

FOREWORD

"The man of success is the man possessed of the greatest spiritual understanding and every great fortune comes of superior and truly spiritual power."

Prentice Mulford, [Thoughts Are Things](#)

IImagine that you awoke tomorrow with a wonderful feeling of confident expectation.

Imagine that just before arising you had a poignant dream. You dreamed that you had dormant paranormal powers that were just waiting to be unleashed.

Imagine that you dreamed about a hidden (*occult*) code. If you could just recall the dream and remember the code you could unleash your supernormal abilities.

Once you activated these abilities, you discover you have the innate ability to manifest anything you desire in your life. You suddenly realize that you can easily attract great abundance and feel the joy of sharing your wealth as you reveal your knowledge of the secret code with your fellow man.

You find that attracting your ideal mate is easy and natural.

You discover that you have an uncanny ability to handle stress and your aura is calming to those around you. It seems that animals and children feel totally at ease in your presence.

You discover that you have a new-found ability to create your ideal physical body. In the process you realize that you've become nearly immune to diseases and heal rapidly. Friends remark that you seem much younger and more vibrant and ask if you've found the secret to eternal youth.

Imagine that you've discovered an ability to expand your creativity, connect to other people at a new, deeper and more profound level, and become more compassionate, intuitive and wise. You have a confident "knowingness" about other people, yourself and the future. In fact, you know a simple technique that reveals all that is true and all that is wholesome in life. By using the technique and you instantly know what is best for you. All is right with your world.

Scientists have finally unlocked the Code to all these abilities...and more! You can now access the untapped part of your mind where everyone, (even you!) has a vast reservoir of superhuman abilities just waiting your command to change your life.

A Beginning...

Some time ago, I spent about half a day with a consultant who was largely responsible for driving his employer's sales from a few million dollars to forty-four million dollars a year.

Needless to say, I was paying attention! I was expecting him to layout a game plan for my business. But, you know what he asked me?

He said, "*Before we meet again I want you to think long and hard about what you really want. What do you want for your business? Exactly how many sales in how long a period would satisfy your dream? What are the results you plan to deliver to your customers? What do your customers really want?*"

He also asked me what I actually wanted from my life. Not just the dollar amounts but what I really wanted to be doing with my time on this planet.

Frankly, his questions took me by surprise. I had no exact figures in mind. I wasn't even sure if my current occupation would contribute to my happiness. Aaaargh!

Have you ever taken a trip to a new destination like a highly recommended bed and breakfast inn that was off the beaten path?

Have you ever set out for your new destination without first looking at a map or figuring out a route? First, you'd like to know where the inn is located. You'll want to estimate driving time and with today's fuel prices the mileage you put on your car becomes more important.

OK, you may be the one joker who prefers to set out with no idea where you are going or how to get there. But, if you are like most people you realize that to get to a specific destination you have to have a clear idea where you are going.

Where is your life taking you? Are you creating your life or are you just along for the ride? Are you the artist of a masterpiece or someone who is just connecting the dots in a *paint-by-numbers* children's kit.

Have You Ever Tried Pushing a String?

According to the lyrics in Jim Croce's song "You Don't Mess Around With Jim"

*You don't tug on Superman's cape
You don't spit into the wind
You don't pull the mask off the old Lone Ranger
And you don't mess around with Jim, da do da do...*

Have you ever tried to push a string? How about swimming upstream when the current is strong? Or, maybe, if you live by the ocean you've tried to swim back to shore against the outgoing tide. In the short run you might make a bit of progress. In the long run, you don't get anywhere.

There is an unseen Power that permeates everything. After nearly 100 years scientists have finally begun to define it through extensive research and experimentation.

Connect to it and you are in the grid...you are plugged into love, unlimited power, insight, ideas, friends, financial abundance, accomplishments and ultimately Grace.

If you disconnect, all the lights go out, the motor slows and you just wind down no matter how hard you "push". You simply can't push a string.

A True Story...

When I was a college freshman I impulsively decided to hitchhike home for Thanksgiving.

My college was in Wooster, Ohio six hundred miles from my family home in Bergen County New Jersey. It was threatening rain and I couldn't get out of my last class until 2 PM. This was not a great scenario to begin hitchhiking six hundred miles to be home for the holidays.

But, I never gave it a thought.

My first ride was in a Pontiac GTO! Life was sweet!

But, by 10PM I found myself stranded on a back road in rural Pennsylvania. I still had over 150 miles to go and it was pitch dark and raining making me practically invisible.

The last driver had told me the turn-off to his home was just ahead. He had dropped me off on a dark, rural highway that had no streetlamps, no homes or businesses. It was 1967. Cell phones hadn't been invented yet and I had only a couple dollars in my jeans.

For some reason my thoughts of roast turkey with my family and a warm bed sustained me despite the obvious hopelessness of my situation. I wasn't discouraged, just expectant.

With no street lamps the drivers of the occasional speeding car couldn't even see me, and the rain continued to pour down soaking me to the bone.

Another half hour passed but the few cars that passed by couldn't see me. Then another car sped past. Brake lights appeared in the distance. Then the car gingerly backed up 200 yards along the shoulder of the road. I got in from out of the rain with a great sense of relief.

The driver said, "*Where are you heading, young man?*"
I said "*Tenafly, NJ.*"

He said "maybe you know my son Jamie M...".
I said "sure, he was in my Sunday school class at my church."

He said, "what's your name?" I said "David Davies" and he replied, "I'm your pastor, Rev. James M. I know your parents well. I'll take you straight home".

He dropped me right at the door of my parent's home before 2AM.

Synchronicity

"The problem of synchronicity has puzzled me for a long time, ever since the middle twenties, when I was investigating the phenomena of the collective unconscious and kept on coming across connections which I simply could not explain as chance groupings or 'runs'. What I found were 'coincidences' which were connected so meaningfully that their 'chance' concurrence would represent a degree of improbability that would have to be expressed by an astronomical figure."

***Carl Jung
Collected Works vol. 8

I define synchronicity this way:

The process when people, places, events, resources and ideas combine in the most propitious way and moment in time despite the remotest probabilities of chance to further an intention.

Think about it for a minute. Using chaos theory, quantum physics and probability theory a scientist would say that the odds of a driver coming along a lightly traveled back road who would see me in the dark and rain, AND be willing to stop for a stranger AND also be my own family's minister whose destination was my hometown, *well, the odds of that happening would be about a billion to one.*

I had stumbled upon my first conscious experience with *synchronicity* and the Power of Intention. It is one of the key identifying features of *The Law of Attraction*.

My experience taught me that Synchronicity was activated merely by my intention and calm faith that I would make it home for Thanksgiving. Other than putting out my thumb in the dark on a back road I did nothing to force my will upon reality.

In seeking success you might agree with me that the harder you push the more resistance you encounter. I know it is true for me.

The harder you push for money the faster it flees! The more you worry about having enough money to pay the bills the more you fall even further behind.

It's time to stop pushing.

It's time to ask for help.

It's time to calmly and confidently expect that what you intend shall manifest.

It's time for you to begin using your dormant superhuman abilities to manifest your ideal life.

Discover the faith that keeps the human spirit going despite all odds. This is not my story. Spiritual Power is the story of the re-discovery of the code that permits each one of us to connect to Source.

Open yourself to the miracles that are happening all around us. Experience the miracle of your Source working on your behalf as soon as you open your eyes and expect miracles with focused and clearly visualized intention.

Learn how to connect to the astonishing power and love that appears as if by magic as soon as we open our heart and consciously embrace it. Yes, I meant to say heart, singular, because we are all one heart, one mind, one incredible soul. *There is no difference!* Get this one concept down and you will understand much about your nature.

WHERE DO WE GO FROM HERE?

At this crucial stage mankind is on a journey to the unexplored inner recesses of mind, beyond consciousness.

Mankind is smart enough to journey to the moon but foolish enough to pollute the planet and apparently incapable of evolving problem solving methods to eliminate war and genocide, population explosion, food shortages, energy shortages and pollution.

To put it bluntly, mankind needs to either evolve further to reach a higher, more pristine state of consciousness or our constantly expanding technologies of destruction will erase mankind from the Earth. We are an endangered species but we are too ignorant to perceive it or to address the core problem.

The Future

This book is a journey into our united heart. We will meet aspects of ourselves that will give us renewed faith and the tools to use our power to more fully understand our Source...which is to say to more fully understand ourselves.

We will examine the question of life after death. What is death? Where do we literally go from here? You'll meet people who've had a near death experience.

We will look at the newest cutting edge scientific research in the fields of quantum physics, linear dynamics and chaos theory and see that at long last our science is beginning to understand what every great Sage has been trying to tell us all along. Despite the failure, so far, of researchers to quantify or even prove the existence of the ageless concept of soul we will learn about documented discoveries, for which Newtonian science has no explanation.

If you feel that your life is just one endless boot camp, full of hardship, danger and pointless drills take heart. You are about to learn how to view your life from the perspective of the Creator.

You'll witness the miracle of transformation in the lives of people, perhaps like yourself, who've had all but given up hope of attaining their dreams. Once you've experienced this miracle, you'll never want to go back to the limitations you've chosen to accept in the past.

In **Spiritual Power** we'll review the latest research in the fields of chaos theory, quantum physics, human consciousness and kinesiology. Finally, science is moving towards a new paradigm that explains the ineffable and gives you access to the incredible abilities lying dormant in your mind to transform your life.

PREFACE

The first time my father, a medical research scientist with both an M.D. and a PhD in biochemistry, asked me "*What's it all about?*" I was about ten years old. My answer "*I can't see any purpose to life; you just live and then you die*" appeared to annoy him. Actually, he and my mother yelled at me. They were both devout Presbyterians and my answer horrified them.

My parents attended church every Sunday and there were no excuses that would allow my sisters and I to avoid it. Church was mandatory and my mother in particular would accept no excuses. I abhorred church from the beginning and rejected the Christian dogma that I was exposed to even while my father continued to ask his question, "*What's it all about?*"

As a scientist and medical researcher my father wore the face of a religious person but in truth he was an agnostic. God did not exist in his frame of reference until scientifically proven via hundreds of double blind studies yielding statistically significant and replicatable results. That did not prevent him from becoming a deacon of the church, however. My hunch is that my mother's formidable personality exerted forces that were beyond his ability to resist.

My father had a modest sense of humor and especially enjoyed puns, puzzles and tricks like substituting salt for sugar in the sugar bowl every April Fools Day. So, when he was ninety and hospitalized with little hope of recovery I told him that he would finally have the chance to discover what it was all about. He couldn't speak in his weakened condition but he managed to write "very funny"!

Encouraged by his continuing sense of humor I asked him to give me some kind of sign from the other side if possible. After he passed away I returned home at a late hour and turned on the light switch for the bathroom. Both of the bulbs blew out with a resounding ***crack! I must have jumped a foot!*** I have little doubt that dad had the last laugh.

During the last several years of his life he wrote his own response to "what's it all about?" expressed in his book Meaning, From Science to Transcendence by Dean Fletcher Davies, MD, Ph.D.

And, while his book is a thought provoking account of the meaning of "I" and an examination of the often turbulent interface between science and religion I felt compelled to write my own response to his question, "*What's it all about?*"

This book, Spiritual Power is my response. Despite the fact that it is written posthumously (too late for my dad to read in the flesh), I have no doubt whatsoever that he is aware of my thoughts. Whether or not he agrees with them is another matter. He died before having the opportunity to examine the huge body of scientific research on

The Field and Zero Point Energy. But, even my dad would have to agree that the scientific research that underlies the latest thinking about the nature of man in the Cosmos meets his most rigorous scientific protocols.

Paradigm Shift

The twentieth century has been called the Atomic Age. Based on the incredible advances during the past one hundred years the 21st Century may well be known as the Age of The Zero Point Field.

In [physics](#), the **zero-point energy** is the lowest possible [energy](#) that a [quantum mechanical physical system](#) may have and is the energy of the [ground state](#) or Absolute Zero. The quantum mechanical system that encapsulates this energy is the [zero-point field](#). This concept was first proposed by [Albert Einstein](#) and [Otto Stern](#) in 1913.

Wikipedia defines **Zero Point Field** this way: In [quantum field theory](#), the **vacuum state** (also called the **vacuum**) is the [quantum state](#) with the lowest possible [energy](#). Generally, it contains no physical particles. The term "[zero-point field](#)" is sometimes used as a synonym for the vacuum state of an individual quantized field. It was theorized that at a temperature of absolute zero a vacuum would contain no particles, no movement and no energy.

According to present-day understanding of what is called the vacuum state or the quantum vacuum, it is "by no means a simple empty space"[\[1\]](#), and again: "it is a mistake to think of any physical vacuum as some absolutely empty void."[\[2\]](#) According to quantum mechanics, the vacuum state is not truly empty but instead contains fleeting electromagnetic waves and particles that pop into and out of existence.[\[3\]\[4\]\[5\]](#)

In 1947 Hendrik Casimir, had the opportunity to discuss the idea of Zero Point Energy with Neils Bohr, the Danish physicist whose early research on quantum mechanics led to his winning the Nobel Prize in physics.

This casual conversation led Casimir to research possible effects of a theoretical Zero Point Energy Field by theorizing that zero point energy would create a pressure between two perfectly conducting metal plates when the plates were brought in close proximity to each other. So long as no elements of the plates came in contact the zero point radiation, should in theory, generate more pressure from outside the plates than from between the plates. His mathematical model called the *Casimir Force* could not be measured with any degree of precision until S. Lamoreaux verified the formula to within a 5% accuracy at his laboratory at the University of Washington.

Later researchers were able to measure the *Casimir Force* with even greater accuracy and found that it accorded with Casimir's original calculations. Many researchers point to the Casimir Force or *Casimir Effect* as it is often referred to, as proof for the existence of the

Zero Point Field. A few scientists deny its relevancy and offer alternative explanations. However, for the past eighty years or so researchers have examined many unexplained anomalies in physics and human consciousness like spontaneous distance healing and mind reading. In every case the only reasonable explanation has been the existence of a Universal Field that permeates everything in the Cosmos.

The process of unlocking the code to human potential was arduous and continues to be beset by many setbacks and tremendous resistance from traditional, mechanistic science adherents. The holdouts have been unwilling to graciously accept an entirely new understanding of the physics of the Universe. The wise men who've decreed that the earth was flat and the sun revolved around the earth were equally resistant to a total change in their cosmology.

The researchers who dared to think outside the box of deterministic Newtonian physics, the physics that our entire science and engineering has been based on for three hundred years, endured ridicule and censure at the hands of their peers.

The lines of scientific inquiry that have led to current Field theories were diverse. Researchers came from fields of study as disparate as medicine, kinesiology, psychology, parapsychology, engineering, quantum mechanics, applied physics, astrophysics, cancer and AIDS research, mathematics and other disciplines as well.

In common with the nature of this research in general is that the scientists ignored platitudes, philosophy, religious notions and dogma and metaphysical or "new age" concepts.

In place of this intuitive knowledge the researchers invariably relied on the scientific method to achieve tangible, measurable and replicable results. When a result was achieved it was often shocking and contrary to every day common sense.

Invariably, the researchers ran tests multiple times refining the testing procedure with each new experiment. Tests were refined with double blind studies to eliminate tester bias and with many strenuous methods to eliminate all possibility of extraneous outside influences that could possibly have skewed the results.

They weren't done yet. Many studies continued for years then, other researchers, doubting the results, attempted to replicate the results. Almost without exception each study was replicated not once, but numerous times by many different independent scientists. Then, a thorough statistical meta-analysis was run on all the original and replicated studies combined to see if the laws of chance could explain the results. In all cases the statistical probabilities of the results being solely due to chance had odds of as much as a billion to one.

Chance was not the cause of the results. An undeniable conclusion was reached over time. The scientists concluded that we are all connected and inextricably part of a

universal Intelligent energy field at the quantum level. Mechanistic ideas of separateness are, to a large extent, an illusion. Physics as we've been taught in school is obsolete.

The simplistic view of orthodox medicine (originally propounded by Descartes) that our mind and body are simply mechanical parts with only a tenuous relationship to each other has been proven to be false. Our thoughts, for the most part, determine whether we enjoy abundant, robust health or are plagued with disease. Drugs and surgery, today's favorite prescriptions, are being proven as often as not to be counter productive to robust health. One has only to read the warning labels on today's medications to see that the industry would have us trade one health problem for an equal or worse side effect.

Here are just a few side effects listed on the warning label of some common prescription drugs:

Lunesta (sleeping pill) side effects

Lunesta may cause a severe allergic reaction. Stop taking Lunesta and get emergency medical help if you have any of these signs of an allergic reaction: hives; [difficulty breathing](#); swelling of your face, lips, tongue, or throat. Stop using Lunesta and call your doctor at once if you have any of these serious side effects:

- aggression, agitation, changes in behavior;
- thoughts of hurting yourself; or
- hallucinations (hearing or seeing things).

Less serious side effects may include:

- day-time drowsiness, dizziness, "hangover" feeling;
- problems with memory or concentration;
- anxiety, depression, nervous feeling;
- headache;
- nausea, stomach pain, loss of [appetite](#), constipation;
- dry mouth;
- unusual or unpleasant taste in your mouth; or
- mild [skin](#) rash.

This is not a complete list of side effects and others may occur. Tell your doctor about any unusual or bothersome side effect. You may report side effects to FDA at 1-800-FDA-1088.

Read more: <http://www.drugs.com/lunesta.html#ixzz12os3vAtn>

Crestor (statin drug to lower cholesterol). Statins work to reduce the risk of heart disease and stroke in patients with abnormally high cholesterol levels. But along with their health benefits, all statins have a dangerous potential side effect. They put the patient at risk for injury to the body's

muscle tissue, and can cause a muscle-destroying disease called rhabdomyolysis. When rhabdomyolysis dissolves muscle tissue it releases substances that are harmful to the kidney and potentially life-threatening.

The extent of the physical side effects from Crestor was unknown at the time the FDA approved the drug for distribution in the United States. Excerpt from

<http://www.onlinelawyersource.com/crestor/warning.html>

Endless Energy

We've also learned that we are immersed in a sea of infinite energy. The Zero Point Field consists of the energy that the Universe runs on. Contrary to traditional physics the Universe is not "winding down" through a process known as *entropy*. Instead, scientists are demonstrating a constant rejuvenating effect where energy constantly cycles and never diminishes. The primary Law of The Field is *growth through creative intelligence*.

Hal Putoff, one of the pioneer researchers, has pointed out that a primary characteristic of the zero point energy field is a "*continual exchange of energy between any charged particle and the rest of the charged particles in the universe.*"

In the realm of human consciousness we've reached a fundamental shift from the 20th Century's concept of separateness and a Win-Lose mentality. We've gone from the principle of finite resources implying that there is simply not enough of anything to go around to the idea that everyone and everything is inherently connected as part of a Field of infinite energy. Your negative thoughts and words affect me. Your hate reverberates through all of us making entire populations vulnerable to catabolic influences. Perhaps, researchers will find that it was the hatred and evil of Hitler that infected most of the population of Germany. He was a demagogue whose ability to spread fear and hatred were unparalleled.

The upside is that healing thoughts from one or more individuals who have advanced spiritual power as measured on the Human Consciousness scale radiate out and cause a beneficial rise in consciousness among people, even at tremendous distance. Distance healing has been scientifically proven.

Dr. David Hawkins, Ph.D, the author of Power vs. Force, has used the relatively new science of kinesiology to measure the level of consciousness of individuals and of entire populations. He has discovered that Human Consciousness ranges from a self-destructive, barely surviving level of below 200 to levels as high as 1000. Though levels of 1000 have only been attained by Jesus and Buddha and perhaps a very few unknown gurus Dr. Hawkins research shows that even a slight increase in Consciousness has exponentially huge effects.

His study shows that just one human being at the level of 700 can offset the negative effects of 250,000 people at the barely supportable level of 200 or less.

What Are The Implications?

To whet your appetite about what's in store for the human race if we fully integrate our rapidly expanding knowledge of The Field here are just a few of the implications of the discoveries relating to The Zero Point Field.

1. The Field encompasses all potentials, all possibilities simultaneously including that which we perceive as the past, present and future. Time is only a human construct, not an absolute.
2. Mankind is a single interrelated organism that is inextricably connected with all life as well as with the very essence of The Field.
3. We create our own reality. We even have the potential to alter the past and see results in the present. You have the latent ability to "*remember the future*". These startling discoveries have been documented by extensive research.
4. The Field is the repository for all knowledge that ever was or ever will be. What we term "genius" consists of the talent to connect to the Field and to tap into the Infinite Intelligence available to anyone smart enough to make use of the knowledge that resides there.
5. We don't die. Our "soul" energy is immutable and indestructible and becomes part of the fabric of the Universe after our physical body ceases to exist.
6. We can connect to souls who have previously manifested as human beings.
7. By connecting to the energy signature of ancient aboriginal healers, for example, we can channel their knowledge and healing energy from the Field. This energy can be channeled for remote healing where distance is irrelevant.
8. Scientists theorize that each cubic centimeter of The Field has sufficient energy to instantly boil all the oceans on earth. Since we potentially have access to infinite energy from The Field our contemporary energy crisis reflects either mankind's current state of ignorance or plain old, ordinary greed.
9. Extensive research in the new science of kinesiology has demonstrated that anyone can tap into the Field easily using their body's built in reflexes. A simple exercise can help anyone separate truthful statements from falsehood, life affirming substances, concepts and beliefs from harmful substances, concepts and beliefs. Tens of thousands of independent researchers have confirmed this.
10. Theoretically everything we can imagine is possible. If we can think it and take action we can experience it in physical reality. There are no limits other than those we voluntarily impose on ourselves.

CAVEAT: The Danger of Dogmatic Thinking

Over the course of my lifetime I've done a lot of thinking. I've never been willing to accept dogma for dogma's sake. I've been a staunch individualist never blindly accepting answers from authority figures whether they come from the preachers at church, the leaders of government, the teachers at school or from my parents. For some reason that I'm not privy to I've always felt the answers lie within, not in someone else's grand ideology or neatly packaged dogma.

So, before we get started on this mind-blowing investigation into the elements of Spiritual Power allow me to give you a word of advice. First of all, keep in mind that I

am not a guru. Please, don't be tempted to turn the information in this book into "cult truth". Take the information that is presented as food for thought. Then, seek further enlightenment by going within yourself. All the answers lie within you.

Let me go a step further. You may be the type of person who "locks-into" a belief system based on faith, scientific methodology, or based on nothing more substantial than "that's the way you were brought up". You may have a "closed belief system" that is intolerant of exceptions that contradict your internal dogma. Here is what I've come to believe:

Intolerant and dogmatic thinking is perhaps the greatest threat facing mankind. This has always been mankind's underlying flaw.

Whether it was the ruthless fanaticism of early Communists like Joseph Stalin or the current intolerance of fundamentalist, Bible toting Christians or the doctrine of hatred of the infidel espoused by militant Muslim extremists the results have been the same: ***dogmatic belief systems have destroyed millions of lives.*** The Nazi ideology of Aryan supremacy alone has caused the deaths of millions and the subjugation of millions more...to this day.

You can see the results of intolerant thinking in the actions of suicide bombers and acts of terrorism, attacks on abortion clinics and the on-going strife between Arabs and Jews, Catholics and Protestants just to name a few examples.

You may question why this is a problem. If a belief is right isn't everyone else simply wrong? When one believes in an absolute truth than is it not required to change everyone who doesn't "believe" and force them to accept your truth?

I would have to say "NO" based on our evolving knowledge of the Universe. The answer lies in new revelations about how the Universe functions that makes dogmatic, uncompromising thinking and beliefs obsolete. Here's why:

- What you believe "is".
- What you think "is".
- Or, as Henry Ford once said "Whatever you think you can or can't do, you're right".

Research in quantum physics that determines the behavior of the smallest units of energy imaginable has discovered that the very act of observation alters the nature of that being observed. Even the expectation of what you'll observe can influence what you see and how you perceive it.

Are you beginning to see the fallacy of *locked-in dogmatic thinking*? Your beliefs alter your perceived reality. You are the creator of your reality. Just as your enemy holds different beliefs his reality differs from yours. The Field responds by creating his reality to match his beliefs. You are both right. Whatever you choose to believe will manifest. If you are a Hitler and believe an ideology of hatred towards the Jews that belief can corrupt an entire society. If you are Jewish and subscribe to the belief that the Jews are the

chosen ones of God and that they are somehow different and special this attitude will manifest in all who so believe. The Field accommodates both perspectives without bias.

Scientists are just as vulnerable to the illusion of "Ultimate Truth". In the 1600's Sir Isaac Newton was a scientist on a par with Einstein of the 21st century. Newton declared that there were basic laws of nature. He then enumerated those laws that he formulated. His word was accepted as gospel truth.

Another scientist and mathematician, Christiaan Huygens, was the first to develop a mathematical description of light way back in the 1600's. He devised the wave theory of light that states that light emanates out from its source in a 360 degree wave pattern. You can compare it to the result of dropping a pebble in a still pond. The primary difference being that light radiates out in all directions, not just in a single plane.

Huygen's theory and mathematical equations in support of his theory were accepted at the time because they correlated so well with observations in nature. But, along came Sir Isaac Newton whose later experiments showed that light was not like a wave at all. He "proved" that light was particulate in nature. His theory was called the "corpuscular theory of light". Because of his stature as the predominant scientist of his day Newton's particulate theory of light was universally accepted and Huygens theory was discarded.

Yet, today, we find that light is unique and has properties that defy our parochial understanding of reality. Light behaves like a *particle* when the observer expects it to behave like a particle. Light behaves like an energy *wave* when the observer expects it to behave like a wave. Both scientists were right and both were wrong.

With that said please keep an open mind. Suspend judgment and always remember dogmatic belief is the enemy of Knowledge. The two cannot coexist.

One further piece of unsolicited advice is offered for you to consider: Skeptics and critics are a dime a dozen. When you threaten someone else's entrenched belief system you can get some very nasty reactions. Some people that you thought were your friend may suddenly disavow any relationship with you until you "come to your senses". Family members may ridicule and scoff at your "newfangled" notions of reality. Some people will quote bizarre passages of the Bible to prove that your thoughts are the work of the devil.

Consider this; Never in the history of the world has a naysayer, a skeptic, critic or a doomsayer invented anything worthwhile, discovered a new continent or taken any chances that are the definition of fully living. **IGNORE THEM!**

Consider this information and act on it. It will take focus and practice nevertheless in the end you will find your life transformed to the exact height that you dared to allow your imagination to soar. Good luck!

Chapter One

LIFE'S IRONIC PARADOX

per aspera ad astra

Is it not ironic that those who are most in need are those most likely to remain impoverished? And, the corollary that the rich just keep getting richer...

Is it not ironic that those whose lives are one of constant struggle are the least likely to achieve respite?

Is it not ironic that in order to secure wealth and security you must first risk all that you own?

Is it not a paradox that to truly experience the wonderful, you must first have experienced the awful?

It is indeed ironic that to truly *live your life* you must believe that you have already died and made the transition from the physical to the spiritual realm. You must absolutely believe that the "real you" is your indestructible, ever lasting and infinite soul.

Painting By The Numbers

Ask yourself this question: "If you had but one month to live but you would feel absolutely marvelous right up until the moment you died...and you knew for sure that nothing at all could kill you or harm you up until the very moment you expired - what would you do for those precious thirty days?"

In the past have you ever asked yourself that question, or one very much like it?

In my life I've met so very many people who are afraid to ask the hard questions. They take everything in their life for granted, as a given. They fear the answer and so they continue from day to day painting by the numbers. It's a frustrating life, but somebody's got to live it! Unfortunately, many people live lives precariously balanced between a rock and a hard place, between the tribulations of day-to-day struggle and the pit of stark, raving panic. If I've hit a nerve, perhaps this book will help. But, first, you'll need to ask yourself some hard questions.

Assumptions, Philosophy & Faith

I've got some good news and some bad news for you. First, the good news! Your life automatically transforms exactly what you think, feel and believe on a daily basis into your experienced reality. Furthermore, you have been granted the unlimited, unrestricted ability and right to choose how you will live your life. You, alone, have dominion over your thoughts. They call this "free will". It is a simple way of saying that shit happens but you have carte blanche to look at it any way you wish and to respond as you see fit.

The bad news?

Most people never learn how to control their mind to use this power to transform thought into physical experience. Furthermore, there are consequences for using your mind power incorrectly or for entertaining the wrong thoughts. These consequences are not God or nature's punishment for "wrong behavior". The consequences are merely a principle of nature, simply, the way things are. It operates in the same way as falling from a 10th story balcony leads to your physical destruction due to the inexorable pull of gravity propelling your body into the implacable inertia of the pavement, below. Your physical demise is not Nature's punishment for your sins; it is just gravity at work.

The really bad news is that you are responsible, 100% responsible for the way you are living, your current circumstances. You can't blame anyone! You can't blame the government, you can't blame your spouse, your children, your neighbors, friends, enemies or anyone besides yourself.

Humankind's Achilles Heel

As children our parents seem like Gods to us. They appear to be infallible, all-knowing and wise. This perception lasts until about age three for the very precocious and up until the early teens for the rest of us.

Despite our own developing powers of reason much of what we experience in those first critical years of childhood remains indelibly imprinted on our psyche. Psychologists call these "ground in" messages *parental tapes*. They can be likened to the built-in instincts of animals or the patterning that allows for automatic action and reaction without conscious thought. In humans, though, this ability to start from scratch with unlimited potential for each child is also mankind's greatest weakness. It is mankind's Achilles heel.

Have you ever caught yourself yelling at your own children...and then, in a split second of revelation, realized you sounded just like your mother or father? You may be yelling the same words in the same tone of voice, just like your parents yelled at you.

Have you ever thought about taking a month off to travel and recreate...and immediately heard the parental tape " *before you can play you must clean up your room and get your homework done*"? The next instant your mind has formulated a list of things yet to be done and the very idea of taking time off suddenly appears to be out of the question.

Catch 22

Here's another paradox. Parents seek to control their children both to instill self discipline and to make their own lives easier. To do this some parents make childhood into a sort of boot camp for kids and expect unquestioning obedience. Yet, the one thing parents could do that would unleash unlimited potential in their children is to teach their children how to harness the power of their own minds. But, like the blind leading the blind, parents don't know how to do unleash their own mental powers and to teach their children, (assuming they did know how), would appear to undermine that very control they are seeking to gain.

Bad Parenting Begets Bad Parenting

It is the exception to the rule when abusive parents do not raise child abusers; when alcoholic parents don't pass on the disease to at least one sibling; when ignorant and racist parents don't make bigots of their children...and the sorry list goes on and on. This is the Achilles heel of mankind.

According to many psychologists your psyche has been patterned and your most fundamental beliefs and attitudes about yourself and your life are pretty much locked in by the time you reach the age of six. For many of us it takes a lifetime of self-discovery to undo the damage...for others, those who *paint by the numbers*, the damage is never undone and will be passed on for generations.

Omerta, the Code of Silence

Every culture has its ingrained taboos, its heroes and its unquestioned beliefs. These beliefs and attitudes permeate the culture and are accepted without question. They are passed down from generation to generation for centuries and may be the cause of countless deaths, wars, racial hatreds, vendettas, population explosions, endemic poverty and a host of other societal diseases.

In some cultures some topics are or have been taboo for generations. Only recently have Americans begun to address the issues of domestic violence and child abuse. There are pockets of America where domestic violence is tacitly tolerated by the authorities and ignored by neighbors.

Other topics are "politically incorrect" which is just another way of saying that the current accepted "wisdom" overrides logical and impartial examination. When any examination of the taboo subject is attempted the politically correct assumptions and self-righteous reactions destroy the dialog. You have only to attempt a reasonable, scientifically grounded discussion on the issues of abortion or the old welfare system or perhaps the issue of legalizing drugs to instantly experience the backlash from the "politically correct" (on both sides of an issue).

In today's politically correct climate words are incendiary devices. Call a spade a spade and a shovel will whap you up the side of your head. You'll be branded a racist, a bigot or an infidel...or maybe you'll just be called a *male chauvinist pig*. Talk about loaded terms!

I spent several years working for a non-profit organization in human services. It was here that I first became aware of the power of words to categorize and "profile" a person into a neat little mental file drawer of prejudices and biases. I also discovered the idiotic lengths that politically correct minded bureaucrats and administrators will go to remove socially sensitive words from the general vocabulary until actual communication became a ludicrous exercise in futility.

The organization I worked for was responsible for the socialization, care and development of mentally challenged individuals. We were instructed to call our clients "consumers". Any other term of reference was strictly forbidden. I was even reprimanded for referring to our clients during a staff meeting (don't get too upset here!) as CLIENTS!

Even our clients were confused. One individual asked me why do you refer to us as consumers? You only give me \$5 a week to spend!

Let's Do a Little Mental Gymnastics

Let us pretend that we are aliens from outer space. If we were to look at dysfunctional societies¹we can easily identify the blind spots and the cultural biases that cause the societal illness. If you are "politically correct" or locked into the accepted dogma of the society these examples may irk you. Perhaps, that is the point!

- Over population in India and China was probably originally caused by a millennium long need for large families to get the agricultural work done. In some South American countries we see over population resulting from blind acceptance of the Catholic Church's opposition to birth control and the desire of the Church to propagate their religion. The result is oversized families in both countries and endemic poverty.
- In Africa, a laissez-faire attitude towards sex and families has resulted in an epidemic of AIDS. Ignorance and refusal to take responsibility for protection from the virus both by the public and the governments have perpetuated its spread. In impoverished ghettos in U.S. cities the same attitudes have resulted in generation after generation of single mom families supported by little more than welfare and ignorance.
- In Ireland, Protestants and Catholics have spent centuries nurturing their differences rather than their faith to the detriment of everyone.
- In Russia, a generation of totalitarianism based on communist dogma has all but strangled the economy. Despite overwhelming evidence to the contrary some citizens still believe that a return to a Communist dictatorship would be best. The concept of

¹ Define for our purposes as any culture where violence, poverty, hatred and or sickness destroys the people.

free enterprise is totally foreign to the great majority and is barely understood by its leaders. Yet in China changing attitudes of the government have unleashed the inherent entrepreneurial instincts of the populace. This new "laissez-faire" attitude towards free enterprise is causing an explosion of new business. Ironically, the correlation between individual freedom and free enterprise is lost on the rulers of China.

- Hedonism/escapism in U.S. society leads not only to excessive TV watching but to infinitely more serious addictions to drugs and alcohol.

The raging demand for illegal drugs provides billion dollar profits to Columbian drug lords and indirectly results in the most violent country on the planet. Ironically, demonizing the drug problem by making it illegal to purchase drugs (prohibition) results in the most profitable black market on earth that attracts the most unscrupulous and greedy among us. The nation's "War on Drugs" has resulted in the single largest and most ineffective government bureaucracy in history. Billions of dollars of your tax dollars are siphoned off to support the drug war. The result is that the home to the Statue of Liberty has the highest murder rate and the highest percentage of its citizens in jails of any nation on earth (including Columbia).

Start With Yourself

Change begins when each individual takes responsibility. In an old Jethro Tull song the fat man said: 'nothing is easy'. Nothing about life is easy and not just for the fat man in the song but for everyone. Nevertheless, it is all too easy to blame others when things don't work out right or when the only choices are hard choices.

My belief is that the last great frontier is not outer space but inner space and that *only you* can conquer and explore it. Before you can turn your life into an incredible success story you will need to revise and re-integrate many of your beliefs, attitudes and mental habits into a philosophy that works. Your philosophy must harbor no inconsistencies; your life must not tolerate any hypocrisy for it to work. Personal Power comes to you when your beliefs and attitudes are in accord with

Towards an Integrated Success Philosophy (ISP)

The assumptions you make and believe in determine your attitudes. Your attitudes and core beliefs determine your daily habits and actions. Your success (or lack of it) in life is 10% what we call "luck" and 90% based on the actual habits and actions and reactions you engage in every day.

Mental habits are very similar to the physical habits we all have. With sufficient repetition the habit becomes second nature and is applied almost effortlessly. We can view habits as little mental computer programs called " macros" that when triggered automatically run without particular conscious attention. With addictions this creates

even greater obstacles to quitting smoking, for example, than merely detoxing the body of the addicting nicotine. Some people smoke after sex. Some would rather skip the sex if the smoking wasn't permitted or possible. Other people get bored and lonely during the evening and eat late night snacks, not from hunger but from habit.

In a similar way most people run mental tapes (which are sometimes verbalized). Have you ever heard someone shout "you stupid idiot!" but then immediately realize they are verbalizing not at you but at themselves. What a lousy habit! The negative reinforcement provided by running these old childhood tapes causes the subconscious to conform to the strongly held and repeatedly verbalized belief.

Your Unique Source of Power is Your Ability to Control What You Think

Humankind is distinguished from all other known forms of life by our unique ability to control what we think and believe.

- You can't control the weather
- You can't control mother nature
- You have no control in determining your God-given assets at birth, your birthright.

All that you truly can control are your thoughts and beliefs. No government can deny you the right to think and believe what you choose though many will attempt to deny free expression. No parent, school or religion can force you to believe a certain way. In the final analysis what you believe and act on is *up to you!*

Conditioning Your Subconscious

You are about to enter a world that might seem new to you, the world of your mind.

You may have to hear, in many different ways, the core message of this book since you need to truly understand and believe these principles in order to transform your life.

The primary principle, the motivating force behind everything, is faith. Above all it is faith in yourself and in the Infinite Power of the Creator that is the most important factor in your success during this boot camp session we call life.

Musings: There Is No Place Like Here

Posted on [December 16, 2010](#) by [David D](#)

I drive a Mini Cooper S and adore the car. Of course, it will only hold my Collie, Jenna, and an overnight bag or two.

Until about a year ago it seemed every Mini driver I passed would flash their lights or wave. Now, it seems Mini's are everywhere and you don't get the waves so much.

OK, BMW, here's where to send my check...

Every morning, rain or shine...or snow for that matter, I get up before dawn and drive my Mini to the Wiscasset harbor's dock along the Sheepscot River. I park and enjoy a cup of coffee while I watch the ducks and seagulls and the local lobstermen going about their business. They are pretty much in the same business.

This is a tranquil time of day for me when I read, meditate if no one is around or write. By the time I've finished my dockside breakfast I'm usually all charged up and ready to tackle the day.

This morning, I glanced up at the sun visor and noticed an official looking sticker. I thought it might be one of those annoying warning stickers like "Don't drive like a maniac or you'll have the risk of crashing and burning".

But, the message was far more profound and useful. It said:

"There is no place like here". And, that my friend, is a metaphor for how to live life.

I've lived all over the country including St Louis, Memphis, San Diego, Ohio, Vermont, New York (both NYC and state), Atlanta, Vermont and Maine. But, I've visited many other states. I tried and mostly succeeded in finding the nectar in every place I've lived. I always find the joy in my environs wherever they may be. But, living this way takes a certain "knack".

For one thing, I try not to dwell in the past. My attention is always on what's good about where I am now. When you permit your mind to become mired in the misery you've experienced in the past your past pollutes your present and destroys your chance at happiness in the future.

The other idea I've learned is not to complain and wallow in misery. If my circumstances are not working out I make every attempt to find out what I have the power to change...and change it. If there are circumstances or an environment that is not working out for me I move or change myself by adapting.

For example, if you are under educated and unskilled and living in Maine your choices are very limited as far as making a living. But, I've seen Mainers who have adapted by going into lobstering, lumbering, hunting/fishing Maine guide, or even getting into some aspect of the tourism business.

My goal has always been to create a passive income that takes my physical location out of the picture. There are only a few ways to do this:

Have a job that is in such demand you can pretty much walk in and get hired in nearly any state of the Union. I met a girl who was a physical therapist. She was relatively young and obviously affluent as she was spending a small fortune shopping at LL Bean, the outfitter in Freeport, Maine. Then, she told me she pretty much only worked seven or eight months a year and could work anywhere. With her experience and specialized training she could walk into almost any hospital and get hired anywhere in the country.

Of course, the ideal way to cut the strings is to invest wisely and live anywhere you wish on the dividends and interest of your investments. Not so easy...

Even better, is collecting royalties as an author or inventor. But, my favorite is to create a little Internet business in a niche market and pay someone else to manage it. With this model you can take your laptop to a coffee house in Rome and check on your business while enjoying sales 24/7.

Chapter 2

What You Believe

Our reality is a direct result of what we believe

Assumptions You Can Adopt That Are The Foundation of Successful Living

It will cost you nothing to incorporate several assumptions that are necessary to build the framework of your success philosophy. However, you may come face to face with a dilemma at this point. It is possible that one or more of the assumptions in this book may contradict some part of the dogma of your religion, your upbringing, your political view or even of your personal experience.

Remember the one thing you have total control of is what you choose to believe. If your particular religion, for example, has taught you assumptions and beliefs that are at odds with the information in this book you need to ask yourself:

"Do my religious beliefs have contradictions and inconsistencies that make them confusing and unworkable in practice?" Or, "are my religious beliefs providing me with everything I need to be successful and happy in life?"

If your answer is yes, I must assume you are successful in every aspect of your life. You may decide at this point to continue reading if you are a seeker of knowledge; or, you may decide to put the book down and enjoy the bliss that is already yours.

Life is complicated, aggravating, challenging, often fun, often ludicrous and occasionally horrific. There seems to be no rhyme or reason to events. Airlines blow up and plummet from the sky and governments spend millions attempting to find out "why".

Rival tribes slaughter men, women and children indiscriminately in some countries in Africa and Europe. Children shoot their classmates at school. The headlines go on ad nauseum. Surely, there must be a framework that helps us to make sense of it all.

Beliefs For A New Life Paradigm:

1. The idea of the "soul", ever present in mankind's psyche since recorded history, is "fact", not myth.
2. Souls do endure in a timeless dimension "forever" despite the passing away of our physical body. Souls are indestructible and everlasting in an infinite Universe.

3. Souls elect to take on physical form here in the material world (thank you Madonna) as a learning experience that can't be duplicated in the spiritual dimension.
4. There is a purpose to our lives - life on earth may be compared to a "*boot camp for souls*" during which the experience of struggle and pain can lead to spiritual growth.
5. This growth occurs during many different lifetimes with a nearly infinite variety of circumstances and challenges. The knowledge of previous lessons is available to those of us who seek it within ourselves.
6. To make our experience of life feel "more real" our souls agree to work within fabricated concepts that we call time, solid matter, physical pain and death. Virtually all the "knowledge" that we take for granted and accept unquestionably here on earth is part of our "virtual reality". Souls also relinquish memory of their previous spirit existence though occasionally past life memories "bleed through".
7. Our brains are very powerful tools/transmitters akin to powerful computers networked over the Internet. With adequate training and practice we can access information from sources beyond our five senses.
8. Our intelligence, even our character and personality or that which we recognize as our *ego selves* is our "interface" with the physical world. However, our "ego self" differs from our soul.
9. Our intelligence is interconnected with a vast intelligence some have called *Super Consciousness*, many call God, others call *Infinite Intelligence, Source or The Field*.
10. Prayer and meditation are the means by which we open the channels to *Infinite Intelligence*.
11. All of us, no matter how humble, how old or how physically or mentally challenged have the potential to tap into this Infinite Source of Creativity, Love and Divine Intelligence.
12. Like the ability to choose what we think and believe we also have the ability to channel this power for good or evil. Yet, ultimately the concept of evil is just another learning tool leading to our more complete understanding of Divine Love.
13. Both on earth and in the spiritual real-life, we select our own version of heaven or hell; *it is always our choice!*

CHOICE

Every choice we make has consequences, some trivial some profound. Your choice of your fundamental assumptions about the nature of life and death, that which you profoundly believe on a spiritual level, has the most profound influence of anything in your life. Many people have never given much thought to what their fundamental assumptions and beliefs really are. At the end of this chapter you'll find a questionnaire that will enable you to ask yourself some probing questions.

Your decision as a young teenager about whether to start smoking or not will have profound consequences. It will influence who you associate with, perhaps even affect your choice of marital partner. It will influence how much pocket money you have for years to come. A pack a day habit can cost an individual over \$100 a month.

Your decision will have a profound influence on the quality of your health, the quality of your children's health should you smoke in their presence, the nature of the disease that eventually kills you and the length of your life.

To smoke or not to smoke is your choice. Because of the extremely addictive nature of nicotine the choice is not easy to change, once made. Ninety-three percent of Americans who smoke and who want to quit are still hooked.

Smoking is like other habits. It may be a little difficult to get started smoking. At first, the body rejects the harsh pollutants and poisons contained in tobacco smoke. Some first time smokers report feeling nauseous, faint or dizzy. For most people, even the taste of the smoke is not particularly appealing. However, like most habits, once begun and practiced it becomes easier and easier to continue (especially with the addicting nature of the nicotine) and the perception of social "cool".

YOUR HABITS CAN MAKE OR BREAK YOU

Smoking is a habit that rapidly turns into an addiction. It is a particularly difficult habit to break as millions of smokers will confirm. Habits are a two edged sword. A positive habit enables you to perform constructive activities almost effortlessly. A destructive habit undermines all good intentions and leads to poor performance, sickness and many other destructive consequences.

In this book you will learn about the assumptions, principles and "success habits" that once practiced and adopted will enable you to transform your life into your vision of success.

Musings... Gifts: K.I.S.S.

Posted on [December 20, 2010](#) by [David D](#)

The other day I received an email from a trusted friend with the Subject: **Thank You For Your Time.**

I liked the message so much that I printed out a copy to give to someone I really care about after she called me out of the blue after a two year absence. Six weeks went by before she dropped by but I forgot to give her the Thank You For Your Time story. LSS (long story short), I haven't heard from her again since the surprise visit which was about six weeks ago. I guess she has better things to do with her time.

I'm not sure if the story would have made a difference in our relationship but maybe it can help you. I'll include a **link to download** it if you like 'cause it is kind of long to post on a blog. Here is the link: www.SpiritualPowerBlog.com/time.zip

Well, the holiday season has arrived and call me Scrooge but I find the Christmas season repugnant in many ways. It has become an orgy of commercialism with the television newscasters giving daily reports on whether retailer's sales are up from last season – or

not. It feels like they are trying to make you feel guilty if you don't rush out and spend a lot of money.

There is a lot of family and peer pressure to become part of the madness, but, you may realize by now that I make my own decisions on what is or is not relevant to my life.

My suggestion is this: if you give one gift this season I hope you'll ignore the commercials and yammering heads and make it a genuine gift with some "heart" in it.

Find someone who has nobody or someone who wants to spend time with you and give them the gift of your time. Not "party-time" but genuine, honest *one-to-one time* where you actually share something of value in your words and deeds. If there is no way you can actually be there with someone write them a poem or long letter from the heart.

I'm not so good at this idea but when I drive my tenant's son to school I take the drive time to tell him things nobody bothered to tell me when I was nine. They didn't realize that without a mentor a kid is flying blind and prone to make all the same old mistakes his elders made. I speak to him like he is an adult learning a foreign language.

For example, I asked him this morning: OK, what do you plan to do when you grow up? He told me he "*really didn't care...just get a job, I guess*". So, I discussed the realities of jobs and how you can settle for a menial, "J.O.B." job or shoot for a "profession" that pays well. But, then I said he should begin to consider other alternatives to getting a "job". He was dumbfounded as I would have been at his age. So, I asked him to check with his teachers and do some research. We'll see.

All the best this holiday season!

Scrooge 😊

Chapter 3

Boot Camp For Souls

One could compare life to a grand obstacle course complete with challenges of every description. It seems that just when you think you've mastered something and found a comfortable routine a new challenge appears on the horizon. As the Chrysler television commercial proclaims "*This changes everything*". Yeah, bankruptcy will do that.

So, I would make the humble suggestion that you "*get used to change!*"

Successful people I've met recognize the fact that change and challenge are integral parts of life, and, successful people welcome new challenges.

Therein lies an important difference between a success mindset and a "loser mindset". Fear of change, fear of failure, fear of setbacks is the single most powerful reason more people aren't successful on their own terms. Successful people have learned to expect obstacles and new challenges as they are an inevitable and integral process of living.

Wise Souls intuitively recognize that success ultimately comes to those with unquestioned faith in their ultimate successful outcome as they pursue their primary goals.

Embrace Life's Challenges

Each challenge in life has been intuitively chosen by your soul to enable you to fill gaps in your education. Successfully living through challenges promotes your metamorphosis into a "wise soul". You select or avoid these challenges every day by the choices you make.

One child is criticized and abused by her stepfather but loved by her grandparents. This child clearly experiences the difference and chooses as an adult to make love manifest in everything she does. She raises her children with great love and wisdom. Another child with much the same childhood experiences loses faith in her self and in life itself. As an adult she escapes into a self-destructive world of drug addiction and child abuse. She ends up treating her own children much like she was treated. It all comes down to a matter of perception and choice.

Wise Souls intuitively recognize that no matter how tough the going gets our mortal existence is no more than a tough education in the virtual reality school of hard knocks we call life.

Time is only an abstract illusion since our souls exist in the infinite realm of The Field and are indestructible. Death is an illusion we humans agree to "believe in" to give more impact to our schooling in the physical realm. After all, a boot camp without obstacles and consequences is no more than an amusement park ride on which no real learning is possible.

Attitude JuJitsu

Beliefs and perceptions have enormous power! In fact, there is no conceivable limit to their power. Simply by knowing and adopting the appropriate beliefs you can develop *Ju Jitsu* for life.

One of the most powerful beliefs, a primary Ju Jitsu move in your life if you will, is this:

"In every adversity can be found the seed of a far greater advantage".

The statement is not new. Andrew Carnegie hired Napoleon Hill to discover success truths that he reported on admirably in Think and Grow Rich and other books. Certainly, the same concept has been described in the Bible and within other writings.

Regardless of where the belief originated from its power cannot be underestimated because this belief has the power to literally ***transmute "failure" to success***. Each failure or setback can be likened to the soil within which the seed of success is nurtured to fruition. Without this vital soil the seed has no chance to gain nurture and so to take root and blossom.

The power in the belief is much like the reaction of the little girl upon finding horse manure instead of a present on Christmas morning. Grinning, she exclaimed "where there's horse" xZ#!.... there must be a pony!"

Imagine how great life would be if you absolutely, fervently believed that good things can and eventually will come out of every setback if you but seek the hidden advantage.

What we perceive as tragedies may be part of a Higher Plan with an outcome far more beneficial than we mortals can appreciate. The couple that fails to get pregnant winds up adopting a handicapped baby. The baby brings them joy and personal growth beyond anything they could have imagined for themselves. The baby thrives under their care and grows up to fulfill dreams no one could have anticipated.

The hateful, spiteful man who abuses his family and is a torment to his employees is struck down with a life-threatening disease. Suddenly, all his perspectives change and he appreciates those close to him for the first time. His epiphany comes as a shock to those around him. He comes to view his disease as a Gift.

TIP

Understand, and completely get your mind around the FACT, that you are your own reality-making producer of LIFE (your own life) whether you like it or not. Whether you want to claim this self-responsible, all-controlling, power or not your life is guided by it.

The Great LAW: Everything is energy. Physical matter, your thoughts and feelings; all are a form of energy.

What you FOCUS on - with a feeling of harmony and elation - you bring about. This is the basis for everything that has happened, is happening, and will happen in your life.

Believe it and accept it!

The TIP here is to consciously *DIRECT* your thinking, your thought-energy into a state of 'vibrational harmony' with what you want. Avoid allowing your thoughts to dwell on that which you fear because by default, your thoughts create your reality. There are No exceptions: you can only attract that which you truly desire when you're in a state of faith.

Musings...

[My Refrigerator's Favorite Posting](#)

Posted on [December 15, 2010](#) by [David D](#)

People are often unreasonable, irrational, and self-centered. Forgive them anyway.

If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.
If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.

If you are honest and sincere people may deceive you. Be honest and sincere anyway.
What you spend years creating, others could destroy overnight. Create anyway.

If you find serenity and happiness, some may be jealous. Be happy anyway.

The good you do today, will often be forgotten. Do good anyway.

Give the best you have, and it will never be enough. Give your best anyway.

In the final analysis, it is between you and God. It was never between you and them anyway.

-this version is credited to Mother Teresa

Chapter 4

TIME

Humans arrive in the physical world fully equipped with a body and a brain. For most people our equipment includes sensory devices or organs like eyes, ears, taste buds, the faculty to smell, the organs to feel both pressure and textures, cold, heat, pain and, finally, for a few individuals the ability to sense intuitively, read minds and perceive things not seen in physical reality. All humans have the ability to manifest reality from thoughts powered by feelings; some people, however, have developed this power beyond the rest of us. We'll discuss manifesting in later chapters.

For humans, it is easy to dismiss the concept that we may be limited in what we actually can perceive using our awesome but nevertheless rudimentary sensory organs. How easy it is for us to dismiss the idea of something existing in the Universe *simply because we cannot see it, touch it, hear it or sense it in any objective manner.*

Nevertheless, scientists learned to observe the invisible parts of nature like X-Rays, radio waves and electricity by observing and measuring their effects.

Pick up a magnet. The magnetic field exists independent of your ability to view it. But, you can observe the magnetic field (gauss field) by placing iron filings on a sheet of paper and suspending the magnet beneath the paper.

You can feel the pull of the magnetic field easily by holding an iron bar in one hand while bringing a magnet towards it with the other hand. We've all done it.

Early scientists including Madame Curie discovered X-Rays quite by accident. Since they are invisible to the eye and penetrate the body with no discernable feeling one might suppose they either don't exist or that they must be harmless. Many early experimenters died from leukemia and related cancers after excessive exposure to invisible X-rays.

At best, our sensory organs create a field effect that our brains can interpret leading to sight or any of our other senses. Humans lack certain senses that some animals have. For example, scientists have discovered sonar that works perfectly well in bats to guide them without eyes. Migratory birds have a highly refined homing instinct that some scientists believe is based on an acute ability to sense the magnetic fields of the earth and that this geomagnetic map is imprinted perhaps in their genes.

As you know, some other animals have this homing instinct though it is rare in men despite a predominant belief to the contrary. Women, on the other hand, appear to have a well-developed sense of when they are lost and are blessed with the wisdom to ask for directions.

You may feel that the concept of "time" is an immutable law of nature. How else can one describe the change of the seasons or the aging of all life forms?

But, let me suggest that time is only a perception of our human nervous system.

Time is not "reality" except in our imagination.

But, because we humans perceive moment by discrete moment, time is perceived in the same way that running a film projector with millions of still images creates the illusion of flowing. If our mental faculties were speeded up, much like changing the shutter speed on a camera, we could perceive each individual frame of what we call time and then, simply by *altering our focus* look forward or backward to another "still shot" of time.

To our senses time appears to flow from present to future. Were you aware that it has been proven that by altering our perception of the pacing of time we can actually slow down time? Of course, we are not actually slowing down time because it doesn't exist except as an artifact of our perceptual tools.

A study by scientists in parapsychology at Duke University hypnotized a subject who was a professional dress designer. They gave her the suggestion under hypnosis that a minute was actually one hour long. Then, they gave her the assignment to design a wedding dress. Normally, this type of assignment is very time consuming. There are a hundred details to work out. Yet, the subject rapidly sketched an *inspired* design that was complete down to the finest detail. Total elapsed laboratory time? Ten minutes. In the mind of the designer time slowed down giving her ample "time" to complete her assignment right down to the finest detail.

In a marvelous book, **Expecting Adam**, by Martha Beck, the author speaks of new perceptions and daily miracles that became a part of her life after the birth of their Down's syndrome baby.

While driving to a family reunion on a snow-slick highway their car suddenly went into a precipitous spin. Martha reported seeing tiny angels that she called, _____, pulling celestial strings.

Each time an angel pulled a string the car veered away from an impending crash, first with the guardrail, then with a truck, then a tree. Meanwhile, she heard celestial music and felt a great sense of peace and joy rather than terror. She both felt and saw that she and her baby were being protected.

The car came to rest on the shoulder of the road with nary a scratch or dent and all aboard were unharmed.

How We Perceive Time

Humankind perceives reality (at least that which is accessible to our five senses), moment by discrete moment. As these discrete "snapshots" of reality are processed time appears to play forward just like running a film projector with millions of still images or events.

For the sake of simplicity you can visualize time as an infinite holographic river. All parts of the river exist simultaneously and the river has no beginning and no end. Perhaps it is an infinite circle....does anybody really know?

Scientists have discovered that the brain can focus on just 2000 bits of information in any given moment. Meanwhile, our brains are processing 400 billion bits of information at an unconscious level and this information is being effortlessly recorded. Nevertheless, that information is just a tiny "quantum" of the information contained in physical reality.

When an individual metaphorically steps into this *river of consciousness* his consciousness as a physical being begins. He is born. Time begins.

But, every drop of water in the river holds all the potentialities of the Universe, simultaneously, like an infinite hologram. Everything including what we perceive as past, present and future are part of the hologram but it is only seen based on our location in the river.

Step into the river and we perceive infinite choices, moment by moment giving us the illusion of the passage of time. Everything, the infinite possibilities of life that we perceive as past, present and future is embodied in the river.

Enter the river, a metaphor for what Karl Jung called The Collective Unconscious, and you've entered at one particular point in the circle. You are born in the physical realm.

Your contemporaries have dipped their feet in the river at about the same place. They are sampling The Collective Unconscious from the same loci but not necessarily from the same *Mind Frame*.

Your Mind Frame

People see the "same" things differently based on their *mind frame*. Your mind frame is not only your point of reference (I was just around the corner when the car crashed into a fire hydrant), it is also the frequency level at which your conscious mind operates.

Dr. David Hawkins, the author of Power vs. Force, reports that scientists are beginning to formulate a rudimentary theory of the nature of pure consciousness. Perhaps the cornerstone of these discoveries occurred in the blossoming new (1971) field of kinesiology.

According to David Hawkins: " Kinesiology exposed, for the first time, the intimate connection between mind and body, revealing that the mind "thinks" with the body

itself. Therefore, it provided an avenue for the exploration of the ways consciousness reveals itself in the subtle mechanisms behind the disease process. ⁴ "

Kinesiology made it possible to actually map out the energy fields of consciousness without the corrupting influence of the conscious mind with all its built in biases, filters and presuppositions.

The resulting study by thousands of scientists to develop a map of human consciousness is known as *attractor research*.

Here is what the scientists found: "*The human body is an incredibly sensitive indicator of the difference between life supporting conditions and life detracting conditions.*"

After more than thirty years of attractor research all over the world the scientists were able to correlate power ranges of energy fields of human consciousness. These attractor fields correlate to corresponding levels of consciousness beginning at the level of simple physical existence at 1. The scale increases exponentially all the way up to 1000. At one thousand consciousness correlates to supreme states of enlightenment evidenced by people like Jesus and The Buddha.

If you are a person living in the 1650's the concept of "car", jet plane and airport has no corresponding mental image. You literally cannot relate to an image of something you've never seen, heard nor experienced. The closest your brain might come to the concept of "car" is *carriage without horses*.

A person from that *era* might find the idea a bit spooky or perhaps just plain kooky.

But, of course there are always exceptional humans or *positive deviants* who have uncanny abilities to see into the future and imagine it. People like Leonardo DaVinci imagined and designed helicopters hundreds of years before manned flight was routine.

Psychics have the ability, the gift, to tune into the 400 billion bits of information our human nervous system is processing at an unconscious level. Perhaps, and this is a hypothesis subject to research, a psychic can tune into the River of Consciousness itself at any given point and "see" that portion of reality.

The vast majority of humans are unaware of this infinite body of data that Carl Jung called the *collective unconscious* and that David Hawkins refers to as the *database of consciousness*. In this book, I refer to it as *The Field*.

Yet, our bodies are totally "tuned into this database" as determined by kinesiological testing and studies using deep hypnosis.

So, a psychic or someone in a deep hypnotic trance can enter our metaphorical stream of consciousness (sorry for the pun) at a different access point. The reality their perceptions

bring back to conscious recall may be downstream or upstream relative to their current position in the stream.

Harvard educated psychologist, Dr. Michael Newton, author of Journey of Souls and Destiny of Souls has conducted past life regression using deep hypnosis. He has assisted thousands of patients in tapping into their past lives.

Astounding details of these lives has emerged from his research including historically confirmable facts that haven't been taught in schools. Some patients have evidenced an unexplained ability to speak a foreign language fluently despite no exposure to it or training in the language.

Vivid, emotionally charged memories of past life experiences have been tied to a kind of *Past Life Traumatic Stress Syndrome* or physical dysfunction. For example, one patient had complained of severe neck pain but medical doctors couldn't find the cause. During past life sessions the patient abreacted by reliving a hanging in the 1700's in which the patient was the "victim" of the hanging.

Following an abreaction releasing the traumatic memory the patient made a full recovery. So, the next time you've got a pain in the neck think about your past. Hopefully, you just slept with your head ajar.

In another case a young child was riding through a neighborhood in another city and suddenly pleaded with her parents to drive by her old house. The parents had never lived in the city but were curious and followed her directions to the street.

Eventually, the eight year old child directed her parents to a rundown house in a poor neighborhood.

The child vividly remembered her name, the color of her hair and many other details of her past life. Her parents, fearing for her sanity, checked the County birth and death records. Twenty-two years before a thirteen year old girl of the same name and living at the exact address had been hit by a car while riding her bike. She had died instantly and been buried at a local cemetery.

At the cemetery, the young girl walked directly to the grave of her previous self, the self she so vividly remembered from a former life.

This "bleed-through" from a past life may explain sudden feelings of *deja vue*, the feeling that you've seen or experienced a place or event before.

Quantum physicists have theorized that the entire Universe is an infinite energy field. They theorize that thoughts create permanent energy patterns and that all thoughts that ever have been or ever will be thought are connected and available to every one of us.

We are all connected!

We can actually "tap into" the Infinite Consciousness of the Universe to get answers as long as we have the *mind frame* necessary to formulate the question.

In other words, you can't receive an answer unless you already have enough perspective (or evolvment) to ask the question. That's the concept behind "*mind frame*".

The idea of not having attained the proper mind frame to ask the right questions by no means indicates that the answer doesn't already exist.

So, perhaps you, like billions of other humans, have always assumed that time is a "given" or a fundamental law of existence. Based on our jointly experienced physical reality for most of us this appears to be true.

But, what if you questioned your assumptions about time? What questions would result? What happens when you literally run out of time?

You might begin by asking the question what happens to the "you" in your being when you die?

You might ask: "*How can a person distinctly remember her past lives under deep hypnosis*"?

You might ask: "*How come the experiences of thousands of people who had a "near death experience" bear astounding similarities leading virtually all of them to no longer fear death?*"

You might ask: "*Why some sixty year olds consider themselves to be old and their body responds by being decrepit while other sixty year olds run marathons and ski while exhibiting the exuberance and energy of a teenager.*"

Your beliefs about Time (and about many other things) have a profound impact on the quality of your life. The only thing that you truly have power over is what you choose to believe and how you choose to think.

In the next chapter we'll look at *critical point analysis* and discover how everything about your life can change, instantly and profoundly, simply by changing one or more critical beliefs. In engineering, this is the "tipping point". Let's further examine the implications of abandoning our out-dated perceptions about time.

Musings...

[Time & Focus, The Key To Everything](#)

Posted on [November 16, 2010](#) by [David D](#)

My sister and I were discussing time and not ever having enough of it. I believe that how you spend your time is a predisposition or mindset and many people complain of not having enough time to do what they want. I see guys selling their Harleys and snowmobiles in the classifieds with the comment “no time to ride”.

To me that’s BS but, it is true a lot of people get caught up in a lot of mindless activity like texting and posting stuff on Facebook, yammering on the phone or watching TV shows. I waste time just going to the grocery store three times a week when I could just buy a lot of groceries once or twice a month.

An author who grew up as a poor orphan, Dr. Wayne Dyer, became a millionaire simply by committing his time and intending to succeed. He writes about forcing himself to get up at 5 AM for one year to write one of his books even though, like everyone else, he had a day job and family responsibilities. He made the time and backed up his intention to be successful by taking the action. Few people would get up at 5 AM to work just on the chance they could write a successful book.

I’ve found that my so-called work activities expand to fill up the time I’ve allotted to them. When I worked a day job the only time I had was early in the morning before commuting to work and late at night. But, I got the job done in just a few hours because I prioritized my tasks.

Now that I’m semi-retired I’m finding it somewhat difficult to make clear cut progress. Some days seem to leak away with diversionary activities like walking the dog or making tea.

Nevertheless, I’ve become involved with a business where the owner who is training me, hardly ever has to work yet he earns over \$50,000 to \$100,000 a month (or more).

I bought his course and it is one of the few “make money” courses that I’ve purchased that I feel are worth way more than the selling price. So, I’m focusing 100% on duplicating his business. I figure that I’ll eventually have both more time and more money.

When you have the tools anyone can succeed in this business and still work only five hours a week. So, in a way, anyone who wants to succeed can succeed. Focus and time. Use both like levers and you can move the earth. Dave

Chapter 5

ASK AND YOU SHALL RECEIVE

Remember the talented dress designer from the last chapter who created a masterpiece within ten minutes because her perception of time was altered via hypnosis?

What you believe affects what you perceive. In the hyper-suggestible state of a hypnotic deep trance this woman's sense of time was altered.

Doreen Virtue, Ph.D., author of The Light Workers Way, retells the story of a woman who had lost her husband during wartime.

According to the story, from the moment he died time ceased to exist for this woman. She waited patiently for him to return day after day. Despite the passage of many years her hair and skin remained the same as on the day her husband died.

Scientists conducted a study of elderly subjects in a 1950's environment. In the study geriatric subjects in their mid to late seventies were accommodated in an environment lifted straight out of the 1950's. The home had an old black and white television. All appliances, furnishings and even the decorating dated back to the early fifties. Naturally, there were no cell phones, computers, VCR's or anything at all from the contemporary world. Prior to the start of the study each subject was thoroughly examined and a photograph taken. After 90 days in the 1950's environment the subjects were acting and feeling decades younger. Their energy levels increased and their health improved. But, most shocking of all, the subjects began to look many years younger.

KEY POINT

Your beliefs and attitudes form the entire basis for your experienced (subjective) reality. We are mere observers of experience and our observations are totally subjective.

Some philosophers would say that the closest we can come to experiencing true reality is in the state of *Samadhi*.

Wikipedia defines **Samadhi this way:** (**Sanskrit:** समाधि , lit. "establish, make firm") is a [Hindu](#) and [Buddhist](#) term that describes a non-dualistic state of consciousness in which the consciousness of the experiencing subject becomes one with the experienced object,^[1] and in which the mind becomes still (one-pointed or concentrated)^[2] though the person remains conscious.

Quantum physicists report that at the subatomic level the very act of observing alters that which the physicist observes. You may have experienced the same phenomenon, in which the mere act of looking at someone draws her attention and you make eye contact.

Your act of observing has caused the subject of your observation to react (*by feeling your stare and looking back at you*).

Now, (stay with me here!), imagine that you affect and alter everyone and everything that is the subject of your attention/intention.

That which you expect to see has a habit of showing up to confirm your expectations.

A study by Robert Rosenthal and Lenore Jacobson, called The Pygmalion Study, concluded that students' intellectual development is largely a response to what teachers expect and how those expectations are communicated.

Teachers of grades one through six in a San Francisco elementary school were given false information about the learning potential of certain randomly selected students. The teachers had an expectation that certain students had superior learning potential.

The researchers discovered that a statistically significant number of the "*subject students*", particularly those in grades one and two, tested with higher IQ than their peers of comparable ability. The teachers had the expectation that these particular students were exceptionally "bright". These students responded by outperforming their peers even though they had been randomly selected from the entire student body.

Your expectations of yourself and beliefs about other people have a profound influence that leads one person to see only the praise-worthy qualities of a friend while another person views the same individual as a jerk.

Your beliefs and attitudes about the nature of life and of people in general has a profound effect on how you experience life.

For example, some people view the Universe as benevolent and they believe in a loving God. They expect "good things" and life has a habit of fulfilling those expectations.

On the other hand, I've met people who had the "victim" mentality. In all their dealings with people they felt they were being victimized. Their belief or self-view seemed to attract aggressors who were drawn to this person like bees to honey.

Ironically, many of the people I've met who are perpetual victims seem to be naïve to the point of absurdity. I heard one of these people remark that "*people should be nice*" so she refused advice to take a taxi rather than walk through a dangerous part of the city late at night.

You may hold a deep-seated belief that success in anything *only* comes from hard work. A good work ethic is commendable. This belief will also sentence you to a life of hard labor. Nothing worthwhile will ever come easily to you.

Is it any wonder that humankind views the world from innumerable perspectives? Because Universal Intelligence is so obliging you need to carefully consider what you *choose to believe* about yourself and life. Your attitudes and beliefs radiate into the

Universe and draw confirming events into your life. You are 100% responsible for your experiences since you are the Creator of your life through your thoughts.

Two Hidden Factors That Can Derail Your Attempts At Manifestation

Before you can plug into *the infinite power of intention* you first need to address the two hidden factors that affect our ability to manifest our dreams:

1. Self-destructive self-defeating scripts that infect your *mental operating system*.
2. *Intention Deficit Disorder* or IDD

What Are We Teaching Our Children?

Unfortunately, the process of passing along beliefs that are life affirming and support the continuation of our species is chaotic and haphazard at best.

One way to pass along beliefs is via religion. The United States has a greater number of religious groups than any other country in the world. In a survey on Adherents.com the top twenty religions and belief systems were identified including "secular" and "atheist".

The survey showed that from 1990 to 2000 nonreligious or secular beliefs (or lack of organized religious beliefs) grew twenty-two times faster than the category "Christians".

Christianity, including all denominations, grew by 5% from 1990 to 2000.

The growth in secularism (should we call it worship of the Almighty Dollar?) appears to be outstripping the growth of most religions in the United States with a growth rate of 110%. Buddhism, Hinduism and *Deity* expanded by well over 200%. But, overall their practitioners represent only a tiny fraction of society.

Humans are a remarkably ignorant species considering their not inconsiderable brain power. The evidence is all around us; just watch the news. As a species we know more about weapons of mass destruction than about human consciousness and potential.

While the human race has always been barbaric when it comes to handling issues between groups of people our level of consciousness uses high technology killing machines rather than advanced metaphysics to resolve differences.

Today we know *and employ* more ways to kill our brothers and sisters than ways to feed and heal them. We claim to value life but fail to teach love and compassion to our children.

The United States spends more money on the military and weapons research than on educating our children.

Hypocrisy is the curse of our time. Religious zealots like Jimmy Swaggart may be the most blatant definers of hypocrisy.

During a [sermon in September of 2004](#), Jimmy expressed his love (NOT) for homosexuals when he said:

"I'm trying to find the correct name for it ... this utter absolute, asinine, idiotic stupidity of men marrying men. ... I've never seen a man in my life I wanted to marry. And I'm gonna be blunt and plain; if one ever looks at me like that, I'm gonna kill him and tell God he died."*

* <http://religiousfreaks.com/2005/11/17/jimmy-swaggart-threatens-homosexuals/>

On the other hand our political leaders who routinely lie, dissemble and cover up their activities that harm the citizens of the United States are perhaps the most hypocritical people in the country.

After years of calling for sanctions against the old USSR, Iraq, Libya, Iran and N. Korea for building nuclear and biological weapons of mass destruction the President revealed the heights of our government's hypocrisy: the Department of Energy's "Complex 2030" plan to build a new generation of nuclear weapons.

With a potential price tag of \$175 billion or more over the next two decades, the initiative calls for the replacement of every deployed warhead in the U.S. arsenal and the construction of a series of new facilities, including a multi-billion-dollar plutonium production plant. It's hard to tell other countries not to build nuclear weapons while the United States proceeds with a plan that will have us in the nuclear weapons business well into the middle of this century.

As reported on Radio Left: <http://blog.radioleft.com/blog/archives/2007/5/31/2988185.html>

Author's note: there are too many examples of government hypocrisy to include in this book.

Our secular culture idolizes violence and winning at the expense of others. Look at the video games that include some of the best selling titles: Grand Theft Auto, *uncensored*, depicts the most depraved and violent approach to living I've ever witnessed.

During my practice as a Behavioral Health Professional I watched a troubled twelve year old boy playing the Grand Theft Auto video game and was shocked to see him gleefully murdering everyone in sight. When I asked him about it he told me it was a great "stress reliever". Hmm, simulated virtual reality murder as a stress reliever.

We value and hold so strongly to our embedded belief systems that we will kill to preserve our way of life. Our youngsters are recruited into the military when they are just eighteen and still too young to have a mature perspective. The truth is that children of 18 haven't evolved their own philosophy of living. Child soldiers are the perfect pawns of a corrupt government.

On the other hand the animal kingdom is different.

For example, animals have developed a neat package of survival skills and instincts honed over millennia of evolution.

The animal kingdom easily and effortlessly passes along the combined wisdom and survival skills developed over eons of time from generation to generation.

Perhaps these survival instincts are coded in the genes of the young. A couple of years coaching from the mother tiger is all that's required to teach her tiger cub how to hunt.

For those tiger cubs that are slow learners, Nature responds unemotionally with the premature death of the lazy, foolish or incompetent tiger cub.

The young of humans, on the other hand, need eighteen years of training and support before they have a prayer of succeeding in modern society.

For those who have lived a sheltered life (perhaps from an affluent family), eighteen is hardly the peak of maturity. Maybe that's why they invented colleges and universities as a "safe" buffer between adolescence and adulthood.

Of course, there are always exceptions like the two teenage boys from Maine, ages 16 and 17, who've already been lobster fishermen for six years and own two lobster boats. But, these guys are exceptional. They've focused on doing something they love and their occupation has provided them with both financial rewards and some degree of personal satisfaction.

Sadly, the American culture values youth over wisdom, bling over happiness, appearance over substance. Sadly, a few disenfranchised people, radical Islamists, feel such a profound level of threat from the American culture, greed and imperialism that their youth are embracing the idea of becoming suicide killers. Some Muslim youth have become "*radicalized*" by an ideology of hate. What are we teaching our children?

It all comes down to core beliefs and perceptions of reality.

Garbage In - Garbage Out

You may or may not have a personal ideology or belief system that you've created for yourself. The vast majority of people feel that they are or try to be a good person. Beyond that, in my experience, few people truly know what they believe.

Of those who have a good idea of what they believe fewer still have an integrated and consistent belief system that resists hypocrisy and has few if any philosophic anomalies. These people are incongruent. There is no coherency in their beliefs.

Unfortunately, our subjective view of our own persona is highly inaccurate. Misguided parental tapes pass on qualities of poor self-esteem, arrogance and false pride and dozens of other negative scripts. These scripts, both negative and positive, form the basis of our mental operating system or *MOS*.

Psychologists have theorized that the brain is like a computer running an operating system and connected to the Internet. Instead of the Internet our minds are inextricably connected to the Zero Point Field. Unfortunately, just like a computer, your mind can be running faulty programming with limiting and self-destructive thinking patterns. Have you ever felt that nothing you do works? That everything you attempt is far more difficult than it has any right to be?

In some ways it is like trying to operate a computer with nasty viruses. Your progress just gets slower and less efficient, mistakes are made and nothing seems to work as intended. Would you continue to operate your computer with a faulty operating system, one loaded with viruses and faulty data?

The sources of faulty programming are not limited to parents by any means.

Did you see the GM commercial for the Hummer? This commercial directly appealed to humanity's most base instincts. Every time it airs I cringe with disgust and mute it. This commercial was taken off the air before this book went to print. Perhaps other viewers were equally appalled.

"Two moms are at a playground and one mom takes her son and cuts in line. The other mom says: "my son was next!" But, the rude mom just smirks and says "*Well, now my son is next*".

"Loser mom" grabs her kid off the playground, rushes down to the local Hummer dealership, signs the papers for a brand new Hummer (No, this mom doesn't need hubby's permission, she just signs on the dotted line and goes...), and heads back to the playground. The slogan comes up: "*Get Your Girl Out.*"

Footnote: GM's Hummer brand failed and was closed down after negotiations with an auto manufacturer to purchase the Hummer brand failed. Divine justice?

What are we teaching our children?

In the past I've worked with youths with challenging behaviors. In many instances the parents have reported violent outbursts, antisocial behaviors and even depression.

I've rarely, if ever, read the "diagnoses" or reason for the referral prior to meeting the client because I don't want to prejudice my mind by expecting to see "behaviors".

What your mind is conditioned to expect will manifest!

What I've seen has amazed me. Children who are nearly unmanageable in the home setting seem to transform into relatively polite and caring kids in my presence *outside the home*. Yes, some children appear to have ADHD. It can be quite noticeable. But, I've seen these children doing a remarkable job of coping with their disabilities.

Many so-called problem kids never displayed a single "behavior" once we left the home and were away from their parents or guardian. What does this tell us?

I trust my instincts. I try to be in touch with my intuitive side. When I spend time with a child in his home setting I put myself in his shoes...and, often, I feel abused, disrespected, bossed around, mistrusted and even disliked. I've seen a parent ranting at their son telling him he's stupid, lazy and untrustworthy. I've left the homes of some of these typical dysfunctional families feeling a high level of anxiety and anger.

Believe me, it can be a very painful experience walking in the shoes of kids from dysfunctional families.

Please Note: *Not all homes and not all families of troubled children are dysfunctional. I've also witnessed the heights of caring, patience and love from parents who are coping with a child with [Aspergers](#) Syndrome, autism or a history of early childhood abuse from a previous family, for example. All families deserve our utmost support.*

But, what we do know is that parents with limiting beliefs pass them along like a virus to their offspring. Fortunately, most of us have a self-preserving servo-mechanism or BS meter that occasionally rejects bad information. But, a parent's deeply held assumptions about life (the T-shirt one parent was wearing the other day said: LIFE IS PAIN!!!!) seep into the child's subconscious and form the basis of their defective *mental operating system*.

These beliefs are insidious. They are hard to identify and even harder to root out. In a later chapter we'll learn a simple system to identify and eliminate virus-like self-defeating mental scripts.

Don't Let Intention Deficit Disorder Derail Your Success

Previously, I made reference to *Intention Deficit Disorder* or IDD. IDD is a term I coined to describe the inability of most people (I estimate 90% suffer from this) to maintain positive, focused thoughts *and action* concerning their primary intention.

I'm familiar with *Intention Deficit Disorder* because I have a bad case of it. My preferred mode of operation is multitasking. I find it terribly difficult to focus only on matters leading to fulfillment of a single intention.

My father described the feeling accurately and succinctly:

"To me it feels like I'm always juggling five balls in the air. Each ball is a different task required by a different and equally important project."

Dean Davies M.D. Ph.D.

Sometimes I'll begin a new project and make tremendous progress for a week or more. Then, seemingly out of the blue an obstacle or a diversion of some kind will appear in my life. My intended project gets derailed. I find it difficult to pick up the pieces once I've dropped the ball. Once your mind loses focus it becomes increasingly difficult to rein it in, filter out self-defeating thoughts and regain focus.

Your attitudes and beliefs either empower you or undermine everything you do. Let's look at some core beliefs that you'll need to install in your *MOS* or mental operating system. You can reframe your life by adopting empowering beliefs:

1. **You are responsible for your success...or failure!**

All Twelve Step Programs emphasize that only you can initiate change. You are responsible for changing from where you are now to the person you intend to become.

You may have acquired "bad programming" from parents, teachers, relatives and even friends. Many scientists believe television and even certain music like gangster rap creates negative attractor patterns that ATTRACT NEGATIVE ENERGY like static electricity attracts lint.

But, once you realize the problem *you must take responsibility for fixing it*. It is your life! Blame solves nothing. Awareness without action is irresponsible!

Taking a lot of time in identifying how your life has been corrupted by bad attitudes and habits that have infected your *MOS* is wasteful. The past is a "done deal". Rehashing it is not a solution. Talk therapy conducted by most psychiatrists only places focus on what doesn't work. By focusing on the problems of the past the psychiatrist creates attractor patterns for more of the same.

The only thing that counts is identifying those faulty, self-defeating thoughts and rebuilding your thought patterns, your very habits of thinking so that you effortlessly and happily choose a successful way of coping every single time.

2. **Fear**

You may love driving at high speeds or even sky diving but I've discovered that FEAR of change holds most people back. Women in abusive relationships go back to the men who abuse them fearing the unknown more than the everyday horrors of their existence.

It is easy to become conditioned to persistent abuse (both mental and physical). It is easy to buy into the belief that what the abuser says is the "true you". Fear of challenging the abuser when your personal boundaries are violated is the single greatest cause of failure in abusive relationships.

Men stay in dead end jobs because they fear the challenge of starting a new job, the fear of failure and learning new routines. As incredible as it may seem fear is a handicap worse than polio or just about anything else you can name.

In his book **The History and the Power of The Mind**, Richard Ingalese categorizes people three ways:

1. People who work and carry out other's thoughts
2. People who think and then carry out their own thoughts
3. People who only think and then have others carry out their thoughts

Ultimately, to be entirely evolved and successful you must develop into a category three person. The vast majority of mankind rarely spend time in introspection or creative thought.

An Overview

The beginning of constructive change is when you do two things:

1. You acknowledge that whatever you are thinking, feeling and doing now is not working for you.
2. You take responsibility for changing those habits, beliefs and attitudes that we have identified as "faulty". Forgive the past. Forgive your past mistakes and forgive those who may have intentionally or inadvertently programmed you for failure.

Take Action

When you take responsibility for changing your current life it implies that you TAKE ACTION.

A thought without action is *powerless*. Only by taking action can you begin to recover your personal power to control your life. And, the first step in taking action is making a decision and a commitment.

Make a Firm Commitment to Your Success and Future Happiness

Have you attended college and gotten a degree? If so, you know that completing a college degree program takes an enormous commitment of time and money in pursuit of a goal: knowledge and a degree. While the knowledge is certainly beneficial, of more importance are the lessons learned about self-discipline and commitment to achieving a long-range goal.

Every day that you squander with a miserable, fearful attitude is another day irretrievably lost. It can mean that you continue to live with enormous stress that will lead to disease and an early death. Many scientists now say that stress (and how we cope with it) is the leading cause of disease.

Failing to change can mean a never-ending trail of sad, broken relationships with the sins of the past revisiting every few years to cause you and your loved ones more pain and sorrow.

Failing to change can mean years slipping away while the dreams of your youth collapse in heartbreak and disappointment.

Failing to change can mean that you settle for the Ford Escort (the ten year old one with the noisy transmission) instead of the brand new Infinity hybrid and the classic 1963 Split Window Corvette in the garage.

It can mean worrying about paying your bills day-in and day-out for year after year and then settling for a paltry retirement on social security and little else.

What's stopping you from getting what you want?

Personal change is fought by the ego. Your ego is the antithesis to Your True Self. Let's see why.

Musings...

[Hyperinflation? Mired In The Status Quo](#)

Posted on [December 15, 2010](#) by [David D](#)

Porter Stansbury just posted a video warning of the coming collapse of the dollar as the world's reserve currency. This is one of those predictions that is so probable that anyone with common sense and a rudimentary knowledge of money and history would see it. And, to be frank about it, many down-to-earth, hard-working people here in Maine seem to recognize that the *bleep* is about to hit the fan. Though, I've yet to find a local who can explain why they believe life in the United States as we've known it is about to change drastically for the worse.

(You can watch his video [here](#).) Understand, that this is a content rich sales video. Stansbury's goal is to sign you up for a subscription to his newsletter. But, I recommend you don't throw out the message behind the sales intent just because he's trying to sell you something.

One of the ideas that he mentioned was a word or phrase that described the reluctance of a person or population (like the Jewish population in pre-war Germany) to perceive and act on obvious threats to their way of life. I don't feel like watching the video again to pick out the word...so, if you watch it would you let me know? Anyway, I find the concept (the word) he mentioned fascinating.

It all ties into the work of best selling author and researcher Robert Cialdini (**Influence, The Power of Persuasion**). People have a built-in "herd" instinct that prevents them from making independent decisions when those decisions obviously go against the prevalent view. This is the reason average investors do the exact opposite of the key principle of investing: buy low (when everyone shuns the investment) and sell high (when everyone else is buying).

Today, the media including publications like Fortune magazine are just propagandists for the government. Their job is akin to someone telling you that you need to turn off a light to conserve energy....meanwhile, your house is burning down. They distract the public by harping on inconsequential advice that is the exact opposite of what a sane investor should be doing. The investment gurus or talking heads get you worrying about which municipal bond pays more interest while the currency itself self destructs.

Unfortunately, I predict that 95% of the people of the United States will be “blind-sided” when our economy collapses and the almighty dollar becomes about as valuable as a sheet of toilet paper. Think about it...the government doesn't want counterfeiters to print our money because it would:

a) provide the counterfeiter with unearned gains and

b) because too many counterfeit bills in circulation will devalue the rest of the currency until no one would have the trust to accept the U.S. dollar.

But, here's the thing; we don't have to worry about counterfeiters printing too many fake bills because the Federal Reserve is printing trillions of “real” dollars backed by absolutely nothing but the cost of the ink and paper – and dumping them into the economy in the form of bailouts and entitlement programs.

So, I don't know about you but I'm liquidating everything (anyone want to buy a nice old cape in the “Prettiest Village in Maine”)? Call me if you want to own a 2-3 bedroom home on a private 1.7 acre lot with stone walls and a pond and 70 acre woods along one border.

Just so you know, I'm accepting gold or property in Belize, Costa Rica or Argentina.

Make good decisions and don't be afraid of independent thinking.

Chapter 6

EGO ADDICTION



The Lord's Prayer has a refrain:
"And Lead us not into temptation..."

But what is temptation; a third slice of chocolate cake, an injection of heroin, another drink? How about the temptation to return to an abusive lover because now you think they've changed or that *you can change them*?

Temptation is nothing more nor less than the powerful urge to return to ego-driven behaviors. People with addictions face temptation day in and day out.

An addiction is just a chronic impulse to keep behaving in self-destructive ways, thinking perhaps, that the next time the outcome will be different.

The opposite of addiction is "inspiration". This is the powerful urge to get and stay connected to Spirit...or God, or, from the latest scientific perspective, the *Zero Point Field*. When you are inspired you are *In Spirit*.

"What, give up my ego...you must be crazy!"

Your ego developed as a physical survival mechanism in infancy. Your ego adopted or, should I say *usurped* the role of "I" at your birth.

"I" as a physical entity (a soul incarnate) required the ego for necessary survival functions like manipulating the physical environment by crying to eat, stay warm and dry and to attract social interaction and approval.

As you began to grow older your ego's role and importance rapidly expanded because the ego believes it knows the best ways to eliminate feelings of emptiness, lack of purpose, pain and suffering.

Our ego-driven behaviors permeate our lives in hundreds of ways you might not appreciate.

Here are just a few:

- Getting up and watching the morning news show with a cup of coffee. (I've eliminated the news shows but not the coffee).
- Driving to work in your huge Hummer (alone).
- Cutting off the other inferior cars to get to the next stop light seconds before the other chumps in their old beaters.
- Stopping at Starbucks and ordering a triple, moca latte with a dash of nutmeg, whipped not stirred...AND then yelling at the serve person when they get your order slightly wrong.
- Throwing a hissy fit when some peon has parked their old beater in your reserved parking spot!
- Sabotaging a peer's excellent suggestions during a staff meeting for no other reason than it felt good to make them look foolish...And the list goes on.

For many of us our ego totally controls our lives. We've become addicted to our ego's demands for recognition and respect. We've become so conditioned to our ego-driven behaviors and addictions that we have lost sight of our True Self.

When asked, "Who am I?", we respond:

"I'm the V.P. of GBE, Inc. (Great Big Ego, Inc), you know, I'm the guy that drives the brand new Hummer."

When I was working as a Behavioral Health Professional I found my ego interfering with my effectiveness in working with behaviorally challenged pre-teens. One day it dawned on me that I was competing with my clients to see who could swim the fastest, run the farthest and win the board game.

By nature, my ego is highly competitive. My ego hates to lose even when the "competition" is just an insecure, maladjusted young boy.

Fortunately, I'm capable of noticing my own ego-excesses. Especially when one day one of my clients who always loved to play Yahtzee told me he didn't want to play with me anymore because I always won.

And, it was true! I remembered times when I didn't just beat him at Yahtzee but swam farther under water, out shot him on the basketball court and outran him on the track. I realized my ego was trying to build itself up at the expense of a young boy. It was a pathetic way to behave, but all too human. I realized I had to take stock of myself and my relationship with the kids to better channel helpful actions rather than ego-driven acts.

There are a lot of ways your ego attempts to generate a false sense of dominance. For example, take a moment to think of a few of your innermost thoughts that give you secret satisfaction but you wouldn't want them displayed on a billboard for millions of people to see.

Because all life forms are connected by a Universal Energy Field your private thoughts are clearly displayed to anyone with psychic ability. And, as we'll learn in a later chapter you and everyone in the world has latent psychic talents. Anyone who has developed their psychic skills can "tune" into your most private thoughts and be affected by them!

To take this one step further, scientists now believe that thoughts have their own frequency range and, depending on the intensity of the thought, *enormous power*.

That's why negative, self-degrading thoughts (that you think are totally private) have a profound impact on you and everyone around you. Your thoughts, unseen, radiate out in concentric waves like the ripples caused by a stone dropped into a pond.

Even words spoken in prayer or written as a label on a bottle of water have shocking power. Masaru Emoto, the author of [The Hidden Messages in Water](#), discovered that water is affected by our thoughts, words and feelings. His historic research required him to invent a means of freezing water in such a way that he could take a photo of a water crystal. He was re-creating snowflakes and photographing them! His books show photographs of water crystals from water that has been labeled with the word "love", "destroy", "gratitude", "hope" and many more words.

In one of his many experiments a water sample was taken from a reservoir near the Kitakawabe Elementary School and photographed. This photograph shows a messy, poorly formed crystal. Then, the children and their families formed a circle around the water sample. These thirty people clasped hands and recited to the water: "*Water I love you*," "*Water I thank you* ", "*Water I respect you*". When this sample of water was frozen and photographed a beautiful, fully formed crystal appeared.

If you need first hand proof of the power of words and feelings you can conduct your own BK test with a friend. Simply have them hold out their left arm to one side. Ask them to visualize everything they associate with the word "love", like a loved one. Now, place your two fingers on the top of their extended wrist and tell them to resist. Press down quickly. You will find that their arm barely moves down at all.

Now repeat the exercise but tell the subject to imagine someone that they hate or to think of a hateful person like Adolf Hitler. You'll find that their arm goes weak and is easily depressed.

The ancient wizards knew that words have power but few modern scientists have studied this field in depth. Did you ever wonder if those magical incantations actually had power?

But, back to our discussion of the ego. So, what is the best way to manage our ego?

For me, the clearest way to understand the ego is that it is a necessary component for our physical survival and early development.

The ego is comparable to the caterpillar stage prior to the emergence of the butterfly from the pupa or cocoon. The transformation of the lowly caterpillar into a radiant butterfly that can soar over fields of flowers is one of Nature's infinite spectrum of miracles.

What emerges from the cocoon has no resemblance to the caterpillar that produced it.

According to a text on stages of development of the butterfly:

"Basically, what happens is the complete disassembly of the cells that made up the caterpillar and the reassembling of those cells into it's new form...a butterfly."

From www.home.cogeco.ca

Physiologically, your ego is the manifestation of a servo-mechanism whose only frame of reference is itself. The ego "thinks" it is YOU, the true, genuine **True Self You**. When the ego feels threatened in any way it is because it is defending the insubstantial, insecure and puny you who feels compelled to drive a fancy car to feel "good" about his or her self on critically important occasions like getting valet parking at a fine restaurant or hotel.

But, the True You, your everlasting Soul, is infinitely greater than you may now perceive. You are the butterfly, not the caterpillar. Better yet, you are the spirit that transforms the caterpillar into the butterfly and gives it life.

You may not have undergone the miracle metamorphosis and shed your cocoon...yet.

Ask yourself:

"Has your ego filled that deep void within you...you know, the one that drives you to "one-up" or "put-down" those around you by brandishing your big job title, your pile of cash or your expensive car (that you need to lease because you don't really have assets that you actually own)?"

Take as long as you like to answer but I urge you not to hold your breath! Your ego is simply incapable of satisfying your True Self. Your True Self is timeless, infinite and part of the very fabric of Creation. To compare the person who constantly seeks ways of feeling superior to others to the Person who is your True Self is meaningless.

Your True Self exists forever in an Infinite energy field operating at a far higher frequency than your mortal ego. Frankly, in my experience, they don't share any of the same values (though an excellent cup of coffee could be a rare exception)!

Why You Need An Ego

Your ego is a bundle of emotions, drives, biases, prejudices and instincts. Your ego is by nature self-centered, arrogant and naïve. A big ego demands the best and strives to be the best. Where talent fails to achieve excellence the ego attempts to dominate other people who may be more talented but whose egos don't require recognition.

If left unchecked metastasized egos can lead to aberrant and malignant humans like Adolf Hitler and the French despot, self-proclaimed emperor, Napoleon Bonaparte.

On the other hand, if the ego is guided and balanced through prayer, service to others and meditation the ego can help the human animal achieve great art, inspired literature as well as scientific discoveries and world changing inventions. You can often observe these ego-driven personalities in the top strata of professional sports, government, the arts, religion and business.

In today's Western society we see a wide spectrum of spiritual development ranging from anorexic-souled drug addicts who are seeking chemical Nirvana to the vast body of the population immersed in the escapism of the media. In the latter category I include the millions of ordinary people who seek escape not so much in alcohol and drug use but in the form of daily immersion in television, Internet, movies, videos and playing video games. For people at this stage of development the greater fear is time spent alone quietly contemplating the nature of their soul.

In his book Power vs. Force, David Hawkins, PhD, employs behavioral kinesiological testing, abbreviated here to **BK**, to chart degrees of soul awareness or energy levels of the human population. To quote Dr. Hawkins:

"...85 percent of the human race calibrates below the critical level of 200, while the overall average level of human consciousness today is approximately 207. The power of the relatively few individuals near the top counterbalances the weakness of the masses toward the bottom to achieve this overall average."

"Any meaningful human satisfaction cannot even commence until the level of 250, where some degree of self-confidence begins to emerge as a basis for positive life experiences in the evolution of consciousness."

BK is the feedback of our own bodies. Thousands, no tens of thousands of trials by scientists all over the world have demonstrated its absolute accuracy. BK testing indicates that the vast majority of the human race is spiritually deprived.

Unfortunately, we can't count on current religions to advance the spiritual consciousness of the masses to at least the level of 250 anytime soon. If the world's religions had the answer they have failed to raise mankind's level of consciousness in over 2000 years. From the horrors of the Crusades, the terrors of the Inquisition, the failure of the Holy Catholic Church to denounce the Nazis to the current perversion of Islam with its Jihad and suicide bombers, religious dogma has failed to raise spiritual consciousness except in rare individuals.

Religious politics have brought about the separation and hatred of man for man, race for race and culture for culture. Spiritual Power has fled from today's religions.

That is not to say that the original spiritual principles preached by Jesus, Mohammed and Buddha were corrupt. BK testing shows the spiritual power of these original teachings is at or near the 1000 level. Like everything else, men with big egos saw the Power of the teachings and corrupted them or interpreted them to suit their own requirements to achieve political power.

You Can and Must Attain Spiritual Power Through Your Own Efforts

If you take nothing else away from this book than this idea, my message will be complete:

All your answers lie within yourself. 100% of the responsibility for advancing your soul energy is yours. You can achieve Spiritual Power and you can manifest whatever you desire; it will not come from listening to politicians, clerics or gurus. It will not come from eating fish on Friday and not eating pork.

Your power will develop from being still and patiently listening. Your power will come from matching your vibrations to the highest vibrations in the Universe.

Chapter 7 CONGRUENCE

I've described the concept of synchronicity as an event when the confluence of people, places and actions is so fortuitous as to be miraculous, or, to put it in more scientific terms "*outside the remotest probabilities of chance.*"

As you'll soon see "synchronicity" begins to assume a bigger and bigger part of your life as you develop your Spiritual Power. As you progress in fine tuning your Spiritual Power *the law of attraction* will inevitably unfold the conditions, events and experiences required to manifest your prevalent thoughts.

In this chapter we'll look at "*congruence*". Congruence is the essential building block of Spiritual Power. I define it as the state of mind when desire, need, action and belief are in perfect alignment.

Congruence can be recognized as that state when your inner beliefs, values and desires are in perfect accord with your actions.

Congruence is the total absence of hypocrisy

As congruence increases spiritual power increases exponentially. So, even a small increase in congruence is reflected in an exponentially larger increase in spiritual power. People who are the most congruent have the highest levels of spiritual power. In my experience, congruence is like a radioisotope with a half-life of 40 nanoseconds.

Maybe you've met people who've been totally congruent for a moment or two. And, in that moment there is power and beauty that can have ever-lasting impact on those who are present to experience the moment.

Years ago I came across a research study conducted on a group of psychiatric patients. The patients were watching the late President Ronald Reagan give a State of the Union address on television.

The researchers noted that the patients were laughing at inappropriate occasions during the speech. The remarkable finding was not that psychiatric patients displayed inappropriate affect (laughing at points in the speech that were intended to be serious) but that they all laughed at exactly the same points.

Now, this behavior might have easily been dismissed as Dr. Robert Cialdini's principle of **social validation**. People have a natural tendency to want to do what others are already doing. If one patient begins laughing the tendency is for others to join in. However, further research showed that the patients laughed only when the President said one thing

but his body language said another. President Reagan was not congruent, or, to put it bluntly, he neither felt nor believed the words he was saying out loud. To give the President due credit, it was noted that they didn't laugh throughout the speech, unlike tests done with other politicians.

According to Dr. David Hawkins in his seminal masterpiece, **Power vs. Force**, "*The Hidden Determinants of Human Behavior*", researchers have discovered a means of testing for "truth". Scientists, beginning with Dr. John Diamond writing back in the 1970's discovered that the human body responds clearly, almost like a computer's yes-no signal, to "*intellectual positions, statements or ideologies.*" P6- Foreword from **Power vs. Force**.

This phenomenon was one of the core discoveries in the emerging new science of kinesiology. As you will soon see this research has created a new paradigm in understanding life.

The psychiatric patients from the study were, in essence, functioning like a BS meter. These patients veneer of what we call sanity had eroded away leaving the patients' nervous systems directly attuned to a universal energy field where levels of truth and falsehood can be precisely measured.

With the discovery of behavioral kinesiology or BK testing you do not need to be insane or be gifted with unusual psychic powers to discriminate BS from Truth.

When I spent time working with mentally challenged people I realized that clients whose mental capacity ranged from that of an infant to approximately four years old had the capacity to "*suss out*" the mood of staff members as soon as they arrived at the day care facility. Clients weren't fooled by staff members who put on a "happy face" even though they were stressed out.

If a depressed staff member arrived one or more clients would wander over and attempt to cheer them up; and, oftener than not they succeeded.

The clients also had the knack of knowing which staff members were genuine, caring individuals and which were only going through the motions. Staff members who were insincere and hypocritical had some surprises in store. Clients had their ways of dealing with these non-congruent staff members. You've never seen anyone play 'dumb' until you've observed an individual labeled "MR" play dumb. For those staff members who understood exactly what each individual was physically and mentally capable of doing the scenes could be quite comical.

For example, a new supervisor assigned a low functioning, non-verbal client, we'll call him Joe, to join a group of other clients for an outing into the community. The new supervisor wasn't aware that another client, who had a history of aggravating Joe, was already on the bus. Joe walked out to the bus easily enough but when he spotted his nemesis he suddenly lost the use of his legs. Joe lay down in the middle of the parking lot

blocking the other buses while the new supervisor screamed at staff members to force him onto the bus. Needless to say, force is not OK, especially when handling disabled people. As soon as the bus departed without him Joe regained the use of his legs and the crisis was over.

Measuring Congruence

Have you ever been conned? Sure you have. Everyone, at one time or another, has been suckered by a smooth talking salesman. Many people have fallen for a charming lover only to eventually realize that they were just being used.

Dr. John Diamond revealed a simple test for congruence in his book Behavioral Kinesiology. The test requires two people, one person to conduct the test, the tester and the person being tested or "test subject".

In tens of thousands of trials conducted by scientists and therapists working with people from every nationality, religion and culture the outcomes were identical.

In the test the subject is asked to visualize or actually be exposed to a stimulus like a picture, music or an unidentified substance like Saccharin. The subject extends their right arm straight out in front of them. The examiner has them think of a loved one, for example. Then, the tester faces the subject and places two fingers on the outstretched wrist of the subject and asks the subject to resist the downward pressure.

The tester then quickly presses down on the subject's wrist. A normal healthy subject who is thinking about a loved one or something positive or a true statement will easily resist the downward pressure. If the statement told to the subject is a lie or the substance is catabolic (harmful to life) the sudden downward pressure will cause their arm to go weak and drop from the horizontal starting position.

This is not a test of physical strength. It is a test of the ability of the subject to lock the muscle holding his arm out straight, horizontal to the floor.

A common assortment of visual, auditory and ideological stimuli elicit universal responses as follows:

TEST WEAK	TEST STRONG
saccharin	Organic honey
Picture of Hitler (even if never seen before)	Mother Teresa -(even if never seen before)
Gangster rap music (even if subject loves it)	Beethoven (any classical music)
Grand Theft Auto (video game in the case)	Bible

Regardless of the subject's personal likes or dislikes, politics, religion, language, culture or beliefs they all test weak for items in the weak column. Subjects tested by stimuli from the strong column all test strong and easily resist downward pressure.

Again, this test is not one of strength. The test works just the same regardless of the age, size or strength of the tester and test subject.

Remarkably, likes and dislikes play no part in the results. A lover of the rap music who detests classical music will still test weak for rap music.

Even if a subject has no idea that an envelope he was holding contained saccharin he will test weak. At some subatomic, super conscious level, our bodies know truth from falsehood, healthy from hazardous and life affirming from destructive.

Our Bodies Know

I believe that all disease is the physical manifestation of spiritual dissonance or incongruence. When we are sick our bodies are using every available resource to get our attention and to restore congruence in our thoughts, beliefs and actions. The less aware we are the more extreme the unbalance or dissonance that disrupts our bodies.

The human body has tremendous resiliency and, when healthy and properly nourished, our immune system can stop many diseases before they take hold. Despite the awesome power of our immune system to defeat almost any invader there is a limit to its capacity to cope with chemicals and toxins in our food, water and air.

Unfortunately, we are our own worst enemy regarding habits of healthy eating. During the last few years scientists have identified a common a non-food ingredient as a destroyer of health. Finally, the large food companies are eliminating hydrogenated vegetable oils in common packaged foods like peanut butter, margarine, cookies and much more.

Hydrogenated vegetable oil has been identified as a major contributor to these diseases:

- Diabetes
- Heart disease
- Strokes
- Intestinal ailments like acid reflux disease

Hydrogenated fats used in many foods are not found in nature. They are an invention by our food industry to cut costs and for a while gave people the illusion of cutting down on cholesterol. In reality, hydrogenated vegetable oil is not a food at all but a plastic. It is not digestible and will impact health. The human body is not designed to digest plastic.

As our food producers become just another trillion dollar industry profits outweigh health concerns. The industry has used artificial sweeteners and corn syrup in nearly every packaged product that requires sweetening. Why? Profits; corn syrup is cheaper than real sugar. Unfortunately, refined sugar itself was never a part of the human diet until the last

few hundred years. The human body wasn't made to assimilate refined and processed sugars called sucrose. They trigger the body's production of insulin to eliminate spikes of sucrose in our blood stream.

Insulin inhibits the mobilization of stored fat. When you eat a sugary diet rich in carbohydrates, yes, even including certain starchy fruits and vegetables, you can exercise until you drop but your body will not burn stored fat. This is not true when you eat a protein rich meal of eggs, meat, dairy or fish.

If you are fat (sorry, I don't believe in euphemisms) then chances are your diet is loaded with sugar, corn syrup, refined starches including white breads and potatoes.

It is not the Big Macs or the fats that are destroying your metabolism; it is the french fries cooked in hydrogenated vegetable oil, the hamburger bun, the milk shake and soda that promote the production of excess insulin.

Prescription to Lose Weight and Restore Your Health:

Eat more red meat, fish and fresh, organic green vegetables, fruit, nuts, cheese and eggs. Eliminate all starchy foods and refined carbohydrates like spaghetti, breads (whole grain breads are less bad), potatoes (sweet potatoes are less bad), cake, muffins, biscuits, donuts, carrots, soda, sweetened fruit juice, pancakes with fake syrup (98% corn syrup), sweetened cereals and ice cream. When you do eat a carbohydrate-laden food make sure it is not made from refined white starch but is made from whole grains.

*Don't eat the so-called healthy margarines. This industry duped the public with its touting of hydrogenated vegetable oil as the cure for cholesterol. They have strenuously tried to blame butter for the alleged dangers of high cholesterol. But, cholesterol is not the culprit the AMA has made it out to be. Read **The Cure For Heart Disease** by Dr. Dwight Lundell for further insight into the real problem.*

Another, earlier book on the subject of sugar in our diets, **Sugar Busters!**, was written by four collaborating physicians: H. Leighton Steward, Morrison Bethea, M.D., Sam S. Andrews, M.D. and Luis A. Balart, M.D. The information in this book is just as valid today as it was back in 1995 when it was first written. I highly recommend it!

For example, sodas should be eliminated from the American diet. The sugars in sodas contribute to inflammation. Inflammation is the underlying cause of heart disease. Direct intake of sugar, as in sugary drinks, even sweetened fruit juices or any item with corn syrup (used as a cheap sweetener), prompt specialized cells in the pancreas to secrete insulin for high blood sugars (above 120 or so). When sodas become a consistent, daily part of the diet these cells work overtime and eventually the body responds by becoming pre-diabetic. If this condition is left untreated diabetes is the result.

Excess consumption of sugars and simple carbohydrates also contribute to obesity. The U.S. Department of Health has research showing that drinking just one can of soda a day leads to ten extra pounds of weight per year.

The current dietary recommendation to reduce the intake of animal fats and proteins has led to an *obesity epidemic* in the United States. The physicians, food industry "scientists" and government watchdog agencies should be forced to eat a diet rich in starches and simple carbohydrates with little or no red meats, eggs and dairy products for ten years. Inevitably, they will wind up being overweight and undernourished. Chances are they will either have diabetes or become pre-diabetic. Without exception they will experience many of the symptoms of heart disease. Who wants to volunteer for this study?

Have you ever noticed that in many hospitals the health care professionals including many doctors, nurses and nursing assistants are significantly overweight? Many of them smoke as well. What's with that? It could be that they are closely following their own dietary recommendations. It also could be true that many people in the medical profession are simply not congruent.

So, in today's world, the cereal manufacturers load up products like Pop Tarts and cereals with huge amounts of sugar to hook children early on sweets. When refined sugar first entered our diets at around 500 AD, consumption was extremely low. Sugar and refined carbohydrates were hardly consumed at all until around 1950. Scientists have noted that our consumption of sugar was 114 pounds per person per year in 1967. By 2003 this consumption had increased to 142 pounds of sugar per person per year.

Americans consumed another 61 pounds of high fructose corn syrup found in hundreds of foods like soda pop, salad dressing and imitation maple syrup. The average American consumes about a *gallon of soft drinks a week*.

The Food Pyramid is a fraud leading to an epidemic of avoidable diseases like heart disease, stroke, high blood pressure, arthritis and diabetes. Obesity is killing Americans with the tacit blessing of the American Medical Association.

TAKE CHARGE

Now is the right time for Americans to listen less to the talking heads in the medical industry and more to their own body. Anytime your doctor or someone in the medical profession tells you (on television, for example) that you need to take XYZ drugs for a certain ailment do your own research before buying into the propaganda.

It is shocking how many patients' health has been ruined by destructive side effects of taking a cholesterol lowering statin drug, for example. But, the evidence is clear. You can access the research reports yourself on the Internet.

Let's say you suffer from acid indigestion, GERD, and your doctor recommends that you take a branded drug to combat the problem. My suggestion is to first look up the side

effects on the Internet. I won't go into specific drugs and their side effects but you can easily do your own research.

You can also do your own BK (*behavioral kinesiology*) tests to determine if a particular drug is beneficial. Simply hold the prescription in your hand. You can have a friend put some capsules of the prescription in one bottle and some proven beneficial capsules of Vitamin C, for example in a similar bottle. Then, you can say out loud "*these capsules will improve my health*".

This is a blind test in that you won't know which bottle contains the prescription and which contains the Vitamin C.

If the prescribed drug is actually harmful and doesn't promote healing there is a very high probability that it will test weak.

I also recommend subscribing to an unbiased health research newsletter that is not in the employ of the drug industry and accepts no advertising. There are a few newsletters that debunk the many medical myths and fraudulent studies designed to keep us spending money on dangerous drugs and treatments for the symptoms of preventable diseases.

By taking charge of your own health you become more congruent. You stop relying on others who may not have your best interests at heart. As you assume responsibility for your own good health your body will actually take note and begin to respond. You'll find yourself deciding to take a walk instead of turning on the television the moment you come home from work. You'll find that cigarettes no longer satisfy as much as before. Perhaps you'll forego eating donuts, cake and breads made from refined "enriched" flour and loaded with sugar.

Be Congruent

I know a woman who tends to eat healthy foods like fresh vegetables from her own garden, fresh, organic lamb and whole grain foods. But, she isn't congruent. She talks about living a healthy life-style but she continues to smoke. But, she's no different than millions of other smokers who run to their physician for prescriptions to mask their underlying health issues aggravated by smoking.

Incongruent Lifestyles

There is a kind of internal hypocrisy going on with people in the medical profession who abuse their body by smoking and eating an unhealthy diet. But, working in the health industry while eating an unhealthy diet isn't the only area where people aren't congruent.

Clearly, being congruent isn't just about making healthy choices regarding diet, smoking and exercise. Being congruent also involves doing what you love to do to earn a living.

Anytime you are working in a job or profession that you hate you are untrue to yourself. You are not congruent. You will pay the price for not being congruent by having higher stress levels, more anxiety, less success, and eventually, health problems. Meanwhile, some people are making drastic changes. These people are heroes. They are living their dream life.

There is a powerful, but largely unrecognized movement of professionals who have rejected their professional careers to do something they love doing or to live a lifestyle that wasn't possible in their previous profession.

One professional couple I personally know quit high paying careers working in Boston to purchase and run an authentic, rustic country store and lunch counter in a tiny village in Maine. Imagine a man with a PhD in biochemistry who formerly worked for a large corporation deciding to quit his job to sling hamburgers in a quaint country store. I've stopped by for a cup of coffee many times and always found Mike and his wife to be cheerful and happy despite the hard work. They love the camaraderie of working together and serving neighbors from their community. They love the low stress Maine life style surrounded by friendly neighbors with lakes, rivers and the ocean nearby.

Another couple gave up boring but high paying careers to purchase some land in the remote wilds of Canada next to an Indian reservation. They built a log home right on the water with access for the custom made kayaks the man makes in his workshop. He sells his kayaks on the Internet and via word of mouth and they've become collector items and works of art selling for upwards of \$5000 each. His wife is equally happy in her new career. She breeds Portuguese Water Dogs. The puppies sell extremely well and these dogs in particular love the Canadian woods environment.

This couple went off the grid. Their combined income is very nearly the same as they earned as professional people commuting daily to work but now they are doing what they love and their time is their own. They are living in their dream house right on the water and doing exactly what they want with their lives. Now, that's congruence!

Fear keeps many people from following their dreams. Fear and doubt are the twin destroyers of dreams. You can easily banish fear and doubt when you realize the unlimited power of The Field is just waiting to be harnessed. It is all about being still.

Chapter 8 The Nature of Power

*Your beliefs become your thoughts
Your thoughts become your words
Your words become your actions
Your actions become your destiny*

Mahatma Gandhi

Human beings intuitively recognize people with personal Power. Anything less is force masquerading as Power. This false power is power with a small "p".

A family may be a matriarchy or patriarchy. One person, male or female alone, has the final say in all matters. Where it is the matriarch with the Power the nature of Power becomes clearer because it is not based on intimidating size or force - anyway, not usually. Power is internal, unlike force that goes around masquerading as Power.

The children do not respond to the drunk and abusive father, despite his intimidating size and potential for violence. His is "power" with a small 'p' and it is entirely based on the threat of physical force.

The matriarch, on the other hand, can step into the living room where her six foot three inch tall rugby-playing sons are fighting. All five feet two inches of her figure can command their attention and respect with just a look and a quiet command.

Power requires no arguments, no threats, no penalty nor punishment; it is instantly recognized for what it is. Power is internal and no outside force is required.

Historically, people have readily recognized true Power in individuals like Mahatma Gandhi, Albert Einstein and Nelson Mandela.

Scientists, especially Dr. David Hawkins have used Behavioral Kinesiology, BK, to explore the physiology of consciousness via muscle response and resistance. Researchers have been able to determine the level of consciousness of any person who has ever lived past or present.

Consciousness testing has plotted identical results regardless of who is doing the testing and regardless of the location of the testers. BK testing responses are 100% consistent regardless of the beliefs and biases of the tester. Applied Kinesiology apparently taps into a cosmic level of Truth beyond the perception of most people.

Researchers in the United States who measured Albert Einstein's consciousness level at 499, for example, have seen their results independently verified by other researchers a world away. When using Dr. David Hawkins logarithmic scale of consciousness all scientists will get the same result, 499 for Albert Einstein, for example.

Personal bias can affect results. That's why the proper method of BK testing uses a blind test approach. For example, prior to testing a particular statement or substance the tester will first test the subject with several common substances whose relative power is known.

For example, artificial sweetener, like saccharin, will always test weak compared to natural honey that always tests strong even when the substances are disguised in identical containers. The subject being tested has no need to be aware of which substance is the object of the test. Furthermore, the subject need not even be familiar with the substance or person being tested.

Hypothetically, if a scientist were to test a member of the Aryan Brotherhood, or a member of the Nazi party to determine the level of consciousness of Adolf Hitler, the results would match those of someone who had never heard of Adolf Hitler. Despite a probable bias in favor of Adolf Hitler both the Nazi and the naïve test subject would test weak when determining at what level Adolf Hitler correlates with the word "love".

Calibrations of Human Consciousness

Historical personalities from the past up to the present were ranked according to their level of human consciousness via a scale of Personal Power. According to extensive research mankind as a whole ranks just above the 200 level on an exponential scale where 1000 is the very top. Here are the rankings of some historical personalities. Remember, there is no subjectivity to this test; these results were and can be replicated by scientists regardless of their personal opinions or politics:

(INSERT RESEARCH)

There Can Be No Power Without Truth

The key to unlocking your Spiritual Power is *truth*. At the subatomic level of energy that permeates everything in The Field *truth is power*. Like a bubble of air far beneath the surface of the sea truth will eventually rise to the surface. Truth is buoyant and The Field is omniscient, omnipresent and all powerful. You can no more suppress truth than you can contain the atmosphere indefinitely at the bottom of the ocean.

No matter what you do or say The Field recognizes the truth. Your thoughts and actions become part of the fabric of The Field and the truth about all matters is available for everyone to perceive. You can use BK testing to determine the truth of any matter.

When you lie to yourself you hide the Truth from your ego but your soul knows. The secrets, the fabrications that you rely on to hide the truth about yourself from your ego are corrosive. Dishonesty with yourself and others destroys your congruence.

Dishonesty diminishes your Spiritual Power. All great religions embody the concept "*know thyself*". You must go within to know yourself. You must acknowledge that which you see; that which is true and honorable and that which is false and weak.

This is a painful process. It is like lancing a boil and as the lies burst out into the open air of rational and objective exposure your power will appear to weaken. But, if your intentions are true and you are honest about your mistakes people with their own personal power will recognize and appreciate your actions. Truth has Power. You will gain spiritual power in the process.

Perhaps this is why the Catholic religion believes in confession. Acknowledging your weakness, your incongruence to anyone, even a priest in the privacy of a confessional, has a cathartic effect. When you see yourself for what you are and begin to visualize your ideal self you'll begin to attain personal Power.

The Ten Step program of *Alcoholics Anonymous* has been successful where traditional psychoanalysis has failed because, to participate you must shed your lies, strip bare your failures and your weaknesses and leave your ego at the door. Truth is Power.

You Can Know Fact From Fiction, Truth From Falsehood and Life-Enhancing From Destructive With Applied Kinesiology

At the core of every endeavor is the necessity of knowing the truth. You cannot build a forty-story skyscraper unless you know with absolute certainty the correct structural components. Your architectural design must be true to engineering principles. If your supplier lies about the quality of his cement the entire structure is built of lies. It will surely fail, sooner or later.

You cannot enter into a business relationship, a contract, unless you know that your partner is telling you the truth. If the partner has lied about his assets, his background and experience or held back information that is critical to success the business will fail sooner or later.

In a marriage, deceit destroys. You cannot base a marriage on lies, on deception of any kind. You must not hold back even at the risk of exposing something in your past that could possibly alienate your fiancée. You must reveal all with total honesty at all times. Anything less destroys trust. Trust is the fundamental building block of a good marriage.

In every area of life the person who has the best grasp of the truth behind every situation has the knowledge to succeed where others fail. You can use behavioral kinesiology, BK testing, to tap into the infinite power of The Field. The Field embodies all knowledge and

is the ultimate source of Truth. You will find that there are many ways to employ BK testing to manifest whatever it is you desire.

In researching something or inventing a new device or process the researcher should follow a line of inquiry that goes something like this:

First statement to test:

1. *"This is a fruitful line of inquiry. (Define the line of inquiry)."* Tests strong or weak. If the line of inquiry tests strong the researcher can go ahead and enter one or more hypotheses in a list. He will then state:

The correct hypothesis is included in this list. Do the BK test. It will either test strong or weak.

Clearly, if the results test weak the researcher must redefine his hypothesis or add other hypotheses to his list. Once the BK testing tests strong he can move forward by dividing the list of all hypotheses that he came up with into two lists. He will then test each list. One list will include the correct hypothesis while the other list will not. By continually dividing the strong testing list in half and retesting it he will quickly identify the proper hypothesis to form the basis of his research.

If Thomas Edison had known and used BK testing he could have saved thousands of hours of experimenting. Ironically, Nikola Tesla, the researcher and inventor who invented alternating current and the electric motor that is still in use today, had the capacity to test his theories *in his mind in infinite detail*. This ability is latent in all of us because Nikola Tesla was only human. Biographers have reported that Tesla invariably built devices from the blueprints in his mind and, having tested them first in his mind and made the necessary improvements they worked perfectly every single time.

Tesla wrote *"I am enabled to rapidly develop and perfect a conception without touching anything. When I have gone so far as to embody in the invention every possible improvement I can think of, and see no fault anywhere, I put into concrete, the product of my brain. Invariably my devise works as I conceived it should; in twenty years there has not been a single exception."* Nikola Tesla in Electrical Experimenter

When Tesla first immigrated to the United States from Serbia he was immediately hired by Thomas Edison. Within a short time Tesla became very frustrated with Edison's inability to pre-test his theories. Tesla felt his talents were unappreciated and that he was wasting time at the Edison laboratories.

That is fortunate because Edison was determined to push for the adoption of his direct current, DC, electric power generation and delivery. When Tesla invented AC power, alternating current, Edison spread false propaganda to try and discredit AC power. He actually electrocuted an elephant in an attempt to persuade the public that AC power was

too dangerous for use by the public. Of course, we all know that Truth prevailed and AC power soundly defeated the far less efficient DC power endorsed by Edison.

You will find that when you place your focus and apply your efforts on causes that are just and true the Power of the Field resonates with you. Your energy is magnified a thousand fold - no a trillion fold. In other words, you'll harness the infinite Power of the Field. That is true Spiritual Power.

If your thought is in harmony with the creative principle of nature and you are in tune with The Field, your mind will form a circuit. You will be plugged into The Grid. The feeling is like being connected to an enormous dynamo. The deeper the connection, the greater the resonance between your mind and The Zero Point Energy Field and the more Power you will experience.

Those who are highly creative, like inventors, artists, musicians and yes, even writers have felt the Power in the form of inexhaustible energy. Ideas, words, images and solutions flow with such abundance that it is clear no individual could be the sole source.

When you are inspired you are forming a circuit with an inexhaustible source; the energy flows in unlimited abundance. You will feel compelled to work twenty-four hours around the clock to record every concept, every idea and every image. That is Spiritual Power.

Truth in Advertising

Occasionally, ignorant advertising agencies attempt to hoodwink the public with a dishonest advertising campaign. The market place is rife with advertising that tests weak. The commercial may be cute, eye catching, even shocking but if it tests weak the results will backfire.

All appeals to the baser emotions like greed, ego-superiority, hate, supremacy, prejudice and envy, to name just a few, are doomed to fail long term. Rather than build empathy and resonance they generate discord. The ads founded on lies and appeals to the base emotions can actually generate extreme resistance from consumers.

Personally, I've reached a stage where I'm extremely sensitive to this kind of marketing. I'll hear a certain radio spot and something inside me screams "that's just plain wrong"! I'll turn off the radio or mute the television as soon as the ad is aired.

Unfortunately, most people have not exercised their power of judgment. They are incapable of discriminating between catabolic advertising and advertising that is inspired and resonates with The Field. The result is that millions of Americans buy into the media's portrayal of health. Health is not taking anti-depressants like Abilify that has potentially lethal side effects. Health is acknowledging what is going on at your core that is making you weak and depressed and dealing with it by exercising your power of thought.

The premise of nearly all current pharmaceutical companies (with the tacit compliance of the Federal Food and Drug Administration) is that it is OK to treat symptoms despite the risk of devastating side effects. Modern medicine is not about prevention or cure. For example, lowering cholesterol is *not the cure* for heart disease. Current statin drugs artificially lower cholesterol levels despite the fact there isn't a shred of proof that lowering cholesterol alone reduces the incidence of heart attacks. (site research reports).

Expensive and invasive "stent" operations in which a tiny metal support structure increases the opening in blocked arteries is not a cure for heart disease. At best, stents provide a few years of relief from the angina of arteriosclerosis. Just ask former Vice President Dick Cheney

Some drug companies even state that while taking their statin drug may lower your cholesterol there is no evidence of any reduction in heart attacks in clinical studies. You've got to wonder, if you are discriminating at all, what is the point of taking a medication that masks symptoms but has no effect on the underlying disease process?

Truth In Education

Certainly, much that is worthwhile and true is taught in schools today. But, an appalling amount of the information being taught has been freeze-dried and filtered until there is little or no essence of the truth left behind.

Perhaps you doubt this. Recently, I was researching Nikola Tesla because I'm interested in the possibility of harnessing energy from the Zero Point Field. In the 1930's Tesla clearly stated that he could generate and transmit unlimited energy through the air, without wires to any point on the planet. He envisioned building just twelve power transmitting stations around the globe and his dream was to provide unlimited electric power to the world without cost. He proceeded to demonstrate his theory by building the Wardencliffe experimental power generator and transmission station on Long Island.

Recently, I went to my local library and asked the librarian where she kept books about Nikola Tesla. She had a college degree but had never heard of the inventor of AC power. The library did not have a single book about Nikola Tesla.

Most school children today will never hear of Nikola Tesla, the greatest inventor of all time. All references to him were purged from schoolbooks in the early 1950's. If he is mentioned at all it is in the most cursory terms. Go ahead and check with the physics teacher at your middle school or high school and ask to see what information is taught about Tesla. Ask about the Wardencliffe project. Chances are even the physics professor will be unaware of Tesla's research and patents.

Nikola Tesla's inventions and theory of gravity laid the foundation for many of today's technology like pulsed particle beam weapons, remote guidance systems and Scalar wave devices thought to be the most dangerous weapons of mass destruction ever invented.

His work on the Wardencliffe project was stopped and his invention was destroyed when J.P. Morgan realized Tesla was intent on providing free electricity that could be beamed (wireless) to any point in the world.

Despite this massive setback, Tesla continued to do his research and inventing but the financial/energy cartel had effectively blackballed him. Even the U.S. government was influenced to reject his ideas out of hand. As a result Tesla approached the German government via a friend of his who was "well connected". German scientists, being more open-minded, quickly recognized the implications of his research and paid him for many of his inventions. This was well before World War Two. Nevertheless, the Nazis exploited Tesla's research to create super weapons that they were about to use on the United States at the very end of the war.

Scientists and the military industrial complex managed to purge all references to Tesla's later discoveries from textbooks and they continue to conceal this information from the public.

Editing History For Public Consumption

Needless to say, our nation's history of the defeat and subjugation of Native Americans is also glossed over. In Canada, it is much the same. Up until the 1960's a government approved version of the history of conquest with the Indians in North America referred to Native Americans as savages who needed to be converted to Christianity or be killed.

Truth In Government

The concept of honesty in government is an oxymoron. The two words "honest" and government are mutually exclusive. The government of the United States is barely more accountable to its citizens than that of a third world country run by a dictator.

For far too long U.S. citizens have been complacent about the workings of Congress. The hypocrisy of our congressional representatives is appalling. Apparently, members of Congress feel they are exempt from many of the laws that they enacted to control American citizens.

Many people have no idea that members of Congress can retire with the same pay after only one term, that they don't pay into Social Security, that they've specifically exempted themselves from many of the laws they have passed (such as being exempt from any fear of prosecution for sexual harassment) while ordinary citizens must live under those laws.

The latest travesty is a plan to exempt Congress people from the Healthcare Reform that has been passed...in all of its forms. Somehow, that doesn't seem logical. Clearly, we should not permit an elite to rule our country that is above the law.

A new report from the *Center for Responsive Politics* relates that while less than one percent of Americans earn seven figures or more fully a third of the members of the

House of Representatives earn over a million dollars a year. Overall, when you include Senators, 237 members of Congress are millionaires, or 44% of our political leaders.

The following proposal was circulated via the Internet (unknown source).

Proposed 28th Amendment to the United States Constitution:

"Congress shall make no law that applies to the citizens of the United States that does not apply equally to the Senators and/or Representatives; and, Congress shall make no law that applies to the Senators and/or Representatives that does not apply equally to the citizens of the United States".

If the 544 people who make the laws and rule this country were held to a higher standard of honesty and abided by the laws they enacted we would have more congruence in government.

I also recommend that the people enact a law forcing Congress to accept term limits on their government job. We need to eradicate the dynasties and entrenched power brokers who have spent years being supported by corporate lobbies.

Truth In Ourselves

Ultimately, true power is dependent on being true to our self. That implies being congruent with our beliefs, words and actions no matter what the perceived cost. That means understanding at the deepest level that we are the creators of our lives and we are responsible 100% for our future.

Chapter 9 Intention Deficit Disorder

"When any object or purpose is clearly held in thought, its precipitation in tangible and visible form is merely a question of time. The vision always precedes and itself determines the realization."

Lillian Whiting

According to Bob Jahn, the former Dean of Engineering at Princeton University,

"When you get down far enough into the quantum world there may be no distinction between the mental and the physical. There may only be the concept."

When we wish for something or intend something to manifest into our physical reality, an act that requires a great deal of unity of thought, our own coherence may in a sense be infectious.

Coherent, focused intentions "align" and resonate with the energy in the Zero Point Field. Since we are all connected, via our subconscious, with the Zero Point Field, our highly focused intentions "infect" other people; their thinking begins to resonate with our own.

This is the process that underlies the Law of Attraction. We all have the latent ability to imagine, visualize and create our perceived reality. Those people who are able to harness the unstructured world of their inner mind into focused, clearly visualized intentions succeed in achieving their precise goals. They manifest their desired reality by imposing their creative intentions on the infinite possibilities inherent in the Zero Point Field.

At the quantum level of subatomic particles the human mind has the power to impose coherence. It is this coherence that eventually coalesces into a resonate field, an attractor field that draws action, energy and human resources in support of the goal. Ultimately, matter is simply energy that has coalesced into a coherent pattern imposed on it by Mind.

Key Point: All unconscious expectations tend to become realities.

Researcher, Helmut Schmidt created several tapes generated by an REG device. An REG is a *Random Event Generator*. Three decades of research has confirmed that human consciousness can impact an REG device. In other words, the human mind can alter random events and skew them in a statistically significant way.

Dr. Schmidt connected his REG device to an audio device that randomly generated clicks that could be heard in either the left or right ear through headphones.

His experiment called for a subject to take a previously generated set of tapes and listen to them with the intention of causing more clicks to go to his right ear. Remember, these tapes had been previously recorded. An additional set of *control tapes* were generated at the same time and locked away for later analysis. These were the control tapes since no one intended to try and influence the number of clicks to either ear on these tapes.

Astonishingly, the tapes that the volunteer took home with him proved to have significantly more right clicks. In fact, the results were identical to the outcome of previous trials where the subject attempted to influence the machine at the time the recording was being made.

The control tapes that had been locked away were examined and found to have a roughly equal number of clicks to the left and right ear, as expected by the laws of random chance.

The clear implication is that the subject's intention to generate more right clicks ***reached back in time*** affecting the REG device's output when the tapes were being recorded.

As reported earlier, time is simply a variable in the gestalt of the Zero Point Field. It is just one element in the infinite array of all potentials.

To affect your future may require establishing fixed potentials, that, when focused upon resolve into a pattern. The pattern itself may involve millions, perhaps billions of separate "transactions" that *all must happen* to bring about the desired outcome.

If you recall my personal story of synchronicity in Chapter 2 where I suddenly decided to hitchhike 600 miles from college to be home for Thanksgiving is a good example of the generation of a powerful attractor field. Consider the number of variables that all had to coalesce into one attractor pattern to create the outcome where my own pastor from my home town would see me on a dark night and pick me up on a rural road in Pennsylvania and drive me directly to my house.

Consider the possibility that the Field already recognized the potential that I would suddenly decide to hitchhike home before even I had decided. Scary thought!

But, according to over thirty years of research by Dr. Michael Newton, Ph.D. our souls may re-incarnate in the human body with a chosen "life plan" already selected before birth. Dr. Newton, a Harvard educated psychologist and clinical hypnotherapist, has spent nearly forty years doing spiritual regressions that take hypnotized subjects back to a spiritual existence between their lives on earth.

Despite the esoteric nature of his research there is reason to believe his findings accurately tie into the latest research in quantum physics and human consciousness. One reason to believe his insights are not just speculative theories is because they are the result of personally facilitating over 7000 clients' regressions under deep hypnosis to a period *between* their lives on earth.

The case studies are scrupulously documented and samples are reported in his books Journey of Souls and Destiny of Souls. With this many cases one thing stands out: ***there is an uncanny similarity between all accounts***. With minor variations due no doubt to variations in the human personality and perceptual ability these accounts are virtually identical. Some souls are more advanced and experience the "hereafter" as a veteran

traveler might experience a favorite city. He already knows the routine and quickly rejoins his fellow souls and resumes his studies. Other LBL subjects, like the "newbie" or young souls, appear somewhat baffled upon dying. They report being met by a spiritual guide or an honored and respected relative who has pre-deceased them. They rejoin souls who've been part of their physical life in the past and who share a history of being a friend, mother, father, sibling or lover at one time or another. But, those human relationships have little bearing in the spiritual world other than the love and experience remembered from the previous live(s).

Dr. Newton concludes that everyone on earth is of spiritual origin. Homo Sapiens, the human animal was selected by Spirit as a host for souls. A soul who incarnates as a human being joins his peers on Earth. A soul who incarnates on earth is attending a "*boot camp for souls*".

The rationale for reincarnation is that *Universal Intelligence* must always expand in knowledge. Spiritual growth requires the yin and the yang of the physical. As a spirit there is no death because Spirit is everlasting. There is no pain because Spirit is Love. There can be no loss because The Field is infinitely abundant. Only by experiencing the hardship and trials of living in the physical can each soul learn and grow to become more advanced. The Field is continually expanding based on the wisdom gained by each Soul during their interlude on the Earth.

You cannot experience pleasure without it's opposite, pain. You cannot experience love without it's opposite, hate. You cannot experience joy without first experiencing sadness. Like all living things in Nature the soul seeks growth. The physical world on earth is a perfect training ground giving souls experiences that cannot be duplicated in spirit form.

Whether you choose to believe the implications of Dr. Newton's work or prefer to remain bound to mythical tenets of religious faith there is an interesting side note involving OOBEx or *Out of Body Experiences*.

In the 1960's and for about thirty years afterwards a hard-nosed advertising executive named Robert A. Monroe journeyed out of his body in what we refer to as an OOBEx or out of body experience. For some unexplained reason, Mr. Monroe found himself journeying to places of spirit every time he took a nap.

His experiences were carefully recorded over the years resulting in a marvelous book **Journeys Out of the Body** in which the author documented numerous encounters with spiritual beings. Mr. Monroe was so concerned about these bizarre experiences that he consulted a friend of his who happened to be a psychiatrist to see if he was losing his mind. His psychiatrist friend advised him that he was perfectly sane but with perhaps unusual brain tuning that gave him an unwanted talent for journeying outside his body. His friend, the psychiatrist, advised him not to worry about it but just to follow his curiosity and see where it led.

One of the most fascinating aspects of these out of body (OOB) journeys was his repeated encounters with spiritual beings and the *precepts* that they delivered like prepackaged, pre-heated meals, ready to eat. For example, here's one:

"It is focus of attention, of consciousness, which is without diversion or deviation. No other energy available to you as human is as powerful. As a lens will direct energy you call light, so you can use consciousness."

In the spiritual world these precepts were transmitted as complete, integrated thoughts by a process like clairvoyance but without the sound or sight.

You may find it ironic that Mr. Monroe was given this insight by a spiritual being during one of his thousands of OOB trips. I find it incredible that this particular precept should appear to me upon opening his book that I had read over twenty years ago. I simply opened my old, worn out copy of the book and there it was!

But, what I found totally entertaining was his report of being met at the gates to a crystal cathedral, much like that of televangelist Robert Schuler's crystal cathedral in Garden Grove, California. At the gates to "heaven" Monroe was greeted by a somber preacher type of spirit who inquired whether Mr. Monroe was a Baptist. Apparently, the greeter was under the impression that Mr. Monroe had recently departed the earthly realm and was now at the gates of heaven ready to join other deceased Baptists.

Mr. Monroe visited a wide variety of places in the spirit world. None were hostile nor did he encounter the traditional "hell" endorsed by Catholics and fundamentalist Christians. Mostly, he discovered places of learning and study similar to those reported upon by Dr. Newton's hypnotized clients who recalled their experiences between lives.

Apparently, even in "heaven" your beliefs determine what you perceive. You create your own reality. It is both a gift and a curse for those who are truly inept or misguided.

Intention Deficit Disorder

I believe that the ability to focus creative thought on one intention, one desire, one goal is the single most important factor in successfully manifesting anything you may desire.

This nation is plagued by an epidemic of *intention deficit disorder*. The art of thinking, the ability to pay attention for extended periods of time is a vanishing skill.

Those who can maintain intense and prolonged focus are the top performers in sports, the professions, the business world, the arts and in all areas of human endeavor.

In biographies of Nikola Tesla, the genius inventor, writers describe Tesla's uncanny ability to meditate with such intense focus that he could see an invention in his mind's eye complete in every detail. His continued focus permitted him to test it and improve it based on his tests even before building a prototype. His inventions were worked out in

mental blueprints in such precise detail that they invariably worked the first time he built them in the shop exactly as he foresaw in his mind's eye.

Child Prodigy

There is no doubt that Nikola Tesla was a child prodigy. When he was a young engineering student of just seventeen he contradicted his engineer professor on a principle of electrical theory. The results were devastating as such arrogance as Tesla displayed was not permitted and he was forced out of school. But, Tesla brought absolute commitment to proving his concept to the point that he spent nearly two years of intense research to demonstrate the truth in his statements. Finally, his professor was forced to acknowledge that Tesla was correct and that traditional engineering theory was flawed.

Can anyone develop superhuman powers of mind like Tesla? The possibility is intriguing. Tesla's mother, drawing upon ancient yogic principles, played "mind" games with Nikola when he was a very young child.

The games she devised exercised Tesla's powers of observation and visualization as well as precognition. While not much is known about these games it is believed that one game involved showing the boy some currency for a brief view. He was then asked to shut his eyes and continue seeing the currency in his mind's eye. The contest was to see how much of the detail he could recall. Tesla became so adept at this that he could write down all the numbers and all the names found on the front of the bill by referencing the vivid image retained in his mind. But, even more remarkably, Tesla could also "see" the exact detail from the backside of the bill even though it had not been shown to him.

As an adult he once remarked that his visualizations, the realm of his mind, felt more real to him than the physical plane.

Scientists estimate that the average person uses less than 10% of their mental capacity; 90% of our mental resources lie dormant, the enormous power of our brain squandered by lack of training in its use. The concept is similar to having an IBM Roadrunner supercomputer sitting in a room, idle. People see that it is connected to a photocopier and discover that it will copy a picture if they just press a button. So, they end up using a super computer as a photocopier. Sadly, the supercomputer's enormous processing power remains idle because no one has a clue how to make it work.

The future belongs not to the scientists and inventors who invent new technology; it belongs to the people who discover how the human race can tap into its unlimited powers of mind.

Disconnected Hemispheres of The Brain

The average child today has a fifty percent greater chance of being diagnosed with attention deficit disorder than children of a generation ago.

To be fair, today's doctors, psychologists and educators are more knowledgeable about the disability than those of forty or fifty years ago. Cases that might have been overlooked several decades ago are identified pretty quickly today.

But, the environment has changed as well. No one knows for sure exactly why some children have ADHD and others, even in the same family, are just fine. If you've not experienced a child with a serious case of ADHD or *Attention Deficit Hyperactivity Disorder* you need to know that it is a very serious problem. I called upon the home of a nurse who was a single parent to three children under the age of six years old. The children were literally bouncing off the walls. It was impossible to carry on a conversation because the children were totally out of control despite the mom's use of approved parenting techniques. In this case, the mom was divorced from the father because he had such a severe case of Attention Deficit Disorder that he couldn't hold down a job nor was he effective as a parent and husband.

It is probable that hereditary factors are part of the cause. But, today, even children from "good genes" without a family history of ADD, suffer with this problem. Researchers are looking at many possible causal factors.

The entire entertainment industry including video gaming, television, movies, Internet, and even cell phone texting employs rapid images to hold the attention. Images and fresh action scenes flash before your eyes at a high number of frames per minute. The modern child quickly loses interest and therefore focus when the pace of action slows down.

While the jury is still out regarding the effect of television and video games on attention span and focus research by Thomas Mullholland proves that television shuts down the ability of children to think critically within just thirty seconds of the television being turned on.

In this study, psychophysicologist Mullholland, placed a group of children in front of a TV set that was wired to switch off as soon as the children's brain waves switched out of the normal, everyday state of beta.

Dr. Mullholland's research showed that after just 30 seconds of watching television the brains of these children began to produce alpha waves, a trance-like state of heightened suggestibility sought by hypnotists when inducing a trance.

It's clear that children who watch television are unusually susceptible to covert advertising as well as negative and violent messages affecting their self-esteem, values and opinions.

As reported by Wes Brown

<http://old.disinfo.com/archive/pages/article/id1149/pg2/index.html>

What are you allowing to pollute your brain today?

Dr. John Diamond, M.D., the author of BK - Behavioral Kinesiology has spent a lifetime studying how to activate your thymus gland to increase your life energy.

Few people are even aware that they have a thymus gland yet it is critical to health in infants and the development of a powerful immune system in both children and adults. To put it a bit too simply, if your thymus gland tests weak your body is vulnerable to disease. One of the key functions of the thymus gland, especially in early life, is the production of special lymphocytes called T cells. T cells are surveillance cells that enable your body to discriminate between "self" and foreign bodies. They are important in identifying infections and cancer. When they are not functioning well they are also involved in autoimmune diseases where the body fails to identify your own healthy cells from bad invader cells, like cancer. Diseases like rheumatoid arthritis, lupus and Krone's disease may have their origins in the failure of a weakened thymus gland to discriminate between the bodies connective tissues and foreign invader cells.

Shortly after puberty the thymus generates hormones that activate these T cells. But the thymus gland is also a bit like the canary in the coalmine shaft. The thymus gland is inextricably tied into the body energy system. Second by second the thymus gland monitors energy flow and rebalances and restores harmony when our body energy is out of kilter.

Scientists like Dr.Diamond have discovered that the thymus gland is the link between mind and body and in fact, testing has shown the thymus gland is like the canary as it is instantly affected by our mental attitudes, our thoughts, stress and even the environmental factors around us.

For example, certain words affect the thymus causing our muscle response to weaken while other "power thoughts" like meditating on words like love, faith, trust, gratitude and courage always test strong. Tens of thousands of BK tests (muscle testing) by scientists all over the world have confirmed the thymus gland's sensitivity.

When BK testing shows something, for example a food or medicine that tests strong, it indicates that our thymus "approves" of it and our immune system becomes stronger.

A number of researchers have been working on the theory that humans have cellular memory and that negative thoughts and feelings like anger and hatred become encapsulated in every cell of our body destroying DNA and normal cell functions. The proponents of this theory believe that cancer and virtually all disease is a result of our negative thoughts gradually undermining our immune system's ability to fend off disease.

These researchers believe that current medicine's mechanistic approach to fixing cancer by poisoning the tumors (chemotherapy) or cutting them out via surgery is ultimately fruitless and even counter productive. See the appendix for references like Louise Hay's book, Heal Your Body to gain more insight into the origins of disease.

Normally, when we are not under undue stress, the left and right hemispheres of our brain are synchronized to work together with our left hemisphere oriented to logical thinking and verbal communication while our right brain contributes the intuitive, rhythmic and artistic aspects of our thought.

When we experience stress the two hemispheres of our brain are no longer connected and fail to work in harmony.

BK (*behavioral kinesiological* testing) demonstrates that certain negative or harmful thoughts, words, people, music, foods and even ideas cause our thymus to test weak. For example, a person who is lying to someone creates an imbalance between the left and right hemispheres of their brain. This imbalance is also reflected in a weakening of the vocal muscles attached to the hyoid bone. The result is that speech is subtly distorted by this weakening caused by the stress of lying. You may remember that moms seem to have an uncanny ability to tell when their children are lying but it was shown that patients with *aphasia* (loss of the ability to understand words) also seem to intuit lying when they hear it or see it.

The incident with aphasics was recounted in *The Man who Mistook his Wife for a Hat* by Oliver Sacks. Dr. Sacks, a British born neurologist, knew the aphasic patients he was working with were excited to watch President Ronald Reagan give a speech on television. As Dr. Sacks approached the lounge with the television playing President Reagan's speech he was surprised to find most of the patients laughing at the President of the United States. While some patients laughed uproariously a few seemed dumbfounded and others appeared to be quite angry.

Dr. Sacks knew that even though words themselves have little if any meaning to a patient with aphasia you cannot lie to someone with this condition. They have an uncanny ability to correlate tone of voice, facial expressions and body posture whenever someone is speaking. If the speaker's words are not congruent with their tone of voice and expressions they see falsehood. Despite his alleged acting ability President Reagan wasn't fooling these people. He was lying through his teeth and the "great presenter" couldn't hide the fact with his acting abilities.

In the same way that a person with aphasia hones in on "truth" or perceives falsehood the thymus gland is tuned into what is true and untrue, what is good for us and what is destructive to us. For example, hard rock music with its anapestic "stopped rhythm" beat results in *switching*. This is the phenomenon when our body reverts to an earlier, more primitive coordination of infants and very young children. Babies crawl by moving the left arm and their left leg forward and then they move their right arm and right leg forward. In a child, this type of awkward movement is the result of undeveloped corpus callosum connecting the two hemispheres of the brain.

Listening to hard rock music, like Metallica and Pantera, for example, triggers switching resulting in the loss of symmetry between the right and left hemisphere of our brain. As a

result, a child listening to hard rock music experiences subtle perceptual difficulties and a whole slew of symptoms related to the onset of stress.

In children these perceptual changes may appear as hyperactivity, restlessness and the inability to focus resulting in poor test scores, class performance and ultimately lower grades. This type of music weakens "chi" and drains energy from the child. Depression, chronic tiredness and ennui can be the result.

On the plus side, you may have heard of the Mozart effect. Georgi Lozanov, an educator and researcher in Bulgaria, spent years studying the effect on students of pacing, rhythm and Baroque music played at the slow Largo speed during lessons. His extensive research showed that these factors can increase memory and retention by hundreds of percent in students taught with his methods. See *The Lozanov Method*.

Fortunately, most other types of music are not damaging to chi nor do they disrupt learning. Even rock and roll music has no weakening effect on the thymus. Country Western music, jazz and all the songs of the Beatles are "*thymus approved*" however, they do not enhance learning, focus and visualization. *Classical music played at the Largo pacing seems to be the key to enhanced learning abilities.*

Why should you care about what music your family listens to? Certainly, students need all their mental resources to be sharp and focused to compete in school. But, also keep in mind that the thymus gland is the key to a healthy immune system and provides the T-Cells to fight off bacteria, viruses and fungi that invade the body. The thymus gland also regulates and monitors energy delivery. When weakened the body loses its vitality. Perhaps this is the real cause of chronic fatigue syndrome, a modern day ailment.

After years of listening to junk music, eating junk food and watching junk television is it any wonder that so many Americans feel plagued by excess stress and chronic fatigue?

The key thing to remember is that positive, uplifting thoughts are high-energy and enhance life energy or chi while negative thoughts and music erode chi and set the body up for disease in the future.

How To Train Your Mind To Manifest Anything You Desire

If you want to achieve everything you desire you'll need to devote ten or fifteen minutes every day in which you are totally focused on a scene from your ideal future. This takes practice. For many people visualization is very difficult as is focused concentration. But, like exercising your muscles in a gym the mind can become very powerful with practice.

As you visualize bringing into vivid focus every precise detail of your goal you'll feel a surge of energy and inspiration that courses through your body. This feeling will not happen if your goal is unworthy of you or does not resonate with your soul.

You'll find that answers and solutions to any obstacle appear out of nowhere, often when you are distracted, taking a walk or just before you fully awake in the morning. You may even receive a phone call out of the blue from the very person you need to help you.

The less you critique these creative ideas by analyzing them to death with your conscious mind, the better. You may be working a crossword puzzle when the answer to your problem appears fully worked out in your mind. During the writing of this book I wanted to refer to an email I had received some time ago but I had forgotten the subject line and even the name of the sender. Just before I awoke the next morning the subject line and sender appeared clear as day in my mind and I had no difficulty tracking down the email from among the thousands saved in my folders.

Your conscious mind has very little actual processing power relative to the unlimited power of your subconscious when connected to The Field. Its primary function is to provide you with the dual functions of will and choice. You can use your left brain to filter out junk ideas, negativity and self-defeating attitudes. You can use your conscious mind to clearly set an agenda like a goal to achieve or a problem to be solved. This is your "will" in action. But, your conscious mind is no more than a gatekeeper. The ideas, attitudes and beliefs about life that your conscious mind allows to enter your subconscious become your reality. Why? The reason is because it is your subconscious that does all the heavy lifting.

Once given an explicit task your subconscious will draw upon the infinite resources of the Zero Point Field to make manifest the resolution of the task or goal. All you need to do is ask.

Personally, I believe there is a form that is acceptable when you ask. You need not bargain with "God" so to speak but you must approach your request with humility and an open acceptance of the answer. Do not flatter yourself that you can boss the Universe around. But, as a part of the Creator you embody the essence of the Energy of the Zero Point Field. You can create.

To make this clearer imagine a hologram that is The Field. See it as multidimensional and holographic in nature. The nature of a hologram is that you can take any part of the hologram, and even when you isolate the tiniest fraction the entire multidimensional image exists in the smallest part. That's you. *You may be small but you encompass all!*

To proceed to manifest whatever you conceptualize in your imagination you'll need to set the agenda in such precise detail as though the future you desire already exists. Your commitment and ongoing focus will "*seal the deal*". Beware of what you ask for because your grandest desire is but trivial to the infinite power of The Field. Everything you can imagine is a potential. It is unrealized in physical form until you direct your attention towards it. It is your attention that turns a potential into your perceived reality.

The Field Likes Detail

Let me clarify. You cannot personalize The Field any more than you would personalize electric power. But, if you wish to personalize The Field and call it God, sitting around on a great golden throne surrounded by angels, go ahead. The Field encompasses everything beyond mortal perception. The Field's energy is indivisible, incomprehensible and permeates all that exists.

The Field's power does not discriminate. If you began life as an orphan in India whose mother was killed and whose father was considered to be an imbecile and you chose to become a millionaire, it will be so. I know because a friend of mine told me his awesome story of starting out life as an orphan in India to become a highly educated engineer and the owner of an international software development company.

If you master the art of visualizing precisely what you want in infinite detail and pursue this dream of yours with 100% commitment The Field will deliver regardless of your age, race, culture, religion or current belief system. It does not matter.

Let there be no misunderstanding. Achieving your dream is work. Many people are too mentally lazy to apply even the smallest effort to ideating exactly what they want. The act of being still and visualizing your future for just fifteen minutes a day is beyond the will power of most people. They'd rather spend a dollar and a prayer buying a lottery ticket.

Why Don't More People Manifest Their Dreams?

Seriously, this is a major concern. After all, humans have all the potential tools necessary to achieve anything they desire. One possible answer is that our assumptions and beliefs define our actions and limit them. If your beliefs are limited to "*the box and everything within it*" it is difficult to think outside the box. Your limits are clearly defined.

For example, if you believe there aren't enough resources to feed, clothe and house humanity you may have very small dreams. Perhaps deep down you feel that if you use fewer resources on the planet maybe others can use the food you didn't consume or the gasoline you didn't burn in your Toyota Prius.

Yet, in 1913, Nikola Tesla proved that he could draw upon the infinite and inexhaustible energy of The Field to power his Pierce Arrow luxury car. He removed the gasoline engine and replaced it with a 90 horse power AC electric motor that received power from Tesla's invention, an antenna that was tuned to receive all the current necessary to power the vehicle from what Tesla referred to as "*the aether*".

Tesla had been well on his way to generating unlimited electric power that could be transmitted to any point on earth (and possibly into outer space) via his [Wardenclyffe](#) Tower at Shoreham, New York. The cost of this power was literally zero since no fuel was required to generate it. The inexhaustible source of energy that Tesla had discovered and was tapping into was The Field.

In 1908, Tesla described his sensational aspirations in an article for *Wireless Telegraphy and Telephony* magazine:

“As soon as completed, it will be possible for a business man in New York to dictate instructions, and have them instantly appear in type at his office in London or elsewhere. He will be able to call up, from his desk, and talk to any telephone subscriber on the globe, without any change whatever in the existing equipment. An inexpensive instrument, not bigger than a watch, will enable its bearer to hear anywhere, on sea or land, music or song, the speech of a political leader, the address of an eminent man of science, or the sermon of an eloquent clergyman, delivered in some other place, however distant. In the same manner any picture, character, drawing, or print can be transferred from one to another place. Millions of such instruments can be operated from but one plant of this kind. More important than all of this, however, will be the transmission of power, without wires, which will be shown on a scale large enough to carry conviction.”

In essence, Tesla’s global power grid was designed to “pump” the planet with electricity that would intermingle with the natural *telluric currents* that move throughout the Earth’s crust and oceans. At the same time, towers like the one at Wardencllyffe would fling columns of raw energy skyward into the electricity-friendly ionosphere fifty miles up. To tap into this energy conduit, customers’ homes would be equipped with a buried ground connection and a relatively small spherical antenna on the roof, thereby creating a low-resistance path to close the giant Earth-ionosphere circuit. Oceangoing ships could use a similar antenna to draw power from the network while at sea. In addition to electricity, these currents could carry information over great distances by bundling radio-frequency energy along with the power, much like the modern technology to send high-speed Internet data over power lines. *Reprinted courtesy of:*

<http://www.damninteresting.com/teslas-tower-of-power>

Unfortunately, for Tesla, his discoveries would have made his financial backer's business nearly worthless over night. J.P. Morgan, the wealthy industrialist and banker, had just purchased the Westinghouse Power Station at Niagra Falls, New York for millions of dollars back when money was worth nearly 100 times more than today.

So, people like Nikola Tesla made world-changing discoveries because he dared to dream outside the box. His inventive genius was offset by his naivety towards the political and financial aspirations of men like J.P. Morgan.

If Tesla had hired a really good attorney he could have sued Morgan and forced him to pay the millions of dollars in royalties owed to him by Westinghouse for Tesla's invention of modern alternating current technology. With these funds he could have continued with development of the Wardencllyffe power generating and transmission station. If that had been the case our vehicles, industry and homes would be pollution free powered by an inexhaustible source of clean energy.

But, the real reason more people don't manifest their dreams is because these techniques have simply never been taught to them. These manifestation techniques are occult (hidden) knowledge that has never been taught in school, is unknown to parents and teachers and is no doubt scorned by religious leaders who depend on fostering an orthodox "religious" mindset among "*believers*" to maintain the status quo.

As we've seen, despite evidence of The Field in psychic phenomena, faith healing, electro magnetic phenomena, gravity, distance healing, telekinesis and more, scientists have resisted accepting human consciousness as a serious field of study. Scientists appear to worry about what their peers think of them. You cannot get tenure if you rock the boat. You cannot receive research grants if your area of research is declared "off limits".

"When a distinguished but elderly scientist states that something is possible, he is almost certainly right. When he states that something is impossible, he is very probably wrong."

Arthur C. Clarke (1917 - 2008), Clarke's first law

Society can be remarkably intolerant towards people whose beliefs diverge from conventional wisdom. As you read this book with an open mind I congratulate you on having the courage to explore new ideas. But, when all is said and done reading is only the beginning. It is when you test The Law of Attraction, master its principles and application and then pass your knowledge along to your children and anyone who is a seeker that you truly demonstrate courage.

Chapter 10 The Power of Thought

"To be wise is to be humble. The wise person understands much including the awareness that the sum of all his knowledge is no more than a grain of sand is to the ocean." David Davies

Thought consists of creating ideas and then processing ideas by appropriating, synthesizing, inventing, observing, discerning, testing, discovering, analyzing, ruling, governing, and using inductive reasoning to predict outcomes.

The power of thought is amplified beyond measure when it breaks through the filter of the conscious mind and harnesses the power of the subconscious while coupled with strong feelings of Love. The emotion of love energizes thought.

The subconscious is not an area of the brain. It cannot be surgically removed, dissected and analyzed on a microscope slide then filed away. The individual subconscious is Carl Jung's *Collective Unconscious*.

The individual mind is naturally attuned to its own specific frequency range in the Collective Unconscious. The harmonics or patterns to which we are individually tuned consist of everything we have ever known, seen and experienced through countless life times on earth. This body of experience (some people call it Karma), is the food that feeds the growth of each soul. Your soul gradually acquires wisdom through the lessons learned in many lifetimes. Sometimes soul knowledge is revealed in unusual ways.

The *idiot savant*, who is barely capable of speaking and needs support to function, but who can sit down at the piano and play *The Piano Concerto No. 5* in E-flat major, Op. 73 by Ludwig van Beethoven after hearing it just once may have the ability to connect directly to the Field and recall skills from past lives.

One such person is Derek Paravicini who was born blind and with developmental disorders making him autistic. Despite his handicaps early in his life he revealed the ability to remember and replay any song he ever hears with over 95% accuracy. To date he seems to have learned nearly a million songs which he can play instantly upon request by title. Perhaps every song ever written or ever to be written is already indexed and available to anyone whose mind has developed the power to connect to The Field.

For most of us words are the tools we use every day as shorthand representations of our thoughts. Most of us think in words. But, images coupled to feelings have infinitely more power. When a thought can be visualized and powered by the emotion of love it is irresistible.

Words are our daily currency. We exchange words and phrases both with ourselves in internal dialogue and with people we interact with. Our choice of words is critical; words

determine our mindset; words define our intentions and the way words are spoken indicates the emotion behind the words.

Our internal dialogue is critical to our success and the words we use to describe ourselves to ourselves indicate what we believe about ourselves at the deepest level.

Most people have internalized beliefs about themselves that were defined during the first six or seven years of life. The words that your mother and father used to speak to you have become your looking glass. You hear the word, you see yourself. You can easily find out what your own self-image really is by listening to your internal dialogue.

What are the words that you use? Are the messages you are sending to yourself predominantly positive or negative? Here are a few examples:

When you refer to yourself (internal dialogue) do you use words like these?

- Dummy
- Idiot
- Stupid
- Lazy
- Loser
- Maniac
- Insane
- Jerk
- Wimp

Listen more closely to what you say to yourself and to others. For example, you may find yourself apologizing to certain people and even making excuses for events that had little to do with you. Do you ever find yourself apologizing for events over which you had no control?

Example #1

Divorced mom apologizes upon dropping her child off at the dad's house after school.

"I'm sorry I'm late! You weren't here when you told me to drop him off so, after waiting fifteen minutes we did some errands."

The "disconnect" is that she apologized for the X-spouse failing to be home at the time he specified. She has adopted a victim mentality and assumes responsibility for the failure of others.

Example #2

Person explaining to a buddy about spending fifty dollars every week drinking in bars:

"I'll never get ahead anyway, I'm such a loser. I might as well have a little fun while I can"

The internal belief is "I'm a loser" who couldn't do anything worthwhile with fifty dollars anyway.

Words Are Energy Forms

The intent or feeling behind almost any word can turn it into a pejorative word. A word said with love or other positive emotion cannot be pejorative. Many words in the English language began as a purely descriptive term with no negative connotation attached. But, common usage with hateful intent underlying the word or phrase rapidly corrupts the word. These words, when repeated in movies, in video games and on television have devastating consequences. Derogatory and hateful words are corrupting the entire culture of the United States. Each individual, especially the young, are at risk.

Words, yes, even names, have immense power. Words, regardless of the source language, create energy waves or signatures that are unique to the word. The chanting of monks has authentic power. The chants may be unintelligible to the layman but these energy forms, whether spoken, chanted or thought, reverberate throughout The Field.

Words create patterns of energy, either constructive and anabolic or destructive, negative and catabolic. As these word forms are energized by human thought or speech they create Attractor Fields. The greater the intensity of the thought and feelings behind the spoken word the more powerful the Attractor Field becomes.

This effect can be luminescent bringing light and love into your life or devastating attracting the energies of fear, anxiety, hatred and turmoil.

This is an immutable Cosmic Law. Words embody intelligent energy. Words of harmony and love create vast attractor patterns of harmony and love. As you sow, so shall you reap.

The Field is intelligent energy, the underlying power behind all creation. To personalize it by projecting human emotions and motivations onto The Field is counterproductive.

You would never say "gravity hates me" when you fall out of a tree and smack the ground below. Likewise, to preach about a vengeful god is to reduce the concept of God to the lowest common human denominator. The way the Field operates is Cosmic Law. Petty human dogma and politics cannot alter Cosmic Law any more than railing at the injustice of gravity will change the law of gravity.

The next time you are tempted to rail at the injustices God wreaks on poor humans, like poverty, natural disasters, wars and pestilence stop and be still. Remember, you are the essence of God. You are a creator. You are 100% accountable. Deal with it.

No doubt you are aware of how a genuine smile attracts answering smiles of welcome even in the midst of strangers. The energy you expend with a word, a smile or a kind deed generates attractor fields. These attractor fields attract like energy in turn.

In essence, we are all correct. We attract that which we assume to be true. We attract confirmation of our beliefs in a kind of cosmic self-fulfilling prophecy. The words we say

every day form the templates for energy patterns that resonate throughout the fabric of the Zero Point Field.

If you truly believe that human kind is loving and nurturing you'll express the essence of your beliefs in your words and deeds. Since love is your core belief you'll witness its manifestation wherever you look. Love will be your mantra and you'll attract people and events that resonate in synchrony with your beliefs.

As a young man I prided myself on being totally self-reliant. I hated to ask for help, like many men who refuse to stop and ask for directions. I felt it put me at a disadvantage.

One day my car ran out of gas in the middle of a rural intersection in upstate New York. I was miles from home and miles from any gas station. This four corners was in the middle of nowhere, not even a house in sight. Nevertheless, I had barely rolled to a stop when an old man appeared in his rusty pickup truck. He asked me what the problem was. I reluctantly admitted I had run out of gas. He grinned and pulled out a five gallon can of gasoline from the bed of his truck. Without a word he dumped the entire contents into my gas tank. I was embarrassed by his act of kindness and so I asked him "*how much do I owe you?*"

He just chuckled and said

*"sonny, people have always been there for me all my life. Don't you worry about it; just help someone in their time of need; it'll all come back to you ten-fold. It's always worked for me. I'm just grateful I was able to help you." ...*Without another word he drove off.

His simple words have resonated in my head for over thirty years and impacted my approach to life. Not only do I rejoice when I can help someone, I'll even occasionally stop and ask for directions when I'm lost.

Understand that you must be strong before you can help the weak. You must have abundance in your heart to be equipped to share with those who have lost everything.

The Field provides unlimited abundance to those whose vision has no limits. Likewise, a miserly mindset that is fearful of poverty will be plagued by debts and lack of money. One who believes in limits and hates wealth is ill equipped to benefit anyone else.

Words and Water

Metaphysicians have intuitively known the power of words for thousands of years. But, scientists are finally discovering that words have surprising power after running carefully designed scientific experiments.

Masaru Emoto, author of [The Hidden Messages in Water](#), captured the imagination of millions by inventing a technique using high-speed photography to capture images of

frozen water crystals. He discovered that water is profoundly affected by our thoughts, words, feelings and prayers.

Dr. Emoto's photographs of frozen water crystals reveal that the crystalline images are altered by the simple expedient of taking several samples of water from a polluted pond, for example, and labeling the sample with a word. The control sample has a blank label while one sample is labeled with the word "love" while the third sample is labeled "failure". His research discovered that no crystal would form from the control sample. The water was too polluted. But, the sample labeled "love" formed a beautiful frozen crystal that could be photographed. His books display many such crystals. The third sample, the one labeled "hate" formed a damaged, ugly crystal.

The transcendent power of words to resonate with water and to form gorgeous water crystals extends to prayer. In one of his more remarkable experiments Dr. Emoto brought together Reverend Kato along with a person, "K." who had recovered from terminal cancer following prayers from the reverend. They traveled to Fujiwara Dam, a nearly stagnant body of water with a dark and murky appearance. The flat, dead appearing surface didn't reflect the glorious fall foliage.

Dr. Emoto's party also included two other people, one in charge of photographing water crystals while the other was in charge of videotaping the test.

Dr. Emoto reports that the Reverend Kato selected a site next to the water that he purified and sanctified with his rituals. He proceeded to chant and exhort the water while directing his energy through various hand signs to two glasses of water placed on a platform in front of his feet. One glass of water was on his left and the other on his right side.

We have spoken of resonance throughout this book. Dr. Emoto believes that the healer was directing his energy into the yin and yang water in the glasses. The theory is that the resonance from this water would provide energetic vibrations to the water in the reservoir.

Following the ritual that lasted an hour everyone who attended the prayer ceremony noted that the water was clearing rapidly. The surrounding foliage reflected from the formerly murky surface as though from a mirror.

These initial impressions were confirmed three days later when the photographs of the "before" and "after" water samples were examined. Samples of water taken before the healing prayer session had poorly formed water crystals. These crystals were ugly and damaged. Those taken from samples of the water taken after the session showed a glorious heptagon shaped crystal. Never before had Dr. Emoto seen a heptagon shaped crystal in all his research.

Further evidence began to accumulate. In July of 2003 Dr. Emoto was visiting Israel with the intention of declaring July 25th as a day to offer love and gratitude to all the water on earth. Dr. Emoto decided to do an impromptu experiment. He invited his audience to

send prayers of love as in "*Water I love you*," "*Water I respect you*" to a glass of tap water sitting on his desk in Asakusabashi, Tokyo in Japan, more than half a world away.

The phrases were repeated three times by volunteers from the audience. For the first time a beautiful water crystal appeared though Tokyo water had never formed a crystal in the past.

Dr. Emoto has been profoundly affected by his research. He reports:

"I've come to recognize the spiritual world and the spirit of languages. It feels uplifting and invigorating for me to think that the energy from the spirit of languages can influence all life-forms on earth. When it is based on true love and gratitude, the spirit generates unbelievably refined energy to affect all life on Gaia."

Dr. Masaro Emoto p. 120 The Shape of Love

Dr. Emoto's books consist primarily of images of water crystals his research team has photographed. His commentary offers the reader a sense of the awe he has experienced in discovering the "*hidden message in water*", the title of one of his best selling books.

You will find that if you conduct your own Behavioral Kinesiologic test to determine the level of "truth" inherent in any of his books it will score very high.

Could words and healing intentions alter the course of illnesses? That's the hypothesis the late Dr. Elizabeth Targ decided to test.

Elizabeth assembled an eclectic group of forty healers ranging from a few faith healers, a Lakota Sioux Shaman, a Qigong Master from China, a Jewish kabbalist healer, some non-religious healers from the field of alternative medicine and a few Buddhists.

Her clinical subjects suffered from advanced AIDS. Their prognosis was terminal; sooner rather than later. All subjects were matched to as great an extent as possible to have the same degree of illness. For example, patients were matched by T-cell counts and other markers for the progression of the disease.

Through randomized double-blind clinical trials, she and her colleagues found strong evidence that the patients receiving prayers had significantly better medical outcomes than patients who did not receive supportive prayers. All healers were effective. Apparently the specific healing modality was less important than the intent to heal.

Unfortunately, Dr. Targ died from a rare type of brain cancer shortly after receiving funding to research the efficacy of prayer on the life expectancy of patients with *glioblastoma*, the same rare cancer that killed her just a few months later.

It turns out that over 150 studies on the effects of prayer on healing have been conducted during the past forty years. The meta-statistical results show overwhelming evidence that prayer significantly improves healing.

You can test the power of words yourself without photographing water crystals. The human body consists of about 70% water. Water is at the very core of our existence. Without water life cannot exist. If water itself can resonate with words to form beautiful and unique crystals in the presence of words like "love" and "gratitude" is it so surprising that prayer affects our bodies?

The billions of cells in the human body resonate to words; some words impart strength. These words give you spiritual power. Other words cause the body to test weak. They leach strength from the body. The science of behavioral kinesiology has proven this phenomenon with double blind studies conducted by scientists for over sixty years and yet most people are unaware of the awesome power of words. Why is this vital information not taught in schools? It is certainly simple enough. A child in kindergarten could understand and do BK testing with his peers.

Perhaps the idea that everyone can know with total certainty what is good for them, what is true and valuable is simply too threatening to the status quo. The next time you visit a school ask both the principal and the smartest teacher about the implications of behavioral kinesiology. I wager you a cup of fine coffee they'll look at you with a blank look of incomprehension on their face. If our teachers are unaware of the power of words and the ability of the human body to connect to Truth who can we rely on to bring knowledge to our children?

Can Water Itself Heal?

What if the water we drink was not chlorinated; what if it wasn't fluoride polluted city water but was water from a mountain spring that had been blessed by monks? That may be impractical yet a new device, a *Zero Point Energy* wand, has been invented that appears to alter the taste of cheap wine making it taste far better. The wand removes the nasty tartness from fresh lemons and infuses ordinary tap water with sparkling energy...all without chemicals or magnetism.

The creators of the wand say that it was designed to resonate with the zero point energy field. They say that the wand itself does no healing. The wand only creates the resonance restoring balance and energy of The Field to the body thereby eliminating pain.

Is it possible to harness Zero Point Energy to infuse water with restorative properties? Only further testing will tell us.

Healing Thoughts - Healing Energy

Dr. Dolores Krieger has been using the "laying on of hands" technique on her patients since 1974. After seeing their health improve significantly, Dr. Dolores Krieger toured the country to teach this method to medical students and even caught the attention of The New York Times.

Apex Predator - The Dominant Predator In The Eco System

Scientists do not yet understand how Orcas, the Apex predators of the oceans, also known as Killer Whales, manage to communicate and pass on all the knowledge of their pod from generation to generation. Yet they do have this capability. The result is that pods of Killer Whales have discovered new, cooperative hunting techniques that have made them the top of the food chain in the oceans. Yet, different pods do not share their information and, as a result, pods of Killer Whales specialize. Each pod relies on different survival skills.

Over thousands of generations the different pods have adapted to such a degree it is possible there are at least three separate sub-species of Killer Whales. Each pod is distinguished from other pods by its ocean habitat (range), its hunting techniques, its prey and even its language patterns.

Unlike their closest competitor on the food chain, the Great White Shark, whose billions of years of evolution provides the young with Apex killing abilities based solely on instincts, Killer Whales are highly intelligent. When they learn some new hunting technique that works, like the technique for killing the very dangerous and elusive Sting Ray, for example, they pass the knowledge down by communicating it to other members of their pod.

Each pod has its own language or dialect. Scientists cannot be sure if they speak entirely different languages, like humans do or if the different pods just have very pronounced accents. Seriously. Scientists easily identify entirely different intonations or accents picked up via sonar transmitters in the vast array of sounds made by Killer Whales.

While Killer Whales enjoy a diverse meal menu that should make humans a prime delicacy, there is no record of a human being eaten by a Killer Whale. Why not eat humans? Certainly, the opportunity to snack on a person has occurred many times in the thousands of years mankind has been on the oceans. Perhaps Killer Whales are smarter than humans. They are smart enough not to attack and kill their own kind.

So, how does the intelligent activity of pods of Killer Whales bear on the power of thought? Without a doubt human beings are Apex predators. As a species we are the alpha dogs of the animal kingdom. There is not another species, except possibly the lowly virus or microbe, that can defeat us. We are at the top of the food chain. The only predator that can defeat us is another human being. We are our own worst enemies.

Man's dilemma is that we no longer have pods, or tribes as they are known in human terms. As our society fractionates communities devolve to the point that neighbors may have nothing in common and rarely socialize. In some communities this alienation is extreme. In others, they hold block parties and support each other in many ways.

In generations past extended families may have lived together on a farm, for example. Often, relatives celebrated a shared history, their ancestry. Stories were passed down to each younger generation and, at least in the Native American culture, Japan and the [aborigines](#) of Australia, the wisdom of the elders is respected.

Today, a close family unit watches Southpark on television together. A culture of derision and profanity has replaced the wisdom of the elders. The churches are losing their hold on congregations as fundamentalist religious sects alienate people who have become more secular or who don't buy into their judgmental view of the world. Churchgoers eagerly seek answers in dogmatic theology so that they can comfortably relinquish the necessity to think for themselves. Meanwhile, the Church continues to fight off the threatening ideas of Darwin. Creationism anyone?

But, before we go off half-cocked consider that there may actually be room for open-minded and intelligent people to agree without being judgmental, without resorting to the worn out dogma of religious fundamentalism based on writings by zealots from centuries ago.

Consider that we are all Creators. We are all without question part of The Field that creates and energizes all existence. Furthermore, we all have the ability to think and the ability to create based on our thoughts. So, isn't it time to begin thinking?

How Do We As a Species Teach our Young?

Perhaps the lives of Orcas are simpler if not easier than the lives of the typical person. If you are a killer whale you are born with a 37% to 50% chance of survival to adulthood. No health insurance required. You make it or you don't survive. All members of the pod, both male and female are responsible for caring for the young. Slow learners and those who resist or rebel generally become part of the 50% who never make it to adulthood.

All members of the pod share whatever knowledge they have on survival skills in the ocean. They teach the young Killer Whales how to communicate, how to hunt for prey, how to recognize other members of the pod and so on. We don't know for sure.

When a really smart Killer Whale tries something new, like a tasty Stingray meal, he passes his knowledge of how to catch a Stingray along to every member of the pod. This knowledge becomes their birthright; it will be passed along for generations unless necessity improves on it. In that event, the knowledge will be updated. There is no politics, no religion to restrict information. Like in the old USSR the only criteria for scientific research is "does it work"? Too bad the Russians didn't apply the same scientific rationale to an examination of the Marxist-Socialist economic system. But, of course, those in leadership didn't care whether socialism actually worked or not so long as they could remain in power.

Unfortunately, the human mechanism for teaching our young is terribly flawed. The answer doesn't lie with religions; they have always taught the superiority of their own

beliefs. In the worse case diverse opinions have been met with not just argument but death.

The answers don't reside in our schools at least not so far. A concept like "***you are the creator of your own future; you have the tools with the thoughts that you think***" would no doubt be considered an invasion of a student's right to believe whatever he wants. It might even be considered to conflict with one's religious beliefs.

So, we must relinquish any thought of teaching students how to think in school. It would be a travesty if students actually learned from an early age how to think with the clarity of a Nikola Tesla. No, the answer must lie elsewhere. We cannot have school boards upset with us. After all, witches have been burned at the stake for less.

I believe the answer lies within each individual. There must be no guru, no law enacted by leaders to get people to think and create with 100% accountability for their lives.

Each individual who recognizes Truth must form his own pod. Teach your children and share what knowledge you have with other parents who demand a better life. Demonstrate what works by *doing* not by talking, legislating or becoming a missionary to the misinformed. Just do it. Let others follow or not. People have the right to choose. But, you have the responsibility to teach your children for where else will they learn it?

There is enormous power in thought. Isn't it time to start thinking?

In the next chapter we'll see how to eradicate negative thought patterns and how to create mental triggers to eliminate self-defeating thoughts, panic disorders, phobias and chronic anxiety.

Chapter 11 Myths and Illusions And

The Power of Belief

"Peace...comes within the souls of men when they realize their relationship, their oneness with the Universe and all its powers and when they realize that at the center of the Universe dwells Wakan-Tanka, and that this center is really everywhere, it is within each of us."

-Black Elk

"The emperor moth fights its way out of the cocoon. If you help it you kill it. Not all make it. It's the struggle that saves them. Without it they're crippled. If you help an emperor moth, you kill it." From The Cruellest Month by Louise Penny

When you change your beliefs about who you are and how life works everything changes *instantly* to correspond to your belief. The rule is that The Source reflects who you believe you are. The Source ignores who you wish to be. Wishes are not beliefs. It is what you truly believe about yourself that resonates with The Source. This is the incredible principle that governs your life.

The process can be cataclysmic when your former beliefs are suddenly shattered by a revelation or an epiphany.

P.M.H. Atwater, a near death survivor, has spent more than twenty years investigating the after-effects of the near-death experience. Her conclusions are startling. An unintended, unexpected visit to "heaven" for those who prefer a religious slant or to The Source for those people who have no preconceived notions about the after-life, presents the near-death experiencer with shattering conclusions about who they really are.

The experience can be so profound that, on average, it takes someone seven years to regain their sense of equilibrium after a near death event. The transformation of attitudes and beliefs can be extremely disruptive. One mother reports that after her young son drowned but was later revived he lost all fear of dying. He was always taking big risks and had to be constantly watched to assure his safety. The visions he brought back from his experience overwhelmed his sense of reality. Teachers chastised him for daydreaming, losing focus and having an over-active imagination. He became disruptive in class and was nearly expelled from school.

A young adult, Mary Jane, died in an automobile accident at age twenty-one reports Ms. Atwater. She was revived. But, during the "*between the earth lives period*" when she was clinically dead she reported walking and communicating with Jesus. She felt that she was psychic and reported hearing the voices of people who weren't present. She relived past

lives and "remembered the future". She had visions and saw herself marrying a wise and understanding man from a past life. But, the man she perceived as her future husband was not her fiancé. He was not the man she had just broken up with only a few hours before the accident.

In the aftermath of severe head and back injuries taking months to recover she also became disoriented. She no longer knew whom she was or what to believe. The more she relayed stories of her experiences and sought understanding the more judgmental and antagonistic her family became. They took her to a psychiatrist who promptly had her committed to a mental hospital where she was given powerful psychotropic drugs against her will. Only after she realized that the only way she could ever be "re-branded" as sane was to pretend to be the Mary Jane people were familiar with prior to her near death experience. She played their game for three years and was released as "cured" but likely to relapse.

Everyone who knew the Mary Jane from before her accident believed she was insane. She had changed that much. She was transformed. She went from a selfish and shallow "pretty girl" who had little respect for anyone she felt was "beneath" her to a wise, compassionate and beautiful person with a depth of psychic abilities. Incidentally, she did meet and marry Patrick, the wonderful husband she had met again in the afterlife.

The shock of a near death episode is so profound that only a tiny percentage of near-death survivors report totally ignoring it and resuming life where they left off. Atwater reports that "near death experiencers" have a Catch 22 choice to make regarding how to adapt to their experience. They can choose to ignore the entire experience and laugh it off as the product of a wild imagination...and, so return to life as usual (this is rare). Or, they can acknowledge the experience but consciously decide to repress it in public. These survivors pretend nothing has changed but their personality changes "leak" through so they have to work harder than most keeping up a front of normalcy. These people have decided to avoid the scorn and skepticism that is invariably experienced by the last group, those who integrate the totality of their experience into a new personality. These are the people who have been "reborn" and can never go back to the way they were before. This group often finds they have unusual psychic and healing abilities. They may lose their concern about daily survival, "work" but they appear to do quite well financially nonetheless.

But, here's the issue. Myths and illusions about life and who each of us really is permeate our lives. We are bathed in myths and illusions from infancy. The power of belief may be the strongest power in the human arsenal. But, it is supremely difficult to simply go out and choose your beliefs. What you believe about yourself and the way life works has been impressed upon you your entire life. Should you desire to change it is simply not that easy. You can read thousands of self-help books and still not change what you believe about yourself at your core. If your beliefs don't change you'll remain the same. You might find a few nuggets of wisdom to help you deal with issues your "deluded" self is experiencing but you'll find yourself falling into the same old self-destructive ruts time after time. Until your beliefs change your life cannot change.

You may smile that I refer to the life of Nikola Tesla once again. I don't blame you for he may be an unlikely hero and he certainly didn't appear to have profound interpersonal skills. Yet, the skills his mother taught him as a very young boy helped him to develop incredible manifestation skills. Tesla was, without a doubt, the greatest inventor of all time. What caused this genius?

A few possibilities occur to me:

1. Advanced manifestation skills can be taught. If parents or special teachers taught correct beliefs about the nature of life and trained young minds in right brain thinking in addition to the left-brain mode of thinking that is exclusively taught today we would soon have a generation of prodigies. Tesla's mother admired and studied Eastern Yogic philosophy.
2. The knowledge of how to create virtually anything through focused, creative thought has existed for thousands of years but has been obscured, repressed, feared and scorned by people throughout history. In its place, myths and legends as well as religious fantasies have been force fed to the public distorting the original message of the Wise Ones like Jesus, Buddha, and Mohammed among others.
3. Today, with the advent of the global information network, society is on the cusp of global planetary change. Ideologies of hatred are propagated like nasty viruses corrupting vulnerable young minds. But, the same power of instant communication and the widespread dissemination of knowledge also provides hope of enlightenment for the majority of people who pay attention.

Let's examine a few current day myths. See how many you've bought into lock, stock and barrel. See how many you persist in believing just because "*it is accepted common knowledge*" or perhaps because it is politically correct to believe what the political spin-doctors have told us to believe.

Myth # 1

For years, no for generations, it has been politically correct to believe that we have the right, no *the duty*, to save people from themselves. We see this behavior, this attitude at every level of society from the common *do-gooders*, the busy bodies you find in every community to missionaries who impose their beliefs on "the heathen" or "the savages" as they were called a little over a century ago.

This is a myth we have bought into and made *politically correct*. It is fundamentally wrong. The myth embodies an attitude not of compassion but of arrogance and superiority. The implicit attitude of the missionary who preaches at everyone he meets is "*my god is superior to your god*" or I'm superior to you so I will tell you how to live to save you from your ignorance. This idea embodies the arrogance and hatred of the Muslim jihadist towards the infidel. The words themselves are loaded with hatred. There

is no vestige of love that was originally taught by the Prophet. Once again, man has corrupted the message.

When one person imposes their beliefs upon another it is intellectual abuse. The attitude is one of profound disrespect for the other person's ability and right to find their own Truth. Worse, it short-circuits the process of Truth finding which is the point. It is the process of finding Truth that helps develop the soul. Each person deserves the freedom and the right to discover Truth on their own terms and by their own efforts.

This attitude of Big Brother permeates big government. Our current President Obama seems to be the standard bearer for bigger and more intrusive government saving the people from themselves. The citizens of the United States are the sheep. We don't know what's best for ourselves. Let the elite policy makers in government decree social welfare, federalized health care and entitlement programs for everyone. Let them take the money we've earned from our labor and decide how it should be spent. Why, because the 544 people who are at the very top of government in the United States know far better than we do how "things should be run". This is the Big Lie put out by government.

You see further evidence of this prevailing attitude in the bailouts of federalized banks and automakers; corporations that should have failed have been rescued from the consequences of their own faulty thinking. No lessons have been learned. The U.S. Government, the worst manager of money in the history of the world, is perhaps the wrong institution to teach efficient private enterprise to failed companies. Big government means big power and more control over every aspect of existence. Whose life is it anyway?

You see it in President Obama's insistence that the American public needs a federalized, centralized health care system, another massive entitlement program decreed regardless of the cost. Where does the money come from to pay the trillion dollar, ever increasing price tag? Bluntly, the money is stolen from the increasingly rare self-sufficient tax payer and the small business owner, who doesn't work for the government and doesn't rely on bailouts, welfare, subsidies and federal grants; the money is taken in taxes and transferred to "the less fortunate" while the inefficiencies in the health care industry continue unabated.

We are building a nation of *Emperor moths* who will never break out of their cocoon without government assistance. *"It's the struggle that saves them. Without it they're crippled. If you help an Emperor Moth you kill it"*.

Our government compounds the problem by invading sovereign nations for spurious reasons. The hypocrisy is astounding. Blaming the people of Iraq for the attack of 9/11 was an indication of the depth to which our great nation has sunken. If you want to bring freedom to the Iraqi citizens teach them to be tolerant; teach them to accept differences with love and rejoicing. Teach them to reject big government and interventionists like the United States. Teach them that true freedom requires them to break out of their cocoon on

their own, without our help. But, above all teach them only if and when they ask to be taught. Otherwise, you are no better than the missionary imposing his view of the world on the rest of us.

The United States government has maintained a strategic policy of foreign aid since after World War II. The concept is to manipulate the governments and the sentiments of the people of foreign nations to promote our interests in the region. The government apparently believes we have the right and the duty to confiscate money from hard working Americans with the spurious intention of intervening in countries to promote the expansion of democracy and of free markets. Big brother knows best.

This gratuitous intervention in the affairs of sovereign nations, especially in the Middle East, has led to hatred towards all things American. We are now faced with an ever-growing threat of Islamic extremism and terrorism. For every terrorist we kill another dozen are spawned. For every stray bullet or bomb that kills innocent civilians another one hundred dozen people hate the United States.

So, think about it. Your money is being taxed away from you to intervene in countries that absolutely resent our presence in their part of the world. This is arrogance on a grand scale. Your money is the fuel that feeds hatred and resentment towards Americans. Your tax money is feeding the flames of terrorism. This conflagration will continue so long as our foreign policy is based on a myth.

Perhaps you are religious. Jesus said (and I paraphrase since I wasn't there and I don't trust the Bible for its verisimilitude):

"It is better to teach a man how to fish than to give him bread and fishes"

So, why are we taking money from hard-working struggling Americans, some \$26 billion dollars of it every year, and giving it away to people outside the United States in the form of foreign aid?

Voluntary giving is to be condoned even if the impact on the lives of other people is transitory at best. In reality taking money away from one person to give it to another is theft regardless of the politically correct sugar coating disguising the reality.

There is no justification and can never be a justification for stealing from one person to give to another person regardless of the perceived need. The American people are among the most generous people on earth. Government needs to stop stealing from its citizens and to trust Americans to voluntarily step up to the plate as needs arise.

The War on Drugs

Saving people from themselves is also the myth behind the war on drugs. To begin with the premise of war on anything is false. If you doubt this go ahead and do your BK testing of the concept of attacking something with the idea of achieving a positive outcome. Examine for yourself just how highly the idea correlates with Truth.

"To become an effective parent you need to base your actions and attitudes on the principle that resolution occurs by *fostering the positive, not by attacking the negative.*" Adapted from Power vs. Force by Dr. David Hawkins, p. 169

This is a quote from The Total Makeover Parenting System, a course I wrote. As you can see I located the concept in the book Power vs. Force by David Hawkins. The concept has incredible Power in effective parenting.

While it applies to parenting the positive Power resulting from *fostering the positive vs. attacking the negative* is a fundamental tenet of human behavior. The approach applies with equal Power to government, law and education as well as international relations.

You would think that legislatures would have learned their lesson. The abolitionist movement, to ban the sale and consumption of alcohol, began with a fringe group of self-righteous teetotalers. Eventually, it became "politically correct" to support the idea of Prohibition. A savvy group of entrepreneurs like the Kennedy family recognized a gold mine in the making. Gradually, they foresaw huge financial benefits for supporting Prohibition laws. Smuggling liquor became one of the most profitable enterprises on the planet during the 1920's much like drug smuggling is today.

Anytime you attempt to legislate human morality, especially a dining habit as natural as imbibing alcohol with friends or at a meal, you are violating a fundamental precept. You are attempting to *save people from themselves*. Like the Emperor moth, people must always have the right to make their own decisions concerning their welfare.

When you impose your morality, your choice of habits, your choice of food or your preferred religion on others you are violating their personhood.

It makes no difference whether a majority vote for it or it is just a single suicide bomber attempting to force his views on the world at large. It is a myth that anyone has this right to order other people how to live their lives to the extent that the choices they make don't harm their neighbors. Victimless crimes do have a victim. The victim is the right of people to be autonomous.

As a result of "the war on drugs" the drug dealers and smugglers make billions of dollars worth of profits. Take away the drug laws and the monetary incentive simply vanishes. The value of the drugs will decrease to the point (remember supply and demand), that the profit margins won't justify all the labor to grow, process and transport the drugs. Where there is no profit there is little incentive to "push" something on the public.

Meanwhile, the war on drugs is an abysmal failure. Our prison population is soaring to all time record highs. According to an article by [N.C. Aizenman](#)
Washington Post Staff Writer
Friday, February 29, 2008; Page A01

"More than *one in 100 adults* in the United States is in jail or prison, an all-time high that is costing state governments nearly \$50 billion a year and the federal government \$5 billion more, according to a report released yesterday."

The United States had 2.3 million citizens incarcerated as of early 2008; a figure that is higher than any other democracy in the world. About half of the prisoners are in jail for non-violent crimes including drug use. The financial impact on the states, whose prisons have over 90% of all prisoners, is enormous. While spending on higher education has increased just 21% during the past two decades spending on corrections has increased 121% during the same time period.

Incarceration doesn't reduce recidivism. Roughly 95% of inmates who spend time in jail are rearrested and sentenced to another prison term. Criminologists agree that prisons are a hotbed for networking by gang members and drug dealers. Prisons are a breeding ground for career criminals. Non-violent drug users who are sentenced to a prison term have a fifty-fifty chance of becoming violent offenders following their release.

So, the inescapable conclusion is that the war on terror breeds terrorists and the war on drugs breeds violent criminals.

Myth #2 It Takes Money To Make Money

We've all heard the catch phrase "*It takes money to make money*" but, is it true?

The short answer is no. The idea is an illusion; it is another example of faulty reasoning and self-justifying excuse making.

Perhaps it first came about when some impoverished guy sees his high school classmate in a limo driving past him while he labors at the edge of the road with a jackhammer. He reads in the newspaper that his classmate has just closed another million dollar contract. He jumps to the conclusion that he must have had millions of dollars of his own money to score the contract. He justifies his own failure to succeed with the rationalization that it takes money to make money but since he has no money he's off the hook. It's good to be poor. You can continue to blame others for your failure.

A landmark study in the 1980's tracked the lives of lottery winners after they won a great prize. Some of the winners received checks for millions of dollars. The majority of winners were low income, some even depending on welfare, prior to coming into their fortune. Without exception the lottery winners squandered their fortune and resumed a life of poverty within two or at most three years after they cashed in their lottery ticket.

The money is between your ears in your thoughts and attitudes.

My friend Abdul, a man who lost his mother to sectarian violence in Pakistan, was raised as an orphan by poor relatives in India. His father worked in the fields and had neither the money nor the mental stamina to raise the child. Despite a background of abject poverty and being raised in a third world country Abdul excelled in school. His relatives pooled

their money to send him to America to go to engineering school. They had no money left to support him once he arrived, nearly penniless. Despite these overwhelming obstacles Abdul founded his own software firm that did millions of dollars in sales. Don't tell Abdul that it takes money to make money. It takes intense focus and hard work.

Many years ago I became distracted and lost everything except my house. So, with no money I began the process of rebuilding my life. I wrote a book following extensive research traveling by car to New York City to interview people. When I needed to interview a millionaire in Florida I called him and he sent me a plane ticket. His driver picked me up at the airport and drove me to his offices where he revealed the secret of the success of his million-dollar business.

His Secret? He spent almost nothing on advertising because he created a win-win situation for other firms who were only too happy to tell their gigantic membership list about the benefits of his business. He offered major discounts to the members of firms like triple A (AAA) and AARP. In return, they were only too happy to mention his business in their newsletters and membership packages. The phones rang off the wall and this gentleman's business thrived.

Upon returning home from my trip to Florida I was still uncertain how I would raise the money to publish my new book. I had no idea how I would have enough money to promote it. But, each day at 4 PM, regardless of the daily events in my office, I went jogging up the back roads of Vermont.

When I returned from my run one day I glanced at the mail where I saw a glossy brochure advertising lots of business opportunities. I noticed that the catalog didn't have any business opportunity similar to the book I had just finished writing. Without further thought I called the publisher and convinced him to carry my book in his next catalog providing he would publish my book verbatim, with no edits and that he would send me the names and addresses of all the customers who bought my book.

The publisher was a hard-nosed guy. He said that his catalog would be mailed to 250,000 opportunity seekers every quarter. He agreed to my terms and even agreed to allow me to purchase my books by the case at his actual printing cost. But, he refused to pay me a dime in royalties! Yes, I consented to allowing him to keep 100% of the sales price.

Eventually, the names of my customers began coming in. At first they were a trickle, 800 here and a couple hundred later on. But, as each name and address arrived I sent the customer a personal letter inviting him to purchase a more expensive product for \$2500. By the end of the year I had sold these customers \$90,000 worth of my more expensive products and then, with ample cash in hand I was able to use mail order marketing methods to sell 3300 copies of my book at \$65 each. That was a very good year and it started out when I had no money.

Myth #3 - People Are Different

People are different. This is an illusion. People are universally the same. When you observe the incredible diversity of dogs and cats, each with different coloring, sizes and breeds you see that dogs are colorblind. For some reason dogs have no regard for differences in religion, race, class, wealth status, beauty or your educational level. They simply don't care. They'll love you anyway. The same goes for how they act around other dogs.

For example, have you ever seen a tiny male dog fall in lust with a big and husky Boxer. It is totally comical. It never occurs to a dog that he is not the ideal mate for a dog three times his size. Have you ever seen a pedigreed dog of one breed reject the attention of another breed? The thought is ludicrous. So, then why do we persist, as human beings, in building barriers between people? Why do humans hate people who are different?

As a Behavioral Health Professional I spent quite a few years working with mentally challenged and disabled individuals. The time spent with people who found it a challenge to complete the simplest tasks turned out to be a blessing for me. One blessing was that I tapped into a well of patience that I hadn't realized I possessed. I lost my self-consciousness that had held me back since I was a child. My sense of humor was sharpened to a fine point. In fact, a certain amount of gaiety and laughter was a constant part of my day.

Another blessing was the humbling realization that these individuals didn't discriminate against their peers. They accepted each person without regard or even apparent recognition of his or her disabilities. They bore their burdens well. They were not judgmental and they seemed to have left their egos at the gates of heaven.

Myth #4 - Fear & Worry

Fear is an illusion. At its core it is based on our fear of death. Yes, fear is present in everyone as all emotions appear to have substance if we believe the premise. But, at the core, if you truly understand the mechanism of life you'll come to understand that there is nothing to fear.

This fact was driven home time after time as physicians and researchers like Dr. Kubler-Ross studied people who had one or more near death experiences. Listen to how P.M.H. Atwater, the author of [Coming Back To Life](#) describes what it feels like to die:

Any pain to be suffered comes first.

Instinctively you fight to live.

That is automatic.

It is inconceivable to the conscious mind that any other reality could possibly exist beside the earth-world of matter bounded by time and space. We are used to it. We have been trained since birth to live and thrive in it. We know ourselves to be ourselves by the eternal stimuli we receive. Life tells us who we are and we accept its telling. That, too is automatic.

Your body goes limp.

Your heart stops.
No more air flows in or out.
You lose sight, feeling, and movement - although the ability to hear goes last.
Identity ceases. The "you" that you once were becomes only memory.
There is no pain at the moment of death.
Only peaceful silence.
Calm.
Quiet.
But you still exist.
It is easy not to breathe.
In fact, it is easier, more comfortable, and infinitely more natural not to breathe than to breathe.
The biggest surprise for most people in dying is to realize dying does not end life. Whether darkness or light comes next, or some kind of event, be it positive, negative, or somewhere in between, expected or unexpected, the biggest surprise of all is to realize you are still you. You can still think, you can still remember, you can still see, hear, move, reason, wonder, feel, question, and tell jokes - if you wish.
You are still alive, very much alive. In fact, more alive than since you were last born.
Only the way of all this is different, different because you no longer wear a dense body to filter and amplify the various sensations you had once regarded as the only valid indicators of what constitutes life.
You had always been taught one has to wear a body to live.
If you expect to die when you die you will be disappointed.
The only thing dying does is help you release, slough off, and discard the "jacket" you once wore (more commonly referred to as a "body").
When you die you lose your body.
That is all there is to it.
Nothing else is lost.
You are not your body. It is just something you wear for a while, because living in the earthplane is infinitely more meaningful and more involved if you are encased in its trappings and subject to its rules.

Were you to spend time studying this arcane area of research, that of near death experiences, out of body experiences and life between lives you'll find that accounts bear remarkable similarities.

For example, Michael Newton, Ph.D., the author of Journey of Souls and Destiny of Souls spent a lifetime hypnotically regressing clients to a phase of life after death but prior to being reborn. The accounts of this phase of life are eerily similar to the reports from people who have died and then been revived.

Naturally, the near death experience is brief. Yet, the clients report becoming a being of light energy with their faculties (other than touch) intact. White lights sparkle and shimmer like diamonds and each represents a soul. To a soul thought

and intention is everything. You need merely visualize a loved one or a friend and they manifest instantly. Rather than audible conversations souls communicate by passing "percepts" in an advanced form of telepathy. Percepts are information or thought packets that are transmitted psychically. The information arrives in pristine condition unaffected by differences in languages, dialects and styles of speaking. Even extremely deep concepts can be transmitted as an integrated body of knowledge in a percept.

Robert Monroe first wrote about "percepts" in his unnerving book, Journeys Out of the Body. In his book, when he went OOB or *Out Of Body*, he often encountered kindly and helpful spiritual beings that communicated by passing along percepts. In this manner, he received advanced wisdom and concepts that would be awkward if not impossible to communicate by speech.

Meanwhile, Dr. Newton's clients reported meeting kindly spirits of indeterminate form. It was not uncommon for these spirits to assume a somewhat human shape at first but, with familiarity, the human "markers" or vestiges of human appearance were dispensed with. Souls can easily recognize each other based on each souls unique energy signature.

Not all is always perfect in "heaven". Robert Monroe wrote of encountering bands of writhing souls as he ascended into the spirit realm. Upon closer examination he realized with some horror that these were souls who sought sexual congress and had never relinquished their hold to the physical body. In other words, they had died but failed to come to grips with the fact. They continued to try and have sex but without the physical body there could be no contact and no fulfillment. Needless to say they were very tormented souls.

Perhaps this is one form of hell. P.M.H. Atwater interviewed a great many people who had reported having near death experiences. Rarely, but on several occasions she encountered individuals who had died and then found their spirit alone and abandoned in a bleak, cold landscape. Sometimes, they reported seeing entities lined up and staring at the "visitor", the newly deceased, with cold, vacant eyes.

But, the overwhelming majority reported a number of similar features common to near death experiences. Researchers including Dr. Kenneth Ring, Dr. Raymond Moody and P.M.H. Atwater reported these common traits:

1. OOB experience and sensation of floating outside the body. Accurate awareness of everything that goes on around the body.
2. Feeling of accelerating through a dark tunnel or slipping through a void.
3. Seeing a bright light at the end of the tunnel. Emerging into the aura of light with the possibility of seeing greeters, people, animals and even an indescribably beautiful landscape.

4. Being met by relatives or friendly strangers or possibly religious figures. Conversing and rejoicing.
5. Life review. From beginning (birth) to end of life or in reverse order life is reviewed. In some cases the review is a reliving of the life at hyper speed with the experiences of all emotions and their impact on others. Assessment of all that was lost or gained and evaluation of what was learned and what was not learned.
6. Joy at being "dead" and great reluctance to return to the body.
7. Total loss of sense of time and space. Perception that time isn't necessary as a measurement of life; that time doesn't exist.
8. Coming back to inhabit the body. Pain and disappointment at being revived. Sometimes there is a feeling of having to compress to squeeze back into the body usually by entering at a point in the top of the head.

The near death experience rarely includes all these traits during an episode. Some people experience only two or three of these scenarios while a few experience very detailed and vivid happenings that go far beyond this basic outline.

Illusion #5 - What It Takes To Be Happy

Many people live their entire lives chasing rainbows. At the end of each rainbow is a pot containing "happiness". But, this is an illusion. The idea is like putting a hamster on a spinning cage wheel with a bit of food dangling just out of reach. He could "*spin his wheels*" to a state of utter exhaustion and never attain what he seeks.

Around Maine the common quote is "*he who dies with the most toys wins*". I suspect men in all parts of the world share somewhat similar sentiments. Businessmen may see life as a game to accumulate the most money or even entire companies.

My grandfather Herbert, God rest his soul, told me a joke when I was just six or seven. Surprisingly, I still remember it to this day, over fifty years later. It went like this:

The two gravediggers had watched the funeral of the rich man from a little distance off. They noted the pomp and splendor of the burial procession, the limos and the crowd of richly dressed people around the grave.

*The wealthy man, the deceased, had left strict instructions that he should be buried in a solid gold Cadillac. As the Cadillac was lowered into the grave one grave-digger turned to his companion and remarked "**Man, that's living!**"*

OK, the joke isn't a side-splitter; I was just happy that my grandfather, the plumber, cared about me enough to find a clean joke to tell me, a boy of seven.

I believe the happiness most people chase is an illusion. They've bought into cultural myths of what it takes to be happy. The Hummer and the private parking spot at work

didn't create the happiness they surely expected. The twenty-room mansion in the Hamptons didn't generate any happiness. Even the wise Napoleon Hill, who captured the secrets of attaining wealth in his book Think and Grow Rich remarked much later, after attaining great wealth, that the huge mansion he purchased only brought him trials and tribulations. He wasn't happy living in a big mansion and sold it.

Definition of happiness: We experience happiness when we are able to consciously control our conditions as we come to sense our purpose in life. When we learn to extract from each experience only what we require for further growth we build upon our sense of happiness. It is our ability to live this way, thoughtfully and with the freedom to act towards creating our future that is the primary indicator of the degree of harmony and happiness that we attain.

Ultimately, we need to know that we have no limits.

You've heard the phrase "Sure, and that will happen *when pigs fly*". Perhaps some pundit said the same thing about men back in the time of the *Pharaohs*. But, the lowly aphid, a tiny pest that sucks the life out of plants, can do the impossible. When this tiny parasite finds that its host plant has died and no longer can supply food or moisture to support its life the bug does a complete metamorphosis; it grows wings so that it can fly to another host.

As it says in The Master Key System by Charles Haanel:

"All conditions and experiences that come to us do so for our benefit. Difficulties and obstacles will continue to come until we absorb their wisdom and gather from them the essentials for further growth."

Do you find yourself repeating dialogues that go something like this?

"I'd be so happy if Charlie (husband) would just get a real job"

"You'll never be happy until you settle down, find a good wife and have a family."

"Now that my wife has died I've lost all hope of happiness."

"You make me so happy when you do well in school." (addressed to son or daughter)

"Man, if I just had the money to buy a new Corvette I'd be so happy!"

"I'll finally be happy when I have grandchildren" (addressed to son or daughter).

This approach to the state of "happiness" is *conditional* happiness. You find yourself always placing conditions on attaining a happy state of mind. Invariably, true happiness doesn't appear even when the condition you've placed on its manifestation appears.

If you find yourself on a treadmill endlessly dealing with the same old frustrating difficulties maybe its time to look for the lesson you've failed to learn. Change your routine with the lesson learned; then, maybe at last you can move on.

Resolve now to put no more conditions on your happiness. Find happiness in the little things, be totally silly and notice whenever you feel a sense of euphoria. Once you notice the little things that make you happy you can collect them all day long. Savor them!

Case in point: My household ended up with five totally crazy, out-of-control kittens. I complained and worried about the messes, the kitty litter smells and even the cost until one day I picked up a string with a bell tied to the end and began whirling it around the slippery kitchen floor. As one kitten after another began chasing the string in a madcap dance of sliding paws, leaps and pounces I broke out into uncontrollable laughter. I laughed so hard I couldn't catch my breath and tears came out of my eyes.

The kittens had given me a moment of pure euphoria. I had captured happiness!

Chapter 12 Remembering The Future

*"Remembering the future is much like remembering the past with the exception that you can edit and change it to suit yourself without fear of contradiction."
D.H.Davies*

Since the Field is intelligent energy, The Source that energizes The Field incorporates each of our pasts, presents and futures simultaneously. How can this be so? No one really knows but my guess is that the future consists of energy potentials, the potential for all things ready, waiting and poised to happen at the subatomic level.

Scientists studying quantum physics have identified the existence of these particles (or, are they waves?) of pure, potential energy by measuring their effect based on projections from quantum field theory.

You may recall our discussion of the *Casimir Effect* from the Preface. One of the most mind-blowing findings was that something that affects The Field does so regardless of time and distance. In other words, an event in one part of The Field doesn't happen at the speed of light it happens throughout the entire universe simultaneously.

"We also know that quantum things that become entangled are connected over any distance and interact with each other instantaneously - Einstein's "spooky action at a distance."

P.164 The Science Behind The Secret by Travis S. Taylor, Ph.D.

But, that's just for openers. Scientists like xxxxx Hutchison?, wanted to see if test subjects could "see" through what we call extrasensory or clairvoyant means. To test this possibility, the researchers assembled a team of test subjects who were known to have some psychic abilities as well as control subjects who were considered "normal". Another team of two subjects was assigned the task of driving out to a distinctive location like a bridge or tunnel, a landmark or other notable place. But, their assignment was chosen at random and a sealed envelope of just the address was not given to them before hand. They received their sealed instructions only after they were in their car. They didn't even open the sealed envelope until *after* they were on their way.

In other words, these subjects had no idea before hand where they were going. The address itself didn't reveal what they would see.

Once they reached their destination they thought about what they were seeing while the "home" team began drawing and describing the scene from the laboratory. Both the "psychic" subjects and the ordinary subjects drew images that matched the test scene on a scale of factors well beyond the probability of chance . The researchers used a correlation

or match sheet to objectify the scoring process. While not all features of a test scene were recognized some of the responses were dead accurate to the point of identifying the exact location. They found that the psychic test subjects scored "matches" that would be a million to one probability against happening purely by chance.

OK, that's pretty impressive but there's more. When they altered the test procedure by telling the home team test subjects that their counterparts were "on site" they drew images that matched as well as before but the destinations and the teams had not even been decided. The scientists did not even decide where to send the other teams until three days *after* the home teams had drawn their impressions. They foresaw what their counterparts (who weren't even chosen yet) would be seeing three days in the future.

Finally, modern science was proving what the psychics and sages have known intuitively all along. With the support of the latest scientific research and my own intuitive ramblings we can propose some concepts that describe The Field and may help us to more efficiently achieve that which we hold in mind.

Concept #1: The Field consists of infinite energy potentials. This energy can be directed by creative intelligence to form attractor fields. Attractor fields organize energy through the process of coherence where *like resonates with and is attracted to like*. Incompatible thought forms do not cohere; they dissipate.

Attractor fields form patterns or multidimensional templates that become the basis of our perceived reality. Creative Intelligence, or God if you prefer, manifests our perceived reality through the energy of our thoughts. You are a Co-Creator with God. When you are aware of this power that resides in all of us you can create whatever you can believe in and hold in mind. Lack of focus, scattered and aimless or negative thoughts also manifest to become your future. Your fears and preoccupations will appear in your life in one form or another. You may experience disease, accidents, violence or poverty or whatever it is that you dwell on.

Concept #2: The Field is literal. For example, if your thoughts are "*I will have a million dollars*" The Field creates a perpetual state of potential wealth but it will never actually happen. You might have one multimillion dollar deal after another come within moments of fruition. The Field will make sure they all fall through. The attainment of your goal will perpetually remain in the future.

The Field is totally literal. Vague, poorly defined or future defined goals can never coalesce into your experienced reality. In short, if you don't know what you want in precise, clearly visualized detail your future will be like that of a small boat drifting at sea, buffeted this way and that by capricious waves.

Sadly, if you fundamentally believe that you have no control over your future whatsoever you may be right. The Field is "happy" to accommodate your belief (*though the Field couldn't care less*). The Field will honor your belief by making sure events outside your control always screw up your life. Talk about a self-fulfilling prophecy!

Concept #3: While the conscious mind originates thought and serves to examine, sort and discriminate between millions of incoming data bits we receive every hour it is the subconscious mind that acts on the information. Numerous studies have proven that the subconscious mind accepts virtual or imagined reality on a par with actual physical reality.

One hour of mental practice, shooting basketballs from the foul line, for example, has been proven to be the equivalent of one hour of shooting hoops on the basketball court. You just won't get the aerobic workout and the smelly sneakers.

The vast majority of people do not exercise any control over the type of information that flows into their subconscious mind. Outrageous myths and outright lies, political propaganda and biased judgments can easily bypass the critical filter of the conscious mind. Once accepted, these malevolent beliefs then take root in the subconscious. Children are especially vulnerable to this process.

On the other hand, this apparent weakness also gives you the capability to feed your subconscious with the exact full color, multisensory virtual reality that you desire by remembering your future. Remember, the virtual reality you permit to enter your subconscious mind is accepted as established fact without question!

If your subconscious mind doesn't receive conflicting, contradictory images the reality it "perceives" gradually becomes the actual reality you experience in life. It's that simple.

But, is it really that simple?

Obviously not; as my grandfather was fond of saying "*If wishes were horses beggars would ride*".

Yes, there is a little more to it than making a wish and blowing out the candles. Providence, in its infinite wisdom, created a failsafe mechanism in our wiring to protect us from frivolous and random intentions. You've heard the phrase "*If looks could kill...*" What if you had only to make an impulsive wish and voila!, your boss keels over dead; the driver that cut you off on the freeway loses control and skids off the road; your young child spills paint on your brand new carpet and you think "*I could kill that kid!*"

"Oh my God what have I done!"

Stephen King had a good grasp of this potential in his scary novel **Carie**.

So, to avoid disaster you must work to remember your future the way you want it to be. Like anything, the ability to remember the future takes practice. If you tackle the idea for a few minutes and then decide it's too hard, well, as Henry Ford says "*you're right*". It will be too hard for you and you'll write off the whole idea of manifestation.

The Ten Principles of Manifestation (POM)

1. Form a clear intention - in the "now" not the future. Make it detailed, not just visualized but actualized in your mind.
2. Ask with confident expectation. What you ask for shall be granted.
3. Write down your intention or draw it or better yet do both.
4. Apply consistent focus - spend a minimum of fifteen minutes in intense focus. Best times are early morning and once again just before falling asleep.
5. Put it out of mind - relax. If you worry it to death you are not trusting the process.
6. Act on clear impulses that you feel. Take advantage of "lucky" breaks and fortuitous connections.
7. There is no "wish"; either intend with 100% commitment or flush it from your mind. Don't take up mental energy with vague wishes.
8. No distractions. Do not change intentions without serious thought about the consequences. Changing the focus of your intentions creates interference. These are energy waves that will disrupt both your original intention and your new intention.
9. Emotion, excitement, intense feelings are the catalyst necessary to activate your limbic system. Scientists believe your limbic system is the gateway that resonates with The Field. Experiments in the field of parapsychology show that psychic phenomena are rarely measurable in the absence of emotion.
10. Finally **believe**. You must believe that the Field works to manifest what you specifically intended. This is where faith comes in if all the scientific studies mean nothing to you.

Let's take a closer look at POM.

As a child in first or second grade I got bored easily and would stare out the classroom window daydreaming about all kinds of things. This activity was not OK and my report card warned my parents of dire consequences or perhaps a serious learning handicap.

That was education back then some fifty years ago. It hasn't changed much. Education is all about left brain, analytical thinking and the accumulation of facts. The more nebulous, creative processes of the right brain are strongly discouraged; therefore, they rarely develop to any great extent.

At some point in my education I realized that I could not hold an image in mind. Visualization was impossible for me yet I understood that the ability to manipulate images and even entire scenes in my mind's eye was a critical skill I needed to master.

If you do not have this skill you will need to learn it. In the appendix you can find some visualization exercises. Your task is to build a mental hologram of your goals. Place yourself in the scene and feel the excitement of firing up your new Ferrari. Feel the thrill of taking your friends out fishing on the ocean in your new 38 foot fishing boat. Hear the roar of the twin 160 hp Mercs powering your boat out to the best fishing grounds.

Once you've got the hang of seeing yourself in the picture step outside the action and watch yourself in your new environment. See yourself entering your custom home and gasping with pleasure at the beauty of the interior. Admire the rolling park like lawns and gardens. See the expression of joy and wonderment on your face and your wife's face.

Feel the sea spray and the wind whipping through your hair. Make it totally real. By now, you should have a big ear-to-ear grin on your face!

2. Ask. This is pretty simple. Don't beg, don't plead, don't whine, just ask with confident expectation. Remember, The Zero Point Field operates more like the principle of gravity than like The Wizard of Oz. The Law of Attraction simply works. If you resonate with true feeling and conviction and your dream is true the Zero Point Field responds without emotion, without prejudice without favoritism or moralistic judgments of any kind. Be patient for once you've asked you've set the wheels of the Universal Mind in motion.
3. There is enormous power in words. Chanting has power, writing the words down has enormous power. Taking a picture of your dream home or car, girlfriend or whatever you desire can boost your mind's ability to visualize your dream. Most successful *magi's* (my term for someone who is skilled at manifesting exactly what they want), spend no less than fifteen minutes in the morning and fifteen minutes in the evening clearing their mind. Once cleared they deliberately begin remembering their ideal future in glorious detail. It is fun and it is powerful!
4. See above.
5. In today's hectic world people rush to and fro on endless senseless errands. There is no sense of "flow" just anxiety about having too little time. Part of the trick of becoming a *magi* is to trust the things that you intend to happen in their own good time. Calm and expectant beats demanding and worried every time. Trust the process.
6. Quite a few years ago I visited a Jungian dream analyst. He had traveled to India and studied with some of the greatest people in the field and the insights poured in. My job was to always write down my dreams so that we would have a dream to discuss at each session. Once I told myself that I needed to awake and write down my dreams the process quickly became automatic. The first time I honored my commitment to remembering my dreams by awaking in the middle of the night it sent a message to my subconscious. Not only did I wake up automatically but my dreams seemed to go in directions that I most needed to explore.

As this manifestation process unfolds you will have some pretty strange things happen. You may be forced out of your comfort zone. Trust the process and act on the synchronicities that all of a sudden permeate your life. Like Kevin Costner in the great movie *Field of Dreams*, just build it and they will come. Every time you act on something that you've felt prompted to do you reinforce your commitment. The Universal Mind responds in kind.

7. Yoda, the ancient and revered Jedi Master in Star Wars said it best: "*There is no 'try' only Do or Do Not*". For our purposes we will think of it as "*There is no 'Wish' only Intend or Intend Not*".

I once owned a 1963 Corvette Split Window coupe in mint condition. When I advertised it in the newspaper I learned the hard way about "*wishers and dreamers*" who are nothing but idle time-wasters versus those who speak little but carry big wads of cash. If you read the *Hemmings Motor News* where expensive classic cars are advertised you'll often see the words: "*no dreamers*". The Universal Mind doesn't have any interest in dreamers and wishers. If you are not serious don't even bother to wish for something. You'll just corrupt all your efforts to manifest your desires.

8. *No distractions* means ***set your goal and stick to it***. I know a guy who is always jumping around from one new money-making program to another. Inevitably, before too long he finds a reason to abandon one program as soon as something a bit more exciting comes along. Modeling the behavior of a flea is not a recipe for success. Many people are plagued by not knowing what they actually want from life. They see a gorgeous home and decide to acquire it through advanced manifestation techniques. But, then, someone suggests that there is a marina for sale and suddenly the person's entire focus has shifted. I call this *Intention Deficit Disorder*. If you believe you are plagued with IDD then spend some serious time mapping out what makes you happy. If you are married and still in a viable partnership you'll need to consider your partner's needs as well. There is no sense visualizing yourself running a 1000 acre ranch in Oklahoma with your wife if her dream is to live in a penthouse in New York City. It 's just not going to happen.
9. *Emotions fuel intention*. I hope you are fired up about your future because your emotions propel your intentions into physical reality. Emotions are the energy that causes resonance to have an impact. That is why native tribes chant and dance with pounding drums. The dancers enter a state of powerful resonance. It is a trance-like state that can bring about miracles like instantaneous healing. Get in touch with your feelings and express them as you visualize your future.
10. Have faith that manifestation works. If you keep plodding along as though it works you'll eventually train your mind to believe; and, once you believe the miracles will become commonplace.

Chapter 13

RESONANCE

Like Resonates With Like

"Your subconscious makes no distinction between good and bad thoughts; it accepts everything verbatim and resonates throughout the Cosmos"

Resonance is the oscillation of an object resulting from the object being stimulated by an outside source vibrating at a frequency that is in sync with the object's natural frequency. Oscillation is back and forth motion or the up and down motion of an object.

The principle of resonance can be mechanical like rhythmically pushing on a swing. It can also be electrical as when the correct frequency causes the oscillation of electrons in an electrical circuit or acoustic as when ringing a bell in proximity to other bells causes them to emit harmonic ringing. Today, scientists are discovering that resonance can also be generated by intensive thoughts or focused mental energy. The more intense and consistent the thoughts the more powerful the *resonance effect becomes*.

It is highly probable that this is the reason why a mother can sense intuitively when one of her children is in extreme distress even when separated by thousands of miles.

Resonance is a powerful but little understood phenomenon that has fascinated researchers like Nikola Tesla for nearly one hundred years. Historians have recorded that Tesla invented a mechanical resonator device and attached it to one of the steel girders of a building that was under construction in New York City. As the device operated it created a powerful resonance in the girder to the point where the girder began to oscillate. With each beat the energy of the oscillation amplified until the entire structure was shaking and near to collapse.

While these prank-like experiments weren't of much practical use Tesla did discover that electrical-magnetic, E-M, energy could be made to resonate to the point that a small antenna could be designed to attract E-M energy right out of the air. Tesla's research enabled him to build a small antenna with special resonant effect circuitry that pulled in E-M energy sufficient to power a 90 horsepower DC motor in his converted Pierce Arrow car.

The antenna Tesla designed for his car broadcast a signal at exactly the right frequency to cause massive resonance in the E-M energy that is present everywhere. Tesla had found a way to harness pure energy that is ever-present in "space" or the Zero Point Field to power his car up to 90 miles per hour without using gasoline or other commercial fuel.

His discovery, though proven and patented, was scoffed at and his financial backers, J.P. Morgan's bank, withdrew all Tesla's funding since his discoveries threatened to destroy

Morgan's electricity generating empire. The fact is that Tesla's invention would have provided everyone with free energy directly from the "aether" that surrounds and penetrates all existence. To this day, about a hundred years since his electric car roamed the roads of Niagra Falls, New York, enormous energy cartels have suppressed any inventor who tried to re-introduce this free energy technology.

Just as Tesla's use of the principle of resonance could suck E-M energy right out of the air, the principle of resonance can amplify the power of your thoughts attracting wealth, love, energy, health and genius level creativity directly from the Source.

To be successful in manifesting whatever you desire you need to learn certain techniques to gain total control over your thoughts. The degree to which you learn to harness and direct your thought patterns determines the level of your success. These techniques can be learned and practiced until you reach a point of total confidence in your ability to work in harmony with the *Law of Attraction* at all times.

As you banish negative thoughts and replace them with positive thoughts and feelings you'll be creating an aura of positive vibrations...dare I say it? *Good vibes*.

Your positive vibrations radiate out with no limitations of any kind. Until fairly recently researchers believed that no energy could travel faster than the speed of light or 186,000 miles a second. Current research shows that thoughts are instantaneously registering without regard to distance. It is almost as if the Universal Mind is one single Being.

Evidence that this bold hypothesis may actually be valid is that recent experiments show that the cells of our body instantaneously "know" and react to your feelings and thoughts without benefit of chemical markers passed through the blood stream. Plants and animals instantly sense trauma to another being without benefit of any observable connection. We can measure the response but the actual means of transmittal remains a mystery.

The Law of Attraction is based on the fact that as your thoughts radiate through the Zero Point Field they form attractor fields of like-minded energy that form harmonic vibrations. I believe we can describe this phenomenon as a type of *spiritual resonance*.

Internet sources describe resonance this way:

The general principle of resonance is that when a periodic vibration is applied to an elastic system, the system will respond with greater amplitude of vibration the closer the applied frequencies are to the *natural frequencies* of the so-called *resonator*. Natural frequencies are those frequencies at which an object vibrates most efficiently. (Example of the porch swing or swing at a playground.)

Scientists have reported on both physical resonance involving matter and physical force and electrical resonance. Thoughts resonate much like objects in the physical world. When you ring a bell in proximity to other bells of like frequency you'll hear a ringing sound from the other bells as well.

Therefore, it is easy to understand the necessity to avoid negative people and negative influences of any kind. Despite your will power and good intentions if you hang around negative people you'll quickly begin to resonate with their negative energy providing you are exposed to it for too long. Even small, low energy doses of negativity can have a cumulative and highly corrosive effect on your positive state of mind.

If you desire to live a life of heaven on earth with abundance, loving friends and family, harmony and joy you must be ruthless in avoiding sources of negative energy in your life.

When I was in college there was a guy in our dormitory who could be counted on to complain and criticize everything and everyone. Several of my friends and I would get together and visit him in his dorm room just because we found it amusing that anyone could be so profoundly negative all the time. In four years of college I never heard him say a positive word without qualifying it with a negative comment like *"Sure she's a beautiful girl but have you seen the color of the nail polish she uses to paint her toes? Yuck!"*

If a friend or parent, for example, persists in speaking of his or her illnesses all the time you'll need to redirect the conversation to more positive topics. Humor and laughter are often the best approach. If the friend persists with their fixation on the negative wish them well, send out a little prayer for their good health and excuse yourself...just walk away.

Try not to make the mistake of believing that being a good friend and a good listener, for example, justifies your continued exposure to someone else's constant negativity. "Friends" who consistently spew negative thoughts are corrosive to your well being. That said, I'm certainly not recommending that you should not be there for a good friend at a time of need. Everyone has "down days". Everyone has calamities that befall them and cause them to be in a negative state of mind once in awhile. As you gain mastery of your own thoughts your positive energy will radiate out to everyone around you and be a blessing to your friends in their time of need.

Psychiatrists and psychologists' jobs are to listen to people who are in pain. Often, their patients are "stuck" in a quagmire of negative emotions that may originate from experiences in childhood. The "therapy" may consist of abreacting or reliving painful events from the past so that their conscious mind can reframe the experience with the benefit of the doctor's knowledge and wisdom. This is a painful and long drawn out process. Unfortunately, it can be harmful for both the doctor and the patient alike.

Psychiatrists who encourage patients to vent what is wrong with their lives have one of the highest rates of suicide of any profession. Many psychiatrists are depressed and rely on the same antidepressant drugs that they prescribe for their patients. Negative resonance is destroying their happiness and health.

When a psychiatrist, psychologist or counselor focuses his patients' attention on the negative he is doing a profound disservice to his patient. Is it any wonder that talk

therapy can continue for year after year with little or no discernable improvement in the patient's mental health?

Patients' obsessive focus on what was wrong with their upbringing or marriage or other core issue only serves to attract similar negative emotions, people and events into their lives. There is an alternative.

The Immutable Law of Attraction Does Not Permit You to Plant a Thought of One Kind And Reap The Fruit of Another.

The Master Key System by Charles F. Haanel

I've been fascinated to observe the outcome as animals think through a problem to come up with a solution. For example, my cat with the improbable name of "Bubbles" is a slow thinker but he often gets results. Invariably, when I enter the bathroom and shut the door he meows until I break down and let him in. When I decline to open the door for him but leave it barely ajar he'll stand up on his hind legs and push against the door with his front paws. He uses his considerable strength and leverage to open the door. I think he's fascinated when I take a shower.

Another cat, Sparkles, is very small but smart and agile. When faced with a closed screen door leading to a bright sunny yard she amazed me by jumping straight up and catching the screen door latch. Once she had jarred it free she pushed against the door and slipped outside to freedom.

So, what do the thought processes of cats have to do with humans?

If you *think* about it you'll recognize that many people detest thinking. They mistrust their intelligence and find the process of thinking awkward and frustrating. You've no doubt met people who prefer for others to think for them. This is encouraged in our military for example. It is why generation after generation of young people blithely buy into the current political-militaristic causes espoused by our "leaders". These young people lay their lives on the line on the basis of vague concepts of patriotism and freedom that they dare not question. Meanwhile, our Constitutional freedoms are gradually eroding as politicians play the "fear" card and justify draconian laws to fight terrorism or to support the war on drugs for example.

There is a clear causal relationship that divides this country into those who think and those who resist independent thought. Those who think are generally the best educated. As a result they use their minds to earn a living. This group includes all the professions, the entrepreneurs, inventors, investors and creators like artists, writers and musicians.

The other group generally shies away from too much intense thought. They reject the idea of pursuing an education. They reject the idea of having to do much more than the most rudimentary problem solving at their job. They consider themselves adequate if they can follow directions fairly well.

Richard Ingalese in his book The History and The Power of The Mind came up with the concept that humanity can be divided into three distinct classes:

1. People who work and carry out the thoughts of others
2. People who think and then carry out their own thoughts
3. People who only think and have others carry out their thoughts for them

Category #1, *people who work and carry out the thoughts of others* form the backbone of America but they pay the price in the lowest wages and the most menial jobs. Their horizons are limited by their unwillingness to learn to think *and direct* their own thoughts. As Bob Dylan says, "*everybody's got to serve somebody*". Our economy has gradually devolved into a "service" economy where people serve in the military, in government or public service jobs as well as service jobs in the private sector.

The willingness to apply self-directed thoughts to achieve goals determines the degree of a person's financial success. Assuming that a person is motivated to live the life of their dreams then their primary task is to learn how to direct their thoughts.

For many, this is not an easy task. What we need now is a tool to help us take control and direct our thoughts. One technique comes from the science of neurolinguistic programming or *NLP*.

An Effective Therapeutic Method to Erase Negative Emotions From Your Mind

In 1987 a certified psychiatric social worker, Stanley Mann, published a self-help method based on the principles of Neurolinguistic Programming, NLP, that I consider a breakthrough in self-motivation techniques. His method is easily taught in as few as one or two sessions but can have astounding long-term benefits for patients with a wide range of psychological "disturbances". But, even more important for our purposes is the fact that you can use the same system he perfected over twenty years ago to gain ***complete mastery over your thought processes*** thereby eliminating the negative, self-defeating thought patterns that are holding you back. His self-help book, **Triggers**, includes techniques to:

- Motivate yourself to take the necessary actions for success like eliminating procrastination.
- Erase fears and phobias that may be plaguing your life.
- Help you develop and nurture new habits and talents
- Erase negative messages including those that were inadvertently programmed into you by your parents and teachers.
- Helps you purge obsessive, painful memories of long ago traumas.
- Helps you gain control over your thoughts to heal illnesses and maintain vigorous health.
- Program your mind for peak performance in sports
- Helps you expand your creativity with multi-channel thinking
- Converts conflict into personal Power
- Helps you to identify the hidden power in your negative personality traits and to harness this power to accomplish your goals

- Teaches you how to reprogram your mind to build good habits that actually replace bad habits in a few easy sessions.
- Works with hypnosis and even self-hypnosis for extremely rapid and permanent change like losing weight, quitting smoking or ceasing to spread malicious gossip about people you know.

There is neither the time nor space to cover the field of self-motivation here. If you are interested in learning this method of self-motivation and personal change I suggest you get a copy of **Triggers** and read the information directly. That said, Stanley Mann's system is simple enough that I feel it is appropriate to give you an overview of the technique that directly relates to manifesting your ideal future.

Author's Note: Some people have sharply criticized Stanley Mann's writing because it is based on lectures he attended in the field of Neurolinguistic Programming or NLP yet he fails to point out that fact in his book. This may be true. Nevertheless, he has succeeded in taking a fairly complicated subject that has primarily been reserved to the professionals and made it palatable to the public. Another great writer in this regard is Anthony Robbins and his book Awaken The Giant Within.

Harnessing Vivid Emotional States To Manage Your Thoughts

A woman I know well spent at least fifteen years seeing a psychologist with the goal of eliminating some of her many phobias. Many of her phobias were almost classical textbook examples. For example, her grandfather believed in a "sink or swim" approach to teaching his grandchildren. To teach her how to swim he threw her into a lake. It worked to the point that she loves to swim and that led to her becoming a highly proficient water skier. That experience did not lead to the creation of a phobia.

But, her grandfather also decided to acquaint her with flying for the first time by doing barrel rolls in his Piper Cub when she was just five. To this day she has a powerful fear of flying. Her grandfather's misguided, (some would say insane), technique of introducing her to flight installed a powerful phobia that restricts her from traveling by plane to this day.

Now, when she even thinks about getting on a plane her original feelings come flooding back as a panic attack. This is a negative emotional state. Everyone experiences episodes of high emotional intensity that can be recalled at will. Some of these states are positive while others are negative. Here are a few examples:

- The memory of getting an "A" on a spelling test and the feeling of confidence and joy that you felt when your mom praised you and told you that you were a good speller.
- The sense of triumph you felt when you were fearful of jumping out of a tree as a child but you did anyway and landed on your feet. You felt a surge of confidence in your physical abilities.
- The sense of exhilaration you felt when your bat solidly connected with the pitch and you hit a home run to the sound of cheering from fans and team members.

- The sense of joy you felt when you marched down the aisle to accept your diploma. You felt a sense of new beginnings and pride in accomplishment for sticking to your studies until you graduated.
- The feelings of anxiety that melted away from fear to self-confidence when you faced down the school bully. Suddenly, you felt unafraid and very powerful.
- The overwhelming terror you felt when your car suddenly went into a slide on black ice. You had a sense of being totally helpless and out of control.
- The sense of rejection and black despair you felt as a boy when you asked a girl for a date and she responded with a "putdown".
- The surge of confidence you felt about your intelligence when you solved a difficult math problem on the blackboard in front of the whole class.
- The happiness and surge of joy you felt when you spontaneously smiled at a new girl in class and she smiled back.

In each case your mind went into a vivid "state". The exact same set of feelings is experienced every time you recall the experience; you reenter the emotional state that you originally experienced.

Two Forms of Recall

When you recall an experience like that of the little girl suffering vertigo in the cockpit of a small plane while her grandfather dives the plane towards the ground and you see yourself (as a little girl) from outside the picture you are in a state of dissociation. Much of the original emotions are lost because you are merely an outside observer.

When you step into the picture and *relive* the experience as if you were a five year old inside the plane you are in an associated state. This is the state that has the most power. An associated state where we are back in the picture and reliving the event provides us with the intensity needed to create anchors that can change our behavior.

Anchors AKA Triggers

You can create an *anchor* by applying a stimulus (like an auditory tone or word spoken in a certain way) at the time when you are experiencing an intense state. You are pairing a stimulus of some kind with an emotional state.

For example, let's say that you were the little girl who loved to swim and you became an expert diver. But, you were the same little girl who grew up with a phobia of flying.

Were you to apply a stimulus like squeezing your earlobe at the same instant that you were experiencing an intense state you associate the anchor to the state. So, now you know what the comedienne Carole Burnett has been doing all those years when she squeezes her earlobe while performing. *Author's note...just kidding.

As you put yourself in the picture (associate) with your memory of diving off the high board perfectly and with grace and style you squeeze your earlobe. Continue squeezing for between five seconds and twenty seconds but only for the duration that your state is at

peak intensity. You've just created an anchor as described in NLP, or, as Stanley Mann describes it a "*trigger*".

Conditioned learning is when one stimulus is *paired* with another for several repetitions. Pavlov is famous for observing the salivation response of dogs when in the presence of meat. The sight and smell of the meat causes salivation in all dogs. When he repeatedly paired the ringing of a bell with the presentation of meat the dogs learned to associate the sound of the bell with meat. Ring the bell even without the meat and the dogs would salivate.

Researchers discovered that anchoring is even more powerful. Learning can be accomplished in a single trial! So long as the anchoring state is more intense than the thought that is being erased you can fire the anchor (squeeze the earlobe for example) whenever a fear of flying starts to interrupt your thought processes.

To "pave over" the negative response, fear of flying, you merely need to build your anchor using the positive experience (expert diving or whatever works for you). Then, you think about flying and fire off the trigger or anchor. The positive feelings elicited by the anchor will literally flood into your psyche and pave over the negative emotions surrounding flying.

YOU CAN NOW FLY WITHOUT FEAR!

For our purposes, we need to use triggers to delete negative, self-defeating habits and thought patterns from our mind. For example, it is the constant worry about bills and how you are going to be able to pay them that can preclude your ability to operate at the "abundance" frequency. When your thoughts dwell on "lack" they cannot attract abundance. Thoughts of lack attract lack. Thoughts of debts attract more debts.

When you build a trigger that's anchored to an experience of abundance you can use it to rewire your mind's reaction to receiving a bill in the mail.

Years ago I owned a mail order publishing company. Just about every day my mailbox was stuffed full of orders. When the occasional bill came in I smiled and *gave thanks for the abundance in my life*. I was able to anchor to a memory of the day I drove to the post office because the postmaster called me with some advice. He told me to bring a car instead of walking to the post office because he told me the canvas sack containing over 1500 order envelopes was quite heavy. Being a nice guy he wanted to spare me the aggravation of not being able to carry 1500 orders on foot.

Triggers Can Help You Achieve Any Goal

If you crave radiant health but resist living a healthy lifestyle you can use triggers to replace bad eating habits with new healthy habits. When you shop at the grocery store

and your first impulse is to purchase potato chips, sodas and fattening dips you can short circuit the impulse by triggering an anchor that you've previously installed.

It may seem obvious but consider this. You can correct an unhealthy diet for your family by making a list of healthy foods before you go to the grocery store. Then, stick to it! Use your triggers to stymie impulse shopping. If you don't bring junk food into your home your children will not be eating it unless they have their own source of money and shop for themselves. Equally important is that you will no longer be subjected to the temptation to eat junk food since that food will not be in your refrigerator.

Allow The Power of Hypnosis to "Reformat" Your Thought Patterns

Triggers are pretty easy to install but you may want to have a professional hypnotherapist work with you to plant your anchors deep in your subconscious mind. A hypnotist can implant a post hypnotic instruction that can be extremely powerful.

The beauty of hypnosis is that it permits direct programming of your subconscious mind thereby avoiding the filter of your critical mind. Virtually everyone has self-destructive patterns of thinking that work behind the scenes to sabotage their conscious efforts to succeed.

Your parents may have deeply held beliefs that were repeated over and over again as you were growing up. Unfortunately, very few parents understand the habits of mind necessary for their children to manifest anything they desire. For example, most parents, even enlightened ones, believe that a child with a lot of talent and desire in a particular area should suppress that drive and attend college instead.

One woman I know encouraged her children to go with their "joy" by finding their special talent and developing it. But, when her musician son told his mom he had decided to drop out of college to pursue his dream of becoming a professional drummer she did everything in her power to change his mind.

Her son went through several years "*busking*" in the subways and on the streets of Boston before breaking into the music industry. Today, he travels the world and lives the life of his dreams as the drummer for a popular band. He is very successful as his talent has found full expression.

Keep in mind that everyone has the right to experience failure. It is OK for you or anyone to experience years of financial struggle if you are following your dream. Money is only a by-product of achieving success on your terms.

Remember, money is the by-product of following your bliss, not the goal.

Chapter 14 THE LAW OF COMPENSATION

"Quid pro quo on steroids"

The dictionary defines "*quid pro quo*" as an equal exchange or substitution. You give something and receive something of similar value in exchange. But the *law of compensation* is far more powerful. Let's see if we can look at it from the perspective of quantum physics.

Nature abhors a vacuum. The nature of all things is flow. There is a constant flow of energy happening all the time everywhere. Were you to expel all the air from a bell jar, thereby creating a vacuum, any leak or venting would cause the vacuum to be displaced by an inrushing flow of air. Air will flow into a vacuum until the pressure inside the jar and the pressure outside the jar are equalized.

Water that sits idle in a pool becomes stagnant. When monotony sets into a person's life and their life becomes stagnant the life force or "chi" doesn't flow; boredom and depression will soon follow.

Electrons flow from a positive pole to a negative pole. Lightning seeks a path through the atmosphere to ground. You can observe it to *flow* almost instantaneously from the cloud to strike a tree, a grounded fixture or a lightning rod that is connected to the earth. The earth forms the negative pole or ground.

The Law of Compensation states that when you project energy into the Universe the The Field responds in kind but in greater measure. When you expend energy and time in creative thinking your thoughts add value. The Field responds by providing value *back at you*. You have created a condition that requires *flow and it is the nature of the Universe to oblige*.

The Pharaoh AMRA asked his subjects to donate 10% of their income to a family that was poorer than their own family. The process of giving and receiving creates "flow".

You can see this concept known as "tithing" in many of the world's major religions. People tithe by giving a tenth of all their income to support their church, synagogue or mosque. Perhaps you've observed that the most stingy of people, those who fear sharing, have the least. Likewise, you may not be surprised to learn that those who give the most in charitable donations are the wealthiest. Despite their generous giving their wealth seems to increase many times over. There may be some truth in the saying that the "rich just get richer." What they don't tell you is that you must be rich to give away millions.

Recently, a study of the most successful Internet business models revealed that those companies that are at the very top of the popularity and wealth pinnacle provide value for free. The higher the quality of the service the more people benefit and the greater the

valuation of the company. Examples would include Google's search engine, Facebook, YouTube.com, Twitter.com each of which rank in the top ten for traffic and valuation.

You must plant the seed of belief in your subconscious mind that what you give will be nothing in comparison to what you receive in return. It's the Law of the Universe; that's just the way things work.

Facebook, for example, provides a quality social networking platform to the public. As a result Facebook has over 410 million users. In a given month, on average, Facebook receives around 220 million unique visits. Another free service is the Google search engine. They are number one on Alexa.com in terms of traffic ranking. Giving away value works. In a relatively short time Google has become one of the wealthiest companies in America if not the entire world.

Success Comes From Applying The Concept That It Is Just As Important To Give As To Receive

As you direct your mind to how to be of most service to the world the *Law of Compensation* inevitably brings you abundance in all its forms.

If this is so why are so few people today wealthy and successful in achieving their chosen goals? The answer is surprisingly simple:

The overwhelming majority of people rarely engage themselves in independent creative thinking. Thought is work. Without practice it does not come easily to most people.

Many people prefer to allow a very few people to do most of their thinking for them. Those people who have mastered the art and science of creative thought excel in the world. Among the thinkers of the world are the entrepreneurs, the inventors, the writers, musicians, dancers and scientists. Unfortunately, many students today are taught to do less original thinking than regurgitation of the dogma they've been taught in school. Make no mistake, regurgitation is not creative thinking.

Those people who devote themselves to thinking eventually become inspired. They are literally infused with the energy of Spirit, as they become a conduit to Infinite Intelligence. Their thoughts add value to the world.

The Universe Rewards Quality

Quality and excellence are so rare today that anyone whose primary goal is to provide it in their service or product will suck the life out of the competition. Unfortunately, the quality of today's consumers is also lower as our culture caters to the lowest common denominator. Many people today simply don't understand the concept of quality. They

are unwilling to pay for it. This has permitted the expansion of the huge discount chains like Walmart where price trumps quality. If you are incapable of recognizing quality when you see it your only means of discriminating between products is price and convenience.

Remember, nature abhors a vacuum. Where there is limited quality in a market the first company to provide demonstrably better quality will be deluged with customers. Around twenty percent of the public is thoughtful to the extent that they will usually choose quality over flash.

In 2004 a new butcher shop located in New York City began offering grass fed and organic meats from New York's Hudson Valley. *Fleisher's Grass Fed and Organic Meats* store quickly became a huge success endorsed by Martha Stewart and New York's top chefs. Quality resulted in the business continuing to have customers lining up around the block months after it opened.

Our automakers reduced the quality and technical sophistication of their automobiles in exchange for short-term profits. First Volkswagen and then Toyota (until very recently) took away market share from domestic manufacturers by offering honest vehicles built to high quality standards. Brands like Yugo, that tried to compete on price alone, didn't last long.

General Motor's Corvair was an early competitor to Volkswagen. Unfortunately, the Corvair was all about style. I've owned three or four Corvairs over the years and finally woke up to the fact that the cars were junk. Each and every Corvair I've owned developed mechanical problems. The Corvair wasn't built to the high standards of German engineering that the Volkswagen was.

This lack of engineering excellence is reflected in today's price for an antique Corvair versus an antique Porsche. Unlike a vintage Porsche from the 1960's that will easily fetch \$25,000 or more in today's near worthless currency a top model turbocharged Corvair Corsa or Spyder in similar condition has actually depreciated in real dollar terms. Few people want to buy a mint condition 1963 Corvair Spyder because they were originally built to low quality standards. Just for grins a low mileage 1962 Porsche 356C convertible was just offered on eBay for \$149,900. At the same time a mint condition, low mileage Corvair Spyder Convertible was listed on eBay for \$13,500. When these automobiles were brand new the Porsche was more expensive for sure, but not over ten times the price of a new Corvair.

You can easily tap into the Universe's unlimited abundance by identifying a niche market where the potential clientele value quality above price and then deliver more quality in your products than the customer expects.

How To Attract Kindness and Good Luck

If you believe you are naturally lucky The Field makes every effort to honor your belief by providing you with plenty of good luck. You merely have to place your attention on all the times you are lucky each day and feel gratitude for the luck that flows your way. As you become more aware of just how lucky you are you will tend to draw more luck into your life.

I'm not talking about winning the lottery or placing winning bets in Vegas though it has been proven that certain highly psychic people have the capacity to predict winning numbers far beyond the level of chance. If our parents or teachers believed in this human capacity to intuit the future and taught the techniques to children at an early age most everyone would share these abilities. Our culture of pseudo-scientific rationalism has put the hex on areas of human consciousness that we don't understand and can't yet prove with current scientific instrumentation. Shame on the scientists with closed minds! A scientist who is not open to new information is not a scientist but a dogmatist.

Good luck manifests itself in many guises. For example, I visualize and confidently expect to find a great parking spot even on the busiest street in a big city. My late mother always used this technique when seeking a place to park in New York City. She once told me it never failed her and she took her good luck for granted. The fact that she was an ordained minister may have had some effect. She sure thought so!

The Field does not discriminate. Right or wrong you pretty much get that which you believe in and dwell upon. This may explain why you find tattoos like the one that says "*born to lose*" on the bodies of many incarcerated criminals. It makes you wonder what if they had decided to have their tattoo read "*Born To Have Good Luck*" like in the lyrics of the late, great blues singer John Lee Hooker.

Some years ago I took my girl friend to my parent's summer cottage in New York's Catskill mountains. It is an almost mystically beautiful area affording panoramic vistas down the Hudson River valley. The forests are full of ferns, caves and waterfalls. My unspoken intention was to show her some wildlife while hiking along a trail. I've always been able to see lots of wildlife anytime I've been hiking alone so I was interested to see if I could manifest a deer (easy) and a bear (a bit harder) when I was with someone.

These are powers that I take for granted. For example, just the other day I met a mouse along the walkway to my house. I spoke to him and he jumped about six inches and then just looked at me. So, I reached down and patted him. He remained calm and I continued on my way.

The day I went hiking with my girl friend was quite busy with lots of hikers on the mountain trail yet practically on cue I spotted a fawn just a few feet off the trail. I pointed out the fawn to my girl friend and we stopped to watch it grazing. There was no doubt it was aware of our presence yet it was totally at ease. After about five minutes I mentally thanked the animal for sharing its beauty with us and released it. The fawn looked me right in the eye and then casually walked away.

Later that weekend we had walked down to a waterfall called the dry falls within the park. I spoke of the bears that lived in the mountains and barely moments passed before a small bear came ambling down the dirt road. As it approached us my girlfriend became quite anxious so I dismissed it. The bear then veered off the trail. My friend was thrilled to have seen it and also very relieved to see it go on its way.

I'm always thankful when these moments of joy are offered to me. Acknowledging the event with gratitude goes a long way towards attracting similar good luck. Of course, sometimes it backfires! A good friend has always been very afraid of snakes and I jokingly said there aren't any snakes in New York State. As she got out of the car to go fishing with me she stepped on a snake!

In a similar manner you can attract kindness rather than snakes. You simply need to be deliberately kind as often as possible during the day. I try to be kind when driving. Invariably, other drivers seem to pick up on my kindness vibes and become more considerate. The kindness is catching! You may permit someone to enter a line of bumper- to-bumper traffic. Down the road I always find that some other driver extends a similar courtesy to me.

There is definitely a culture of kindness that has taken hold in some cities while drivers in other cities seem to drive like mobile terrorists on wheels. For me, this is one way that I evaluate a place for quality of life. Some locations just seem to have a hostile edge to them and the first place this becomes apparent is on the streets.

As a child of thirteen I recall my parents taking an exit off New York City's Westside Highway during rush hour. A woman who appeared disoriented was attempting to get across the exit road heading towards four lanes of speeding rush hour traffic and a fence. In other words the woman was heading for certain disaster with no plausible destination.

My parents stopped the Ford station wagon, put on the car's emergency flashers holding up a long line of irate motorists who began honking their horns in frustration. Meanwhile, my dad escorted the woman back across to the safety of the other side.

That's kindness. My parents totally ignored the obnoxious New Yorkers whose only thought was to get by the crazy woman blocking their path. Believe me, it takes a certain amount of moral courage to obstruct the forward progress of a New Yorker.

As you express kindness, no matter how humble the act, The Field sits up and takes notice. The Field has no alternative but to respond in kind. It's the law, *The Law of Compensation*.

Chapter 15

MANIFESTATION

"Jogging With Butterflies"

It was summer and I had about \$250 in the bank and \$1500 worth of unpaid bills and I still hadn't paid the mortgage. My wife had taken a *just over broke* JOB so we could at least put food on the table and gas in the car.

One of the joys of working for myself, I'd always thought, is the freedom to fail and I appeared to be exercising that freedom. As usual, when 4 PM came around I quit working in my home office and went jogging up the dirt road by our mini farm in Vermont. Also as usual I practiced moving meditation. This day, I had asked for a sign that the publishing project I'd been working on would bring me some financial relief. I was calmly desperate.

My usual jogging companions were pesky horse flies that would race ahead then dive-bomb my head. Sometimes, I'd try to outrun them but they always caught up to me. Today was different. At first one, then half a dozen and then a whole flock of butterflies materialized out of nowhere.

Gorgeous Monarch butterflies surrounded me and easily kept pace with my lazy jog. As I thanked them for gracing me with their beauty I glanced down to find my path strewn with silver change; quarters, dimes and nickels, altogether over three dollars worth of coins continued for yards along my path. There were no houses on this remote dirt road; this was Vermont in the country. I was awestruck.

This was the sign I'd asked for. Once again I thanked Infinite Intelligence for the kindness of giving me a sign. As I completed the book I was working on I had no thought of how I would actually sell it but I just knew it would work out despite my lack of funds for marketing and advertising. Sure enough, I received a catalog in the mail and felt prompted to call the publisher and ask him if he would sell my book in his catalog.

That Fall I sold thousands of copies of the book I'd been writing. Altogether, my little home publishing business had grossed over a quarter million dollars before the year was out.

Are you one of those people who skimmed through **Spiritual Power** seeking just the techniques of manifestation? If so, you've arrived at the chapter where we put it all together, the nuts and bolts of effective manifestation. However, I must advise you that if you've skipped the first fourteen chapters most of this chapter will seem to be just so much hocus-pocus.

That said, we now know about the power of thoughts and how they resonate throughout *The Field* to attract similar energy patterns into our lives.

We also know that everyone has a set of core or *intrinsic beliefs* that are deeply embedded in their subconscious. These beliefs, whether recognized for what they are or not, form our MOS or *mental operating system*.

Since the vast majority of people in this world were indoctrinated from an early age with fallacious beliefs and attitudes they live their lives at the whim of these self-defeating beliefs. Their thought patterns are counter-productive to achieving everything they truly desire.

Some people, believe it or not, actually feel that when they succeed and earn a lot of money or get the best job in the company that they somehow take away success from other people. They feel very deeply that they don't deserve to succeed and that when one person wins another inevitably loses. As a consequence they may experience success but it will inevitably be fleeting and frustrating.

Clearly, to manifest anything worthwhile, you'll need to edit your MOS and refocus your subconscious on attracting that which you most desire. The place to begin is to believe that the Universe is one of infinite abundance.

How To Get On An Upward Spiral

We've all heard the phrase "he was on a downward spiral to ruin". Often, a trigger incident will be the spark that creates the downward spiral, like losing a spouse to divorce or being fired from a job.

But, the science of manifestation gives you the power to create your own upward spiral.

Your emotions are the driving energy that connects your psyche to the frequencies of the Cosmos.

Inevitably, negative emotions attract negative energy and negative people. If you've been mired in a swamp of negativity for some time you may need to consider changing your environment. Please understand that as difficult as changing your living situation would be, it is far easier than changing those negative people who surround you.

Likewise, positive emotions attract positive people and positive, life enhancing energy into your life. Thoughts without the corresponding emotions behind them, energizing them, have little impact. To generate your own personal upward spiral you need to sculpt your creative, positive thoughts into full color, full sensory visualizations until your emotions become buoyant and joyful.

Consider writing and directing your own mental play in which you are the star. Make it have a happy ending! This is in your power and is the key to accessing the power of manifestation.

Reinforce your mental discipline by affirming

"I am the master of my thoughts; I am the designer of my destiny."

In the bible and the writings of the sages you've been told to "know thyself".

But, what does this really mean? In the lexicology of the science of manifestation it simply means that you need to monitor your feelings, thoughts and latent beliefs throughout your day.

Have you ever suddenly realized that you've unaccountably fallen into a black mood? That's OK so long as you make the effort to pinpoint what thoughts and events led up to this negative feeling; and then make the effort to change the feeling.

You may be surprised at how much mental forensics it takes to track down the actual source of these black feelings. Until you identify the source you will encounter resistance to moving on towards a positive frame of mind.

The source of your unaccountably black mood may be as subtle as an off-the-cuff putdown or sarcastic remark that a co-worker said about you in staff meeting. Maybe you laughed it off at the time but did a "slow burn" that left you feeling ill at ease for the rest of the day.

Years ago I owned an apartment house and rented a room to the Department of Human Services. They, in turn, used the rental to provide an independent living situation for a young woman who was disabled by mental challenges.

One day a pipe burst in this apartment and I had entered to make repairs. After the pipe was repaired I noticed that the woman was sobbing so I assumed that she was upset about the leaking pipe. When I assured her that the leak was all fixed she cried even harder.

After awhile I got her to tell me that the reason she was upset was that DHS was planning on relocating her boyfriend to another home that wasn't within walking distance of her apartment. When I patted her shoulder and tried to reassure her she shocked me by going into hysterics and running from the room.

At this point I was totally baffled so I phoned the DHS caseworker to get the woman some help. I later found out that this young woman had been sexually abused as a child and that a touch, even a pat on the shoulder, could trigger powerful emotions.

While this is a somewhat extreme case of not knowing ourselves it serves to illustrate the point. Many of us have hidden landmines in our psyches that are subject to detonation in the most unlikely circumstances. Know yourself. Deal with it.

Once you've identified a "trigger" that may have started you on a downward spiral of emotion you can be proactive in changing your emotional state and actually initiate an upward spiral of positive emotions.

Mood Changers

Are you aware of the power of a smile to change your mood and that of everyone around you? Surprisingly, you can act your way into a great mood and wonderful, positive feelings. One terrific way to do this is to go out and do something like buy a premium cup of coffee or any little treat that you know usually cheers you up. But, when you are at the cashier's counter deliberately smile and strike up a pleasant conversation. Pretend if you must but above all put on a "happy face" and build some rapport with anyone you see.

Store clerks can become pretty grouchy dealing with the public hour after hour but I've seen them instantly brighten up when a particularly cheerful customer walks in who is always ready with a smile and some amusing conversation.

Usually a trip to the post office is a bit tedious but the other day the three people in line began joking about the way tourists drive in Maine. Jim, the postmaster, chimed in and pretty soon everyone was smiling and laughing at each other's tales of crazy driving. For sure we all left the boring old post office with a grin on our faces and in a decidedly better mood.

If you can't get away for a little mood changing outing you can simply close your eyes and begin smiling while remembering something that brought your spirits up in the past. Continue this, smiling all the time, for at least a full minute. Then, resume your activities but keep the smile going and look for the positive aspects of what you're doing, (even if it's paying the bills).

How To Bypass Your Critical Mind To Program Your Subconscious For Success

We've learned that your subconscious is literal and non-judgmental, non-critical. It accepts your visualized input verbatim as if what you are seeing in your mind's eye was an actual fact. This is the key that you need to embrace to achieve anything you desire.

To bypass your critical mind you must be in a state of deep relaxation and heightened suggestibility. This state of mind is known as being hypnotized. At the deepest levels of hypnosis your critical mind is bypassed and you are most receptive to suggestions.

Many people harbor the fear of letting go and turning over access to their subconscious mind to another person, such as a hypnotherapist. This belief is itself false since there is no reported account of any person doing something against his or her core beliefs while under the influence of a hypnotist, (movies to the contrary notwithstanding).

But before we delve into methods of achieving deep relaxation we must understand how best to phrase our communication with The Field. Here are the key elements to follow when you are making an affirmation or planting a suggestion into your subconscious:

1. Be specific. Saying "*I want to get rich*" won't work (not even slightly). This is a vague intention. You must be very specific in setting your goal by setting a specific amount to earn and a specific time period in which you intend to achieve your goal of wealth or any other intention you may have. And, if you use the word "want" then that is what you'll receive. You'll just continue to want to be rich. Rather rephrase as though you already have that which you desire.
2. Don't tell The Field how to achieve your goal. Be specific about the end result you wish to achieve but permit the Field to bring about the ideal methods and opportunities that are required.
3. Don't permit the option of failure. As Yoda says "*Do or do not...there is no try*". If you have a deadline and your goal absolutely must be achieved by then The Field will just work that much harder to bring about the results you seek.
4. Don't frame affirmations in the negative. In other words always frame affirmations with a positive vs. a negative statement. Say: I am a healthy and active non-smoker vs. I will not smoke any longer.
5. Be optimistic; in fact believe in the outcome with unwavering faith. The fact of the matter is that *everything is possible*. The ancients envied the birds but modern man flies hundreds of people at supersonic speeds. Who would have believed it possible in the time of ancient Rome? OK, yes, Leonardo DaVinci certainly believed!
6. Make every statement in the present as though what you desire is already an accomplished fact. We've seen that every possible outcome, *infinite possibilities*, is the core nature of the Universe. Your future is already present and waiting for you to embrace it!
7. Consider all failures as stepping stones and learning sessions along your road to success. Consider all successes as you would the outer leaves of an artichoke. Sure, they are tasty but you haven't even approached the heart.
8. Don't take credit for your wealth, your luxury homes and cars or any success that you may experience. Genius is merely the ability to tap into the Infinite Wisdom of The Field. Nothing you do is unique to you as an individual. Anyone, no matter how humble, can become Inspired and be considered a genius. Success is a fabric woven with the help of other people. Each thread in your fabric is the connection in which someone assisted you in your quest.

How To Achieve a State of Heightened Suggestibility

Many counselors recommend self-hypnosis and it certainly can have positive benefits. I would also highly recommend that you learn how to meditate and practice meditating twice a day. Early morning, prior to arising and some time during the day when you need a stress break are good times but any time you can have some privacy is fine.

But, in my experience self-hypnosis has far less impact than being hypnotized by a trusted hypnotherapist. For one thing, the act of reciting a hypnotic induction involves your critical mind. It can be difficult to recall the wording while disassociating yourself from the process.

When employing self-hypnosis, once you are deeply relaxed you are then in the position of having to do further thinking to recall the precise visions of your future life style that you wish to achieve. Inevitably, critical thinking will creep in and your conscious mind will voice objections to the idea of you traveling around the Caribbean in your own 65 foot yacht (or whatever it is you dream about). Of course, critical thinking defeats the purpose as it short circuits the process of programming your subconscious mind.

A specially trained hypnotherapist, on the other hand, can guide you into a far deeper state of suggestibility, test your receptivity, and then guide you further into visualizing and affirming the exact future that you aspire to. In this process, the hypnotherapist is your guide relieving your conscious mind from the burden of doing your own hypnotic self-induction and recall of your goals. In a preliminary session you can discuss your future life goals with your hypnotherapist so that he can use guided imagery to plant these suggestions into your mind. The more detailed the vision that you can give him the better the results though your mind will easily embellish his suggestions to precisely fit your own vision.

A skilled hypnotherapist can also discover and remove blocks to your success whether he uses the "triggers" technique discussed earlier or uses hypnosis to uncover and heal the root problem (*like fear of loss when a parent died and left the family destitute when you were a child*).

Floataion Tanks

A proven scientific approach to deep relaxation is known as *Restricted Environmental Stimulation Technique* or **REST**, originally developed by Dr. Paul Lilly and other American government researchers in the 1950's, and further refined during the past five decades. **REST** technology is commonly referred to as floatation as in floatation tank.

How R.E.S.T. Works

- Floatation *REST* cuts out all external "environmental stimulation" to mind and body - the combined effects of gravity, temperature, touch, sight and sound are eliminated.
- This weightless, temperature-balanced, fluid environment frees muscles, heart, nervous system and brain from 90% of their normal "housekeeping" workload.

The Relaxation Response: This unique stimulus-free environment triggers what medical researchers call the *Parasympathetic Response* - a profound "Relaxation Response" that is automatic, and spreads to all parts of the mind and body.

- In the "zero-gravity" environment muscles relax fully. Residual muscle tension (often unconsciously locked into the body) discharges completely.

- As strain on the heart is reduced, blood pressure and heart rate drop to healthy relaxed levels. Blood vessels dilate, improving the flow of nutrients and oxygen to every single cell in the body. At a cellular level, the rate of metabolism (oxygen consumption) drops to a degree usually associated with hibernation.
- A vast amount of physical energy is conserved and re-directed inward.

An extensive body of research (see appendix) has demonstrated the overwhelming superiority of R.E.S.T. over other treatment and teaching modalities in the areas of:

- Stress Reduction*
- Accelerated Learning*
- Focus and concentration (Attention deficit disorder)*
- Treatment of clients with learning disabilities*
- Treatment of clients with addictive behaviors including smoking, cocaine and alcohol addiction.*
- Treatment of clients with phobias or panic disorders*
- *Treatment of clients with eating disorders*
- Advanced Sports training*
- Creative visualization/problem solving*
- Hypnotherapy and therapeutic counseling*
- Healing*

Is it any wonder then that floatation tanks can be combined with pre-recorded music and hypnosis to help anyone manifest their goals?

One of the benefits of using an advanced, programmable floatation tank is that you can pre-record a deep relaxation induction with binaural beats in the background. You can go on to record a manifestation session in your own voice that helps you clearly visualize your future, the way you intend it to be.

The latest floatation tanks have underwater speakers (your ears are submerged in the high salinity solution that permits you to float virtually on top of the water). An electronic playback system permits the user to set up a session that automatically plays the designated tape or CD and then, at the end of the session, it switches to up tempo music while gradually increasing the lighting in the floatation tank to gently awaken the user.

It is my belief that ten sessions in a floatation tank can totally transform your life so long as the scientific principles of manifestation are followed when recording the tape.

Manifesting Your Future

In many ways manifesting your future is akin to remembering your future in vivid detail accompanied by all the positive emotions your ideal life creates in you.

The process begins with gratitude. When you express gratitude towards the good things in your life currently and also express gratitude for the life you intend to live The Field responds *as though your future vision is an accomplished fact. At the quantum level,*

everything that could possibly happen already exists as unlimited, infinite energy potential needing only your clear, positive and emotion driven visualizations to manifest into physical form.

So, begin taking stock of those things that are right with your life and feel the gratitude for the abundance in your life, for the kindness of strangers, for the love of family and friends (and pets), for your health, for your good luck and for everything else that you value.

Build upon this feeling of gratitude by thanking Divine Intelligence for your vision of your life that you intend to ask The Field to manifest.

Just before you arise in the morning give thanks for the day and visualize your day as being productive, happy and filled with laughter and good luck. You've just laid the groundwork for a wonderful day. Dismiss minor setbacks and irritations by always seeking out the things for you to feel thankful.

Blend in gratitude for those things, as yet unseen, that you intend as part of your life. Then act as if the thing you intend is a current reality.

I've experimented with manifesting for many years with mixed results. Those times when my attempts were not particularly successful usually came back to the fact that I did not live as though my intention was current reality.

Many years ago, I worked in a social service agency providing support to mentally challenged adults. I had taken the job on a lark because someone I knew said I'd be good at it after I'd helped a disabled woman go swimming on a hot summer day. I continued in the job because I truly enjoyed it and felt I was opening up a new part of me that I hadn't experienced in the past. That said, my income was very low.

I was renting a nice but small apartment in a log cabin type home and when I went jogging in the neighborhood I saw a log cabin on a pond that was for sale. Suddenly, I decided I needed to own my own home and I set the intention in motion.

The first thing that happened was that I suddenly decided to sell a domain name I owned so I just made up a simple For Sale web site and posted it on the domain. I actually forgot about it but then, months later the phone rang at 2 AM and a man called me from Belgium to inquire about the domain for sale. He offered me \$7000 for it but I had intended to sell it for \$25,000 so I politely told him that I wasn't interested in his offer but if he decided to pay \$25,000 we could speak again.

I wasn't too surprised when he called me a week later with a full price offer and the money was instantly wired into my bank account. So, now, The Field had solved the money issue and I had more than enough money for a down payment on a house.

I had a vague idea of what I was seeking in a home and must have looked at nearly a dozen houses. I actually put offers down on several homes only to have someone outbid me or the deal fall through. Yet, I persisted in the certainty that the right home would appear.

When a small log home with frontage on a pond came up for sale right in my neighborhood I decided on impulse to stop at the next-door neighbor's beautiful house and see what she could tell me about the cabin next door to her.

The home next to the cabin was also on the pond but had a comfortable old cape sited on nearly two park like acres with gardens, mature trees and stone walls bordered by a private woods. In short, it was the perfect home for me.

The woman who opened the door was elderly and very sharp. She related everything she knew about homes in her neighborhood including the log cabin next door. Then, on impulse, she invited me to come inside and see her house. Of course I was thrilled and realized that this house was very special. Next, she asked me what they were asking for the log cabin and when I told her she told me that she might have to go into a nursing home as she was ninety years old and going blind. But, she said she would sell me her house for just a little more than they were asking for the tiny cabin if I was interested.

I told her I would love to be the new owner of her home if she ever decided to sell. At some level I had already taken possession of this beautiful home but the fact that there were almost two acres of lawn to mow concerned me. So, I swapped my second car, an old Pontiac Fiero, for a brand new riding lawn mower even though I was still living in the apartment. I had acted *as if I already owned the property; I was that certain.*

Nearly six months later her property manager, Scott, called me to relate that the kindly woman had passed away and left instructions that "*the nice young man should have first chance to buy her house from her estate should he still be interested*". She also specified a price that I could afford that was tens of thousands of dollars below the appraised value.

I love my home and I thank God for the opportunity to live here.

Large or Small, Fast or Slow ...It's All The Same To The Field

I'm convinced that by acting as if I *already owned* my beautiful house I triggered the response that led to my owning my dream home. I never questioned where the money would come from nor did I fret about how large a request I was making of The Field. Yet, self-imposed limitations hold many back from achieving exactly what they desire.

If you believe that nothing worthwhile comes without extreme effort The Field is glad to confirm these beliefs for you. You will always struggle to make every small gain and success will not come without extreme struggle.

If you believe that The Field supports your intentions with infinite power and that nothing is impossible you'll find your life reflects your beliefs. Our idea of "big" or too big is only an illusion. Our ideas of short time, long time or eternity don't even compute at the quantum level of the Universe since time is only a mental dimension unique to our human perspective.

If you believe that the doctor's proclamation that you've got incurable cancer is true it will be true for you. You cannot "fight" cancer because you would only be fighting against your own negative thoughts that manifested themselves as cancer.

When you change your vibratory frequency by changing your thoughts you release the cancer and it simply dissolves away. Let your doctor try his interventions with chemo-"therapy" and radiation exposure that weakens your immune system but, to get well you must first retune your vibrations to a higher, more joyous frequency. That's why research studies have demonstrated that humor is the best medicine. (enter reference)

Doctors and scientists are at a loss to explain how "shamans" and healers from indigenous cultures perform miracle healings. In *Shamans of The World, Extraordinary First Person Accounts of Healings, Mysteries and Miracles*, (edited by Nancy Connor with Bradford Keeney, Ph.D.) we read of the importance of talking to spirit as opposed to begging for something. We observe how ritual dances that go on for 24 hours or more create an other-worldly feeling that transports Shaman and patient and other tribe members alike into the realm of pure healing energy. This excerpt from the book, above, is worth reviewing:

Introduction to Kalahari Bushmen Healers by Bradford Keeney

Each Bushman medicine person develops his or her own style of dancing, shaking, and healing through vibratory touch. Most Bushmen healers share the same basic experiences in their development: a mentor places their vibratory spirit into his or her body, and that spirit makes the apprentice healer sick; the new healer absorbs some of the stylistic moves and patterns of his or her mentor: all Bushmen healers dance without effort; during the dance, shaking and vibrating take place effortlessly; and almost all Bushmen healers experience luminosity and visions. However, the most powerful experience shared by all Bushmen healers is the deep bond and love of relationships among all people. This ecstatic bliss arises when they throw themselves into the spirit of shaking and dancing, which opens the heart to the whole of life.

The only limitation in anything that you intend, like healing, is the limitations placed upon the results by your own beliefs and non-beliefs.

Let's review the four steps required to manifest whatsoever you desire:

1. ASK. Until you know precisely what you want and ask for it nothing happens.
2. BELIEVE WITH GRATITUDE. When you feel gratitude for that which you already have and intend and act as though your intention has already manifested in your life The Field automatically confirms your vision in the physical world.
3. VISUALIZE WITH FEELING. See and feel every detail of your intention as though you are currently living it. Do whatever is necessary to sharpen the vision and enhance the feelings behind your request. Engage your emotions!
4. ACT. Take the first step and proceed as if your desired future was a *fait accompli*. You can't get to the other side of a precipice by visualizing alone. You must jump! As they say in Maine *you can't get any heat from the stove until you load it with wood and light the fire.*

Each of us has a journey to complete, or perhaps many journeys if you subscribe to the idea of reincarnation as I do. The fact is there is no way I could achieve any degree of spiritual enlightenment on a single go-around. Like anything, it takes practice and plenty of it.

I believe that we've selected our own destiny in our "*life between lives*"* even to the extent of planning who we will meet and interact with on this earth and what trials and tribulations we will experience. Because, as the sticker on my bathroom mirror says:

"Please be patient with me because God isn't through with me yet"

I would also urge you to judge less and be yourself more. As I see and feel it we are all just different aspects of ourselves; we are more than brothers and sisters, we are one spiritual organism seeking enlightenment albeit at different speeds.

We are all works of art, both artist and creation simultaneously. We are all in a privileged position. Those who suffer most on this earth may have chosen a harder path than the rest of us because they seek more challenge and a faster pace of spiritual growth. Wherever you're at in this life enjoy...and make the most of it.

For those who may wish to work with me personally using floatation tanks and guided hypnotherapy you can find details in the Appendix.

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* **Life Between Lives - Hypnotherapy For Spiritual Regression** by Michael Newton, Ph.D. Also see Journey of Souls and Destiny of Souls (same author)