

# Brain Waves [Rev. 20180622]

By J — Latest revision: [http://allis.foundation/Brain\\_Waves.pdf](http://allis.foundation/Brain_Waves.pdf)



ABOVE: "ON THE RIGHT PATH" PHOTOGRAPH BY J, A DOUBLE RAINBOW APPEARED IN A SOUTHWEST DESERT, USA, FOLLOWING A STORM.

In its encounter with Nature, science invariably elicits a sense of reverence and awe. The very act of understanding is a celebration of joining, merging, even if on a very modest scale, with the magnificence of the Cosmos. And the cumulative worldwide build-up of knowledge over time converts science into something only a little short of a trans-national, trans-generational meta-mind.

"Spirit" comes from the Latin word "to breathe." What we breathe is air, which is certainly matter, however thin. Despite usage to the contrary, there is no necessary implication in the word "spiritual" that we are talking of anything other than matter (including the matter of which the brain is made), or anything outside the realm of science. On occasion, I will feel free to use the word. Science is not only compatible with spirituality; it is a profound source of spirituality. When we recognize our place in an immensity of light years and in the passage of ages, when we grasp the intricacy, beauty and subtlety of life, then that soaring feeling, that sense of elation and humility combined, is surely spiritual. So are our emotions in the presence of great art or music or literature, or of acts of exemplary selfless courage such as those of Mohandas Gandhi or Martin Luther King Jr. The notion that science and spirituality are somehow mutually exclusive does a disservice to both. <sup>\*1</sup>

# Light Play

"The solid, stable world of matter appears to be sustained at every instant by an underlying sea of quantum light."  
—Bernhard Haisch, Physicist, 2001

It is the underlying realm of light that is the fundamental reality propping up our physical universe, says Haisch  
yogananda already came to this conclusion more than fifty years ago, through direct perception:

"My physical body lost its grossness; I felt a floating sensation; the weightless body shifted slightly to the left and right  
I looked around the room; the furniture and walls were as usual, but the little mass of light had so multiplied that the  
ceiling was invisible "This is the cosmic motion-picture mechanism,' a voice spoke, 'your form is nothing but light!'

I gazed at my arms and moved them back and forth, yet could not feel their weight The cosmic stem of light,  
blossoming as my body, seemed a divine reproduction of the light beams that stream out of the projection booth in a  
cinema house as the illusion of a solid body was completely dissipated, my realisation deepened that the essence of  
all objects is light" —Paramahansa yogananda, 1946 "2

# Disaster

**Dream Notes #104:** *[ Higher self safely exploring my shattered ego (a plane crash site), and got a bloody nose whilst trying to help by testing this sensitive area within me. ]*

*I'm walking in a very strange street scene, there are few people about. And I see large pieces of airplane as I walk along, which seem too have been too big to move without a crane for support. It seems as if there'd been a wreck, and much of the parts scavenged or repurposed, and the rest left behind.*

*The street scene becomes a temporary "hangar" or warehouse like with spaces divided into sections, and now after time seems to have become a more permanent building, as new walls separating large spaces divide the enclosure. Where there are plenty of windows, a few of these on closer inspection, have been replaced with cockpit noses and windows from previous airframes, and integrated as part of the building's elements.*

*As I walk past one of the windowed walls with a cockpit nose in it, it becomes a salvage shop, where the owner seems to collect bits and pieces and memorabilia, which he's using to decorate the windows with now. Walking along the corridor, after this wall, comes an entrance/driveway (parking?) of some kind, perhaps with a closed garage door in front/wall. That, or it's a "void" before the next section.*

*In the next space behind the next wall is a swimming pool, like the one I just saw in a photograph of Malibu High School, only "smaller in width and length, but not depth". The lanes had been removed, there was no one swimming in it. I came to pickup the new swimming pool schedule, and I'm informed by the guard that she'd (cheeky) decided to remove the lanes from now on, without a reason.*

*I reacted by telling her that it was a bad idea, that some would stop coming to the pool, and most importantly, that the lines acted as a guide with many people in the water (not to mention that I often swim backwards, and the lanes keep me from swimming into a neighbor accidentally). She took on an*

*air of deliberately inconsiderate authority, like someone making her first big career decision in life, and this was it... I reacted by getting upset at her insolence, when she reached for her clipboard papers (schedule) which I was holding, I pulled it back but as she was gripping it, ending up pulling it upwards, hitting her in the face/clipping her nose in the process, causing it to bleed painfully. She quickly disappeared to get help.*

*I noticed, as this happened, a "swirling" emotional vortex rise up within me, and overpower my strong will from "below" (depths?), rendering my mind/intention suddenly useless, like water flooding the floors of a subterranean building disempowering it from its purpose. This "vortex" isn't unfamiliar to me, and reminds me (takes me back to) my experiences in [another city], with [my sister], and the failures of my projects there and in [another country].*

*It had always felt to me that I had been intentionally "brought down", like being downed by a missile from under me whilst flying, and this vortex energy has particular significance, considering the plane in my view, represented my previous identity, ego and career, now shattered to pieces. Feeling this now, again, immediately made me feel vulnerable, unpleasantly so, something I thought I'd finally moved on from, and not something which can be triggered on command whenever I'm "to be stopped in my tracks at someone else's whims". Or so it feels.*

*It's clear to me now, this building upon the crash site is a way of shielding and protecting myself from that "traumatic emotional wound," by building walls around it, and a structure to protect and learn from it, like the cocoon around Chernobyl. Revisiting it like this is bound to reconnect me with the feelings of it then. Also, the energy vortex, feels more like some kind of "spiritual dark magic" attack on my soul, than anything "natural". I'm convinced there's a hidden/occult connection to the [unnamed groups], who may have instigated events for their own purposes.*

*It was my life they shattered, however, leaving me with this uncomfortable vortex.*

*It's clear unintentionally hurting her is affecting me, and I suddenly realize that if this were reality, she might decide to sue me (and would likely win, which also isn't a pleasant thought). I start walking inside the next building section where there's a strange combination of library and classroom in this temporary structure, where she's disappeared into, and I look for her. I don't immediately find her.*

*The next day, I appear "in class" (it feels like), as I spot some of my former teachers, or at least, some that seem familiar, sitting back in the same room where I seek her. I intend to see if she's ok, and publicly apologize in front of all attending, and ask her forgiveness for hurting her unintentionally. (It was an accident, after all).*

*It dawns on me that this classroom, erected in this temporary structure, appears to be some kind of incident learning center. As if erected specifically to learn about "my crash", and perhaps those of others' too, to learn about and make the most of it, after all. Perhaps to change parameters and see how the next involuntary guinea pigs respond to pressures like the kind I was put under at the time of the 'accident'.*

*I never do find the girl, but rather, wake up to process, and begin to identify the components of this dream to try and make sense of, and learn from it. Perhaps my subconscious is safely trying to explore "unpleasant ground" within me, in order to continue the healing process? As I don't recall having ever explored this location in my dreams previously, perhaps this was an important and positive step.*

**Airplane Crash:** To dream that a plane crashes signifies that you have set overly high and unrealistic goals for yourself. You are in danger of having those goals come crashing down. Alternatively, the crashing airplane represents your lack of confidence, self-defeating attitude and self-doubt. You do not believe in your own ability to achieve those goals. Loss of power and uncertainty in achieving your goals are also signified.

**Airplanes:** To see an airplane in your dream indicates that you will overcome your obstacles and rise to a new level of prominence and status. You may experience a higher consciousness, new-found freedom and greater awareness. Perhaps you need to gain a better perspective or wider view on something.

**Nose:** To see your own nose in your dream signifies a conscious effort to achieve whatever endeavor you chose to undertake. The nose represents energy, intuition, and wisdom. The dream may suggest your need to learn more about a situation at hand. Alternatively, the nose symbolizes curiosity, as in being nosy. Perhaps you are interfering into situations and things that are none of your business.... To dream that you have a bloody nose means that your character is under attack.

**Walls:** To see a wall in your dream signifies limitations, obstacles and boundaries. There is a barrier obstructing your progress. Alternatively, the wall indicates that you are too accustomed to your old habits and way of thinking. You feel stuck... To dream that you are building a wall refers to a bad relationship or childhood trauma. You are trying to keep others out for fear of getting hurt again. Alternatively, the dream suggests that you have accepted your limitations.

**Garage:** To dream that you are in a garage signifies a period of inactivity and idleness in your life. You feel that you are lacking direction or guidance in achieving your goals... To dream that you are opening the garage door denotes that you have made a decision about a matter. You have decided on the path you want to take to reach your opportunities and goals. On the other hand, if you are closing the garage door, then it suggests that you are putting off your goals for the sake of others around you.

**Parking Structure:** To see or dream that you are in a parking structure suggests that you are going around in circles in some area of your life. You are feeling lost in what you want to do.

**Avoid:** To dream that you are avoiding a person in your dream suggest that you are not confronting some aspect of yourself. Consider what aspects and characteristics of the person you are avoiding which you are not recognizing in yourself. Alternatively, this word may also be a pun for "a void" in your life that you have been unable to fill.

**Swimming Pool:** To see a swimming pool in your dream symbolizes relaxation, calmness, luxury and ease. You need to take a break. Alternatively, a swimming pool suggests that you need to acknowledge and understand your feelings. It is time to dive in and deal with those emotions. You need to cleanse yourself and wash away past hurts. Consider the depth of the pool. If you were swimming on the deep end, then it means that those emotions are deeply seated and may be harder to confront.. You will need to work through it, no more matter how difficult.

**Lane:** To dream that you are changing lanes indicate your impatience. It also means that you need to change your attitude and your way of thinking.

**Lifeguard:** To see or dream that you are a lifeguard means that you are keeping your emotions well guarded. Perhaps you are seeking some guidance and support while you carefully explore aspects of your subconscious.

**Dream Notes #104B:** *Dream about a boy I'd met at the site of a disaster, who I must of reassured and told positively uplifting things to. I again, meet him near this site, around which there's a building, and he takes to the actual location. I have a vision of what it was like during the incident, where fires and and smoldering in the areas around it have eaten away at the previous structural elements. Some of these had aged well, disguising the worst of it all. As we walked away from the site down a corridor, the young man/old boy grabs my hand tightly as we walk, and asks me to tell him if I remembered the things I'd said. I didn't, but I'm pretty sure I have an idea of what I did. As I reflected on that, I realize I was the one holding his hand tightly, as if to reassure him, and maybe us both. We are, after all, both the same person, one the young boy full of joy and wonder, who became the victim, and the other, stable, steady, strong adult who needs to lead him.*

*The tragedy is still a raw memory, but at least, time has been healing these wounds.*

## Internalization of fear

**Healing Notes:** *There isn't a whole lot of information about this, probably because it's quite a rare diagnosis, and there isn't much research about it. But when I read the symptoms below, it matched perfectly with my experiences, especially in relation to my anxiety problems in childhood, and depression later in [another city].*

*Here's an official government NIH research paper on the subject, and I think it's the only one I found:*

*<http://www.ncbi.nlm.nih.gov/pubmed/24191026>*

*"Maltreatment during childhood is a major risk factor for anxiety and depression, which are major public health problems. However, the underlying brain mechanism linking maltreatment and internalizing disorders remains poorly understood. Maltreatment may alter the activation of fear circuitry, but little is known about its impact on the connectivity of this circuitry in adolescence and whether such brain changes actually lead to internalizing symptoms. We examined the associations between experiences of maltreatment during childhood, resting-state functional brain connectivity (rs-FC) of the amygdala and hippocampus, and internalizing symptoms in 64 adolescents participating in a longitudinal community study. Childhood experiences of maltreatment were associated with lower hippocampus-subgenual cingulate rs-FC in both adolescent females and males and lower amygdala-subgenual cingulate rs-FC in females only. Furthermore, rs-FC mediated the association of maltreatment during childhood with adolescent internalizing symptoms. Thus, maltreatment in childhood, even at the lower severity levels found in a community sample, may alter the regulatory capacity of the brain's fear circuit, leading to increased internalizing symptoms by late adolescence. These findings highlight the importance of fronto-hippocampal connectivity for both sexes in internalizing symptoms following maltreatment in childhood. Furthermore, the impact of maltreatment during childhood on both fronto-amygdala and -hippocampal connectivity in females may help explain their higher risk for internalizing disorders such as anxiety and depression."*

*What's particularly interesting about this is it discusses how the brain becomes improperly wired, leading to further issues later in adolescence. All of that, so far, matches my experiences. But here's the catch, in the abstract above, it says the mechanisms are poorly understood. I may not know the scientific process of how fears are internalized, but I can tell you, I have found solutions which help in healing from these symptoms...*

## Anxiety

*"Anxiety is one consequence of internalizing fear."*

*The first time I finally experienced true relief from decades of anxiety, was in Sedona, when in a healing session, I learned to identify the anxiety as an "animal," by visualizing the anxiety and what it was doing to me, and describing what it looked like. I was told to speak to the animal, and did, telling it "I don't need you anymore." As I did, I saw it tightening it's grip around my intestines, for it wouldn't let go, it didn't want to, it was like a living being, alive at my expense.*

*It didn't want to die. I asked it again to leave me alone, I said "I don't need you anymore." And it disappeared into a puffy cloud of shadowy smoke. For the next few weeks, it would return, every once in a while, several times a day, to remind me it was still lingering around, at which time I would feel anxiety tightening in my lower abdomen. I would, again, politely request it to leave, by reminding it that "I don't need you anymore." As I kept doing this, realized I was becoming ever more conscious of my own self, and no longer living in doubt or uncertainty as to why I was feeling anxiety at all. A few weeks later, it stopped returning for good.*

*When I consider how easy this healing was, and think of all the times and difficulties I had back in [another city] as a consequence of the anxiety caused by my internalized fear of [my father]... All the late night doctor's visits, hot water bottle, problems at school, etc. Well, I don't need think about that, not anymore. The anxiety never came back, except once or twice during recent years as I was healing related issues.*

*However, I'm certain had I done this in childhood, it wouldn't have worked as it did now. Because the trigger for the issue wouldn't have been addressed along with it. It works best by conditional distance.*

## Depression

*"Depression is anger turned inwards."*

*That's all it is. Simple right? Easy to understand and relate to. That simple sentence describes what several books never could for me when I read about it.*

*"If only I'd known then..." Of course, that would be too easy right? The universe wants us to learn in the process of growth, so it made it difficult for us to identify.*

*So, depression is anger that isn't capable of being expressed externally. So what happens when someone internalizes fear, and becomes afraid of anger itself?*

*He runs away, being afraid of himself, of expressing his anger naturally. Afraid of the consequences of becoming aggressive and violent, protects by deception.*

*So what happens when someone is emotional and afraid of showing anger, and holds it all in, perhaps for the sake of being polite, or of pretending civility?*

*That's right, \*kaboom\*, he explodes! Which is the only time anger can release itself, when it is otherwise being suppressed, rather than expressed positively.*

*So how often did this used to happen? Often enough, as [father] never learned to discharge his anger.*





ABOVE: PHOTOGRAPH BY J OF EXPLODING FIREWORKS, "A SKULL AND CELEBRATION?" IMPLYING DEATH & AWAKENING CONSCIOUSNESS.

# Feelings — Letting Go

**Healing notes:** *It ended with [her—first love], a blooming mushroom-like cloud expansion of feeling, spreading love from within, around me, like a flower blooming from a bud, growing without resistance nor restraint, into its full potential manifesting form, where the boundary is no longer constrained by limitation, but is fully express as the fullness or the feeling of love which inhibits this being. Unreal...*

*At the end, when it was over, a message from God: “Thank you, officer, for all you help.” Meaning, thank the guardian/gatekeeper, for helping you release yourself and grow to this point in light.*

## Numbers

Passion Number 1 & 5

Sun Number 5

Life Path Number 1

### Hidden Passion number 1

You are a survivor, a warrior, a leader. Many great athletes and politicians have this number as a Hidden Passion.

You have a strong drive to stand out. You have great ambition and a desire to accomplish. You are highly competitive and want to be the best and the first in everything you do. You are highly energetic and creative, and are capable of influencing and even dominating others. You have highly developed political skills, and can succumb to manipulation unless your ideals are high.

Ironically, there are times when you lack confidence, especially at an earlier age, but you have the strength to overcome this obstacle.

### Hidden Passion number 5

The 5 is an adventurer who loves travel, change and new challenges. You are highly adaptable and versatile. You have a talent for languages, and are generally good with words. Writing, promotion and public relations work suit you perfectly.

You are sensual and a bit impulsive. You love to satisfy your senses, which can get you into trouble. Overindulgence in food, drink, sex and drugs are common among people with too many 5s—six or more.

You are resourceful and original, with a good sense of humor and a quick tongue.

Your desire for freedom is extremely strong and it will take effort and discipline to stick with whatever you start—there is a tendency to give up a project or situation prematurely. You may be interested in too many things, which can make it hard for you to apply yourself to one area successfully.

You are very unconventional. Commitment in relationships and your work is fundamental to your happiness. You may have a tendency to wander from person to person or job to job, making depth of relationships or deep expertise difficult.



## **Sun Number 5**

Of all the different Sun Numbers, the 5 is the one best equipped to deal with changes. Not only that, 5s thrive on them, because they tend to operate best in an environment that is both dynamic and somewhat chaotic. Sun Number 5s don't do well following a carefully planned path and are much better at responding to the moment. 5s are adrenalin junkies at heart. They love to travel and move about. A typical 5 is social, enjoys the company of others, and prefers to take a road they have not driven or walked before, even if that means making a bit of detour.

Sun Number 5s really don't like routine, or anything predictable for that matter. They have a wild streak and lack discipline. This can cause problems in the form of addiction or self-indulgence.

The most obvious short-coming of 5 is their dislike of stability and responsibility. Successful Sun Number 5s have learned to dedicate their energy without wasting it on short-lived goals.

When it comes to romance, the 5 Sun Number is the most sensual and passionate of all numbers. In a romantic relationship, the 5 surprises everyone. As wild and adventurous as the 5 is in almost all areas of life, it becomes just as serious and committed when the heart is touched. The 5 is loyal to a fault, and while it is sometimes found on the receiving end of a cheating relationship, it is almost never the cheater. It is, of course, in the nature of the 5 Sun Number to try everything and everyone first, and for that reason, they usually don't become involved in a serious relationship until relatively late in life. But once the heart, as opposed to certain other body parts, is touched, the 5 no longer plays, but becomes a stable, focused and fully matured partner.

Nothing bothers a 5 more than being taken for granted, or being limited in any form. Freedom is a 5's most prized asset, and they will do anything to keep it. 5s are not good at long-term relationships, but when they are in one, they are loyal and fun. Their adventurous personality makes them sensual and they appreciate the good things of life.

## **Life Path number 1**

In Numerology, each of the nine single-digit numbers has a personality—a limited range of qualities and traits that makes it unique and recognizable. To me each number is a character, like any human being. In order to understand how numbers affect us based on their location in the chart, it helps to get to know each single digit number as if it were a person.

The goal is to get beyond each number being just a list of positive and negative qualities and to, instead, make each number come alive—to sense how the numbers play off of each other. If you sense some exaggeration in my descriptions, remember that these nine "individuals" are extremes by their very nature (while we, as human beings, are made up of a mixture of all the numbers' traits).

Among the nine single-digit numbers, the 1 takes a special place. From a spiritual perspective, it is the number of creation, the primal force from which all other numbers spring forth (as opposed to the often quoted zero from which, by definition, nothing could possibly come into being). It is said that when you truly understand the place and function of this most primal of all numbers, you will know all there is to know and enlightenment is yours. This statement, of course, does not apply to an understanding of the number 1 from a Numerologist's perspective alone, but perhaps that is a good place to start, as the personality of the number 1 aligns nicely with its more elevated spiritual symbolism.

The 1 is a doer, a powerful force that produces results and does not allow anything or anyone to limit its potential. The 1 is aggressive, a necessary energy for creating and producing. The 1 is always in the forefront: a spearpoint directing and leading others. The shape of the number 1, just like the shape of all other symbols, reflects its meaning; it walks upright with pride and purpose. Strong, determined, unwavering and with specific goals in mind, the 1 can turn dreams and ideas into reality. It pushes obstacles aside or simply drills right through them.

The 1 grows, transforms and improves in perpetuity, precisely the way Mother Nature does. After all, nature's primal force and most basic building block is the number 1. Nature knows no mercy and its cruelty can be heartbreaking. However, it knows balance and gives life indiscriminately and without judgment. Scientists sometimes compete with nature, genetically altering fruits or breeding bugs for specific purposes. An understanding of nature teaches us that this is never a good idea and almost always produces unexpected backlashes. The number 1 has a similar built-in perfection and balance; you can force a change here or there, but negative repercussions are likely.

The 1 tends to have a simple, straightforward view of life and its many complexities. It trusts its own ability to separate right from wrong. It doesn't waste time on abstract ideas or anything else that isn't in line with its pursuit of results. The 1 is no preacher, no philosopher, no spiritual explorer, no dreamer and certainly not an idealist. It is a pragmatist, a ruthless conqueror and a warrior extraordinaire. It is individualistic and independent to a fault. It will attempt to force its values and opinions on you but it won't accept, or even listen to, yours.

The 1 does not hesitate when it senses a need for confrontation. It is jealous and extremely stubborn, but also courageous and willing to try anything new if it sees promise, even at great danger. It is, if you haven't guessed, the most masculine of all numbers. There is a certain quality, a sense of honor and responsibility that demands our respect, and it has a sense of justice that cannot be denied. The number 1 cannot witness injustice without jumping in and setting things straight.

Its purity of purpose is an admirable quality of the number 1. It sees things for what they are and hypocrisy doesn't stand a chance. Befriend a 1 and you have a friend for life. You can poke fun at a 1 and not have to worry about hurt feelings. A 1 has a great capacity for humor, including the self-deprecating kind. If, however, you try to cater to a 1 to win its love or friendship, you'll lose its respect instead. Stand up to a 1 and you may lose the fight, but you'll gain its admiration. If you are in trouble and need help, the number 1 is who you want on your side—there is no more dedicated protector or braver partner. If you are in love, the number 1 is the most difficult of all lovers: demanding, jealous, confrontational and impatient. If you find yourself in the service of a 1, you will be pushed to the limit, abused at all hours, and incapable of living up to its expectations. But you will also, without a doubt, become the best you could ever be. If the 1 is your enemy, you will be crushed without mercy.

If you yourself are a 1, your happiness and satisfaction will come from your work more than from any other source. And if it was possible for a person to be fully and truly a 1 and only a 1, that individual would be successful and intimidating, as well as extremely unpleasant and dangerous.

Career: We find many 1s—like Napoleon Bonaparte—in the military or law enforcement, because the aggressive 1 is well-suited for careers that call for leadership and strong motivation. But masculine 1s are also often contractors, entrepreneurs, members of middle-and upper-management, self-employed craftsmen and sailors. In addition, you'll find 1s filling in the ranks of lawyers, farmers, engineers and freelance artists—specifically freelance photographers and graphic designers. <sup>\*4</sup>

## **“In the beginning, there was rumors of gold.”**

If one follows Roman linear time, and doing things in the right order according to plans, then this post would have lifted off at the same time as my flight departed Amsterdam, for perhaps my last time living below sea level whilst standing on sand among the remains of my career crash.

Choosing to make my way to San Francisco first, in these United States of America, and start a new life in search of a cure—or at least, a scratch to my itching—by leaving it all behind as so many have before me, and taking a chance to try and succeed here in sunny California. Chasing the golden light at dawn, and all that shines or glitters along with it...

It's taken this long to finally let go at least enough of my past, which I also don't care to elaborate on anymore, and to begin seeing possibilities where I'd previously only suspected negative tendencies, thus defeating potential outcomes before these even showed signs of revealing results worth positively contemplating.

It's an overall risk for me to come here, leaving the comfort and safety of predictability and boredom, essential life track now lost, shattered or broken, and a great opportunity to pursue my renewed dreams, without the old shackles of the past to hinder my exploring these here safely... A new day forward, only without much cash.

For why would I want to give my power to someone else to choose or dictate a life for me, without knowing what this had in mind, and when starting from a vulnerable situation with little escape and potential for growth? Isn't it better to chase a new course in a pleasurable, favorable climate at the least?

I'm not suggesting one is right over the other, rather, only making the simple point that we don't respond equally to the same constraints we believe acceptable for us as a whole, and thus impose on others deliberately without consideration of their own experience of living being on earth.

As I recently offended a married woman unintentionally, who on asking the question of why anyone would want to get married at a very young age, surprised, I spontaneously responded: “If you want to be free, you've got to live it”.

Those words lingered for a long time in my mind, chasing guilty feelings, wondering if I hadn't spoken words I shouldn't. She was perhaps unfulfilled, and expressing her desire to be more or to have chosen differently, so then, who am I to encourage and empower her unconscious freedom?

I hope she lives free if that's what she chooses, and doesn't destroy her marriage and family life in the process to which she is already committed, if she's now making her decision based on my uninformed answers.

When we find what sets our hearts free, the universe opens up to our needs.

It's knowing if we're ready to embrace these which makes us or breaks us.

Time will prove whether this has been a smart decision to follow the rush, even when the gold vanished in a blaze long ago, or, like the haze of a mirage, just reveal an impulsive, inconsiderate choice mislead by a creative imagination.

Cheers to choosing wisely. \*5



ABOVE: "GOOD MORNING SUNSHINE" PHOTOGRAPH BY JODI BIELER. \*6

## Sources

- \*1 = <https://www.brainpickings.org/2013/06/12/carl-sagan-on-science-and-spirituality/>
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### God

The *All* that *IS*.

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