of subconscious unless shock or extreme emotion suddenly puts you into a survival mode. This is the place where 95% of the time, programs are being run to do things automatically, like biochemistry, breathing, walking, etc.

3. You store programs in subconscious as you learn

The brain is the link between your mind and your body. Just like your body goes through stages of growth from child to adult, the brain also goes through stages to assist in the process of survival. It has two really big responsibilities of using its neurological processes to sense and present your reality, plus managing your body in a way that helps you adapt to that reality. These processes are activated by repetition and exposure as you experience your reality. For example, if you burn

your hand, the program of recognition, response of burnt skin, pain are held in storage so you don't do it again. Or if you learn by repetition, it becomes an automatic process activated by recall and awareness.

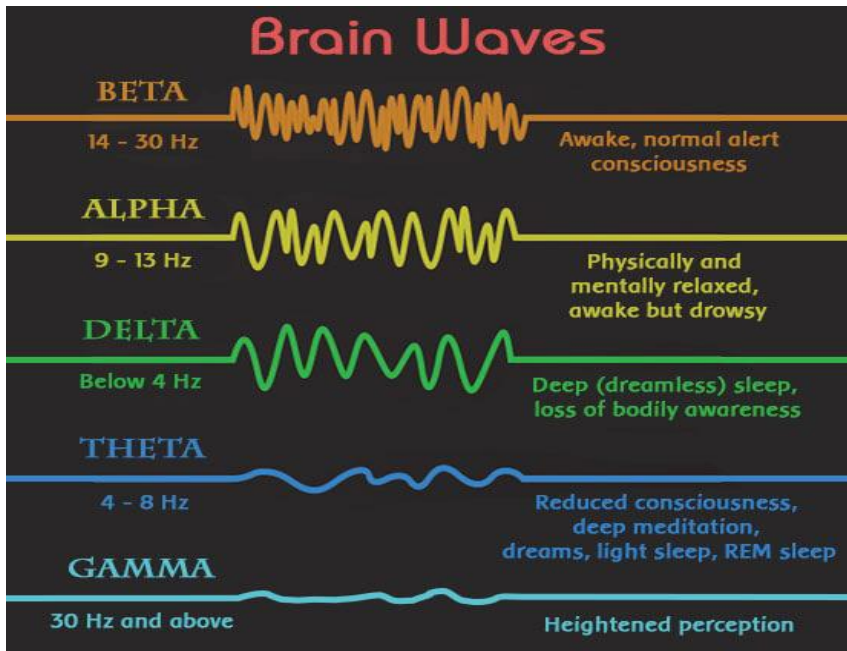
The brain has to go through a physical evolution of mind and body which goes from birth to adult in 28 years giving you the equipment you need in the physical reality. I will detail this process later. The process is one of stages where the conscious mind and the subconscious mind are controlling the way of supporting evolution. The delicate balance of how the design works for you is rooted in the energy consciousness of the big brain, and in the energy consciousness of the heart brain; particularly a special part of the brain and subconscious. Part of the least understood is the brain's link to the quantum field which we are going to call the Unified Quantum Field. It is everything outside of matter. This invisible link is a doorway (like imagination where no time, matter or space limits exist) into the greater consciousness. The human evolution into this invisible reality and continued growth within this environment of the invisible depends upon the spiritual evolution; a choice to continue beyond the narrow world of matter (above the level of 200 on the Map of Consciousness) which opens at about 28 years of age.

If we consider the morphogenic process of growth as it unfolds in the brain and body, we can say that the brain is like a CEO of the body. It has the dual responsibility to sense and evolve within the external reality, and to control the internal reality of the body. To do this it uses a neurological system to evolve and adapt programs that become stored in the subconscious. Morphogenic relates to what you may call natural order, process and purpose. Some call it a divine or greater intelligence that automatically follows a development or growing purpose, from being seeded or born to maturity, and then completion. Let us refer to this as the Greater Design. To you, from the time of conception to the time when your body dies this is a morphogenic process of growth. It is a natural process which for humans is encoded in DNA. So morphogenesis occurs when a call to activate programs needed to grow towards a mature state, that process being a set of programs that begin by being loaded from DNA into subconscious even before you are born and certainly in the first year of life.

All living things are evolving through a morphogenic process encoded in DNA. These are like computer programs and subprograms that define specifically how something grows, evolves and interacts with its

environment. And if you look at the brain that is also a morphogenic process, it is made up of billions of brain cells called neurons which use electricity to communicate with each other. The combination of millions of neurons sending signals at once produces an enormous amount of electrical activity in the brain, which can be detected using sensitive medical equipment such as an EEG or ElectroEncephaloGram, measuring electricity levels over areas of the scalp. The combination of electrical activity of the brain is commonly called a *brainwave* pattern, because of its cyclic, wave-like nature. The electrical activity in the brain will change depending on what the person is doing. The brainwaves of a sleeping person are vastly different than the brainwaves of someone wide awake.

Over the years, more sensitive equipment has brought global consciousness closer to figuring out exactly what brainwaves represent and with that, what they have to do with a person's health and state of mind. Following is an introduction to natural subtle energy states of the brain. This will be detailed later but suffice it to say that neural oscillations, or brainwaves, are rhythmic or repetitive patterns of neural activity in the central nervous system. Neural tissue can generate oscillatory activity in many ways, driven either by mechanisms within individual neurons or by interactions between neurons. These brain waves can be measured as below.



The brain state of Delta which has a frequency of 0.2hz - 4hz. It occurs in deep, dreamless sleep. Delta is the slowest band of brainwaves. When your dominant brainwave is delta, your body is healing itself and resetting its internal clocks. It is this delta that evolves first.

The brain state of Theta is from 4hz - 8hz which appears as light sleep or extreme relaxation. Theta is also a very receptive mental state that has proven useful for hypnotherapy, as well as self-hypnosis using recorded affirmations and suggestions.

The state of Alpha is from 9hz - 13hz. It is an awake state but relaxed and not processing much information. When you get up in the morning and just before sleep, you are naturally in this state. When you close your eyes your brain automatically starts producing more alpha waves. It is also called the hypnogogic state common to kids when they are being programmed automatically.

The state of Beta is from 14hz - 30hz. It is a wide awake state. This is generally the mental state most people are in during the day and most of their waking lives. Usually, this state in itself is uneventful, but don't underestimate its importance."

The state of Gamma is at 30 Hz and up. It is associated with the formation of ideas, language and memory processing, and various types of learning. Gamma waves have been shown to disappear during deep sleep induced by anesthesia but return with the transition back to a wakeful state.

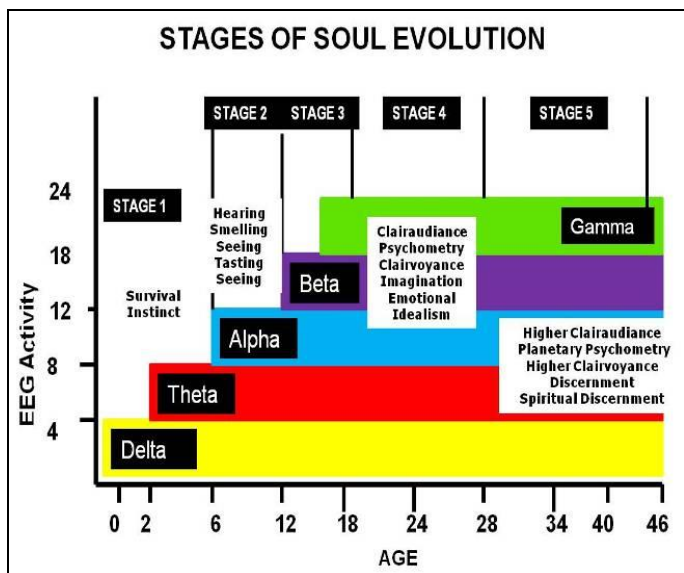
These all have a special purpose under the brain's Natural Design.

The brain's subtle evolutionary stages

Under Natural Design the brain and its states evolve from childhood to adulthood, each having a purpose in evolving the human body within the environment to develop all the programs required for survival. It relies on a stimulus response system where the engagement of mental and emotional systems select the best ways to learn the appropriate way to behave and survive in the environment. The first 28 years is when the *physical equipment* called body and mind come to the first stage of maturity. This is based upon survival in the material reality. After that we see the evolution of the immaterial reality kick in. Within DNA are 12 layer pairs of encoding that allow this to draw the required programs out to evolve into the *spiritual equipment* each is endowed with. In order for this to occur, a spiritual awareness is required. Otherwise only 1 layer's pair of DNA becomes the means of evolving because they form the blueprint for the physical morphogenic processes.

With this background in mind, there are five stages of human evolution. This is where the difference between mind over matter (spiritual) and matter over mind (non spiritual) distinction evolves to open up to being much more than a savage animal. There is a schedule under your Natural Design as to the way it proceeds for all.

Now, look at this picture that I am going to present to you as an image in your mind. Look at it very carefully because you will see age and the evolution of the brain as researched by many people.



The first stage is during Delta and Theta before the age of six. Here as you would say, the brain must get its program library together to develop the hard core environment survival habits through perception and response. It has to get this done as a foundation before the self-conscious awareness kicks in to add the ego and the intellect. You will understand that from birth to age 2, that baby is effectively filled with divine love energy – a morphic field where most people, especially women just have to hold these babies and love them without question. It is also the time when their programs of physical and physiological behaviors need to be created and of course the brain is learning all this and programming them into the jurisdiction of the subconscious.

In Delta all of the programs from DNA needed to sustain chemistry, biology, physiology need to be engaged internally. It needs this to activate as critical functions that a baby needs to survive before Theta kicks in to survive in the external physical environment, like eat, sleep, walk, crawl, and cry and so on.

From the outside environment, particularly when the Theta state kicks in, just about everything the child encounters is being programmed into subconscious. The perception and response is on auto pilot drawing from DNA what is required to set internal things of growth going and then into external to survive and cope. This is required to allow evolution into the second stage.

The second stage from 6-12 occurs during the Alpha and Beta phase, the self identity matures, as does the education received become discriminated upon before it enters into the belief and perception-response behavior. The primary senses of hearing, tasting, seeing, smelling and perception are dominant because they are key to development of the next set of programs.

Now a child is getting to learn things about his family consciousness, culture and so on. He has to learn how to mobilize, read, write, arithmetic, and develop his creative mind. Through these two stages the child is developing his five senses and becoming familiar with them. So if he touched fire and gets burned, the brain fires and wires neurons to create a stimulus response program so the kid now remembers the effect if he engages in that cause.

In upper Alpha and Beta frequency it is when the self awareness is needed in the morphogenic process and ego gains a life. The duty is to learn survival at a mental and physical level of the material reality. So here begins processes to influence the thinking and behaviour through thoughts. Where the building of identity and ego occur and fill subconscious with the programs of the family, education, cultures and global consciousness, the process of evolution becomes slowed.

Now one can begin to switch paths as one has formed a stacked deck of belief and behaviour programs that limit expansion to a spiritual jurisdiction.

This is where your schooling, experience and engagement shaped your belief system.

The third stage occurs between ages 12-18. Here is where the self-identity and ego begin to flourish. It is also one where physical changes to complete the reproductive system occur. The physical body and mind begin to take on a maturity. The primary senses of hearing, tasting, seeing, smelling and perception become heightened and well developed in alignment with your developed identity and character.

But here is where the discriminatory process of free will comes in to choose a life path. One can perceive reality and make choices to become balanced between ego (below 200) who is hell bent (Lower self) on developing a strong ego for survival with negative energies.

One can choose a perceived reality of Higher emotions (above 200) that brings in a softer spiritual aspect of a life of positive energies as continuously radiate through spiritual jurisdiction of the heart chakra and its morphic field.

There are many aspects of ego at the extreme end that take on some rather evil traits and that is why he has been branded as Satan in religions who teach sin. One does not have to give up control to just the material world of ego. One can choose to learn to allow the conscious mind to evolve and begin to listen to the unconscious mind. When this happens as time progresses, those parts of you that are quantum in nature such as the brain, consciousness, light body, chakras, heart, DNA, cells, and so on, begin to show themselves to open up your true potential and invisible makeup of subtle energies.

These subtle energy fields are what control things in their own way. The issue is that you do not come to understand these are the powerful forces of the heart, namely love and compassion. If this evolution is curtailed by the choice of low energy components of the chakra functions, these are blocked and rendered dysfunctional. The attributes and abilities, like psychic abilities as part of the chakras and DNA for example cannot develop and the appropriate connection channel the quantum space of infinite possibilities of your higher mind cannot be opened.

If not, you opt toward becoming a smart animal rooted in lower energetic world of the root chakra and survival and deploy constructive control, always instigating protection of ego through the conscious mind to dictate the programming in the brain. Now if the path does not open you begin to lose it.

The difference lies in matter over mind, or mind over matter. One then works hard at maintaining that dominant posture which is in sync with the local and global copiousness of matter controlling mind. Mind over matter becomes difficult to believe because society thinks it is silly and the majority can't hear it. But it still does not eliminate a softer choice in your affairs. Either you want to believe you work in matter over mind to work your ass off seeking and struggling in the material world, or you learn to work with mind over matter, and have the desired reality come to you.

The fourth stage occurs from the ages of 18-28 which takes you into the awareness of the other subtle energy bodies that make up your anatomy. Typically this is where you are deciding to engage in a profession and are pretty occupied with professional schooling so you can have a family and a comfortable life according to your norm. The global consciousness of 200 and less supports that need for survival so spiritual, metaphysical wisdom is relegated to the same place the miracles are in of no relevance. It is simply the choice of the many that overrides the few. And of course, there is nothing wrong with ego as it is needed to develop in the environment, but it is an equal partnership with the heart that is important to balance. If this stage is allowed to develop it is where you can meet your Soul and talk a new business to re-establish that lost partnership. When you become aware of Soul and your higher subtle bodies then you can open to abilities stored in DNA programs allowing new abilities to be developed. Of many, a few more common are clairaudience, which is astral hearing, psychometry is astral touch and feeling, clairvoyance as astral sight, imagination as astral equivalent of taste and emotional idealism the astral equivalent of smell.

The fifth stage opens and develops at 28 to 46. It is where you enter a midlife shift when family and relationships become paramount. The heart is a major part of this. But, dear brother by this time has entrenched his programs of survival and the heart is a concept of protection and love for family, not your fellow men. It is about accumulation of material wealth, prosperity, power, greed and money. This is where you must understand the power of managing energies from a higher place of the heart. It is at this stage that your true spirituality evolves and matures. You learn how mind over matter really works and you begin to open to the rest of the potential of DNA, to the other 90% of the brain, to your higher energy systems that take you into a higher world. During this stage assuming the Astral awareness is perused, new expansion of the five senses of the mental body begin to open, leading to a much greater inventory of abilities. These then open to the Higher Mind and bodies.

At the age of 28 one may easily become stuck in the mud within the physical plane with the limiting beliefs of the global community. In a world of negativity, and accommodation to the lower self of ego totally dependent on the advice of thoughts from Lower self and the brain at the top of the body. And the body may become fully trained to run on all the subconscious programs of the past. That is the old mind as it

becomes stuck in the lower expression of the body anatomy. The next stages and the awareness of the heart brain and the astral step of the Soul's evolution simply stay undeveloped.

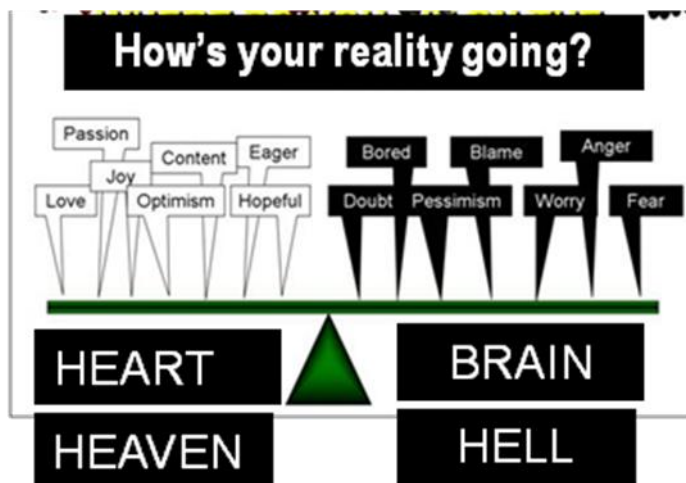
Consider that once your evolution takes you to that place around 28 when you are fully developed, you really become like a new kid in the kindergarten school of the immaterial world. That world that allows you full creatorship with your mind, from a higher energetic self simply is not developed, the system goes into default awareness and you create the way you learned; hard work manipulating matter with those primitive tools of creation. Until the new kid at 28 learns about who he really is, how can the lower primitive mind be able to handle the ability to instantly create reality without learning the ropes? You simply defaulted to the Lower self way of trying to manipulate matter to make a living and continue to live in survival/protection mode.

This time of choice is all about **"Letting go"**. It is where you learn to let go of the beta noise of reality focused on matter. The brain is the crossover gateway to the Unified Quantum Field of non-matter accessed through taking the brain into the **"present moment"**. When you let go (beta brain) you shift all awareness away from senses and matter into a state of no time, space, identity (Unified Quantum Field). As you shift brainwaves into their calm state of safety, here is where you **"go inside"** the heart brain system of emotions to open up reiring and rewiring programs in subconscious as in Theta/Alpha brain waves that open up the "record" button into proactive control of reality.

Use it or lose it?

Most people are aware that if they do not use a muscle, it begins to atrophy, and as the time rolls on, it becomes more difficult to rebuild. So, it is with many aspects of life with regards to mental and physical attributes. So, it is with the spiritual development. As life presses on, your subconscious programs that you have accepted as your life's rules become more and more difficult to dislodge or change. It does not have to be tagged as spiritual, but it is tagged with the expression of higher emotions and a regard for attention to positive energies.

The energies of negative stress based emotions as derived from your beliefs and acts do not support a balanced natural evolution. It simply cannot exist in that field. So think about how you are doing?



Human subtle energy

Within your energy field which appears in your reality as a holographic solid body of matter, are many subtle energy centers and circuits that have been known to exist for a long time. They have been discounted by modern medicine and prevalent belief systems as having no relevance. This is changing rapidly now as thousands of new practitioners, medical doctors and research institutions are painting a different picture.

That picture is one of a very delicate circuitry within the body that connects the visible with the invisible and provides a life force to function properly. This life force is like electricity feeding light bulbs and it has been found to require a strong uninhibited current and line of conductivity in order to perform its natural design functions of mental and physical processes. The most profound research, clinical evidence, and healing results have come to light in the last 10 years as more scientists have paid attention to the effect of stress and emotion on certain energy systems like the chakras and meridian systems that parallels and interconnect with sympathetic nervous sensing system.

In the following chapters, we are going to look closely at these systems of natural design and the effect of personal expression. We will look at the top practitioners that are getting thousands of results that would be classified as miracles beyond what normal medical practitioners can do.

We will look at the best of the best methods and procedures published by these pioneers to understand what they do and why it works.

And most of all, we will look at the consequences of believing you are a sinner and following the model of false gods.

It is all about how you use these special tools of emotion and mental analysis as your chosen expression. What you will begin to understand is that dividing line between hell (down expression below 200) and heaven, (as up expression above 200) is determined by a choice as to how you engage in any situation. To grow above, you would use your tools to discern what does not feel good and learn to avoid it or learn from it to express in what you do like. If you decide to engage in what does not feel good, ignoring what does feel good, you would create a Hell. In either case the tools are the same because you decide what type of emotional energies you create to represent that experience and store in your subconscious.

What you begin to realize is that the brain does not distinguish between matter and nonmatter or real and imagined. But the real carry revelation is that there are things going that are a continuous result of subtle energy engagement. If you are attacked by a snake and bitten, the emotional trauma is severe and your subconscious stores this, so you do not go near snakes again. But that big brain also stored a long set of biochemical processes that went along with it to help avoid and react. After just the word snake or a picture of one sets off the same process without you even knowing. And it isn't just a rise in blood pressure and heartbeat that happens. If you sit in front of a TV and watch a scary movie, the emotion of fear will begin a similar process in your body without you even knowing it. With thousands of thoughts and emotions flowing continuously through the day, not only are you programming things unknowingly, but you are reacting to them as well.

Just imagine your life if there were hundreds of these programs running willy nilly that you have stored over decades of experiences. What do you suppose your expression in life would be? Would you live in a hell? And what if you are attracting a like reality as a result? Would you pay more attention to what and how you manage your expression?

What is not so commonly understood is that your type of expression instigates the expression of your genes. And under their natural design,

they govern your internal and external behavior; and they can be creating hell in your body.

We are now going to study this expression process more carefully to understand how it works and why it needs to be managed.

3

MENTAL AND EMOTIONAL EXPRESSION

Stopping the toxicity of environments

I have brought forward the notion of Expression. It is what your Soul came here to do through your human body. Soul expression allows you, via free will to choose the way you perceive things and create emotional and mental expression. That is designed in you. But another design that you activate as a result of your choice is not under your control; it is gene expression. And what these genes do is automatic, not under your control directly. The importance of how you choose the feeling from your environment creates a domino effect of biochemical reactions. In biology, this expression of genes is called up or down regulation. This has impact on the expression of your cells which trigger reactions from coded programs to express DNA. Depending on what emotion you choose to express, you indirectly choose the consequences of this chain reaction. It is in play constantly responding to your emotions, responding on autopilot regardless of whether the initiating trigger is real, perceived or imaginary. This process operates continuously.

What is coming to the forefront of science is related to this human natural design that is responsive to the internal and external environments we create and maintain. It is being found to have a dramatic effect on our state of well being. This cascade of autonomic responses can create a reality of optimum functionality or dysfunction. The toxic environments of subtle energies of negative emotion are the worst, as they do what is termed down regulate genes to stop the

normal functioning of well-being. The end results are disease and disease. In therefore seeking a solution to our 6 statements of dysfunction, it becomes important to address this by stopping this toxicity at the source so that the appropriate genes can up regulate to perform their normal function.

This chapter is based upon scientific clinical work and results from pioneers in the area of stopping the toxicity, cleaning out the issues that created them and reprogramming the brain to institute nontoxic programs of expression. They are presented because the systems used to change environments of expression has proven to provide thousands of successful case studies. But in particular there are what I would call pioneers in this area of scientific research with a background in science and medicine that are doing the work. The one that is my favorite, who combines science and mythology, or eastern and western medicine is **Dr Joe Dispenza**. His books ***Becoming Supernatural*** and ***You are The Placebo*** are my favorites and a must read for anyone who wants to change their reality of health and wealth into a new nontoxic environment.

Recall the reality garden which can get full of weeds? These people are focused on using positive fertilizers and planting new seeds. Whether you choose to live in a heaven or a hell is about free will and choice because clearly it is you and you alone that decides on first, the mental analysis that determines your perception, interpretation and relevance to your life and picture of reality, and second, the type of emotion that you attach to that experience. It is this that determines how your will react, act or engage in that experience.

This process of emotion-regulation is what determines what types of proteins are activated by the genes. Over thousands of years, it seems that the Earthling chooses to express anger, wrath, vengeance, fear and negative emotional expressions to determine the type of proteins and of actions. The record of conflict, war and destruction provide vivid testimony that it is a species that is smart, savage, and in need of power over others. That type of reality garden has to be weeded, retilled and replanted before anything new can grow.

In this respect, the Earthling has not in mass chosen to follow the spiritual path of evolution. The emotional and mental gifts are not the only differences that set Earthlings apart from the instinctual animals. The full capacity of the human brain, the full spectrum of DNA is yet

untapped because of this choice in behavior. The norm for thousands of years has evolved an Earthling that uses only a fraction of DNA, brain power and consciousness. Despite these gifts of within their design, they have never evolved beyond the state of an intellectual, savage animal. And although the secrets to changing this are hidden in plain sight, they remain elusive to only but a few.

Fundamental to human natural design are these two most important tools of its development. These are mental and emotional processes that are fundamentally the great sensors, evaluators, and determination environment for a choice of action. Unlike the lower animals, they give you the ability to perceive, analyze, and decide how to react to or engage in your environment... the way you choose to express yourself in any experience. This is the great achievement in the human that sets it apart from the animal. Quite simply when you decide how you feel about a situation, that feeling determines the type of emotion that you will express, and the choice of how you act or react in this experience. It is yours and yours alone.

When you generate an emotion, the first thing that happens is you generate energy as an emotional vibration. Next, you begin to feel the emotion and any thoughts or physical sensation that comes with it. Third, you let the emotion go and move on after a few moments. This last step is called processing and once completed you can successfully move from the emotional experience and it should not cause further problem. However, if the 2nd or 3rd step is incomplete the energy of that emotion is likely to become trapped in the body. Each time you trap an emotion you get stuck in the middle of whatever traumatic event you were experiencing. So instead of moving beyond the angry or traumatic moment or a temporary reprieve with grief or depression, you retain this negative emotional energy within the body potentially causing significant physical and emotional stress. These are usually well defined energies that have shape and form, very real as psychoanalysts and regression therapists will report. Research shows the more overwhelming or extreme it is the more likely it is to be trapped. These become emotional and physical dis-ease that causes disease.

In addition, by way of Natural Design, that emotion when it is expressed outwardly and inwardly, has totally different consequences. Everyone is quite familiar with what happens if you express hatred or rage outwardly. It is quite different to the expression of love or peace outwardly. The expression inwardly is also quite different as these

emotions under your natural makeup trigger biochemical and physiological reactions in the body.

In the case of outward expression, the secondary expression of choice of engagement in action follows the emotion, and it can be hostile or loving, both having different consequences. Internally, the action is automatic and the engagement becomes gene expression. At the same time, if the emotion has been unprocessed, it will be left trapped in the body causing other issues.

Expression of emotion connects to physical matter

In the case of a negative situation, any human has the chance to use the feeling as a sensor of determination, react emotionally or physically - a signal to engage in hostile action. Emotion is a responsibility of the heart sensing system that works with the brain. Both of these give the human the ability to sense, evaluate and decide whether they want to engage in the experience. The feeling of pain or fear gives you the mental ability to avoid it and learn from it. That letting go process becomes crucial in processing the negative emotion so it does not have any consequence of expression, preventing it, or trapping it. The human generates energy from this process, and that emotion is the qualifier of the engagement. You feel good or bad and the feeling as an energetic expression is stamped upon the program that is saved in subconscious so it can be recalled at will, allowing you to learn what experience is not wanted, and evolve from having experienced it. Historically, the human has chosen to engage in more negative expression rather than learn to rise above it. This type of emotion, if not expressed, becomes repressed inside.

And because all expressions and the choice of engagement creates an energetic signature regardless of its quality or type of emotion, that energy packet has, under a Greater Design the purpose of finding and creating a likeness to experience, as in the Law of Attraction.

All you have to do is think about how pain or delight is automatically remembered. Emotions are generated by the heart and can be measured in terms of vibrational frequency. As we have seen, some are very high (love, forgiving, etc.) while others are very low (hate, fear, anger, vengeance) and because they are energy made of light photons, they reflect the amount of light they carry. Where light is low, we term

these as dark and the degree of light affects every function in the body. We have already seen that lower emotions like anger and fear have negative consequences in the body while higher emotions like love and bliss have positive consequences.

Regardless, the sole discernment ability arising from a physical engagement in the environment (people, words, events, situations) is the feeling of emotion that arises from it, and through your design, it need not be physical. All you have to do is recall a few key words (Snake, IRS or Beach, Party) you can immediately conjure up an image with bad or good feelings. Whether it is real or imagined, perceived or created, it is the same to the brain and body that respond to this evaluation of environments. At the end of the day, emotion is the subtle and not so subtle controller of how your body and mind respond, register, and store the associated experience.

Science has learned that the real situation that creates fear from a real threat is actually no different than simply imagining the same threat. When you watch a movie and engage in strong emotion, that movie reality is registered as a program in the brain even though it is "not real". Similarly, an imagined situation works the same way as the brain's design makes it work this way. In the big brain the purpose is survival; to remember a threat so as to protect you. So its design encodes this situation and the emotion into subconscious for further protection because this program also remembers what it must activate in your body (biochemicals, feed the muscles, shut down unneeded resources like immune system, digestion) to instantly be on call if the situation arises again.

There is no situation of engagement in reality that does not or cannot respond to emotion, real or imagined. That is the human natural design. So this natural design is there to allow you the means to assess and avoid things that you do not want (fear), in favor of things you do want (love). Under this scenario, you always have the choice of what emotion to engage and how to react. In the perfect scenario, all negative experiences are best used as a learning experience as to express a valuable realization of its positive merits, not to focus on the negative perception, create negative emotion and dwell on this. As the human evolves spiritually, it learns to learn and move on, stepping above the instinct of ego and processing the emotion.

By way of this mental and emotional expression, then, the automated response systems encoded in DNA in humans deploys secondary response expression through genetics as gene expression. This can be on autopilot as in healing a wound or created by emotion (flight or fight cascade of proteins and chemicals).

Of some 20,000 plus genes that carry the codes of repair and behavioral processes, the ones of love and vengeance are the most interesting in terms of historical behavior of the Earthling. This is the big "fly in the Ointment". This is because vengeance (wrath, hate, anger, retribution) activate the pleasure center in the big brain (dorsolateral prefrontal cortex) the exact same pleasure center as activated by the emotion of love. Hence the sweet taste of vengeance is an ingrained part of the brains natural design. This is particularly disturbing as the sweet taste of vengeance is not a joke. We feel good when vengeance is delivered. You will see this later, but it has been found two genes of vengeance and love are responsible for this addiction. So dramatically opposite in expression, embracing them has dramatically opposite effects. They both can feel good on the surface, but they are far from good below the surface. This power of discernment is crucial to be used in choosing what the real purpose is in its lesson. The key is to understand that if vengeance is not processed as an emotion, it ends up as a block in some place in the body.

All are given the same natural design

There is no distinction to race, color, shape, culture, religion, gender, beliefs, transcending differences. The Earthling is fundamentally a very smart animal. They all have a consciousness, a soul, a brain, a heart, a body automated by a spark of life and all have the same basic DNA and a natural design that allows them to exist, function, survive, reproduce and evolve on Earth. They all become birthed here to live and engage in a life that essentially provides an environment to grow, reproduce, and prosper in a by way of choice - free will. The complexity of this process of survival and evolution is staggering. Billions of things follow set underlying codes and programs set in DNA to be born, grow, feed, protect and die in their own special ways following some grand design.

Deep down in the design is that science is telling us everything is made of photons and these are vibrating at their own frequencies within a vast quantum field. And that which we see as our world, our reality, of matter constitutes a mere .1% of all that which we see. All this

operates as life under the Laws of a Grand Design. But by not paying attention to this natural design, we forfeit the development not only in accessing the greater part of our brains, we never awaken the full abilities of DNA and... we never attain our full potential, and do not become proactive true creators of our reality, die prematurely, and never attain the understanding of the other 99.9% of our existence. Instead, at a level of 204 on the Map of Consciousness, we simply remain as smart savage animals constantly in survival mode.

All Earthlings are designed the same way, all made of photons of light, vibrating energies that identify each uniquely. They all contain trillions of cells that are designed to function specific ways. They are all responsive to environment both internal and external, to adapt to, to learn, and to respond to changes and needs. Physically, the main centers of operation are the brains, organs, and the connective structures that send and receive information automatically. But there are also less obvious items of equipment that are more energetically at work. These are the meridians, chakras, the subtle connectors that are also gathering, processing and sending information. This natural design system is interactive, and it operates according to its relevant environment. The most advanced system is the least understood, of consciousness, subconsciousness, of thoughts and feelings that integrate into and affect this system of miraculous energy vibration assimilation and life.

The big integrators are the brains resident in all Earthlings. There are three brains upstairs that are like the layers of an onion; the primate thinking brain, mammalian feeling brain and a reptilian instinctive brain. As part of our design to come here and have a wonderful life of health and prosperity, we all have a soul to guide us when we can listen. The secret is you have to rise above the lower animal instinct brain by using the emotional mid brain portions of our brains to engage emotion and evolve via the cortex. This animal instinct brain is designed to help you protect, eat and reproduce; sex, food and protection. The forebrain is designed to provide you the option in which you can metalize the way in which you evolve. Between is the midbrain that gives you the feelings to help discernment of what feels right. This wonderful device is designed to work in partnership so in a simple way you can think your way out of a fight because you can feel the consequences. These primary tools are there for everyone to rise above the reptilian brain.

And that big brain has access to a set of natural design programs in every cell as DNA, and a cell membrane that is like another brain that guards it. So, everybody is born with these programs that can be called up or chosen and deployed for this purpose of supporting the life form. Under a natural design and order these programs are used to maintain an existence and to evolve. DNA and the brain are able to work with the subconscious to keep on hand new programs, access old programs and evolve a certain way. They are designed to continuously be on guard to repair, protect, and assist wellbeing in the body. The way they do this is through gene expression, calling forward programs that are needed to fix things, protect and preserve wellbeing.

And because you have come here to enjoy an abundant life, thousands of biochemicals, chemicals, reactions and processes are there for this to happen. Through the immune system and nervous system this happens automatically. So the brain is designed to help you determine what it is that you enjoy, keep a record of what you do not enjoy and evolve your self beyond the state of an animal. So once you have learned to survive in your environment, you as an Earthling, have the great advantages of emotion and intellect to evolve beyond the smart animal status.

What distinguishes a human from other forms of life is that it has the ability not only to adapt to its environment like any animal or organism; it can go outside of the instinct to think. This is the added function of the brain in the head. Rather than engage in a physical fight for survival, it can, through the cerebral cortex give you the way to talk your way out of a fight, unlike an animal. By Natural Design, this big brute of neural system is there to allow you to evolve beyond the survival mode and above the reptilian instinct. The reptilian brain as part of it is for pure instinct to survive. The added mammalian brain adds a great feature of the emotional center, and the intellectual brain—the cerebral cortex adds to this with the ability to imagine, think and store experiences. Together, these are responsible for your survival, well being and presentation of your reality. They have at their disposal your anatomy and the Natural Design processes available in the form of sensing apparatus, learning and storing, consciousness, and a vast pharmacy of natural biochemicals and processes to elevate you above the status of a savage animal and a long abundant life.

Gene Expression is fundamental to Natural Design

The less well known design is that a gene must also express from your expression to facilitate making a protein. We all have some 20000 genes that carry the instructions to express themselves. Genes are often called the blueprint for life because they tell each of your cells what to do and when to do it; be a muscle, make bone, carry nerve signals, and so on. And how do genes orchestrate all this? They make proteins. In fact, each gene is really just a recipe for making a certain protein. And why are proteins important? Well, for starters, you are made of proteins. 50% of the dry weight of a cell is protein of one form or another. Meanwhile, proteins also do all of the heavy lifting in your body: digestion, circulation, immunity, communication between cells, motion—all are made possible by one or more of the estimated 100,000 different proteins that your body makes.

But the genes in your DNA don't make protein directly. Instead, special proteins called enzymes read and copy (or "transcribe") the DNA code. The segment of DNA to be transcribed gets "unzipped" by an enzyme, which uses the DNA as a template to build a single-stranded molecule of RNA. Like DNA, RNA is a long strand of nucleotides.

This transcribed RNA is called messenger RNA, or mRNA for short, because it leaves the nucleus and travels out into the cytoplasm of the cell. There, protein factories called ribosomes translate the mRNA code and use it to make the protein specified in the DNA recipe. If all this sounds confusing, just remember; DNA is used to make RNA, then RNA is used to make proteins-and proteins run the show.

When a signal is accepted by a cell membrane receptor to get into cell into DNA it acts by getting a response program. The gene must make a new protein based on the signal from the response program. Science is now telling us that **emotion changes the expression to turn on or off the response process**. You can switch on new genes for growth or repair or switch off all responsible for disease. This process is one where the gene **up-regulates** or **down-regulates** in response to an environmental condition as their response program.

For example, in research conducted by Dispenza, released immunoglobulin A (IgA) was tested to see the effect elevated emotion had on the immune system. It is the primary protein for healthy

immune function against bacteria, virus, and fungi that may invade. When lower emotions like stress goes up to produce cortisol, IgA is lowered to compromise the immune system expression of genes that make this happen. In tests where attention went to higher emotions, IgA shot up 50%. Lower emotions of stress real or imagined on the other hand was shown to create a cascade of negative reactions.

What happens in the two scenarios of stress or joy is a process the cells undertake that relates to their encoded gene expression. In response to the situation higher, light filled emotion signals genes to turn up (up-regulate) their expression. On the other hand, the less light or stress emotions turns off (down-regulate) their expression. Its like dropping the electrical current to a light bulb. In that expression, cells make proteins to support function. And not only do these cells have DNA programs to access for repair and healing but they have a huge list of Natural Design Pharmaceuticals to deploy. For example, the muscles produce myosin and actin, the skin produces collagen, elastin. There are immune antibodies created as the pancreas produces enzymes like protease, lipase, amylase. The Thyroid produces thyroxine. Bone produces hemoglobin, eye creates keratin. The list is thousands of things that are physically produced out of the Natural Pharmacy that all humans have. Whatever you have as an issue in your body or mind, there are the Natural internal pills ready to be expressed. These are compromised by stress emotions.

If your system is busy dealing with the negative emotions, resulting from thoughts, visions, words and emotions, whether real or imagined, the gene expression is down regulated and on hold. To add to this issue, unprocessed negative emotions accumulate in their areas of functionality to create blocks disrupting natural circuitry and intercommunications. That is why we age and die. That is why we don't live in heaven of perpetual wellness and abundance. It is simply a choice of light versus dark light intensity.

Stress immobilizes expression

Natural Design is all about how the system deals with hormones and homeostasis. The effect of hormones is usually controlled in two ways: Negative feedback opposes their release, and antagonistic hormones oppose each other's actions. For example, several hormones directly affect the blood glucose, calcium, and sodium levels. Other hormones are involved in the function of various organs, including the

reproductive organs. Some hormones or their effects are controlled by a negative feedback system. The result is that the activity of the hormone is maintained within normal limits.

The negative feedback system can be sensitive to either a resulting condition or to the blood level of a hormone. For example, when the blood glucose level rises, the pancreas secretes insulin, which causes the liver to store glucose and the cells to take it up. When blood glucose lowers, the secretion of insulin is inhibited, and the pancreas stops producing insulin. On the other hand, when the blood level of thyroid hormones rises, the anterior pituitary stops secreting thyroid-stimulating hormones. These examples illustrate regulation by negative feedback.

The actions of a hormone can also be controlled by the presence of an antagonistic hormone. The effect of insulin, for example, is offset by the production of glucagon by the pancreas. Insulin lowers the blood glucose level, while glucagon raises it. Also, the thyroid lowers the blood calcium level, but the parathyroids raise the blood calcium level. In subsequent sections of this chapter, we will point out other instances in which hormones work opposite to one another, and thereby bring about the regulation of a substance in the blood.

As stated, the head brain and the heart brain by design are sensors and creators of energies. By design, these brains are designed to activate programs that not only support the gene expression, but activate thousands of chemical, biochemical and other actions in response to environmental perceptions.

Of course, the response and the conditions of response are programmed for your intent of survival. You know how someone's words affect you, as a picture does as well. But what you don't consider is that visions, words and thoughts in imagination do the same. The brain does not know the difference between imagination or what you think of as reality. Thus, either by perceiving negative things or engaging in negative situations, the result is to create stress and it is the job of the brain to launch programs that you have trained it to use. For example, a stress situation when visualized in your mind may cause an effect response program to be created and launched by simple imagination; imagine the police knocking at your door. Think what you are doing by emotional reactions to movies. What is your subconscious picking up that you are not aware of?

This would be similar to encountering a real stressful situation in reality. This action to the brain is a signal to release biochemicals for survival, in such a case the flight or fight syndrome which shuts down the digestive, immune and logic brain functions to provide power to muscles and physics needed for flight. These same stress hormones can then be activated by simply thinking about the same situation. Thus, by choosing to pay attention to stress, fear, conflict, anger, you choose to embed these programs into subconscious for future recall. By choosing to rise above these qualities, to rise above, avoid or look to learning what you do not want as aligned with your purpose, you engage mind and body in creating positive harmonious programs. You also learn to process the emotion properly and move on to prevent any blocks.

The HPA fight or flight response system

The most well known system of auto response is the fight or flight process controlled by the brain where the stress response begins. This HPA (Hypothalamus Pituitary Amygdala) process illustrates what happens to the body. When confronted by a real or perceived danger, the eyes or ears (or both) send the information to the amygdala, an area of the brain that contributes to emotional processing. The amygdala interprets the images and sounds. When it perceives danger, it instantly sends a distress signal to the hypothalamus.

The hypothalamus is like a command center. This area of the brain communicates with the rest of the body through the autonomic nervous system, which controls such involuntary body functions as breathing, blood pressure, heartbeat, and the dilation or constriction of key blood vessels and small airways in the lungs called bronchioles. The autonomic nervous system has two components, the sympathetic nervous system and the parasympathetic nervous system. The sympathetic nervous system functions like a gas pedal in a car. It triggers the fight-or-flight response, providing the body with a burst of energy so that it can respond to perceived dangers. The parasympathetic nervous system acts like a brake. It promotes the "rest and digest" response that calms the body down after the danger has passed.

After the amygdala sends a distress signal, the hypothalamus activates the sympathetic nervous system by sending signals through the autonomic nerves to the adrenal glands. These glands respond by

pumping the hormone epinephrine (also known as adrenaline) into the bloodstream. As epinephrine circulates through the body, it brings on a number of physiological changes.

The heart beats faster than normal, pushing blood to the muscles, heart, and other vital organs. Pulse rate and blood pressure go up. The person undergoing these changes also starts to breathe more rapidly. Small airways in the lungs open wide. This way, the lungs can take in as much oxygen as possible with each breath. Extra oxygen is sent to the brain, increasing alertness. Sight, hearing, and other senses become sharper. Meanwhile, epinephrine triggers the release of blood sugar (glucose) and fats from temporary storage sites in the body. These nutrients flood into the bloodstream, supplying energy to all parts of the body.

All of these changes happen so quickly that people aren't aware of them. In fact, the wiring is so efficient that the amygdala and hypothalamus start this cascade even before the brain's visual centers have had a chance to fully process what is happening. That's why people are able to jump out of the path of an oncoming car even before they think about what they are doing. But this is only the start. As the initial surge of epinephrine subsides, the hypothalamus activates the second component of the stress response system — known as the HPA axis. This network consists of the hypothalamus, the pituitary gland, and the adrenal glands.

The HPA axis relies on a series of hormonal signals to keep the sympathetic nervous system — the "gas pedal" — pressed down. If the brain continues to perceive something as dangerous, the hypothalamus releases corticotropin-releasing hormone (CRH), which travels to the pituitary gland, triggering the release of adrenocorticotrophic hormone (ACTH). This hormone travels to the adrenal glands, prompting them to release cortisol. The body thus stays revved up and on high alert. When the threat passes, cortisol levels fall. The parasympathetic nervous system — the "brake" — then dampens the stress response.

These organs and their interactions constitute the HPA axis, a major neuroendocrine system that controls reactions to stress and regulates many body processes, including digestion, the immune system, mood and emotions, sexuality, and energy storage and expenditure. Why? It is your Natural Design. Who cares about these functions when you are stressed or under threat?

The HPA axis has a central role in regulating many homeostatic systems in the body, including the metabolic system, cardiovascular system, immune system, reproductive system and central nervous system. The HPA axis integrates physical and psychosocial influences in order to allow an organism to adapt effectively to its environment, use resources, and optimize survival. So, by design as in the example of the flight or fight process where fear or stress causes a cascade of biochemicals to be created, it also shuts down or enhances specific physical and physiological functions. Now recall what Lower self wants you to express:

175	Pride
150	Anger
100	Fear
125	Desire
70	Grief
50	Apathy
40	Guilt
20	Shame

When you choose this, basically a cascade of things happen and if you imagine things that are bad, the brain remembers the drill and the stress button is pushed automatically.

It is designed to remember the trigger and the sequence of chemical processes that it reflects. It puts these away in your subconscious to protect you from harm. What determines the level of stress is the feeling, the emotion and on a scale of 0 to 1000 the worst ones are as above. Recall that these are taken from studies that measure the vibrations of these emotions. The lowest are the worse. So, as you either engage in the situations, or keep these as imagination, either way you step on the stress peddle and launch the HPA.

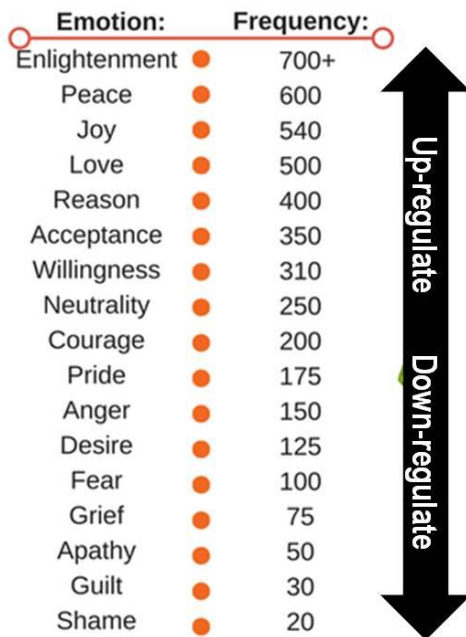
Thousands of things happen in your body and it does not settle instantly. Over time as you think, see and feel these issues, they operate continuously causing blocks and all sorts of dysfunction, disease and disease; and you render the natural design pharmacy ineffective, create a continuous launch and relaunch of these survival programs. When you press these buttons, there are hundreds of

biochemical things going on, and they do not just flush out of your system because the threat ceases. This is referred to as an incoherent state of brain chaos.

On the other hand, when you fill our mind and activities with positive emotions, thoughts, visions and words, the opposite is true. This is a coherent state which allows genes to up-regulate and the immune system can do its work properly accessing the appropriate DNA programs through the good subconscious directive buttons and deploy the healing and other pharmaceuticals to deal with the issue.

700	Enlightenment
600	Peace
540	Joy
500	Love
400	Reason
350	Acceptance
320	willingness
250	Neutrality
200	Courage

As an example, if you were in a hospital to undertake surgery, you are to rest, keep away from people and stress situations so the brain can go into a coherent state like Alpha vibrational state to not interfere with immune system healing process.



It has to do with vibration of photons

These emotions and their state of photon vibration are likened to light. Under your natural design, as photons of light, you build or diminish as all is light and information that you draw to turn into chemistry. More light as in the emotions shown, creates coherent system of communications within and with cells, providing the amount of vital energy. Stress turns on the sympathetic nervous system to mobilize a response — pupils dilate to see better, heart rate rises, respiration increases to run, fight or hide, more glucose for energy, blood flow shunted to extremes, immune system digestion, and brain less creative.

Of course it is very important to understand stress, or a threat, under Natural Design is not distinguishable to the system, whether perceived or real. As you will begin to understand later, reality is treated the same way... we simply haven't figured out the rules of the operation.

In any case, it is really about the amount of light that effects coherence. And that coherence is crucial to two brain systems under natural design — the head brain and the heart brain. Both of these are

affected by the amount or lack of light reflected in the vibration of the emotions attached to thoughts, images and words that are crucial to the operation of the body equipment.

Of course when you look at the vibrations they clearly indicate the worst and the best vibrations to fill your life with.

What are the culprits that screw up your Natural Design functions to create incoherence in the heart and brain?

There are many studies that have measured the vibrations of emotions, but this chart will give you a pretty good idea on how it works. Obviously, peace, love and joy create the greatest coherence.

Fear, grief, apathy, guilt and shame are the worst. The bottom line is that **The more profound the higher emotion the stronger is the up-regulate process.**

Where do you sit on the light content?

It is estimated that people create in excess of 50,000 thoughts per day and that most of these are negative and repetitive. Think about what you are silently doing to yourself.

The big surprise is that 90% are negative thoughts. But these thoughts are like play buttons you press because they carry emotional charge. What happens in the two scenarios is a process the cells undertake that relates to gene expression. In response to the situation higher light filled emotion signals genes to turn up (up-regulate) their expression. On the other hand the less light or stress turns off (down-regulate) their expression. In that expression, cells make proteins to support function. And not only do these cells have DNA programs to access for repair and healing but they have a huge list of Natural Design Pharmaceuticals to deploy.

As stated before for example the muscles produce myosin and actin), the skin collagen, elastin, there are immune antibodies like pancreas produces enzymes like protease, lipase, amylase. The Thyroid thyroxine, Bone hemoglobin, Eye keratin. Whatever you have as an issue in your body, there are Natural internal pills ready to be expressed. But if your system is too busy dealing with the negative emotions, resulting from thoughts, visions and word, whether real or

imagined, the gene expression is down regulated and on hold. That is why we age and die. That is why we don't live in heaven under perpetual wellness and abundance. It is simply a choice of expression.

Choose to express emotions low on light and you become prone to disease, disease and age rapidly. Choose high light vibrations and you allow the body to operate homeostasis the way it was designed to.

But this is only part of the story. First there is the vibration and the impact of the emotion. This directly effects the gene expression. But it also creates incoherence in the brain and the heart neuro centers rendering communications ineffective when the HPA axis is active. This means that instructions to express are confused through the nervous system so the usual instructions are not clear.

So, remember this as you read on. If you choose to live and express a life of hell, then you will be expressing a self perpetuating loop of gene expression on your own, simply because of your beliefs and choices of deploying mental and emotional energies. If that belief is brought about by a biblical story that you are a born sinner, lacking, hopeless and subservient to a wrathful god who will not allow you entry into heaven unless god (or his chosen ones) say so, then your gene expression will respond and you *will be* in Hell. Not only this, think about the inventory of unprocessed emotion?

But the amount of light the emotional energy carries has an impact in another functional system of Natural Design and it is more subtle in its operation.

The man who is at the forefront of clinically observing what happens in the body when emotional expression changes is **Dr Joe Dispenza**. He holds workshops around the world and is responsible for changing the health and wealth lives of thousands. His book is an astounding record of how this all works and his list of successes is also astounding.

The process of dealing with this requires one to get out of the old box. He offers his words of wisdom as the following:

"Most people can't change the conditions in their life simply because they are not changing. If they are not changing, when they return to the environment that triggers the thoughts and feelings associated to the problem, they're right back in the consciousness that caused the

problem. When they are triggered, because they have already experienced the problem (and most likely over and over), because they have a neurological network in their brain associated to the problem. They also have an associated emotion to the problem because of their experience of it. This creates a vicious cycle whereby your reaction to that person or problem is actually feeding the problem with the same energy, and if you keep feeding the same energy in, you get the same reality. We could say then that the same way you think and feel about the problem actually keeps recreating the same problem—because how you think and how you feel creates your reality. And if thoughts are the electrical charge and feelings are the magnetic charge in the quantum field, and how you think and how you feel is broadcasting an electromagnetic signature on a moment-to-moment basis, then your memories of the past and your reaction to your outer environment is keeping everything the same. Basically, you are back in the known. It's this kind of dissonance that becomes part of the thought forms that have a specific energy we are creating. In other words, since every thought produces a frequency, your thoughts are creating poorly formed patterns in the field. The more those incomplete patterns become incomplete manifestations, the more those incomplete patterns become disease in the body. Why? Because the pattern is not whole. So now the pattern of energy from your incoherent thoughts are frayed, entropic, and disorderly. Said another way, over time the body, the organism, and matter break down as a result of moving towards disorder. As the troubling thought produces the stress hormones—and as you reinforce this over and over and it becomes chronic stress—sickness or disease occurs because you are signaling the same disease patterns and gene expression by thought alone. Your thoughts about that problem are literally making you sick. It begs the question: Is anyone or anything worth it?"

"I want you to imagine this person who is stuck in a problem as if they are stuck in a box. To an observer who is looking inside the box from outside the box, wouldn't the observer probably say that they're not being very loving to themselves, especially if they keep doing that for an extended period of time? I'd say so. If you understand that all possibilities exist in the quantum field, then there is already a door you haven't thought or known about out of the current situation you are in. However, you cannot see the way out of that challenge if you are looking at it every day from the same level of mind, emotions, thoughts, and feelings of the past—in other words, from the same level of consciousness or unconsciousness."

In 2019, a great program was undertaken by Dr Joe Dispenza students who we will continue to use as our guide in correcting another issue of blocked energy centers. He is one of illuminating teachers, researcher and practitioner of life changing wealth and health miracles on the planet. He conducted a Neurogenesis expression test with 30 people to test genes on cell repair, and stem cells in a 4 day workshop designed to stimulate up-regulate.

By using health breath, taking people into the present moment to release familiar emotions stored in the body and rehearsing new states they changed the expression of 8 genes which they carefully monitored as shown in the table. When I speak of the present moment, it means to shut the cortex off into “no time”, where it cannot be bugging you about past or future things.

GENE	FUNCTION
CHAC1	Regulates the oxidative balance in cell helping reduce free radicals that cause oxidative stress which is the most universal cause of aging. Helps neural cells grow and form optimally.
CTGF	Aids in healing wounds, developing bones, regulating cartilage and other connective tissue. Decreases expression is linked to cancer and autoimmune diseases like fibromyalgia.
TUFT1	Aids cell repair in healing, including regulating stem cells (the blank undifferentiated cells that can turn into whatever the body needs at the moment). Involved in mineralization process of tooth enamel.
DIO2	Important for healthy placenta tissues and thyroid function (involved in the production of T3 thyroid hormone). Helps regulate metabolism by reducing insulin resistance thereby reducing occurrence of metabolic diseases and possibly ameliorating cravings and addictions. Also helps regulate mood, especially depression.
C5orf66-ASI	Suppresses tumors, helping to identify and eliminate cancerous cells.
KRT24	Associated with healthy cell structure. Also suppresses certain types of cancer cells, including those found in colorectal cancer.
ALS2CL	Suppresses tumors, especially those contributing to squamous cell carcinoma, a type of skin cancer.
RND1	Helps cells organize the molecules that give them rigid structure. Also aids neural cell growth and suppresses certain types of

What became apparent was that when the brain moved out of its normal pattern of beta, out of consciousness and time (into the present) all sorts of interesting things happened. Joe reports his findings in his book ***Becoming Supernatural*** as follows:

"The results showed that our students were able to significantly change the expression of eight genes over the course of the four-day workshop by changing their internal states. There is only one possibility in 20 that the results were due to chance—that's the threshold of significance that statisticians usually use. The functions of these genes are far-ranging. They're involved in neurogenesis, the growth of new neurons in response to novel experiences and learning; protecting the body against various influences that tend to age cells; regulating cell repair, including the ability to move stem cells to those sites in the body where they are needed to repair damaged or aging tissue; building cellular structures, especially the cytoskeleton (the framework of rigid molecules that give our cells shape and form); eliminating free radicals, and so decreasing oxidative stress (associated with aging and many major health conditions); and helping our bodies identify and eliminate cancerous cells, thereby suppressing the growth of cancer tumors. Activating the genes for neurogenesis was particularly significant because most of the time our students were in meditation, they were so present in their inner world of imagination that their brains believed they were in the actual event. See the table above to learn what each of these genes does and why it is important for our health. These are the specific genes that were regulated in four days in our Advanced Workshop in Tampa, Florida, in 2017. If our students have changed their gene expression by creating elevated emotions in just a few days, imagine what you can do if you practice this meditation for a few weeks. By using this breath technique to release the familiar emotions stored in the body from years of thinking and feeling the same way, and then by emotionally rehearsing new states every day, with practice these unlimited emotions will become the new normal for you. Your brain will think different thoughts equal to those elevated emotions. Finally, by embracing these unlimited emotions instead of the same limited ones, when you understand that you are signaling new genes and making new proteins that are responsible for the change in structure and function of your body, you can assign more meaning to what you are doing. That leads to a greater intention, which creates an even greater outcome."

Key lesson about expression

When you embrace the higher emotions in the present moment, you enhance a higher and faster frequency (love, peace, joy, bliss, happiness) with greater light. Lower emotions of (anger, hate, guilt, fear, jealousy, wrath, vengeance) are of low light and things don't work well. When you embrace these, the body and brain do not know the difference between the experience in the outside environment and one created in the inside environment. You are thus signalling the environment to the genes ahead of the environment.

Thus in order to master the present moment beyond the physical, you must be able to embody things in the now to move your brain into a listen mode of Theta or Alpha. The key lesson about this chapter is about recognizing the impact on your emotional expression. How you decide to express your emotions is the deciding factor as to what your genes will express. You create that environment which can be toxic or non toxic. That dictates the way your chemistry and physics responds. In an endless loop the subtle energy of thoughts and emotion creates a shift in matter in the body. As the inventory of blocked energies and negative input continues, which creates a place for more of the same expression, the body becomes more and more dysfunctional and disease vulnerable until a new mindset, habits and way of expression changes.

And the key lesson is that your current behavior of expression has created your physics, and potentially a hell of sickness and lack. If so it is that state of being, and that environment that has to change to create a new mind and environment.

The bottom line is that you must rewire and reprogram you mind into a new belief system to do this. Although with a few this may happen reasonable fast, it is more prevalent to see changes occur over a period of time where a certain process is followed with dedicated effort. Not only is it necessary to change your habits and open to a new mindfulness, it is necessary to manage thoughts and emotions in a higher energetic disposition. This process is best illustrated by Dr Joe Dispenza who has had many cases of success in people changing their health and wealth reality. We will present this process in a summary chapter called SEE for Subtle Energy Entrainment. In this chapter I will

reveal the proven way to Change your State of Being so as to train yourself into an ongoing state of higher emotion.

A lesson in miracles

Before we leave this topic, certain techniques to create a new mindset, shift the expression, and eliminate the blocked energies were mentioned. These will be revealed in the Chapter on SEE but it is worth spending some time looking at some of the extraordinary results coming from the workshops and effort of the Joe Dispenza team. (web site at www.drjoedispenza.com).

There is something that occurs in the belief system upon consciousness understanding and accepting that something is real. It is like an ah ha trigger that suddenly believes and is like the placebo effect. The common belief box controlled by the medical world is that certain medical conditions do not have a cure (nocebo effect). What I want you to see is that this is total crap. On Joe's YouTube channel you will find some 400 cases of miracles. (Just type in Joe Dispenza YouTube channel and feast your new beliefs). I am presenting a summary of some of them because most were deemed incurable.

Eefge	https://www.youtube.com/watch?v=HUQPcMhQWUs	Cervical cancer
Olivia	https://www.youtube.com/watch?v=VycU5BCb5Po	Breast cancer
Ricardo	https://www.youtube.com/watch?v=Ec65v0bq1Y	Lymphoma
Daniela	https://www.youtube.com/watch?v=C2d2za1UJaQ	Encephalitis
Grace	https://www.youtube.com/watch?v=sCYvOiyb7CM	Multiple sclerosis
Eugena	https://www.youtube.com/watch?v=Bulcas18rn8	Thyroid Cancer
Javier	https://www.youtube.com/watch?v=UAV4V0ks-r0	Colon Cancer
Ute	https://www.youtube.com/watch?v=RlqVhZwW65w	Lost singing voice
Jeff	https://www.youtube.com/watch?v=2839W-b_PcA	Replace Medications
Amrik	https://www.youtube.com/watch?v=k7GD95oiZgc	Glaucoma
Joe	https://www.youtube.com/watch?v=K9EYhVFTyL8	Lyme disease
Damien	https://www.youtube.com/watch?v=W6-6VZTMBu	Olfactory nerve damage
Susie	https://www.youtube.com/watch?v=ZsNtdGslrCo	Hashimoto's disease
Matt	https://www.youtube.com/watch?v=1LMx0Zj9bLE	Spinal cord injury
Agnes	https://www.youtube.com/watch?v=tRi8PbmiZms	Blindness
Raquel	https://www.youtube.com/watch?v=7uHqKJuMGNl	Mercury poisoning
Kim	https://www.youtube.com/watch?v=afy-QyuvFIA	Leg pain and dysfunction
Chris	https://www.youtube.com/watch?v=YZliHRK16wk	Alcoholism
Fatima	https://www.youtube.com/watch?v=DbqACDTqQtq	Endometriosis

Shaundee	https://www.youtube.com/watch?v=M1yokcpwpck	Chronic fatigue
Anouk	https://www.youtube.com/watch?v=CSn1wyQCFVU	Esophagus cancer
Gwen	https://www.youtube.com/watch?v=dJrbCKDG0kg	Spine fractures
Analia	https://www.youtube.com/watch?v=cXSTm2EY2uQ	Heavy menstrual cycles
Sansan	https://www.youtube.com/watch?v=F8iIT0Vs7ac	Double vision
Thomas	https://www.youtube.com/watch?v=HhT-OkwcEBs	Ankle injury
Devora	https://www.youtube.com/watch?v=oTtsk9YhBxM	Breathing dysfunction
Jonathan	https://www.youtube.com/watch?v=a8UP8w4jhXc	Agoraphobia
Brigit	https://www.youtube.com/watch?v=LDujuu_r6Q8	Heart attack
Robyn	https://www.youtube.com/watch?v=Mwf3Ont5P_g	Hearing loss
Sandy	https://www.youtube.com/watch?v=il1S469EVTk	Myasthenia gravis
Pam	https://www.youtube.com/watch?v=pSAZ7O1AdVs	Wegeners granulomatosis
Dane	https://www.youtube.com/watch?v=jQAU2koAdEM	Chron's disease
Lucie	https://www.youtube.com/watch?v=-eNkd04h0f0	Cervix cancer
Anita	https://www.youtube.com/watch?v=UFMM1X5WkFU	Chronic asthma
Marianne	https://www.youtube.com/watch?v=CM_YAT6oxoo	Lymphocytic Leukemia
Thomas	https://www.youtube.com/watch?v=-XqMcuxt-Lq	Lyme's disease
Daniella	https://www.youtube.com/watch?v=I4VbgbgjtYg	Acute arthritis
Rose	https://www.youtube.com/watch?v=gZZ3IG7L2MU	Paralysis
Lucia	https://www.youtube.com/watch?v=7QQ7qyx0rUc	Breast cancer
Sepp	https://www.youtube.com/watch?v=nzSeZP7udBE	Spine paralysis
Guillermo	https://www.youtube.com/watch?v=iaoxV4yhUzM	Pituitary cancer
Sandi	https://www.youtube.com/watch?v=X8wT2yxHdtI	Spinal stenosis
Miles	https://www.youtube.com/watch?v=P66FqP5x9PM	Brain and Lung cancer
Bradley	https://www.youtube.com/watch?v=e-D02dB6adA	Anal cell carcinoma
Suelene	https://www.youtube.com/watch?v=-DpxtpHDEGc	Torn anus muscle
Ahila	https://www.youtube.com/watch?v=Stv7B5PAY7c	Psoriatic arthritis

If you wish to see the results of Joe's work, go to his website at www.drjoedispenza.com where he has countless referrals of how successful his programs are.

Whatever your condition, race, or problem, the mind can heal it.

4

BLOCKED ENERGY CENTERS

In the last chapter, we saw the importance of choosing the right expression of emotions. As most physiologists will tell you there are the three stages of processing emotion, the generation of the emotion, the feeling, and the processing. Although you may not remember a trapped emotion, the subconscious does. These become trapped because they have not been processed. This is called repression and results in real energy being stored somewhere and expressing itself whenever hints of the situation are recalled (like in recurrent traumas). These express by manifesting disease, dis-ease and dysfunction somewhere in the body. Most are familiar with the physiologist's process of finding that emotion or situation that caused it and freeing it (or releasing it) to alleviate the conditions it is causing. These blocked emotions can result in many different problems like depression, anxiety; interfere with functions of body organs and tissues, cause havoc, pain, fatigue and disease. Such trapped energy will remain undiagnosed by conventional medicine causing poor health and well being.

In this chapter we will look at where these emotions get blocked, what goes on when these repressions take place and what can be done to release them. We saw the importance of changing to a new environment where the type of subtle energy expression was the key lesson. Emotional expression is a natural function and provides direct signals and input to the expression of genes. The big control centers were the heart and brain responding to and acting on their programs for survival. Unfortunately, as we have learned, survival is one thing

but it has its consequences of ill being and creating a hell. The next aspect of seeking the solution to a new health and wealth reality requires an understanding of how the emotional energy effects the body through another subtle energy system — energy centers. What is important to understand is how these energy centers each have responsibilities in dealing with these subtle energies. But they can become plugged up with repressive emotions, blocked, confused, and as the light current dims, they lose their commutation network. The effect ends in recurrent mental issues, disease and dis-ease and dysfunction within the area of responsibility of the energy center.

These energy systems also referred to as chakras, have been known for thousands of years, but it has not been until recent decades that science has begun to understand and describe the Natural Design of these very special subtle energy centers that have many responsibilities in maintaining homeostasis and balance in the body and mind. It turns out that these centers as distributed vertically in the body have their own minibrains and have centers of physiological, mental and biochemical responsibilities that also respond to emotion and thought.

As we have seen, an aspect of living in Hell comes about from our emotional and then genetic expression that effects the subtle energy system of the body. It can manifest into a living Hell that actually becomes a continued process of feeding on itself. As we have seen, genes become subdued in their expression, and the brain fills the subconscious multitudes of programs to protect you under stress so more and more time is spent in down regulation of genes, compromising the immune, mental, and digestive systems. After a while, the normal design processes just don't function so the way they digest food, serve the body immunity and trigger the natural pharmacy diminishes. So you get old, get diseases and die.

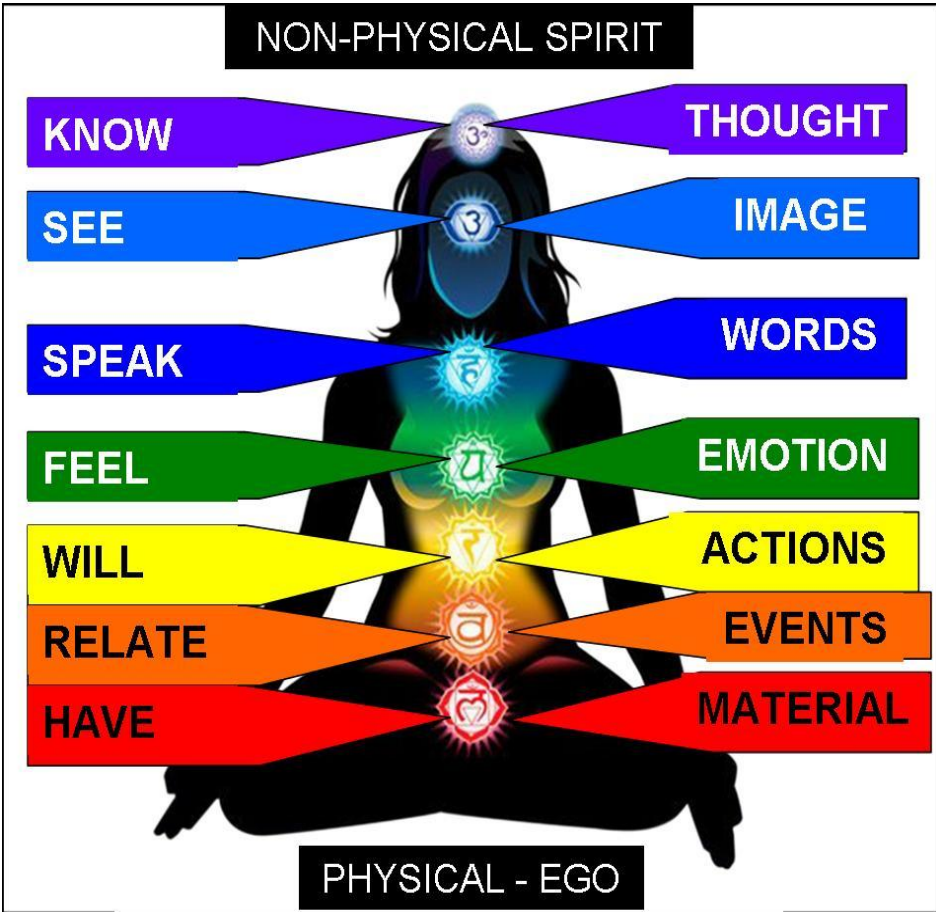
But that's not the only effect occurring in the body. The body also has energy centers with responsibilities of functions related to the organs designed to provide the support systems. They depend upon energy flows in body meridian system; like the flow of natural currents that are either strong or weak. And when they are weak, just like a string of light bulbs they don't work well and eventually fail. Because these are all photon-light based, the lack of light created by negative emotion creates a lack of vitality and current flow to dim, then eventually put out the light bulb (the energy centers).

When they begin to fail, the physical areas of responsibility, like kidney, liver, heart, etc., begins to fall into dysfunction and allow disease and dis-ease to occur as blockages of current flow occurs. The consequences over time add to the malaise of emotional repression to feed dysfunction and results in aging.

The Chakra subtle energy system

In understanding this Natural Design of the body, it is necessary to look carefully at this vital energy system. Although not much attention is placed upon the subtle energy system of the body, it is as vital to our natural design and functioning as the vascular and nervous systems. In addition to a main pranic channel and the vast complex of meridians, there are 7 major energy centers in the body and this has been known for thousands of years. When you cut off or block arteries or nerves physically, the consequence is dysfunction or even death and this is usually pretty obvious.

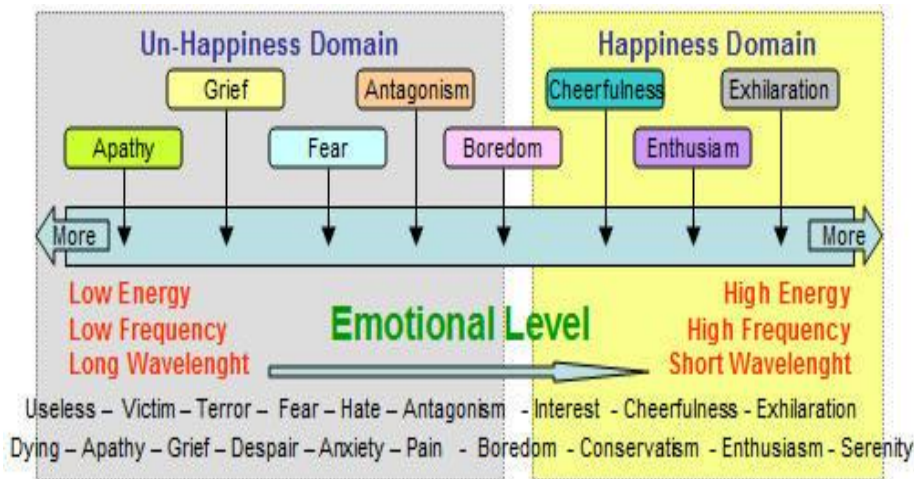
But when you cut off or block the subtle energy systems there are more subtle emotional and physical consequences occurring. Each energy center has a unique subtle and physical biomakeup, including glands, hormones, chemicals and minibrains. The first three at the bottom of the body (root, sacral, solar plexus) are designed for self survival. These are little energy centers that have responsibilities for specific functions and processes. You can think of chakras as invisible, rechargeable batteries.



These seven chakras referred to as Root, Sacral, Solar Plexus, Heart, Throat, 3rd Eye and Crown — each vibrate at specific frequencies responding to the light and current flow. Each has specific functional areas of responsibilities and these include the mental disposition to support effective mental functions and consequential areas of expression as shown in the diagram above.

They are charged and recharged through contact with the stream of cosmic light energy in the atmosphere in much the same way that your home is connected to a central power source within a city – the only difference is that this cosmic energy source is free. Imagine this, a vertical power current rather like a fluorescent tube that runs up and

down the spine, from the top of the head to the base of the spine. Think of this as your main source of energy. The seven major chakras are in the centre of the body and are aligned with this vertical power line.



Once again, remember emotions are subtle energy, each with a degree of light energy and specific vibrational signatures. Everything in our known universe is made up of, or emits light and information, or energy and consciousness. That means your body is not only made up of these energies, but it is consistently and continuously sending and receiving light and information or energy and consciousness. The energy centers in your body are centers of information, each center having a plexus of neurons that are correlated to and connected to a particular gland in your body. These are like minibrains that take care of body responsibilities.

Whenever these plexuses of neurons become low in energy, they become incoherent and the minibrain becomes incoherent thus also effecting the big brain into chaos and incoherence (we will discuss this coherence issue later). When this happens, the plexuses of neurons begin to change their hormonal expression and nerve conductivity of the different corresponding organs, tissues, and cells throughout the body.

These plexuses of neurons at each energy center help regulate the flow of energy throughout the electrical network (meridians) that runs through the physical body. So, like an electrical system in a house, they

allow electrical current to be sent to every part, and it is ready for use when needed. Their current is light energy. Sometimes chakras become blocked because of a lack of light caused by factors such as stress, and emotional or physical problems. If the body's energy system cannot flow freely it is likely that problems will occur. The consequence of irregular energy flow may result in physical illness and discomfort or a sense of being mentally and emotionally out of balance. The lack of light, as you know now is caused by low light or low emotion energy.

Each energy center minibrain has certain responsibilities to keep its operation working effectively. So each is designed to provide an energy flow to the various physical functional areas for which they are responsible, very much like the nervous and arterial systems.

The problem here is that through incoherence caused by poor light and recharge, they can be responsible for creating negative or positive physical and mental responses without anyone knowing. They all have minibrains which deal with functioning of certain body organs that produce various biochemicals for well being. Under Natural Design they operate optimally in a positive mode, but with lack of light (electricity) they begin to malfunction resulting in blockages causing distress, disease and dis-ease. What may seem easy to understand with a vascular block (cholesterol plaque) or a nerve (MS) disturbing functionality is no different than what happens to meridians (acupuncture) and these light circuits.

The worst problem, however, is that blocked or dysfunctional energy centers not only create biochemical response dysfunction but they affect mental disposition.

This is not so obvious to many but nevertheless it is an ongoing issue directly effected by emotional stress and negative emotions that are trapped. For example, if you were to understand the Root Chakra which is located above the perineum, it takes responsibility for the functional areas of sex organs, legs, feet large intestine and adrenal glands. To support this, it produces hormones as its biochemistry as a result of the emotional expressions you produce.

When it does not function well, its typically blocked by negative emotional energy expressions bringing incoherence of energy flows and minibrain malfunction into play, also effecting the brain, and created an emotional responses like fear and trauma. So very simply, the

expression of a lot of fear, pain, and trauma becomes lodged in this minibrain which over time creates more of the same emotion and issue as it is never properly released. The following chart explains this area of responsibility, function and result of blockage.

	Area	Function	Blockage
1	ROOT Perineum, sex, gonads legs, feet, bones, large intestine and adrenal glands.	Produce Testosterone, estrogen Its function is concerned with earthly grounding and physical survival. This Chakra is associated with your fight or flight response...	Blockage may manifest as paranoia, or trauma, fear, procrastination and defensiveness Sex depravity, addiction, anxiety, confusion, pain, trauma.
2	SACRAL Digestion, elimination lower abdomen, kidneys, bladder, circulatory system, reproductive organs and glands.	Balanced blood sugar It is associated with and concerned with emotion. This chakra represents desire, pleasure, sexuality, procreation and creativity.	Blockage may manifest as emotional problems, compulsive or obsessive behaviour and sexual guilt. Guilt shame, unworthiness, pain, lack, victimization
3	SOLAR PLEXUS Stomach, liver digestive system, muscles, pancreas and adrenals.	Adrenalin, cortisol, rennin, angiotensin, pepsin, trypsin, chymotrypsin. Concerned with competition, control, ego, self aggrandment. Seat of emotional life. Your sensitivity, ambition and ability to achieve are stored here.	Blockage may manifest as anger, frustration, lack of direction or a sense of victimisation
4	HEART Heart, lungs, arms, hands and thymus gland	Growth hormone, oxytocin plus 1400 to stimulate immune system is the centre of love, compassion, harmony and peace.	Blockage as immune system, lung and heart problems, or manifest as inhumanity, lack of compassion or unprincipled behavior
5	THROAT Throat neck, shoulders, arms, hands, thyroid and parathyroid glands.	T3 and T4 thyroxine to govern calcium, metabolism, Associated the senses of inner and outer hearing, synthesising of ideas, healing, transformation and purification.	Blockage can show up as creative blocks, dishonesty or general problems in communicating ones needs to others.
6	3 rd Eye Question of spiritual nature of our life, perception and knowing.	Serotonin, melatonin. Concerned with inner vision, intuition and wisdom. . .	Blockage manifests as problems in lack of foresight, mental rigidity, 'selective' memory and depression.
7	CROWN Cerebral cortex, central nervous system and the pituitary gland	Cascade of hormones to all glands. Purpose, understanding, acceptance, bliss and personal destiny...	Blockage can manifest as psychological problems

Activating the Natural Pharmacy

What is most relevant about these energy centers is the negative mental and physiological effects that render the ability to function as designed with respect to a natural pharmacy of biochemicals. If you look at the chakra energetic expression system, you will see the area of responsibility that can be blocked from producing the natural pharmacy by embracing lower emotions.

	Area	Blockage	Natural Pharmacy
1	Perineum, sex, gonads	Sex depravity, addiction, anxiety, confusion, pain, trauma	Testosterone, estrogen
2	Digestion, elimination	Guilt shame pain, unworthiness, lack, victimization	Balanced blood sugar
3	Stomach, liver	Competition, control, ego, self aggrandment	Adrenalin, cortisol, rennin, angiotensin, pepsin, trypsin, chymotrypsin
4	Heart, lungs, arms chest	Feeling of forgiveness, love, compassion, and connection and of understanding	Growth hormone, oxytocin plus 1400 to stimulate immune system
5	Throat, mouth, jaw, ears and neck	Communication, balance of immune system	T3 and T4 thyroxine to govern calcium, metabolism,
6	Third Eye brain eyes, skull	Intuition, wisdom intellect, knowledge understanding imagination	serotonin, melatonin
7	Crown	Divine consciousness	Cascade of hormones to all glands

This is its Natural Design, the way it was meant to function. Note that there are both physical and mental functions. Although this is nothing new to metascience of chakras and meridians, it is a totally overlooked science. The irony is that this is the source of problem areas (in addition to finding and releasing the trapped emotions). So if it is the cause and not the effect you want to treat, this is where to look. Each energy center has a unique biomakeup, glands, hormones, chemicals and minibrains. First four lower centers are survival based whereas the upper are more mental-intellectual based. But energy blocks caused by negative emotions render this invisible process more and more ineffective as incoherence sets in. Incoherence will be discussed in a subsequent chapter.

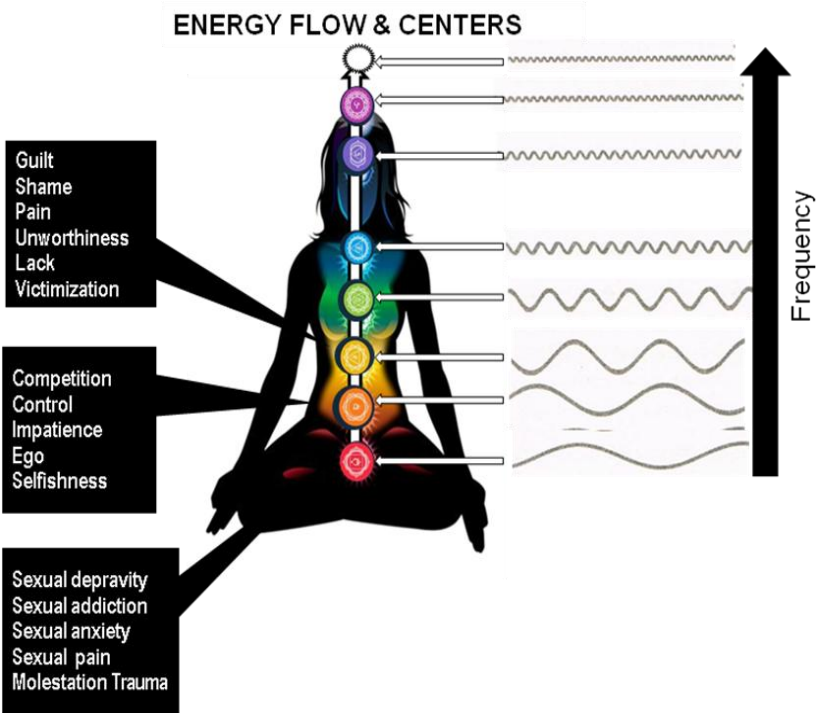
Unblocking the energy centers

So what can be done about unblocking these centers? Our bodies are designed to use energy in each of the centers. In order to unblock these centers, we need to do more with our energy than just survive. Quite obviously, as the Map of Consciousness shows, we are hardly above the level of survival, harbouring the energies of low light and lower emotion as a dominant way of life. So instead of projecting our energy outward (to procreate, to digest food, to run from danger, and so on), and also accumulating blocked energies of stress, the evolution calls for a process of releasing properly and processing emotions upward from one center to the next, increasing its frequency and letting go as it ascends. This is because the Natural Design flow of energy is from bottom up. They need to be recharged with light and cleansed. This is commonly referred to as a natural process of ascension going on as you evolve from matter focus to spiritual focus.

This Natural Design is not speculation anymore as science has come in to clarify this process and define how to unblock these issues. The work of **Joe Dispenza** once again has taken this to clinical observation and miracle type results. His work points to a need to start out by channeling our creative energy from the first root center. From there it is a natural flow of processes from one to the next in an ascending sequence.

In terms of the sequence of energy centres, recall that each center in the work of David Hawkins, had a specific vibratory level, higher and higher starting at 200 at the Root chakra. When we feel safe (out of an incoherent beta brain) and secure enough at the root, in our material environment, we can revitalize to create a means where that creative energy evolves, ascending and flowing into the second center at the sacral energy center. When we have to master some limitation or overcome some condition in our environment, we are able to put the creative energy to good use, and then it will flow to the third center at the solar plexus, the seat of our will and power. When we successfully transcend the adversity in our life, which has challenged us to grow and overcome, we have the opportunity to feel more whole, more free, and more satisfied and we're then able to feel genuine love for self and others as the energy flows through and activates the fourth center at the heart.

When that happens, we then want to express our present truth about what we've learned or the love or wholeness we feel. That then allows the energy to then move through and turn on our fifth center at the throat. After this, when the evolution of energy activates the sixth center at the 3rd eye, dormant areas of the brain open so that the veil of illusion is lifted and we perceive a broader spectrum of reality than we ever saw before. We then begin to feel enlightened, the body moves more into harmony and balance, and our external environment (including the natural world surrounding us) also moves into more harmony and balance as the energy ascends in activating the seventh center at the crown chakra. Once we feel that enlightened energy, we begin to truly feel worthy and the energy can finally rise to activate the eighth center above the head which opens to the Unified Quantum Field of all possibilities, where we receive the fruits of our efforts via visions, dreams, insights, manifestations, and knowingness that come not from anywhere within our minds and bodies as memories but from a greater power in and around us.



This continuous flow of evolving energy from our first center to our eighth center is illustrated above as those expressions, problems and emotions that BLOCK the flow of the Natural Design functioning. As we evolve our creative energy, it can be channeled from the first center all the way up to the brain and beyond. Each energy center has its own individual frequency that carries its own individual intent. That's the kind of personal evolution that happens when the energy flows consistently—the ideal. What too often happens, however, is that the events of our lives and the way we react to them cause our energy to get stuck so that it doesn't flow in this magnificent pattern. The places in your body where the energy gets stuck are the energy centers associated with the issues you're dealing with as in the picture which depicts what happens when the energy gets stuck and can't flow to the higher centers. When energy becomes stuck in our body, it cannot flow to the higher centers.

Since emotions are energy, these emotions get stuck in different centers and we cannot evolve. If, for example, a person has been sexually abused or has been conditioned since childhood to think that sex is bad, their energy can stay stuck in the first center, the center associated with sexuality, and they may have problems accessing creativity. If, on the other hand, a person can access their creative energy but doesn't necessarily feel safe enough to use their creativity in the world (instead feeling victimized by their social and interpersonal relationships), or if they have been traumatized or betrayed by another person, they might hold on to that energy in their second center. Such a person would be likely to feel excessive amounts of guilt, shame, suffering, low self-esteem, or fear. This would be best illustrated by holding a continuous belief of being a sinner.

As an example, if a person can get their energy flowing up to the third center (Solar Plexus) but they have ego issues and they feel self-important, self-absorbed, controlling, domineering, angry, overly competitive, and bitter, then their energy gets stuck in their third center and they manifest more control issues or motivation issues. If a person cannot open their heart and feel love and trust or if they are afraid to express love or how they truthfully feel, energy can also become frozen in the fourth and fifth centers, respectively. While energy can get stuck in any of the energy centers, these first three centers are where it tends to get stuck most often. And when it's stuck, it can't evolve and flow in the seamless current described earlier, which

switches on the higher energy centers where we're in love with life and want to give back.

Cleaning out and getting that circuit flowing the way it was designed to do is critical. This requires special attention and is best described by a process that has been proven to work by producing miracle type results. It is called **Blessing of the Energy Centers** meditation. As the energy act of blessing is a powerful energetic process, this process created by **Joe Dispenza (2019)** has proven to produce astounding results with his students and cases. We bless each of these centers so we can get stuck energy flowing again.

Blessing of the energy centers meditation

Since this process has produced so many dramatic results consistently, it is essential as part of the cleansing process as we undertake the new expression process. Check out Joe's website at www.drjoedispenza.com. I quote Joe's words from his book:

"This meditation has become one of the most popular meditations among our students and has created an impressive number of supernatural results. I will give you some basic instructions so that if you choose to do the meditation on your own, you'll know how to proceed. Begin by placing your attention in the first energy center, and then move to opening up your attention to the space around this center. Once you can sense this space around the energy center, bless that center for the greatest good, and then connect to elevated emotions—like love, gratitude, or joy—to raise the frequency of this center and also create a coherent field of energy. Do this for each of the seven energy centers in the body, and when you come to the eighth center, a place about 16 inches above your head, bless this center with gratitude or appreciation or thankfulness, because gratitude is the ultimate state of receivership. This center will then begin to open the door to profound information from the quantum field. Now open your focus and place your attention on the electromagnetic energy surrounding your entire body, building a new field of energy. As your body draws from a new field of electromagnetic energy, you become more light, more energy, and less matter—and you raise your body's frequency. Remember: If you are going to create the unlimited, you have to feel unlimited. If you are going to heal in a magnificent way, you have to feel magnificent. Tap into elevated emotion and sustain it throughout the meditation. Once you've blessed each of the energy

centers, lie down for at least 15 minutes. Relax, surrender, and let your autonomic nervous system take the orders and integrate all of this information into your body."

Over time these centers when bombarded by negative energies of stress via emotions, express a down regulation process that accumulates in dysfunction. As this accumulates an incoherent (we will cover this next) brain sends incoherent messages to minibrains of the energy chakra systems to effect expression and nerve conductivity. This then creates dis-ease, disease, imbalance as each doesn't work well thus affecting the areas of responsibility. And over time, these blockages accumulate the problems. The brain is busy activating the same response programs and the energy centers are adding to the issues, all working to manifesting your own private hell. This process cleanses and revitalizes those centers and the big surprise is once the emotional issues are cleansed, the resulting physical issues begin to disappear.

We will include this as a formal process in the Chapter on SEE Subtle Energy Entrainment.

The pranic tube of life

There is another part of this subtle energy system that needs to be considered. Again, it has been known about for thousands of years but it isn't until recently that it has become a more serious consideration as it relates to Natural Design. Science, and in particular, the work and clinical approach of Joe Dispenza is very relevant. If you look back at the prior energy center picture you see a tube running vertically from first chakras to the brain. This is a closed system of cerebrospinal fluid that's filtered from the blood in the brain. This fluid bathes the brain and the spinal cord, and it's responsible for giving the central nervous system buoyancy. It acts as a cushion to protect the brain and spinal cord from trauma, and it flows in various rivers and paths that transport nutrients and chemicals to different parts of the nervous system all over the body. By its very nature, this fluid acts as a conduit to enhance electrical charges in the nervous system.

Now let's go back to your sacrum and bring in a new science. Every time you inhale, that sacrum bone flexes back slightly, and every time you exhale it flexes forward just a little bit. This is an extremely subtle movement—too subtle for you to notice, even if you try. But it happens

automatically under your Natural Design. So a very crucial part of this flow has to do with breath which we will cover later. As you inhale, the sutures of your skull (the joints between the individual plates of your skull, which fit together like pieces of a puzzle and give the skull a degree of flexibility) open up just slightly, and as you exhale, they close back up. Again, this is extremely subtle. You can't feel it happening.

The movement of your sacrum back and forth as you slowly breathe in and out, along with the sutures of the skull opening and closing, propagates a wave within the fluid of this closed system, and it slowly pumps that cerebrospinal fluid up your spine all the way to the brain, passing through four chambers called cerebral aqueducts or ventricles. If you were to tag one molecule of cerebrospinal fluid and follow it from the base of your spine all the way up to your brain and then all the way back down to your sacrum, you'd see that it would take 12 hours to make a complete circuit.

So in essence, you flush your brain twice a day. As you inhale, your sacrum slightly flexes back and the sutures of your skull expand. As you exhale, your sacrum slightly flexes forward and the sutures close. It is this natural action of breathing that slowly propagates a wave to move cerebrospinal fluid up and down the spinal cord and throughout the brain.

So think about a natural simple process to push energy through. This would be done by contracting the intrinsic muscles of your perineum (your pelvic floor, the same muscles you use for intercourse and elimination) and you locking them down, and then while they were locked down, you next contracted the muscles of your lower abdomen, locking those muscles down, and then you did the same with the muscles of your upper abdomen.

If you kept squeezing and contracting those muscles in your first three energy centers by contracting your core muscles, that fluid in your central nervous system would move up. You'd be moving that cerebrospinal fluid in your central nervous system up your spine. Each time you tighten the muscles of those centers, the fluid would be forced upward. Now imagine you then placed your attention on the top of your head. Where you place your attention is where you place your energy, so if you put your attention at the top of your head, that would become your target for moving energy.

Now think about taking one slow, steady breath through your nose and at the same time, squeezing and holding the muscles of your perineum, then those of your lower abdomen, and then those of your upper abdomen—all while following your breath up your spine and through your chest, your throat, and your brain, and all the way to the top of your head. Imagine that when you get to the top of your head, you hold your breath as you keep squeezing. You'd be pulling that cerebrospinal fluid all the way up toward your brain.

Fundamental to many of these miracle type healings are these two processes that we have covered here.

This flushing system process is vital to cleansing and re-establishing proper function under your Natural Design. Again we will present this as part of our 28 day program in the Chapter on SEE (Subtle Energy Entrainment) later.

So far, you will be forming a new picture of your Natural Design and how it works from a subtle energy view. It turns out that we are doing a lot of bad things to our bodies and well being by not understanding and paying attention to the rules of operation. The role of that invisible hidden killer of negative emotion and stress is now, literally, coming to light!

The good news is that there is a solution. But before we do, let us look at another Natural Design function being clobbered by our lack of attention: longevity.

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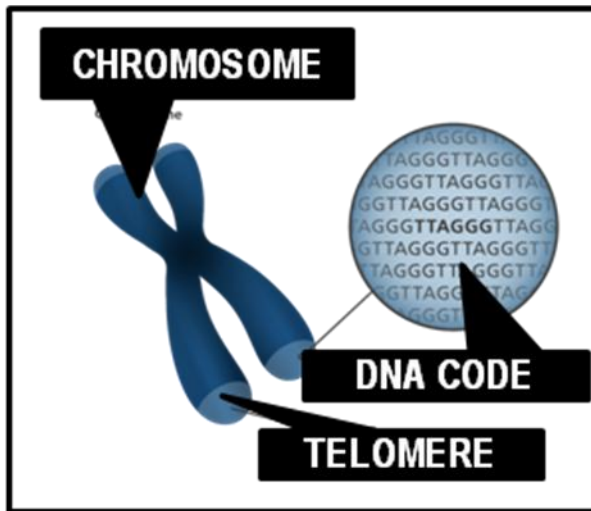
TELOMERES: NATURE'S NATURAL LONGEVITY PROGRAM

The Telomere buzz

There is another natural design process built in to us that has to do with longevity. This natural process relates to an internal code of cell regeneration, which eventually wears out, gives up and the body dies as it becomes incapable of cell regeneration. The overall consciousness box of humanity accepts that you are born, grow old and die at a life expectancy of 78 in the USA and 80 in OECD countries. But science is finding that this is not the way we were designed. Remember, we came here to live a life of heaven on earth but it seems that the way we express and process emotions may be why it ain't so. But what's happening that we wear out and die because we have stopped regenerating? Enter the Telomere.

Telomere is a new word that's the buzz of healing and longevity conferences. From television commercials that promise age reversal and renewed sexual vigor to ads suggesting that the medicine of tomorrow is a pill that you can buy on the Internet today. It is the subject that's suddenly made everyday people sound like DNA experts. And Telomeres in their natural design function border on the miraculous. Similar to the way a small plastic cap protects the ends of our shoelaces so that they don't wear out over time, telomeres are

special sequences of DNA that protect the ends of our chromosomes as our cells repeatedly divide.



Natures natural immune program

But under nature's program, to ensure that our genes are copied completely and that the precious information the cell contains remains whole and intact in its descendants, it provides this unique mechanism. If, for some reason, this mechanism did not exist, the copying would stop somewhere in the middle of an important DNA instruction—such as information needed for creating a strong immune system—and the new cell would have an incomplete blueprint to work from. The incomplete copy would show up as a genetic defect that could lead to disease, illness, senescence, and old age. But thanks to the telomeres, this doesn't happen. With this function in mind, it's clear why the length of our telomeres is so important. As long as they remain long enough to keep the DNA code intact, we have healthy cell division and vital cells that can do what they're made to do.

So, Telomeres are specialized sequences provided by Natural Design of DNA located at the ends of a chromosome that serve as a buffer to protect the chromosome's genetic information when a cell divides. With each cell division, the telomeres become shorter, until they can no longer protect the vital information of the cell, at which point the cell experiences old age, senescence, and eventually death. Typically, the length of our telomeres shortens over the course of our lifetimes. For example, at the time of our birth, our average telomere length is somewhere between 8,000 and 13,000 units (base pairs). As we age, they generally become shorter, and they do so in a predictable way. By the age of 35, the telomeres of a typical adult, living a typical Western lifestyle, are reduced by approximately 29 percent, to about 3,000 units. And when the typical adult reaches the age of 65, that number drops another 50 percent, to approximately 1,500 units. But the length of our telomeres is not fixed.

It's not totally predetermined as the above statistics describe what happens if we do nothing to support our telomere health. The good news is that we can do something. We can do many things. And for this reason, scientists now acknowledge that the speed at which, and the degree to which, our telomeres become shorter depends upon us and a number of factors that we influence through our life choices. These factors include familiar things like diet, exercise, and sleep, as well as detrimental factors such as the use of drugs and alcohol. But here is the big news: **They also include the less often considered factor of**

emotional stress that can stem from issues of self-esteem and self-worth.

That is bad news for those who believe they are sinners! Are you getting the feeling now why religion is humanity's greatest sin? I guess religion encourages you to die sooner so you can get to heaven??

A built in timer called Telomerase

There is a timer inside our biological clock. In 1961 an American scientist named **Leonard Hayflick** discovered that the number of times telomeres will support a cell as it divides is between 40 and 70 replications. When his discovery is plotted onto a graph of years of age based upon how frequently cells divide, we find what is known as the Hayflick limit of cell division. The Hayflick limit predicts the life span of a cell, and that limit appears to be the 120 years. Do we know what causes the limit of 120 years? Can we transcend the limit of 120 years?

In 2009 the Nobel Prize in Physiology or Medicine was awarded jointly to three scientists: **Elizabeth H. Blackburn** and **Carol W. Greider**, from the University of California at Berkeley, and **Jack W. Szostak**, from Harvard Medical School. Their award was for the 1984 discovery of an enzyme that is directly linked to the telomeres in our body—specifically to repairing, rejuvenating, and lengthening the telomeres. The name of the enzyme itself tells the story. Called **telomerase**, it's associated with the ends of chromosomes, precisely where telomeres themselves are located. The discovery of the purpose of telomerase is best described in the press announcement itself: Elizabeth Blackburn and Jack Szostak discovered that a unique DNA sequence in the telomeres protects the chromosomes from degradation. Carol Greider and Elizabeth Blackburn identified telomerase, the enzyme that makes telomere DNA. These discoveries explained how the ends of the chromosomes are protected by the telomeres and that they are built by telomerase. If the telomeres are shortened, cells age. Conversely, if telomerase activity is high, telomere length is maintained, and cellular senescence is delayed.

So the purpose of the telomerase enzyme in our cells is to repair, rejuvenate, and lengthen the telomeres that determine how long our cells live. And as stated, the discovery of telomerase suddenly opened the door to vast new possibilities of healing and longevity. And as often

is the case, before humans were involved in exploring the potential of this enzyme, the first studies were conducted on laboratory mice.

While a mouse is obviously different from a human biologically, the way a mouse's cells divide and the way those divisions are regulated is the same for them as it is for us. It made sense to test the theories of telomerase, and its role in longevity, on mice before trying them out on human volunteers. The results of the studies were nothing less than astounding. A 2010 paper published in the prestigious journal *Nature* left no doubt in our minds about what the studies had found. The title of the paper was brief and direct: "*Telomerase Reverses the Aging Process.*" The first sentence of the paper sets the tone for the possibilities that follow, stating, "*Premature aging can be reversed by reactivating an enzyme [telomerase] that protects the tips of the chromosomes, a study in mice suggests.*"

The ***Nature*** paper described how a group of mice were specially treated in a way that caused them to grow up without telomerase in their bodies while they were developing. The result was that, without the enzyme that could repair their telomeres, the chromosome buffers shortened quickly, and the mice aged faster than they normally would. Not surprisingly, as the mice aged, they developed the same kinds of conditions that we commonly associate with human aging, including diabetes, osteoporosis, and even neurological conditions. The reason these mice made headlines is because of what happened next.

They were also specially treated to have their telomerase enzymes reactivated when they reached adulthood. (This is accomplished by using a specific chemical called 4-OHT). After the adult mice were treated for one month, they were evaluated. It's the conclusions of their evaluation that were described in the paper. The lead researcher described the results as "*a near Ponce de Leon effect,*" referencing the Spanish explorer and his legendary quest for the Fountain of Youth. Meaning the age-related conditions of the adult mice were not only halted, they were actually reversed! "*Shriveled testes grew back to normal and the animals regained their fertility,*" the paper stated. "*Other organs, such as the spleen, liver, and intestines, recuperated from their degenerated state. The one-month pulse of telomerase also reversed effects of aging in the brain.*"

The results of this study have now been replicated and repeated many times and reported in many peer-reviewed scientific journals. Each

study approached the aging of cells from a slightly different perspective and tested the role of telomerase, telomeres, and aging in a slightly different way. And as different as the studies are from one another, they're all telling us the same thing.

The presence of active telomerase in the body is a key factor in stopping and reversing aging and the deterioration that typically comes with the aging process. With these studies, for the first time the relationship between telomerase and longevity was confirmed in mice. Since then, the results have been applied to humans as well. While factors beyond the length of our telomeres, such as lifestyle, physical environment, and nutrition, certainly contribute to overall longevity, the correlation between aging and telomere length seems to be undeniable and tells us three things:

1. Longer telomeres are found in people with longer life spans.
2. Telomerase is the enzyme that builds, rejuvenates, and lengthens existing telomeres.
3. Activating the body's telomerase stops further destruction and repairs telomeres that are already damaged.

Telomere length is now accepted as a biological marker—a measurable sign—for how long a human can be expected to live. And what's more, we now know that the marker can be influenced, and intentionally changed, in new and positive ways. It seems however that simply making our telomeres longer is not a guaranteed prescription for long life. It would make no sense, for example, to lengthen telomeres with expectations of longevity while at the same time indulging in a life of excess that included the chronic use of alcohol and/or recreational drugs, and a diet high in refined carbohydrates, trans fats, and heavily sweetened and fried foods. So while longer telomeres alone do not guarantee long life, researchers have found that only people who have longer telomeres live extended healthy and vital life spans.

The discovery of the three factors listed previously regarding telomeres and life expectancy has opened the floodgates for new research, an entire new industry of lifestyle coaching, and sales of nutrient and supplement factors designed to lengthen our telomeres, with a promise of long and healthy life. And while some of the products and techniques are based in solid science and actually do what their claims suggest, others are not and do not.

The first immortal cells

When the 2009 Nobel Prize was awarded for the discovery of telomerase, it was like the last missing piece of a puzzle had dropped into place for longevity research. Biology textbooks have historically shown an illustration where telomeres become shorter and shorter each time a cell divides. And because the number of times cells can divide was thought to be limited, cells were said to be mortal. It was believed they had a life span that could be calculated, and the number of times the cell could divide could be predicted. With the discovery of telomerase, however, and its ability to extend the length of telomeres and the life of the cell, a new class of immortal cells had to be created. The reason for this name is that the cells are not bound by the Hayflick limit. In theory, as long as the telomeres continue to be healed and replaced, a cell can continue to live, grow, and thrive. And in theory, this process could happen indefinitely, making the cell immortal.

While the idea of immortal cells may sound like science fiction, the reality is that they already exist. And the fact of their existence is not a recent achievement either. The first immortal cells were discovered in 1951. And the shocking truth is that those cells are still alive and reproducing themselves in laboratories today, some 65 years after they were first recognized. In 1951, a doctor at Johns Hopkins hospital created a cell culture from tissue taken from a young woman who had cervical cancer. In her particular instance, as with many cancers, the body's naturally programmed cell death that normally kills defective cells before they become a problem—apoptosis—was not working. Rather than killing off the cells that had not divided properly, her body was sending a signal to do just the opposite. It was producing telomerase to keep all of her cells alive and reproducing, including the defective ones. This is why the doctor made a laboratory culture from a sample of the woman's cells. He wanted to understand why the unhealthy cells continued to live and reproduce in this manner. The woman's name was Henrietta Lacks, and her cells continue to reproduce as tissue cultures today. The original culture that the doctor created in 1951 keeps perpetuating itself, and the cells that it produces are studied throughout the world in classrooms and medical research laboratories. They're known as the HeLa cell line, to honor the name of their donor. In theory the HeLa cells may live forever. In Henrietta's case, something unknown triggered a blanket release of telomerase in her body in 1951. It could have been an environmental toxin. It could

have been her body reacting to an additive or a preservative that was used in mid-20th century products that no longer exist. It could have been a concentration of heavy metals in her environment. What's important here is the fact that Henrietta Lacks' cells are still alive and will continue to reproduce as long as a constant supply of telomerase is present.

Emotional stress, the telomere killer

We can do many things to assist in this process. And for this reason, scientists now acknowledge that the speed at which, and the degree to which, our telomeres become shorter depends upon us and a number of factors that we influence through our life choices. These factors include familiar things like diet, exercise, and sleep, as well as detrimental factors such as the use of drugs and alcohol. But what studies have come to find is that these factors include the less often considered factor of emotional stress that can stem from issues of self-esteem and self-worth.

Now, ask yourself: If you are constantly expressing yourself in a way that supports the mortal story, being born a sinner right from the get-go, feeling lack and worthlessness, stressed out by fear, conflict anger? If you are and thereby forcing the way your genes express and down regulate, who do you suppose is to blame for that? The big factors that nullify health and longevity due to stress are pretty obvious by now.

- Gene Expression
- Blocked energy centers
- Telomerase

In an article put out by the American Psychological association it stated that research suggests chronic stress damage starts before we're even conceived and cuts into our very cells. A number of studies have linked stress with shorter telomeres, a chromosome component that's been associated with cellular aging and risk for heart disease, diabetes and cancer.

Elissa Epel, PhD, has been exploring that question for more than a decade at the University of California, San Francisco, where she directs the Center for Aging, Metabolism and Emotion. She often works with **Elizabeth Blackburn**, PhD, who won a Nobel Prize in 2009 for her research on telomeres.

She explains that telomeres are a protective casing at the end of a strand of DNA. Each time a cell divides, it loses a bit of its telomeres. An enzyme called telomerase can replenish it, but **chronic stress and cortisol exposure** decrease your supply. When the telomere is too diminished, the cell often dies or becomes pro-inflammatory. This sets the aging process in motion, along with associated health risks.

The two biggest factors are chronological aging and genetics, but stress is now on the map as one of the most consistent predictors of shorter telomere length. The type of stress determines how big its effect is. It seems exposures to multiple early life adversities, such as child neglect, have the largest effects, since they track through to late adulthood, or they set in place persistent mechanisms that maintain short telomeres throughout life, such as exaggerated stress reactivity and poor health behaviors.

So we can see this relationship between stress and cell aging across a lifespan, and it's fundamental to how we're built. Our brains are constantly looking for threats to our survival. When we expose our bodies to years of chronic stress arousal, we see effects that override normal aging, making our telomeres look like they are from a significantly older person. When we look at groups of people with psychiatric disorders related to dysregulated emotional responses, especially depression, and compare them to controls that have never experienced these disorders, they consistently have shorter telomeres.

How early in life do the negative effects of stress begin? If you want to be literal about it, it starts before conception. A baby's intrauterine environment is shaped by a mom's pre-existing physical health. There have also been several studies looking at maternal health and telomeres in offspring. So far, we found in a small study that the higher a mom's prenatal anxiety, the shorter the baby's telomere length, as seen in the work of ***Sonja Entringer***, PhD, ***Pathik Wadhwa***, PhD, and others. This scenario is setting the stage for an accelerated trajectory of aging. It may, in fact, be one of the most critical periods in time for impacting cellular aging. Trans generational transmission of risks has to be taken into account for understanding and improving public health.

Another consistent pattern turning up in both clinical and epidemiological samples is that early life adversity is associated with shorter telomeres. This relationship was first observed in adults when

early adversity was assessed retrospectively, but now it has been observed in young children prospectively. Maltreatment, abuse, severe neglect and exposure to violence all seem to take a swath from the telomeres. When you clearly understand that the subconscious and the brain are diligently recording programs of survival in the age 1-7 when brain wave is dominantly in Theta and Alpha, you begin to understand the dilemma.

The good news is that there are buffers to early adversity, such as warm and interactive high-quality parenting, or possibly the luck of having a more stress-resilient genotype, according to a small study by **Colter Mitchell**, PhD, and colleagues.

One of their recent studies has the intriguing finding that stress may alter how we metabolize high-fat, sugary foods. There is a somewhat involved story here. Chronic stress wreaks havoc in neutrally driven compulsive eating patterns. It can cause neuroplasticity changes that alter how we perceive and react to the world in ways that might be good for short-term survival but not for longevity mechanisms. Stress impairs our executive function, which dampens our ability to resist impulses. Chronic stress can increase the reward responsiveness of our brains.

So if we are at all prone to addiction, it's going to make us crave palatable food or drugs even more. It drives us to choose comfort foods, whether unconsciously or with a strong intention. Now what's happening in the body? It is known that people with high stress develop greater levels of abdominal fat. Mouse models have shown that pathway. The combination of high stress and eating a lot of junk food works synergistically here. Stress leads to neuropeptide Y (NPY), a chemical that triggers the intra-abdominal fat cells to mature and fill up with more fat. Assistant professor **Kirstin Aschbacher**, PhD examined this in humans and found the suspected pattern. The high-stress caregivers who ate more comfort food had higher NPY and abdominal fat. But this was not observed in the caregivers with the healthier diet, nor in the low-stress controls with the junk food diet.

Researchers also state that they are also testing the effects of aerobic exercise on telomerase in sedentary young adults — the work of assistant professor **Eli Puterman**, PhD, of UCSF. Exercise is probably the biggest antidote to biological stress dysregulation — excessive cortisol, insulin, inflammation and oxidative stress that make up a

"stress soup". Eli has shown cross-sectionally that exercise moderates the stress-telomere relationship, and he recently published the first demonstration of what appears to be longitudinal lifestyle stress buffering. If you have a really stressful year, yes, your telomeres may take a hit, but not if you are doing the daily work of health maintenance — exercising, eating fruits and vegetables, and getting enough sleep. If you've got those habits, your telomere attrition looks like someone who glided through the year with no big stressful events.

One thing to remember about chronic stress is that it's only our thoughts that make it seem so. Viewed mindfully, no situation is truly chronic — there are always calm moments to notice and be present for. Moments that can be lived in with ease.

Once again, it is the stress environments that deteriorate the cell's natural design process. Again this will be covered later but you can now begin to understand why subtle energies can be your undoing.

Whether you believe it or not, it is your choice and free will to perceive, believe and choose those emotions that support this scenario of quality or non quality of your life experience. Living in Hell most likely reflects a life full of stress so expressed by these feelings. You have been given the design to assess and process your environment with feelings and emotion.

In the next chapter we're going to look at the Natural Design and some of the research associated with those energy centers in an earlier chapter.

6

MERIDIANS: CONNECTING VISIBLE TO INVISIBLE

Meridians connect everything in your body

Most people are aware of acupuncture; many have used it to alleviate dis-ease and dysfunction. It's another area of ancient wisdom that has been discounted by modern medicine — until recently where science can't ignore the thousands of cases and practitioners who create miracles by understanding how these subtle energy systems work. You have already seen the importance of the seven energy centers and the pranic tube. But now Science is finding these subtle energy centers have an extensive network that also has much to do with the quality of life, and emotions.

Once again, we find that unprocessed emotions, as well as the lower negative emotions themselves are the true root of evil. Once again, there are pioneers in cross disciplines that are taking a clinical scientific approach to these invisible energies and creating miracles around the world. We will learn from some of these pioneers in this chapter.

Like your nervous system or your vascular network, picture a vast network of points and interconnections of invisible energy pathways connecting to each other and to every atom, cell, tendon, bone, organ, each centimeter of skin — everything in your body! That is the subtle world of meridians and energy centers. They link the upper portion with the lower and the surface with the interior, so that nothing is truly separate.

Now consider your mind, your emotions, and spirit—everything conscious and unconscious within you and how they communicate. These amazing pathways are the meridians, and they form your body and all invisible aspects of your being into an intercommunicating whole.

There are twelve major meridians that run on each side of the body, one side mirroring the other. Just like the chakras and their minibrains that center the operation, each meridian corresponds to an internal organ. And each organ, with its own physiological and invisible energy functions, is not only dependent on the other organ systems but also on the greater meridian network. It is like an invisible nerve system of sensing and response.

Energy and current flow continuously through these meridians, yet they also transmit information to and among your organs. What kind of information? Instantaneously they send signals to raise or lower your body temperature, signals that your body needs to release water, signals to regulate emotion, among countless others. Be aware that your body is constantly communicating with itself through innumerable messages flowing through your meridians. These life-giving energy pathways help coordinate the work of the organs and keep your body balanced by regulating its functions.

According to Traditional Chinese Medicine (TCM), as long as the energy current called Qi flows freely through your meridians and your organs work in harmony, your body can remain healthy. This means that when your body's meridian system functions well, you are well. Yet due to a number of causes—like excess stress—your body's meridians can become clogged or even blocked, just as we have seen with the major energy centers. This affects the function of the corresponding organ and ultimately the whole body-mind-spirit.

Meridians are incredibly sensitive. They can carry the effects of stimulation in the form of healing energy throughout your entire being. It is this special quality that allows the various TCM treatment modalities to work. By using food, herbs, Qigong, acupuncture, or acupressure, the flow of energy in the meridians can be stimulated, restoring balance and health.

Emotional stress creates blockages

You have heard this before. Unprocessed emotions occur all the time creating an energy block that eventually manifests itself in some way. The subconscious is full of these that are yet unresolved but to it, it's just another program that you recall unknowingly. An imbalance in the flow of this energy along a particular channel will affect the body's organ systems, leading to physical, mental and emotional symptoms. Yes, we are into emotions again as a culprit especially those of stress. Under normal situations they do not cause disease. And of course we easily process positive emotions because they are good and have good consequences.

However, when emotions become negative, unprocessed and excessive or "built up" over long periods of time, illness may result. It is a two way street as the state of the internal organs also affects our emotions. Each internal organ is associated with a characteristic positive mental energy. When affected by external stimuli, the normal flow of energy within an organ system becomes disrupted, causing changes to one's emotional state. In this view, emotions can be the cause or the symptom of a disorder. As difficult as it may be to understand this connection, just think about how negative feelings can conjure up biochemicals and more negative feelings... and behaviour.

According to tradition the body can become healthy by balancing its flow of energy. Approximately 2000 different acupuncture points lie along the body's channels of energy. Stimulating these points relieves the obstructions in the energy flow, allowing the body to heal. Auricular, or ear acupuncture involves stimulation of acupuncture points around the external ear. This form of acupuncture is often effective for the treatment of a variety of physiological and psychological health problems.

Research indicates that acupuncture can be of therapeutic value in the management of stress, anxiety, depression and associated health problems. Psychological health problems like anxiety and depression are thought to be caused by low levels of the body's mood enhancing chemicals (neurotransmitters) such as dopamine, noradrenaline, serotonin and GABA. Acupuncture has been proven to enhance the levels of these neurotransmitters.

Not surprising to hear again, chronic stress also causes an over stimulation of the sympathetic nervous system which leads to the excess release of stress hormones such as cortisol. Stress hormones can interfere with the secretion of the mood enhancing neurotransmitters, resulting in emotional imbalances. Acupuncture can affect sympathetic nerve impulses, reducing the negative impact of stress and restoring balance.

The primo-vascular system

"In every culture and in every medical tradition before ours, healing was accomplished by moving energy." – **Albert Szent-Gyorgyi**, Biochemist and Nobel Prize Winner.

For centuries the ancient wisdom keepers and healers in several traditions had a keen understanding of the subtle energetic body. The healing traditions from China, India, Japan and Tibet, as well as other countries all spoke of energy channels, meridians or nadis along which the vital energy flowed. Life was considered to be a bio-electrical and vibrational energy phenomenon and so health revolved around balancing energy through various means. Life existed because of life force and energy running through and animating the body, ensuring we can move, breathe, digest food, think and even feel.

This vital life force or chi is composed of two kinds of forces, yin and yang, and flows along a sophisticated network of energy pathways, or highways, circuiting the body. In India, where many eastern healing arts developed, there were said to be 72,000 nadis or energy pathways. Disease is believed to be a blockage in the energy flow of these channels. A range of healing traditions, including acupuncture, acupressure, massage and yoga, are founded on the principle of the existence of energy channels or pathways, known as meridians, or nadis, running around the body in an expansive network.

While it may seem a little airy fairy to some to consider the energy body while we have flesh and bone, at source we are an energy field, embedded into another energy field. Our bodies are electromagnetic in nature and science has measured these frequencies with advanced machines, like EKG's and MRI scanning, for many years. Numerous studies now demonstrate these energy pathways and points do indeed conduct electricity even when needles aren't used. And the massage techniques of Shiatsu have been found to stimulate the same energetic

effects. Similarly, Qigong, Tai Chi and the postures of yoga, have been found to increase electrical conductance at acupoints, yet science never believed in the existence of meridians until now.

Recently scientists at Seoul National University confirmed the existence of meridians, which they refer to as the “primo-vascular system”. They say that this system is a crucial part of the cardiovascular system.

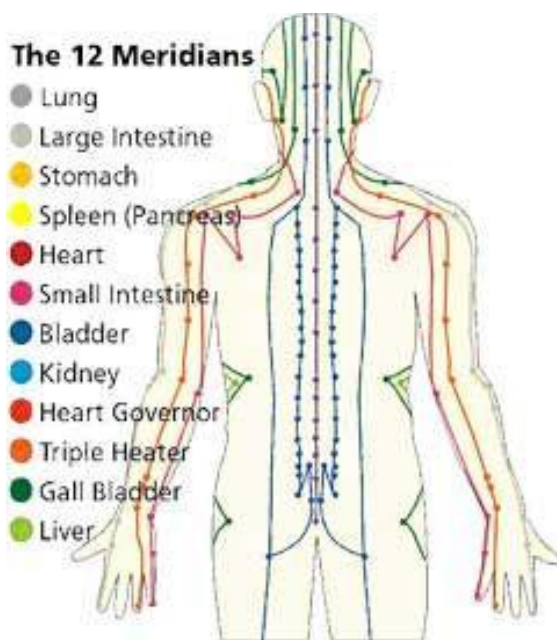
Previously, North Korean scientist **Kim Bong-Han** proposed that he had found meridians in the early 1960's. Dr Kim Bong-Han showed over 50 years ago that new tubular structures exist inside and outside of blood vessels and lymphatic vessels, as well as on the surface of internal organs and under the dermis. He believed they were the traditional meridian lines. The meridians were called Bonghan ducts or channels, after his research, but now the existence of this system in various organs has been corroborated by further research.

The current Korean researchers now believe the primo-vascular system is in fact the physical component of the Acupuncture Meridian System. And it has also been suggested that this system is involved in channelling the flow of energy and information relayed by biophotons (electromagnetic waves of light) and DNA.

The Korean scientists studying oriental medicine with biophysical methods injected a special staining dye which coloured the meridians. By injecting the dye onto acupuncture points, they were able to see thin lines. These did not show up at non-acupuncture point sites where there are no meridians. The researchers discovered that the meridian lines are not confined to the skin but are in fact a concrete duct system through which liquid flows, and that this liquid aggregates to form stem cells.

Previously, scientists used a combination of imaging techniques and CT scans to observe concentrated points of microvascular structures that clearly correspond to the map of acupuncture points created by Chinese energy practitioners in ancient times. In a study published in the Journal of Electron Spectroscopy and Related Phenomena, researchers used contrast CT imaging with radiation on both non-acupuncture points and acupuncture points. The CT scans revealed clear distinctions between the non-acupuncture point and acupuncture point anatomical structures.

There are 12 primary paired meridians and two single mid meridians, six yang and six yin.



The yang meridians run down the body and the yin meridians flow up the body. Each meridian is also related to an element. Each meridian is most active at a certain time of the day or night and each meridian is influenced by an element or season.

The nature of meridians, in their elemental structure, and as vessels for the life force, show the intricacy and profound connection of our body at a cellular level, to the universe. We are intimately connected by the elements, energetic structure and flow of energy, to all life, at a cellular, physical level. Our earth is also said to have energetic pathways or ley lines, akin to meridians.

How are meridians related to health?

Our bodies need balance. A balanced flow of energy, not too much or too little, is conducive to good health. This is the same in the way we live our lives. Balance is paramount. Just enough food, water and a

healthy balanced lifestyle. As the Buddha said: “middle way” or moderation in all things.

We can see this harmony and balance in life, as the balance between the energies of yin and yang — or more simplistically, masculine and feminine — the two opposing and catalysing energies of the universe.

Our health is vibrant if there is harmony and balance between these two forces in the body. If the balance is disturbed, and the flow of one of these forces becomes greater than the other then illness arises. These forces or energies flow through very definite channels in the body, or meridians, and these are the body’s healing energy pathways.

In traditional Indian medicine, the meridians are expanded upon. There are nadis found within the physical body and these nadis make up the nervous system, the circulatory system, the digestive system, the respiratory system, the lymphatic systems, etc. Any blockages in these nadis can result in physical health conditions. Nadis can also be found in the subtle body where they carry thoughts, feelings, and nerve impulses. When these nadis are blocked, we lose our ability to feel, and connect deeply with others, the environment and ourselves. In the same way that veins and arteries are important for the body to function, nadis weave through our physical nerves and the matrix of consciousness that circuits the mind and self, supporting our physical expression from the otherworldly dimensions of existence.

When the flow of energy is blocked, it causes low energy and illness. Practices like yoga and meditation work on these subtle energy channels, supporting the flow of energy through the body. According to some ancient Indian texts there are 350,000 nadis or energy pathways in the body. In traditional Indian medicine and spiritual science, the energies of the physical body, the subtle body and the causal body are said to flow through the nadis. Within this framework, the nadis are said to connect at special points of intensity called nadichakras.

The three most important nadis are those running along the spine: ida, pingala and sushumna. The Sushumna is the central channel of energy in the human body and it runs from the base of the spine to the crown of the head and carries kundalini energy, which is the primal evolutionary force. Kundalini is awakened through yoga and meditation and is said to lie dormant at the base of the spine. Activation of the kundalini leads to higher consciousness states. The aim of yoga is to

broaden the sushumna and to unite the pathways. Purifying all three nadis leads to overall health, and wellness of body and mind, as well as spiritual growth. Various Pranayama techniques aid in helping to keep these nadi channels open.

If you are sensitive to energy and have had energy treatments, such as acupuncture, you may have felt streams of energy or a flow of cold or heat, for example, up the legs or arms. This is a freeing up of energy in the meridians and the flow of energy that is released when a blockage is removed.

There are many wonderful healing modalities based on the meridian system that support radiant health. By enhancing the flow of energy through the body, balance and health is achieved and we come in touch with our true selves. Acupuncture is a therapeutic modality used in China as early as the late stone age. It was used to treat all ailments affecting people. Acupuncture did not enter modern Western consciousness until the 1970's when China ended a period of isolation and resumed foreign political and cultural contacts.

The range of applications for acupuncture has grown slowly in the West, possibly because of the belief that it has no scientific basis. Perhaps now with the scientific proof of meridians, acupuncture will become more widespread for all ailments, along with other great healing modalities based on the energetics of the body, supporting more people to have vibrant health and wellbeing.

The wonder work of Dawson Church

So what does this acupuncture stuff have to do with our subtle energy story? My wonder worker and pioneer in this area is **Dawson Church** and his latest book ***Mind to Matter***. Dawson Church, PhD, is an award-winning author whose best-selling book, ***The Genie in Your Genes***, has been hailed as a breakthrough in the field of epigenetics. He has published numerous scientific papers, with a focus on the remarkable self-healing emotional-meridian mechanism called EFT (Emotional Freedom Technique). Much like Joe Dispenza, Dawson's work is a crossover between science and metascience. In particular his work and mind-blowing results are focussed on the effect of emotion on meridians and brain waves.

His follow-up title ***Mind to Matter***, reviews the science of peak mental states. He founded the National Institute for Integrative Healthcare to study and implement promising evidence-based psychological and medical techniques. He is the editor of *Energy Psychology: Theory, Research, and Treatment*, a peer-reviewed professional journal and he shares how to apply the breakthroughs of energy psychology to health and athletic performance through EFT Universe, one of the largest alternative medicine sites on the web called the **Emotional Freedom Technique**.

The work simply speaks for itself because it uses top scientific methods of clinical and scientific observation, as well as producing astounding results. His EFT Tapping method is one of the most successful psychology self-help techniques ever developed. Over 5 million people a month search online for EFT tapping and related terms, and the 5 highest-traffic EFT web sites have over 2 million-page views a month. EFT Universe is one of the most-visited alternative health sites on the web, with about 150,000 unique visitors each month, and some 200,000 newsletter subscribers.

The Emotional Freedom Technique EFT

The Emotional Freedom Technique (EFT) is an alternative treatment for physical pain and emotional distress. How? You guessed it. Get rid of certain emotions that create blocks that create dis-ease that create disease. It's also referred to as tapping or psychological acupressure. People who use this technique believe tapping the body can create a balance in your energy system and treat pain. Similar to acupuncture, EFT focuses on key meridian points — or energy hot spots — to restore balance to your body's energy. It's believed that restoring this energy balance can relieve symptoms a negative experience or emotion may have caused.

EFT uses fingertip tapping to apply pressure, not needles. The tapping helps you access your body's energy and send signals to the part of the brain that controls stress. Stimulating the meridian points through EFT tapping can reduce the stress or negative emotion you feel from your issue, ultimately restoring balance to your disrupted energy-and getting rid of the physical issue it caused!

By now you understand clearly that emotional blocks and issues are the primary cause of illness, dis-ease and disease. Clinical psychology is

based on this premise, to seek out the emotional issue in order to resolve any physical or behavioral problem so it should not come as a big surprise.

Three key reasons for the efficacy of EFT

Not surprising, EFT has become a world phenomena and many doctors are not only using it to their success but are investigating why and how it works. EFT puts a whole new light on this presenting a simple process that anyone can follow. The types of results in people are staggering and speak for themselves. How EFT is able to make such dramatic and permanent changes, even for “incurable” conditions like Type 1 diabetes and fibromyalgia, is mind-blowing, particularly where people have tried other therapies without success.

There are three key reasons for EFTs efficacy, and they work hand in hand. One is that EFT reduces stress. The second is that EFT diminishes the intensity of emotional trauma. The third is that EFT modifies the way the brain processes emotional information.

When you think about an experience that produces negative emotion, such as a rivalry with a colleague at work, a fight with a family member, or a miserable childhood event, you increase stress. You have an emotional response to the experience. You feel emotions like anger, fear, shame, resentment, or guilt. When you use EFT, the intensity of those emotions diminishes, often to nothing, and often in just a few minutes.

This reduction in emotional intensity indicates that your stress level is going down. Stress involves your whole body, from your heart rate to your breathing to your blood pressure to your degree of muscle tension. Your body, brain, and emotions function as a whole. When you feel an emotional response, your body translates this into physical changes in circulation, respiration, digestion, and every other organ system.

This is also why EFT works with such a wide range of problems. Besides the mental health issues and physical symptoms covered earlier, people use EFT to improve their athletic performance, trade stocks and bonds, enhance their love lives, and deepen their spiritual practices. The reason that EFT is beneficial in so many life domains is that they're all affected by stress. A world-class athlete might have the skill to win a game, but if that skill is impeded by stress, the athlete's performance is

compromised. A stock trader might be excellent at reading the stock market, but the emotions generated by manipulating large amounts of wealth can produce stress which degrades the trader's ability to make rational decisions.

Yes you have heard this before. Stress is the silent killer! As EFT reduces stress, all our other resources become available to us. When our emotions are calm and positive, even though our life circumstances may not have changed, then our bodies are no longer receiving those stress signals. As we become calm, our bodies respond by shifting all our systems to a relaxed state of functioning. That's why EFT works on such a wide variety of seemingly—dissimilar problems. Stress usually plays some role in our problems, so I encourage you to try EFT in addition to your other strategies for solving them. Of course we will include EFT in our chapter on SEE (Subtle Energy Entrainment).

This also appears to present another way to re-wire the neural pathways and subconscious programs. Our brains evolved to associate emotions with experiences. Your distant ancestors learned to associate the emotion of fear with tigers, wolves, and other predators. This helped them to survive. Their brains created an emotional tag saying "danger" to attach to the image of a predator.

You still have all that neural wiring in your brain even though you no longer face an environment full of dangers. It now works to your disadvantage, in the form of irrational fears and worries. Perhaps you had a bad experience with a schoolteacher with bushy eyebrows when you were five years old. You now have an unconscious fear of male authority figures, and whenever you have a job interview, you become so nervous that you make a fool of yourself. You don't know why, and you think that your reactions are normal, caused by the external world. They're actually just old neural tags in your brain.

Psychologists used to think that these strongly encoded memories were permanent, that "*learnings formed in the presence of strong emotion*," could not be changed, because "the brain threw away the key" (Ecker, Ticic, and Hulley, 2012). However, recent research in a field called "memory reconsolidation" shows that there is a brief period just after a memory has been reawakened when its emotional content may be "untagged." The neurological wiring governing our old response can be rewired during this window. If such reconsolidation occurs, we may still

have the memory, but it will no longer evoke a strong emotional response.

This is exactly what those who use Clinical EFT report. After tapping, they can still recall the traumatic life events that occurred, but those events are no longer associated with strong emotion. Before tapping, they report a high SUD level. SUD is a Subjective Units of Distress measurement as a scale from 0 to 10 which measures the subjective intensity of a disturbance or distress. It is commonly used in cognitive therapy. After tapping, recalling the same event, they report a low SUD score. When followed up weeks, months, or years later, their SUD levels when recalling the traumatic event, are still low. Not only are they no longer emotionally triggered by the old event, they are less troubled by all similar events that occurred in their lives.

In this way, EFT appears to be permanently rewiring the neural network of those who use it. EFT may be more than psychology, working on the mind and emotions. While we can't peer into the workings of the neural circuits of the brain, the experiences of practitioners and clients suggest that memory reconsolidation is taking place in the brain circuits that conduct the signals of trauma.

But if you study what is being found out about this EFT process, it is indeed a miraculous discovery. This process of simple tapping does several astounding things:

1. The tapping on meridians around the 6th chakra "lulls" the midbrain into a state of safety and allows the brain to move into a present moment in Theta or Alpha brainwaves;
2. The process allows access to the subconscious where the programs can be fired and rewired;
3. The tapping opens to the area of the midbrain controlling emotions and where the registry of all emotions are held;
4. The process opens to acknowledging the memory/program where emotion blocks of unprocessed energies exist;
5. Through the process of tapping, the blocked emotions are brought into awareness, revisited, acknowledged, accepted and processed properly so as to remove the effects it is creating;
6. The tapping process refires and rewires programs to eliminate the issue;
7. The tapping process has the effect of regulating many genes.

It's a fantastic simple shortcut into your invisible design system that effects matter! It gets to the heart of the matter of subconscious programming. So the simple process can and does allow one to focus on a mental or physical issue and work backwards to eliminate the block that caused it. Now this may be pretty hard to believe but the evidence of success speaks for itself. And all you have to do is Google EFT Testimonials.

Now, when you realize that some of these cases are firing and rewiring subconscious programs that are controlling their external reality, things REALLY make you wonder what is happening in this midbrain. (covered in a separate chapter).

Brain waves are windows to the mind

There are thousands of studies showing the energy field frequency windows that affect cells and molecules. We have already talked about the importance of brain waves and how the brain operates differently in each mode. What is most important is what happens during these different frequencies generated by our own brain waves, especially delta, theta, alpha, and gamma, as they are naturally occurring frequencies in our bodies. As our brain frequencies change, they affect our cells. What is most important is how we can change our cellular environment using our own naturally generated brain waves.

Dawson reports that meditation and tapping increases levels of these four brain waves. They are frequencies you can induce yourself—no medications, herbs, beliefs, or mind-altering substances required. It's also shown that mental states such as the ones we generate during meditation and tapping produce unique energy fields. Very slow waves like delta, theta, and alpha, as well as very fast waves like gamma, change dramatically when we induce these states of mind.

From his book ***Mind to Matter***: “As we examine the research associated with each of the five brain wave frequencies, from slowest to fastest, you'll notice an exciting range of healing events associated with each.”

What is particularly enlightening about Dawson's work is that not only does he get spectacular results; he monitors what is actually happening to the brain and the body biochemistry. What happens in the brain is very significant and I am summarizing below what he says about the

benefits of each brain wave state; as quoted from Dawson's book of ***Mind to Matter***.

Delta brainwaves and benefits

Delta is the slowest brain wave, from 0 to 4 Hz, associated with many beneficial changes in living tissues. Studies of normal brains have pointed to some of the links between healing and frequencies in the 0–4 Hz range. A group of sleep investigators hooked men up to EEG monitors before they went to bed in order to study sleep patterns (**Gronfier** et al., 1996). In addition to the EEG readings, growth hormone levels were measured every 10 minutes.

The researchers found that when delta waves were at their peak in the brain, the secretion levels of GH (Growth Hormone) were highest. In a different group of men of a wide range of ages, from teenagers to octogenarians, an association was found between delta and Growth Hormone GH production (**Van Cauter, Leproult, & Plat**, 2000). Production of both of these declined progressively, the older the men were. GH is synthesized during periods of delta wave sleep. **Ahmed and Wieraszko** (2008) took slices of live tissue from the hippocampus, the part of the brain that governs memory and learning. They found that a very low frequency in the delta band, 0.16 Hz, increases activity in the synaptic connections between neurons in the hippocampus. This suggests that memory and learning may be enhanced by delta activity.

Researchers from Washington University School of Medicine in St. Louis, Missouri, looked at beta-amyloids, sticky plaques between neurons in the brain characteristic of Alzheimer's disease (Kang et al., 2009). They found that during sleep, when brains are primarily in theta and delta brain wave states, beta-amyloid production in the brain ceases, and toxic material is cleared away. The effect was greater in deep sleep, the phase of sleep in which our brains are in delta. When analyzing RNA and five proteins that are involved in the production of telomerase, a group of researchers found peak resonance in these molecules in the frequency bands of 0.19 and 0.37 Hz (Cosic, Cosic, & Lazar, 2015).

What is striking about this study is that other frequencies did not affect telomerase. The molecule was exquisitely sensitive to just a tiny frequency window within delta. The resonant peaks for 10 telomere sequences clustered around a frequency window of 0.19 Hz. A research

team inspired by the work of **Marko Markoff**, who has published more than 100 scientific reports on biological electromagnetism, found that delta frequencies between 0.5 Hz and 3 Hz stimulate the regeneration of nerve cells (Sisken, Midkiff, Tweheus, & Markov, 2007). Delta is the wave that we see in EEG readouts when people are having a sense of connection with the infinite. They typically report mystical experiences in which the local self merges with the nonlocal self. Meditators with large amplitudes of delta feel connected to all of nature, to other human beings, and to the infinite. They lose the sense of being an isolated individual, or what Albert Einstein called the delusion of separateness. Instead, they experience oneness with all that is.

When our brains are producing delta, we are bathing our cells in a frequency that has the potential to produce a whole gamut of beneficial physiological changes at the level of our cells, from growing our telomeres and boosting our GH levels to regenerating our neurons and sweeping our brains clear of beta-amyloid plaques. We are not just having a nice subjective experience; in the delta state, we are creating an objective energy environment in which our bodies thrive. People who are in transcendent states, experiencing oneness with nonlocal mind, show large amplitudes of delta brain waves.

Theta brainwaves and benefits

Theta is the second slowest brain wave, with oscillations ranging from 4 to 8 Hz. It's the frequency most commonly observed in healers. **Becker (1990)** found that when healers were in the midst of an energy healing session, theta was the most common wave in their brains. Before starting the healing session, they might have had high beta or delta or other brain wave patterns indicative of ordinary consciousness, but once they placed their hands on or near a sick person and began the healing encounter, they reverted to theta. This was true regardless of which healing school they belonged to or what set of beliefs they held. Some were qigong masters. Others were Native American shamans. Some were cabbalistic practitioners. Still others were Christian faith healers.

Regardless of affiliation, their brains went into theta when they immersed themselves in the healing state (Kelly, 2011). Theta is associated with many beneficial changes in the body. A group of researchers studied the effect of various frequencies on DNA repair. They found that electromagnetic fields between 7.5 Hz and 30 Hz were

able to enhance molecular bonding (**Tekutskaya, Barishev, & Ilchenko**, 2015). Within that range, 9 Hz proved most effective. There are many studies of human and animal cartilage cells, because repair of these cells is essential to wellness, as anyone who has had a sprained ankle or a pulled ligament can attest. A research group using pulsing electromagnets found that human cartilage cells are regenerated by the frequency of 6.4 Hz, right in the middle of the theta band (**Sakai, Suzuki, Nakamura, Norimura & Tsuchiya**, 1991). This frequency also increases the activity of antioxidants, the molecules that neutralize the free radicals regarded as the most common cause of aging.

A research group at the Toho University School of Medicine in Japan looked at the EEG signatures of subjects practicing deep abdominal breathing. They found that their levels of the “feel-good” neurotransmitter serotonin rose, and theta as well as alpha and delta waves increased (**Fumoto, Sato-Suzuki, Seki, Mohri, & Arita**, 2004). Another study found that frequencies alternating between 5 Hz and 10 Hz produced a large reduction in lower back pain in 17 patients (Lee et al., 2006). A pair of Russian scientists examined the effect of frequencies between 5.5 Hz and 16.5 Hz on DNA in a water solution. They found that the molecules were most highly stimulated at 9 Hz and that the effect was more than twice as great as it was on the untreated control molecules (**Tekutskaya & Barishev**, 2013).

Alpha brainwaves and benefits

If you’ve undergone neurofeedback or biofeedback training, you’ve heard a lot about alpha. These trainings are designed to educate you to induce an alpha brain wave state at will. Alpha oscillates at 8 to 13 Hz. Alpha is right in the middle of the frequency bands, between beta and gamma above and theta and delta below.

Legendary brain pioneer **Maxwell Cade** believed that alpha serves as a bridge between the upper and lower frequencies. Beta reflects the activity of the conscious mind, while theta and delta represent the subconscious and unconscious minds. Cade believed that the alpha bridge connects the conscious mind with both the intuitive wisdom of the unconscious and the nonlocal resource of the universal field.

A truly integrated person is able to generate large amplitudes of alpha. It turns out that alpha also does good things for our bodies. It improves our levels of mood-enhancing neurotransmitters such as serotonin.

When the alpha brain wave level increased in a group of exercisers, they gained a boost in serotonin, and their emotional state was elevated (**Fumoto** et al., 2010). In another study, Zen meditators received the same benefits from cultivating an alpha state (Yu et al., 2011). Meditation produces beneficial changes in brain waves. The “alpha bridge” is the key to connecting our conscious minds with our unconscious resources.

A pioneering study exposed DNA to various frequencies. It found that the alpha frequency of 10 Hz resulted in significantly increased synthesis of the DNA molecule (**Takahashi, Kaneko, Date, & Fukada**, 1986). Neurons in the brain’s hippocampus also fire in this range (4–12 Hz), and at 10 Hz and higher frequencies, the synapses in the learning and memory circuits of the brain are enhanced (Tang et al., 1999). Other regions of the brain also use the 8–10 Hz band to communicate, with their neurons oscillating at those frequencies (**Destexhe, McCormick, & Sejnowski**, 1993).

Alpha, therefore, tunes the brain to peak performance, as well as facilitating gene expression and improving mood. The expansive emotional feelings reported by meditators after their regular sessions aren’t simply subjective self-assessments. They are objective biological facts that can be measured in DNA, neurotransmitters, and brain waves. Beta waves range from 13 to 25 Hz. There are two types of beta, and many modern researchers split beta into two different types of wave. Low beta, from 13 to 15 Hz, is also called SMR, which is short for sensorimotor rhythm. It’s associated with the body’s housekeeping functions. High beta ranges from 15 to 25 Hz. It’s always present in the thinking brain but increases when we focus on a task. Look up the route to a destination on your smartphone, write a blog post, take a language class, or cook with a complicated recipe, and your brain’s amplitude of high beta increases.

Back to stress and beta

Stress results in abnormally large amplitudes of high beta. When you’re arguing with a friend, under an impossible deadline at work, hearing scary sounds in a dark house at night, remembering a childhood trauma, or thinking negative thoughts, your brain kicks into high beta. It’s the signature brain wave of stress. It’s associated with a rise in cortisol and adrenaline and a large number of adverse reactions in your body. Fear and anxiety produce high beta, and it inhibits many

beneficial cellular functions. Your body ages much faster when your brain is bathed in high beta waves.

Gamma is the most recently discovered brain wave. It is associated with the integration of information from all of the brain's regions, as well as with coherence as they all synchronize. Imagine having a flash of insight about a problem that has been bothering you for weeks. Imagine the satisfaction of doing a difficult task perfectly. Think about the synchronized brain function of a child at play, an artist painting, or a composer writing a masterpiece. That's gamma. It starts where beta leaves off, at 25 Hz, and goes up to 100 Hz and above. Researchers build an extremely low-frequency electromagnetic field generating system using a transformer, multimeter, solenoids coils, teslameter, and probe.

A team led by **Li-Huei Tsai** of MIT tested the effect of gamma waves on Alzheimer's disease. They had mice run a maze while they recorded the brain waves in the hippocampus, which is responsible for navigation and memory. When a mouse hit a dead end, its brain would display a sharp burst of gamma. The brains of mice genetically engineered to be prone to Alzheimer's didn't react the same way. They produced less gamma, with poor synchronization between groups of neurons. The researchers then flashed light into the brains of the mice at a gamma frequency of 40 Hz. In just an hour, the levels of beta-amyloid decreased by half. "We were very, very surprised," says Tsai (Iaccarino et al., 2016).

Looking for a mechanism, she found that gamma had mobilized a class of brain cells called microglia. These are the scavengers of the brain, gobbling up malformed proteins and dead cells. After exposure to gamma, the size and number of the microglia doubled as they began to scoop up the beta-amyloid plaques. **Vikaas Sohal** of the University of California says, "*If gamma oscillations are part of the software of the brain, this study suggests that running the software can alter the hardware*" (**Yong**, 2016). A pilot study that used light to stimulate the hippocampus of five patients with the cognitive decline characteristic of Alzheimer's found that their symptoms improved (**Saltmarche, Naeser, Ho, Hamblin, & Lim**, 2017).

Newer versions of this technology combine both 10 Hz (alpha) and 40 Hz (gamma) stimulation (**Lim**, 2014, 2017). Alzheimer's disease produces plaques in the brain that impede neural signaling. Gamma is

associated with many other beneficial changes in our bodies. A frequency of 75 Hz is epigenetic, triggering the genes that produce anti-inflammatory proteins in the body (**De Girolamo** et al., 2013). On the lower end of the gamma spectrum, a frequency of 50 Hz results in the body increasing its production of stem cells, the “blank” cells that differentiate into muscle, bone, skin, or whatever other specialized cells are required (**Ardeshirylajimi & Soleimani**, 2015).

The frequency of 60 Hz regulates the expression of stress genes, those that code for stress hormones like cortisol. The same frequency also activates a key gene called Myc that in turn regulates around 15 percent of all the other genes in the body (**Lin, Goodman, & Shirley-Henderson**, 1994). High beta, the signature brain wave of a stressed-out consciousness, actually suppresses DNA synthesis. When bone cells were exposed to a beta frequency of 25 Hz, it inhibited their growth. Gamma frequencies of 75 Hz or more, however, increased their growth. A peak was reached at 125 Hz, with that frequency producing three times the growth rate of the beta frequency (Ying, Hong, Zhicheng, Xiauwai, & Guoping, 2000).

The previous studies are suggestive rather than definitive, because in many of them, the frequencies were produced by external devices such as pulsed electromagnetic field (PEMF) machines. Others, such as those linking brain waves to cell changes, demonstrate association between the two phenomena rather than causation. The big picture, however, is that our bodies are sensitive to the frequencies generated by our brains, from the slowest waves of delta to the fastest waves of gamma, and that by understanding these links, we can use our brain waves to heal our cells.

EFT triggers good gene expression

Dawson offers some very revealing studies: *“I have served as the chief investigator in many studies showing the effects of emotional healing on both physical and psychological symptoms. My latest work examines the epigenetic effects of stress reduction. The number and importance of the genes affected is astonishing. After the first groups of U.S. veterans began returning from Iraq and Afghanistan, therapists told me they were encountering many clients with PTSD. **Linda Geronilla**, Ph.D., a clinical psychologist at Marshall University’s medical school, shared with me that in just a few sessions of EFT tapping with veterans, PTSD symptoms such as nightmares, flashbacks, and hypervigilance*

were gone. Linda and I designed a study to determine if EFT was effective in treating PTSD. Our pilot study involved just seven veterans, but it was so successful that we were able to achieve statistical significance (**Church, Geronilla, & Dinter, 2009**).

When you get statistical significance (which means that there is just one possibility in 20 that the results are due to chance) in a very small sample, it means you have a very effective treatment. With a group of colleagues, I then launched a full-scale nationwide randomized controlled trial. We compared veterans getting standard care for PTSD, usually at a VA hospital, with a second group getting standard care plus EFT. The study took several years to complete, but the results were the same. PTSD symptoms dropped by over 60 percent (**Church et al., 2013**). Once the study was published, Linda conducted a replication study, with almost identical results (**Geronilla, Minewiser, Mollon, McWilliams, & Clond, 2016**).

I wondered what was happening inside the bodies of these veterans, especially at the level of the genome. In 2009, I initiated a study of gene expression in veterans receiving 10 sessions of EFT. It took six years to complete, but eventually it showed that six stress genes were being regulated. Inflammation was being dialed down even while immunity was being dialed up (**Church, Yount, Rachlin, Fox, & Nelms, 2016**). EFT PRODUCES DRAMATIC GENE SHIFTS Beth Maharaj, an imaginative psychotherapist friend, designed a ground-breaking study for her doctoral dissertation. She had discovered a new type of gene test. While the earlier clinical trials required veterans to provide blood samples at a lab, the new test was saliva based. Participants had only to spit in a cup, and we could measure expression in hundreds or even thousands of genes. Beth gave four subjects an hour-long placebo session, followed a week later by an hour-long EFT therapy session, and compared saliva samples before and after each session. She found that EFT produced regulation of an astonishing 72 genes (**Maharaj, 2016**). The functions of those genes proved to be fascinating. Among them were:

- The suppression of cancer tumors
- Protection against the sun's ultraviolet radiation
- Type 2 diabetes insulin resistance
- Immunity from opportunistic infections
- Antiviral activity
- Synaptic connectivity between neurons

- Creation of both red and white blood cells
- Enhancement of male fertility
- Building white matter in the brain
- Regulating metabolism
- Increasing neural plasticity
- Strengthening cell membranes
- Reducing oxidative stress

These shifts in gene expression were substantial, and when Beth retested participants a day later, about half of the effects persisted. That's a big payoff for just one hour of therapy".

Meditation regulates cancer genes

Dawson continues to tell about specific dramatic results. He refers to some of Dispenza's work on testing 8 genes as described earlier.

"Inspired by Beth's example, my friend Joe Dispenza decided to test participants at one of his advanced workshops. I obtained saliva samples from 30 people, and when the results came back from the lab, we found that eight genes were significantly upregulated during the four days of meditation. With a research team, I examined the data from over 100 EEG scans from another of Joe's workshops. We found that after practicing for four days, people entered a meditative state 18 percent faster and the ratio of anxiety-producing beta to integrative delta had improved by 62 percent (Church, Yang, et al., 2016)."

"As people's brains were being regulated by Joe's powerful meditation practices, their genes were also shifting. The functions of the eight genes we found changed tell a powerful story of physiological shift. They are involved in neurogenesis, the growth of new neurons in response to novel experiences and learning. They are also implicated in protecting our body against the influences that age our cells. Several of these genes regulate cell repair, including the ability to move stem cells to the sites in the body where they can repair damaged or aging tissue. These genes are also involved in the building of cellular structures, especially the cytoskeleton, the framework of rigid molecules that gives our cells shape and form. Three of these eight genes help our bodies identify and eliminate cancerous cells, suppressing the growth of cancer tumors.

Their names and functions are as follows: CHAC1 regulates the oxidative balance in cells. The hormone glutathione is key to reducing free radicals, and CHAC1 helps control the levels of glutathione in cells (Park, Grabińska, Guan, & Sessa, 2016)."

" CHAC1 has several other functions. It also helps neural cells form and grow optimally (Cantagrel et al., 2010). It is believed to assist with the proper formation of the protein molecules that regulate oxidation and neuron formation. CTGF (connective tissue growth factor) plays an important role in many biological processes (Hall-Glenn & Lyons, 2011). These range from the healing of wounds to the development of bones to the regeneration of cartilage and other connective tissue. CTGF helps new replacement cells migrate to the sites of wounding and damage in the body. It regulates the growth of new cells and the binding of cells to each other during the healing process.

Decreased expression of this gene is linked to cancer and to autoimmune diseases such as fibromyalgia. TUFT1 has a variety of functions in cell repair and healing (Deutsch et al., 2002). It helps regulate the functioning of a class of stem cells. During a child's development of teeth, TUFT1 acts to start the mineralization process of enamel. It is also thought to be involved in regulating oxygen levels in cells and in the differentiation of neurons. DIO2 is important to the function of many types of brain and endocrine tissue (Salvatore, Tu, Harney, & Larsen, 1996). As well as being prevalent in thyroid tissue, it is highly expressed in other tissues, synchronizing local cells with thyroid gland function. It helps regulate metabolism by reducing insulin resistance, which in turn reduces the risk of metabolic disease (Akarsu et al., 2016), while also playing a role in craving and addiction.

It helps regulate mood, especially depression. C5orf66-AS1 is a gene associated with the suppression of tumors (Wei et al., 2015). Its codes for a type of RNA that acts to identify and eliminate cancerous cells from the body. KRT24 codes for the synthesis of a protein molecule that gives cells their structure. It also helps these molecules organize themselves in regular arrays (Omary, Ku, Strnad, & Hanada, 2009) and suppresses certain types of cancer cells such as those involved in colorectal cancer (Hong, Ho, Eu, & Cheah, 2007). ALS2CL is one of a class of genes that suppress tumors, especially those contributing to a type of cancer called squamous cell carcinoma that affects the head and neck (Lee et al., 2010). RND1 helps cells in the growth phase organize the molecules that give them their rigid structure.

RND1 also catalyzes the growth of the parts of neural cells that reach out to connect with other neurons. It suppresses certain types of cancer cells such as those found in throat cancer and breast cancer (Xiang, Yi, Weiwei, & Weiming, 2016). New technologies are allowing us to peer into the nuclei of our cells and the information flow in our brains and find out what happens during EFT, meditation, and other stress-reduction practices. What we are discovering is that the changes these techniques produce in the body are far from trivial. The picture emerging is that changes of mind produce profound changes in the matter of which our bodies are formed."

Key lesson about EFT and meridians

What is so incredible about Dawson's work is the number of people he has trained and helped. It demystifies acupuncture and clinical physiology with this simple process that anyone can do in 5 simple steps which are outlined here. Of course this is also part of SEE and our final chapter outlining a 28-day plan.

If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

1. Identify the issue

In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is purported to enhance your outcome.

2. Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, (SUD) with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue. Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

3. The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals of acknowledging the issues and accepting yourself despite the problem. The common setup phrase is: *"Even though I have this (fear or problem), I deeply and completely accept myself."* You can alter this phrase so that it fits your problem, but it must not address someone else's. You have to focus on how the problem makes you feel in order to relieve the distress it causes.

4. EFT tapping sequence

The EFT tapping sequence is the methodic tapping on the ends of nine meridian points. There are 12 major meridians that mirror each side of the body and correspond to an internal organ. However, EFT mainly focuses on these nine:

1. karate chop (KC): small intestine meridian
2. top of head (TH): governing vessel
3. eyebrow (EB): bladder meridian
4. side of the eye (SE): gallbladder meridian
5. under the eye (UE): stomach meridian
6. under the nose (UN): governing vessel
7. chin (Ch): central vessel
8. beginning of the collarbone (CB): kidney meridian
9. under the arm (UA): spleen meridian

Begin by tapping the karate chop point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:

1. eyebrow
2. side of the eye
3. under the eye
4. under the nose
5. chin
6. beginning of the collarbone
7. under the arm
8. top of the head

While tapping the ascending points, recite a reminder phrase to maintain focus on your problem area. If your setup phrase is, *"Even though I'm sad my mother is sick, I deeply and completely accept myself,"* your reminder phrase can be, *"The sadness I feel that my mother is sick."* Recite this phrase at each tapping point. Repeat this sequence two or three times.

5. Test the final intensity

At the end of your sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven't reached 0, repeat this process until you do.

Now let us look at another subtle system going on under Natural Design that has to do with the way visualization can work for you.

EFT is a programming gateway

The tapping process has some astonishing triggers that open a gateway to the brain and the subconscious. It tells your body you are safe in subtle energy physiological way and can relax. And research is showing EFT signals the brain to move into Theta! It seems that this is a portal to the midbrain where these events of trauma and emotion are registered. By bringing the trauma emotional signature forward, you can revisit it in awareness, review it, process it and rewrite or erase it and its mental/physical consequences.

So let us summarize what this simple tapping process is reported to do.

- 1.The tapping on meridians around the 6th chakra "lulls" the midbrain into a state of safety and allows the brain to move into a present moment in Theta or Alpha brainwaves;
- 2.The process allows access to the subconscious where the programs can be fired and rewired;
- 3.The tapping opens to the area of the midbrain controlling emotions and where the registry of all emotions are held;
- 4.The process opens to acknowledging the memory/program where emotion blocks of unprocessed energies exist;
- 5.Through the process of tapping, the blocked emotions are brought into awareness, revisited, acknowledged, accepted and processed properly so as to remove the effects it is creating;
- 6.The tapping process refires and rewires programs to eliminate the issue;
- 7.The tapping process has the effect of regulating many genes.

This tapping process is used extensively worldwide to provide scores of miracle like testimonials. All you have to do is type into Google **EFT Testimonials**, **EFT YouTube**, or **Dawson Church testimonials** and become thunder struck!

7

VISUALIZATION

Visualization - placebo or nocebo?

You have heard a lot about the energies of thought and emotions. governed by the crown and heart chakra minibrains. But what about the other two chakras in between? We have learned that Tapping was a process that opened the midbrain (3rd Eye chakra). The other 2 are concerned with vision and words. What about them? What powers do they have?

Another incredible pioneer in this crossover area of mind and medicine is **David Hamilton** who has a PhD in organic chemistry and spent 4 years in the pharmaceutical industry, developing drugs for cardiovascular disease and cancer. Inspired by the placebo effect, he left the industry to write books and educate people in how they can harness their mind and emotions to improve their health. Now author of 10 books, David is the 'Kindness Tsar' for Psychologies Magazine and writes 'The Kindness Conversation' and the 'Kindness Project'. He is also the 'Life Hacks' monthly columnist for Soul & Spirit Magazine and in 2016, he was voted 'Best writer' by readers of Kindred Spirit Magazine. David is featured in the award-winning documentary, 'HEAL'. He appears regularly in the media and was recently featured on Channel 4's live show, 'Sunday Brunch', in the UK and 'CBS Sunday Morning' in the USA. His new book **How Your Mind Can Heal Your Body** is based on the ability to use visualization as the means of healing. He presents scores of cases where visualization is the mind power in scores of cases, and he explains why and how from a clinical perspective.

He provides the science and practice to the statement that ***if you want to hit your goals, have success, reach your desire – you must become a master of visualization.***

Visualization is indeed an extraordinarily powerful skill. Science has shown one of the best ways to manifest your desire is to visualize it first. The brain has a powerful built in “filter” called the reticular activating system. The job of this filter is to allow certain information into the brain and block out other information. Guess who programmed that filter? Yes, you!

Here is how it works or doesn’t work.

If you are holding onto a belief that you are un-worthy, and you regularly *feel* this way in your daily experience — your reticular activating system is going to continuously throughout the day look for experiences and evidence to validate and confirm that negative belief. It’s called confirmation bias. It’s the brains way of protecting you from overload. If the brain let in all the information out there with equal value — we would be in serious melt-down mode. The **reticular activating system** acts like a control filter in order to keep us safe. However, like the law of attraction, if you are harboring crappy thoughts, the reticular system is going to look for visions to confirm it, and if you are harboring crappy vision, the system is out there scouring, looking for confirmation!!

This means that if you want to take the science of visualization seriously, as a mandate to get busy reprogramming your brain, get busy reprogramming it! The work of **Bruce Lipton** should tell you by now that the subconscious has some stuff in it that you may not like. By reprogramming your brain, you can literally train your brain out of the unconscious behaviors (and subconscious thoughts) that sabotage your success daily and instead shift into a mode that allows your brain to...

- Start to spot opportunity,
- Open up to creative possibilities,
- Spot evidence that things are working out,
- Believe success is possible,
- Notice coincidences that build your momentum, and
- Increase positive thinking.

One of the fastest and most effective ways to retrain your brain is through visualization. So take this seriously and bring it into line. Anyone can do it and it doesn't have to take hours of your day. Even as little as 30 seconds of thought/visualizing each of your goals and desires in the morning will create a change. Do this upon waking to get the brain's most vulnerable time of Theta waves!

In David's words: *"One of the simplest forms of meditation is mindfulness and one of the easiest ways to practise it is to simply become mindful of the fact that you're breathing. That's it. Mindfulness 101. But in placing our attention on our breathing, we activate the prefrontal cortex of the brain and it undergoes neuroplasticity. In a sense, it grows like a muscle. The prefrontal cortex is like the brain's CEO in that it controls not only concentration but things like attention, compassion, free will and even the ability to control ourselves and override knee-jerk emotional reactions. This is why mindfulness is associated with improvements in all of these areas. Even practising a kindness and compassion-based meditation, like the Buddhists' 'Loving-Kindness' meditation (also known as metta bhavana), causes neuroplasticity, this time on the left-hand side of the prefrontal cortex, a region associated with positive emotion, and also in the insula, a region associated with empathy and compassion. When you use visualization — where you imagine something happening — one of the things that occurs is that you change the microscopic structure of your brain through neuroplasticity. We now know that the placebo effect isn't 'just psychological', but results in real physiological changes, and that visualization isn't just a psychological thing either, an inert mish-mash of mental pictures that are just there to make you feel good."*

Neurorehabilitation via action observation

Over the past few decades, there's been a massive surge in research into the use of visualization and a lot of it is applied to rehabilitation and sports. In 1980, just 122 studies had been published in the scientific journals, but by 2010, that number had reached more than 20,000. By early 2018, it had increased to 44,000, according to a PubMed search of the scientific literature that I conducted while writing this book, using the same search term of 'mental practice' as was used in 2010. Great strides forward have been made in that time, and there's room for many new avenues of research. This chapter includes some of the key findings so far.

It is said that golf pros like Tiger Woods, have mastered the art of visualization by seeing exactly where their golf ball goes... yes, into the hole! They use a form of action observation. The reason action observation works is because, observing a golf shot performed correctly stimulates the Mirror Neuron System (MNS), which then stimulates in the observer the same muscles used by the person carrying out the correctly made shot. It stimulates the muscles precisely in the same way, with the same subtle rotations, the same amount of weight and shifting of balance as the player whose actions they observe. Thus, even in the absence of playing as many shots, the muscles learn how to move in the correct way.

Consequently, learning (and rehabilitation) is accelerated. The second point to note from the study is that action observation plus physical practice was better than mental imagery (visualization) plus physical practice. Part of the reason why mental imagery can be highly effective in stroke rehabilitation is that the patients are familiar with the movements they're visualizing making. They have experience of lifting objects, turning the pages of a book, etc. But novice golfers aren't quite as familiar with the technicalities of holding and swinging a putter. If a novice golfer, however, had the correct 'mental representation' – that is, if they knew what to visualize – technically, they would have putted more accurately. This was tested in a follow-up experiment where the relationship between mental representation and ability was examined. Using a similar design to the previous study but using a sample of 40 novice golfers this time, the effect of action observation and imagery on golf-putting performance was again studied.

David gives some precious advice about the visualization process:

"Getting the Most Out of Visualization Here are some extra tips for your practice. Record your visualizations. Some people find it helpful to record their visualizations onto audio. You can write a visualization script and read it yourself or ask a friend to read it. You can even add some gentle music if you find it helpful. Draw or paint your visualizations. Some people find this very helpful as it allows them to get clarity and focus on what they want to imagine. There's no single 'correct' visualization. There's just what works for you. If you're imagining healing a part of the body by repairing damaged cells, you can imagine the cells in any way you want. Some people might imagine healthy cells as clear blobs, with little dots at the centre – like frogspawn. Others might see them as pink square or circular jelly balls.

Others might imagine them as rubbery bricks on a wall or like uncooked eggs after they've been cracked into a pan. One person might see a damaged cell of an organ looking shrivelled and dark, like a raisin or a prune. In their visualization, they might imagine cleaning it with a cloth or brush and watching it be restored to its healthy shape, colour and texture. Then they move on to the next cell and do the same again until all of the damaged cells are restored to full health. Another person might imagine nursing the little prune back to full health. They might imagine taking care of it and giving it magic medicine and seeing it regain its strength and colour. Make it light. To ensure that your scenes are free of stress, and so that you have less fear of your condition, it can be good to occasionally add some fun to them. For instance, in oiling an arthritic joint, you might squeeze the lubricating oil out of a can and imagine the squeaking sound as it squirts out. You can exaggerate the sound if you want. Or imagine all the individual atoms of oil as little balls with smiley faces. See them shout 'Whahhheeeeeeyyyyyy!' as they slide out of the oilcan funnel, as if they're having a great fun time on a slide. Adding bits of humour or lightheartedness to your scenes often brings a smile to your face. Do a victory dance. To make things lighter, it can sometimes help to do a silly dance, either real or imaginary, during or after a visualization session. It can help move the brain away from a state of worry or stress into a more positive state. Be as creative as you want. This is your imagination, so you can imagine anything you want. You can imagine using a magic wand to transform one thing into another. What's to stop you from using a magic wand, like Harry Potter? You can summon an angel, if you like, and ask for guidance. The only limits to the types of visualizations are ones we impose ourselves. How you get to 'wellnesses' in your imagination is personal and is completely up to you. Be patient. Don't become anxious if you're not healed in a day or two. Most things in life take a little time. Be patient and at the very least you'll spare yourself some stress. Visualization resources— I've placed some free visualization resources on my website, from the basics of how the immune system works to some MP3 audios of guided visualizations. I've also included an audio of a symbolic visualization that I call Quantum Field Healing, which guides the listener to imagine a state of illness from a subatomic perspective and then imagine changing 'waves' of illness into 'waves' of wellness. You can access these resources at www.drddavidhamilton.com/howtovisualize."

Chapter 14 of David's book has many **True Stories of Successful Visualizations** This chapter contains true stories from people around

the world who have used visualization as part of their journey to recovery from illness. These stories were kindly sent to him by people in the spirit of wishing to help others – in the hope that their use of visualization might give some hope or insight, or inspire belief or confidence, in people going through something similar. I'm deeply grateful to those who shared their stories.

How to visualize.

So it would be inappropriate to leave this chapter without a word on the process of visualization, although as David says, there is no right and wrong way as to how you visualize your end goal. Here is a quick 2-step process to retrain your brain and create a different filter for success through visualization.

1. Visualize your goal as if it has already been achieved.

Close your eyes. Take a few deep breaths and then direct your focus to imagine the amazing result, the exciting transformation and the best outcome for your goal.

For example, if your goal is to improve your self-worth, visualize what your life looks like and how you feel when your self-worth is improved. Maybe you see yourself going to the gym or defining better boundaries for yourself. Perhaps you imagine yourself having success at work, speaking up during meetings, leading a team, receiving a promotion, getting that raise, or earning an award. Maybe you successfully launched a business or venture you have been thinking about for a long time, and now you see yourself with that success in hand. Maybe you just received a big payoff or check for all the effort you put in. It doesn't matter what it is – it just has to feel good to you!

2. Think of the positive emotions you are going to feel when you reach your goal.

This is an important step, not to be skipped. The combination of your intention from step one and the catalyst of your energy from your feelings and emotions in step two act to raise your energy to equal your desire. In doing this, you begin to magnetize your future desire into your reality now. *"You move from cause and effect to creating and effect,"* says **Dr. Joe Dispenza**.

As you visualize, allow yourself to notice and feel all the positive emotions of your desire or goal being as if you already accomplished it. For example:

- I feel proud.
- I feel happy.
- I am standing taller.
- I feel confident speaking up.
- I feel so grateful.
- I feel appreciative of all the opportunities.
- I am noticing my impact and it feels good.
- I am excited by all the success.
- I am filled with a sense of joy.
- I feel abundant.
- I feel worthy and valued.
- I feel whole and confident in who I am.
- I feel like I am adding value.
- I feel accomplished and fulfilled.
- I feel purposeful.

As you embody the feelings of already having it, having done it, doing it and being it – you are training your brain to have a new filter.

How?

You know this. Your brain doesn't know the difference between something that happened to you or something that you imagined happened to you. The brain is taking that experience of getting the raise, feeling proud, confident and happy and encoding it as a real memory. Research has proven and studies have suggested that simply visualizing develops and improves skills — just as if you were actually doing it. One study showed that when individuals visualized playing a song one-handed on the piano, they got similar results to having practiced it in real life.

That being said, practice counts. The more you practice visualizing consistently, the more you start to believe your goal is possible too, and this belief helps reprogram your brain. The more you believe, the more confident you become and the more you begin to embody this new way of being. Until you actually begin to do, or be, or have what it is you decided was your desired outcome. The network of neurons that

act as your filter start to rewire themselves to conform to your new beliefs until a new filter is created.

Instead of looking for all the reasons why you can't, or it isn't possible, your brain begins to search for all the evidence that proves you can and you already are. Until you wake up and realize one day, that your vision has become your reality. You become the future self, you were dreaming about.

The 17 second rule

Let us leave this chapter with some very pertinent information about visualization. **Kelly Brogan**, M.D., is a holistic psychiatrist, author of the *New York Times* best-selling book '*A Mind of Your Own and Own Your Self*'. She completed her psychiatric training and fellowship at NYU Medical Center after graduating from Cornell University Medical College and has a B.S. from M.I.T. in Systems Neuroscience. She is board-certified in psychiatry, psychosomatic medicine, and integrative holistic medicine and is specialized in a root-cause resolution approach to psychiatric syndromes and symptoms. She is also a certified KRI Kundalini Yoga teacher and a mother of two. Kelly has worked with patients for many years with amazing results, and one very little tidbit of information in her writings "*nothing works for everyone*" gives us her 17 second rule.

"If you can think a thought for at least 17 seconds, that thought will attract another thought of a similar vibration."

This technique makes it easier to shift your thoughts when you're in a negative head space. Once your thoughts are more positive, your emotions follow suit and **your overall vibration starts lifting**. It takes practice, but once you have the hang of it, the 17-Second Rule can help you shift your mindset from one that *blocks* you from receiving what you want to one that's *open* to it.

This is a powerful practice, because **it specifies a certain amount of time** you need to focus on your positive thought. You can use the 17-Second Rule mentally, by speaking aloud to yourself or someone else, or by writing it down. The important point—and what makes it work—is not to contradict your thought during that 17 second period.

So make sure that when you form your vision of results already happening, hold it firm and feel the fireworks of joyful emotion as you repeat gratitude!!

8

CELLS ARE THE MEM- BRAINS OF HOMEOSTASIS

Another subtle energy process occurs in the body at a cellular level. How trillions of cells work together with different responsibilities to do their magic is a mystery to science. Under their codes of behavior and communication system of their Natural Design, they simply know what to do to keep you alive and help you survive. These cells also have minibrains in their cell membranes that control physiological responses to cellular life from internal and external environmental stimuli. They also do not distinguish between mental and physical environments nor fact or fiction. Through their subtle quantum type communication system they create little armies of cells that instigate healing work. The natural design process here is like a lock and key system that has to do with unlocking the door to the cell DNA in order to get the appropriate instructions. In biology this process is known as the Receptor-Effector system of the cell membrane.

Cell membranes are the body brains

When genes need to express themselves in response, the little army that actually does the repair work calls billions of cells that all communicate instantly and know their functions depending on the job at hand. Some are flexible like stem cells; others are adaptive and specific. But when it comes down to a need to fix something, this army of little guys somehow get coordinated to do the actual job of healing. They have at their disposal these multitudes of receptor and effector gates on the membrane surfaces and these respond to the patrol army working through the neural and blood systems ready to seek out and

facilitate the process. But at the heart is the cell and its effector that decides whether it must draw a program out of DNA to do the job or simply trigger a whole pile of program activities to complete a task. In this process, once these cells decide what to, they send out signals to get the big dude at the top of the body — the brain — to organize and execute the job. Sound crazy? It gets crazier when you begin to understand that these guys are doing things automatically all the time unbeknown to you, even through thoughts.

Let us move into some research work done on cell biology by **Bruce Lipton, PhD** as described in his book ***Biology of Belief***. Bruce is another one of those incredible pioneers crossing the bridge between science and metascience.

His book tells the story of how thoughts in the mind as energy of perception directly influence how the physical brain controls body physiology. At the far end of this process are the cells that respond to those perceptions. They are the ones that actually create the tissues and create reactive stimuli to execute various programs. His and others research point to thought energy that can activate or inhibit the cells' function producing proteins via constructive or destructive positive-negative interference waves. The movements of proteins provide physiological functions to enable life but signals are required to animate their movement. The interface is the cell membrane which operates like the cell's brain in a receptor-effector on-off mode. It operates like computer silicon chips.

Membrane effector proteins are the physical subunits of the cellular brain intelligence. They are perception switches that link receptors of environmental stimuli to response generating protein pathways. Here, very basic perception switches related to potassium, oxygen, glucose, histamine, estrogen, toxins, and light are present.

Thousands of reflective perception switches are active, each continuously reading individual environmental signals to collectively create the behavior of a cell. They show awareness by releasing signal molecules in the community where each cell must acquiesce control to the informed decision of its awareness authority; the brain which controls the behavior of the body's cells. But Bruce's research clearly shows something extraordinary; ***the brain is the manager, not the director.***

The limbic system provides the mechanism to convert chemical communication signals into sensations that could be experienced by all the cells in the community. The conscious mind not only reads the flow of the cell coordinating signals that comprise the body's mind, it can also generate emotions manifested through its sensors to control release of regulation signals by the nervous system.

The Mind can override the cellular system

What is particularly revealing about Lipton's work is that the mind can generate molecules of emotion and override the cellular system. Yes, consciousness alone can bring health and disease via emotional signals. These can become hard wired pathways from repetitive patterns or habits.

At the cellular level this magical organic unit is the membrane. ***It is another brain that controls cellular life*** as it is the membrane which controls the mechanisms by which the body translates environmental signals to behavior.

This membrane is a 3 layered skin around all living cells. It, like even the most primitive cells, displays intelligence as it can digest, breathe, excrete, sense food, and propel itself to targets. These cells exhibiting intelligent behaviour can recognize toxins, proteins, and employ escape manoeuvres even when outside the body. The IMP or Integral Member Proteins are part of the membranes' internal surface which assists in this process.

There are two types of receptor proteins (sense organs like eyes, ears, etc.) that are nano antennas tuned to respond to environmental signals. They are inactive and active, shape shifting back and forth as the electrical charges are altered (like 0-1 binary transistors), responding to charges created by thought as well as from physical stimuli like in a foreign influence of penicillin. It is these shape shifting receptors that provide the cell's basic awareness. Now this is where the endocannabinoid system fits in. Here is the point of activation of the effector cells depending on the way a cannabinoid molecule binds to the cell walls and the receptors.

The effector protein engages the response (like in the automatic knee jerk when you thump the knee). There are hundreds of information pathways that are called signal transduction gateways that open or

close (like transistors) depending on electrical charges. Every cell has thousands of these channels requiring half of your body energy every day.

So how do these shape shifters transmit communications? Let me tell you. Let us look at the analogy of the lock and key system and the key to unlocking the lock on a special revolving channel which connects to the inside of the cell. Every time the channel revolves, it opens to allow 3 positive atoms (ATPase, sodium, potassium) to go out and admits two positive potassium atoms into the cytoplasm. This happens at hundreds of cycles per second. Inside the cell it gets a more negative charge while the outside gets positive. Negative charge below the membrane is called membrane potential. The lipid part does not let charges across its barrier, so the internal charge stays negative. This positive out and negative in is like a self charging battery whose energy is used to empower biological processes (like a power supply in a computer). Given the right potential, it then sends the appropriate signal to act.

Another variety of effector proteins (cytoskeletal) regulates the shape and mobility, a third is enzymes that break down or synthesize molecules. These IMPS all provide signals that control the binding of chromosomes regulating proteins as a sleeve around DNA to control the reading of genes so that worn out proteins can be replaced, or new ones created.

The cell membrane has hundreds of thousands of switches like chips/transistors and thus the behavior triggered by the effector response is through all these switches (holistic) at one time responding to the right electrical potentials. As an aside, these molecules of a membrane flow in a fluid like a liquid crystal acting as a semiconductor (chip) which like a membrane contains gates and channels.

The multicellular communities (we have 50 trillion cells) have a division of labor in tissues and organs for specific functions and when a unified effector response is required it is up to the brain to coordinate the required execution of the programs as residing in the repository of DNA.

Interestingly, it has been found that DNA blueprints (molecules) do not control the operation of the cell. Genes cannot reprogram a cell since the organisms' life cell survival depends on the dynamic adjustment to changing environment. For example it has been found that when you

destroy a cell membrane, the cell dies. When you destroy only receptor proteins with digestive enzymes the cell is brain dead (no signals).

The nucleus is also a memory disc and hard drive with DNA blueprints that encode the production of proteins. If you remove a nucleus the cell still has information (like removing a flash drive) to function; until old parts need to be replaced. The cell then dies not because it can't function but because it cannot renew dying parts with program instructions from DNA, typically dying within a few days. Remember telomerase?

Thus units of perception create cell intelligence to decide upon awareness in the receptor, then to take action through the effector. Perception is through the awareness elements of environment through physical sensation.

Lipton's work concludes that like the computer, cells are programmable from outside the cell. To use an analogy, data is entered into the computer or cell via the membrane receptors acting like an input device or keyboard that triggers effector proteins that then actions cell/computer CPU/effector proteins. These then convert environmental information into the behavioral language of biology.

What we can see here is that in an unexplainable healing miracle for example, where the physical tissues become regenerated in the body, the signals that are accepted from either outside environmental stimuli and the subconscious become acceptable to the cell receptors, thus triggering the effectors to have the brain haul out the DNA program from the nucleus to reload and run so as to create the organ/tissue the way it is supposed to be. An example is the placebo as a belief created by thought alone as positive healing effect, a nocebo is the opposite (you have 6 months to live). These are unexplained effects that obviously get through to trigger this process at a cellular level.

The big lesson is of course that this biological process, like a regular computer, is programmable from outside as well as inside. The second big lesson is that these switches can be turned on and off by thoughts alone.

The cell protection mechanism

So how does this protection mechanism actually work? At a basic level cells have a membrane perception switch that dictates a behavior such as a retreat from toxins or advance to nutrients. This primary switch has a protein receptor that responds to histamine – a local molecule. The primary switch also responds to adrenalin which triggers a body wide emergency-response system. There are two switches here; H1 invokes a protein response and H2 evokes a growth response, or alpha (protection) and beta (growth). Adrenalin will override the histamine. Any mind activity acting via the central nervous system triggering adrenaline overrides the body activities on local histamine signals.

The most common understanding of this protection mode is the flight or fight syndrome; an automatic response system that kicks in when there is a threat. Many things happen in the body to prepare for this. The issue here is that a perceived threat works the same way as a real threat. And the other issue is that this particular process is also instigated by stress. The issue is that humans restrict all sorts of things in this type of auto-protective mode as it diverts energy away from normal growth and homeostasis functions. How?

The nervous system is the main network (like a wire communication input system) that monitors environmental signals, interprets them and organizes appropriate signals through to the cell to engage in protective systems of the HPA Axis.

The HPA axis is a physical sequence involving the Hypothalamus-Pituitary-Adrenal as a natural process activated from external threats. A threat received by the Hypothalamus sends a signal to the Pituitary gland which is the master gland responsible for organizing and managing 50 trillion cells. It launches the effector protein commands to launch body organs into action, sending a signal to the Adrenal gland to coordinate the fight or flight response.

The HPA immune digestive mental cascade

We have already covered the HPA cascade, but it is worth presenting again to relate it to the cell membranes. The cascade that occurs as a result is from the Hypothalamus part of the brain called CRF or Corticotropin to the Pituitary. CRF activates a special pituitary hormone causing a release of adrenocorticotrophic hormones (ACTH) into the

blood. The ACTH makes its way to the Adrenals to turn on the secretion of the fight or flight adrenal hormones. These stress hormones **constrict blood vessels of the digestion tract** to nourish arm and leg tissues. The visceral organs stop working as the stress from danger inhibits growth and compromises energy resources.

As another growth inhibiting side effect, the HPA Axis through the adrenal signals **suppress the immune system** on the demand to conserve energy. Thus the inability to fight disease is temporarily suspended. So the immune system which deals with threats under the skin (bacteria, viruses, etc.) is compromised at the same time.

The activated HPA also interferes with the **ability to think clearly**. Adrenal stress hormones constrict blood vessels reducing the ability to function. Also the response activation in the prefrontal cortex, the center of conscious volitional action becomes dumber.

The lesson here is that all viruses and stress activate the HPA axis. When the conscious mind is in conflict with the unconscious truth, the conflict expresses itself in weak body muscles as the HPA is engaged. The HPA axis does not know the difference between a perceived threat and a real threat. But the story does not stop here because the received threat for flight and fight triggering the HPA cascade can be perceived by thoughts alone and does not need to be real. Thus, the environment that one creates through perception alone, as well as diet and toxic environments have a profound effect on the overall health. The most staggering conclusion is that stress is responded to whether real or perceived because that stupid brain **in the cell** and on top of the head **do not know the difference**. So stress is indeed a silent killer, taking away the ability to digest, fight disease and think clearly at a cellular level. It is all going on at a cell level silently compromising your homeostasis, immune, digestive, and mental systems without you even being aware; until you develop all these diseases and start taking prescription medicines that add to the problems.

The membrane computer system

Using the analogy of a computer, at the basic level the primary work in a micro processor is called a silicon chip, a semiconductor with transistors that are on or off so as to simulate two states of 0 and 1 as the binary bits. A computer chip is a semiconductor with gates and channels like a membrane. This simple unit is the fundamental building

block of all that is around us as computer technology that stores, retrieves, processes, and displays this simple information. These are programmable from the outside.

At the basic level of the human computer, the primary work unit is a cell with a membrane which is a fluid silicon semiconductor as it conducts or filters through to the inside. It contains gates and channels as receptors and effectors to let nutrients in or waste out. Cells accept/reject food by membrane perception switches that are open or closed in a state of 0 off or 1 on by way of their physical response configuration. A computer membrane is a semiconductor with gates and channels like a computer chip. Cells are the basic unit of any living organism, a living computer. A cell is a single unit – the smallest in your body that is capable of carrying out life by itself and is the primary unit which conducts the work of storing, retrieving, processing, and displaying (running life support functions and learned behavior) from internal and external environmental information. These are programmable from outside. But, unlike chips, cells make decisions and communicate.

All our life processes go on inside these tiny units which are packed with even smaller organelles all busy carrying out chemical reactions. A cell also has a complete copy of the organism's genome, its DNA tissue is a group of cells that join together to do a specific job in your body. These processes are a result of creating, storing, and running of human computer programs to execute specific life tasks.

The lesson here is that mitochondria are the primary working unit of the human bio computer system. It is where the work gets done. It receives its instructions from the environment which can be real or perceived or internal or external and then takes corrective actions through the receptor effector mechanism. Where the issues are detected the central organizing authority of the big brain up top is given the authority to take action as the effectors pull out the required programs out of DNA to respond. The brain then executes the instructions. When the immune system is stressed or impaired it does not keep the homeostasis balance required and needs assistance. And the greatest inhibitor is stress that is constantly, unbeknown to us, the HPA axis responding to real or previewed stress, conflict and pain.

Whether this stress is the mind, thoughts, emotion, food, environment, pain, or whatever, the negative energies created are toxic to the

immune, digestive and mental systems, compromising the ability of the endocannabinoid system to operate properly.

Most important of all, in modulating these actual and perceived conditions of toxicity that screw up homeostasis more and more as we get older.

This process is particularly evident in some of the miraculous placebo and miracle healings which have totally unexplained physical healings beyond our medical possibilities. We are going to investigate this in a subsequent chapter.

9

AT THE HEART OF MATTER IS THE HEART-BRAIN

A lot has been said about the brain and minibrains about how they process invisible information. The word coherence has also been brought forward to describe a state of brain waves. In this subtle world coherence or incoherence of waves effects their communication channels dramatically. In this chapter we are going to take a closer look at the dynamic duo of brains in your head and heart. Most people are not aware of the heart brain. We will look at its Natural Design from a subtle energy perspective, especially at how this subtle energy is designed to work with each other. This is not meant to be a lesson in anatomy. It is meant to highlight how the brain and heart work or don't work with regards to brain-heart waves, programming, and how they respond to external/internal environmental stimuli.

What is most important in this chapter is to explain the rules of behaviour under the Natural Design to best engage the heart-brain energy system. Many references are made to meditation, letting go, going inside, present moment, and coherence as being key to creating, managing and maintaining balance, and harmony in emotions. Now it is time to explain what these mean, what they do, and how they effect expression and balance.

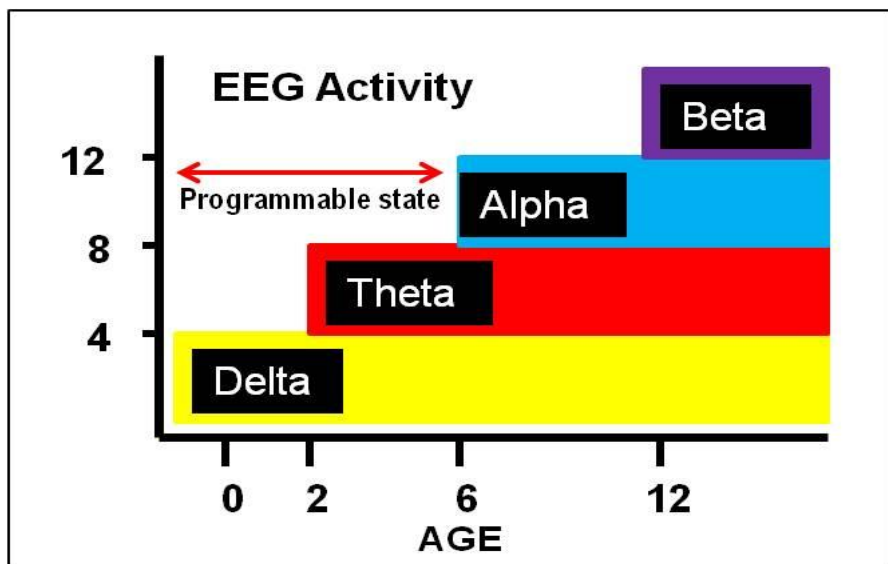
We have seen how the clinical work of Joe Dispenza and Dawson Church was very poignant about a need to monitor and control emotion to harmonize expression. What was important was to realize the effects on the biochemistry and physiological aspects of us and behaviour.

It was very clear that a positive state of mind, positive higher emotions had to be the chosen environment both internal and external to be of any assistance. What was also important to understand was that a meditative state was a key part of the process. Always present was the state of the heart, and the state of the brain are very relevant in expression, depending on a higher emotional state. These are vital in creating a setting of a wellbeing environment through the heart and brain to do their expression work. We have seen the dramatic changes in wave patterns and the astounding effects of the emotions on biochemistry.

More important then is to look at the heart and the brain as a dynamic duo designed to support your growth and evolution. In order to do that we are going to relook brain waves and heart waves from a subtle energy of electromagnetic behaviour in order to determine how to optimize either and both in the whole gene expression process.

Brain electromagnetic design

Most already know that the brain is electro-chemical in nature. When nerve cells fire, they exchange charged elements that then produce electromagnetic fields. In fact, we generate more electrical impulses between our ears in one day, than do the total number of cell phones on the planet during that same amount of time. Because the brain's diverse electrical activity can be measured and calibrated, these affects can provide us with important information about what we're thinking, feeling, learning, dreaming, and creating, as well as how we are behaving or processing information. The way scientists record the brain's changing electrical activity is by utilizing an electroencephalograph (EEG).



We know the brain is there to assist in assessing environment internal and external so as to determine and store survival programs into subconscious as you explore and express reality. But let us look more closely at these waves as they evolve their automated stimulus-response programs.

By understanding the different patterns of brain wave activity in human development, we can better analyze how we learn, experience, store behavioral programs and act. By understanding this, we can take advantage of it. Let's look more carefully at the progression of developmental brain wave stages found in growing children.

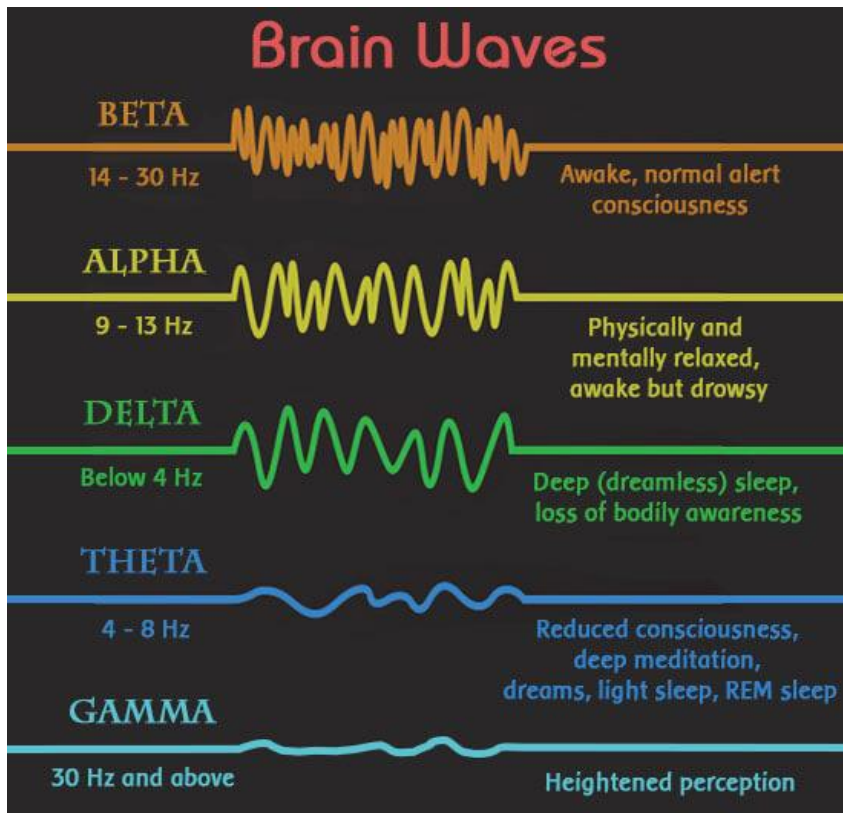
The most powerful survival programs are recorded in the first 6 years of life by observing and listening to people, parents, teachers, and environment. The role of the brain is to create coherence between its programs and real life as quickly as possible; these being inventoried in the subconscious. It unconsciously generates appropriate (or inappropriate depending on perception) responses that assume as truths of its programmed perceptions. With reference to the EEG Chart showing the state of awareness, there are three primary sources:

- 1 Nature** First programmed perception is through inheritance such as instincts (nature). These allow the basic survival as encoded in DNA to be brought into the subconscious database.

- 2. Nurture** Experiential memories downloaded from the emotional and mental/physical patterns of the mother. This is the time when the child is in the womb and the brain activity is in Delta.
- 3. Actions** of Self Conscious Creative platform of perception by imagination that generates unlimited beliefs and behavior patterns through free will. That's when you have a full brain wave card deck to work with so you can build your personal identity and survive with this free will that you are given.

What research tells us is that during pregnancy and up to the age of 2 years the human brain is in operation in the delta range of .5-4 Hz. This is the sleeping or unconscious region. Between 2 and 6 years, the human brain is adding the theta range of 4-8 Hz. Between 6-12 years the brain adds the new range alpha of 8-12 Hz. And at 12, the brain goes to beta 12-35 Hz. where focused consciousness is added. Gamma is added after 12 where the brain can go to 35 Hz during times of peak performance. Note that these are added; they are not all there at once. These are clearly development stages that have a purpose.

Now let us go into detail as to what is happening in regard to age, brainwaves and the recording of behavior:



From ages 0 to 2 DELTA Between birth and two years old, the human brain functions primarily in the lowest brain wave activity, which is from 0.5 to 4 cycles per second. This range of electromagnetic activity known as Delta waves is where a young baby is typically asleep with its eyes open. This phenomenon explains why a new born usually cannot remain awake for more than a few minutes at a time. The trance state that infants exhibit suggests that new-borns have very little analytical faculties. Information from the outside world enters their mind and brain without any analysis, judgment, editing, or critical thinking. In fact, sensory information that an infant processes is encoded directly into their subconscious mind.

The brain is recording all experiences, motor, speech, information about the world, and subconsciously learning behavior patterns. These shape

life automatically because Alpha and Theta consciousness have not yet developed.

From ages 2 to 6 THETA At age 2 a child also begins to demonstrate slightly higher EEG patterns of Theta which mixes the imaginary world with the real world. Note that this lack of distinction between imagined and real is designed into the brain. Here is where the power of suggestion is prominent and the kids in Delta and Theta allow rapid downloading of parent and cultural "wisdom" to be stored as suggested programs of behavior. The infants quickly pick up skills by observation to become hardwired synaptic pathways in the brain and subconscious to control biology and behavior. To the subconscious, because the purpose of the life form is to learn to adapt and react as quickly as possible so as to survive, these "truths" so suggested become facts, beliefs, truths, and programs ready for survival. The adaptation is of course both physical and mental to reflect the two greatest faculties that a human has.

Theta waves are the twilight state in which some people find themselves half awake and half asleep. This state is evident in adults when the conscious mind is awake and the body is somewhat asleep. This is also the hypnotic state where there is access to the subconscious mind. In Theta, we are more programmable because there is a thin veil between the conscious mind and the subconscious mind.

From ages 6 to 12 ALPHA At age 6 the child adds Alpha which brings about the brain activity that opens conscious processing. Before it can, however, through its design, the brain must acquire a working awareness of the world into the subconscious. That's its duty up to age 6. As we get older we move more in Alpha and become less susceptible to outside programming where the usual five sense observation systems interact with consciousness. This phases into the mode of discernment where the conscious mind's ability to make a decision by observation before the belief is stored in the subconscious becomes more prominent. It is where the prominent development of self-consciousness begins.

At the Age of 12 there is focused consciousness where more academic activity is prominent and the Beta waves kick in to the consciousness pot to take on life. This is the place we continue to use as our day to day consciousness. We also see the development of Gamma where the brain can go to 35 Hz during times of peak performance.

These are clearly a development stage that has a specific purpose in the evolution of the human mind and body within its environment.

What is the most important lesson here is that Delta, Gamma and Alpha patterns reflect different open ability to determine and store programs of behaviour. It moves from delta of almost autopilot to gamma to alpha and beta in a Natural Design evolutionary process of recording programs from a helpless state to partly interactive to totally interactive once the earthling has matured. Thus these states are telling us when the conditions are best for reprogramming subconscious. So obviously if you want to reprogram subconscious on purpose, get the brain into a state of theta or gamma to get best results. If you are in beta, proactive programming becomes more difficult and you basically default to allowing your brain to determine what it should program on the basis of your experience, your activities, and the emotion you express. This does not say you can't, it just takes more time, perseverance and repetition to program a new behaviour.

Conscious and subconscious brain

The pioneer in this field is **Bruce Lipton** who in his book ***The Honeymoon Effect, the science of creating heaven on earth***, tells us some revealing things about his research about the programs that are stored in the subconscious. At the base of the programming creation and retrieval is the engagement in the reality you live in and the way your natural designed brain learns to adapt to your environment. Fundamentally you are using your consciousness to be aware of your reality so the subconscious can determine what kind of behavioural program it needs to store. The subconscious becomes a repository of programs that are the result of observing and reacting to the environment to create a repository of programs. The most intense programming occurs between ages 0 to 7 when the predominant brain wave pattern is in Theta. The subconscious can process 40 million nerve impulses per sec and it plays the old program like a tape recorder when required. The conscious mind as in the prefrontal cortex can process 40 bits per second but it is a creative center. When thoughts occupy the conscious mind, the subconscious is on autopilot running your body or using some program (walking, running, etc.).

By the time we mature, 95% of the cognitive activity comes from the subconscious to deal with day to day activities which are recorded on its

tape. The conscious mind which is your identity and creative center (as the prefrontal cortex occupied with beta), is an optionally activated device through your awareness. It does not rely on tapes. Normal thinking is done in beta which can occupy 95% of your day with thoughts but while you are thinking in beta, your subconscious is busy doing its own thing recalling and executing programs. For example if you are daydreaming in beta while driving, it is at work taking care of your motor functions and body needs. So 95% of the day during occupation this is not conducive to opening the tape for recording new programs. Thus most of the day, you use a processor 5% that can only operate at 40bits per sec and it gets more and more difficult to get to the tape record button. In order to press the record button to write on the tape, you require access to the subconscious — into theta, otherwise the record button does not function. Simply being conscious of an issue does not change the tape, simple awareness does not get access. There are many rules surrounding this.

The original brain is subconscious. It is totally habitual, not creative. It operates on playback only but it is 1 million times more powerful than the conscious brain. While the conscious can control anything in the body and is the create center, the unconscious shapes your life. So typically unless you make a point of it, like letting go of beta, and the conscious mind, you do not program new programs into subconscious as it takes more and more effort to learn new habits to reprogram old ones.

So most of the time, in beta, all those old programs sabotage your beliefs that are coming from the conscious because they take precedence. Subconscious creates reality out of the programming. They work together, so either creative or default to subconscious so if most of the day you are wasting consciousness on past or future you are not paying attention to what the subconscious is playing out. You must shut the beta brain up to reprogram. You must take the conscious mind and talk to subconscious to change the program. The tape does not change easily and get to the record button. Clinical hypnotherapy is like when you were young.

95% of your life comes from sub programs simply because you let it be so. The two minds are not connected. Consciousness learns through a creative process. Subconscious learns by habit. It learns in theta to acquire a program. Twice a day the brain goes to theta; twilight in theta from delta, then it goes to alpha waking up and then goes to

active beta. At bedtime, as you calm down to alpha, theta occurs as you go to sleep. This is the best time to use subliminal tapes with earphones. Downloading is direct, so select the program and go to self hypnosis. As you repeat it on a regular basis, it becomes a habit stored in subconscious.

How does the brain program?

By its natural design, the brain's primary function is survival. It is a supercomputer designed to take input from your sensory systems, and the environment to allow you to grow, evolve and reproduce your kind. It must protect, thrive, and live in such a way that best survives the environment. It means it must learn to store the processes of behavioral and response in order to learn.

This programmable state is best understood through hypnosis, similar to the theta stage of a child. The programs are created for your survival so shock will instantly create a program. Purposeful meditation into theta, eliminates the beta brain and allows access. The other is to consider what you do when you engage learning. You do so "*in the present moment*". This means you are highly focussed on the present activity and nothing else (no beta, no future, no past) to disturb or distract you. That is where repetition, assertions and dedicated concentration take you to relearn or learn new programs in subconscious.

When you are learning something new for example, you focus on the moment by moment, eliminating any distractions from senses or environment. Essentially, you **let go** of the outside and went into the **present moment** so you could focus, concentrate and remember what you are learning. You would also enter a state of alpha or theta to facilitate this. Here, repetition, clarity and focus are your allies. If you can't learn, it is because you are distracted or your subtle energy system is incoherent.

Two very important processes are part of the usual programming process that creates programs. The first is the process of conditioning where a past memory is associated with physiological change. For example a pill gets rid of a headache. The pill creates a specific experience to produce a conditional reaction inside as associated memory.

The second is expectation. There is an expected result that is associated with the condition and it could be an old outcome of pain if the pill is not believed to work. If a different outcome than what is current is anticipated, you accept the pill as a suggestion for a new cure. A new possibility and a different outcome becomes expected. If you automatically accept and embrace the new outcome, then a new experience and a new trigger is created to override the old program.

Your brain and body do not know the difference as to how that experience is engaged in. An example is a traumatic event like the fear of water. This could be created because one may have almost drowned, particularly as a kid. At that time a whole cascade of chemicals and physiological reactions in the body occurs as a result and this conditioning process becomes a program. That strong emotion of fear embeds itself into the brain's neurological filing system and then after that the very thought of water automatically conjures up the reactions as expectations; as does the sight of water, or immersion in it. To overcome this fear and to rewrite the program, you have to believe and accept a different outcome until you get into the water, face the fear, feel the heightened emotion of actually succeeding in being in the water, and reprogram a new sequence. Or just persevere until you get rid of the phobia.

The brain is occupied with making sure the lesson is learned and the kid keeps away from water. The way this occurs is that brain fires the same neural circuits that became hardwired into the subconscious when the original state of conditioning occurred. It will do so until the state of mind changes. Otherwise it will continue to produce the same expected result and release similar chemicals into the body by way of a simple thought that triggers the result. That's how eventually the programs get to be fewer and fewer that are created. You just don't believe you need more programs as the old are adequate.

Through the process of education at an early age, family, people around you and society's common beliefs, the subconscious gets loaded with a lot of belief box programs. What is the actual physiological learning process?

The brain is 75% water and has 100 billion neurons suspended in an aqueous environment. Each nerve cell looks like wiggly branches and has root systems that connect and disconnect to other cells where there could be anywhere from 1,000 to 100,000 of them depending on where

it resides. In the neocortex this is 10,000 to 40,000 per neuron. Each is like a biocomputer with huge amounts of Read Only Memory to process 100's and 1,000's of functions per second. As you learn things, neurons make new connections, exchanging electrochemical information called synaptic connections. If learning is making a new synaptic connection, then remembering is keeping these connections wired together to create long term memory. The creation of these connections and the ways they change over time alters the physical neural structure of the brain. As the brain makes changes, your thoughts produce a blend of chemicals called neurotransmitters to do this.

When you think thoughts, neurotransmitters at one branch of one neuron tree cross the synaptic gap to reach the root of another neuron tree and an electrical bolt of information is fired. The same thought keeps firing the same ways to strengthen the relationship between the cells so they can more easily convey the signal next time they fire. This way the brain shows physical evidence of learning and remembering. This is the process called synaptic potentialization or selective strengthening. And this is recorded in the subconscious.

The brain also has access to this through a commonality. When jungles of neurons fire in unison to support a new thought, an additional chemical protein is created within the nerve cell and it makes its way to the nucleus, then lands in DNA to switch on several genes. The job of the genes is to make proteins that maintain function and structure of body. The nerve cell then makes new proteins to create new branches between nerve cells. Repeated thoughts or experiences also affect the physical structure as the brain becomes more enriched microscopically. Creating new thoughts can therefore change you neurologically, chemically and genetically. You gain 1,000's of new connections in a matter of seconds from novel learning, new ways of thinking and fresh experiences. So by thought alone you can activate new genes right away just by changing your mind.

This is your domain of mind over matter. These are all normal functions and process through the human design in DNA but as you have learned it gets harder and harder to institute new programs. It's like a narrowing box that gets filled with more and more habits and programs with little room for new ones and you don't get access to opening the other 90% of human potential in that design.

Many studies show repeating (like assertions or repetitive learning) strengthens neurons to remember next time but the synaptic connection soon disappears and the memory is erased if this is not reinforced or continued. It is important to continually update, review, and remember new thoughts, choices, habits, beliefs, experiences to solidify these neurological patterns in the brain. The brain will keep using the same hardware of physical neural networks and will create a software program as an autonomic neural network. That is how programs are installed in the brain. The hardware creates the software and the software is embedded into the hardware and every time the software is needed, it reinforces the hardware.

Your old circuits are hardwired. Your new science states that *neuron cells that fire together wire together*. The fixed pattern becomes a finite signature of automatic programs called your identity – like a box in your brain limiting you inside that box that holds all your beliefs, perceptions and related programs.

As an example consider a case where we have someone who has a horrific event that occurs. In this case it is a public speaking situation that turns out to be a horrible experience. It becomes a situation that creates reactions all through the body; heart rate, fear, sweating, nausea, and a cascade of emotions that one can well imagine if the speaking engagement went badly. The autonomic nervous system that functions subconsciously below conscious would of course be on the spot to memorize these emotional chemical signals to create automatic physiological changes and record this as a program in subconscious ready to be run on demand. From then on all you would have to do is bring a thought of the event into the conscious mind and it would trigger the same chemicals and physiological changes automatically.

You automatically and autonomically associate this with the future or current thought of the event with past emotional meaning of the event so it becomes a conditional response to execute the program to create that feeling. One then lives in the past because you can't replace the program and even the thought of it makes you sick to your stomach. It will continue until the time you take charge of the mind and issue a new state of mind that would result as a new possibility like a wonderful presentation and this means you need to change the perception about future events. The event was embossed and patterned neurologically as a physical memory physically wired in brain and programmed to create chemically and physical processes. So a new event that overrides the

old would have to be created so as to delete the old program in subconscious.

Because feelings and emotions are the end products of your experiences, and it is your emotional energy bodies that are here to engage through the body, feelings are the true direct doorway to the subconscious. In this case, your five senses capture the event and relay this to the brain. Mobs of nerve cells organize into fresh networks to reflect the event where circuits gel the brain makes a chemical to signal body and alter physiology through the chemistry like feeling or emotion. The event created a cause and effect and the memory of it created your conditioned process. So as you recall the event over and over in your mind it produces the same chemical and same level of mind in the brain and body to reaffirm the conditioning process.

Until you deal with this issue and overcome it it will continue to run automatically. But there are several ways you reprogram. As body acts as your subconscious mind, it does not know the difference between actual events and that created by emotions, or the emotions you created by remembering the event. The body believes it is living the same experience over and over. You fire and wire the circuits of the brain creating long term memory. Now the conscious mind has no control for as you think about it again, in seconds, a host of conditional responses from the brain and body pharmacy manifest the same effect — all from a single thought.

You have enslaved yourself by the body as it has become the mind and trapped you in that environment lost in past time. Like the placebo, it can be the mind alone that chooses the consequence in the body. It fires up the brain to trigger the chemicals and physiological cascade of effects. It is like the placebo or the nocebo that you are choosing. You can choose to keep trying until you succeed and the emotional glory rewires the program. Or you can convince your subconscious by seeing and feeling your success. One is matter over mind; the other is mind over matter.

Mind and matter are not separate

We can see now that the mind and matter are linked and not separate. Now we are going to investigate how conscious and unconscious thoughts and feelings are the blueprint controlling destiny. Both minds must work together in order to bring about any future change in

physical reality. If not, in the majority of cases, it is the subconscious that wins the conflict.

Conditional response is a subconscious program housed in the body that overrides the conscious mind and takes charge. Over time, the body is conditioned to become the mind as conscious thought is no longer in control. For example the autonomic nervous system creates internal changes in the body by associating past memories with an expectation of internal effect through associate memory. The stronger the conditioning, the less conscious control is and more automatic is the programming that generates the internal effect.

It is known in the study of Neurobiology that if you keep taking the same substance the brain keeps firing the same circuits the same way memorizing what the substance does. It is conditioned to the effect by a familiar internal change derived from past experiences. Because of this conditioning, a placebo activates the same hard-wired circuit. Associate memory elicits a subconscious program that makes a connection between a pill and the hormonal change in the body and signals go out to make the related change.

The heart electromagnetic design

It is not as commonly known that the heart actually sends more signals to the brain than the brain sends to the heart! Moreover, these heart signals have a significant effect on brain function—influencing emotional processing as well as higher cognitive faculties such as attention, perception, memory, and problem-solving. In other words, not only does the heart respond to the brain, but the brain continuously responds to the heart.

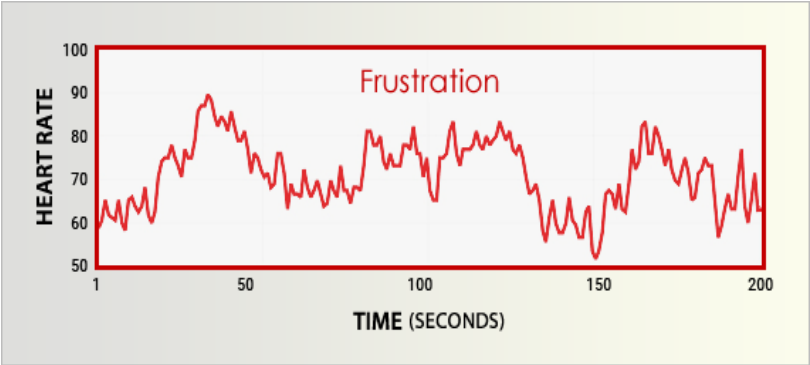
Science has been discovering what the ancient spiritual traditions have always known: That there is an intricate connection between our mind and our heart. This connection is a rhythmic pulse that animates the human body and all life. This electromagnetic pulse wave of energy that is animating the earth provides us with a foundational energy field of support for our human bio-system. This rhythmic current of energy is a steady wave that pulsates and provides us with energy that we can tap into, allowing our body, mind and heart to relax into a greater field of energy. As our biorhythms connect and come into harmony with this greater rhythm, our mind can let go, giving us peace, tranquility and greater connection in our heart. As we surrender into this rhythmic

pulse of energy that is available to us at all times, we can have a more visceral experience of living from our heart.

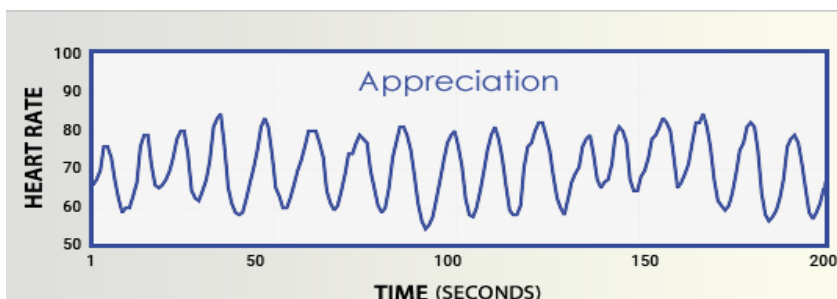
Through careful observation, scientists have learned that the heart generates the body’s central electromagnetic field. Because our mind tends to exhibit the most control, it can sometimes seem like a spin cycle of thoughts that never let us ever really feel connected with our heart. Our thoughts play an important role in how we function and create our reality. If we want to live from our heart, and consciously create with our vibration and thoughts, then the mind needs to be connected with the heart, so our thoughts and our awareness, emerge from the electromagnetic energy field of our heart in connection with the greater energy field of the Earth.

When our mind is connected with our heart, it's as if decisions are made from an inner knowing. Since the heart is our source of truth, the key is to establish a rhythmic connection with our mind and heart. Making the heart-brain connection allows the power of our thoughts and mind to operate from its original design. As the mind lets go into the rhythmic pulse of the heart, the inner knowing and truth of the heart can begin to generate your thoughts. In order to feel a sense of calm and connection to the inner truth and direction of your heart, the brain and heart must unite into one rhythmic pulse wave.

Just like the brain has its electrical states of beta, alpha, etc., so does the heart have different states, particularly as measured from emotion. If you look at the charts below, you see clearly what happens to the heart in different ways of expression.



Compare the heart wave pattern of frustration to a state of appreciation. This is what a **coherent wave pattern** looks like.



One is chaotic, while the other is not, each creating a different cascade of biochemicals, and each having a very different effect on the circuitry of the body. We have seen in the previous chapters that genetic expression is dependent on emotional expression, and if that is negative, under stress or incoherence it cascades into down regulation and chaos. So to future advance healing and wellbeing, it is important to be sustaining an internal and external environment to support coherent wave patterns in the heart. And once again, the success of people like Dispenza relies on this to be so.

What is an incoherent brain?

Most people are aware that brain waves are measured in five different states. When a person is in a normal state of awareness, a brain scan will reveal beta brainwave patterns. These types of patterns are associated with cognitive tasks and interactions with the outside world. The first thing research is finding (research conducted by Dr Joe Dispenza) is that within test cases, that in a very short amount of time (sometimes as little as 10 seconds), students are able to change from beta to alpha brainwave patterns, which are associated with a quiet, calm mind that is very much engaged in the present moment. This present moment eliminates the cerebral cortex's preoccupation with past or future. To have this degree of conscious control is very significant.

The second observation is that when students shift from beta to alpha brainwave states these are not just regular alpha patterns, but very coherent alpha patterns. In measuring 19 different compartments of

the brain, they found that these often disparate parts of the brain are communicating and synchronizing with each other as one. This means that literally billions of neurons that make up the brain are all operating in rhythm, order, and coherence. As brains get more and more super coherent, the alpha patterns display higher amplitudes of energy in the brain. If there's more energy in the brain, that means the brain is experiencing a greater level of awareness, which translates into a greater level of consciousness.

From coherent alpha patterns, many then move into very coherent and organized theta brainwave patterns. The theta state is often associated with dreaming and the realm between wakefulness and sleep. This is due to the fact that the neocortex—the thinking/analytical brain—becomes completely suppressed. The neocortex is your memory bank, the seat of your personality, and the totality of your learning and experiences. Essentially, it's the artifact of the autobiographical self. Consider it your memory bank of knowns.

The heart brain and emotions

Science is verifying that the heart has its own brain and neural system much more than ever thought. In fact it is the heart brain that issues orders to the brain upstairs. The heart is the energetic balance point of the chakra system and it has a mind of its own. To most the heart is just an organ that pumps blood to keep us alive. If you live within the limits of the consciousness box, then the sayings of loving you with all my heart, heart of a lion, broken heart, from the bottom of my heart, cross my heart, bleeding heart and heart of gold are not silly expressions but a mode of expression and behaviour.

Where do these come from? They come from the negative and positive choices and characteristics of the energetic heart chakra. If you want to believe it is the physical heart that you feel when your heart is broken, think again. It is the energetic expression of the heart chakra sending its message to the body; and even the tight chest or angina may not be a result of the physical heart malfunctioning, albeit the two are linked. To most the "heart" is the center of love so reflected in the love for the special ones in our life as in "falling in love" and "I love you" as a descriptor of special intense emotion. You are here to experience emotion and the heart is the powerful center of emotion, among other things. Love, as we are coming to understand, is much more than just a physical expression. It appears to be a universal "soup" of all that is

and a heart-brain is the access point. As we are about to describe, the heart has its own nervous system, its own heart-brain and heart-mind that does not take orders from that big dummy in the attic — the head brain. And it has its own special subtle, powerful energetic fields. What is coming to the forefront is the fact that the higher emotions of the heart are the doorways to wellbeing and proper gene expression.

We have seen how the perceived environment, especially strong emotions like fear can cause the flight or fight syndrome and the HPA axis to affect the immune system, the visceral system and the intellect. Now we have another kid on the block that can cause havoc. The research at **HeartMath** has shown that the heart has its own brain that communicates with and influences the cranial brain through the nervous system, hormonal system and other pathways that affect the quality of life. They also conclude that the brain gets communications four ways: neurological (nerves); biophysical (pulse waves); biochemical (hormones); and energetic (electromagnetics).

They conclude that the heart and nervous system DO NOT follow brain's direction. The heart has its own brain that can sense, remember, learn, feel, and process information independently.

Signals go from the heart to the survival centre in hindbrain where blood pressure and heart rate, and respiratory rate are controlled. This part analyses info and makes changes. These signals also affect your feelings and emotional memory center in midbrain (Amygdala). The cells here synchronize to the pacemaker in the heart. If HRV is chaotic, it matches that to negative emotional experiences and automatically recalls what negative feeling to correlate with. Brain waves in cortex are also affected by powerful chaotic heart signals coloring how you think and perceive, altering top level functions (calculation, planning, creativity, and communications) —all from the big signal generator in the heart.

The stressed heart

Research shows that stress feelings activate a stress response that is emotional and psychological. So a simple thought recalling anger will provoke a response but it is nowhere near the intensity of the physiological and psychological process of the stress response of emotion. Where have we heard this before? In our discussion about the cells. Research at HeartMath found that emotions contribute heavily to

stress on the brain and it can be either real or imagined. The end effect is the same. There is no difference.

Research suggests meditation, yoga, and prayer help. They say when stress or negative things hit, first focus and neutralize — time out. Shift attention to the heart area away from noise and stress. Stop the emotion or thought. They say feel the breath through the heart in a steady rhythm while you disengage from negative thoughts and feelings. Then engage a positive feeling emotion by thinking back to a positive situation of love and care. This coherent pattern overrides negative emotional programs. They say a positive feeling is not a thought process. You want to be genuine. Learn an inventory of these and your awareness/control increases so the threshold is reset. It is like our bedtime practice in our plan.

So, there is a lot of stuff in you that is your subtle sensing system and energetic body that is working away clogging up your chakras to result in dis-ease and disease as well as clog those higher abilities and cause a negative reactive procession in your body. Your heart field is also doing the same thing.

Let us look more deeply into the result of the heart emotion. The research at HeartMath shows stress feelings activate a stress response that is emotional and psychological. The emotion creates a reaction in the brain that affects the body. As you are now well aware, the ANS, short for Autonomic Nervous System, kicks into action upon any threat and it works in two parts. We are already familiar with the Flight or Fight syndrome coming from a different source. First is the fight or flight situation where the sympathetic system causes the body to constrict blood vessels, raise blood pressure, raise heart rate, constrict skin arteries, move blood away from organs, dilate pupils, and raise neck hairs for starters. And this is all done automatically in a few seconds to prepare you. The orders are made by the brain to do this.

The second situation is when the threat is only perceived like when you walk into a dark alley and feel threatened. Then the parasympathetic system kicks in. It causes the heart rate to go up, you get a sweat, or chill, and the blood pressure goes up in readiness. The hormonal system then starts a long sequence of reactions of nervous system signals to the glands so as to increase chances of survival. These actions take a few minutes but they last for hours. The research says

that once this starts, there are some 1400 reactions that occur in the body.

For example when you get wounded, there are a lot of things happening that the body does to protect you. But the major trouble maker is cortisol released from adrenal glands when we perceive stress. It goes into the blood to raise blood sugar so muscles have more fuel. Adrenaline also increases to make the heart beat faster, and it also raises blood pressure by constricting arteries and interacting with kidneys to save salt and water. So this is what the protective system does automatically.

They have found that this same process is also triggered by negative emotion like anger and depression. Makes you wonder what is happening when you watch a horrible movie, doesn't it? This then creates a feedback loop of stress, cortisol, bad mood, more stress, and more cortisol feeding on itself. This can rise to levels that can reach a burnout condition. To add to this mayhem, cortisol also inhibits memory, clarity, and higher functions of the brain.

The research has also proved that another hormone called DHEA is produced by the adrenals that actually counteracts the effects of cortisol. It, they point out, is produced by positive emotions of love, compassion, reverence, gratitude, and joy. But this hormone declines with age. So increasing stress with age can make a stress button get stuck in the on position for good. So watch nice positive movies!

What they point out is the obvious conclusion; things like finances, job, conflict, and anxiety problems are stress triggers that accumulate on an ongoing basis and the body gets used to a new threshold. Then you come home and watch the bad news, and a stress filled movie to add to the problems. If this happens, and the cortisol and adrenaline are stuck in on positions, you get heart disease, raised blood sugar, hypertension, high cholesterol, obesity, arterial diseases, and diabetes over time. What happens is the body functions get set to a new higher threshold as the body simply believes this is where it should be.

They suggest you need to reset the thermostat down to a normal level again because the stress can become an addiction. What they have found is that a diet of positive feelings resolves this problem and this is how you can reset the thermostat. The heart is where you feel strong

emotion because it is the core of emotion so you need to carefully manage this emotion.

What is being stated here is that the real emotional control center is the heart brain duo together, not the brain. Sure the old brain up top has responsibilities, but it ain't the real boss! So these sayings like heartfelt emotion, heartbroken, put your heart into it, the heart of the matter, heart to heart, and from the bottom of my heart are not just sayings. They are reflecting a real subtle process of energy from the heart center.

What do we do about better management of this duo? HeartMath products, tools and techniques are based on over 25 years of scientific research conducted at the HeartMath Institute on the psychophysiology of stress, emotions, and the interactions between the heart and brain. There are over 300 peer-reviewed or independent studies utilizing HeartMath techniques or technologies to achieve beneficial outcomes that have been published. They publish why heart coherence is essential in stress management and sustainable behavior change.

Coherent and incoherent emotional states.

As we have noted, the graphs of real-time heart rate variability patterns (heart rhythms) recorded from individuals experiencing different emotions very clearly shows the incoherent heart rhythm pattern. It is characterized by an irregular, jagged waveform when stress and negative emotions such as anger, frustration, and anxiety are expressed. As shown earlier, starkly opposite are the graphs of the coherent heart rhythm pattern that is typically observed when an individual is experiencing a sustained positive emotion, such as appreciation, compassion, or love. The coherent pattern is characterized by its regular, sine-wave-like waveform.

Physiologically, this pattern indicates that the signals produced by the two branches of the ANS nervous system are out of sync with each other. This can be likened to driving a car with one foot on the gas pedal (the sympathetic nervous system) and the other on the brake (the parasympathetic nervous system) at the same time – this creates a jerky ride, burns more gas, and isn't great for your car, either! Likewise, the incoherent patterns of physiological activity associated with stressful emotions can cause our body to operate inefficiently, deplete our energy, and produce extra wear and tear on our whole

system. This is especially true if stress and negative emotions are prolonged or experienced often.

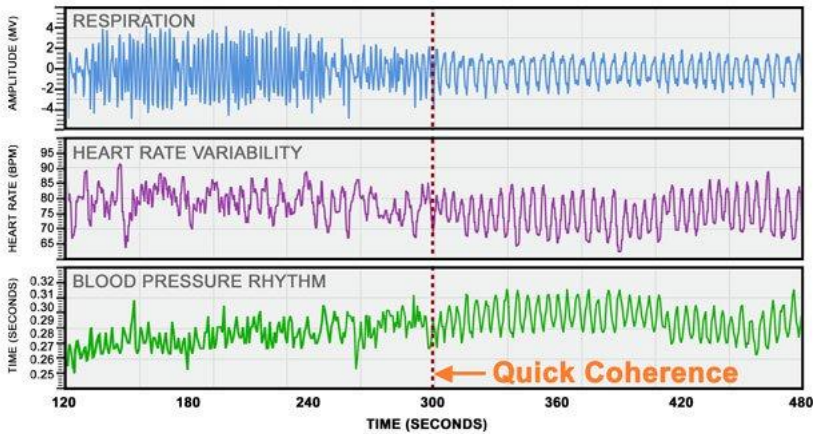
In contrast, positive emotions send a very different signal throughout our body. When we experience uplifting emotions such as appreciation, joy, care, and love; our heart rhythm pattern becomes highly ordered, looking like a smooth, harmonious wave as in the picture. This is called a coherent heart rhythm pattern. When we are generating a coherent heart rhythm, the activity in the two branches of the ANS is synchronized and the body's systems operate with increased efficiency and harmony. It's no wonder that positive emotions feel so good – they actually help our body's systems synchronize and work better.

Coherence is a state of optimal function

The HeartMath Institute's research has shown that generating sustained positive emotions facilitates a body-wide shift to a specific, scientifically measurable state. This state is termed psychophysiological coherence, because it is characterized by increased order and harmony in both our psychological (mental and emotional) and physiological (bodily) processes. Psychophysiological coherence is the state of optimal function. Research shows that when we activate this state, our physiological systems function more efficiently, we experience greater emotional stability, and we also have increased mental clarity and improved cognitive function. Simply stated, our body and brain work better, we feel better, and we perform better. That is precisely why a desired environment is when the brain and heart are in sync. And the purposeful process of attaining that is by way of meditation and entraining the two subtle energy systems into coherence.

Physiologically, the coherence state is marked by the development of a smooth, sine-wave-like pattern in the heart rate variability trace. This characteristic pattern, called heart rhythm coherence, is the primary indicator of the psychophysiological coherence state, and is what the emWave and Inner Balance technologies measure and quantify. A number of important physiological changes occur during coherence. The two branches of the ANS synchronize with one another, and there is an overall shift in autonomic balance toward increased parasympathetic activity. There is also increased physiological entrainment—a number of different bodily systems synchronize to the rhythm generated by the heart (see figure below). Finally, there is increased synchronization between the activity of the heart and brain.

The Coherent State



The top graphs show an individual's heart rate variability, blood pressure rhythm (pulse transit time), and respiration rhythm over a 10-minute period. At the 300-second mark (center dashed line), the individual used **HeartMath's Quick Coherence®** technique to activate a feeling of appreciation and shift into the coherence state. At this point, the rhythms of all three systems came into entrainment, notice that the rhythmic patterns are harmonious and synchronized with one another instead of scattered and out-of-sync. The left side of the graphs shows the spectral analysis of the three physiological rhythms before the shift to coherence. Notice how each pattern looks quite different from the others. The graphs on the right show that in the coherence state the rhythms of all three systems have entrained to oscillate at the same frequency.

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Most of us have been taught in school that the heart is constantly responding to "orders" sent by the brain in the form of neural signals. However, it is not as commonly known that the heart actually sends

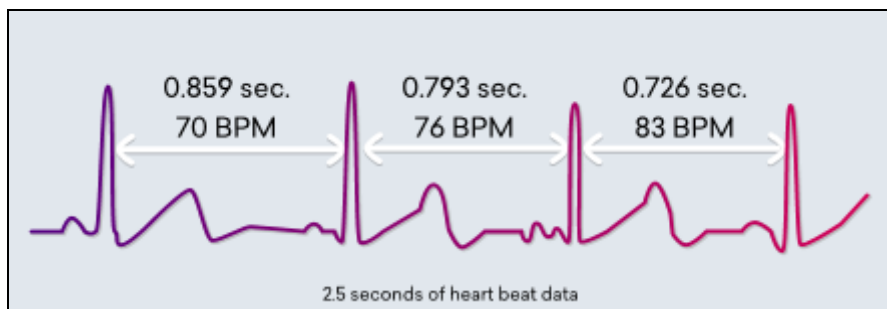
more signals to the brain than the brain sends to the heart! Moreover, these heart signals have a significant effect on brain function — influencing emotional processing as well as higher cognitive faculties such as attention, perception, memory, and problem-solving. In other words, not only does the heart respond to the brain, but the brain continuously responds to the heart.

HeartMath research has demonstrated that different patterns of heart activity (which accompany different emotional states) have distinct effects on cognitive and emotional function. During stress and negative emotions, when the heart rhythm pattern is erratic and disordered, the corresponding pattern of neural signals traveling from the heart to the brain inhibits higher cognitive functions. This limits our ability to think clearly, remember, learn, reason, and make effective decisions. (This helps explain why we may often act impulsively and unwisely when we're under stress.). The heart's input to the brain during stressful or negative emotions also has a profound effect on the brain's emotional processes—actually serving to reinforce the emotional experience of stress.

In contrast, the more ordered and stable pattern of the heart's input to the brain during positive emotional states has the opposite effect – it facilitates cognitive function and reinforces positive feelings and emotional stability. This means that learning to generate increased heart rhythm coherence, by sustaining positive emotions, not only benefits the entire body, but also profoundly affects how we perceive, think, feel, and perform.

Heart rate variability

The heart at rest was once thought to operate much like a metronome, faithfully beating out a regular, steady rhythm. Scientists and physicians now know, however, that this is far from the case. Rather than being monotonously regular, the rhythm of a healthy heart—even under resting conditions — is actually surprisingly irregular, with the time interval between consecutive heartbeats constantly changing. This naturally occurring beat-to-beat variation in heart rate is called **heart rate variability**. Heart rate variability is a measure of the beat-to-beat changes in heart rate. This diagram shows three heartbeats recorded on an electrocardiogram (ECG). Note that variation in the time interval between consecutive heartbeats, giving a different heart rate (in beats per minute) for each interbeat interval.



The normal variability in heart rate is due to the synergistic action of the two branches of the autonomic nervous system (ANS)—the part of the nervous system that regulates most of the body’s internal functions. The sympathetic nerves act to accelerate heart rate, while the parasympathetic (vagus) nerves slow it down. The sympathetic and parasympathetic branches of the ANS are continually interacting to maintain cardiovascular activity in its optimal range and to permit appropriate reactions to changing external and internal conditions. The analysis of HRV therefore serves as a dynamic window into the function and balance of the autonomic nervous system.

An important point is that the state of coherence is both psychologically and physiologically distinct from the state achieved through most techniques for relaxation. At the physiological level, relaxation is characterized by an overall reduction in autonomic outflow (resulting in lower HRV or heart Rate Variability) and a shift in ANS balance towards increased parasympathetic activity. Coherence is also associated with a relative increase in parasympathetic activity, thus encompassing a key element of the relaxation response, but is physiologically distinct from relaxation in that the system oscillates at its natural resonant frequency and there is increased harmony and synchronization in nervous system and heart–brain dynamics. This important difference between the two states is reflected most clearly in their respective HRV power spectra. Furthermore, unlike relaxation, the coherence state does not necessarily involve a lowering of heart rate, or a change in the amount of HRV, but rather is primarily marked by a change in the heart rhythm pattern.

Relaxation produces a high-frequency, low-amplitude heart rhythm, indicating reduced autonomic outflow. Increased power in the high frequency band of the HRV power spectrum is observed, reflecting increased parasympathetic activity (the “relaxation response”). In

contrast, the coherence state, activated by sustained positive emotions, is associated with a highly ordered, smooth, sine-wave-like heart rhythm pattern.

Unlike relaxation, coherence does not necessarily involve a reduction in HRV, and may at times even produce an increase in HRV relative to a baseline state. As can be seen in the corresponding power spectrum, coherence is marked by an unusually large, narrow peak in the low frequency band, centered around 0.1 hertz (note the significant power scale difference between the spectra for coherence and relaxation). This large, characteristic spectral peak is indicative of the system-wide resonance and synchronization that occurs during the coherence state.

Not only are there fundamental physiological differences between relaxation and coherence, but the psychological characteristics of these states are also quite different. Relaxation is a low-energy state in which the individual rests both the body and mind, typically disengaging from cognitive and emotional processes. In contrast, coherence generally involves the active engagement of positive emotions. Psychologically, coherence is experienced as a calm, balanced, yet energized and responsive state that is conducive to everyday functioning and interaction, including the performance of tasks requiring mental acuity, focus, problem-solving, and decision-making, as well as physical activity and coordination.

The heart subtle energy field

Under its Natural design, there is another astounding bit of information about the heart that has hit the media. **Rollin McCraty, PhD**, as the Executive Vice President and Director of Research for HeartMath reports the heart, like the brain, generates a powerful electromagnetic field. He explains in ***The Energetic Heart*** that: "*The heart generates the largest electromagnetic field in the body. The electrical field as measured in an electrocardiogram (ECG) is about 60 times greater in amplitude than the brain waves recorded in an electroencephalogram (EEG).*"

"The heart is a sensory organ and acts as a sophisticated information encoding and processing center that enables it to learn, remember, and make independent functional decisions. The heart's electromagnetic field contains certain information or coding, which researchers are trying to

understand, that is transmitted throughout and outside of the body. One of the most significant findings of research related to this field is that intentionally generated positive emotions can change this information coding."

They found that the heart's magnetic field is 5000 times greater than the brains. This field is a torus – like a big donut – and can reach 6-8 feet in diameter. They feel that this field can possibly reach large distances, like miles depending on the intensity. This, they say, can affect other brain waves. Does this make you think about how the Law of Attraction can attract?

That discovery raises the question whether the cardioelectromagnetic field information transmitted from an individual who is angry, fearful, depressed or experiencing some other negative emotion, takes on beneficial properties when it is influenced by positive emotions. It is coming to light that the care, compassion, love or other positive emotions are not only transmitted throughout an individual's body as the cardioelectromagnetic field radiates through it but transferred externally as well to people in close proximity and even over long distances like miles.

"This preliminary data elucidates the intriguing finding that the electromagnetic signals generated by the heart have the capacity to affect others around us. It appears that when the mother placed her attention on the baby that she became more sensitive to the subtle electromagnetic signals generated by the infant's heart. These findings have intriguing implications, suggesting that a mother in a psychophysiological coherent state became more sensitive to the subtle electromagnetic information encoded in the electromagnetic signals of her infant."

Note how the state of coherence comes up again, like it needs to be in a coherent state to communicate, or more significantly ALLOW

communications out and in! Remember the need for higher emotions or it does not allow miracles to work!



In the book, ***The Energetic Heart: Bioelectromagnetic Interactions Within and Between People***, McCraty, asks some relevant questions which he reports on. He states that the Energetic Heart explains the bioelectromagnetic interactions within and between people.

Did you know that when you're not consciously communicating with others, our physiological systems are interacting in subtle and surprising ways? Or that the electromagnetic signal produced by your heart is registered in the brain waves of people around you? Or that your physiological responses sync up with your mate's during empathetic interactions? His book will allow you to discover why the heart's electromagnetic field is believed to act as a central synchronizing signal within the body, an important

carrier of emotional information and a key mediator of energetic interactions between people.

Centered on the heart chakra is this toroid, a double vortex of energy. A vortex is a mass of energy that moves in a rotary or whirling motion, causing a depression or vacuum at the center. These powerful eddies of pure earth power manifest as spiral-like coagulations of energy that are either electric, magnetic, or electromagnetic qualities of life force. Vortexes are areas of high energy concentrations, originating from magnetic, spiritual, or sometimes unknown sources. Additionally to those that think outside the box they are considered to be gateways or portals to other realms, both spiritual and dimensional. Vortexes typically exist where there are strong concentrations of gravitational anomalies, in turn creating an environment that can defy gravity, bend light, scare animals, twist plant life into contorted shapes, and cause humans to feel strange. Many vortexes have been shown to be associated with Ley lines and have been found to be extremely strong at node points where the lines cross. At each chakra there are vortexes reaching out perpendicular to the axis of the body chakra system.

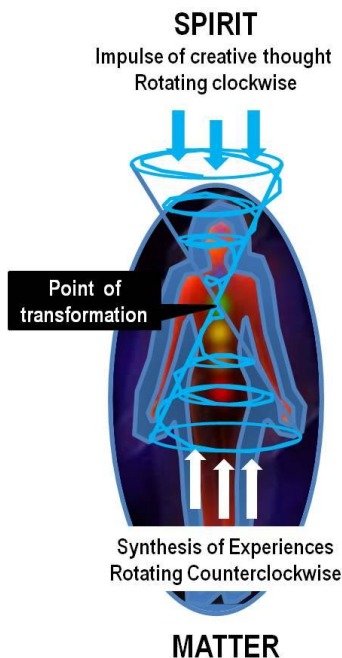
The heart-brain morphic field

The Heart field is a morphic field which surrounds you and vibrates with emotions emanating outwards. So it can be felt by others but it also is a nucleus within the quantum soup of infinite possibilities drawing likeness (as in the Law of Attraction). Your emotions are signatures of attraction as are images with quantum signatures of emotion. Exact replication is not possible this way, only likeness. Known as the double torus of infinity, it is centered on the heart as the engine of energy, the center of singularity. It means

your heart is the central engine, not to pump blood but to provide a portal to the love soup of the quantum; that place of infinite possibilities. Inside this torus is your pillar of life, your chakra system that is not only the transference vehicle between DNA and biology from above to below, but energy transmutation from thought to form both biology and to external material. And so the torus is the spiraling engine that does the actual transmutation of energy. The double torus is like a funnel of energy that spins down the funnel becoming more and more concentrated to reach the singularity point at the heart. Then the funnel inverts itself at the heart and the energy then spins down and expands. This is called the double torus - your subtle energy natural Design.

Each chakra has a function to interface between visible and invisible within this torus. Your thoughts, images, language, emotions, intent, relationships, existence move down the pillar from above to below and are deployed for the expansion and expression at the choice of consciousness. They are the receivers and transmitters talking to DNA because all these subtle energies are in the quantum world. You have developed a knowing about this. The thoughts, visions, words, emotions that drive intent constitute the toroid process downward to the heart at the point of singularity that then drops into the bottom toroid of intent, relationship and your expression of manifestation, and eventually materialization of matter.

The way the pillar is deployed is by choice and intent and carries the communication of information between consciousness of mind between your first layer of DNA of biological-chemical and the other 11 DNA pairs that constitute your being. This interface is not working at full capacity. It has atrophied through fear and your choice to not develop spiritually into what you are. So it sits stagnant in your DNA. The manifesting processes you have come to know as resident transmitters in your chakras are the thoughts, visions, and the language of emotions.



To open to the full library of DNA, the full abilities of the chakra psychic library, and the portal to infinite possibilities, you must shift from that big dummy the ego brain to the heart brain which awakens in an aura of well-being, love and compassion. That is the "electricity" that turns it on.

Although they are all one, all interconnected, this is a personal choice of either heart or brain subtle energy expression. You now have a knowing that the best interface is your expression through positive thought, visions of completion, words of the language of creation, emotions of love and forgiveness. This is speaking, listening, feeling with the heart to make it feel happy. For all this means is that the choice of your seeing, speaking, listening, feeling and thinking is always in the light, not with the traditional limited physical sensory system. This also means that each chakra from the top Crown where thought originates, to the 3rd Eye where vision occurs, to the Throat where words come forward are all in need of balance to the positive emotional expression by the Heart BEFORE they continue into the solar Plexus to launch intent through the Sacral that requires relationships that manifests into reality at the Root chakra.

The portals of access to the DNA is the communication medium of higher emotions. And the ability to optimize the toroid's process is the bringing of these positive attributes into the singularity of heart—yes, the heart of all matter. That is the type of entrainment that gives you the optimum way of controlling your reality in a proactive process. The belief becomes the foundation to this process as it is simply your knowing that it is so, and however this works is not relevant because you acquire the faith and trust that this is so, and all you have to do is accept and be it. The true power of this process is keyed to a specific vibratory range that is what the energy of love and higher emotions by way of entrainment.

The torus, or primary pattern, is an energy dynamic that looks like a doughnut — it's a continuous surface with a hole in it. The energy flows in through one end, circulates around the center and exits out the other side. You can see it everywhere — in atoms, cells, seeds, flowers, trees, animals, humans, hurricanes, planets, suns, galaxies and even the cosmos as a whole. Scientist and philosopher, Arthur Young, explained that a torus is the only energy pattern or dynamic that can sustain itself and is made out of the same substance as its surroundings — like a tornado, a smoke ring in the air, or a whirlpool in water.

The torus also applies at the human level. Each person not only is a torus – our bodies are a continuous surface (skin) with a hole through the middle (intestinal tract) – but we are each surrounded by our own toroidal electro-magnetic field. Each individual's torus is distinct, but at the same time open and connected to every other in a continuous sea of infinite energy. It is the same energy field you can feel with a magnet. It is usually invisible, but by scattering iron filings loosely around a magnet you can actually see the toroidal shape of energy.

The heart's electromagnetic frequency arcs out from the heart and back in the form of a torus field. The axis of this Heart torus extends from the pelvic floor to the top of the skull, as in that pranic tube we have looked at with the work of Dispenza. And the whole field is holographic, meaning that information about it can be read from each and every point in the torus.

There is an interesting aspect about this torus field as it is the blueprint of how nature forms energy into matter. Most torus dynamics actually contain two toruses – called "tori" – like the male and female aspects of the whole – one spiraling one direction toward the North Pole and its

opposite spinning toward the South Pole. This is also referred to as the Coriolis Effect. Examples are the weather on the earth and the plasma flow of the sun. In the heart torus, the spin down the top center is clockwise, down into the point of singularity at the heart, then to the outside of the lower torus, around to the inside of the lower torus, back through the heart then to the outside of the upper torus, then back down.

The underlying structure of the torus is the Vector Equilibrium, or “VE” **is the blueprint by which nature forms energy into matter.** Buckminster Fuller, one of the 20th Century’s most prolific inventors, coined the term Vector Equilibrium. He named it this because the “VE” is the only geometric form where all forces are equal and balanced. The energy lines (vectors) are of equal length and strength. **They represent the energy of attraction and repulsion, like you can feel with a magnet.**

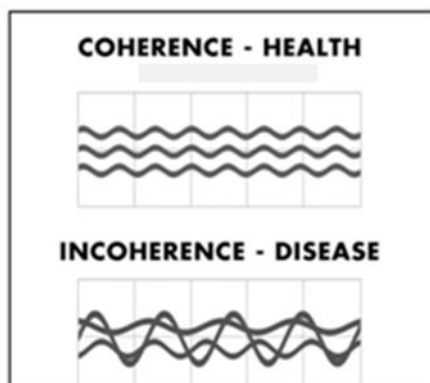
You can’t actually observe the “VE” in the material world because it is the geometry of absolute balance. What we experience on Earth is always expanding toward and contracting away from absolute equilibrium. Like a wave arising from the surface of a tranquil sea, a material form is born (unfolds) from the plenum (fullness) of energy (ironically referred to by physicists as “the vacuum!”) and dies (enfolds) back into it. **The VE is like the imaginable – yet invisible – mother of all the shapes and symmetries we see in the world.**

The bottom line of heart-brain connection

The bottom line is that different patterns of heart activity (which accompany different emotional states) have distinct effects on cognitive and emotional function. During stress and negative emotions, when the heart rhythm pattern is erratic and disordered, the corresponding pattern of neural signals traveling from the heart to the brain inhibits higher cognitive functions. This limits our ability to think clearly, remember, learn, reason, and make effective decisions. (This helps explain why we may often act impulsively and unwisely when we’re under stress.) The heart’s input to the brain during stressful or negative emotions also has a profound effect on the brain’s emotional processes—actually serving to reinforce the emotional experience of stress. This should not be surprising from our lesson on stress caused by types of emotion to keep the reptilian and mammalian brain hyperactive so you can survive in your environment.

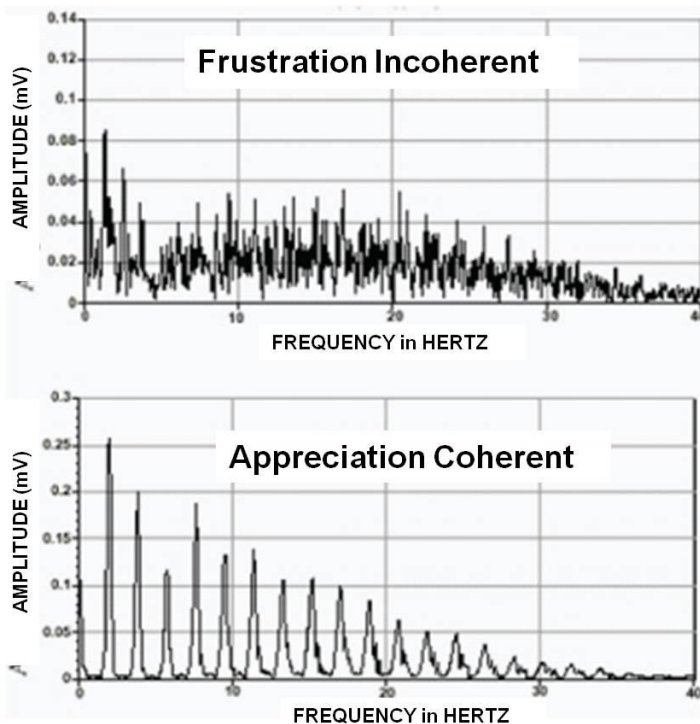
In contrast, the more ordered and stable pattern of the heart's input to the brain during positive emotional states has the opposite effect—it facilitates cognitive function and reinforces positive feelings and emotional stability. This means that learning to generate increased heart rhythm coherence, by sustaining positive emotions, not only benefits the entire body, but also profoundly affects how we perceive, think, feel, and perform.

Coherence in a nut shell spells out health or disease. It is simply a choice of expression and that means it's a choice of emotional engagement.



We have seen that elevated emotion to create coherence that creates higher frequency to create balance and homeostasis, otherwise disease, dysfunction feeds on itself.

This smooth versus ragged wave pattern is really a good representation of your mind and internal chemistry. It simply prevents your Natural Design from doing what it was meant to do. And continued abuse renders it useless and dysfunctional as well. So you age and die.



As you understand now, part of the coherence problems is very much founded on brain waves. Out of beta is out of consciousness and time (into present). Beta means survival, stress and conflict keeps you stuck in confusion and dysfunction, as does lower emotions manifest less light to screw up the light circuitry to create the blocks. Our natural design evolution moves energy all the way up to top, energy gets stuck and can't flow. As you now understand, the first 3 energy centers consume energy and draw from our field to turn into chemistry, demising your light field. An incoherent brain sends incoherent messages to mini-brains to effect expression and nerve conductivity. This creates disease, disease, imbalance and the whole energy center does not work well.

Natural Design provides you with these two major control centers of the brain and the heart to be used a certain way in order to fulfill a life of heaven on earth. Both of these have neural pathways and their own brains. Both of them can be in a state of coherence or incoherence. It has been found when you achieve a state of heart coherence, the body

manufactures 1300-1400 different advantageous chemicals and hormones that restore, regenerate, and strengthen the body's immune system. The body will naturally move out of survival and diminish the stress hormones so that it feels safe enough to create (we cannot create in emergency mode). As a result, your body will have more energy for growth, repair, and healing. The more profound the emotion the stronger the up-regulate process with the genes, and everything else.

So the big lesson here is that you need to get away from embracing the lower emotions and change your state to higher emotions to create coherence. This is through clear intention and of the coherent state of brain and heart, into elevated emotion to create higher energy like a magnetic charge. Intention carries signature equal to your state of being. Emotion makes the heart swell to broadcast it.

As you have seen in the Map of Consciousness by David Hawkins' work, elevated emotion carries a higher frequency than survival so to create change you need to be free, and feel free embracing these higher emotions. Higher means greater broadcast into the Unified Quantum Field where all possibilities exist. When you slow brain waves down to get at the operating system to signal new experience and expression to organs, tissues and cells, you begin to feel and see the effects.

So by now you are getting a good picture of how elevated positive emotion creates coherence — creates higher frequency to create balance and homeostasis, otherwise disease, dysfunction feeds on itself. Its essential that the brain has to be forced out of beta out of consciousness and time (into present). It separates the subconscious, autonomic nervous system that runs the show.

You will begin to form a vital picture here about how your built-in Natural Design was meant to function, and what happens to your reality of mind and body when you don't pay attention to the way it operates. It is silent and subtle but that silent, invisible system is the one that determines whether your reality becomes a living heaven or hell.

As we progress in the final chapter on SEE, we will add the quick Coherence system to the tool box.

10

UNDERSTANDING ENTRAINMENT

What is entrainment?

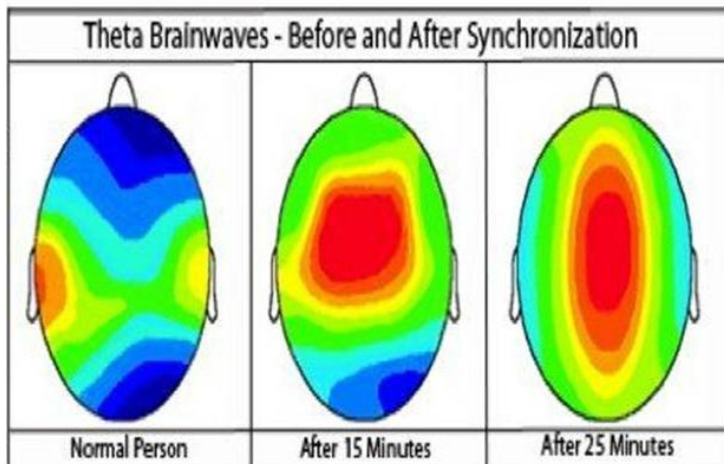
Before we proceed into a new chapter about how this subtle energy system manifests reality, from non-matter to matter, I want to look more deeply at entrainment.

In essence, entrainment refers to a natural phenomenon in which one entity resonates synchronously with another in response to its dominant frequency of vibration. And whether this resonance occurs on a gross or subtle level, it invariably involves *rhythm*.

We tend to associate rhythm and entrainment with music and sound, ignoring just how pervasive they are in the world around us and *within* us. But as you have learned the human heart's rhythms play a vital role in producing waves of sound and electromagnetism, all of which either *entrain* or influence every cell in the body to varying degrees. We see that science has discovered that *the heart's energetic field exerts an entrainment effect upon the brain*. Now we understand that perhaps emotion has the effect of entraining the heart and the brain. That's a pretty staggering discovery.

Entrainment is a natural process in your body that contains an autonomic mechanism that syncs you up with strong, external rhythms, pulses or beats. Actually we entrain to the rhythms around us all the time, although we are not aware of it most of the time.

To illustrate this process, it is best to use **www.unifycosmos.com** as an example of what the brain looks like when brainwave entrainment takes place using sound. This picture is from their website showing Theta brainwaves before and after synchronization.



Unifycosmos.com provides a service using Monaural tones to effect brainwave entrainment. Brainwave entrainment uses sound to change moods and thinking to achieve various goals. Just as music can alter your thoughts, with the right sound sparking tears for some. The use of monaural tones can help you to achieve your personal and spiritual growth goals by activating areas of the brain and releasing unconscious material (emotions, memories, potentials) previously dormant.

If for example, you twang a guitar string in a room, another guitar string on a separate guitar will also resonate. The starkest example is when you put a whole bunch of clocks together in a room, the irregular tick tocks will eventually entrain to the same tic toc. The relationship between the external rhythms and your inner rhythms or pulses is inseparable. *In fact, our internal rhythms will speed up or slow down to match a stronger external rhythm.* Here's proof: Try counting your heart beat or breathing rate when you're stuck in traffic, around noisy machinery, or listening to loud rock music. Then count your heart rate or breathing rate when you're sitting quietly on a beach or listening to peaceful music in a quiet surrounding.

Other examples of entrainment include:

- When a musician has the audience spellbound, he or she has entrained them into the rhythm.
- A charismatic preacher can do the same with his congregation.
- When you meditate in a group, you feel the increased “strength” of the experience.
- Participating in an exercise class doing aerobics to up tempo music.
- When young women become roommates, they often start getting their periods at the same time.

If you’ve ever held a guitar or violin on your lap while someone else was playing an instrument in the same room, you’ll have felt the vibration that the music sets up. The strings and sound box of your instrument vibrate in harmony with the instrument being played nearby, even though no one is plucking the strings of the instrument you hold. That’s resonance.

In physics there is less energy used when 2 objects are entrained with each other. In other words, we expend less energy when we are in step with the surrounding energy or we expend a lot more energy when we are not in sync with the greater surrounding energy. So we need to speed up if we need to work or if the energy of work is fast, but also need to be able to slow down when we come home or when it’s not needed. Unfortunately most of us don’t do that.

When you entrain to a hectic pace, however, it contributes to making you feel exhausted and spent. Our genes are not programmed to function at such a fast pace and we don’t know how to slow down, how to get our body rhythms to entrain at a slower rhythm. Most people don’t realize how detrimental it is to move so fast and try to accomplish so much so quickly—because the faster and more accomplished you are these days; the more society rewards you. The ability to multi-task is a valuable, if not required, business skill, and the electronic gizmos facetiously called “crackberries” now connect many people to their work 24/7.

It should not come as a surprise that the world’s spiritual traditions implore us to allow our hearts and conditioned minds to be entrained to the heart of compassion, the indwelling Spirit that beats the heart and animates all things. And when learning from a genuine spiritual master the object is not to understand the words she speaks, but rather *to entrain to her silent presence*, the radiant field of light and wisdom

that *activates* the student's capacity to awaken (as long as the student is open and ready, that is).

Heart, brain, breath, emotion entrainment

Of significance then is that there is a need to seek coherence in the brain and the heart to set an optimal environment inside and outside. But that is not all that needs coherence.

Science, such as with Dispenza, has found that through the precise use of sound and rhythm, we can synchronize our brainwaves with our heart rhythm, as well as our respiratory system (our breath) and the cranial fluid in the spine—bringing the whole body into a state of harmonic coherence. When our body's rhythmic pulse systems are in harmonic coherence, studies show that the stress hormone, cortisol, is released from the system. The body, mind and emotions come into a balanced and stabilized state so that instead of dealing with stress on a physical, mental and emotional level, the body can engage in healing and rejuvenation. In this coherent state we are able to think more clearly and feel a deep sense of peace, clarity, connection, and inner knowing.

By synchronizing the four rhythmic pulse systems in the body, we synchronize and strengthen our connection with the universal energy that flows through all life. We have seen this process of entrainment very common in the work of Dispenza.

What are these four components? What the successful leaders are doing here is guiding you in entraining heart, brain, breath and higher emotion into a state of coherent electromagnetics. This you will instantly recognize as being similar to meditation techniques. So let's go there for a moment.

Meditation is a worldwide phenomenon and has been around a long time. It is used extensively in all races, evolving to be a way to reduce stress. This is not its true purpose, although it is certainly recognized as a way to stress elimination and well being. Meditation's origins in the east tell us that when Western culture adopted meditation, they got it wrong. In the East, meditation was not centered on healing. Its purpose was to experience the emptiness of the Infinite — the ground of being. The ultimate goal of meditation is more than just 'mindfulness' or 'being in the now'. Enlightenment, Ananda, Self-Realization, Oneness with

God, a state of Grace, all these attempts to name or describe the goal of meditation fall far short, inevitably, because the goal of meditation is to transcend the mind and experience directly the Oneness of the Universe — something beyond thought or imagination, and certainly beyond words. This is often termed, Self-Realization. Here the capitalized 'Self' signifies that we are talking about something other than the regular everyday 'self' as we experience it. It refers to what is variously called the Higher Self, the Supreme Consciousness, God, Allah etc. What Albert Einstein referred to as 'the Supreme Intelligence'. In other words, the goal of meditation is to realize that you are God.

It is not a surprise to see this distorted by religions that want you to believe you are a sinner, not god,

Meditation is a word that has come to be used loosely and inaccurately in the modern world. That is why there is so much confusion about how to practice it. Some people use the word *meditate* when they mean thinking or contemplating; others use it to refer to daydreaming or fantasizing. However, meditation (*dhyana*) is not any of these.

Meditation is a precise technique for resting the mind and attaining a state of consciousness that is totally different from the normal waking state. It is the means for fathoming all the levels of ourselves and finally experiencing the center of consciousness within. Not surprising, meditation is not a part of any major religion; it is a science, which means that the process of meditation follows a particular order, has definite principles, and produces results that can be verified. It means turning off the beta brain and the world around you of thoughts, sense and distractions by turning inward.

The goal of meditation is to go beyond the mind and experience our essential nature—which is described as peace, happiness, and bliss. But as anyone who has tried to meditate knows, the mind itself is the biggest obstacle standing between us and this awareness. The mind is undisciplined and unruly, and it resists any attempts to discipline it or to guide it on a particular path. The mind has a mind of its own. That is why many people sit for meditation and experience only fantasies, daydreams, or hallucinations. They never attain the stillness that distinguishes the genuine experience of deep meditation.

We are taught how to move and behave in the outer world, but we are never taught how to be still and examine what is within ourselves.

When we learn to do this through meditation, we attain the highest of all joys that can ever be experienced by a human being. All the other joys in the world are momentary, but the joy of meditation is immense and everlasting. This is not an exaggeration; it is a truth supported by the long line of sages, both those who renounced the world and attained truth, and those who continued living in the world yet remained unaffected by it.

Meditation is a practical means for calming yourself, for letting go of your biases and seeing what is, openly and clearly. To any Scientist, it means getting out of beta waves of reality to theta waves of non-reality. It is a way of training the mind so that you are not distracted and caught up in its endless churning. Meditation teaches you to systematically explore your inner dimensions. It is a system of commitment, not commandment. You are committing to yourself, to your path, and to the goal of knowing yourself. But at the same time, learning to be calm and still should not become a ceremony or religious ritual; it is a universal requirement of the human body.

The importance of meditation

If you talk to, or analyse the processes that successful miracle makers (such as Dispenza) use, you rarely find the process of meditation absent. Meditation has been known for thousands of years and the process is very simple. Originally, this process was brought forward to "go inside" of yourself, to "let go" of all that material reality, to become "present" to the moment, and to "be one" with the creator. This was the way to find your "Higher Self" and release your "soul" to understand that you were actually God. More recently, this process has been encouraged by healers and medicine to relieve stress.

If you look at the process and actually measure what happens, people move their brain wave states into Alpha and Theta by eliminating the beta waves where the conscious brain likes to operate from. Thus the material past and present go away into a space of the Unified Quantum Field where there is no time, no one, no thing to distract you. You let go of the usual physical material environment. Of course this process means you have to express higher emotions of peace, gratitude, love and so on to create the environment where that can happen. You let go of lower emotions and relate coherence.

Typically this is done by placing attention and awareness on a rhythmic breathing and attention to the body parts to get away from the brain's preoccupation with outside reality, past and future. When the higher emotions are deployed, the heart waves are also affected so they go into a coherence pattern as well. This is part of the entrainment process that can allow you to **be and feel** what it is you desire. This state of entrainment into coherent wave pattern is fundamental to virtually every successful Miracle Hunter like Joe Dispenza. You, and that which you desire are one, done, complete, thank you and you brand that energy of vision with emotion of completion and joy. Then it's up to the brain to manifest it into reality.

But what is being found by science is what is actually happening as this process gets entry to the subconscious world where reprogramming takes place. It is much more than a means of reducing stress; it is a doorway to a means of changing your reality.

What separates the conscious mind from the subconscious mind is the analytical mind. Thus, by simply taking attention off of everything material (meaning a narrow, convergent focus) and opening awareness to the space around you (meaning an open, divergent focus), you can slip into the theta state quite naturally. This is important because the whole purpose of meditation is to get beyond yourself—beyond your thinking/analytical mind, beyond your body, beyond the people and things in your life, the places you go, and even time itself. It is to transcend everything known to create something unknown.

This is very auspicious because the part of the brain that uses our senses to plug into this 3D reality is being suppressed, so essentially this creates the disappearance of our identity and personality. This is what it means to **get beyond the self**, to **let go** of your reality, and be in the **present moment**.

When the neocortex is totally suppressed, the brain moves into a theta brainwave state. Essentially, you've entered a more lucid dreaming state where you are more conscious (actually superconscious) in your subconscious mind. This allows us to get into the body's control center, or the autonomic nervous system, and this is where the magic starts to happen. It is where you suspend the idea of time. This is where imagination brings infinite possibilities and dreams. The problem is that you did not know how these dreams or nightmares are actually coming true!

Brain scans show that when theta brainwaves are elevated outside natural and normal states, theta becomes the precursor for a heightened state of gamma brainwave patterns. According to the scans, it is the autonomic nervous system located in the limbic brain that becomes active when the neocortex is deactivated. In a sense, that person is having a profoundly lucid dream that is more real than our 3D reality.

So during a guided meditation, studies (Dispenza 2019) show many begin to activate their autonomic nervous system so that energy centers of the body are more in balance and the energy field around your body is balanced as well. The goal is to engender a new state of being so as to create something completely novel in your life. Novel means outside your subconscious jail. In doing so, you should be able to demonstrate that free will is not simply choosing one coffee or car brand over another—that's a choice based on knowns. Instead, it is an act of creation that empowers us to make the conscious choice to bring something that is outside of what we understand as a known into existence. Therefore, the creative process is manifesting an unknown event in our lives.

If it's true that by changing your energy and moving into a new state of being you can use your free will to create from the Unified Quantum Field instead of from matter. Then like in the original meditation idea presented by Buddha, your future *is* predetermined because *you* meet God and understand you are the creator of a new timeline, which will be predetermined. To achieve this requires you to continually practice that new state of being until you become it. How do you do that? You apply a procedure that begins with meditation.

The Role of Breathing

Part of this process relies on the practice of breathing as an entraining instrument. We have already seen how this process is important to the pranic tube cleansing and awakening.

Much research has been focused on breathing and involves understanding the role of breathing in the generation of coherence. In this regard, the research and techniques developed by **HeartMath** (covered later) are of vital importance to set the scene of entrainment into a coherent space of the present moment. This shows that because

breathing patterns modulate the heart's rhythm, it is possible to generate a coherent heart rhythm simply by breathing slowly and regularly at a 10-second rhythm (5 seconds on the in-breath and 5 seconds on the out-breath). Breathing rhythmically in this fashion can thus be a useful intervention to initiate a shift out of stressful emotional state and into increased coherence. However, this type of cognitively-directed paced breathing can require considerable mental effort and is difficult for some people to maintain.

While HeartMath techniques incorporate a breathing element, paced breathing is not their primary focus and they should therefore not be thought of simply as breathing exercises. The main difference between the HeartMath tools and most commonly practiced breathing techniques is the HeartMath tools' focus on the intentional generation of a heartfelt positive emotional state. This emotional shift is a key element of the techniques' effectiveness. Positive emotions appear to excite the system at its natural resonant frequency and thus enable coherence to emerge and to be maintained naturally, without conscious mental focus on one's breathing rhythm. The process is entraining heart, emotion, brain and breath.

The big challenge is to fake out the brain that is always there to learn to protect you on the basis of what you have learned from the past. The brain wants you to survive and is always concerned about the future. To it, time and space are the only reality. The simple answer is to pull the mind out of the body into the present moment where time and space don't exist. The reason is because we have conditioned the body to become the mind through the repetitive unconscious loop of thinking and feeling, and feeling and thinking. However, this act comes with all sorts of ancillary benefits. Breath creates a tremendous amount of brain coherence. This suggests, when done properly, almost all the neurons of the entire brain resonate, synchronize, and oscillate in a very high degree of order and rhythm. The brain becomes tuned up into a more holistic state.

Remember the process of breathing to move breath up the pranic tube? Research showed that when the energy created by the breath travels up the spine, all of the energy that was stored in the first three energy centers—energy that has to do with emotional blocks or emotional addictions—travels to the brain and opens the thalamic gate. When the thalamic gate opens, it is the sympathetic nervous system that arouses the brain into gamma brainwave patterns. With that influx of energy,

the gamma patterns create a greater level of awareness, or what we call super consciousness into the Unified Quantum Field of infinite possibilities. At the same time, the release of the pineal metabolites begin to suppress the analytical mind or anesthetize the thinking brain, creating a state of euphoria. When done properly, this arousal in the brain creates a state of bliss or ecstasy. All the while, like a magnet, you are further building the electromagnetic field around your body.

As you use breath you focus for entrainment with brain and heart, the neocortex becomes suppressed, the brain moves into a theta brainwave state, and as a result, this causes an increase of energy in the limbic brain. The limbic brain is the seat of the autonomic nervous system (the brain's automatic self-regulatory system) and the part of the brain where the pineal gland is located. This is the region of the brain that receives information not through the senses, but like a radio receiver, in the form of frequency.

If you are in theta brainwaves, as you sit there with your eyes closed and music playing in the background, because your attention is no longer on anything in the material world (your awareness is on the field, not matter), then your body is no longer taking in sensory information. When in this theta state, a person's body is completely relaxed yet an increase in energy occurs in the person's brain. The processing of this energy happens as the parasympathetic nervous system (the dominant nervous system of relaxation that deals with metabolic functions of the body) takes the body into a relaxed, semi-sleep state. When in this restful state, your breathing goes down while your digestion, metabolism, assimilation, and elimination work to create inner balance and restoration in the body.

If a person finds this door between wakefulness and sleep, they begin to dream lucidly. This is when—all of a sudden—they experience very high amounts of gamma brainwave patterns. Scientifically, work of Dispenza has recorded these gamma brainwave patterns hundreds and hundreds (e.g. 160, 200, 260, 300, 400) of standard deviations outside of normal. Now both the sympathetic and the parasympathetic nervous system have merged, and as a result, gamma brainwaves which are carried by the harmonic of theta brainwaves to create arousal of the mind in the feelings of ecstasy or bliss, as well as creating a complete relaxation of the body in the form of calm and peace.

Because your body is asleep and your mind is awake, you are in the dream world between the conscious and the subconscious mind. If where you place your attention is where you place your energy, and you are tuning into the field with very little brain activity in the neocortex, like a radio antenna tuning into a transmission, the pineal gland (which has tiny crystals in it that oscillate at different speeds, allowing it to pick up information beyond the visible light spectrum) taps into frequency from the unified field. In fact, we have observed that the entire area around the pineal gland becomes highly activated. As a result, the person experiences greater and greater degrees of unity, oneness, wholeness, and order, because this is the signature of the unified quantum field.

No wonder that the best Miracle Hunters on the planet all use some form of meditation, breathing, and entrainment to get astounding results of shifting reality. We will study these miracle workers in a subsequent chapter.

Resonance and entrainment of Earth

One of the most important continuous geomagnetic pulsations that scientists measure is in the frequency window of 0.1 to 0.2 Hz. Another is in the range of 0.2 to 5 Hz. Irregular pulsations in the lowest frequency range are from 0.025 to 1 Hz. The lowest of Earth's continuous geomagnetic frequencies, 0.1 Hz, is exactly the same frequency as the rhythm of the human heart when in coherence. If we practice a relaxation method like the **Quick Coherence Technique** developed by the **HeartMath Institute**, our heart begins to beat in coherence. In that state, our individual human heart is sounding the same note as the slowest of the frequencies of Earth's magnetic field (McCraty, 2017). The 0.1 Hz frequency also happens to be the frequency of human cardiovascular systems. The same frequency is used by a variety of animals and even individual cells to communicate and entrain the systems that surround them, just like metronomes in synchronous alignment.

Resonance entrains objects tuned to similar frequencies even at a distance. Certain of Earth's field line frequencies resonate with exactly the same frequencies that occur in the human brain and heart. As the planet plays its chords, our brains and bodies are humming along and possibly even using that constant music to regulate biological

processes. So do you think the global consciousness of conflict and religion has any influence on your heart-brain system?

In 1960, long after Schumann predicted mathematically that such waves must exist, they were measured experimentally. The primary Schumann resonance is 7.83 Hz. Harmonics are resonant multiples of the original frequency, and Schumann's wave produces harmonics at 14.3, 20.8, 27.3, and 33.8 Hz. These frequencies are also found in the waves originating in our brains as they process information: 7.83 Hz is in the theta band, in the exact same frequency window measured in brain waves during peak healing moments (Oschman, 2015; Bengston, 2010).

The next harmonic of the Schumann resonance, 14.3 Hz, is in the frequency range of low beta brain waves, typical of the housekeeping functions of the body. The third harmonic of the basic Schumann resonance, 27.3 Hz, is in the same frequency range our brains use when we're focused on a task and thinking hard. The harmonic of 33.8 Hz falls within the frequency range of gamma, the waves produced by our brains at moments of integration and insight. It's striking that the primary resonance of Earth's plasma sheath as well as its harmonics fall into the same frequency windows as the primary human brain waves. Our mental states, generated by the fields our brains produce as they process information, resonate with the frequencies of the planet on which we live.

When we increase a particular wave, such as the surge of theta that accompanies energy healing treatments, we increase our resonance with that planetary information signal. Planet and healer are entrained in an intense energetic union. **Dr. Franz Halberg** of the University of Minnesota Medical School coined the term circadian rhythms to describe the body's daily cycles (Halberg, Tong, & Johnson, 1967). Until his death in his late 90s, he conducted research in his lab seven days a week. In 2017, research on the genetics of the body clock won the Nobel Prize in medicine.

Halberg believed that the reason that the delta through gamma frequencies are pervasive in our brains and our bodies is that we evolved on planet Earth, entrained in its frequencies. Studies conducted by his Halberg Chronobiology Center and by other researchers have demonstrated links between Earth's field lines and Schumann resonances and markers of human health (Selmaoui & Touitou, 2003;

Brown & Czeisler, 1992). Human emotions, behavior, health, and cognitive function are all affected by solar and geomagnetic fields (Halberg, Cornélissen, McCraty, Czaplicki, & Al-Abdulgader, 2011). Earth's field is hypothesized to be a "carrier of biologically relevant information that connects all living systems" (McCraty, 2015).

Rollin McCraty, director of research at HeartMath, says:

"We're all like little cells in the bigger Earth brain—sharing information at a subtle, unseen level that exists between all living systems, not just humans, but animals, trees, and so on" (McCraty, 2015).

Information is flowing throughout this living matrix of the "Earth brain," synchronizing the activity of all life-forms, down to the level of cells and molecules. The human brain is attuned to electromagnetic fields. The human brain, an electromagnetic organ pulsing with neural connections and impulses, is exquisitely sensitive to electromagnetic fields:

"Changes in the Earth's magnetic field have been shown to affect human heart rhythms and have been associated with the following: changes in brain and nervous-system activity; athletic performance, memory and other tasks; synthesis of nutrients in plants and algae; the number of reported traffic violations and accidents; mortality from heart attacks and strokes; and incidence of depression and suicide" (HeartMath Institute, n.d.).

Given the pervasiveness of these frequencies on a planetary scale and the fact that we evolved in them over the course of hundreds of millions of years, it's hardly surprising that our bodies, minds, hearts, and cells are entrained to them.

Practicing entrainment

When you move into a particular field, just like the Earth field, entrainment begins to occur, as it does during meditation, but after you leave the meditation or some special sessions, the concepts soon become fuzzy. You start to forget what you learned and the state you attained, unless you practice. When you rehearse atonement with that thought field by reading books, watching videos, and learning more, you maintain your resonance with the field. This is how you build the neural pathways and brain states that are characteristic of that thought

field. You've moved from touching the field to embodying the field. You're on your way to mastery.

When we use our minds in this way, we condition matter. When we make a conscious choice to attain mastery in a field, we activate resonance with all the components of that field. Some may be local to us right where we are. Others may be nonlocal, distant in time or *space*. Our intent, filling our consciousness, opens the doors to synchronicity. Opportunities and connections appear seemingly out of the blue. Yet they are generated by our participation in that particular thought field.

It is important to be mindful of the inspiring energy fields. And entrain with them. When you are together, the effect is enhanced. Being with them conditions thinking and energy as we come into resonance. Surrounding yourself with uplifting people is one of the best things you can do for both mental and physical health.

Meditation is part of the process

Meditation by itself creates an environment for entrainment. It is a platform to perform the impossible. That environment provides the harmonic resonance for you to go beyond the benefits of meditation.

Within this state, you are in the flow. You are now no longer local consciousness. As you have gone into the present, no past or future are there to disturb you and thought and emotion are not relevant. You are now universal consciousness. You have stepped from the position of that which is acted on to the perspective of that which acts. Horizons of creativity open up to you. Just like in daydreaming and imagination, vistas of possibility flood your awareness. You know yourself to be one with universal wisdom, with universal power, with universal intelligence, with universal love. From that place in consciousness, you live a life of wisdom, intelligence, and love. You no longer ask for love, need love, or crave love, because you are love. You no longer pray for wisdom, because you are wisdom. You no longer seek inner peace, because your very nature is peace. Standing in that place, you have access to all the wisdom, peace, and love in the universe.

This has been experienced and described by mystics throughout the ages. It is the state of flow that elite athletes experience at times of peak performance. It is the state into which artists enter when they

create their most inspired work. It is the state children naturally inhabit when they lose themselves in play. It is the state we're meant to live our lives in all the time. It's been perceived as a special, occasional exception to the grind of daily life. Yet it's actually meant to be the way we start and end each day. Each day is meant to flow in an unfolding of synchronous possibilities.

The universe knows that once you let go of the illusion that you are an isolated, local entity and embrace the reality that you are one with universal mind; suddenly you are part of the flow. Synchronously, you dance with every being who is part of the universal dance. Your life flows easily and organically. All of the friction, all of the static that you experience at the level of local mind falls away. Your life is easy, happy, and naturally creative. You feel one with this universal reality of oneness. The kind of life you create for yourself from that perspective is radically different from the life you create from the perspective of an isolated local self.

Coherence expression is biochemical

As you have heard over and over this state is when super things from the Natural Design Pharmacy can happen. For example in a clear meditative state, this is the moment when the pineal gland releases its metabolites. These are super chemicals that fit into the same receptor sites as serotonin and melatonin, but they carry a different message. Think of these metabolites as upgraded versions of melatonin that serve to heal the body, calm the mind, create a profound mystical experience, shut down the survival centers in the brain, and increase energy in the nervous system.

When this occurs, the person experiences hyper-perception and they usually have very profound mystical experiences. They have the feeling that they are experiencing another reality more real than this one. Thus, in the dream of their internal world, all of their senses are heightened. If their senses are heightened, this means their awareness is heightened, and if their awareness is heightened, then their consciousness is heightened—and as we know, you can't have consciousness without energy. So the energy always rises in the brain and we have measured this over and over again.

The stronger the electrical activity entering the brain from the field, the greater that lucid inner event will be, and the greater that internal

event is, the more it will literally reshape the microstructures of the brain. It's a fact that experiences enrich the brain, and since experiences also create emotions, the type of emotion the person is feeling is less chemical and/or matter based and more like energy and frequency. The energy of that elevated emotion translates into bliss, exuberance, joy, etc., and because the feeling is so thrilling and coherent, the person pays attention to the experience in their mind. Now the brain is reorganizing new information so that we learn more about an entirely other aspect of the self. The stronger the emotion from the inner event, the more you pay attention to the pictures in your mind, and this creates long-term memories, thus building a bigger memory bank than who we are or what we know in this three-dimensional reality.

The Dispenza research shows that the heightened emotions are being experienced in a part of the brain called Brodmann's area 30. This is an area of the brain responsible for profoundly joyful and loving experiences that create long-term memories—and we see this same pattern happening here over and over again.

It has been found that a person's oxytocin levels elevate, causing them to report feelings of more wholeness and love. When they then open their eyes and come back to this 3D reality, they perceive a broader spectrum of reality—because they don't see things as they are; they see things as they are. Now the mystery of the self is being revealed because this process has activated new circuitries of perception.

The totality of this process equates to an upgrade to the human operating system. This happens on a regular basis because there is a repeatable formula. All of the research has demonstrated that you don't need to be a priest, priestess, monk, or rabbi to achieve expanded states of consciousness and self-awareness. Everyone has the ability to do this, and that means anyone can experience it—including you.

Under your Natural Design you carry the apparatus that allows you to adapt, evolve and protect yourself in the environment you choose to engage in. We are familiar with several requirements of this both a mental and physical development is best done during certain ages. You learn to eat, breathe, walk, talk, and then progress to developing a profession and so on. But there are many subtle processes going on in the development process. The key is that we are here to undertake a spiritual evolution to rise above the level of a smart savage animal and

there are optimum periods of refining this and certain choices to be made.

It's really a use it or lose it notion. And it has to do with the amount of light you hold. Compare it to sunlight on a plant. If it not get enough sun at a certain stage of development, it does not mature and grow well. If the human does not receive and hold enough light and hence rise in its vibratory base, it also does not mature and develop.

You may consider this light quotient your "spiritual quotient" because it is this subtle world of spirituality that allows the rise above the savage animal focused on self preservation to a humanoid focused on selflessness and the greater good of all.

The importance of visualization

The inescapable conclusion in analysing methods of miracles that visualization, the responsibility of the 3rd Eye chakra is important in the process of defining the wanted reality. The best way to enforce the importance of visualization is to look at the book: ***How Your Mind Can Heal Your Body: 10th-Anniversary Edition*** by David R. Hamilton. David has a PhD in organic chemistry and spent 4 years in the pharmaceutical industry, developing drugs for cardiovascular disease and cancer. Inspired by the placebo effect, he left the industry to write books and educate people in how they can harness their mind and emotions to improve their health.

His research concludes: *"When you use visualization – where you imagine something happening – one of the things that occurs is that you change the microscopic structure of your brain through neuroplasticity. (We shall learn how to do visualization later in his book). We now know that the placebo effect isn't 'just psychological', but results in real physiological changes, and that visualization isn't just a psychological thing either, an inert mish-mash of mental pictures that are just there to make you feel good."*

In his book, he states: *"Over the past few decades, there's been a massive surge in research into the use of visualization and a lot of it is applied to rehabilitation and sports. In 1980, just 122 studies had been published in the scientific journals, but by 2010, that number had reached more than 20,000. By early 2018, it had increased to 44,000, according to a PubMed search of the scientific literature that I*

conducted while writing this book, using the same search term of 'mental practice' as was used in 2010. Great strides forward have been made in that time, and there's room for many new avenues of research. His chapter includes some of the key findings so far. Neurorehabilitation".

One of the techniques he uses is called action observation. The reason action observation works is because observing a golf shot performed correctly through visualization stimulates the Mirror Neuron System (MNS), which then stimulates in the observer the same muscles used by the person carrying out the correctly made shot. It stimulates the muscles precisely in the same way, with the same subtle rotations, the same amount of weight and shifting of balance as the player whose actions they observe. Thus, even in the absence of playing as many shots, the muscles learn how to move in the correct way. Consequently, learning (and rehabilitation) is accelerated.

I am repeating this section by David because of its importance. He points out some extra tips for visualization. *"Record your visualizations. Some people find it helpful to record their visualizations onto audio. You can write a visualization script and read it yourself or ask a friend to read it. You can even add some gentle music if you find it helpful. Draw or paint your visualizations. Some people find this very helpful as it allows them to get clarity and focus on what they want to imagine. There's no single 'correct' visualization. There's just what works for you. If you're imagining healing a part of the body by repairing damaged cells, you can imagine the cells in any way you want. Some people might imagine healthy cells as clear blobs, with little dots at the centre – like frogspawn. Others might see them as pink square or circular jelly balls. Others might imagine them as rubbery bricks on a wall or like uncooked eggs after they've been cracked into a pan. One person might see a damaged cell of an organ looking shrivelled and dark, like a raisin or a prune. In their visualization, they might imagine cleaning it with a cloth or brush and watching it be restored to its healthy shape, colour and texture. Then they move on to the next cell and do the same again until all of the damaged cells are restored to full health. Another person might imagine nursing the little prune back to full health. They might imagine taking care of it and giving it magic medicine and seeing it regain its strength and colour. Make it light. To ensure that your scenes are free of stress, and so that you have less fear of your condition, it can be good to occasionally add some fun to them. For instance, in oiling an arthritic joint, you might squeeze the lubricating oil out of a*

can and imagine the squeaking sound as it squirts out. You can exaggerate the sound if you want. Or imagine all the individual atoms of oil as little balls with smiley faces. See them shout 'Whahhhheeeeeeyyyyyy!' as they slide out of the oilcan funnel, as if they're having a great fun time on a slide. Adding bits of humour or lightheartedness to your scenes often brings a smile to your face. Do a victory dance. To make things lighter, it can sometimes help to do a silly dance, either real or imaginary, during or after a visualization session. It can help move the brain away from a state of worry or stress into a more positive state. Be as creative as you want. This is your imagination, so you can imagine anything you want. You can imagine using a magic wand to transform one thing into another. What's to stop you from using a magic wand, like Harry Potter? You can summon an angel, if you like, and ask for guidance. The only limits to the types of visualizations are ones we impose ourselves. How you get to 'wellness' in your imagination is personal and is completely up to you. Be patient. Don't become anxious if you're not healed in a day or two. Most things in life take a little time. Be patient and at the very least you'll spare yourself some stress. Visualization resources — I've placed some free visualization resources on my website, from the basics of how the immune system works to some MP3 audios of guided visualizations. I've also included an audio of a symbolic visualization that I call Quantum Field Healing, which guides the listener to imagine a state of illness from a subatomic perspective and then imagine changing 'waves' of illness into 'waves' of wellness. You can access these resources at www.drdauidhamilton.com/howtovisualize."

If you find this hard to believe, all you have to do is read Chapter 14 that has scores of examples of True Stories of Successful Visualizations. This chapter contains some true stories from people around the world who have used visualization as part of their journey to recovery from illness. In a separate section, David includes visualization suggestions and example in an A to Z of illnesses.

Of note are some of his other findings, all enforcing what we have said in earlier chapters:

On positive attitude: "Attitude affects how fast we age. In fact, positive people live longer! That's the conclusion of some research conducted by scientists at Yale University who studied the responses of 660 people to a series of questions about attitude, such as 'As you get older, you're less useful. Agree or disagree?' Those who generally

disagreed with these types of statements, and therefore had the most positive attitudes about ageing, lived about seven years longer than those who agreed and therefore had the most negative attitudes about ageing."

On the placebo effect: *"In San Francisco we showed that placebo analgesia (when a person gets pain relief from a placebo) occurs because the brain produces its own natural analgesics (painkillers). It was found that these were opiates, like morphine, but they were the body's own natural versions of morphine, which are referred to as endogenous opiates. More modern research is beginning to show that the same kind of thing happens when placebos are given for many other conditions —the brain produces a natural 'drug' that delivers what the person expects to happen. There are thousands of natural substances in the brain and body. In the words of Dawson Church, author of *The Genie in Your Genes*."*

"In a 2008 meta-analysis (a summary of many studies) of fluoxetine (Prozac), venlafaxine (Effexor), nefazodone (Serzone) and paroxetine (Seroxat), for example, covering 35 clinical trials involving 5,133 patients, the placebo effect was shown to account for 81 per cent of the effect of the drugs. The only significant difference between the drug and the placebo existed for severely depressed patients. With such a high placebo effect it's extremely difficult to prove that the drugs actually work."

On neural firing and rewiring: *"As part of the brain-changing process, our thinking produces chemicals in the brain. Many are known as neurotransmitters. You may have heard of serotonin and dopamine, which are two well-known neurotransmitters. When we think thoughts, neurotransmitters are released from the branch of one neuron and make their way to the tip of a branch of another. This produces a bolt of electricity and is what's known as a neuron 'firing'. When we repeat a thought several times, additional substances are stimulated and send signals to the centre of the neuron (the nucleus), where the signal reaches DNA. It can then activate (switch on) several genes, which make the substances (proteins) that produce new branches (connections) between the neurons. In this way, repeating a thought produces new connections between neurons and is how the brain changes with our thoughts and experiences. The process is rapid."*

"If a certain neuropeptide is produced over and over again in a certain part of the brain, then neurons in that area develop extra receptors to cope. For instance, if an endorphin (a neuropeptide) were produced over and over again, neurons would evolve extra endorphin receptors. If they started out with, say, 100, then they might evolve to have 1,000. If production of endorphins reduced, then the neurons would gradually shed these receptors. In this way, our experiences can change the surface of brain cells."

"Simply speaking, when neuropeptides dock onto their receptors, messages are delivered into the cells. These reach the DNA and genes are either switched on or off or made a little brighter or dimmer. DNA contains around 23,000 genes. Think of the genes as light bulbs when a gene switches on, a protein is produced. This protein might be something involved in construction, such as in the construction of new cells for tissues, bone, tendon, blood or for the immune system; or it might be an enzyme that will help in the changing of something into something else. For instance, the enzyme pepsin helps to convert the food we eat into smaller units that the body can use. What is produced might even be a hormone that will deliver a message to another cell. So, when genes switch on, they produce all that the body needs. In terms of a particular healing process, genes would switch on and proteins would be made that would be used in the construction of new cells, skin, tendon, blood or bone, as well as to initiate (and halt) the inflammatory process. Genes would also produce proteins that would be involved in other aspects of the immune response and, if the body had suffered a cut, different ones would be produced to help blood clot around the wound. Some genes would produce proteins that would affect other relevant systems in the body so that the entire organism (your body) would be tipped in the direction of healing."

"Looking at the actual genes involved, the scientists found that over 100 genes were 'downregulated' during stress, which means that, in the light bulb analogy, the brightness of around 100 bulbs was dimmed by stress, and over 70 were 'upregulated', so 70 bulbs became brighter. The scientists noted that '100 downregulated and 70 upregulated genes' tipped the genetic balance towards the death of cells instead of the birth and growth of cells – and it's birth and growth that are required at wound sites."

"Therefore, it's highly likely that the mind can either encourage stem cells to morph into new cells or it can interfere with the process."

*Indeed, in studies of the heart, high levels of stress are known to lower the levels of endothelial progenitor cells (a type of stem cell) that are destined to line blood vessel walls. Thus, since stress can affect stem cells, it's highly likely that many other tones of our mental and emotional states do so too. From studies on institutionalized children who've been deprived of love and affection, we know that they tend to be smaller than other children their age. They're shorter in stature, their head circumference is smaller, and they even have a smaller heart. In a process known as cardiomyogenesis, where stem cells produce heart muscle cells, the hormone oxytocin plays a key role. If there's not enough of it around, then cardiomyogenesis is slowed. Oxytocin itself is produced in much lower quantities in children who've been deprived of love. In a hopeful study entitled 'Evidence for Massive Catchup Following International Adoption', scientists found that growth accelerated in children who were fostered or adopted early enough in their lives. It's almost certain that part of this process was down to how the children were feeling – due to the increased love, connection and parental responsiveness – and the fact that this would lead to increased production of growth hormones and oxytocin through activation of the growth hormone and oxytocin genes. Again, why am I emphasizing the genetic side of things? In part, it's because we've seemingly inherited the idea that the mind is impotent. Through emphasis of some of the more seemingly exotic consequences of a person's state of mind, perhaps we can learn to have more faith in ourselves than we might have done in the past. Not at the expense of medical advice, of course, but in harmony with it. In his excellent book *The Psychobiology of Gene Expression*, award-winning scientist Ernest L. Rossi writes, 'Many of the so-called miracles of healing via spiritual practices and therapeutic hypnosis probably occur via... gene expression in stem cells throughout the brain and body'. The mind really does have an incredible ability to affect the body. In the next chapter we'll learn of some of the new scientific evidence for the physical effects of visualization on the body."*

On meditation and breathing: *"One of the simplest forms of meditation is mindfulness and one of the easiest ways to practise it is to simply become mindful of the fact that you're breathing. That's it. Mindfulness 101. But in placing our attention on our breathing, we activate the prefrontal cortex of the brain and it undergoes neuroplasticity. In a sense, it grows like a muscle. The prefrontal cortex is like the brain's CEO in that it controls not only concentration but things like attention, compassion, free will and even the ability to control ourselves and override knee-jerk emotional reactions. This is*

why mindfulness is associated with improvements in all of these areas. Even practising a kindness and compassion-based meditation, like the Buddhists' 'Loving-Kindness' meditation (also known as metta bhavana), causes neuroplasticity, this time on the left-hand side of the prefrontal cortex, a region associated with positive emotion, and also in the insula, a region associated with empathy and compassion."

The real (ancient) role of meditation

We have seen that the old science of chakras, acupuncture, meridians and subtle engines may be as important if not more important to our well being and longevity. Along the way we have encountered another old tradition of meditation and breathing to be crucial in determining the harmonics of the proper healing and expression environment, and the key step in the processes used by the most successful "healers" and practitioners of energy "medicine". I want to put more attention to the practice of meditation and look more closely at what it was originally meant to do.

For this, I recommend the book by **Ivan Antic** called **"Meditation: First and Last Step - From Understanding to Practice (Existence - Consciousness - Bliss Book 2)"**. On Ivan's website he describes himself as a modern monk to whom the whole world is a monastery. He is a practitioner of the "Fourth way" and the Shikantaza Zen Meditation for 37 years. He is the author of a dozen books on Sankhya, soul and consciousness, meditation, true history, astrology and the law of attraction.

Leading a secluded and independent life. The **Fourth Way** is an approach to self-development developed by George Gurdjieff over years of travel in the East (c. 1890 – 1912). It combines and harmonizes what he saw as three established traditional "ways" or "schools": those of the emotions, the body, and the mind, or of monks, fakirs, and yogis, respectively.

Ivan goes back to origin in Buddhism to explain meditation. He breaks it into 4 degrees where he states the purpose:

"By perfecting all four degrees of rūpa-dhyânam we achieve the perfection of satipatthâna. Only then we can clearly and perpetually realize the transcendental nature of our soul, which is the divine consciousness in us. The fact that we can be completely aware of our

body and master it, shows us that we are not the body, we are above it. The fact that we can be completely aware of our feelings and independent from their influences, shows that we are not the feelings, that we are above them. The fact that we are aware of all the states of mind shows that we do not have to be identified with the states of mind, that we are above them. And the fact that we can be aware of each thought shows us clearly that we are not a single thought, nor are we the one who designs and repeats thoughts (ego), because we can also be aware of that. All of that is manifested nature acting as the mirror of the divine consciousness of itself, which we ourselves are. That is the goal and the purpose of meditation and all real spiritual disciplines in general: differentiation of consciousness, witnessing, realization that we are different and independent (kaivalyam) from all these modifications of nature or prakriti."

The first degree, therefore, contains the imagining (of various) and reflection (of selected contents), excitement, satisfaction and focus in calming. In the first degree of absorption, the man, for the first time in his life, experiences freedom from the instinctive impulse of the physical movement, overcoming it with his calmness.

The second degree is a brief period in which there are no mental activities and there only remains excitement, satisfaction and focus. In the second degree the man realizes for the first time that he is not the mind and that he can be free from his determinations and contents, that he can be a separate and independent witness of each thought and psychic experience.

The third degree is deprived of the active and short-term excitement and the only thing that remains is peaceful satisfaction and the ability to prolong the lasting of the focus. In the fourth degree is pre-set permanently, with focus, only indifference due to the insight into the true emptiness of the mind itself and all the contents. The third degree is characterized by the disengaging of human consciousness from the personal conditionality, personal past, therefore, the overcoming of 'I', the assimilation of what has been personal into the free and super personal, into the absolute.

The fourth degree is a victory of the soul over the self-will of the body and the mind and complete indifference towards them, as the permanent state.

All four degrees are characterized by increasing awakening of the bliss because in that process the body and the mind are not rejected, but they mature to their natural purpose and blossom as their outcome, they become the embodiment of the freedom which enables the world itself. It is the process of giving the soul and meaning to the existence itself and life, as well.

Ivan tells us the relation of meditation to physics and how one attains divine consciousness and enters the Unified Quantum Field of infinite possibilities:

"Referring to the terms of physics, with successful meditation, man goes beyond the manifested nature and enters its unmanifested area. From Hertzian to non-Hertzian frequencies. That is the area of the quantum field, cosmic hologram, complete timeless unity, area of ether or akasha. With successful meditation, the consciousness has reached its purest state, its original state, and because there is no multitude of consciousness but only one and the same divine consciousness, coming to its original pure state, the consciousness of man is recognized as the divine consciousness. Then the individual consciousness is united with the essence of nature, with the quantum field, ether, akasha, divine matrix, holographic universe, dark matter, non-Hertzian spherical energy... or whatever they called it. From that essence springs all life energy. In that essence co-exist together all the causes and consequences of absolutely everything that has ever been manifested (happened), what will manifest, and what in general could happen, outside time. When an individual consciousness comes into contact with that field, it becomes creative consciousness, it can freely use all the possibilities of being, it can act in all the dimensions, not only in the body and the physical world. Additionally, it can act in parallel realities according to which everything exists, and independently from space and time."

He suggests that such power of action is here, in the physical three-dimensional world, seen as the manifestation of 'supernatural' powers (siddhi). The powers or siddhi are nothing but using the non-Hertzian, stationary frequencies in the three-dimensional world, where the Hertzian ones rule, the transversal-vector form, with the help of consciousness which unifies them both, and which is pure enough to be able to reach the foundations of nature (akasha). Siddhi is the conscious manifestation of essential possibilities of nature. The consciousness of the unity uses the nature on the finest level, in its

quantum unity. Completely conscious soul of man can use all the possibilities of nature, all of its dimensions. The nature becomes obedient to the soul of man when it has become completely aware in the nature. That is siddhi. The complete microcosm (an awakened man), automatically uses cosmos as the wholeness together with all of its endless potential. He states:

"Only when we permanently become aware of 'the divine particle' in action, when we can see it, then we are aligned with the divine consciousness of our soul, only with it we can see the divine reality. Only then we can act in accordance with it, more accurately, it can act through us. That action, an ordinary mind bound by the body sees as 'supernatural abilities' or 'powers' (siddhi). There are two phases of conscious use of all powers of existence: mature and immature. Immature is when a conscious subject (person) discovers for the first time universal quantum field of all possibilities and starts to get to know them, and consequently manifests them in this world. The mature phase is when all the powers of consciousness of the soul are used for one sole goal: actualization of the divine consciousness here and now and the final awakening."

So clearly, the awareness attained through meditation is the distinction. Buddha says that our task is to become aware of 'the body in the body', 'feelings in feelings', 'states of mind in states of mind' — here and now, without any abstract interference. The distinction between all of these factors that constitute us is crucial for awakening or realizing the consciousness of the soul. We are never conscious enough of the effect the body has on the mind, mind on the body, feelings on the mind and the body and the way they are all intricately woven with one another. It is, actually, that bond that ties our soul to our body, which conditions our consciousness: the inability to distinguish, which in turn, creates the inability to understand what constitutes us. Ignorance about what truly makes us creates all the remaining misunderstandings, both in people and in interpersonal relationships. When we learn to distinguish between what makes us, then we learn to tell the difference and we become aware of all other misunderstandings. Contemporary psychology and psychotherapy deal with this matter. Only when we establish and learn to distinguish between all these connections and mutual conditions, we can be objectively conscious of our existence, we can be free, and that means to have the full consciousness of the soul.

Ivan explains that there are 4 parts to the process:

1. Awareness of the body The body is a collective place for all the phenomena of the being, for all the feelings and mental states. Therefore, in order to be aware of the feelings and the mind, we firstly have to be perfectly aware of the body. When we are overwhelmed with feelings and mental contents, we always forget about the body, so it remains the most unconscious area of existence, even though it provides the base for it. We are always more aware of what we imagine, than our breathing or tiny movements of the face and hands. In order for this fundamental oblivion of being to be overcome and the consciousness, for the first time in life, to unite with its being, with all the bodily actions, first we need to link it to breathing. There are 5 parts to this process.

a) **Focus of attention on breath** The awareness of breathing acts like a plumb bob that directs attention to the body and dissuades it from the swaying for psycho-mental contents and outer objects. Focusing attention on the breath keeps consciousness centered on the objective perceiving of the totality of any phenomenon, on the body, and discourages it from the old habit of being fascinated and seduced by the abstract contents of peculiar events.

b) **Basic positions of the body** The awareness of the surface of the whole body, which was acquired in the half-hour practice of attention on breathing, must be kept in everyday motion. In order to achieve this, we firstly need to develop the ability to always be conscious of four basic body positions: walking, standing, sitting and lying. Each of these basic positions must be clearly established, and the transition from one to the other must be carried out as a preconceived conscious intention.

c) **All the movements** When we, without effort, become aware of the changing of the four basic positions throughout the entire day, we can move on to empowering the presence of the attention on all more important movements we make with our bodies. (The smallest ones in the beginning are not important for the practice).

d) **Detachment from the body** The more we sense freedom, the more the soul is detached from the body as its own being. Strengthened objective consciousness is of such quality that it starts to identify the soul with the body less and less, it idealizes the body as something which belongs to it now less and less, it

perceives it the way it truly is, no longer whole and reliable, but a biological mechanism locked within the boundaries of the skin which consists of different organs: bones, flesh, intestines, liver, heart, lungs, kidneys, blood, urine, sputum, feces, hair, nails, teeth, brain in the skull and others.

e) Awareness of the basic elements of the body At the end of focusing our attention on the body there is an insight about the basic elements that compose the thing we consider our body to be. This is a more subtle way of detachment than the previous one. Those are the elements of earth, the element of water, the element of fire and the element of air. They symbolically depict the basic properties of matter.

2. Awareness of feelings Somewhat finer dimension of the body are feelings, which is different from the rough physical body. They are directly tied to the experience of bodily phenomena. There are only three states in which the feelings are expressed: pleasant, painful and neutral.

3. Awareness of general states of mind or expressions of will As the first two practices of establishment of attention deal exclusively with movement and survival of the body on both the rougher (physical) and finer level (feelings), in the same way the following two practices deal with the rougher (general) and finer (every individual) states of mind which are manifested as intentions or expressions of will. The manifestation of will or intention starts from the smallest decision when we want to do something like moving our body at any given moment, up until the moment we decide to do something that has far-reaching consequences, a job that is a product of our current state of mind or mood.

4. Awareness of the causes of the creation of each individual mental content (of every thought) In this fourth dimension of practicing vipassana, the presence of wakefulness is finally being purified from the finest interference of mental contents and personal experiences. Unlike the so far neutral establishing of awareness, the suspension of established causes that are unfavorable is required here and the encouragement of favorable ones is needed. Therefore, the permanent takeover of responsibility and free will are the requirement now.

The first principle is that when the mind is calm, the defective views disappear all by themselves. All illusions disperse once we reach the

state of calmness. Since all the activities originate from the oblivion of reality of the divine Absolute, starting from the mind, and onward, all the way to the entire cosmos. In that way, our original, timeless, absolute nature reveals itself to itself. If we try in some other way to remove illusions or reach our true nature, then that is always the activity of our mind and ego. The conclusion is that we always only go around in circles along the path line of the contents of our mind. In short, only with calmness, with the cessation of the activities of the mind, the consciousness of the soul in man shows its real nature. Always, when identified with activities of the mind, man becomes unaware of his real nature, of the consciousness of the soul.

The second principle is that we are already the highest Divine reality, which through our minds, we are trying to become or at least realize. The mind only continually creates the illusion that we are not, that we are separated. That is why all that is needed is to be calm and with your calmness to calm down your mind. Here and now. That is why in meditation, it is only about awakening, not about objective reaching of some state which we did not previously have.

The third principle is related to ethics. In order to overcome the mind in calmness, we firstly need our body to be calm, and in order for our body to be calm, our behavior must not be destructive. Therefore, it is about true calmness of the whole being, and not some partial, temporary and forced calmness, stiffness. The calmness in meditation is opposite to stiffness, it is a complete serene submission, reconciliation with the entire existence, with our whole life. Only with that reconciliation we achieve independence from everything, the independence which is the meditation itself. In order to bring ourselves to such a calm state, to come in terms with existence, it is necessary to have a proper and righteous life, a peaceful conscience. Any turmoil of the being is based on the incorrect life style and unconscious reactions, on misunderstanding and attachment.

It is clear that the current use of meditation essentially follows these same principles of calm, silence, breath, attention to body parts and then letting go as in an out of body experience. It sets the environment of calming the mind into the right brain wave pattern and entrains into heart coherence of higher emotion. But meditation is only the setting scene as it opens a doorway into much much else. The current belief is that meditation is a technique for reducing stress - and it is - but it provides the gateway to changing reality.

To us this all means that the process of meditation gets us out of our head and our mortal existence of survival. It takes us into the Unified Quantum Field of infinite possibilities of no time, no one, no things from where reality is formed. Even Buddha said we could do this from a divine state of consciousness. So can we? We are now going to go into a chapter that looks at how "Dreams come true" and look at the techniques used by the best known miracle makers on the planet. If you are capable of believing that you already create your heaven or hell reality as a virtual interactive hologram, you are half way. As you read this you will begin to understand that they can proactively decide what reality they want.

11

AS YOU OBSERVE SO YOU CREATE

Conscious observation creates your world

Now I am going to hit you with something that we Earthlings have the greatest trouble in believing. Our world, our reality is an interactive holographic projection that we create as an Observer by the way we express our selves. Yes, everything that is your life, you created knowingly and unknowingly by your consciousness which is non local within a global consciousness.

The bottom line is this:

As the Observer, your consciousness creates your reality. It's the way your gear of heart and brain work, and always have. You just did not know it nor believe it. So your personal reality, as a part of the whole reality is working under the law of Cause and Effect and is your doing alone. You are not a victim; you are the conductor.

Your picture of reality is holographic, projected by your brain. It is like billions of pixels containing information of color and location that are assembled by your screen hardwired software to create a sequence of images that refreshes itself 60 times per sec to present to you a movie of reality that you can engage in emotionally.

Because there is a Greater Natural Design within which your Natural Design operates, what you create as your reality is part of the greater global reality of consciousness. Just like you would play a virtual reality game, you create your own personal scenery, interaction and experience that is recorded. The type of reality you create is via expression of your emotions. The Reality is experienced under natural design to be uniquely your reality as part of the larger global reality. We see this and engage with our sensory equipment. And like the Star Trek holodeck, it is an interactive virtual hologram, uniquely ours, as part of the global hologram. The projector and sensor is our midbrain which we will cover later.

You are doing this continuously through your thoughts, words, images and emotions but never understood how. Nor have you understood the rules of the process, but there are rules as to what you create, how you create and how you attract or influence what your thoughts, images, words and feelings are producing.

I know, it is simply ineffable.

In effect, you now understand the brain and body are designed to not discern between real or imagined. Yet the imagined, as you have learned, operates under different rules. There is no time, and any possibility can be imagined to produce a feeling of engagement. In your “real” reality, the dividing line between imagination and reality is created by time. Imagination is the Unified Quantum Field which has no limits, no time and can be anything or nothing. Meditation, we find is the process of bridging the gap between these material and nonmaterial worlds, or as **Ivan Antic** told us; Hertzian and non Hertzian state of energy.

The best way to understand this is to consider an interactive computer game. When you turn it on and choose your options, it is the natural design of the program that takes control and all you do is engage within specific parameters and options. It’s not real but you can still use your mental discernment and feel the emotion (express it). As you choose your way through it, you hit scene by scene every moment as it refreshes itself. As you walk through the different scenes and windows you observe a new one and the old one disappears. The only thing left is a record of information, but it was the computer that created the scene and characters for you at the moment. Then it was all gone.

But consider this; as your screen is getting electricity at 60hz per second, it means that the world of scenes you are seeing is refreshing at a rate of 60 times per second.

As the observer in your real-life game, quantum physics experts are saying the same thing occurs. This is not a new thing to mystics and ancient belief systems but it's not an easy one to believe. To think that this reality is created by you observing it is a stretch. To think that everything around you exists only through your conscious interaction and is not there when you are not observing seems totally absurd.

Hence, the Observer Effect. Simply put, the effect your attention (and therefore vibration) has on your experience in the universe. It has always been like that and will never cease to be so. Everything in the universe is constructed with the same elements; a star, a tree, the water you drink and the chair upon which you sit. If you break these things down to their quantum parts, they equate to the same thing — Energy. Consider for a moment that all these parts have always existed, and that the catalyst that makes them 'whole' is thought. Without consciousness, nothing is formed. That pre-existing energy will gather into what you physically perceive based on your thoughts and beliefs. You may at first struggle to believe you manifest everything by adjusting the intensity of your attention to it, but I'm pretty sure you'll quickly realise indoctrinated, hidden beliefs are calling the shots without you knowing it; you're getting exactly what you want because you have forgotten there is a part of your consciousness that never rests, and is in constant attraction mode.

The Science of reality

We perceive reality as stimulus energy is taken in by our sense organs and decoded into electrical signals that are passed to the brain where they are then processed into our perception of reality. In the case of the sense of sight, those electrical signals are edited and changed by the temporal portion of our brain lobe (the part of the brain that, among other things, interprets visual stimuli) before being sent to our visual cortex (the part of the cerebral cortex, located in the back of the brain, responsible for processing visual information). Research indicates that our brain uses "context-sensitive predictions" in an attempt to interpret what an image might represent, then assigns a "best guess interpretation" of what the viewed object is — and then the person sees that object. The evidence is to suggest that about half of what we "see"

is, in truth, the result of this prediction/best-guess process of the brain piecing together our perception of reality. And that is the critical point that can be easily overlooked: our "reality" is a perceived reality – the result of an intermediate processing phase performed by our brain – it is not a direct experience of reality. The disquieting truth is that the reality we experience takes place in our mind, not in our external environment.

If you look at a computer analogy for a moment, consider what is happening when you use your computer to access the internet and visit a web page. The web page appears on your monitor screen and you read the text and view the pictures presented therein. What is it, exactly? And for that matter, where is it? That web page does not exist – in the physical sense – anywhere. There is no actual physical representation of that page out there. The web page is a visual construct created out of binary digits – 1's and 0's – which themselves are merely translations of electrical signals. The entire web page is a phantasm – it exists in perception only, yet it contains meaningful information that you can comprehend and it contains visual images that you can see. Nonetheless, in truth, that web page has no physical existence; it is the result of the computer inputting electrical signals, processing them, and artificially creating output which is the web page; input – process – output. This is even more stark in an example of a virtual game where your reality is presented as you choose your way through the subroutines that present and remember your reality.

In his book ***The Afterlife and the True Nature of Reality*** the Mathematician John Mennella summarizes it for us:

"After a discussion of several contemporary scientific principles and theories we were led to the realization that there is no objective, independent physical reality—at least, not in the way we've been led to believe. The true reality is a domain of waves and frequencies (i.e., a Field). It is our brain's decoding of those waves and frequencies, via Fourier transforms, that creates the illusion of the seemingly concrete reality which we perceive. When we interact with The Field, using our senses and our brain, we cause the wave functions to collapse to their particulate state, and we then comprehend the resulting reality as being solid, physical, and composed of discrete and distinct constituent parts. The Field is everything-as-one, and the transformation of The Field by our sensory-brain system into physical reality is the illusion. Everything that we perceive of existence is actually the result of one single process

that diversifies: that one single process is the Field, and the diversifications are the collapsed wave functions. As you can see, the description of reality given above is depicting a state of affairs that is remarkably similar to holography. The Field is analogous to a holographic plate, the waves in the Field are analogous to the interference patterns recorded on the holographic plate, and our brain is akin to the laser that is shined on the holographic plate to produce the holographic image – our sensory-brain system collapses the wave functions in the Field into the illusion of physical reality in much the same way as the laser illuminating the holographic plate produces the illusory holographic image. Thus our reality is nothing more than a huge, complex, elaborate hologram. Our perceived reality is no more real than is a hologram of an apple.”

It's your life game, your reality

The science inference here is a bit staggering to our minds. We have been creating our worlds, collapsing reality automatically all the time. We just did not know the rules of engagement, nor believed we could. It is very unsettling to believe this but we as Mennella points out, Near Death experiences point out what that reality really looks like when you get rid of that brain processor temporarily. You have been automatically learning to adapt to and create your own reality from the moment of inception; what you have at this very point in your life-cycle is the result of what your beliefs are programmed to make you. There is another big clue in our natural design. It's called imagination... where you go to in the present moments and open to the infinite possibilities of the wave energy in this greater consciousness. Any imaginable possibility is not limited by time or space here and you simply collapse it into that conscious reality with your mind. What is coming forward in science is that this is the real world, not the one we perceive to be real.

What is coming to light is that this is the real reality. We have total control of it as we have total control of what we imagined. The brain in its design does not know the difference. This is because our magnificent consciousness is an elegant, sophisticated microcosm of the universe giving us a window into that hologram called reality. Nothing pre-exists, but once formed, it vanishes the moment you remove your attention to it, but the record of the emotion and the information stays. Coming to this conclusion in itself is enlightening but it is also pretty scary as you have not been a victim of your circumstances, you created them, albeit unknowingly.

Life is supposed to be a totally joyous experience and when you feel anything but happiness, it is an indication something is not right. We create everything and can experience anything. There are of course Natural Design rules of how this works. What are the exact circumstances that bring about our desires and dreams? What creates miracles? What drives miraculous placebo healings. Why do some dreams come true and not others? What are the rules that govern the creation of reality? The starkest examples come to us in miracle placebo healings where the resultant reality (say disappearance of cancer tumors) could not even be done by cellular regeneration. It is like the physical picture of that reality was simply replaced in an instant!

Most of the time we may have a vague notion of what we desire; a hazy picture in our minds, regular sensations that make us feel wonderful, and so on. Belief in what being your own creator?

The truth is, we continuously manifest experiences based on our beliefs, which in simple terms is the guiding influence of our experience from the moment we are conscious of ourselves to the moment our physical body calls it a day. Then it starts again, and we have learned something, grown but forgotten the experience. Those influences come from parental, social and environmental indoctrination; we, as a result, perceive the extent to which we have emotions based on thought. Because of the global belief system of consciousness, it forms the overall rules (belief box) of how things work yet many people break out of this box.

A common logic on this for people who have had their dreams come true is emotion determines your reality. But on autopilot, most are clueless what they are actually doing with emotion to correlate the dream - especially a negative one - and reality. We are not used to connecting the dots between the thoughts, visions, words and emotion patterns to what these actually attract.

There is nothing physically until you attract the illusion through your vibrational radiation. We think because we can touch something that feels solid, it must be solid. If you were able to view the quantum effect of what you are touching, you'd see it is mere vibration. It is the illusion of solid. Same as what we see, it's not there anywhere but in our perception. You might think this an utterly ridiculous notion but stay

with me a while. Let's say you want (for the moment) to cling on to your ideals that it's all out there already. Rather than bother yourself with immediately crossing the divide, go half way by allowing yourself one strong possibility: if it's true, imagine what a wonderful existence you could have. Allow yourself to give it a try. Open up your mind box!

And, if after all you have learned, you still believe, for example, your car is actually there, at least you will have tried. Think about how your life has gone so far. Are you always happy? In general, do you just have moments of joy? Or do you largely feel a bit angry at the world and all the things that happen to you. You can turn it around right now by taking a few minutes to induce and retain a feeling of jubilation. That feeling will override everything else and allow your true desires to come to you. The moment you drop your guard and fall into a feeling of deprecation, you can only attract that which tunes in to the equivalent vibration. When this happens, try and think of nothing or at the very least manufacture a sense of joy for being alive.

Dreams come true?

But think about how original thought cascades. The sequence of attraction is a defined process: From your unconscious and conscious experience, an original thought is planted. You experience sensations as the thought develops (your various senses are triggered). An emotion is triggered (you are sad, happy, overwhelmed in some way). You take action (actively respond). You unconsciously shoot out a bundle of energy that expands into the universe (you ask for it). It happens in an instant and has unique attributes. It has a signature in terms of energy with a bunch of information as potential possibilities. It represents a picture of your reality, like a vision of it.

Then the Greater Design rules kick in and from the universe soup of the quantum field of all possibilities you begin to create some appropriate representation. What happens next? The bundle of energy is recognised by all manner of others tuned in to the same vibrational frequency. Depending on others' vibrational frequency, events, people and circumstances begin to come into your experience. It's not like you have placed a bag full of money or the partner of your dreams into the universe. You have sent out blocks of emotion that are recognised and acted upon (good and bad). Regardless of whether you have created it or attracted it, your brain is ready to present the reality to you by sewing it into your personal game from the greater global game.

As an example, let's say you had a strong emotion about someone; you judge them by hearing something derogatory they say. Later, you start thinking about it. You may even be determined not to be in their company because they just annoy you. You roll it over and over in your mind, you pay attention to it and the emotions get stronger until you get distracted by something else. The next thing you experience is that person being 'in your face' again. How did that happen? You were determined to shut them out of your life!

It happened because of your continued attention to that person's existence. The universe and your brain cannot distinguish between 'do not want' and 'want'. It is your focus that brings anything to you, and it really does not matter one bit whether it is positive or negative. It's the same with anything you give attention to. Another good example you might believe you will get the flu in winter, that it's inevitable. Your attention to it attracts it.

The fastest way over this effect is to immediately feel nothing but general unconditional love about all things and that includes people and events. Though you might think this is too idealistic, it's not and it benefits you to generally feel this way. If you just get a stream of unconditional love coming back to you what's wrong with that? In the case of other people, try to not be negative or sarcastic, just remember that person is exactly the same as you, from Origin, and they have been through similar experiences of indoctrination, of conditioning by others.

Because the bundle of energy you jettisoned has so many attributes, you have to be mindful and aware. Continued emotion will tune you in. This is where the buck stops for you; this is the key to being an Observer. Of vital importance here is to realise all of the steps are happening unconsciously. If the original thought was fear or guilt-based, you need only continue thinking about it to get the circumstances, people and events that make it so. It's the same for happy and loving thoughts.

The next thing that occurs is you begin to shift your vibrational frequency into alignment. Depending on the original thought, your current 'mood' becomes the gatekeeper. If you feel negative, you will fall foul to unwanted bundles of energy (that person entering the room, that bill you didn't want fluttering through the letterbox, a cop pulling

you over). If you feel somewhere in between, you will start to notice signs. If you are feeling positive, inevitably good things will come in to your experience.

So do dreams come true? You hear this all the time particularly from people who have dedicated their lives and emotions and passion to it occurring. The placebo effect and miracle happen worldwide continuously, but as Lower self will tell you, nightmares can happen too.

Luke Coutinho is Head Nutritionist and Master Coach at GOQii, International collaborator with Yale University, Training partner, Nutrition detectives and Partner in Program delivery, Lifestyle Medicine. Because India has the greatest amount of advanced cancer cases, he launched a study to determine what were the common denominators of these advance cancer cases.

He said that there are four commonalities and 97% exhibit this. India is a leading country in cancer and we have studied hundreds and hundreds of cases. He states that there is no distinction to fat or thin, bad or good, race or creed. The four commonalities are:

1. **Chronic Constipation** As you store toxic waste in your body, in females it has estrogen back up to create the estrogen cancer environment
2. **Acidity** This creates the acid environment to allow pathogens and germs to build and grow
3. **Sleep Depravity** Lack of sleep slows melatonin as an anti cancer prevention normally created while you sleep
4. **Stress** All patients had severe stress 6-12 months prior to cancer as a fear of it. Also it involved extreme emotional stress caused by finances, self esteem, relationship

These people had already predicted the outcome as a strong possibility and their habits reflected the intense fear of it. Did they create the reality? Their expression and way of being simply supported this way of being, then that belief system environment began to create a cyclic loop to bring that possibility into reality. They very obviously impacted the end reality!

It is nothing new, really

The big news is that this is how your holographic reality is created. You are already doing it. But what you did not understand is how this happens. Least of all you did not have a clue about how your belief system (as encoded in subconscious) operates under the common belief system to govern your and the greater reality.

Yet as noted earlier, many quantum scientists are coming forward with this notion of a holographic virtual reality is not so absurd. It has been known and studied for centuries that there is more to you than meets the eye, that your very existence is crucial to the universe as a whole. In this modern age, where the focus on external things distracts you from what really matters, it seems normal to embrace and worship material things. But this distraction prevents you from discovering all there is to know about who you really are.

While we are peddling this modern treadmill, it helps to know new science is demonstrating tantalising evidence that you are a spiritual, vibrational being; that you are intertwined with the universe and able to control your destiny. Until a quantum physicist brought what is termed Observation into attention, no one paid attention to this. Now there is hard evidence that our observations instantaneously affect our personal reality at a quantum level (that means at the tiniest level; photons, atoms and so on), and it has been well documented.

The term Quantum Collapse which simply means particles hovering in our universe are in a state of waiting to be observed and will collapse (quantum physicists call it collapsing the wave) and become something solid the moment they are observed with finite, true emotion. A good analogy of this is a classroom.

"Because the act of observing the smallest thing we know causes it to behave differently, and that smallest thing is the very energy that makes up everything in the known universe, it must follow that we, as observers, control everything we sense. Take that a little further. A recording device is nothing but a detector recording an event (like a camera). It has no consciousness, has one job to carry out and does it very effectively by storing one bit of information at a time. But you? Yes, you are a recording device but have a brain and consciousness. This means you have the capacity to use your mind and emotions to articulate a vision. Not only are you recording, you are manifesting

myriad images that entirely make up your perceived reality.” **Dean Radin, a PhD quantum physics.**

Strange as it seems, particles are aware of being watched. That means the observer’s thought pattern was a physical thing, and had an influence on the behaviour of the photons—when they were not being watched, they acted like waves (in a state of potential), when they were being watched, they acted like they were saying “OK, tell me what you want me to be.” They were suddenly individual particles. The experiment went much further in.

It seems to be this fact (that particles are in a state of potential when not being observed) that tells us our thoughts and feeling must influence what happens to the matter that constructs what we experience in our lives. They say all particles in the universe are hanging around in a state of ‘possibility’ waiting to be observed, so they can become something, and it is your perception that makes them arrange themselves to accommodate you.

Though this is true, there is a significant ingredient to the equation: your beliefs. They have been burned into your core, and they are the initiators of your feelings. Every conceivable combination of what you can be actually exists as though you were looking into an infinity mirror. There you are, duplicated endlessly, in a state of possibility just like the particles that you are made up of. A reminder: time is an illusion; the past, present and future all happen at once. Start believing the multiverse is.

The mystery of the midbrain

Now, science is one thing and it’s wonderful to see it supporting the idea of a holographic illusion. But science to many is just gobbledygook up until the bigger picture changes the box consciousness. Then, at some critical tipping point, people simply accept and believe it. However, there is another process that causes the shift rapidly. Either witnessing something out of the box or being part of the change. What is happening is that many are now understanding the rules of Natural Design and creating scores of results (like in the Dispenza testimonials) that really awaken you quick. We have seen many medical type miracles already, but we have not discussed the miracles of other parts of reality like the “dreams coming true” reality shifts. Before we

investigate these, let us take a look at the place that this interpreter, projector of holographic reality takes place.

Now let us take a little excursion into where and how this virtual reality of holographic reality is, and more important, how meditation takes you through this gateway. Well, many scientists are beginning to realize the midbrain is a gateway to this sophisticated processor. This is nothing new to the "old science". This has always been the gateway to the Soul and what is commonly called the Higher Self. Meditation, it seems, has to be used to bypass the big smarty brain frontal lobe and neocortex which hold you in captivity of global consciousness and the limits of the material world. So what is the computer program that is controlling the life game of holographic reality? What is the Observer that continuously updates the interaction and takes the entire signal to form the reality? How does consciousness which is nonlocal create reality within a global consciousness?

I know, it is simply ineffable. But don't discount it simple because your big smarty brain doesn't get it!

So let yourself out of the global box of belief focused on matter. Science knows only 1% is matter, the rest is the energy of the quantum field which we as humans select from to create reality. It is a process always going on that starts by a thought brought into awareness called the Observer effect. What that thought is, how it is constructed by your perception and emotion governs how the Great Design manifests it into your personal reality. All together that becomes a global reality that we all share to express ourselves in. It is a holographic illusion that belongs to each but also shared by the whole.

This is hard to explain but science is coming forth with more and more evidence to support this idea of holographic reality as we discussed earlier. It is saying that we are essentially just a form of pure quantum energy with an awareness called consciousness and the Natural Design allows each of us to have a unique reality within a larger reality that operates according to certain rules. Many are now coming forward to tell us the rules of how this dovetails with other realities and what the illusion looks like when we observe things into reality is controlled by this part of the brain. It has to do with the pineal and the lyden glands in our bodies that have forever been shrouded in mystery as to function. These two glands sit at the top and the bottom of that pranic tube we have discussed previously as the breath conduit.

The secret of the midbrain

In addition to the traditional Leydig and pineal glands being described as a sealed (closed) or open door that are the seat of the soul, note the differentiation between the reproductive system as “motor” and the Leydig that functions like a switch that turns the motor on. As has been noted and will continue to be emphasized as we proceed, the Leydig gland is not located in the reproductive system but its activity stimulates or activates the reproductive organs. For now, let’s stay focused on the Leydig and pineal glands as a door within the body that can be opened to allow access to higher states of consciousness, including psychic phenomena:

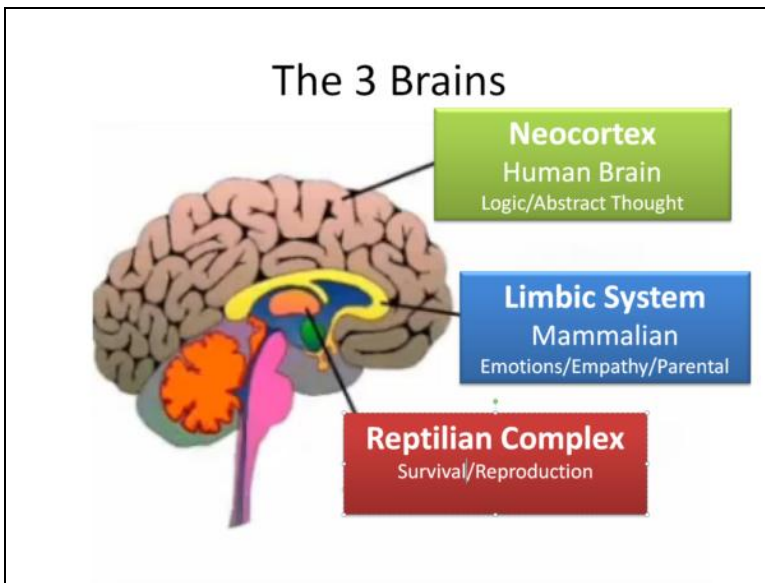
And so, a special relationship exists between the cells of Leydig and the pineal (i.e., between the closed and the open door). The readings suggest that the most effective way to work with meditation is to raise the energy associated with the cells Leydig *directly* to the level of the pineal temporarily by-passing the other lower centers. That energy then awakens the highest center (associated with the pituitary) and flows back down to cleanse the patterns of consciousness related to the lower centers.

The pineal is part of the midbrain which has been shrouded in function over time. Over time, the evolutionary process in the development of the human brain has chosen to expand the frontal lobe and the neocortex to be larger and larger so as to create the 3D wisdom for survival.

It is the choice of the group consciousness and so the importance on rational thought, logic, power and satisfying the ego in lower matter are the most important means of survival so accepted by the norm. So that is why you are all subject to the laws of matter until the group consciousness breaks out of it.

The neocortex can be a limiting brain which has a main job to maintain control, which is essential; so the belief boxes and the brain anatomy respond to the demands in human life. However, it is the opposite of spontaneity and miraculous occurrences. The midbrain, which is beginning to be more comprehensively understood by scientists, is the part of the brain that can give access to miracles. In truth, the neocortex kills miracles when it is deployed in the beta belief boxes.

The neocortex controls your higher order functions, planning, reasoning, judgment, impulses, memory, and motor functions and in fact, much of our brain function happens in this area of the brain — the frontal lobe, the parietal lobe, the temporal lobe and the occipital lobe. But those higher order functions are higher in respect to other 3D creatures and it is believed that these higher order functions of matter are more important than the higher order functions of non matter. That is the delusion that is reflected as the norm. That is the delusion that believes in polarity and stifles the spiritual evolution as it analyzes it is smarter than the spiritual brain. In truth the higher functions of the higher energy bodies are through the midbrain which has simply been atrophied in neglect and misuse.



It is called the reptilian brain and perhaps this is where it has been branded and accepted as the primitive animal brain that those who actually know the truth of this wish to hide as its true function. It is part of the midbrain just as the 3rd eye and pineal gland are. This is one step above the reptilian brain typically branded as the mammalian brain. The truth is that the midbrain is the brain counterpart that has no predisposition to time — like the frontal lobe and neocortex have. It is the no-time, no-space quantum void as a physical counterpart of your

Higher Consciousness. That is where you go as the doorway to the quantum space.

It is the midbrain that is directly linked to non local everything. Here is what you would call spiritual intelligence that comes into play as your total conscious awareness that does not need the neocortex to think and do. It is then your Soul mind that thinks and acts through the chakra systems to govern your life plan and your behavior, not the falsely deployed giant neocortex and frontal lobe forced into survival mode.

Lizard Brain	Mammal Brain	Human Brain
Brain stem & cerebellum	Limbic System	Neocortex
Fight or flight	Emotions, memories, habits	Language, abstract thought, imagination, consciousness
Autopilot	Decisions	Reasons, rationalizes



These three brains are sort of like an onion, each encompassing the other but with special roles. You see the prevailing consciousness has created the big brain to believe it is better than anything else and is totally in charge of time-based reality. It is what, under the guidance of dear brother, that places plans in your minds of what you want to happen, the ways you need to heal, the dreams that you want to fulfill, the relationships we want to create. But the mind is very different from the brain. This is where the neocortex and frontal lobe are disallowing anything instantaneous or miraculous to happen in your life.

The midbrain, on the other hand, acts most notably as the information superhighway connecting the forebrain and hindbrain. It enables your brain to integrate sensory information from your eyes and ears with your muscle movements, thereby enabling your body to use this information to make fine adjustments to your movements.”

This is the place where our senses gather information from that fake reality and give us the physical evolution to act out our roles! Fake reality! You have the key in truth this brain is just as well equipped to run your life as the big brain.

The midbrain has no concept of time which the neocortex and frontal lobe are preoccupied with. Miracles that are outside this belief box are created in this place outside of time and space. It is a matter of moving your attention from the frontal lobe to the midbrain and accepting the greater consciousness (Higher Mind Soul, or whatever you want to call the energetic you) as the mind in charge of your affairs. It is like the biological equivalent of the Internet; it's a vital aspect of our neural information superhighway, which transfers visual and auditory input that actually creates your reality.

The midbrain is vitally important to maintaining and regulating the state of consciousness, alertness and attention. Remember that is that cool state of awareness called Alpha. The midbrain contains the physical pineal gland, which has similar features to the retina in your eyes and is also a replica of what ancient wisdom called the third eye. It also includes the pons, reticular activating system, the pituitary gland, and the 3rd ventricle. The Pituitary gland is the master gland. The pineal gland and the surrounding area in the midbrain is where your connection to higher thought and reality is.

It is being shown by scores of practitioners that when these areas are activated you open up to the extraordinary and welcome events that begin to manifest in your life beyond what the falsely named super brain tells you. You do not create miracles now because most of you are caught up in 'cause and effect' and time bondage. You cannot experience anything without time. So clearly the present moment in Alpha and Theta brain waves are mandatory prerequisite conditions to attain.

So currently, miracles are being disallowed by the neocortex which includes the frontal lobe. This is the part of the brain that disallows anything instantaneous to happen. Can you see why you need to shut it up from the beta brain?

Reality is a holographic illusion; a projection of 3D reality that is created by the brain for you to experience through your five senses and deploy mental and emotional abilities. The main camera of assimilation

and projection is here in the midbrain. As the Observer to change the movie you need access to the projector and the programmer that resides outside of the belief box consciousness. This is the place where that can be done.

If the midbrain is under the direct guidance of you entering the present moment, in coherent state of entrainment, anything outside the reality box of the group consciousness rules is possible.

It is through the energetic portal of the pineal and the hearts. Both are 'brains' of higher mind representing the higher mental and emotional energy bodies. It should be the big brain that should be managed by the pineal brain not the other way around. When you enter the energy portal of the midbrain mind, you are directly connected to total quantum mind consciousness and the mental energy body because no time quantum space is everywhere. Here there is no purpose to what has evolved as the big rational brain because you simply know all that is the higher mind. When you enter the heart brain mind, you are directly connected to the emotional energy body and that is the emotion of love. Remember, in simple terms your gifts of being human give you the mental-intellectual and the emotional energy bodies that are reflected in the pineal and the heart energy fields.

The midbrain is the source projector of your holographic illusion and it does not need to be analytical to deal with time and space. That is an illusion. Your body functions and evolution are all encoded in DNA to be used to grow, evolve, and feel with, so what else do you need to experience the hologram? Right now you are not using any of the 90% of what has been called junk DNA. Think what goodies are in their anxious to morph out into reality?

To effect change outside of time and space, you must do this from the outside of the big smart brain. If you want to meet with me (Higher self) face to face you can tap into the pineal gland. It is truly the portal. The pineal gland is a small reddish-gray pine shaped gland about the size of a pea. It hangs from the roof of the completely dark cave of the 3rd ventricle of the brain and is constantly bathed in cerebral spinal fluid. This gland is the connection portal to me (Suerplacebo). It is the portal to all that exists. It is the source of all wisdom and knows all that is, all that was and all that will be.

Physically, the pineal gland is connected to the thalamus, hypothalamus, basil nuclei and medial temporal lobe. The function of it

has been relegated to the controls of circadian rhythms. The focus is the *hypothalamus* that is also sensitive to light and dark and therefore affects circadian rhythms. Its true function goes much beyond that as it is considered by those out of the box to be a master gland (as is the *pituitary gland/hypothalamus*), both being responsible for the *regulation of all the other endocrine glands*.

The thalamus will process and relay sensory information selectively to various parts of the cerebral cortex, as one thalamic point may reach one or several regions in the cortex. Of course it also plays an important role in regulating states of sleep and wakefulness.

The hypothalamus regulates certain metabolic processes and other activities of the Autonomic Nervous System. It synthesizes and secretes neurohormones, often called hypothalamic-releasing hormones, and these in turn stimulate or inhibit the secretion of pituitary hormones. The hypothalamus controls body temperature, hunger, thirst, fatigue, anger, and circadian cycles.

The basal nuclei or ganglia are associated with a variety of functions including: control of voluntary motor movements, procedural learning, routine behaviors or habits, eye movements, cognition and emotion.

The medial temporal lobes are involved in high-level auditory processing. The temporal lobe is involved in primary auditory perception, such as hearing, and holds the primary auditory cortex which receives sensory information from the ears and secondary areas process the information into meaningful units such as speech and words. You also have the superior temporal gyrus within this area where auditory signals from the cochlea first reach the cerebral cortex and are processed by the primary auditory cortex in the left temporal lobe. The areas associated with vision in the temporal lobe interpret the meaning of visual stimuli and establish object recognition.

The ventral part of the temporal cortices appear to be involved in high-level visual processing of complex stimuli such as faces and scenes. Anterior parts of this ventral stream for visual processing are involved in object perception and recognition. The left temporal lobe holds the primary auditory cortex, which is important for the processing of semantics in both speech and vision in humans. It plays a key role in speech comprehension. The functions of the left temporal lobe are not limited to low-level perception but extend to comprehension, naming,

and verbal memory. The medial temporal lobe is involved in encoding declarative long-term memory.

So these are the Earthling's means of seeing, hearing, sensing and feeling reality! This is the Soul's brain, the physical representation designed to create reality for it to engage in through you. This is also the 3rd eye.

The pineal gland is associated with both the Crown and 3rd Eye chakras. This is used like an antenna or satellite dish receiving cosmic energies through the crown chakra. The 3rd Eye Chakra is located directly between your physical eyes being associated with clairvoyance, which is the ability to see beyond the physical sense of sight. The pineal gland is intimately connected with your physical vision being affected by varying degrees of light and darkness through your physical eyes. *Both light and dark* are necessary for your pineal gland to be healthy and alive, just as metaphorically both light and dark must exist in all of cosmology.

When the pineal gland is vibrant, there is the potential to make rapid leaps in spiritual development and illumination. The pineal gland is light made manifest in the physical human body. It is what connects you to a cellular DNA level with the unknowable, the great mystery, the great beyond.

No time no place no thing

So more and more we are being told reality is a holographic illusion, a projection of 3D reality that is created by the brain for us to experience through our five senses and deploy mental and emotional abilities. The main camera of assimilation and projection is here in the midbrain. So to change the movie you need access to the projector and the programmer that resides outside of the belief box consciousness. This is a place where that can be done.

If you are really interested in the technology, the midbrain is under the direct guidance of your Soul and does not need the frontal lobe or neocortex to live a life of higher mind. It does not really even care about the right brain left brain subdivision because it is simply one brain. The division and purpose has been created by the choices of mankind to evolve away from any spiritual mind. The physiology has the corpora quadrigemina, composed of two parts. There are two

colliculi that act as relay stations that take sensory information from the eyes and ears and relay it to the thalamus for distribution to the appropriate area of the cerebrum. The cerebral peduncle and corpora quadrigemina are separated by a canal called the cerebral aqueduct, which distributes cerebrospinal fluid throughout the brain and spinal cord to buffer the tissue, remove wastes, and maintain cranial pressure. It is in this place that by way of proper communication, you are able to create miracles that change the physics of your reality.

This midbrain also has no concept of time, nor does it distinguish between what is imagining or perceived as reality. Time is a construct of the neocortex. The midbrain is totally in the now. Both time and space are meaningless. Time is built into your big brain and it can stress you out like when you are thinking time is running out. Time is a construct of the lower mind and the work of my my Lower self. Your mind and its imagination are in the now without any time constraints. So the quantum void of infinite possibilities is in the midbrain where the doorway to quantum space and infinite possibilities exist.

When you are in the void, there is really no particular place or time. How or where you bring yourself into the quantum field of no space, no time is not important because quantum is everywhere and nowhere, no time and every time, all one field so these places we speak of such as the Soul mind, heart mind, higher mind, greater mind, they are all one. If you understand time, you can control it and move it faster. Time will stop if you are in soul intelligence as it is instantaneous time control.

You can, just sit down and imagine whatever you want. I am going to take you into some information that is really outside the box. It has to do with words, images, DNA, and the brain. This will lead to a new discussion about the nature of your holographic illusion.

Cause and Effect or Cause an Effect

The moment you give the frontal lobe a holiday by entering a safe zone from the hyperactive beta survival mode, it becomes your ally. It goes outside the box of beliefs into no time or space where things don't matter (pun) and reality does not exist. It becomes your imaginative, analytical processor where you focus on a new possibility. It is where you can live the dream. Here, focused on an idea or a vision not limited by time or matter this is where the cerebellum gets on-line, where you become the observer and get out of the survival reptilian mode and

move into the subconscious to unconscious circuitry and wire into natural circuitry based on the experience

The issue with the big smart brain is that it is time based and matter based. It learns from the past to plan the future. That is what it has evolved to do in order for your survival. The global consciousness, which as a reflection of the billions of minds is a living evolving energy, just like your own consciousness. Your consciousness is always evolving and learning, storing its chosen wisdoms in its subconscious. The global is the same, storing its collective wisdom into the subconscious. Thus the global limits its participants just like yours does because that is where you choose from.

The global mind is conditioned to time. Time governs everything. Time is money, all work to time, you must plan for a future time, your time is limited, history is time, and the clock governs life. You worry about it and it governs your life. Matter is the model of life. Matter is more important than mind. Identity and self protection, conflict, fear of time, growing old, not being secure is a paramount issue which the big smart brain has evolved to solve. And of course my brother has been active here to assist in evolving this big brain over time. So in a place of no time, no matter, no identity, no space, just pure consciousness, this is not a viable thing. So you need to get the frontal lobe out of beta survival to understand it is safe. The midbrain has no useful function in this wisdom about matter so it is a process of letting go of survival and stress...

The norm, the global box, reflects this belief. Most have been hypnotized into believing cause & effect which is a Newton model. Many that are even partially outside the box believe in the Laws of Karma and the Law of Attraction. These are a silly rationalization of the big brain trying to expand out of the box. These choices keep you inside the laws of matter.

I told you how it is influencing your life in the box because you are in the box, struggling to get out. The issue is that you cannot let go enough to really get out of the box. Some temporarily do it through these beliefs but are just drawn back in because they are faced with their reality of living day to day inside the box, unable to really get out.

When you succeed in being in the place of no time no mind no identity no place things are different. That is the goal of meditation. The rules

change. The mind is totally the vehicle for manifestation because what it thinks, it creates. There are no laws to inhibit it. The law of karma does not need to exist. It can be dissolved by simple awareness and forgiveness as was demonstrated by managing blocked emotions. The Law of Cause and Effect suggests you have no control over your destiny and is an old energy belief. It is a materialistic Newtonian process where you create a material cause that has an effect. So you need to physically push an object to move it. But the other model is that you move that object with mind alone. The new is that it is all about mind over matter and that you as the creator cause an effect. It is where your mind Causes an Effect directly.

So we have to use the mind to give thanks ahead of the experience. In order to have wealth you have to feel it before hand, feel whole before healing occurs, feeling empowered before something occurs. Your body is your conscious mind it does not know the difference. It is a mantra—an assertion in the mind that repeats over and over. Emotional engagement adds to the power as its better to change the body when a value is assigned to that emotion. Then the physics responds to the mind.

People who heal with miracles never cared about the miracle. They were whole, celebrating the occurrence of the emotional engagement. They live the result emotionally. They no longer needed anything. When you add emotional energy you speed the occurrence. You must train your body to experience that future in the present moment as it does not know the difference. You need to train your body to experience that occurrence. Your body will begin to change because it is getting signals from the environment to signal new genes. You signal new genes ahead of the experience. Thought, brain, emotion, body. The more you practice the elevated emotion, chemical, neuro transmitter, hormones and genetic expression, the more you change genetic expression. The result is that body responds to a new mind by experiencing the future in the present moment. A notion ahead of the event is causing an effect in the quantum model to activate a response. You cause a desired effect. Emotion is an end product of the experience, so give thanks for thanks by emotion then it looks like it has occurred and then allow the experience to find you. This is a heartfelt feeling process.

Why do you suppose that everyone believes they have to work so hard for money? That's the accepted norm in the Newtonian rules of physics

so they do. It's the global belief system that creates the global reality through a Greater Design of merging realities.

When time disappears, no one has to work so hard. Time is not money anymore. The dramatic shift comes when the belief of working hard to make a living to working hard at celebrating the money that your creatorship brings to you.

But! Here is the big BUT. You need to get used to working from the midbrain so you become very intelligent to get rid of all the negative qualities. They will not go if you do not believe you are a part of God, or whatever your ineffable understanding of a superior force is. It is foolish to fight for a living when you understand you can create what you need by modifying the game called the hologram, projecting your Life Plan and the global consciousness life plan.

You may call it work if you like but if it is some wonderful opportunity you create or attract by your own mind, your engagement in it is not work, it is passion, bliss and joy. You are ready to understand this and the secret lies in the midbrain. Essentially, to simplify things, your mind is already the quantum void of infinite possibilities. What becomes the issue is how your own beliefs create the programs in subconsciousness which set the rules. These rules are no different than the laws humans create to police their behaviors within the consciousness and physical environment. The laws in this case become your subconscious. In simple terms, let us look at three stages of evolution, namely in the world of matter, totally in the world of non-matter, and in between.

When you do learn to reside in that present state of mind and let go of all the sensory devices, then you enter the world of no one, no where, no time and can imagine a new possibility to manifest in your reality. The key is to create powerful clear energies in you. There is only one reality of thought. If you know the dynamics of it you can create reality. Those dynamics are now coming forward for you so you can responsibly and proactively change time to no time, live in the present through your midbrain by allowing the higher mind to guide you and begin to master your control over the hologram. In this consciousness you can bypass the need for physical action and time by learning the power of mind alone. This is by feeling and knowing the effect and allowing the cause to be manifested. Mind over matter occurs because when you

already celebrate the effect, the cause of that effect has to be brought into reality to balance it. So you cause an effect.

But obviously, one has to get beyond the monkey mind overshadowed by reptile survival instinct brain and the great big frontal lobe to play games of power with. You have to get beyond time.

The mind over matter is not just a philosophy. The mind has complete control over how the particles function. You have to instill techniques to do this from this 3D surface level. You have to go beyond to thoughtlessness — stillness.

In the next chapter we are going to investigate how we get the reality creation process off autopilot.

12

NATURAL DESIGN AND BENDING REALITY

Look at your life

Now, if you believe that you are already creating reality, then it is not difficult to believe you can proactively decide what reality you prefer... or better still, the one you don't want. People do this all the time as you hear "*my dreams have come true*". Why have they come true? Because of the amount of time someone has been passionately (with great positive emotion) living and chasing that dream. They have focused their top energy centers passionately and clearly to make their dreams come true. That means they have created consistent clear strong energies; of thinking (crown) into clear visions (3rd eye) formed clear words (throat) to define it and surrounded the vision with passion (heart). The stronger, longer and clearer they do this, the more likely they attain their dreams. The more persistent they are to embody and feel it, the faster it happens. Do they attract it, or do they form it from being an Observer? Perhaps it's all the same thing?

Thus, perhaps it is just a simple matter to implement mind over matter and Cause an Effect by managing those energies a different way than you're used to —which is not paying attention to them.

What if something rubbed your body and a Genie appeared to you saying: *"Now that you have brought me into your life, I will grant you many wishes. But you must be careful what you wish for because there are some rules. First, you must be very clear about it otherwise I must guess what you mean. The more you qualify it, the more likeness I can use to grant it for there are many interpretations. If you are able to be clear on the result, like a picture in your mind, and give me the feeling it generates in you, then I can be very clear on the result. And remember, you can't take it back or change it. Once you make the wish and bring it to my attention for 17 seconds, I have no choice but to command your wish into reality. Also, understand that once I grant your wish it will be stored in your mind and continue to be there playing out like a movie as your wish until it can be replaced by another wish."*

What would your reality look like because so far this is exactly what the Genie (your soul) is telling you and the evidence supporting this is enforcing. You are doing this all the time getting stuff that you don't want because you are so focused on it. And the Genie is following your commands wondering what the f*\$k is wrong with you.

But... if you look at your life, from a health and wealth point of view, you may find that it just ain't going well. And if you are really the one who created it, then what the bleep are you doing wrong? In effect, it is the creative conscious mind that is not getting through to the subconscious that just keeps playing the old shit over and over. So if you look at your movie, and you and your subconscious are responsible for what you have, and what you have is not what you want then it is time to pay attention to what you do not want, and get rid of it.

Your subconscious is on autopilot setting the rules of your reality, responding to you and what you deem as needed to survive. It is a survival mechanism. It has no choice but to respond to you and your energy. And if you have chosen the way you perceive and express, you have decided to what you receive. If you have stressed yourself and your natural design to render it dysfunctional you simply did not understand the rules of the game. By now, you are quite familiar with these rules and how your natural design can respond to a better way of life. To create a new life, or attract a better one, you have to get rid of the ones that gave you the crappy ones. That's pretty easy to determine... what's not right? Then take what is right and make a plan to follow some new rules. We will see what rules work in the SEE chapter.

But before we do, let us take an excursion into the proactive management of these subtle energies to see what others have done with success. Whether it is a miracle of healing or a shift in wealth or abundance it does not matter. It is something that some people have done to dramatically shift their reality from whatever they are creating, to bend it into a more desirable movie. Because it is out of the ordinary box reality, I call it Bending Reality. It is a proactive means of expression to get into living in Heaven on planet Earth. It means becoming very specific to your built in Genie. In this chapter, we are going to study the top world gurus who have thousands of successful cases of bending the health and wealth reality into a more desirable holographic reality. Why study them? Because they have done it and are doing it.

Then we will look at setting up the new rules of the reality game so our Genie does not misinterpret our wishes. All you have to do is think about the way face pattern recognition works to use all those pixels and find a likeness... there can be many. And if you are creating messy and confusing energy patterns, guess what the Genie is giving you?

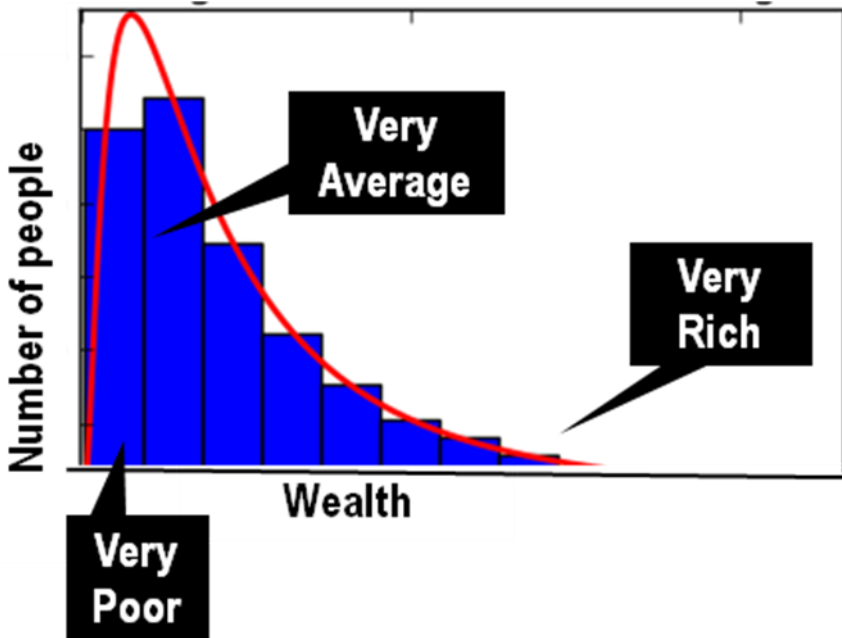
Expression: Effort, focus, passion, intent

Not all that have dreams achieve them. Not all that wish to be millionaires achieve this. Not all achieve health or wealth miracles let alone live long. The vast majority simply allow themselves to be governed by the prevailing box of consciousness.

Why?

Focus, effort, passion, intent. These are all variables which need a degree of clarity, intensity and focus. Remember the brain has to be programmed. You learn things by repetition. You attract things by intensity of engagement and expression. And there is a Greater Natural Design law in operation known as a normal distribution. It is illustrated by the idea that everything in nature follows a natural distribution of existence. If you measured the height of earthling, say 100 and plotted the results on a graph after you categorized them in say 10 classes of height, you would find they fit a normal distribution. Most will be 65 inches and 73 inches for men.

But there will be fewer and fewer that are taller or shorter. This is simply the way it is, and the more you sample, the smoother will be the picture called a statistical distribution. Most things in nature are like that. Another way of plotting this is called Lognormal and it reflects another law of natural behavior.



So where does that fit in our Genie story? If you asked 1000 people what their wish would be in two sentences regarding abundance, you would get some very clear and precise, some very unclear, and the most would show varying degrees of confusion and clarity. And even if you plot the net worth of people, you will find the same; that the population contains a few trillionaires, more billionaires, and more millionaires with the average net worth being where the peak is and so on.

Why is this important? The people who have miracles, or achieve their dreams are not the average. The ones who do are expressing themselves differently than the others. If it is billionaires they will tell you it is the focus, dedication, passion and intent that allows them to succeed. But did they create it, attract it, or just get lucky? If they attracted it because of unfettered passion that is not luck. The whole purpose here is that depending upon the desire, its magnitude and its

clarity, an instant millionaire is less likely and either way it requires concentration and dedication. Especially if it is purposely controlling reality.

Bending reality refers to the process of creating a new physical situation from the ordinary out of the ordinary box — like in a miracle. It means getting the subconscious off autopilot, cleaning house of unwanted programs and instituting some new ones. So far it should be clearly understood that your reality is YOUR OWN doing and whatever you are doing or not doing is creating the emotion that creates this reality. Whatever your life is, is your doing and even if you feel a victim with no control, the fact is you created it this way through your choice of expression. And so the Grand Design simply responds to you and you build your movie of life, your holographic reality that is part of the global reality. You observe it and it combines into the global reality.

When we bend reality, what is happening is that something is bent out of the ordinary. What's ordinary? It is the global belief box out at the tail ends of the Normal distribution outside of what you believe in and taking passion and effort to do something outside of your belief box that you can't. The silly paradox is that you already do just that. And of course if you knew how it works, you would probably pay more attention to what you are doing wrong, just like in expression of emotions.

If you know that your negative thoughts are like bullets of bad energy that will come back to you, and if you knew that your negative emotions were devastating your body, you would take action to correct this, wouldn't you? If you are aware that you are creating reality constantly, every moment, then you will be interested in knowing how you do it. If you know how, and your reality is not so good, as you have learned the way you are thinking, perceiving, and feeling is creating the environment. If you believe this then you will look towards a more proactive conscious awareness of what not to do. As an example, in your grander design, you are here to use your mental and emotional gifts to feel what is not right for (mental discernment) you, learn from it as a feeling (emotion) then you avoid giving it a life to have it become your reality. You are what you think, so if so don't think that way, as opposed to engaging in what you don't like and creating the stress as your expression. That's why you have big brain to discern and remember — so you don't stick your hand in the fire again!

So when you bend reality, you are taking a proactive position on your discernment and bringing in your preferred reality as a new possibility that may be outside of the global norm, like in a miracle case. You are going to stop the crap that creates more crap and you are going to get your subconscious off autopilot. And there are thousands of cases that have resulted in miraculous healings outside the general belief system because people have taken on a new set of behaviours and expression rules.

But these are miracles to do with the body, and people like Joe Dispenza and Dawson Church are pioneers in this area of facilitating incredible cases of healing of internal reality. But they are also facilitating bending reality as it relates to the external virtual interactive hologram.

In these cases, the verdict is still out on knowing how we really create our holographic world so you have to simply open your mind to the possibility that you do and it is so because others are doing it. What is evident is some people DO create their reality, so the question becomes how did they or the facilitator do it? How did they bend reality? So now we look to the best reality benders on the planet, having already studied Joe Dispenza and Dawson Church who have thousands of examples.

There are two schools of thought on how we create reality. One is to create **matter through matter**; the other is to **create matter from non matter**.

If you are bound by a Newtonian Physics view, you create matter with or from matter and from matter. In this case you deploy the top three chakras to use your imagination and smarts to set your thoughts, visions and words into a plan and surround it with passion, launch your intent to seek out the required relationships and components to accomplish the plan. You work your ass off finding and manifesting that reality. This is best exemplified by the millionaires and billionaires of **Napoleon Hill** fame which we will cover shortly. A more explicit example is when you use matter to build or create something (like building or creating something from materials).

If you are unbounded as by Quantum Physics, you create matter (or attract it) from non matter or the quantum unified field. In this case you do things a little different in that you use thoughts, visions, words

to create the plan as a done deal as if it's already done. You then energize it with emotion of the heart and then let the plan come into manifestation by bringing to you the situations, relationships and components required to accomplish the plan. Here you work your ass off emotionally charging the plan with feelings of passion and gratitude, clarity and perseverance and the reality you desire comes to you. This is best illustrated by the best world gurus who teach things like the law of attraction.

There are many people who coach or train others to do this, acting as facilitators to bring into your reality either a healing or prosperity type miracle. Of course it does not always work but there are still many cases and examples where it does work. Whether you are a matter or non matter believer, it still takes focus, clarity, passion and intent; and clearly that effort determines the degree of success.

The purpose of this chapter is to wake you up to what you already do so you get off autopilot. What you already do allow the process to do whatever it wants to attract by not paying attention to how it works. In reality (yours) you don't really care how it all works, you just have to believe it works. And those that do make it work should mean to you that if it works for only a few, you could have it work for you. In fact, reality already manifests this way on autopilot, so by learning the rules, you go after your dreams proactively by aligning yourself with the rules.

Bending reality in health issues

The starkest example of this is the healing miracles created by someone or something that assists in bringing a new solution to life. It could be a doctor with a placebo, a healer or an energy worker. In particular, the world is filled with examples that are simply not explainable, but nevertheless occur. Within our makeup, there is a natural design system, that when activated can change the health or wealth situation. In a prior book, I studied the top health and wealth gurus to see what they do to awaken the natural design.

See my books on The Divine Programmer 1 and 2. These provide a very detailed analysis of what these gurus do to create so many healing miracles.

Now let us look at the conclusions from these examples in the book. These examples involve some of the most recognized Healers. They are

diverse in their applications, all chosen to analyze because they all have a proven track record of creating some miraculous healings.

- 1. Richard Gordon: Quantum Touch**
- 2. Andy Tomlinson: Hypnosis/Past Life Regression Therapy**
- 3. Lewis Madrona: Coyote Healing & Native Medicine**
- 4. Tiffany Snow: God & Power of the Divine**
- 5. Carolyn Miller: Power of You and Creating Miracles**
- 6. Adam Dreamhealer: Power of Intention**
- 7. Ihaleakala Len: Ancient Practice of Ho'oponopono**
- 8. Joao Teixeira Faria: John of God**
- 9. Oral Roberts: Religious Faith Healing**
- 10. Gregg Braden: Ancient Prayer**
- 11. Richard Bartlett: Matrix Energetics**
- 12. Joe Dispenza: New State of being**

These all have websites or books to look at for testimonials. When I analysed these well known, and less known gurus, I took a very clinical approach in order to determine what gave them success. I was interested in seeing similar patterns in their tactics and procedures. From all of these procedures I listed and summarized, what do you suppose are the common elements? Let me list them for you as they relate to miracles of healing:

A belief outside the box that one is worthy, that they can be healed, is important to all these cases. It is a belief that is created by way of inner convictions, experience, enforced by an authoritative expert such as a doctor, a healer who has a reputation, of some authority on the topic that is believed to know what they are doing. Regardless, the patient surrenders mind control to an authority who they believe can heal the issue. This belief incorporated a trust and faith that the process to be engaged in will work. It is the same belief system that takes people's belief in god as truth despite the fact they have little pragmatic proof. What is also common is that many of these cases are already deemed hopeless so these people have given up on traditional in the box medicine. They have let go of it and have surrendered to something outside the box. That means they have let go of the old belief system.

An altered state is required to open into subconscious. This process is one that leads the client into the present moment, lets go of the meddling cortex and enters the theta or alpha brain wave state. It is through hypnosis, ritual, regression, becoming present, meditation, or a

situation where the higher brain waves of the conscious mind are out of the way so as to not interfere with the subconscious. It is a morphic field that is created to gain access to the subconscious. The techniques vary but the end purpose does not. If a state called the present moment is not attained, it is unlikely that any success will occur. That means an altered state of alpha and theta brainwaves let the brain let go of the ego, sensory systems, and the material world. In some way, this step is always attained to set the platform for the miracle.

A state of well being is required as so reflected in a morphic field of love and peace as it opens to the gateways for a change to occur. This is induced by creating a setting of higher vibration by creating a space without conflict or anger, or fear, only of positive energies. Again, this is another key process that takes you into that heart energy field of positive higher vibrational energy and if it is not achieved, again it is unlikely any success will follow. That is the heart state of higher emotion and coherent heart rhythms. This we know as a state of coherence in the heart energy system.

An identification of the issue is required so as to be clear on what it is that needs to be corrected. It is done by visualizing, by hands on, by focus of thought and intention, by hypnosis or regression. In every case, the issue is brought into awareness.

A Higher Power is engaged so as to make the change and correction. It is a surrendering process where God, Spirit, Divine Self, Source, or some Guides, Higher Self, Soul, or higher power is called upon to assist in the healing thus creating a Divine Intervention. It simply depends on your belief system but when these cases surrender to a higher power, they totally let go of the beta brain reality.

A removal of the issue is simulated through various ways such as erasing memories, using intent, visualization, imagination or some induced process like simulation that removes it. Visualization of the desired result, enfolded with the emotion of completion adds to the power of its removal. The methods of removal vary but all bring focus to a conviction of completion.

In a nutshell, that's it. All of these gurus have their own processes to attain miraculous healings.

If you look closely at these processes and procedures, there is a natural design process that is being done with relation to the function and subtle energy creation of the major energy centers (related to chakras). It is a step by step process I originally identified as **The 7 Steps of Manifesting Reality**:

After the Healer sets a scene of peace, love, surrender and faith, there are seven steps engaged in. The Healer, becoming unified with the Healee entraining into a morphic field of peace, then creating a setting where the patient is in an altered state:

1. **Crown** Brings into **thought** the belief of being healed
2. **3rd Eye** Brings into vision the image of the issue which is to be corrected
3. **Throat** Communicates to find the source of the issue or solicits help
4. **Heart** Brings in the power of emotion to surround the corrected desire
5. **Solar Plexus** Launches the intention to correct the issue
6. **Sacral** Surrenders control of a new relationship of the correction to a higher power
7. **Root** Allows the Higher Power to materialize the correction into reality

Whatever way you want to look at these examples, they all have facilitated unexplainable healing miracles in some way. It has not worked every time, but IT HAS WORKED! As we are beginning to understand, **it is the mind that is released into a state of belief to get the subconscious to haul the right programs out of DNA to do the miracle. But perhaps the Genie is active in simply changing the picture of virtual hologram?**

So now we have a simple model of healing miracles. But what about financial type miracles?

Wealth miracles through Napoleon Hill

Now let us look at those exceptional people that made their reality dreams come true from bending financial reality. Think back to the distribution of wealth and the fact that very few become billionaires, and fewer become trillionaires simply because of the dedicated effort needed. But let us look at these people that have put in that effort and made their financial dreams come true by deploying the matter to matter process of hard work. **Napoleon Hill** in

1928 published a book **Think and Grow Rich** that has been reported to be one of the best-selling books of all time. His famous quotes were:

"The starting point of all achievement is DESIRE. Keep this constantly in mind. Weak desire brings weak results, just as a small fire makes a small amount of heat."

"Whatever the mind can conceive and believe, it can achieve."

"You are the master of your destiny. You can influence, direct and control your own environment. You can make your life what you want it to be."

For many years when you went into business, particularly if you took an MBA course at Harvard, this book became your business bible. It was originally called **The Law of Success in 16 Lessons** and was his first book set, published initially in 1928 as a multi-volume correspondence course and later in more compact formats in recent years. The work was originally commissioned at the request of Andrew Carnegie at the conclusion of a multi-day interview with Hill, and was based upon interviews of over 100 American millionaires across nearly 20 years, including such self-made industrial giants as Henry Ford, J. P. Morgan, John D. Rockefeller, Alexander Graham Bell, and Thomas Edison. Napoleon Hill, as a Great Depression era author and former advisor to President Franklin D. Roosevelt, interviewed the most successful men this country has ever known to figure out the key to their good fortune. He wrapped all of his insights in a 200-page package and published **"Think and Grow Rich,"** which went on to become one of the best-selling books of all time. He coined his Law of Success that was first used as a lecture and was delivered by Hill in practically every city and in many smaller localities, throughout the United States over a period of more than seven years. What did this "best selling book of all time" say? Let us look at a summary of the Lessons:

In Lesson 1: INTRODUCTION Here Hill introduces the concept of The Master Mind; which Dr. Hill defines *"as a mind that is developed through the harmonious cooperation of two or more people who ally themselves for the purpose of accomplishing any given task."* Hill used ideas from physics to illustrate the synergy that occurs between like-minded individuals. He also warns of the danger to the master mind group of any single member who thinks negatively. Another key insight from Hill is that knowledge is not power; it is only potential power. He defines power as *"...organized knowledge, expressed through intelligent efforts."* The master mind group makes this happen.

He explained the 15 Laws of Success as follows:

I. DEFINITIVENESS OF PURPOSE will teach you how to save the wasted effort which the majority of people expend in trying to find their life-work. This

lesson will show you how to do away forever with aimlessness and fix your heart and hand upon some definite, well-conceived purpose as a life-work.

II. SELF-CONFIDENCE will help you master the six basic fears with which every person is cursed: the fear of Poverty, the fear of Ill Health, the fear of Old Age, the fear of Criticism, the fear of Loss of Love of Someone, and the fear of Death. It will teach you the difference between egotism and real self-confidence which is based upon definite, usable knowledge.

III. HABIT OF SAVING will teach you how to distribute your income systematically so that a definite percentage of it will steadily accumulate, thus forming one of the greatest known sources of personal power. No one may succeed in life without saving money. There is no exception to this rule, and no one may escape it.

IV. INITIATIVE AND LEADERSHIP will show you how to become a leader instead of a follower in your chosen field of endeavor. It will develop in you the instinct for leadership which will cause you gradually to gravitate to the top in all undertakings in which you participate.

V. IMAGINATION will stimulate your mind so that you will conceive new ideas and develop new plans which will help you in attaining the object of your Definite Chief Aim. This lesson will teach you how to "*build new homes out of old stones*", so to speak. It will show you how to create new ideas out of old, well known concepts, and how to put old ideas to new uses. This one lesson, alone, is the equivalent of a very practical course in salesmanship, and it is sure to prove a veritable gold mine of knowledge to the person who is in earnest.

VI. ENTHUSIASM will enable you to "saturate" all with whom you come in contact with interest in you and in your ideas. Enthusiasm is the foundation of a Pleasing Personality, and you must have such a personality in order to influence others to cooperate with you.

VII. SELF-CONTROL is the "balance wheel" with which you control your enthusiasm and direct it where you wish it to carry you. This lesson will teach you, in a most practical manner, to become "*the master of your fate, the Captain of your Soul.*"

VIII. THE HABIT OF DOING MORE THAN PAID FOR is one of the most important lessons of the Law of Success course. It will teach you how to take advantage of the Law of Increasing Returns, which will eventually insure you a return in money far out of proportion to the service you render. No one may become a real leader in any walk of life without practicing the habit of doing more work and better work than that for which he is paid.

IX. PLEASING PERSONALITY is the "fulcrum" on which you must place the "crow-bar" of your efforts, and when so placed, with intelligence, it will enable

you to remove mountains of obstacles. This one lesson, alone, has made scores of Master Salesmen. It has developed leaders over night. It will teach you how to transform your personality so that you may adapt yourself to any environment, or to any other personality, in such a manner that you may easily dominate.

X. ACCURATE THINKING is one of the important foundation stones of all enduring success. This lesson teaches you how to separate "facts" from mere "information." It teaches you how to organize known facts into two classes: the "important" and the "unimportant." It teaches you how to determine what is an "important" fact. It teaches you how to build definite working plans, in the pursuit of any calling, out of FACTS.

XI. CONCENTRATION teaches you how to focus your attention upon one subject at a time until you have found a way to master that subject and have put that knowledge into operation. He gives you techniques on how to ensure that your goal is concentrated on until you have completed that goal.

XII. CO-OPERATION will teach you the value of team-work in all you do. In this lesson you will be taught how to apply the law of the "Master Mind". This lesson will show you how to co-ordinate your own efforts with those of others, in such a manner that friction, jealousy, strife, envy and stupidity will be eliminated. You will learn how to make use of all that other people have learned about the work in which you are engaged.

XIII. PROFITING BY FAILURE will teach you how to make stepping stones out of all of your past and future mistakes and failures. It will teach you the difference between "failures" and "temporary defeat," a difference which is very great and important. It will teach you how to profit by your own failures and by the failures of other people.

XIV. TOLERANCE will teach you how to avoid the disastrous effects of racial and religious prejudices which mean defeat for millions of people who permit themselves to become entangled into foolish argument over these subjects, thereby poisoning their own minds and closing the door to reason and investigation. This lesson is the twin sister of the one on ACCURATE THOUGHT, for the reason that no one may become an Accurate Thinker without practicing tolerance. Intolerance closes the book of knowledge and writes on the cover, "Finished, I have learned it all!" Intolerance makes enemies of those who should be friends. It destroys opportunity and fills the mind with doubt, mistrust and prejudice.

XV. PRACTICING THE GOLDEN RULE will teach you how to make use of the great universal law of human conduct in such a manner that you may easily get harmonious co-operation from any individual or group of individuals. Lack of understanding of the law upon which the Golden Rule philosophy is based, is one of the major causes of failure of millions of people who remain in misery,

poverty and want all their lives. This lesson has nothing whatsoever to do with religion in any form, nor with sectarianism, nor have any of the other lessons of this course on the Law of Success.

As you can clearly read, there is no room for lower emotions to inhibit gene expression. There is only passion, clarity, focus and perseverance. The stronger this is, the more likely is the dream to manifest.

Napoleon Hill Summarizes:

"Wishing will not bring riches, but desiring riches with a state of mind that becomes an obsession, then planning definite ways and means to acquire riches, and backing those plans with persistence which does not recognize failure, will bring riches."

In one passage, he sums up six steps to turning a desire for wealth into "its financial equivalent":

First. Fix in your mind the exact amount of money you desire. It is not sufficient merely to say, "I want plenty of money." Be definite as to the amount.

Second. Determine exactly what you intend to give in return for the money you desire. There is no such reality as "something for nothing".

Third. Establish a definite date when you intend to possess the money you desire.

Fourth. Create a definite plan for carrying out your desire, and begin at once, whether you are ready or not, to put this plan into action.

Fifth. Write out a clear, concise statement of the amount of money you intend to acquire, name the time limit for its acquisition, state what you intend to give in return for the money, and describe clearly the plan through which you intend to accumulate it.

Sixth. Read your written statement aloud, twice daily, once just before retiring at night, and once after arising in the morning. AS YOU READ, SEE AND FEEL AND BELIEVE YOURSELF ALREADY IN POSSESSION OF THE MONEY.

It seems basic, but if you actually compare this to just about any personal finance guide out there, you'll find exactly the same simple steps. They just come with a lot more bells and whistles. But also note here a very critical thing; it is already **manifested reality** in the mind and you just put it to paper as a plan. But in terms of a physical reality it's still not created.

What is Hill saying as the bottom line? Begin with **thought** and make it very clear in your mind as to what you want. Know what you are going to **share** with others as a result, create a clear plan, then **see, feel and believe yourself** already in possession. Firmly entrench this into your mind by reading this daily. Who does this translation of unreal to real? Some of the wealthiest people on the planet.

And so thousands of people have used this wisdom to achieve their dreams. And one would say that many more have not. It did not work for all. But as you go through his wisdom, you pick out the seven steps of above to below. Thoughts, visions, words (plans), and passion are manifestation. Intent, relationships, and materialization are creation. Intensity, clarity, emotion, perseverance, relationships all go into the belief you can create your visions. What else? Give, share, feel good about yourself, believe, and have a pleasing personality... NO negative stuff here!

Do you see a similarity between the 7 Steps and what we determined as the common processes in creating miracles? The big question here is that by programming your wealth desires into your subconscious by repetitive conscious thoughts, images, words, passion (emotion) and intent are you:

Directing the course of your reality towards creating the end results by attraction?

Directing your focus and attention to the course of your reality to create the results?

In truth, these are both true and your reality is created via a process that uses both. Problem is you maybe created a crap reality unknowingly.

It is noteworthy to understand that in these procedures there are two key suggestions to assist in the self suggestion process, namely *"get out of the emotion of failure and misery"* and *"see, feel and believe yourself already in possession."*

But here is the bottom line. This process is most definitely working at changing your belief about yourself and reprogramming in your subconscious a new set of procedures to allow your Genie to do his thing. In my books **The Divine Programmer I and II** I laid out a detailed analysis of each of these Gurus. This included a simple table for each one listing the steps. I am including the summary table for Napoleon Hill below:

	WEALTH PROCESSES & PROCEDURES: THINK AND GROW RICH
Setting	Have self confidence, definitiveness, habits of saving, initiative
Setting	Have imagination, passion, and enthusiasm
Setting	Show self control, pleasing personality, accurate thinking, concentration
Setting	Know cooperation, profiting by failure, tolerance, harmonize
Process	Fix your mind on the exact amount of money or the final desire
Process	Determine what you intend to give in return
Process	Establish a definite date for completion
Process	Create a definite plan for carrying out the desire
Process	Write a clear concise statement, time, return, and the plan
Process	Read the written statement daily before bed and upon awakening

Process	Have great passion and emotion to succeed
Process	See, feel and believe yourself in possession of the desire

Bending reality with wealth issues

Napoleon Hill follows the **7 Steps of Manifesting Reality** that follow a top down crown to root chakra following the responsibilities of each one. These steps (not chakras) are well known to any businessman or anyone engaged in a project where an idea is taken to be created in our material reality. These are recalled below.

- 1. THOUGHT:** We bring into consciousness an idea of a desired result.
- 2. VISION:** We form a vision or what it is we want to manifest.
- 3. PLAN:** We write or communicate a plan of how the result is to manifest.
- 4. PASSION:** We become passionate and emotional about achieving the end result.
- 5. ACTION:** We launch our intent to seek out and manifest the plan with a strong persistence to succeed.
- 6. RELATIONS:** We seek out the resources, people and connections to others that assist in manifesting the plan.
- 7. MATERIAL:** We succeed in manifesting the plan so as to engage in the end result.

In conducting a clinical type analysis of what works best (and like in the laws of nature, not all cases succeed). We hear only about success and in this matter of bending wealth realities, I had chosen 5 gurus:

Napoleon Hill:	Laws of Success
Wayne Dwyer:	Power of Intention
Joe Vitale:	Attractor Factor
Jerry & Esther Hicks:	Law of Attraction
John Kehoe:	Mind Power

These are all people who have displayed and recorded some major successes in helping people bend financial reality. When I did this analysis, I wanted to reduce their published processes to common steps. I noted that there are two very distinct parts of the processes used, which I have classified into Setting and Process as illustrated in the Napoleon Hill summary table above.

What do these world famous "motivators" of wealth tell us over and over? They all have some commercial motivation and name stuff differently, market it and brand it in a way that gets to the clients. But when all is said and done creating the mind state (setting) and following certain steps in that state (Process) form a distinct pattern.

We notice however, these top sellers have injected a more and more spiritual aspect to the process. Once again with the exception of Napoleon Hill who does not bring in a higher power (assuming it is YOU) we see that it is important to **believe** and get some help with the **divine intervention (Universe)** again and again.

Notice that we have moved also from "doing the hard physical work" to "letting the universe" bring the result to you. Yes, working with the natural laws in non matter. But the Setting, and Process, are similar except that one must be repetitive and engage in choices that are now going to be attracted to you. The important difference is that the Universe is not going to create a miracle of a desire by Divine Intention; the Universe is going to focus on attracting either the desired result or steps to the desired result over time. But again, we have the same basic steps in all the processes that work:

1. change the **belief** of limiting factors
2. create an **environment** of well being of physical and mental health
3. change the **belief** of self, your worthiness, your truths
4. be very **clear** on the desire
5. supercharge the desire with **emotion**
6. drop into **lower state** to **reprogram** the subconscious
7. to get into a mode of **feeling good**
8. be **repetitive** and persistent
9. **engage** in the choices that come forward

When we bring our deductions from Bending Reality related to health miracles, we saw that fundamental to all was an **ALTERED STATE** where each was brought by imagining a peaceful place, breathing softly, and becoming present to yourself in the heart. Then once again the same 7 step process was followed in their own procedures.

There are several differences here. First, we are creating new realities outside of us, not healing. Second, we are doing this by ourselves.

Third, we are being told to create habits to create well being. Fourth, we see it may not be instant, repetition and persistence are required. But the basic steps are the same. We still have to trust a higher power to do it. We still require the belief it will be done, we still need to create a clear vision of the desire, surround it with passionate emotion and launch the intention to a higher power to materialize the plan. Only in the case of Napoleon Hill is it critical to modify this process a bit. The big difference here is that Napoleon Hill says you have to get off your butt and engage in the relationships and make choices which come before you. In a simple sense, you can go through steps 1 to 4 all you like about winning the Lotto but if you don't engage in the choice of buying a ticket, it ain't going to happen! So learning from the Law of Cause & Effect, when the Law of Attraction brings a choice to you, you must act on it.

So this is NOT the same as a spontaneous healing. It is a drawn-out process that relies on depth of belief, perseverance, clarity, strength of passion, and faith in a higher force.

We can extract what these world famous "motivators" of wealth tell us over and over. Be clear, positive, know what you want, see it already achieved and be passionate about it. Each one of these gurus has put a new marketing twist to the same process that we talked about in the first part of this chapter, namely our 7 steps:

1. We form the thought of making a million dollars
2. We form a vision of a company that sells chairs
3. We make a business plan of the company and product
4. We get emotionally excited about the plan/company
5. We launch the intent to execute the business plan
6. We engage others, money, etc. to make it happen
7. We create the chairs/company that enters our reality

Notice however, these top sellers have injected a more and more spiritual aspect to the process. Once again with the exception of Napoleon Hill who does not bring in a higher power (it is YOU) we see that it is important to **believe** and get some help with the **divine intervention (Universe)** again and again.

Notice that we have moved also from "doing the hard physical work" to "letting the universe" bring the result to you. But the Setting, Process, and Assistance are similar except that one must spend the hard work to

be repetitive and engage in choices that are now going to be attracted to you. You are still going to do the work once things show up, but you don't have to chase these things as synchronicity unfolds. The important difference is that the Universe is not going to create a miracle of a healing desire by Divine Intention; the Universe is going to focus on attracting either the desired result or steps to the desired result over time. But again, we have the same basic steps.

You are the placebo or nocebo: you choose

The simple power of the mind is best illustrated by the Placebo that accounts for an enormous amount of healings and these just simply happen. These can be very dramatic, totally defying logic and science because some of these are instant, defying even the cellular process. Oddly enough, there is no direct request for Divine Intervention nor is there an altered state. What are we missing here? To look into this we are going to take you to the work of **Dr. Joe Dispenza**, a rapidly emerging guru on this topic.

If you go to Joe's website at www.drjoedispenza.com you will find an incredible number of health and wealth miracles, all of which have occurred through his coaching of how to become the placebo. From a clinical point of view, he states that he has documented and measured some 750 brains to see what is going on in the mind and the physiology regarding placebos.

His book ***You Are the Placebo: Making Your Mind Matter*** (2014) is an Amazon Bestseller and hit the NY Times Bestseller List within a week of its release. It very explicitly brings together a revealing picture of how and why placebos work and how you too can be one.

I will summarize some of the key points of the book here and add a few of our own observations, but in a nutshell Joe's extensive cases of miracles in health and wealth, and his research on the workings of the brain point to three key words of **acceptance**, **belief** and **surrender** as the way to change the code in the operating system of the subconscious.

Joe explains that when you see the Doc who says you have cancer and will die, you get a series of thoughts; images and emotions conjured up as past experiences (from parents, TV, other opinions, etc.) in your mind. We will add that these are typically coming from your belief box

which is a product of the larger consciousness. Because this subconscious programming is what prevails, you will then **accept** the condition, **believe** what is said and **surrender** to the treatments and possible outcome. How this suggestion is received and believed determines the susceptibility to that new possible outcome. If you embrace these fears by surcharging them with fear emotions, then the only possible thoughts are equal to how you will feel. It is the nocebo; the wrong placebo that you accept, believe and surrender to as **your state of being**. That is pretty natural because the conscious mind simply accepts what is in your subconscious programming as the accepted outcome. So you are actually surcharging supporting a negative based reality hologram.

Here is the crux according to Joe's research and numerous examples. Every thought, emotion, or event acts as an epigenetic engineer of your own cells. When you are truly focused on an intention for some future outcome, if you can make inner thoughts more real than outer environment, the brain won't know the difference. Then your body as the unconscious mind will begin to experience the new future event in the present moment and you will signal new genes in new ways to prepare for the imagined future event. If you continue to mentally practice this enough times this new series of choices, behavior, and experience that you desire, they reproduce the same new level of mind over and over. Then your brain will begin to physically change installing new neurological circuitry to begin to think from that level of mind — to look as if the experience has already happened. This begins producing epigenetic variation that leads to real structural and functional changes in the body by thought alone — just like placebo.

This is done through mental rehearsal by closing your eyes and repeatedly affirming an action and mentally rehearsing the future you want all the time reminding yourself you no longer want to be the old self. You think about future actions mentally planning your choices, focusing on a new experience. You are reminding yourself of what your life will look like once you get it; putting intention behind the attention. When you consciously make thought and intention with heightened emotion such as joy and gratitude the state of being, your body changes. When you embrace this in new emotion and neurochemistry that would be present in that event (a taste of the future) the brain and body begin to believe it and they have no choice but to respond to it.

What is mind-boggling here is that you are making a conscious choice of what your reality should look like, and then your brain and natural design equipment must produce it. You are not letting the brain and design produce the old reality. You are drawing a new possibility out of the Unified Quantum Field and telling your brain to create it!

As Joe says, this is how you turn down the volume of old circuits and fire-wire new circuits which initiate the right signals. This is to activate new genes through the process of neuroplasticity. The circuits in your brain begin to respond and reorganize to reflect what you are mentally rehearsing. As you keep this up coupling new thought and mental images with strong emotions (mind and body working together) you are in a new state of being and your brain and body are no longer a record of the past. They are a map to a future you created in your mind. Your thoughts have become your experience and you just became the placebo.

Higher emotional responses to new thought are like a turbo charging effort on mental rehearsal. Emotions make epigenetic changes faster. You will create a new future out of the past as new information from outside the cell is provided. There is no difference between the effects of the outer environment or the inner of pure thought and imagination.

In placebo studies, the success is dependent upon two key processes:

1. Clear intention of a new future possibility (life without pain or disease)
2. High emotion (excitement, hope, anticipation)

Positive thoughts and emotions release oxytocin neuropeptides which shuts down receptors in amygdala (part that generates fears and anxiety) so we can feel more trust, forgiveness and love. It shifts selfish to selfless to embody a new state of being and neurocircuitry opens the door to endless possibilities because we are not expending energy in survival mode. The frontal lobe as conductor sees all sorts of creative possibilities from neural connections to form nets and unplug from old state. And neurochemicals begin delivering new messages to epigenetic changes that signal new genes in new ways because we used heightened emotions to make it seem like it has already happened, ahead of the environment, not waiting and hoping.

In Joe's book, he clearly explains why so many processes do not work. Here is a summary related to a public speaking example where the case study had a terrifying speaking experience that is locked into subconscious. This is what happens:

Conditional You have conditioned your body into subconscious state of being when mind and body are one — thoughts and feelings have merged and body is programmed to automatically, biologically and physiologically be the mind by thought alone. Any time a stimulus is presented (to speak) you subconsciously and automatically respond to the mind of the past experience. In placebo, a single thought can activate the body's autonomic nervous system and produce changes by simply associating a thought with emotion to regulate your internal world.

Expectation You expect that your future will be like your past and selecting a known future based on past and emotionally embracing that event until your body as unconscious mind believes it is living in the future in the present moment. All attention is on known, predictable reality to limit new stuff — unconsciously forecasting future by physiologically clinging to the past.

Assignment of Meaning You create conscious intention to an action. You are telling yourself you are not a good speaker and the public reaction has meaning so you have become susceptible to your own autosuggestion. So you will continue to create the same actions on autopilot. You are being the nocebo.

The life transformation process

In his book, Joe reveals the secrets to the transformation process. He explains this as the common requirements from the hundreds of cases.

Inward All had to go inward to change states of being – must meditate to go inward as it equals placebo.

Meditation It is best done before bed or on awakening as that is low beta/alpha where it is best to enter subconscious.

Silence and Peace You want no distractions and need to unplug from any sensory input and external interference.

Present It needs quiet place, comfortable clothes, and relaxed, closed eyes with deep breath. Same place, continued practice to get to theta.

Time You need 45 minutes to ignore time and senses and practice over and over to be no one, no where, no time, and no place. Avoid conscious meddling of ego who will not like losing identity as will fearful, voice of negativity. Pull in reigns of present moment as it is the body trying to be the mind so master it.

Altered State Use the Open Focus method to attain an altered state where there are no stress hormones, away from object (material) focus and away from incoherence of Beta. Pay attention to space (waves) and not thinking. Sensing space is restful Alpha Inner world becomes real and brain becomes synchronized nervous system more whole, and balanced.

Quantum Field Find the present moment where you access possibilities on quantum level. Here all past, present, future possibilities exist in the quantum field. You must be fully in the moment; no body, time, space, thing, one. You are into the unknown as your being.

Be Consciousness You must become pure consciousness as a thought alone where you create a new timeline, realm of possibilities, choices, thoughts, emotions, behavior, experiences, emotions. Linger here, it is the place of power.

It's the same old story. To change your belief you must change your style of being and that means changing your energy because you have to become more energy than matter. You must have clear intention and elevated emotion. You must make a clear decision with a high energy level — energy that you thought about a new belief becomes an experience that carries a strong emotional signature to become the placebo to change your body and make your mind matter. The body must respond to the new mind as you get goosebumps, inspired, empowered and lifted with joy. One of the meditations that Joe uses is found on his website that can be downloaded. I recommend that you download this so you can be led properly through it. This New Mind process is part of the SEE chapter presented later in this book.

The relation to Quantum

When you study these processes, you inevitably encounter many that take you into the space referred to as the Universe, the Field, Infinite potential, higher consciousness, God, the Matrix, and so on. It is a place where the magic happens from and a new possibility is manifested into material reality. Science is coming to describe this as quantum field. As you know now, it is what the non-material is.

Joe Dispenza, our pioneer in merging science with metascience, and the current guru in both health and wealth miracles has his own opinion of the relevance of quantum. He tells us that if you look at any atom, it is 99.9999% filled with an array of energy frequencies that form an invisible interconnected field of information. This is a scientific fact.

"Subatomic matter as a quantum world does not behave anything like matter we are used to. Particles which we see and perceive through our brains as material reality exist as a tendency, a probability or possibility – not as absolute physical things. And when particles are observed the process of observation bringing them into consciousness affects or changes their behavior.

They exist simultaneously in an infinite array of possibilities within an invisible infinite quantum field of energy only when an observer focuses attention on any one location, and if an electron does it appears in that plane. Matter cannot exist until we give it attention – notice it. It is constantly vanishing, oscillating, transforming, manifesting from matter to energy at a rate of 7.8 times/sec. Mind over matter is a quantum reality. It means that your mind can become matter. So we as part of this are doing this act all the time. If particles exist in infinite number of possible places simultaneously then in the same way so do we. We are also potentially capable of collapsing an infinite number of potential realities in physical existence. So a future reality you imagine exists in the quantum field.

That is exactly what we do all the time but the issue is that all the experiences, all the learning, all the subconscious programs that run unconsciously have been burned as neurological pathways linking emotions with experience that run the way we have reacted and perceived the experience. And 95% of these have already been fired and wired into a set network by age 36, so they are not easily changed unless you become a kid that has no Beta or Alpha to interfere with the process. This is simply the way of our evolution as a physical being."

Joe goes on to explain further. "All atoms emit various electromagnetic energies such as ultraviolet, infrared, and visible light to name a few and carry encoded information. Each atom is a vortex of spinning energy. Fast spin emits more energy, slow spin emits less. Particles and waves at slower vibration and longer wavelength are the ones that we see in physical reality. The brain is designed to use the senses to feel this and create emotion. The faster the vibrations go beyond what we

can see as the shorter wave length. This energy to matter process based on frequencies (wave to particle) shifts from quantum possibilities to physical reality. The physical universe shares this field of information as through the quantum field that unifies matter and energy so it is not possible to consider anything within it as separate entities. It all connects through an immaterial invisible field of information beyond space and time. That field is made of consciousness (thought) and energy (frequency) the speed at which things vibrate. When atoms assemble collectively to form molecules, they share the fields of information and then radiate there as unique combined energy patterns – just like you and I based on a state of being.

The invisible field of consciousness orchestrates all of the functions of cells, tissues, organs, systems of the body (atoms-molecules-tissues-organs-systems). The chemicals share this too and know how and what to do as they share the field of information. So the field that is created that gives birth to matter is what controls matter. Low frequency is incoherence seen as disease, high coherence is health. All things are in the field all connected as one, made of atoms unified under a field of intelligence that gives life, information, energy, consciousness to all things. This is the field of love; the quantum field, nobody, no time, no one, no place. When you enter this state of being you become aware in a field of infinite possibilities (just like imagination).

When you change the state to altered belief or perception you are increasing the frequency to amplify energy fields (spin faster and broadcast more energy) around your body which affects your physical matter – you become more energy and less matter by using your consciousness as a new mind to interact with new frequencies. The more emotion the higher the creative state.”

So when you observe yourself in a new future and for a moment live in it you would be conditioning the body to believe it were in that future in the present moment. Because the brain does not distinguish between imagined and “real” situations, when it as the CEO responsible for the body functions feels the emotional experience regardless of real or non-real, it simply does what it was conditioned to do from the past built operating system of 95% stored in the subconscious program inventory. Why is this? Because perhaps there really is no difference to the mind and the movie of life is just an illusion like imagination? We will look at this in the next chapter.

The quantum model states all possibilities exist in the moment so we can choose these and observe these into reality. Since the universe is made of atoms being energy of possibility - means a lot of possibilities which you by default are observing and collapsing into your reality by your attention all the time. These possibilities can be bad or good, based upon the high energies of fear or love as there is no distinction in the world of energy; it is only your own judgment perceived through free will. But because we lose the connection between Cause and Effect, as you do not keep track of the how, when and what manifests as a result we rarely give credence to the possibility that we are actually collapsing quantum possibilities by mind over matter.

New mind and new habits fire and rewire

So, by now, the same message is coming out that is like a broken record; in order to create new programs you must think outside this limiting box – change your mind. You have to let go of old habits that are creating your life and conditions on autopilot. You have to change the way you express yourself to take positive control of your genes. And it is not a one shot deal. You must set up a process retraining and reconditioning to grow, change, adopt Neuroplasticity. It is where the brain fires different sequences, patterns, and combinations as new choices, thoughts outside the box that lead to new behaviors, experiences, new emotions, and a new identity.

But to change you have to become conscious of the unconscious self (which is just a set of hardwired programs) and not make the same choices every day – break habits. You must think about and perceive reality differently to see life through the lens of a new mind. Leave the same predictable self connected to the same thoughts, choices, behavior and feeling and step into the void of the unknown. You do this by repeated firing and rewiring. The old self must die then you have the power to embrace the new. There is really nothing new about this concept as we can take longer and longer to learn new things the older we get.

The frontal lobe is behind the forehead and is your creative center. It learns new things, dreams new possibilities, makes conscious decisions, sets intentions and basically is the CEO of the physical world. It allows you to observe who you are, evaluate what you are doing and how you are feeling. It's all about consciousness. In the process of learning new things, the frontal lobe is your ally because it lowers the volume of

outside world to avoid being distracted by the 5 senses. This is all just part of your brain's evolution and by age 12 this is ready to go. Here the perception of time and space diminish as has been proven clinically by brain scans. This dial down of input sensory centers like the motor center of physical, association center of identity, parental lobe of time allow you to then make a thought more real. This is of course similar to the process undertaken by the altered state.

As CEO the frontal lobe has connections to all other parts of the brain. It creates intention (say to be healthy) and starts selecting networks of neurons to create a new state of mind to respond. It is the frontal lobe that changes your mind to work in different patterns and sequences and therefore typically a picture of internal representation appears in your mind's eye which is the frontal lobe.

This frontal lobe orchestrates neural nets to fire in unison. As you focus on clear intention there will come a moment when thought will become the experience in your mind — where inner reality is more real than outer. Once thought becomes the experience you begin to feel the emotions of how the event would feel in reality. Emotions are the chemical signature of experiences. The brain makes a chemical messenger (neuropeptide) and sends it to the cells in the body, looking for the appropriate docking (receptor) so it can deliver the message to hormonal centers then DNA to get the message a new event has occurred. DNA turns on genes (up regulating) or turns down (down regulating) others to support this new state of being. When a gene lights up it is activated to make protein, when diminished it deactivates and does not produce proteins. And we see the effect with measurable changes in the physical body.

Stem cells are partially responsible for the impossible. These undifferentiated cells become specialized as raw potential when these blank states are active, they morph into whatever kind of cell the body needs (muscles, bone, skin, immune system, etc.) in order to replace the injured or damaged cells in tissues, organs and systems. For example in a cut skin local trauma sends a signal to genes from outside the cell. The gene turns on to make the appropriate proteins to instruct stem cells to turn into healthy functioning skin cells. Millions of these processes occur all the time. Healing attributed to this type of expression has been documented in liver, muscle, skin, bone marrow, brain, heart, etc. In fact, the brain and body create the perfect pharmacy to alter the internal condition — a new state of being as mind

and body work together as one. This is particularly evident in so many cases that medicine says are impossible to heal.

To enforce the need for a state of wellbeing, you need to be aware that in highly emotional negative states stem cells do not get signals clearly. As in stress response automatic cascades (flight or fight, survival mode) of interfering processes force healing to take longer. That's why in a hospital they insist on rest and wellbeing in a less stressful environment because if the body and mind are dealing with beta, and consequences of anger, conflict, and fear causing interference which prevents coherence for turning on stem cells into useful cells, healing is restricted. As we will explain later, when the placebo is at work and you create the right level of mind with clear intention combined with nurturing elevated emotion the right type of signal can reach DNA more easily. Here it becomes possible to influence production of healthy proteins for better structure and function of the body and also make brand new cells from latent stem cells waiting for the right message.

So the process is one of downward triggers. The thought triggers the neural networks that create neuropeptides which embark as Epigenetic signals to cells. This creates activation of cell receptors sites and then activates DNA selection and regulation process. This creates the expression of proteins to influence the expression of life for a healthy body which is all about the autonomic nervous system managed by the brain.

The autonomic nervous system is under control of the limbic brain (Emotional brain) or chemical brain and is responsible for subconscious functions. Emotions activate this brain as it exists below consciousness mind control. Emotion activates the autonomic nervous system and bypasses the neocortex. As you move beyond the thinking brain you move into an area where health is regulated, maintained and executed. This is the way to enter the operating system and program change because you are now instructing the nervous system to begin creating the corresponding chemistry. The body becomes the mind emotionally.

Fear, anger, stress and futility won't signal the proper genes. They turn on the flight or fight syndrome used for survival mode. Trying to do something over and over may bring stress; as the same struggle attempting to force an outcome knocks you out of balance. Gratitude and appreciation opens the heart and lifts energy. Gratitude is one of the most powerful emotions to lift the level of suggestibility. The

process of giving thanks shows gratitude for already happened events. Gratitude is the ultimate state of receivership (selfless as a creative emotion vs. selfish survival emotions).

The more analytical, the less is the suggestibility to this programming process. Duality as good-bad creates conflict and stress and pumps chemicals to drive the analytical cycle more. If calm, it works for you. Ego as an extension of the conscious mind is designed to protect you so it will derail the process with a rush of addictive emotion to get power and to move further away from the operating system. The exception occurs when that elevated emotion has an impact to create trauma programs of response.

Implicit and explicit memory

The conscious mind makes up 5% and represents your will, logic, creativity, and reasoning. It is called the explicit or declarative memory dedicated to semantic (learned) and episodic (experience). Note that this does not define the size of the memory, it only defines the ratio.

The subconscious mind takes on the whopping 95% as implicit or non declarative memory as the programmed operating system. Here is where those first years as a kid and teenager have programmed skills, habits, emotional reactions, hardwired behavior, conditional responses, associate memories, routine thoughts and feelings, attitudes, beliefs, and perceptions.

Implicit memory is developed from emotions of experience, especially those that are highly charged one-time emotional events that get branded into memory. The other way is through a redundancy of emotions from consistent experiences that keep firing the same way to hard wire the neural networks.

So any high charged emotional event opens the door to the subconscious. Thoughts are the language of the brain and feelings are the language of the body. Together they open the door to the operating system. To take from the hypnotic process, you are more suggestible when thoughts match feeling. So when you feel emotions you activate implicit memory and the autonomic nervous system.

Where we see the placebo work best is where the thought of it brought elevated emotion (joy of being healed, hope or inspiration) to a new

possibility without analysis, the level of suggestibility influenced by feelings and they entered the operating system and reprogrammed the autonomic nervous system with new orders by thought alone. Crucial to this process was to get beyond the analytical mind. Trauma bypasses the analytical mind. Once again, with reference to brain waves, this means getting out of beta because that is where the analytical mind lives. It forms a barrier between Low Beta and Alpha.

In the next chapter, we will bring all of the knowledge together into a set of procedures. It will of course include the work of Joe Dispenza.

Before leaving this chapter however, it is useful to condition your mind into open mindedness by reading testimonials that have to do with creating new realities. It is found under testimonials at www.drjoedispenza.com.

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SUBTLE ENERGY ENTRAINMENT

So now we are ready to present the way in which you can best refire and rewire the brain and make the frontal lobe your ally in that you take it off autopilot and start implementing a proactive way to bend reality your way, to your passions, and to your dreams. You have spent a lifetime believing that your world and your reality is something you have no control of and are a victim of. It is time to create a different mindset and understand that you are in control of it, and you are a victim of your own doing. This is how you unleash your Genie, but you have to learn new rules of how you deploy your subtle energies with the mindfulness that these are instructions to the Genie to go into Unified Quantum Field to find something that is similar. Understand that you are that Genie and you need to take that power back.

But not only have you been delegating incorrect, vague and wrong instructions, you may have been sloppy on your way of expression. You have spent a lifetime creating emotional blocks, bad habits, and subsequent reality that still needs to play out. So to properly address this, we need to launch a new plan to get your mind, body and reality back on the right path. To do this, we will select the best of the best procedures from the people that show results. Quite obviously there are several parts to this process so if we can go back to your reality garden which may be overgrown with weeds, you basically have to pull the weeds, retill the soil, replant new seeds, then use the right fertilizer. The new garden will require a new state of mind (belief). It will require

planting a new vision (bending reality) and emotional expression (up regulation), and it will require cleansing energy centers.

It is most likely that the old belief system is stubborn, not easily displaced so it is best to believe you can do this because others have. For this we are going to lay out what is a 28-day plan of refiring, rewiring and reprogramming because it is the continued habit and thoughts that will get your frontal lobe working for you not against you. When you set your mind to learn a new habit or physical ability, you know how to get focused on the present and concentrate on refiring and rewiring. The harder and longer you repeat, the easier it is to run from memory of subconscious. This is no different.

Quite obviously, the process and habit of meditation is crucial because you rarely find the process of meditation absent. It is clear that this process is for you to "go inside" of yourself, to "let go" of all that material reality, to become "present" to the moment, and to "be one" with the creator (your higher state). This was the way to find your "Higher Self" and release your "soul" to understand that you were actually God. More recently, this process has been encouraged by healers and practitioners.

If you look at the process and actually measure what happens, people move their brain wave states into Alpha and Theta by eliminating the beta waves where the conscious brain likes to operate from. Thus the material past and present go away into a space of the Unified Quantum Field where there is no time, no one, no thing to distract you. You let go of the usual physical material environment. Of course this process means you have to express higher emotions of peace, gratitude, and love and so on to create the environment where that can happen. You let go of lower emotions. Typically this is done by placing attention and awareness on a rhythmic breathing and attention to the body parts to get away from the brains' preoccupation with outside reality, past and future. When the higher emotions are deployed, the heart waves are also effected so they go into a coherence pattern as well. This is part of the entrainment process that can allow you to **be and feel** what it is you desire. This state of entrainment into coherent wave pattern is fundamental to virtually every successful Miracle Hunter like Joe Dispenza.

But what is being found by science is what is actually happening as this process gets entry to the subconscious world where reprogramming

takes place. It is much more than a means of reducing stress; it is a doorway to a means of changing your reality.

What separates the conscious mind from the subconscious mind is the analytical mind. Thus, by simply taking attention off of everything material (meaning a narrow, convergent focus) and opening awareness to the space around you (meaning an open, divergent focus), you can slip into the theta state quite naturally. This is important because the whole purpose of meditation is to get beyond yourself—beyond your thinking/analytical mind, beyond your body, beyond the people and things in your life, the places you go, and even time itself. It is to transcend everything known to create something unknown.

This is very auspicious because the part of the brain that uses our senses to plug into this 3D reality is being suppressed, so essentially this creates the disappearance of our identity and personality. This is what it means to get beyond the self.

When the neocortex is totally suppressed, the brain moves into a theta brainwave state. Essentially, you've entered a more lucid dreaming state where you are more conscious (actually superconscious) in your subconscious mind. This allows us to get into the body's control center, or the autonomic nervous system, and this is where the magic starts to happen. It is where you suspend the idea of time.

Like hypnosis, meditation bypasses the critical analytical mind to move into the subconscious system of programs — beyond analytical interference away from the outer world of body and time to pay attention to the inner world of thought and feeling. It moves the mind from selfish to selfless, from being somebody to no body and no one, some place to no place, materialist to non-materialist, from survival to creator, imbalance to balance, from limiting emotions to expansive emotions (love, joy) known to unknown.

If the neocortex is the home of conscious awareness (intellect, etc.) you must move beyond it to meditate effectively. You must move into the limbic brain. You have to declare a cease fire on all neural networks. The neocortex uses the 5 senses and is preoccupied with the body, environment and time. This is ego surviving so nobody, no thing, no place is a serious threat to it.

The depth of Meditation is about navigating brain waves to affect how suggestible we are at the moment. The EEC measures how neurons fire together since they create electromagnetic fields. The slower, the deeper we go, the higher the wave the further away from the operating system, the worst being the high state of Beta created by stress chemicals.

Building a new reality

The scene is now set for a dramatic change in your life if you want to make one. It only requires you and your Soul to get your stuff together and get to work changing your internal and external environments.

It is not instant, although that possibility exists. As most of us have spent a lifetime programming our survival system and plugging and blocking physical and non physical anatomies with crappy emotions and memories, the process requires learning and doing **Subtle Energy Entrainment**. In psychology entrainment may be used in a number of contexts: **Entrainment** (brainwave synchronization), **Entrainment** (biomusicology), and the synchronization of organisms to an external rhythm. **Entrainment** (chronobiology) adjustment of the biological clock.

In essence, entrainment refers to a natural phenomenon in which one entity resonates synchronously with another in response to its dominant frequency of vibration. And whether this resonance occurs on a gross or subtle level, it invariably involves *rhythm*. We tend to associate rhythm and entrainment with music and sound, ignoring just how pervasive they are in the world around us and *within* us. Indeed, the human heart's rhythms play a vital role in producing waves of blood, sound and electromagnetism, all of which either *entrain* or influence every cell in the body to varying degrees. ^[ii] Researchers at the University of Arizona have discovered evidence that *the heart's energetic field exerts an entrainment effect upon the brain*. They also showed that **heart-focused attention** increased this heart-brain entrainment.

If you recall the six issues at the beginning of the book:

1. Your emotional toxicity inhibits genes from expressing themselves to access your built in Natural Pharmacy as designed by DNA;
2. Your immortal enzymes' Telomerase that controls cell age are dysfunctional and not being able to replicate cells as designed;

3. Your energy centers, their mini-brains and their connections are clogged and plugged with emotional toxicity directly effecting mental, physical and physiological functionality;
4. Your subtle and invisible circuitry of meridians are under stress, blocked, plugged with emotional toxicity and not functioning as designed;
5. You are choosing to express your mental and emotional gifts the wrong way, choosing to limit your physical and mental evolution to rise beyond a savage animal;
6. The reality you create by way of thoughts, visions, words (brain) and emotional charge (heart) is biased to dysfunction by lack of heart-brain energy entrainment.

Now, we are going to lay out a solution for all these problems. But like anything that has been going on for your life time, it is going to take a concerted effort and requires several important parts that stop the old practice and instill a new mind, clean up the old dysfunction, repair them and launch a proactive shift in reality.

To address these issues, we need to launch a new regime to change expression inside and outside. The key is that these are different techniques that have worked for thousands and they do not cost, nor do they require anyone else but you and your mind. They do require discipline using a set of techniques widely published by Joe Dispenza, HeartMath, and Dawson Church, as well as being confirmed by 20 different of world-renowned healers and reality benders.

The key books and websites are referenced previously. To get your big smarty brain focused on a new environment, you should read these to shift your belief system. It is recommended that these 5 processes be done every day for 28 days to create the regime. It is recommended that you start with small issues so you can see progress. You must rewire the brain, think and feel differently and simply know in your heart that what you are doing is right.

We are now going to put together a 28 day program that combines and reflects all of the knowledge and techniques in this book. What is important to note is that you are setting a new mind which is your new reality. You are rewiring your brain to be your servant in a new positive reality of health and abundance. It is not an instant solution (although many report instant and quick solutions). Everybody is different and you may well be the one that things happen to quickly. Nevertheless, if

you are older, it requires more focus and training to first eliminate old patterns and blocked subtle energy. You must realize old habits, retrain and entrain. Like most things in life, they require focus, intent, passion and persistence. You are taking affirmative action to get out of having reality come to you on autopilot, and at the same time, getting rid of the inventory of negative environments internally and externally.

Fundamental to this is to set the environment by way of SEE. Heart-brain coherence is fundamental. This is the working environment. Fundamental to this is the practice of meditation, but meditation is only the initial setting. Once in the meditative heart-brain state, you must do something beyond sitting in silence. You have to use emotion and intent to launch your new reality. This will engage you in 5 different processes.

- 1.Heart-brain coherence practice**
- 2.Cleansing energy center practice**
- 3.Reconditioning the pranic tube practice**
- 4.New mind, body reality practice**
- 5.Emotional cleansing practice**

PRACTICE 1: Heart-brain coherence

Fundamental to the techniques is the work of HeartMath that teaches you that setting the heart-brain into positive resonance and entrainment is crucial. If you can't settle the brain into alpha and get the heart into coherence then you are not going to win the battle. This is a process fundamental to all the procedures. With practice, you can create a coherent state in a few minutes of simple, but powerful steps of the **Quick Coherence® Technique**. By using the power of your heart to balance thoughts and emotions, you can achieve energy, mental clarity and feel better fast anywhere. When you begin feeling a draining emotion such as frustration, irritation, anxiety or anger, stop, sit down, relax and do this. Find a feeling of ease and inner harmony that's reflected in more balanced heart rhythms, facilitating brain function and more access to higher intelligence

Quick Coherence Technique

Step 1: Find a comfy place, relax body, close eyes take a few deep breaths while recalling the emotion of peace or love in and release out.

Step 2: Focus your attention in the area of the heart.

Step 3: Follow your breath flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable.) Take 3 breaths.

Step 4: Taking 5 more breaths, make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Alternately, imagine a beam of light down through your head into the heart with each in breath filling your heart to be lighter, brighter, and calm.

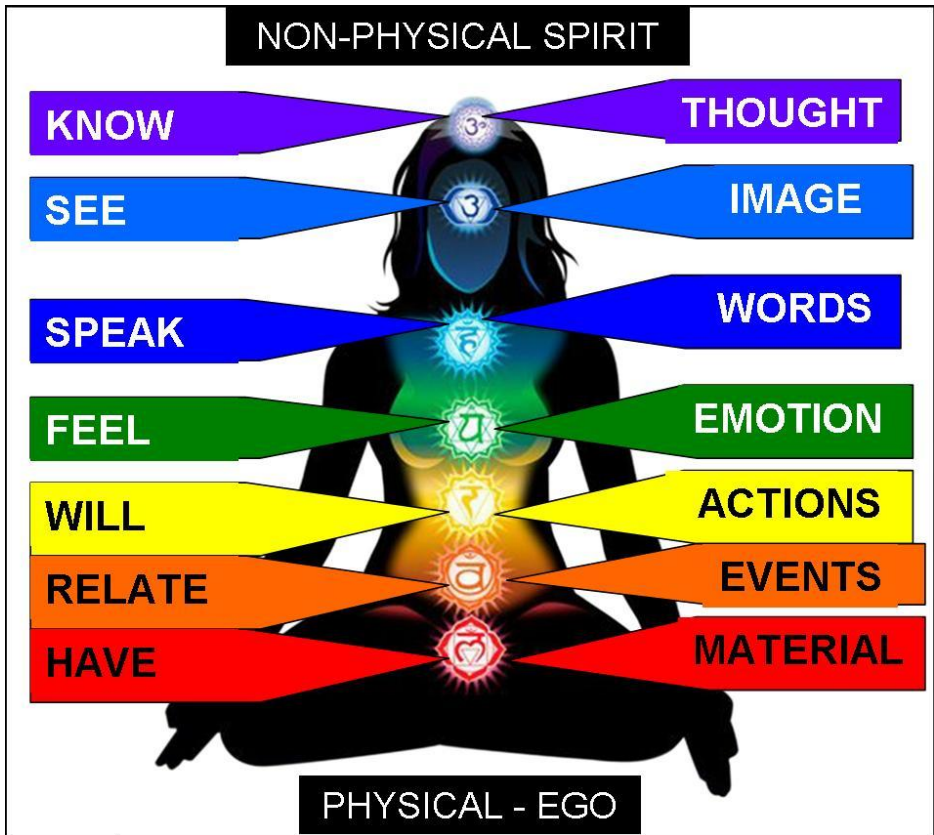
Step 5: Broadcast your energy out all around you feeling your heart center expand. This is your light field you are expanding and rejuvenating.

PRACTICE 2: Cleansing energy centers

The next practice comes from **Joe Dispenza**. In this process, we are cleansing our energy centers. Our evolution moves energy all the way up to top, but energy gets stuck and can't flow up as the first 3 lower chakras consume energy and draw from our field to turn it into chemistry, diminishing our light field. As stress occurs, incoherence in brain and heart change the flow of energy slows, diminishes and loses functionality. An incoherent brain sends incoherent messages to mini-brains of the chakras to effect expression and nerve conductivity. This creates dis-ease, disease, imbalance as each doesn't work well, manifesting negative function associated with the chakras area of physical, mental and physiological functions. The chakras normally work with the central core of energy flow (pranic tube) which connects them.

By placing attention upon the energy centers, blessing them for the greatest good and launching the intention of filling them with light/love, they will begin to cleanse, adjust and align into their purposes and functions thus eliminating dis-ease, disease and dysfunction. This process should be done twice daily over a period of time (28 days) to reprogram and embed the procedure to give it a chance to properly work.

Here is a picture of the energy centers that you will shift your attention to, just as you did with the heart energy center in the Quick Coherence.



There are two parts which can be combined, first blessing each energy center, and then cleansing the pranic tube lifeline. The Cleansing Energy Center Technique is as follows:

STEP 1: Create the proper environment by opening up to heart-brain coherence as in the Quick Coherence.

- Know on out breath you are releasing negative thoughts, feelings of emotion, to be replaced by love
- Imagine white light down on you protecting you, surrounding you with love
- Know white light is universal energy that knows all as all information is there and you have access to it

STEP 2: Begin the blessing of each energy center from the lower center upwards

- Place your attention on 1st energy center at the Root Chakra
- Open up to attention around the center seeing its red colour
- Once sensed, bless the center for greatest good
- Connect to elevated emotions like love, gratitude, joy
- Filling it with love and light raise frequency to create coherent field of energy
- Hold this for at least 17 seconds as you breathe

- Place your attention on 2nd energy center at the Sacral Chakra
- Open up to attention around the center seeing its orange colour
- Once sensed, bless the center for greatest good
- Connect to elevated emotions like love, gratitude, joy
- Filling it with love and light raise frequency to create coherent field of energy
- Hold this for at least 17 seconds as you breathe

- Place your attention on 3rd energy center at the Solar Plexus Chakra
- Open up to attention around the center seeing its yellow colour
- Once sensed, bless the center for greatest good
- Connect to elevated emotions like love, gratitude, joy
- Filling it with love and light raise frequency to create coherent field of energy
- Hold this for at least 17 seconds as you breathe

- Place your attention on 4th energy center at the Heart Chakra
- Open up to attention around the center seeing its green colour
- Once sensed, bless the center for greatest good
- Connect to elevated emotions like love, gratitude, joy
- Filling it with love and light raise frequency to create coherent field of energy
- Hold this for at least 17 seconds as you breathe

STEP 3: Begin the blessing of each energy center from the heart upwards

- Place your attention on 5th energy center at the Throat Chakra
- Open up to attention around the center seeing its blue colour
- Once sensed, bless the center for greatest good

- Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe
-
- Place your attention on 6th energy center at the 3rd Eye Chakra
 - Open up to attention around the center seeing its indigo colour
 - Once sensed, bless the center for greatest good
 - Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe
-
- Place your attention on 7th energy center at the Crown Chakra
 - Open up to attention around the center seeing its violet colour
 - Once sensed, bless the center for greatest good
 - Connect to elevated emotions like love, gratitude, joy
 - Filling it with love and light raise frequency to create coherent field of energy
 - Hold this for at least 17 seconds as you breathe

Step 4: Open up to the Quantum Unified Field through the 8th chakra.

- Place your attention on 8th energy center 16 inches above your head
- Open up to attention around the center seeing its white colour
- Bless with gratitude, appreciation, thankfulness
- Feel the ultimate state of receivership
- Open door to the unified quantum unified field of all possibilities
- Hold this for at least 17 seconds as you breathe

Step 5: Allow your light energy body to become brighter and lighter, expanding into the unified Quantum Field

- Focus on the electromagnetic energy surrounding the body
- Place intent on building and expanding your field of energy centered on the heart
- You become more light, more energy, less matter
- Raise your body frequency
- Feel unlimited to create unlimited
- If you are to heal magnificently you must feel magnificently

- Tap into elevated emotion of the heart and sustain it

Once done lie down for 15 minutes to relax, surrender and let the heart-brain coherence balance with the autonomic nervous system to take orders and integrate all information into your body

PRACTICE 3: Reconditioning the pranic tube

When your chakras are aligned, the core is an open and expanding tube of prana, in which energy flows easily both upward and downward, through all the chakras. This procedure is used to complement the cleansing of that process. Energy gets stuck in the lower 3 chakras and this procedure allows the energy to be forced up and out through the pranic tube. It can be practiced separately or as a continuation of the Blessing Practice.

STEP 1: Create the proper environment by opening up to heart-brain coherence as in the Quick Coherence.

STEP 2: Open and cleanse the pranic tube by squeezing the energy upwards

- Place your hands on your lap
- Place your attention on your perineum in-between coccyx and pubic area
- Lift up the perineum by placing attention on it
- Breathe normally
- Squeeze muscles of the perineum and hold for 5 seconds locking it in
- Let go and relax
- Do this 3 times
- Contract perineum and muscles of lower abdomen locking them in
- Pull lower up and lock the two center, hold for 5 secs then relax
- Pull up and hold for 5 secs three times
- Now pull perineum, lower abdomen and upper abdomen muscles
- Tighten your entire core of these 3 centers, hold for 5 secs (lock in)
- Do this 3 times squeezing harder each time

STEP 3: Open and cleanse the pranic tube by squeezing the energy upwards

- Place finger to top of head to remember the point
- Put hand back in lap without contracting muscles (lock in)
- Take steady breath through nose
- Follow your breath through perineum, through all 7 energy centers
- Follow to top of head and hold breath 10 secs
- Keep attention on top point
- Let energy follow your awareness
- Relax

STEP 4: Open and cleanse the pranic tube by squeezing the energy upwards

- Place finger on top again take it away and feel the point
- Place hands on legs again
- Take breath through nose without contracting muscles (lock in)
- As you inhale through nose imagine pulling up energy through tube to top
- At top hold breath 10 sec, follow awareness, relax
- Next breath through nose, pull all muscles up as in lock in
- As you squeeze pull intention in to pull all lower energy to the brain
- Follow breath thru each of 3 lower centers
- Pull and follow up thru all 4 upper centers as you squeeze
- Follow to top, hold breath 10 secs as you squeeze
- Relax as you exhale
- Repeat breath 2 more times

STEP 5: Open and cleanse the pranic tube by squeezing the energy upwards

You are using your body as an instrument of consciousness with full intent to pull mind out of the body. You are liberating energies locked in lower three centers and moving it up to higher centers where you can use it for healing or creating something new.

Once done lie down for 15 minutes to relax, surrender and let the heart-brain coherence balance with the pranic tube knowing it is now clear and functional as its design was meant to be.

This process can also be used for preparation to attracting a new reality and state of being, i.e. you are ready for placing a vision of desire

enfolded with heightened emotion of completion into the 3rd eye to be presented through the 8th chakra gateway into the unified field of no one, no thing, no time in the present moment.

PRACTICE 4: Emotional cleansing

The Emotional cleansing is based on Dawson's highly successful EFT Emotional Freedom Technique which uses tapping of meridian hot spots to cleanse emotional blocks. It can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

STEP 1: Identify the issue

In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is purported to enhance your outcome.

STEP 2: Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue. Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

STEP 3: The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:

- Acknowledging the issues

- Accepting yourself despite the problem

The common setup phrase is: *"Even though I have this [fear or problem], I deeply and completely accept myself."* You have to focus on how the problem makes you feel in order to relieve the distress it causes.

STEP 4: EFT tapping sequence

The EFT tapping sequence is the methodic tapping on the ends of nine meridian points. There are 12 major meridians that mirror each side of

the body and correspond to an internal organ. However, EFT mainly focuses on these nine:

- 1.karate chop (KC): small intestine meridian
- 2.top of head (TH): governing vessel
- 3.eyebrow (EB): bladder meridian
- 4.side of the eye (SE): gallbladder meridian
- 5.under the eye (UE): stomach meridian
- 6.under the nose (UN): governing vessel
- 7.chin (Ch): central vessel
- 8.beginning of the collarbone (CB): kidney meridian
- 9.under the arm (UA): spleen meridian

Begin by tapping the karate chop point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:

Eyebrow
Side of the eye
Under the eye
Under the nose
Chin
Beginning of the collarbone
Under the arm

After tapping the underarm point, finish the sequence at the top of the head point. While tapping the ascending points, recite a reminder phrase to maintain focus on your problem area. If your setup phrase is, ***"Even though I have this (fear or problem), I deeply and completely accept myself,"*** your reminder phrase can be, ***"The (emotion) I feel that is (feeling)."*** Recite this phrase at each tapping point. Repeat this sequence two or three times.

STEP 5: Test the final intensity

At the end of your sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven't reached 0, repeat this process until you do.

These practices need to become part of a dedicated program to totally change your expression, to clean up the mess and institute a new ongoing habit. The repetition of this rewires the brain in a better environment in which it is easier to reprogram the subconscious. The

clarity and focus specify more clearly what you want as a new possibility. But most important is to manage your expression outside of these session so as not to nullify and confuse what you are instigating and the intensity of the positive emotion of gratitude, joy of completion will dictate the time required to manifest it into your holographic reality.

In instituting a new 28-day plan, I found the best is do three session each day, faithfully for 28 days to properly refire and rewire. The 5 sessions were:

- Heart-brain coherence practice
- Cleansing energy center practice
- Reconditioning the pranic tube practice
- New mind, body, reality practice
- Emotional cleansing practice

Each session should be preceded by the Heart-brain coherence practice that sets the tone of the environment. It is the most important part of the entrainment process. This process as outlined is very simple and is not really meditation. How extensive you want this process to be is up to you, but it is always very positive to practice some form.

In the morning, the process would be followed by the Cleansing energy and Pranic reconditioning.

At mid day, the emotional cleansing practice scan can be done, and at night just before bedtime, the New Potential practice will take you into the realm of infinite possibilities to bring into your reality.

PRACTICE 5: New potential

Again this process is published and used by Joe Dispenza to become one of the most successful ways of changing your expression to transcend into a new reality. It sets the process for bringing into your reality a new desired result. In this process, the purpose is to condition your brain into a new state of mind and to take control of your desired reality.

Remember that you already do define and create your reality. You are simply instituting a proactive way to control it. This process requires that some planning be done to define what it is you want to change in

your life, energize and draw out of the possibilities of the Unified Quantum Field as a preferred reality.

There are three aspects to this plan. Since you have not experienced this yet you must assign what it will feel like. This is your emotional signature that carries the intent. You must teach the body to really feel these as a result. This means that given what you list as the specific results (Elevated Emotions) explicitly specifying the heartfelt feelings you would express. and outcome you are desiring (Intention) as specific thoughts and conditions. You will create a symbol to represent this possibility to that you will collapse it into your reality. Write this plan down to solidify it. Draw squiggly lines around your symbol to represent the electromagnetic field you want to generate around your body to match that potential in the quantum field.

Remember that clarity is important in both creating what you wish as your new reality, and the emotions you will express as a result.

Intention (Thoughts) of Life		Elevated Emotions (Feelings)
Specific Conditions		Specific Heartfelt Results
List of desired results and conditions that represent your new reality. This can be any new possibility of health or wealth.	Symbol	List of the higher emotions that you express in gratitude and in appreciation when living the results.

STEP 1: Create the proper environment by opening up to heart-brain coherence as in the Quick Coherence.

- Know on out breath you are releasing negative thoughts, feelings of emotion, to be replaced by love
- Imagine white light down on you protecting you, surrounding you with love
- Know white light is universal energy that knows all as all information is there and you have access to it

STEP 2: Begin the awareness of body to shift brain-heart attention into the present moment

- Rest attention on parts of the body and space around you
- Change brain waves from incoherent beta to coherent alpha and theta
- Become aware of eternal black space behind your eyes
- Be aware of space behind throat, chest, heart, body, navel, hips
- In each, stop to feel it and become aware of it

STEP 3: Begin the awareness of space in which you are to open into the Unified Quantum Field of all possibilities

- Become aware of the vast space in your room
- Extend awareness to vastness of space beyond room, then move to all space
- Take attention off body
- Become no body, no thing, no where, no time to become pure consciousness
- Unfold as an awareness into this infinite field of possibilities
- Think about the potential that exists here

Step 4: Bring forward your new reality into the Field

- Now remember your letter
- Hold the symbol in 3rd eye
- Sense the energy of that future potential within and around you
- Tune into your future to broadcast the new state of being into the field
- Know you do nothing, all will find you
- Remember your future and rehearse living that future calling elevated emotions listed
- Surrender to the creation of the greater mind and let it go
- Bless your body and new mind
- Bless everything and give thanks to the new life

Step 5: Bring self back into your present reality

- Bring awareness back into room and open eyes
- Let go and let synchronicities find you

A word about meditation

It is important to take a serious lesson from meditation because it is this process that sets up the scene for the rest to work. Learning how to be still is the method of meditation. The process of cultivating

stillness begins with the body. In the yoga tradition, you are guided by a competent teacher to keep your head, neck, and trunk straight while sitting in a meditative posture (*asana*). When you have learned to be comfortable in this posture, you should form a regular habit of practicing in the same posture at the same time and at the same place every day. I have included the work of **Ivan Antic** earlier and I encourage you to read his book to truly understand original meditation purpose and process. We will leave this topic of SEE with some words of wisdom from Ivan's book.

Find a simple, uncluttered, quiet place where you will not be disturbed. Sit on the floor with a cushion under you or in a firm chair, with your back straight and your eyes closed. Then bring your awareness slowly down through your body, allowing all of the muscles to relax except those that are supporting your head, neck, and back. Take your time and enjoy the process of letting go of the tension in your body. Meditation is the art and science of letting go, and this letting go begins with the body and then progresses to thoughts.

Once the body is relaxed and at peace, bring your awareness to your breath. Notice which part of your lungs are being exercised as you breathe. If you are breathing primarily with your chest you will not be able to relax. Let your breathing come primarily through the movement of the diaphragm. Continue to observe your breath without trying to control it. At first the breath may be irregular, but gradually it will become smooth and even, without pauses and jerks.

Meditation is a process of giving your full attention to whatever object you have chosen. In this case you are choosing to be aware of the breath. Allow yourself to experience your breathing in an open and accepting way. Do not judge or attempt to control or change it. Open yourself so fully that eventually there is no distinction between you and the breathing. In this process many thoughts will arise in your mind: "Am I doing this right? When will this be over? Perhaps I should have closed the window. I forgot to make an important call. My neck hurts." Hundreds of thoughts may come before you and each thought will call forth some further response: a judgment, an action, an interest in pursuing the thought further, an attempt to get rid of the thought.

At this point, if you simply remain aware of this process instead of reacting to the thought, you will become aware of how restless your mind is. It tosses and turns like you do on a night when you cannot fall

asleep. But that is only a problem when you identify with the mind and react to the various thoughts it throws at you. If you do, you will be caught in a never-ending whirlwind of restless activity. But if you simply attend to those thoughts when they arise, without reacting, or if you react and attend to the reaction, then they cannot really disturb you. Remember—it is not the thoughts that disturb you, but your reaction to them.

When you meditate, you give yourself an inner vacation.

Meditation is very simple. It is simply attending. You can begin by attending to your breath, and then if a thought comes, attend to it, notice it, be open to it—and it will pass. Then you can come back to the breath. Your normal response is to react to all your thoughts, and this keeps you ever busy in a sea of confusion. Meditation teaches you to attend to what is taking place within without reacting, and this makes all the difference. It brings you freedom from the mind and its meandering. And in this freedom you begin to experience who you are, distinct from your mental turmoil. You experience inner joy and contentment, you experience relief and inner relaxation, and you find a respite from the tumult of your life. You have given yourself an inner vacation.

This inner vacation is not a retreat from the world but the foundation for finding inner peace. You must also learn to apply the principle of attending in your worldly activities, so that you can apply yourself in the world more effectively. Through practicing meditation you can learn to be open to what comes before you in your daily life and give it your full attention.

Ordinarily, you react to the experiences that come before you in much the same way that you react to your thoughts. If someone says something negative to you, you become angry or depressed. If you lose something, you become emotionally upset. Your mood depends on what comes before you, and, as a result, your life is like a roller coaster ride. You react before you have fully experienced what you are reacting to. You immediately interpret what you see or hear according to your expectation, fears, prejudices, or resistances. You short-circuit the experience, and thus limit yourself to one or two conditioned responses instead of responding to a situation openly and creatively.

But if you apply the principle of meditation to experiences that come before you, you can fully attend to what is taking place. You can attend to your initial reaction without reacting to your reaction: "Oh, look how

threatened I feel by that.” Let yourself be open to experiencing your reaction and it will move through you and allow other spontaneous responses to also come forward, so that you can select the one that is most helpful in that particular situation.

In this way meditation is very therapeutic. It not only leads to inner balance and stability, it also exposes your inner complexes, your immaturities, your unproductive reflexes and habits. Instead of living in these complexes and habits and acting them out, they are brought to your awareness and you can give them your full attention. Only then will they clear.

Have patience and do your practice systematically. Every action has a reaction. It is not possible for you to meditate and not receive benefits. You may not notice those benefits now, but slowly and gradually you are storing the *samskaras* (impressions) in the unconscious mind that will help you later. If you sow a seed today, you don’t reap the fruit tomorrow, but eventually you will. It takes time to see results; be gentle with yourself.

Meditation means gently fathoming all the levels of your being, one level after another. Be honest with yourself. Don’t care what others say about their experiences—keep your mind focused on your goal. It is your own mind that does not allow you to meditate. To work with your mind, you’ll have to be patient; you’ll have to work with yourself gradually.

Some of the most important benefits of meditation make themselves known gradually over time and are not dramatic or easily observed. At first you may see progress in terms of physical relaxation and emotional calmness. Later you may notice other, more subtle changes. Some of the most important benefits of meditation make themselves known gradually over time and are not dramatic or easily observed. Persist in your practice and you will find that meditation is a means of freeing yourself from the worries that gnaw at you. Then you are free to experience the joy of being fully present, here and now.

The 28 Day Plan

To refire and rewire the neural system you will understand that it may not be easy for you. You have spent your life creating your beliefs and behaviors. This will have an immediate impact on how long it takes to

see results. The SEE process as suggested here should be done for periods of time faithfully and strictly to establish a rigid pattern over 28 days. Although there are not set rules on this, understand that new habits are needed for anything to be effective. As outlined here, there are five crucial practices to address the big 6 issues outlined as the original issues and objectives.

1. Quick Coherence
2. Cleansing Energy Center
3. Cleaning the pranic tube
4. Emotional unblocking
5. New Potential

The daily schedules suggested will be to hold three sessions:

1. Upon awakening in the early morning to do the cleansing
2. Around noon when you can do emotional unblocking
3. Before sleep when you can launch your new potential

Because the Quick Coherence should precede practices 2-5 and you can combine 2 and 3, you can easily establish a rigid schedule 3 times per day. If you want to simply add visualization or meditation as a separate practice, it is up to you.

During every moment, however of your awareness, you must catch yourself when idle or negative thoughts occur. Always stop and ask yourself if these are necessary and replace them with positive thought. If situations arise that create stress or conflict, take a positive approach and always remember not to give energy life through negative lower emotional expression. Learn and move on. By now you will understand why.

Basically, you are here to experience and express yourself in heaven on earth. And it is your choices that determine this. Your natural design functions for that purpose and you do not need to follow others — especially those who tell you to follow their dogma to get to heaven.

Your belief and your attitude

If you go back to the analogy of the garden as your reality, it is important to begin the process with a new attitude because that dictates your belief. Your Genie is your Soul and it is best awakened by

believing you are capable and worthy of having your dreams come true. Here are some tips and thoughts that you can continuously fill your mind with.

Allow yourself to let go of old to enter the world of limitless possibilities:

I invest my energy into the unknown

The more I linger in the unknown the more I draw a new life to me

I live in the infinite field of potentials

I am thought in the blackness of infinity where there is no thing no body, no time

I stop observing the known and shift into the immaterial realm of quantum potentials, and focus instead on new possibilities

Believe you have the power to be the creator and you are in control:

The level of my energy is greater than my emotional addictions

The level of my energy is greater than my hardwired brain

The level of my energy is greater than my biological body

The level of my energy is greater than my circumstances

I am the power that makes the body heal the body

I am the power that makes the emotions express to heal

I am the power that makes the creativity unleashed

I am the power that makes the relationships heal

I am the power that makes the heart heal

I am the power that makes the abundance

I am the power that creates the purpose

I am the power that heals the unexpected and the uncertainty

Express what you are and enforce your new reality:

I align and embrace with a greater power in the energetic realm of possibilities from energetic waves of possibilities to particle in reality, from thought to energy to matter

I am in partnership with the universe

I am empowered, I am unleashed, I am inspired, unlimited, ingenious, connected, clear, aligned, alive, and free

I am me, as oneness, beingness, wholeness, significant, purposeful, and powerful

State you are aligned with a Greater purpose:

I am surrendering my ego

I am attracting the life of my dream because of my commitment to help others

I am rich, successful, compassionate, a philanthropist

I am learning to become the best that I can be

I am changing my reality from within myself

I am understanding deeper aspect of myself

Good resides within me

I am raising my consciousness

I am attracting good things into my life

I have the ability to become whatever I want, become the universe because the universe feels my intentions to do good with the wealth it will provide me

I am committed to grow spiritually so that the universe can guide me

Express your gratitude:

I give thanks to the universe

I am grateful for what the universe offers me

I give heartfelt thanks

I am deeply moved by the level of thanks I feel every day I move closer to my ideal life

State who you are and your purpose:

I believe in myself I put faith in myself by having faith in the universe

I cultivate my love for the universe

I awaken a higher truth within

Something good grows inside me, it warms my inner being

I am illuminating, I am raising my vibration

I choose to have a great life

I choose to live a good life

I am raising my consciousness

I choose love

Remove yourself from the usual field of 95% negative, repetitive thoughts and enter the world of limitless possibilities. Fill your conscious mind with your true purpose and your power to control your reality. Put your Genie on notice.

It's something you cannot explain

There is a quote in the movie *The Matrix* that applies perfectly to our present time about something being "amiss". It comes when Morpheus is talking to Neo for the first time. Morpheus says:

"I imagine right now you feel a bit like Alice, tumbling down a rabbit hole. You have the look of a man who accepts what he sees expecting never to wake up. You're here because you know something that you can't explain, but you feel it. There is something wrong with the world. You don't know what it is, but it is there, like a splinter in your mind, driving you mad. It is this feeling that has brought you to me. Do you know what I'm talking about?"

Neo then replies with: "*The Matrix*". Then Morpheus goes on:

"Do you want to know what it is? The matrix is everywhere, it is all around us. Even now in this very room. You can see it when you look out your window or turn on your television set. You can feel it when you go to work, when you go to church, when you pay your taxes. It is the wool that has been pulled over your eyes to blind you from the truth. You are a slave Neo like everyone else. You were born into a prison that you cannot see, that you cannot smell, or taste or touch. A prison for your mind. Unfortunately no one can be told what the Matrix is. You have to see it for yourself. This is your last chance. After this, there is no turning back. Take the blue pill, the story ends, you wake up in your bed and believe whatever you want to believe. Take the red pill, you will stay in wonderland, and I will show you how deep the rabbit hole goes. Remember, what I am offering is the truth, nothing more. Follow me."

This book is written because we have entered a time where these blue and red pills are before everyone, not just Neo. It is because much of what we live, what we are told by the false gods, and what we accept as a belief is not *quite* right. And when all is said and done, it is the great majority that is *not quite right*. Now I won't pretend to be Morpheus but I will say that millions of people are saying the same thing because something is amiss with them—and it is not just religions. I am the bearer of the news because I, like millions who can't

really put a handle on what is wrong, know what is right, and have felt it is time to take the red pill and speak.

The difference here is that the pills are represented by an action of thought, word, deed which requires a choice. It is the ascension trip that Jesus allegedly took to evolve the hard way.

"This is your last chance. After this, there is no turning back. Take the blue pill, the story ends, you wake up in your bed and believe whatever you want to believe. Take the red pill, you will stay in wonderland, and I will show you how deep the rabbit hole goes. Remember, what I am offering is the truth, nothing more. Follow me."

Where the blue pill represented the illusion of life under the deception of the financial and religious systems, it is simply be and believe as you are. You simply stay in that life which is this old Earth, hold on to your beliefs and work in Hell on planet Earth according to the imposed rules and beliefs that are programmed into your subconscious for expression. You say this is all just BS wave goodbye to God and say yes gods, I am content to serve you through the Laws we are told you made.

But if you take a red pill and then a new world of truth and peace opens to you as it was meant to be and you begin to see the oneness of all and that you have already been born into Heaven with the tools to create and maintain your own reality.

What is a bit different here is that the depth of the rabbit hole is going to be shown to all during a special time as you see occurring with the New Age Movement—like Neo's training and revelation of the truth. Of course it helps if you are awake to see the new movie of new belief and new expression. Like Neo's awakening it is a time that precedes the awareness that you are here to represent the truth of God, the real one.

There actually is a story to this and the time of rapid disintegration that is now evident is designed to be that way as the old energy gives way to the new. So if you think you can continue to suck up those blue pills and continue your life the way you are doing now then this may be the real fantasy called Hell.

The other dream with the red pill is the one that is kicking in as the gods (not Satan) effectively meet their Waterloo. The other dream, the

new revelation, where Neo learns he is "the One" is to learn that we are all "the Ones". It is where DNA awakens, the truth comes out as to what humans really are as sentient expressions of divinity, and the dream becomes the reality. It is what the red pill, and the train ticket are all about.

So the big question is: How can you as a mere mortal gobbling these blue pills ever understand or believe in this other dream of a Heaven on Earth? Well, you have been given the science behind how your Natural Design was built, so it is up to you to get rid of the prescription of blue pills.

How do you stop taking the pills? Know and understand you are an eternal spiritual being resident here to experience a mortal life. Take responsibility for rewiring and refiring and reprogramming your life story. Follow whomever or whatever you want, including this fellow Christ by picking out the higher emotional expression that resonates with your own "truth" and stop being a mouthpiece for others who claim they know.

So pay attention to what is bothering you in your life and rewire it with a 28 day plan. Let the New Age be another guide to you because Science is most definitely proving its validity. There is no one to tell you what to do or believe except you are already in a plane called Heaven if you change your expressions.

This is taken from the definitions of the New Age. It is an impressive list of talents, knowledge, religions and beliefs. If one were able to decipher from all this and select the best of the best of their "truth" that would ring with them, how likely would it be, without and leader's doctrines or organizational structures to come up with the following beliefs:

- (1) All is one; all reality is part of the whole;
- (2) Everything is God and God is everything;
- (3) Humans are God or a part of God;
- (4) Humans as souls never die, but continues to live through reincarnation;
- (5) Humans can create their own reality and/or values through transformed consciousness or altered states of consciousness

Emotion	Vibration		Thoughts	Motivation
Enlightened	Oneness	1000	Unification	Oneness
Serenity	Peace	900	Metaness	Well-being
Exhilaration	Bliss	800	Rapture	Elation
Joy	Welcome	700	Happiness	Abundance
Compassion	Empathy	600	Inspiration	Clarity
Appreciation	Gratitude	500	Devotion	Generosity
Love	Cooperation	400	Trust	Harmony
Satisfaction	Amusement	300	Curiosity	Vibrant
Power	Strength	200	Discovery	Challenge
Self esteem	Dignity	100	Duty	Obligation
Acceptance	Contentment	0	Safety	Aplomb
Happy	Nervous	-100	Worry	Hyper
Surprise	Shock	-200	Confusion	Annoyance
Anger	Rage	-300	Defiance	Boredom
Guilt	Resentment	-400	Remorse	Stress
Fear	Threat	-500	Hate	Blame
Grief	Sadness	-600	Loss	Burden
Despair	Pain	-700	Anguish	Distress
Useless	Resignation	-800	Sadness	Depression
Powerlessness	Numb	-900	Overwhelmed	Frozen
Shame	Apathy	-1000	Helpless	Death

So if you persist in following mythology of the bibles, just pretend something:

Let us pretend that Lord, God, Almighty is your Soul being eternal as part of the Force that created you from the Quantum Field of all that exists. GOD (The Greater Omnipotent Design) is a natural intelligence force that is a Creator meant to create. Let us understand that we are eternal beings of light (spirit and Soul) here to create as well.

Let us pretend that Heaven and Hell are a state of your mind — conscious awareness —and what you chose as emotion to express in your world. And let us pretend that You as a Soul came to Earth to express your evolution through an immortal vessel called a body as the Observer who can create reality. And here is the biggy: If you express your experiences by listening to your Lower self (the devil), experience

a reality of Hell. If you express with Higher self (your Soul) you experience a reality of Heaven. Look at all these positive and negative emotions as being charged with self-righteousness or righteousness.

So, what's it going to be?

