

LIVING IN THE PROGRAM

Predictable Timeline of Your Known Reality

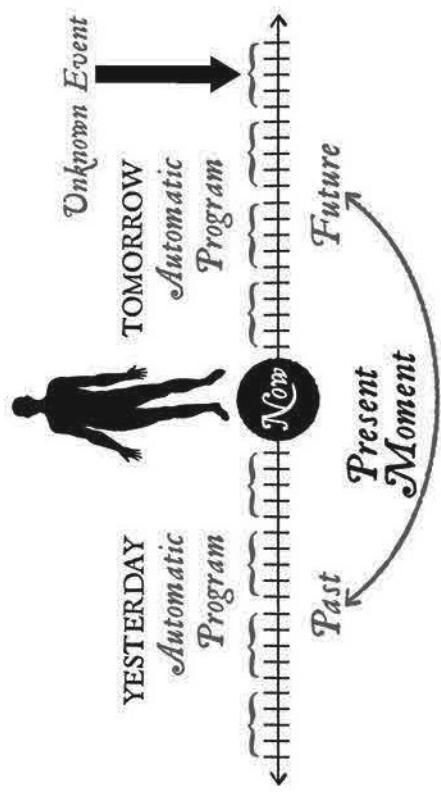


Figure 2.1

A habit is a redundant set of automatic unconscious thoughts, behaviors, and emotions that develop through repetition. It's when you've done something so many times that your body is programmed to become the mind. Over time, your body is dragging you to a predictable future based on what you've been doing in the past. Therefore, if you're not in the present moment, you're probably in a program.

SCALE OF SOME EMOTIONS WITH DIFFERENT ENERGIES

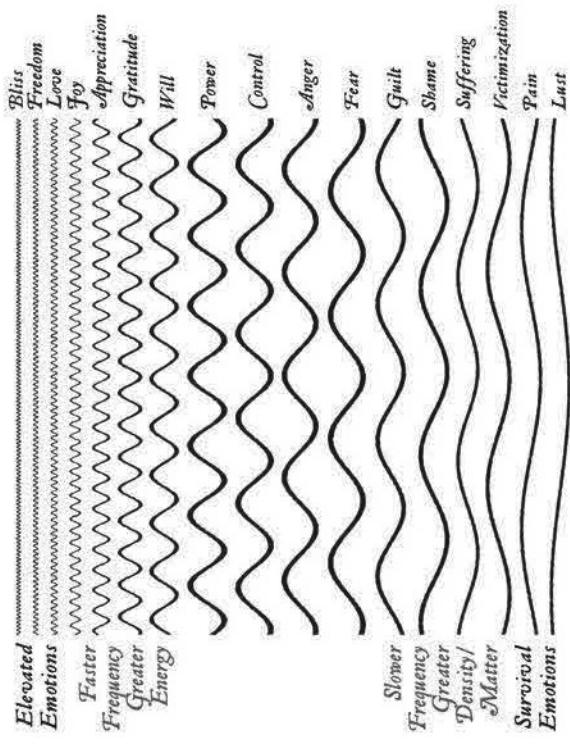


Figure 2.2

Emotions are energy in motion. All energy is frequency and all frequency carries information. Based on our own personal thoughts and feelings, we are always sending and receiving information.

SIPHONING ENERGY OUT OF THE PRESENT MOMENT

Electromagnetic Field

All of the energy is comingled in this known timeline

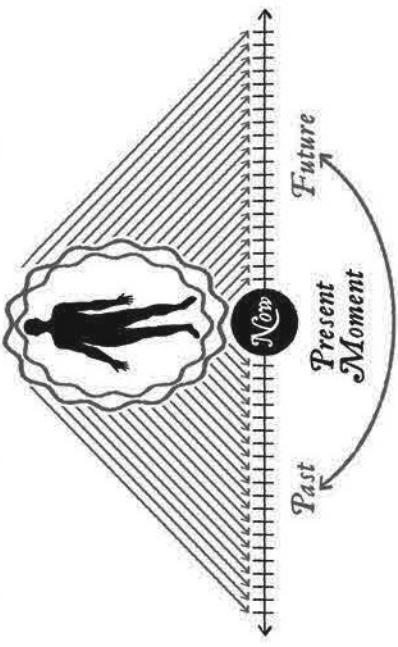


Figure 2.3

If where you place your attention is where you place your energy, the moment you put your attention on familiar feelings and memories, you are siphoning your energy into the past and out of the present moment. In the same way, if your attention is constantly on all the people you have to see, the places you have to go, the things you have to do at certain times in your known familiar reality, then you are siphoning your energy out of the present moment and into the predictable future.

OUR TACOMA, WA, SIgA & CORTISOL STUDY

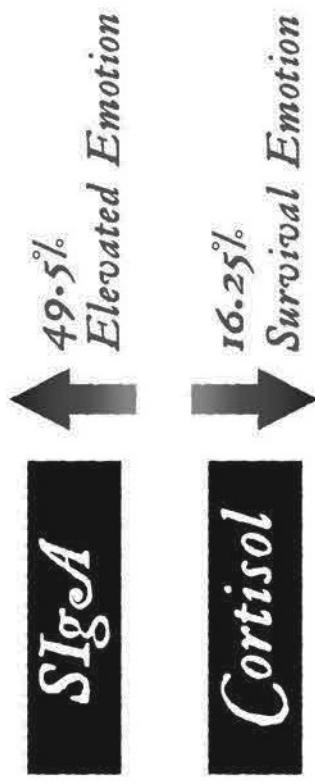
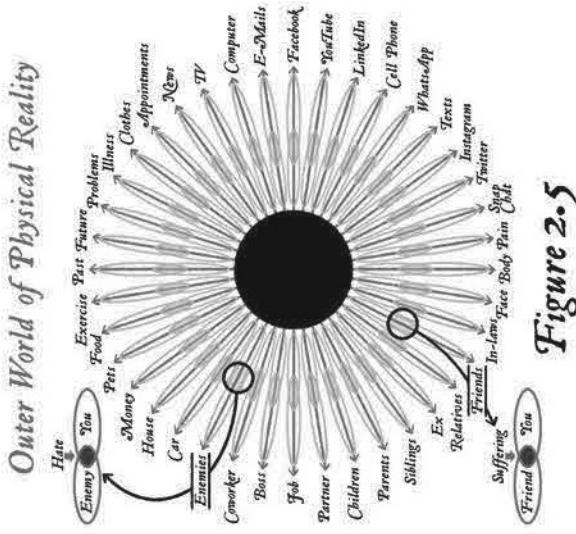


Figure 2.4

As we practice maintaining elevated emotions and changing our energy, we can literally up-regulate new genes that make new healthy proteins to strengthen our internal defense system. As we reduce our survival emotions, and minimize the need for our external protection system, we down-regulate genes for the production of stress hormones. (SIgA in the figure above stands for salivary immunoglobulin A; cortisol represents stress hormones. Both were measured in saliva.)

WHERE YOU PLACE YOUR ATTENTION IS WHERE YOU PLACE YOUR ENERGY



Every person, object, thing, place, or situation in our familiar physical reality has a neurological network assigned to it in our brain and an emotional component connected to it because we've experienced all these things. This is how our energy becomes bonded to our past-present reality. Therefore, as you place your attention on all these elements, your energy is flowing away from you and it leaves little energy in your inner world of thoughts and feelings to create something new in your life.

If you look at the magnified portions of the figure where the two ovals intersect, these represent how we use different elements in our outer world to reaffirm our emotional addiction. You may use your friends to reaffirm your addiction to suffering, you may use your enemies to reaffirm your addiction to hatred. It begs the question, *How much of your creative energy could you be using to design a new destiny?*

Figure 2.5