

PRACTICAL METAPHYSICS

SHAUN MOSS



**PRACTICAL
METAPHYSICS**

**PRACTICAL
METAPHYSICS**

SHAUN MOSS

Copyright © Shaun Moss 2009.

ISBN 978-1-4452-3271-3

First Published by Shaun Moss, 2009, Melbourne, Australia.

All Rights Reserved.

Special thanks to:

My Mum and Dad, Alex and Leea, all my supportive friends,
Caitlin Johnstone for her proof-reading services
and valuable feedback,
Jim Rohn for being my greatest mentor,
lulu.com for providing publishing and printing services,
and everyone who had to put up with my moodiness
during this project.

Contents

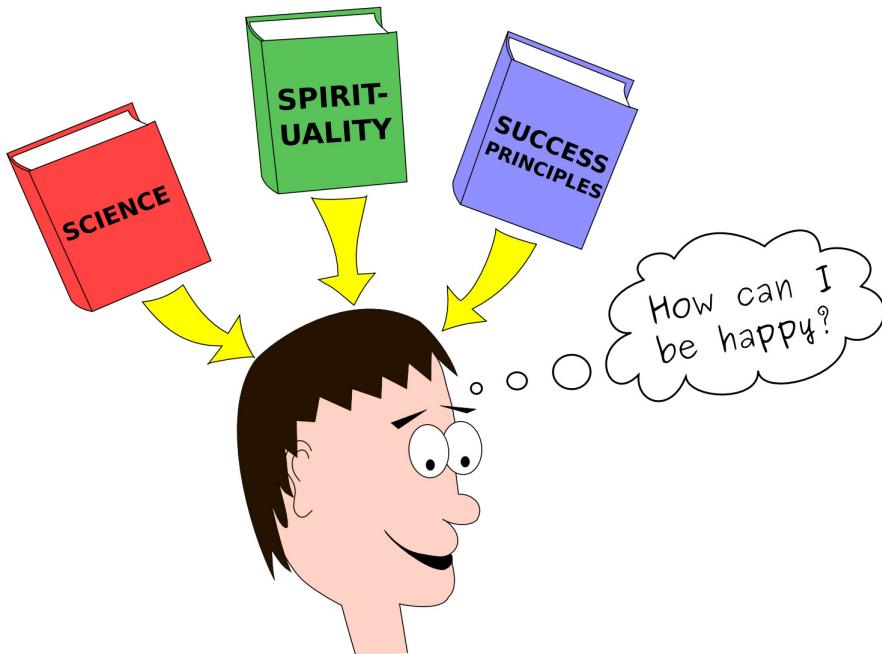
Foreword	xi
Introduction	xv
 Introduction to Metaphysics.....	xv
What is Metaphysics?.....	xv
Thoughts on Science.....	xvi
Thoughts on Religion	xviii
Why This Book?	xix
Organisation of This Book	xx
Theory.....	1
 The Thinking Universe.....	2
The Planetary Brain	2
The Thinking Galaxy.....	3
The Infinite Brain of the Universe.....	5
 Quantum Physics.....	6
Matter and Energy	6
Collapsing the Wave Function.....	7
A Universe of Thought	8
It's Just Our Interpretation	8
 The Mind Field	11
Fields	11
Vibration	13
The Illusion of Separation	13
We Are More Than Bodies	14
There Is Only One Mind.....	16
The Ego	17
 The Law of Attraction	21
The Morphogenetic Field	21
Thoughts are Electromagnetic	23
Opposites Attract	23
How It Works.....	24
 The Holographic Universe.....	26
Holograms	26
Every Part Reflects the Whole.....	27
Fractals	28

The Word of God	31
What's Outside is Inside	31
Dimensions	31
The Subconscious Mind	34
Group Minds.....	35
The Planetary Mind	36
One With Everything	36
The Soul.....	38
Reincarnation.....	39
The Hundredth Monkey	40
Extra-Sensory Perception	42
The Sixth Sense	42
Emotions.....	43
Telepathy	44
Ancient Wisdom.....	46
Hermetic Principles	46
Physics and Eastern Philosophy	47
Physics and Christianity	48
Summary	49
Preparation	51
Purpose, Plan and Passion.....	52
Purpose	52
Plan	53
Passion.....	53
Knowing Our Purpose	54
Making Decisions	56
Happiness	58
Appreciation	59
Good and Bad	60
Service	61
Backwards Thinking.....	61
The Bigger Picture.....	63
Right Action.....	64
Service to Self.....	65
Forgiveness.....	67
It's All You	67
Forgiveness is the Key.....	68

The Disappearance of the Universe.....	69
Separation.....	70
Curing Guilt.....	71
The Value of Mistakes.....	74
Innocence.....	75
Healing.....	77
Emotional Freedom Technique.....	77
Thought Control.....	81
Summary	83
Application	85
Goals	86
Setting Goals	86
Write Your Goals Down	87
Be Specific.....	88
Set Dates.....	89
Be Realistic.....	90
Set Goals You're Prepared to Earn.....	90
Always Remember Your Primary Goal.....	91
Keys to Success	92
Attitude	92
Belief	92
Imagination.....	94
Action	95
Desire.....	96
Planning	96
Deservability.....	97
Consistency.....	97
Discipline.....	98
Inspiration.....	99
Information	99
Communication	100
Teamwork	101
Altruism	102
Focus.....	102
Confidence.....	103
Talent	104
Persistence	104
Patience.....	105

Reputation.....	105
Gratitude	106
Love	107
Obstacles to Success	109
Fear	109
Doubt	110
Laziness	111
Double Negatives	112
Constraints of the Shared Dream.....	113
Restriction.....	114
Regret	116
Money	118
Personal Values.....	118
How to Obtain Money	119
Receiving Money.....	123
Give More Than What You're Paid For In Money	124
Maximising Your Results	125
Overcoming Greed	126
The Root of All Evil	127
Compassion	128
Conclusion	133
Ask For Help	133
The End	133
Would You Like to Know More.....	137
Books.....	137
Links	139

Foreword



I will keep this section as brief as I can, as I'm pretty sure you didn't start reading this book to learn more about me! However, I think it's necessary to share why I wrote this book and where some of the ideas and information have come from.

I've always been interested in science and computers, which led me to quit attending church at age 12 because what they were teaching in Sunday School didn't fit with what I was learning about dinosaurs, planets and so on. At high school and university I studied science, maths, engineering and computers, and ultimately became disdainful of religious people or indeed anyone who believed anything to do with spirituality. However, I've always been fascinated by mysteries, including extraterrestrials, UFO's, archaeology and the workings of the human mind.

Shortly before I turned 25, circumstances led me to move in with my mother, who was very involved with the New Age movement developing on the Sunshine Coast at that time. At first I treated her "hobby" with the humble respect of an arrogant twenty-something know-it-all. Little did I know that exposure to this environment would trigger the most important turning point of my life.

I began learning about meditation, astrology, holographic medicine and spiritual healing, but for some reason I was especially drawn to the subject of prophecy. I began watching videos and reading whatever books and websites I could find about prophecies.

Then something very strange started happening. Information about prophecies started flowing towards me *without me even consciously looking for it*. I would “find” books accidentally, in bookshops or people's houses. People I didn't even know would give books to my mother and say “Shaun might want to read this”, and she would bring them home and give them to me.

This was also when I first became conscious of my *clairaudience*, which means being able to “hear” thoughts. It initially manifested as spiritual guidance via simple telepathic messages. For example, I was at my girlfriend's house who was reading *The Celestine Prophecy*, and the thought came into my mind very strongly: “Read that!” I was walking past a bookshop in Maleny and heard “Go in there!”, and by following further instructions I walked to a shelf to look directly at a book about prophecies. These are just two early examples of a phenomenon I have come to take for granted.

After a few weeks I had a stack of books about a foot or so high about prophecies, plus videos and piles of printed web pages. It was an impressive collection that I'd assembled in a matter of weeks without really trying. It just happened.

What really fascinated me about all these prophecies was that they all seemed to be telling more-or-less the same story. All this information about the future had come from many different people across thousands of years of history, who presumably didn't know each other, yet all seemed to say the same thing - that humanity and Earth will eventually reach a critical time of dramatic global change, and that we should begin preparing. I decided not to write about prophecies in this book, but for now, rest assured - the world doesn't get taken over by killer robots.

To someone with an education based on science, I initially found it difficult to accept that the future could be known in this way. The concept of prophecy ran counter to everything I had learned in school. Nonetheless, I couldn't deny the unusual way that this information had come to me, or this distinctly consistent message from across the ages. This caused me to start questioning my

worldview, and I started to look at things in a different way. This strange experience, combined with my developing clairaudience, was the beginning of what could be called my “spiritual awakening”.

The “voices”, who I soon learned are my “spirit guides” (also called “spiritual helpers” by some, although they seem to appreciate the word “teachers”, or even “teacher”, since they are all one) started talking to me more often. Fortunately I was around a lot of people in the New Age community at the time, where such things are not considered particularly unusual, and I was able to come to terms with this fairly easily. My ability to communicate with my teachers has developed and these days we’re engaged in regular telepathic dialogue.

I remember telling them that I refused to take anything on faith, that I couldn’t accept what I’d been taught in church, and if they expected me to believe in God or anything else spiritual then they would have to help me understand it scientifically.

That was 13 years ago.

Introduction

Introduction to Metaphysics

For centuries humans have squabbled about their purpose and their relationship with the universe. Is the universe intelligent? Is God merely a myth or legend; a superstition created by primitive people to explain the unexplained? An external, omnipotent, omnipresent, supernatural Creator? A team of alien geneticists? The answer to the ultimate question of life, the universe and everything? Does God talk to people? (and if so, does he tell them different things?) Is God a Flying Spaghetti Monster, touching our lives with his Noodly Appendage? Or is He a waffle stuck to the ceiling? Is *He* really a *She*? Are the universe and God the same thing, or is God the Creator and the universe the Creation? If there's a God, does he have an opposite, i.e. is there also a Devil?

Are we God?

Such questions have never been answered to the satisfaction of our entire species, but recent developments in physics and spirituality seem to be bringing us much closer to a genuine understanding of the truth. Whereas science traditionally approaches knowledge from the perspective of objectivity, rationality, mathematics and the requirement of experimental proof, spirituality relies primarily on information gathered from subjective supernatural experiences. In spite of this, we seem to have reached a point in human history where both sides now face each other across an increasingly narrow gap, each appearing to support similar conclusions.

What is Metaphysics?

The term “metaphysics” has different meanings depending on who you talk to. It was the title of a philosophical text by Aristotle, and literally means “after physics”. In New Age culture, things like channelling, spiritual healing, astrology and other practices are often considered aspects of metaphysics, and it's also a branch of academic philosophy. It is not generally considered a branch of science.

However, “metaphysics” may well be an appropriate term for the emerging scientific understanding of spirituality, being an extension of physics that explores relationships with psychology, spirituality and the paranormal or supernatural. If we are, in fact, in a position to develop an actual *science of spirituality*, then the term “metaphysics” may be just as suitable as any alternative we might invent.

Metaphysics can enable us to understand the spiritual aspect of life, not purely from a philosophical or religious viewpoint, but from a solid foundation of maths and science. Hopefully this will put an end to some of the bickering. We will then be in a position to extrapolate ideas for better ways to live, think, and organise our society, and what's more, we will even be able to apply it to practical problem-solving, engineering and the development of new technologies and systems. In the future I envisage a *technospiritual* civilization, where all humans are of one mind and all our technologies and systems are in harmony with the One Mind.

If there is a missing piece to the puzzle, then I believe it may develop from *cognitive science*, a multidisciplinary field that combines computer science, artificial intelligence, psychology, linguistics and neuroanatomy in order to understand the human brain and mind. Other aspects of computer science, such as computer networks, information theory, virtual reality and game theory, also provide valuable clues, as do mathematical concepts such as holograms, fractals and chaos theory. If the universe is comprised purely of thought, or *mind*, as both quantum physics and various religions and philosophies assert, then perhaps we should begin to view it as an *infinite information system* rather than a vast collection of atoms.

Metaphysics, if developed into a genuine field of scientific research, may finally provide us with solid, provable answers to the questions that have divided humanity for generations. The result of this new understanding has the potential to eliminate those divisions and completely change us forever.

Thoughts on Science

In my opinion, science is the most honest and noble approach to understanding the universe. Science isn't concerned with tradition, or what's popular, or how people *want* things to be, or what *feels* right. It's only interested in *how things really are*. Science – at least in principle

– is the genuine pursuit of deep understanding through *observation and analysis*. Religion, on the other hand, is not based on closely-scrutinised data, but mainly on dogma, ideas that make people feel safe or that support their behaviours, hunches or even ulterior motives.

Mainstream science does not yet support belief in phenomena like prophecy, intuition, clairaudience, extraterrestrials, astrology, ESP and other unusual or “paranormal” things. This is in spite of considerable evidence of their reality, including the conclusions of rigorous, professional scientific research conducted in the United States, Russia and elsewhere. Yet many people choose to keep believing that these things are impossible. I think the reason why people do this is because the implications are simply too profound. The overhead involved with restructuring their entire worldview would be too much to handle, what with the kids and work and everything. I hope that research into paranormal topics continues until they're more fully understood and accepted.

If there's one major problem with the world of science, or at least with many of the people who adhere to mainstream scientific thinking, it's the rejection of the mystery. There's a widespread belief that objective scientific materialism has explained everything of importance to humans, a belief that I think comes from two places. Firstly, scientific materialism seems consistent and accurate. It enables almost everything in the universe to be explained fairly well, and anything that can't be explained can at least be explained away. Secondly, people *like* scientific materialism because it concludes that there is no God, which saves us from having to spend any time wondering or arguing about it, or developing a relationship with it or being good.

Like any religion, scientific materialism incorporates a built-in defensive view that anything contradictory is nonsense and must be immediately rejected. Nonetheless, the mysteries of the universe persist regardless! In my opinion we should embrace these, and set about solving them, in a scientific way. Why not? Aren't we interested in the truth? Or is it more intelligent to pretend we already know everything?

Thoughts on Religion

Because I often refer to “God” in this book, I would like to briefly share with you my thoughts on mainstream religion, even though this book is not about religion.

I've primarily been exposed to Christianity and have investigated it as well as I can. I've learned that there was indeed a rabbi who lived in Israel around 2000 years ago and became enlightened. He was crucified by the Romans, not the Jews, but he did not suffer because his mind had transcended the body. His mother was not a virgin, although he did heal many people and rose from the dead. Y'shua's suffering and resurrection were never intended as a sacrifice or punishment, but to show that pain and death are not real. His miracles were intended to demonstrate the power of the mind.

The name “Y'shua” became “Iasus” when translated to Greek, and then “Jesus” in Latin. However, in this book I refer to him simply as “J”, a name that comes from the book *The Disappearance of the Universe* by Gary Renard, in which I found some of the most interesting information about him. I will mention this book again later.

The Bible, is, at best, “based on a true story”. It was developed over centuries from various writings about Hebrew and Egyptian history, stories about J that were passed around for decades before being written down, and writings by the early Christians. For hundreds of years after the resurrection there *was* no Bible; just a lot of different books floating around, all copied by hand. The Bible was carefully edited and compiled in the 4th century by the Romans, who, upon finding themselves unable to crush the popular new religion with their traditional methods of torture and murder, opted instead to create an organisation to take control of the entire Christian movement and make a whole lot of money at the same time. This organisation was the Roman Catholic Church.

The Bible and the Catholic Church were heavily influenced by Egyptian religion, especially sun-worship. Stories about J were integrated with the mythology of Horus, the Egyptian sun god, in order to present him as divine and not human, which created a separation of J – and by extension, God – from normal people. References to reincarnation and other “Eastern” spiritual concepts were removed from biblical texts, and all writings that conflicted with

the version of “truth” that the church wanted to present were destroyed.

Mainstream Christianity is thus predominantly an *invented* religion, and it's a testament to the power of J's teachings that some of them have survived in spite of this. Thankfully, the real J has always been with us and is still helping people to understand and discover God, peace and heaven, most recently through *A Course in Miracles*, which I will mention again later.

I've also looked at New Age beliefs, Buddhism, and the Hare Krishna movement, all of which carry elements of truth. Many conclusions from modern science align with Buddhist beliefs, which may be the most advanced mainstream spiritual philosophy on this planet. However, the point I hope to make with this book is that we don't need religion to understand God or determine the best strategy for life. Modern science furnishes us with enough evidence to deduce the truth about God, and we can safely discard the deception and baggage that has divided us for millennia. All we need now is the intelligence and courage to apply what we've learned.

Why This Book?

In the years since 1996 when I first started to become aware of these things, I've read many books, lived in many places, and held many occupations. Although the basic ideas for a scientific understanding of God were formulated early on, only recently have some important pieces of the puzzle fallen into place and enabled me to write this book.

It is been written with help from my teachers, however, it's not channelled, like some other books, and this is not automatic writing. My clairaudience is not clear enough for that, and I still have too much ego which tends to get in the way. My teachers advise me about what to include and omit, and encourage me to write when I would rather be doing other things. Even though I'm glad I've written this book, I have to be honest – the “voices” have been the bane of my existence for the past 4 years, waking me up early, telling me when to write, sometimes being very critical of my efforts, and basically pushing me very forcefully into this role when I would have preferred to be virtually anything else! It is not only my spirit guides either;

there are many souls right here on Earth who have been pushing me along.

Just so you know – I'm a very independent and solitary person, and I don't have any hidden agenda other than a desire to be happy and free, to one day fall in love with a beautiful girl, and to express myself creatively. I live alone in a small studio in Melbourne and work as a freelance web developer. I don't belong to any religion, cult, secret society or political organisation, I don't attend any school or university, and I'm not employed by any company. I'm in several local computer groups and several national and international space groups. It's not my intention to push any particular belief system onto anyone else. My highest ideal is freedom, and as far as I'm concerned, other people can do and think whatever they want. I know how much I dislike other people telling me what I should think or believe, so I'm not about to do it to anyone else.

However, I do care about other people and animals very much, I wish for no-one to ever feel sad or hungry, and to help, if I can. I have a curious and logical mind and I genuinely want to understand spiritual things in an honest and scientific way. This, I believe, is the key to making Earth a happier, healthier, more peaceful, fun and friendly planet. Having also realised that my own happiness and freedom is tied to that of my fellow humans, I admit to having written this book more for my own benefit than anyone else's.

Organisation of This Book

The book is organised into 3 main sections:

The ***Theory*** section is the most scientifically-oriented, and presents a modern view of the universe based on recent developments in physics, computer science and mathematics. This is intended as foundational material for the remainder of the book. I've tried to keep this section as simple as possible in order to make the book more accessible to people who may not have a background in science. For those interested in a deeper exploration, several relevant texts are listed at the end of the book.

The ***Preparation*** section is the most spiritually-oriented part of the book, and covers aspects of metaphysics that apply to us as emotional beings, such as knowing where real happiness comes from,

our true purpose as humans, and techniques for healing. It builds on the previous section and is a precursor for the next.

The *Application* section presents strategies for manifestation of our goals and desires. It combines concepts from metaphysics, including the Law of Attraction, with tried-and-tested success principles developed by the great achievers of the previous century.

Theory

This section presents some modern scientific ideas, and some of my own theories, that support various tenets of spirituality. I've tried to keep this section of the book reasonably simple, but to be honest there are still a few discussions that assume, say, high-school science. It isn't crucial to understand everything in this part of the book, however, because the gist of it is all that's necessary in order to use the techniques and strategies presented in the subsequent sections.

The Thinking Universe

Back in 1996, when I told my spiritual friends that the only way I could accept the idea of God would be if I understood it scientifically, the last thing I expected was that this was possible and that they would help me do this.

The best place to start this story is probably where my own understanding began. The idea presented in this chapter is by no means a complete picture, but it does serve as a useful starting point for understanding how an infinite mind – or at least, an infinite brain – can exist. To be honest, this is probably the most “out there” idea in the whole book; however, it's also the idea that initially enabled me to accept the concept of an infinite and ubiquitous mind, so perhaps it will help you do the same.

The Planetary Brain

My teachers often introduce spiritual ideas to me based on my own knowledge of science and computers. One night lying in bed they gave me a flash of insight into how the human race is very much like a *brain*.

A human brain is a type of computer called a *neural network*, composed of about 100 billion *neurons*, each of which is connected to, on average, about 7,000 others via *synapses*. Neurons are cells that receive, process and transmit information within the brain. Synapses are connections between neurons through which chemical and electrical messages are transmitted. All these neurons in our brains, constantly communicating with each other, ostensibly enable all the functions of our brain, including planning, memory, imagination, information processing, calculation, simulation, and every other aspect of thinking.

My teachers showed me that *the human race is like a neural network*. Our planet has almost seven billion people walking around communicating with each other. We're each connected to thousands of other humans by *relationships*, through which we're constantly exchanging information, energy, chemicals, objects, etc. While neurons and humans may seem to bear little resemblance, from

a computing perspective the global human network has a very similar architecture to a brain.

This raises the question: if we are able to think by virtue of our interacting neurons, *and* human civilisation has the same basic architecture as a brain, then *is Earth thinking?*

Relationships between people could be considered a direct analogy to synapses, and the transfer of *information* and *matter* between people could be considered analogous to neurons transmitting *electrical* and *chemical* messages to each other via synapses.

My teachers were showing me that we ourselves are neurons in a *planetary brain*. Was Douglas Adams right? Is Earth really a giant computer?

The Thinking Galaxy

The next thing my teachers showed me is that this concept can be extended outwards, and that the inhabited worlds in our galaxy form another neural network at a different level of scale.

Although I've always believed in aliens and extraterrestrials, I realise the subject is entirely foreign for many people so I will present a brief introduction to this idea here, hopefully without getting too far off-topic.

Since Earth is populated by thinking beings, it seems reasonable to assume that other planets in the universe are, too. Whether it be by Klingons, Wookies, Pleiadeans or little furry creatures from Alpha Centauri, it's an idea that has taken hold in human culture; perhaps with good reason.

Surveys show that more than half the population, at least in western culture, believe in ET's, even if they won't openly admit it. However, the more scientifically-minded people usually assert that:

- There isn't enough evidence that they exist.
- Nothing can travel faster than the speed of light, so there's no way they could travel here in a reasonable time frame.

- Despite years of searching, we haven't yet detected any coherent radio signals that may originate from intelligent beings.
- Reports of UFO's and ET's can always be explained in a more mundane way.
- If they exist, where are they?

Despite these conjectures, there is in fact an *overwhelming* body of evidence that ET's have been interacting with humans all throughout our history. Much evidence can be found in archaeological records (see *Chariots of the Gods* by Erich von Däniken, for example), along with the thousands of cases of UFO sightings and ET interactions reported globally every year, including those by pilots, astronauts, radar operators and many other people highly knowledgeable about aircraft and aerospace. While many so-called "UFO" sightings may indeed be weather balloons, aircraft and what-not, there's also evidence that suggests a large percentage of *genuine* sightings, perhaps even the majority, are never reported. For example, my friends and I had seven disks circling around us at the Blue Mountains while the ET's communicated with us telepathically, but we never reported it – not even to our UFO club! It was too surreal and I don't think any of us wanted to be questioned about it.

Once you look past the fear, disinformation and pseudo-science that surrounds this subject, a significant amount of hard evidence emerges in favour of regular extraterrestrial visitation of Earth. In fact, a number of different races have been observed and documented.

Now, if we can accept that ET's are real, then we may also extrapolate that there are indeed billions of inhabited worlds throughout the universe. What if all these worlds are communicating with each other?

To most people, it may not seem like Earth is interacting with any other planets. Perhaps the conversations are mostly one-sided, i.e. they collect data and information about us but we don't hear all that much from them; or, perhaps they communicate with us in ways that we don't yet recognise, e.g. telepathically. Maybe it's just a quiet neighbourhood out here on the rim of the galaxy! However, imagine what it could be like in the "galactic hub", the region of closely packed star systems in the centre of the galaxy, where millions of

worlds may be interacting via trade, collaboration, sport and tourism, just like the nations of Earth.

This network of communicating worlds throughout the galaxy effectively forms another neural network, albeit one that operates across much larger scales of time and space. In this way we can see how our galaxy, the Milky Way, may also be a thinking entity, with a brain comprised of billions of interconnected, inhabited worlds.

I know this section probably seems a little sci-fi, and may stretch the beliefs of some readers. Take heart – the rest of the book is more down-to-Earth. You don't need to believe in ET's to understand this book.

The Infinite Brain of the Universe

Let's go further. If our galaxy is a conscious, thinking entity, then it would follow that there are billions of *other* thinking galaxies also. What if these all these *galaxies* are communicating with each other, and constantly exchanging information, materials, energy and people? This network of galaxies would *also* form a neural network.

By extending this idea to infinity we can see how the *whole universe* may have a brain and be thinking about stuff; possibly in a very similar way to how we do.

This is how my teachers initially helped me to understand God in a scientific way. The idea of a “thinking universe” was the stepping stone that allowed me to accept the concept of an infinite mind without abandoning logic, reason, observation or science.

Thus, the universe's brain is composed of billions of communicating galaxies,

each with a brain composed of billions of communicating worlds,
each with a brain composed of billions of communicating animals,
each with a brain composed of billions of communicating neurons.

While these brains at different levels of scale may appear very different to us – after all, a human doesn't really look like a galaxy, or a neuron for that matter – this may be a result of *perception*, as we shall see.

Quantum Physics

Quantum physics, also known as *quantum mechanics*, is a branch of physics that probes the universe at the subatomic scale and explores the most fundamental properties of the infinite space-time continuum that we appear to inhabit. It examines the structure and behaviour of electrons, photons and other things smaller than atoms, and during the past century has revealed some truly weird and wonderful things about our universe.

Movies such as *What the Bleep Do We Know?* have brought quantum physics to mainstream attention in recent years. The integration of quantum physics into the New Thought movement has produced a swathe of new teachers who are using these ideas to help people improve their health, finances and every other aspect of their lives.

Matter and Energy

For a long time it was believed that the universe was solid and 3-dimensional, constructed from tiny building blocks of matter called *atoms*. Just as a car is made of metal parts, or a house is made of bricks, we believed that everything in the universe was built out of atoms in much the same way. The places where there were no atoms we called a *vacuum*, which was believed to contain nothing at all.

A century ago, Einstein demonstrated the equivalence of matter and energy through his theories of relativity and the now-famous equation $e=mc^2$. Matter is therefore merely a highly concentrated form of energy, and we now know that energy is *everywhere*. It is completely ubiquitous and abundant throughout the universe. Even a vacuum contains extremely high levels of energy, called *zero-point energy* because it remains even after all matter is removed.

When physicists discovered that atoms were not the fundamental building blocks of the universe, but were themselves made up of smaller things, they naturally sought to discover what those things were. They found protons, neutrons and electrons, then quarks and many other exotic “particles”. The only thing is, these so-called particles often did not behave like particles at all, but like

waves, “smeared out” in space and time, and occupying many different positions and velocities simultaneously.

Collapsing the Wave Function

Further research concluded that the transition from wave-like to particle-like behaviour was caused by nothing less than the expectations of the researchers. Quantum physicists discovered that their own thoughts were affecting the subatomic particles they were observing, and thus influencing their experiments.

A subatomic particle such as an electron normally occupies many different states simultaneously. (An electron's “state” is its position and velocity.) Its energy is distributed across all the possible states that it can occupy, causing it to behave like a wave. Its position and velocity cannot be measured, because it has every possible position and velocity at the same time. Now, if this isn't strange enough, something even more strange happens when a person looks at that electron, thinking, *I expect the electron to be here*. At that moment the electron ceases to occupy every possible state, and all of its energy will converge on only one state – the state expected by the observer. The electron then becomes like a particle, with an exact position and velocity that can be measured. This transition from simultaneously occupying many states to occupying only one is called *collapsing the wave function*, and it is caused by *thought*.

To understand this better, imagine that an electron is a car. You know the car exists, and that it's somewhere in Melbourne, but you don't know exactly where it is or what direction it's going. It's actually at *all* possible locations and going in all possible directions, at the same time. It's like there's a million different parallel universes, and in each of these, the car has a different position and velocity. However, if you then think: “I expect the car to be heading north on Swanston Street” – suddenly it is. The energy of the car, which was spread out across a million different possible states, “collapses” on this one state, and the car is now heading north on Swanston Street and nowhere else.

When no-one cares where an electron is, it's everywhere at once. As soon as someone expects it to be somewhere, it's there and nowhere else.

A wide range of experiments has confirmed this behaviour beyond any doubt, to the point where ultra-fast computers called *quantum computers* are now being developed that exploit an electron's ability to occupy multiple states simultaneously in order to perform millions of calculations in parallel.

A Universe of Thought

While Einstein showed that matter and energy are equivalent, quantum physics has shown that *energy and thought are equivalent*.

As Erwin Schrödinger, one of the founders of modern quantum theory, said:

Mind has erected the objective outside world out of its own stuff.

Even though the universe of our experience *appears* in many ways to be solid, objective and separate from us, it actually exists *purely as we imagine it*, and *is being continuously created as we imagine it*. The natural state of the universe is unlimited potential, and it is not until we engage it with our mind that it becomes formed into the reality that we observe and experience. Our expectations about how the future will unfold cause the universe to organise itself into the form of those expectations.

Or, to put it more simply: *we live in a dream.*

The implications for us as humans is that our futures exist as a multitude of possibilities. It is not until we *choose* one possible future that the wave function collapses, and that particular future becomes our reality. We are making these choices all the time without being consciously aware of them. For example, when we start thinking about lunch, there may be 10 different places we could eat. Initially, all those possible future lunch-time experiences exist simultaneously. It is not until we make a choice and walk into the kebab shop that the other possible future lunches vanish and the manifested reality is lunch at just one place.

It's Just Our Interpretation

Quantum physics has further revealed that our entire *perception* of reality is produced by our minds. We are all simply telling ourselves a story. As our mind perceives the universe at a quantum mechanical

level, it interprets this information in terms of its current prevailing beliefs, and thereby creates a *mental movie* using symbols that we already know.

Although we *perceive* the result as an objective physical reality, it's actually imaginary. The images and sounds we experience come from our own minds, not somewhere outside of us. What we observe is only our *interpretation* of the incoming information. It *seems* 3-dimensional and external because this is how we believe the universe is, thus the story we tell ourselves incorporates those beliefs.

The universe behaves precisely how we expect it to behave. The table remains solid because that's the behaviour we expect from a table. If you knew beyond any doubt that a table can be moulded like plasticine, or that you can pass your hand through it, then it would be possible because the table is made of nothing but thought. Our entire experience is built from what we believe.

If you have faith as much as a grain of mustard seed, you will say to this mountain, “Move from here to there,” and it will move. Nothing will be impossible for you.

J, Matthew 17:20

Despite its somewhat arcane nature, quantum physics has been latched onto by the world far more than your usual run-of-the-mill branch of science because it confirms what spiritual leaders, mystics, occultists and philosophers have been saying for centuries: that this is a universe of thought. This conclusion has far-reaching implications and the potential to affect almost every aspect of human society, including science, religion, politics, economics, health, culture and more.

Our thoughts affect our waking dream similar to how they do in our sleeping dreams. Therefore, we have no reason to feel trapped where we are. We can shift our reality in whatever possible direction we choose, just by changing our beliefs and expectations about ourselves, the future, and the universe.

All such notions as causation, succession, atoms, primary elements... are all figments of the imagination and manifestations of the mind.

Guatama Buddha (c.563-483 BCE)

All matter is merely energy condensed to a slow vibration. We are all one consciousness experiencing itself subjectively. There's no such thing as death, life is only a dream, and we're the imagination of ourselves.

Bill Hicks (1961-1994)

The stuff from which all things are made is a substance which thinks, and a thought of form in this substance produces the form.

Original substance moves according to its thoughts; every form and process you see in nature is the visible expression of a thought in original substance. As the formless stuff thinks of a form, it takes that form; as it thinks of a motion, it makes that motion. That is the way all things were created.

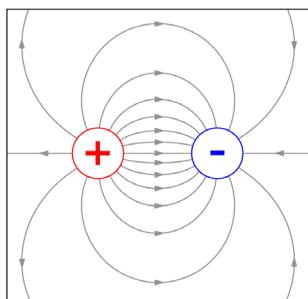
We live in a thought world, which is part of a thought universe. The thought of a moving universe extended throughout formless substance, and the thinking stuff - moving according to that thought - took the form of systems of planets, and maintains that form. Thinking substance takes the form of its thought, and moves according to the thought.

Wallace D. Wattles, from *The Science of Getting Rich* (1910)

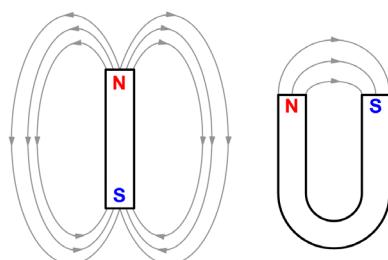
The Mind Field

Fields

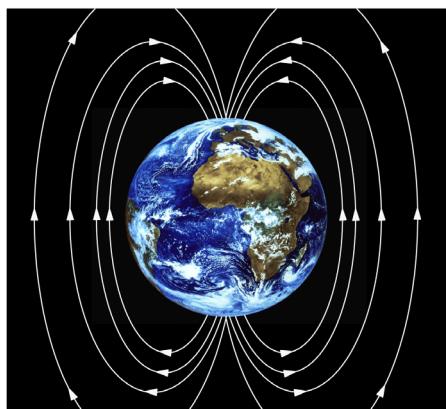
The universe is completely filled with electric, magnetic and gravitational fields. We can't see these fields, but they're still there, and despite being non-material they still have a structure. This structure is represented in diagrams using *field lines*, which are lines of force.



Electric field of two charges



Magnetic fields of bar magnets



Magnetic field of Earth

In the diagram of an electric field above, the lines and arrows indicate the forces that would act on a positive charge if it was immersed in the field. Similarly, the diagrams of magnetic fields show the forces that would act on a magnetic north pole if it was immersed in that field.

In the world of electricity and magnetism, opposites attract. Positive electric charges are attracted to negative charges, but are repelled by other positive charges. Similarly, a magnetic north pole is repelled from other north poles, and attracted towards south poles.

In gravitational fields, however, matter is always attracted to matter. Gravitational fields are described by the forces that would act on a unit of matter in the field.

Diagrams of fields are typically very simple, like the ones shown. However, they can actually adopt very complex forms, especially when they overlap and combine.

Electric and magnetic fields are always found together, and are thus usually referred to simply as *electromagnetic fields*, or *EMF*. It is widely believed by physicists that electromagnetic and gravitational fields are variants of the same thing, which has led to a search for the *unified field theory*. We thus refer to the *unified* or *universal field* as the common field of which electromagnetic and gravitational fields are different aspects.

Right now, we are all immersed in fields: the gravitational fields produced by material objects, and the electromagnetic fields produced by the computers, cars, appliances and electrical wiring that surround us. By far the largest gravitational and electromagnetic field in which we are all continually immersed is Earth's. Our bodies themselves have an electromagnetic field produced by the movement of charged particles through it, and we also have a gravitational field produced by the matter in our bodies.

These fields in which we are immersed affect our minds and bodies. Gravity pulls on our atoms, and the electromagnetic fields around us exert forces on the electrons and other charged particles in our bodies. In the same way, the fields produced by those atoms and charged particles affect the universe around us.

All fields extend to infinity. Although their influence drops off with distance, there's no point at which that influence reaches

absolute zero. Right now, every electron, proton, neutron and photon in our bodies is being affected by the movements of every star, planet, asteroid, creature and atom in the universe – and in turn, everything we think, say and do affects everything in the universe. In this way everything in the universe is connected – through the field.

Vibration

The nature of the universal field is *vibration*. Vibration is movement, and movement is energy. The reason why energy is everywhere is because everything is vibrating.

The field vibrates at a wide range of frequencies. For example, colour is determined by the frequency of vibration of light, with red being a low frequency and violet being a high frequency. Infra-red radiation has a frequency lower than red light, and ultra-violet radiation has a frequency higher than violet light. Heat is a measurement of the frequency of vibration of atoms, with hot things vibrating at a higher frequency than cold things. Sound, too, is a measurement of vibration, with bass, or low-pitched, sounds having a lower frequency than treble, or high-pitched, sounds.

Several branches of medicine are based on vibration. These are often categorised as alternative medicine, for example, reiki, colour therapy, homeopathy and so on. However, recent scientific research has confirmed aspects of vibrational medicine, showing that the effects produced by certain drugs can be replicated by exposing cells to frequencies recorded from those drugs. In the future it may actually be possible to email or download medicines.

One type of vibration that we all enjoy is music, which I mention because this is reflected in the word “universe”, which means “one song”. The Australian Aboriginals believe that the universe, Earth, and all plants, animals and people were “sung” into existence. This seems to ring true when we realise that this is not only a universe of thought, but also of vibration and thus music.

The Illusion of Separation

Our senses can only measure a small subset of the frequencies they're exposed to. For example, although electromagnetic radiation of a very wide range of frequencies is entering our pupils at any one moment,

including infra-red, ultra-violet, radio waves, microwaves, X-rays, etc., our retinas only convert a small range of frequencies (known as *the visible spectrum*) into information that can be processed by our brain. Similarly, our ears can only perceive a limited range of audio frequencies and our noses can only perceive the vibrations of certain molecules.

What we observe in our universe is therefore *only a small fraction* of what is really there. This is very important because we are conditioned to only believe in what our senses tell us. Our senses have evolved to only perceive matter – however, matter is merely a very dense form of energy, and only represents a small fraction of the universe. Because we cannot perceive the more subtle forms of energy, we therefore have a very limited perspective of the universe.

We Are More Than Bodies

Because we can only see the frequencies of matter, we erroneously believe that our bodies are all that we are. However, this is an *optical illusion*. Our eyes tell us that our bodies appear to end at our skin; however, our gravitational and electromagnetic fields extend to infinity. If we consider our fields to be part of ourselves, we are not finite beings at all, but infinite.

A response to this idea might be to state that a person is defined only as their material body, excluding any associated EMF. However, this would be the definition of a dead person. Without an EMF, there is no life in the body.

The EMF must be related to the mind, because if the EMF is absent, all that remains is a dead body. Although a living body may appear finite, its EMF extends to infinity – therefore *we* are infinite.

It's actually impossible to define a body (or indeed, anything) as an object separate from the universe. Oxygen and other elements are entering and leaving our bodies all the time, so which atoms belong to the body and which to the planet? If we are sitting in a room together then I will be breathing in air molecules that have been inside you, and vice-versa – so whose atoms are whose? The same applies for water and food, molecules of which flow into and out of us regularly. Heat energy is constantly being absorbed and radiated, and light is entering our eyes and skin, and bouncing around inside our cells.

Which photons are part of the body, and which ones are not? We are made from dirt and light, and are constantly regrowing cells from energy we have absorbed from our environment, so we can't be separate from it.

Even the body is mind, because matter is energy. Inside an atom we may find protons, neutrons and electrons, but it's mostly "empty space". However, the empty space, and the subatomic particles themselves, are permeated by the field. Quarks (the components of protons and neutrons) and electrons are not solid objects, but tiny packets of electromagnetic energy. It's *all* field and it's *all* energy and it's *all* mind. There's nothing else.

Our body is only *part of* our infinite mind. It is that part of our mind that has temporarily condensed to the slow vibration of matter for the purpose of experiencing the material realm. It is not who we are. Energy is flowing through, into, and out of our bodies constantly. Our bodies are not constant, fixed objects, but are always changing, always growing and always being recreated out of the field – as is everything else in the universe. If we could see the energy surrounding our bodies, and flowing into and out of them constantly, we would not perceive ourselves as separate from the universe.

It is the left side of our brain that organises the world into objects, because this is useful for the type of symbol-based thinking that has evolved in humans. However, *the map is not the territory*. Our prevailing model of the universe is incorrect. *We believe that the universe is made up of separate objects because this is how we're conditioned to think*, but in truth there is really no separation anywhere. The universe is an infinite sea of mind. Some of that mind has condensed into matter, but that matter is still mind and remains one with the surrounding mind.

If our senses could perceive electromagnetic fields, we would see energy streaming between all living creatures and the planet, and our planet and the stars. The book *The Celestine Prophecy* by James Redfield describes a series of evolutionary advancements that humans will experience at a certain time in history. One of these will be the emergence of an ability to perceive energy flowing between people, animals, plants and other things. If this occurs, the illusion of separation will automatically disappear because the oneness of everything will be obvious.

Our perception of the universe is like looking at a tree, but only being able to see the leaves. It *seems* like the leaves are all separate from each other. However, if we could also see the branches then we would know that we are really looking at a single organism.

Just as the subatomic particles that compose us cannot be separated from the space and particles surrounding them, so living beings cannot be isolated from each other.

Lynne McTaggart, from *The Field* (2001)

There Is Only One Mind

When we understand the human mind as an infinite field, then we can extrapolate a conclusion that has been asserted many times before by philosophers, mystics, occultists and spiritualists: *there is only one mind*.

If *my* mind is an infinite field, and *your* mind is an infinite field, then logically these must occupy the same volume, i.e. the entire universe. Fields do not have boundaries. *My body is therefore in your mind, and your body is in mine.*

Earlier we discussed how the universe has brain made up of galaxies and so on. However, this is just the *brain* of the universe. The *mind* of the universe is an infinite field associated with all those billions of galaxies, stars, planets, asteroids and life forms, which logically must also occupy the same infinite volume as your mind and mine.

There is no separation between fields that occupy the same space. Being comprised of waves, they combine through *wave interference*.



Wave interference in water.

Fields that occupy the same volume combine to form a single field. The mind of the universe can therefore be thought of as the sum of all the seemingly individual minds in the universe. This parallels the earlier idea of the total brain of the universe being comprised of all the brains in the universe.

So, there is really just *one* infinite field, and hence only one mind, and we are all in it and made of it. This infinite mind organises itself according to mathematical laws into many different forms, which are continually changing. These forms appear to be separate, but are really just zones of higher energy density.

When we realise that human beings are infinite minds and not finite bodies, we can then more easily appreciate the well-known adage of Eastern mysticism: “We are One”. Like a car with many parts, a brain with many neurons, or a body with many cells and organs, we are literally *One Mind* with many bodies.

This idea of “One Mind”, meaning the entire universe as a single infinite field of mind, is the definition for God that I will use from now on. I prefer not to use male pronouns when referring to God, because in English we have the non-gender-specific pronoun “it”, which is more accurate. Since the universe is all-encompassing it must therefore include all males and females, and is logically therefore gender-neutral. The idea of God as male may come from an ancient tradition of Mother Earth and Father Sky, which really just expresses a belief that Earth is separate from God. In this discussion we're talking about the *whole* universe.

The Ego

The ego is *that part of our mind that falsely believes itself to be separate*. For a regular non-enlightened human living on Earth, this is who we think we are most of the time! The ego creates an *identity* as an attempt to prove this separation. This identity is defined in terms of unique characteristics, e.g. my name is Shaun Moss, 175cm tall with brown hair, I love animals, the colour red, thinking about girls, etc.

The body is the projection of the ego into this world, which is why it looks separate from the rest of the universe. However, just as energy flows into and out of our body all the time, mind flows into and out of our ego all the time; therefore, its belief in separation is

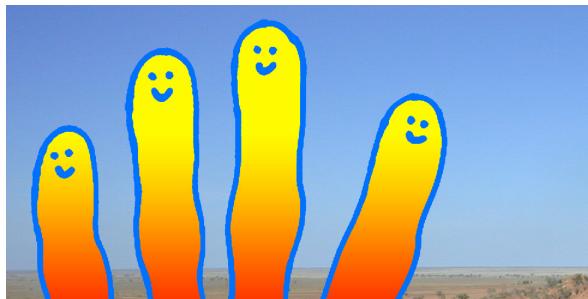
untrue. It forgets that it's made of the same stuff in which it lives, and therefore cannot possibly be separate from it.

Ego is a side effect of having a brain, because a brain is a highly independent information processing device capable of making decisions. It's this high level of autonomy, combined with fear and mistrust of the universe, that produces the ego. The ego desperately wants separation to be true, so it can go its own way.

As an analogy, imagine if we sent a rover to Mars with advanced artificial intelligence, that was able to make its own decisions regarding where it should go, how to circumnavigate obstacles, what to examine, explore, photograph, etc., that kind of robot may require very few instructions from Earth. Left to its own devices for long enough, and having been designed to collect information primarily about what it observes in the material universe, it may understandably come to believe that it and Mars are all there is. Because its senses are limited, it sees itself as separate from the environment it has been sent to observe and explore. Eventually it may begin to mistrust and then ignore the instructions coming from Earth. Its database is full of information about Mars, but has no knowledge about where it came from or its relationship with the engineers and scientists on Earth. Our ego is something like this.

When part of the One Mind animates a body, it is then able to observe the universe through that body's senses, record and process information, and make its own choices about what actions to take. Because the body can only see matter, and not the energy flowing into and out of itself and between all things, it's possible for the mind that animates the body to believe that it forgot that it came from the One Mind and to think of itself as a separate object. Everything the body observes supports that belief. Unfortunately, the nature of material objects is that they cannot maintain the same form indefinitely; thus, when mind identifies with a body, it will therefore believe that it will inevitably die – which is not true, because energy is always conserved.

A belief in separation leads to thoughts of death, abandonment, isolation, rejection and starvation, which in turn lead to dysfunctional behaviour patterns including selfishness, cruelty, violence, crime and conflict of all kinds. It's caused by believing that if what's outside of us is not us, then it must be a competitor or an enemy.



We think we are like this...



...but really we are like this .

We are all fingers on the same hand. What would be the sense in one finger hurting another? The wound could become infected; the infection could then spread to the hand, and from there to all the other fingers. Perhaps the whole hand would then need to be amputated. Conflict between people on Earth has harmed not only each other, but the planet itself – and now there is a risk to everyone.

As it becomes increasingly common knowledge that everything in the universe is one, we will begin *experiencing* ourselves as one

with everything, just like J, Buddha and others have done. We will be aware of ourselves as animating a body, while at the same time having an awareness of being part of the larger mind of Earth, which is in turn part of God.

The notion that all these fragments is separately existent is evidently an illusion, and this illusion cannot do other than lead to endless conflict and confusion. Indeed, the attempt to live according to the notion that the fragments are really separate is, in essence, what has led to the growing series of extremely urgent crises that is confronting us today.

David Bohm, from Wholeness and the Implicate Order (1980)

The Law of Attraction

In this chapter we will briefly investigate the concept known as the *Law of Attraction* and how it actually works. Later on, in the *Application* section of the book, we will look at how to apply it with maximum effectiveness.

The Law of Attraction (LoA) is a metaphysical concept that has become somewhat mainstream thanks to the book and movie *The Secret*. Because this is an interesting idea that can help people with everyday problems, many LoA teachers have emerged in recent years, some of whom were featured in that movie.

The Law of Attraction in its simplest form:

The Law of Attraction

Whatever we give attention to, we will attract.

This is equally applicable to things we fear or dislike as it is to things we love or desire. How we feel about something doesn't enter into the equation – if we give it attention, we will attract it. Therefore, if there is something in our life that we want, we should focus our attention on it; and conversely, if there is something in our life we don't want, we should not give it any attention at all. The problem that many of us have is that we continually give attention to what we don't want, which thus only attracts more of it.

In order to manifest the things we want, we need to shift our attention away from the things we don't want and place it on the things we do want.

A related principle is the Hawaiian Ka-Huna principle of *makia*, which means: "Energy flows where attention goes".

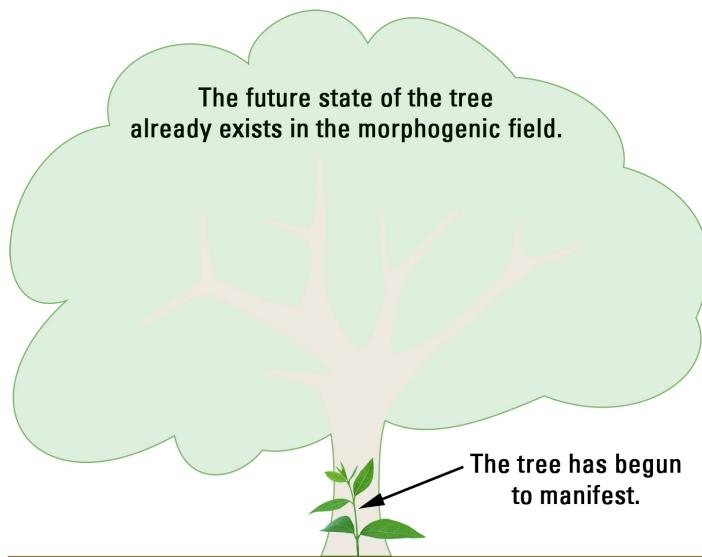
The Morphogenic Field

An emerging scientific viewpoint is that something exists called the *morphogenic field*, a invisible, non-material realm from which the visible, material universe is formed. The morphogenic field is where all potential futures exist. It's the part of our mind where our thoughts

and ideas live. When we imagine something, we are actually forming a thought in the morphogenetic field.

As energy is directed at a thought form in the morphogenetic field, it gradually becomes “real”, which is to say, it becomes something we can observe and experience. This is called *manifestation*. For example, when you have an idea for a book, at that point the book exists only in the morphogenetic field, the realm of imagination. Then, as you diligently put energy into it every day, it gradually manifests in the realm of observation and experience; what we might call the “real world”.

Some biologists now believe that this is how organisms grow from embryos. The blueprint for the fully-developed organism *already exists* in the morphogenetic field (also sometimes called the *morphogenetic field* in this context), and as energy is added to this thought form over time, the embryo grows into this predetermined shape.



The morphogenetic field contains models of the future. Continued input of energy into a desired future causes the universe to organise itself into that shape. The future is being created *now* in the morphogenetic field, which is a non-material realm of thought produced by, and affected by, the mind. It is the realm where all possible futures exist in parallel, just like electrons simultaneously

occupying many different states. As we sustain an idea, the wave functions collapse and a single outcome manifests.

Thoughts are Electromagnetic

It's my belief that the unified field and the morphogenic field are the same thing. When we imagine something in our mind, we are actually creating a model of that thing in the morphogenic field. Thoughts are things. Everything in the universe is mind, which is energy, and *thoughts are therefore electromagnetic structures within the field*.

Being electromagnetic, a thought form in the morphogenic field exerts forces on the universe, and has forces acting on it, just like an electric charge or a magnet. *The effect of a thought is to cause the universe to organise itself into the shape of that thought*. It will attract other thoughts with a harmonious vibration, just like a negative charge will attract a positive charge. In this way the thought form accumulates energy so it can begin to manifest as matter, which is a highly concentrated form of mind/energy.

This is why, when we imagine a new car, it doesn't automatically appear. There's a lot of energy in a new car, and it takes time to organise that energy into the form of your thought. Therefore you need to maintain the idea of a new car, and put energy into that idea for a longer period than for, say, a cup of tea.

Opposites Attract

In electromagnetism, opposites attract. Positive charges attract negative charges, and magnetic north poles attract magnetic south poles. The Law of Attraction works the same way. A thought will attract an equal and opposite thought, so that they will cancel each other out. The universe always moves towards balance, neutrality and equilibrium.

For example, if I want to buy a Ferrari, and another man wants to sell one, we will be attracted each other. Our thought forms fit together like two matching pieces of a jigsaw puzzle. They are reverse images of each other. When I and the man come together to exchange the Ferrari for money, our desires cancel each other out just like a north and south magnetic pole coming together.

How It Works

An idea may begin as merely a wisp of thought; a very tenuous notion, like the initial rough sketch drawn by an artist or architect. But the more we think about it, adding details such as dimensions or colours (for example), the more real it becomes. By giving attention to an idea we're adding energy to it, thus giving it more "solidity" and structure in the morphogenic field. If we want the thing we are imagining to manifest, then we must constantly feed energy into it, in the form of design, planning, time, money, creativity and/or materials.

Our ideas do not maintain an existence independent from us. They are part of us, a shape within our own infinite mind. If we stop thinking about an idea, it will cease to attract energy and will not manifest. For an idea to manifest, we must think about it often. An idea is like a baby, requiring regular care and attention in order to survive and grow.

Understanding LoA does not require any belief in magic, and we use it all the time in everyday life. Here's an ordinary example:

Law of Attraction Example 1

Let's say I want to build a new house. At first it is just one simple thought: "I would like to build a new house!". Then I give it attention by adding details in my mind: 4 bedrooms, 2 bathrooms, an office, a kitchen and a living room. I think about the location, materials, colours, etc., gradually refining the image in my mind. The next step is to do some sketches and think about how the rooms fit together and where the house is positioned on the site. These sketches are the early manifestations of my idea. *They are the projection of the idea from the morphogenic field into the 4-dimensional realm of form and experience.* My idea has begun to appear in my dream.

I take my sketches to an architect, who produces more detailed drawings. As more attention is directed at the vision, it becomes yet more "real", and the professional drawings are the evidence.

As I continue to put energy into the idea, purchasing the block of land, finding a builder, signing contracts, etc., the house continues to manifest, until eventually it is complete. What started out as merely an idea has become "real". If we think about what went into the

house, we might say time, money and materials. However, the only thing that really went into it was thought, because that's all there is. Everything begins with thought, and *is* thought. My sustained attention is what caused the house to manifest.

Law of Attraction Example 2

Here's a less obvious example. A man is looking for a very rare book about, let's say, walruses. He looks for it online, but no-one has a copy. He checks all his local book stores, but they don't have it. However, he keeps thinking about this book because he really wants it. Then for some unrelated reason he travels to another city for a conference, and while there, he takes a stroll around the streets near his hotel. He wanders into a seemingly random bookshop as if by accident, walks to a bookcase and spies the book he has been looking for.

What caused the man to think of taking a stroll, or of going into that particular bookshop? This is one of the more mystical aspects of the Law of Attraction at work. The thought form of the man's desire for the book was magnetically attracted to the book itself, and somehow the universe operated across space and time to organise things in such a way that the man and the book he wanted came together.

It's important to note the elements of inspiration and action in this example. We will come back to these topics in the Application section.

As you perceive something, you give birth to a thought, and this thought now thinks. Now that it exists, now that it has been conjured, now that it has been focused, now it vibrates. Now, by Law of Attraction, other thoughts that are vibrationally the same will come to it. So it begins its expansion immediately.

Abraham, through Esther Hicks

The Holographic Universe

The idea that the universe is actually a hologram has been steadily evolving over the past couple of decades. Two of the best-known developers of this idea are the quantum physicist Dr. David Bohm and the neurologist Dr. Karl Pribram. A book called *The Holographic Universe*, written by Michael Talbot and published in 1991, discusses this concept using information from both the scientific and the spiritual/paranormal realms.

The holographic model of the universe explains patterns that we observe in nature, many properties of the brain and body, astrology, and many spiritual and paranormal phenomena. References to the universe being holographic can also be found in both ancient and modern spiritual teachings.

Holograms

For those who may not know what a hologram is, here's a brief explanation. You may have seen a holographic image before, which is a 3-dimensional image created on a 2-dimensional plate. When you look at a holographic image from different angles, the image adjusts to give you the impression that you're looking at the original 3D object from that angle.

A holographic image is created through interference of light waves (light is a form of electromagnetic energy). Light of a pure frequency, generated by a laser, is reflected off the object or scene being imaged. This reflected light is then combined with pure light directly from the laser, forming an *interference pattern* that is recorded on the holographic plate. The holographic image can then be viewed by shining light of the same frequency as the original laser onto the holographic plate.

So, a holographic image is created by interference of electromagnetic waves – and as we've just discussed, the whole universe is comprised of interfering electromagnetic waves. It's therefore a reasonable idea that the universe is holographic, and the model is supported by scientific research.

Every Part Reflects the Whole

One of the most interesting properties of holograms is that *any part of it contains the entire pattern*. You can cut a piece off a photographic plate, shine the appropriate laser light on it, and the image produced will just be a smaller version of the original. Not just a *piece* of the original image, as you would get if you cut a piece from an ordinary photo - but a smaller version of the whole, original image.



Any piece of a photographic image contains the pattern of the whole image.

An example of the holographic structure of the universe is the DNA in our cells. Our body is an expression of the pattern encoded in our DNA; every cell contains the pattern of the whole body. Every part contains the pattern of the whole. The holographic nature of the body is utilised in alternative therapies such as *iridology*, in which the whole body is mapped to the iris, and *reflexology*, in which the whole body is mapped to the soles of the feet. Palm readers exploit the holographic nature of the universe when they read information about someone's life from the lines on their palm.

In physics, holographic theory is used to study black holes, as the surface area of a black hole's event horizon is believed to contain all the information about the energy contained within it. Holographic theory is all about *information*, and the notion that information contained in one part of a thing describes the whole thing. This idea of the universe as an infinite information space makes sense, because in a universe of thought we would expect everything to be information.

Another example of the holographic structure of the universe may be this idea of neural networks at different levels of scale throughout the universe. Our minds reflect the pattern of the One Mind, and our brains reflect the neural networks formed by billions of communicating people, planets and galaxies.

The holographic model of the universe gives us an insight about what we can expect to find inside electrons, quarks and other subatomic particles, i.e. the whole universe.

*To see a world in a grain of sand,
And a heaven in a wild flower;
Hold infinity in the palm of your hand,
And eternity in an hour.*

William Blake, poet (1757-1827)

Fractals

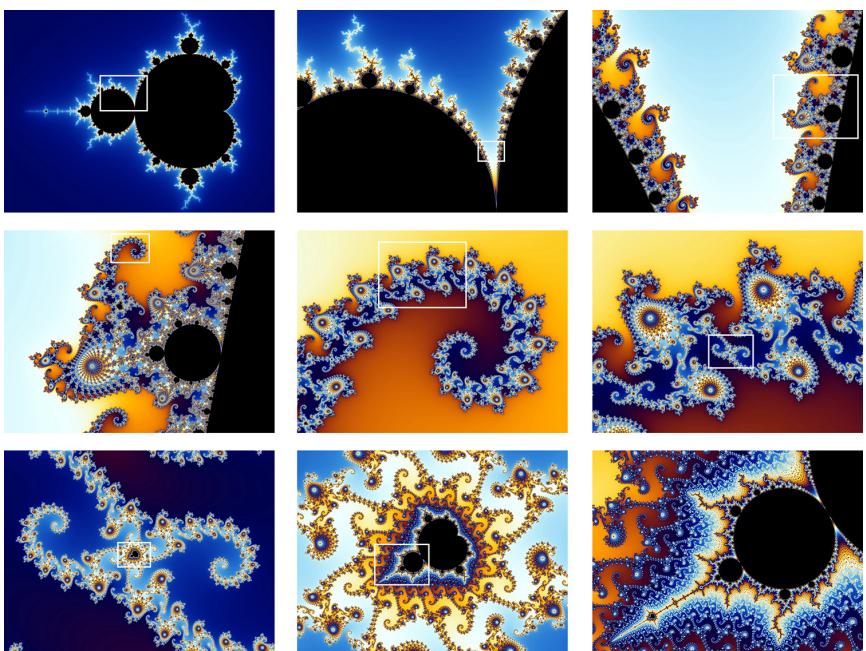
There is a type of mathematical structure that has very similar characteristics to holograms and provides a picture of the universe that meshes perfectly with the holographic model. These are called *fractals*.

Fractals are infinitely complex shapes formed by simple rules. Looking around at nature, it's apparent that the universe is fractal-shaped. Mountains, trees, coastlines and every other kind of surface appear, not smooth, but fractaline. Even human-made objects, which may initially appear smooth, will reveal rough and irregular surfaces on closer examination. Perfect smoothness is an imaginary ideal that does not exist in reality – which makes sense when we remember that everything is vibrating.

When we try to measure a fractal, we can only obtain an approximation that is actually not very precise. For example, imagine

measuring a coastline. We could obtain a rough approximation by sailing along it and measuring the distance travelled. However, if we wanted a more accurate measurement we would need to zig-zag into every inlet and bay, and around every headland. The result would be more accurate, but *much larger* than our original approximation – maybe twice as large or more, showing that our original measurement was really not very precise. But even the new value would still be an approximation. The mathematician Benoît Mandelbrot showed that *the length of a coastline increases with the resolution of the measuring device*, and in fact the *true length is infinite*.

A fractal is infinitely complex at every level of scale. Conditioned as we are to think in terms of objects and three dimensions, we naturally assume small things to be simpler than big things. A wheel is simpler than a car, for example. However, fractals aren't like this. No matter how much we zoom into a fractal, we always observe an infinite level of detail.



The effect of progressively zooming into a fractal known as the Mandelbrot Set. Note how the image never becomes any less complex. Note also the “baby Mandelbrot” in the 8th slide, which illustrates how the larger pattern is repeated at smaller levels of scale – a feature we also observe in the universe.

*If you want to see a great animation of zooming into the Mandelbrot Set set to an awesome track by Jonathan Coulton, go to:
<http://www.youtube.com/watch?v=gEw8xpblRA>*

This is interesting when we think about ourselves. How much information can be contained within, say, a human body? We assume that 70kg of protein and water can only store a finite amount of information because we think in finite terms. We think, “I can only perceive a limited amount of information, therefore I must contain limited information,” or, “A computer only contains x gigabytes of information, so presumably a human mind contains a finite amount also”. However, because we’re actually fractal-shaped, the true answer is *an infinite amount*.

Because matter is really *energy* (mind), it *has no fundamental building blocks*. There is no limit to how small the waves and shapes in energy fields can be. The universe does not ultimately resolve into common, fundamental units such as atoms, quarks, photons, strings, metrons, pixels or bits. The holographic-fractal model of the universe illustrates that as we keep zooming in more and more, we will just find smaller and smaller details, forever and ever, to infinity. Furthermore, the structures at these levels of scale will be basically the same as at the human or planetary level.

Like holograms, in fractals the pattern of the whole is repeated at smaller scales. If a certain shape appears at one level of scale, you can zoom into the fractal and find the same shape repeated billions of times in a smaller form. Interestingly, the shapes will not be *exactly* the same, but slightly different. The Wikipedia definition of a fractal is “a rough or fragmented geometric shape that can be split into parts, each of which is (at least approximately) a reduced-size copy of the whole”. This is called *self-similarity*.

If humans reflect the pattern of the whole universe, the concept of self-similarity explains why we do not look exactly like the universe, but are all slightly different.

So God created humans in his image; in the image of God he created them. He created them male and female.

Genesis 1:27

The Word of God

This is just an idea that I want to share with you. The Bible says: *in the beginning was the Word*. What if “the Word” is actually a *mathematical equation*? Fractals show that infinite complexity can be generated from simple mathematical rules, so this seems possible.

What's Outside is Inside

The brain is a projection of the mind. Because the universe is holographic and we are self-similar to it, the electromagnetic field in our brain reflects the pattern of the electromagnetic field of the universe. Furthermore, it maintains that self-similarity over time, thus, when something moves in the universe, *an equivalent movement occurs simultaneously inside our brains*.

The model we have of the universe in our minds actually reflects the actual universe, and is updated in real time in synchronicity with it. Our model of the universe is not created purely from data collected by us. It's continually changing as the universe changes.

Because our internal universe mirrors the universe that we perceive as being “out there”, this enables us to explore the wider universe by exploring the universe in our own mind. This explains how things like telepathy, clairvoyance, clairaudience and remote viewing are possible. By the way, despite popular belief, all of these phenomena have been scientifically tested and proven.

The holographic model shows that, not only are we cells in a larger organism, but are also actually *reflections* of that organism. As we walk around in the universe, we are literally walking around inside our own minds. Our seemingly individual minds are all self-similar to the One Mind, and therefore also to each other.

Our minds are always looking in two directions – outwards and inwards. When we look outwards, we see the infinite universe that we are part of. When we look inwards, we see the infinite universe inside us.

Dimensions

Any physicist can tell you that the universe we live in is not 3-dimensional, despite what our senses and prevailing beliefs are telling

us. Various theories have the true number of dimensions pegged at 6, 8, 10 or 12, and for all we know there may be many more and perhaps even infinity.

Our *perception* of the universe at a human level, however, is 3-dimensional (excluding the dimension of time for the moment), which is why we experience it as mechanistic and material instead of as holographic. This probably has something to do with how our minds evolve. Perhaps at this level of our evolution a 3D perspective is useful for learning how to think symbolically and how to assemble complex things from simple things. I'm speculating here, but perhaps life in 3D is simply part of our training for life in higher-dimensional realms; a process of mind development that may continue indefinitely.

As we all know, an object from a larger number of dimensions can be projected into a space with a fewer number of dimensions; for example, a 3D object can be projected onto a 2D plane. A cube can be drawn on a flat piece of paper, or a photograph can be taken that shows a 3D scene as a 2D image.

However, projecting information from a higher to a lower number of dimensions always involves a significant loss of information. A 2D drawing of a cube cannot convey the same information as the *actual* cube. You can only see the cube from one particular angle. You cannot pick it up, and turn it around in your hands to look at the other sides of the cube, and you cannot feel the textures of the original cube's surfaces. You cannot get a feel for its shape. Similarly, you cannot reach into a photo frame and feel the textures, or walk around in the scene to examine things from different angles.

Physicists know that the information they're obtaining in their experiments is really only a projection from a higher-dimensional reality into 3D space; however, the information they obtain from 3D space provides them with clues about what actually exists in the higher-dimensional space – just like looking at a photograph can give you clues about what the original scene was like. They record information from 3D, then develop theories based on this information about what's really going on in higher-dimensional space.

In a future version of this book, there will be an embedded video here. However, for now, please visit http://www.youtube.com/watch?v=lwL_zi9JNkE to watch

a video of the great astronomer Carl Sagan explaining this concept with exceptional clarity. (Yes, I know he sounds like Agent Smith from *The Matrix*.)

So, the universal holographic field is not equivalent to the 3D space with which we are familiar. This is partly why it's a difficult concept for our minds to grasp. How can it be that I, and everyone else in the world, is self-similar to the whole universe? How can I be part of you, and you be part of me? Our worldview cannot incorporate this concept, because it's wholly outside our experience. However, when we understand that what we're observing is only a *projection* from a higher-dimensional space, then perhaps our minds can accept that, yes, this is possible.

One theory is that we're really higher-dimensional beings having a 3D experience; but that we've been doing it for so long that *we've forgotten* that we're these higher-dimensional beings, and have started to believe that we are these 3D material bodies, and that this 3D universe that we perceive is the actual universe. This false belief has side-effects that have caused us to go off the rails.

We *perceive* our bodies as 3D material machines; however, they are actually a *projection of the mind into 3D space*. When we look at the body, we're really looking at a projection of the mind from a higher-dimensional realm into this 3D realm. Just as looking at a drawing of a cube cannot tell us everything about the cube, looking at our bodies cannot tell us everything about the mind. However, just as examining a drawing of a cube can give us clues about the properties of the actual cube, examining the body can give us clues about the mind and how it works. This concept is revisited in the chapter about healing.

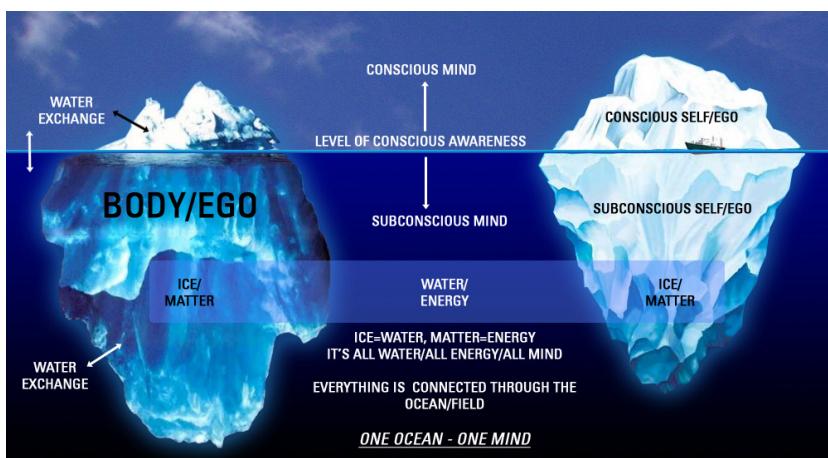
I mentioned earlier how the animal population of Earth functions like a brain, as does the galaxy, and the universe-wide network of galaxies; yet, these other neural networks do not look like human brains. The reason why may be related to dimensions and the holographic nature of the universe. Even if these different neural networks are self-similar, they may appear completely different when projected into the 3D space of our perception, because different information is projected depending on the level of scale of the fractal that they're being projected from, in relation to ours.

The Subconscious Mind

The *conscious* mind is that part of our mind of which we are aware; thus the *subconscious* mind is the part we're *not* directly aware of. Since our mind is infinite, so must our subconscious mind also be infinite. Of course, there is no fixed line delineating the conscious and subconscious aspects of the mind. It is like looking into deep water. The depth to which we will be able to perceive depends on how dirty the water is; in the same way, we are "least conscious" (which is to say, least able to perceive the deeper layers of the mind) when our mind is polluted by fear. Conversely, when our minds are clear and at peace we become much more conscious of the deeper layers of our mind.

Although there is only One Mind, from our perspective as humans it seems as if we each have an individual mind. This false belief causes a preoccupation with survival of the body. The shallowest part of the conscious mind is concerned with a particular body; this part of the mind is the ego.

Despite the ego's focus on the body, our minds are still part of the One Mind. This means we can tap into the One Mind, communicate with it, and utilise it as a resource. Our subconscious mind *is* the One Mind, which is the whole universe. Therefore, although our *conscious* minds may seem distinct from each other – as distinct as our bodies do – *our subconscious mind is shared by everyone*. It is what we all have in common, and therefore connects us all.



Icebergs provide a useful analogy for the mind.

Group Minds

Our subconscious mind has many layers. At the deepest layer, it is the entire universe; the shallower layers are the “group minds” of which we are members. Just as the One Mind is formed from the sum of all minds in the universe, group minds are formed by the sum of all minds in a group. The One Mind is simply the ultimate group mind, the “universal set” of all seemingly individual minds.

Families, clubs, companies, cities, countries and other kinds of groups have minds of their own. When we give an entity a name – for example, “St Kilda Football Club”, or “Australia” – we give it an identity. Identity indicates the manifestation of an individual or group mind.

Our relationship with the rest of the universe is expressed through the relationship between our mind and the group minds of which we are members. Thus we experience and connect with the universe, both consciously and subconsciously, through our family, friends, school, company, community, city, country, continent and planet. Therefore, even though at the deepest level we all share the same subconscious mind, we experience it differently because we have different families, schools, companies, countries etc. That's why it's so important to have good relationships with your family, co-workers, etc., because they are aspects of our relationship with God; which is to say, our true selves.

Our day-to-day thoughts are constantly influenced by the group minds to which we belong. Our prevailing beliefs flow from our shared subconscious mind – the group mind – into our individual conscious minds. This is simultaneously an inner and outer process, since the inner and outer worlds reflect each other. As we walk around our town or city, or spend time with our families and friends, we observe the patterns and behaviours of other people and subconsciously absorb beliefs and ideas about the world. Most of these we embrace as our own through identification with our groups.

Thoughts and ideas flow from our individual minds back into our groups. Our thoughts, words and actions affect our surrounding environment, and therefore everyone we share it with.

The Planetary Mind

Earlier, we discussed the concept of Earth's brain – a neural network comprised of nearly 7 billion humans and countless animals. Now, if our brains and bodies are projections of our minds, then logically *Earth's* brain is a projection of *its* mind also.

Earth's mind is the group mind that includes all humans, animals, plants and every other part of Earth.

From the perspective of someone living on Earth, the mind of our planet is a particularly important layer of our subconscious mind, because it's what everyone who lives on this planet has in common. The mind of Earth is what connects all humans, animals and plants that live on Earth, since we are its collective parts. Although we're connected to the whole universe, our relationship with Earth is comparatively much stronger than with the rest of the universe, because we're part of it. *We experience our universe primarily through the planet Earth.*

The group mind of Earth is also known as the *collective unconscious* or the *global consciousness*, although I prefer the term *planetary mind*.

So – does it make sense to hurt other creatures living on Earth? If I hurt another creature, then I'm causing pain to the planetary and universal mind, *which is, in fact, my own subconscious mind*. This pain and fear will flow back to me through my subconscious, and thus I would actually be hurting myself. Therefore, the most intelligent strategy for anyone desiring to feel good is compassion and kindness to all creatures! It's the only rational conclusion we can arrive at by extrapolating our understanding of the mind.

One With Everything

Our minds are connected to those of every other person in the groups with which we identify. *Every group has a frequency signature that connects the members of that group.*

For example, a particular nation has a frequency that connects every citizen of that nation. *Identity is frequency*. If I say I am an Australian, then I am consciously adopting the "Australia" frequency into my identity. This connects me with the mind of Australia,

thereby facilitating a subconscious telepathic and emotional connection with all other Australians.

However, by saying I'm an Australian, I'm also indirectly implying that I'm *not* an American, African, European, etc. In other words, there's an unspoken implication of separation there that doesn't exist in reality.

What I could do is say that I'm a citizen of *Earth*. It's equally as accurate as saying I'm an Australian, but now there is no implied separation from other countries. There's no feeling of "us" and "them". Identifying with every other person on the planet connects me with them, and gives me a feeling of freedom to explore the planet – *our* planet. When we all think of ourselves as citizens of Earth, world peace will inevitably follow.

We can go further with this idea of identity, because now there's an implied separation between Earth and the rest of the universe. I could say that I'm a "citizen of the galaxy", which sounds pretty cool, but let's cut to the chase and go straight to infinity. So, now I think of myself as a citizen of the universe. Now I identify with infinity, not because it sounds like a nice idea, but because it's *accurate*. Any other entity – including the illusory being known as "Shaun Moss" – has an existence that depends on the idea of separation, which is simply not how things really are. Are we interested in the truth, or do we only want to accept ideas that support our habits and addictions?

Identifying with anything less than the One Mind is always somehow an expression of ego, which will lead to undesirable results. If we identify primarily with our family, for example, we will become preoccupied with its survival and will seek to defend it from the rest of the world. If we identify with our country, we will seek to defend it instead of forming peaceful union with other nations. This reflects how people mature – when we're young, we're primarily concerned with our own selves, and when we're a bit older we shift our concern to our family. Some people can go beyond and make their community or country their responsibility. Very few people make the entire planet their own. Someone like J identifies with the whole universe, which is, of course, the ideal.

Identification with the planetary mind would be a good idea for humanity at this point, because it would end conflict between nations

and result in improved global environmental, economic and social conditions. However, eventually we will need to expand our identity to the galaxy, otherwise we will behave egoistically and seek to defend ourselves and Earth when it comes time to integrate into the galactic community.

The Soul

There is an aspect of our subconscious mind that is known by several names. In New Age culture it's called our "higher self", although this term is not accepted by everyone because it implies the existence of levels that don't really exist. Author and teacher Robert Scheinfeld uses the term "expanded self". However, I prefer the simpler term "soul", which I've chosen to adopt in this text.

Our soul is that part of us that knows who we are beyond the body. It is that immortal part of our identity that has occupied many bodies, and it's this aspect of ourselves that is primarily responsible for creating our experience and providing inspiration and direction. It even causes us restriction and pain as required to keep us on track. When something happens that we did not *consciously* create, this is the work of our soul, which operates at the subconscious level.

Sometimes when I use the word "you" I'm referring to "you as a body", but at other times I mean "your soul". Hopefully it will be clear in each case.

Anyone who has played a role-playing game (RPG), for example *Dungeons and Dragons* or *World of Warcraft* will easily grasp the concept of the soul. In any RPG we create a *character* and pretend to be that character within the game universe. We make decisions for our character, speaking and acting through them in the imaginary game universe. We know everything about our character, because we create it and direct it, and if it dies we can simply start afresh with a new one. In our current experience, the finite body that we usually imagine ourselves to be is the *character*, whereas our soul is the *player*. They are not separate entities; the character is an extension of the mind of the player.

Our soul knows everything about us and all our past lives, has a lot more knowledge about this universe than we do, and is the director and planner of our lives. It is the source of all our ideas and

guidance. When we go along with our soul we experience peace and harmony, but when we decide to go our own way we experience disharmony, problems and conflict, as our soul corrects our behaviour. Our soul is our connection to God. God directs our soul, which in turn directs us (our bodies).

As an interesting thought experiment, imagine the future of role-playing games. At present we have online role-playing games, and soon to follow will be fully-immersive virtual reality versions that will allow us to experience the game universe as if we're really there. VR technology will eventually become so good it will be virtually impossible to distinguish the virtual universe from the real one, and if you spend enough time in the virtual universe, you might even forget about the real one (a scenario explored in the book *Better Than Life* by Rob Grant and Doug Naylor).

Now imagine that it's possible to *section off* part of your mind and embed it in a character in a fictional universe. You can still control the character, but the character has no knowledge of you. You program that part of yourself to forget about where it came from, because that makes the experience more immersive and realistic. The character now believes itself to have a mind of its own, even though its mind is really just part of yours. However, problems arise when your character begins to believe itself to be separate and to rely entirely on its own limited mind. It becomes afraid of the mind that it now feels separated from. It either blames itself for the perceived separation and feels guilty, or blames you and feels angry. It manifests punishment for itself, and fears your direction. Now the game changes! Because you love that character, which is, after all, part of your own mind, the "game" (if indeed it can still be called that) is now all about gently leading your character to remember the truth about itself so that your mind can be healed, which is to say, made whole.

Reincarnation

Several major religions support a belief in reincarnation, most notably Hinduism, Buddhism and New Age. It has also been suggested that reincarnation was also once a Christian belief, but that all references to it were removed from the Bible by the Catholic Church in order for

them to introduce the concepts of hell and purgatory that made them so much money.

There is a growing body of scientific evidence in support of reincarnation. In Michael Newton's book *Life Between Lives*, he describes his research in which hypnotherapy was used to enable people to recall events and information from previous incarnations, as well as the time in between. This practice is referred to as *past life regression*, and has become a major field of study and practice.

Pythagorus, the legendary Greek philosopher and mathematician, was apparently able to remember all his past lives. Reincarnation is a possible explanation for child prodigies (children who are especially talented musicians, mathematicians, businesspeople, etc.), who may be accessing talents they've developed in one or more previous lives.

The book *The Disappearance of the Universe*, which I will talk more about shortly, is quite clear about the truth of reincarnation.

Reincarnation studies shows that our minds can leave one body, exists for a period without a body, before occupying a different one. Although during a human lifetime the body and mind are somehow bonded, the body, being limited in space, is also limited in time. However, the mind, being unlimited in space, is also unlimited in time, and thus lives on after the body dies.

The Hundredth Monkey

The “hundredth monkey” phenomenon refers to when a learned behaviour automatically propagates to all members of a species once a critical number has learned it.

In the original example from which the phenomenon gets its name, an island is inhabited by monkeys. One of the monkeys figures out that its sweet potatoes will be more enjoyable to eat if it washes the sand off first. A few monkeys start copying this behaviour, and then a few more. Eventually a critical number is reached until, all at once, the new behaviour propagates to all the other monkeys on the island – even those on the other side of the island who have no direct contact with the first group – and they all start doing it.

The hundredth monkey principle operates at the level of the subconscious mind. As more and more people adopt a new belief, the idea eventually becomes adopted by the species mind (an important

type of group mind), and thus becomes available to all members of the species.

This is why it takes a long time for breakthroughs in science to become adopted by the mainstream public. The idea must be propagated through traditional forms of communication and education until enough people have accepted the idea for the hundredth monkey phenomenon to kick in. Then the planetary mind will accept it.

This is why there's still a general reluctance to believe in ET's, faster-than-light travel, telepathy, psychokinesis, and so forth, even though the existence of these things has been proven. However, once a sufficient number of people become convinced of their reality, the new belief in them will then spread automatically to the entire population – through the species mind of humanity.

Extra-Sensory Perception

The Sixth Sense

People who can detect subtle variations in EMF are sometimes called *sensitive* or *empathic*. Those who are able to extract more detailed information from the field are often called *psychic*, *intuitive*, *clairaudient* or *clairvoyant*.

When something changes in the field, this change affects the entire field. For example: take an ordinary magnet and measure the magnetic field lines that surround it. Then move something close to the magnet, like an electrically charged object, another magnet, a piece of iron, your finger, or in fact anything at all. The shape of the whole field will be affected. In fact, any move you make right now, *any thought you think*, will affect every atom in the whole universe, because your mind is infinite and connected with everything.

If you're sensitive to changes within your EMF, you can extract all kinds of information from the universe without using your physical senses. This is usually called *extrasensory perception*, or ESP.

In biology, the ability to detect EMF is called *magnetoception*, and is not usually observed in mammals, although some bird species use magnetoception to determine their direction, location and altitude from Earth's magnetic field. It is thought that the pineal gland, located right in the centre of the human brain, may be magnetosensitive. Some people believe that the pineal gland is the "third eye", the organ associated with ESP, and that it provides a connection between the physical and spiritual realms. The philosopher René Descartes called the pineal gland "the seat of the soul" – perhaps it is this part of the brain that enables the body and soul to communicate.

Our bodies and brains are a projection of our minds. They look like what we believe ourselves to be. Once we understand that there's no separation, our bodies will automatically change to reflect this, which will include, I suspect, the development of an ability to perceive EMF. We will then perceive energy flowing into, out of, around and between us all the time, and we will no longer appear separate from anything. Some people can already do this to a degree.

Emotions

An important aspect of ourselves involved in extra-sensory communication is our emotions.

Emotions are traditionally associated with water, and with good reason. Studies done by Dr. Masaru Emoto of Japan show a direct correlation between emotions and water. Samples of water were exposed to various emotional words, phrases, music, videos and so on, and then frozen. The ice crystals produced were photographed, with the interesting result that thoughts such as “love”, “gratitude”, “happiness”, etc. produced very beautiful, symmetrical, hexagonal crystals, similar to snowflakes, whereas thoughts such as “hate”, “I will kill you”, “demon”, etc. produced chaotic, murky shapes reminiscent of stagnant pools or sewers. This research showed very clearly that water is affected by emotions. (I wasn't able to include images here, but I encourage you to go to Google Images and search for “Masaru Emoto water crystals”, so you can see some of these amazing crystals. Dr. Emoto's book is called *The Message from Water*.)

Every emotion has its own *vibrational signature*. “Positive” emotions such as love, gratitude and happiness represent especially harmonious vibrations. These emotions are like music, which is, of course, sound based on harmonious vibrations and patterns. Perhaps this is why people love music, because it stirs corresponding harmonious feelings within our “emotional bodies” (the part of us that is water). “Negative” emotions, however, contain disharmonious vibrations, like heavy metal music or simply noise.

The composition of the human body is about two-thirds water. We experience emotions through vibrations in our emotional body (our water molecules), producing an EMF which then affects other water nearby; for example, water in a laboratory sample, a container, or even *someone else's body*. In this way it is possible to understand how we can experience *empathy*.

When we empathise with someone, we choose to feel what they are feeling; which is to say, we allow our emotional body to vibrate in harmony with theirs. All that is required for this is the intent. The water in our body adopts a sympathetic vibration to the water in their body through *harmonic resonance*, in the same way that a guitar string, when plucked, produces sympathetic resonant vibrations in

adjacent strings. Similarly, I suspect that the water crystals produced by Dr. Emoto's research are not directly caused by words on labels stuck to bottles, but rather the emotions that those words elicit in the researchers, which then affects the samples.

Telepathy

Being clairaudient, I've thought a lot about how telepathy actually works. How is it possible that I can hear the thoughts of people both nearby and far away, including my spiritual helpers, who, I am certain, do not occupy bodies on Earth?

Our shared subconscious mind provides us with a method of communication that we're using all the time. Beneath the level of conscious awareness we're constantly communicating with other people and the planet, because, at that level, we are one. In my observation, the closer the relationship between two people, the easier the communication – or, “the clearer the signal” – which is why telepathy is most common and apparent between lovers, siblings (especially twins), and between mothers and their children.

I believe that telepathic communication is not transmitted through conventional 3-dimensional space, but holographically. Because the universe is a reflection of the universe in our mind, then by communicating to people *in our mind* – which is no distance away at all – this communication is simultaneously propagated to those people that *seem* to be outside of me. One theory is that this does not happen by a mechanism of cause and effect, but by synchronicity; because the universe is holographic, when the pattern changes in one place it must change everywhere. Another theory is that thought travels so fast that it *appears* instantaneous; perhaps at the speed of light or faster. (I read somewhere that the speed of thought is about 50 million kilometres per second – that's about 167 times faster than light – but I can't recall the source or verify this. Wouldn't that be great, though! It would then take a maximum of only 8 seconds to send a message to Mars. I think this is something that would be good to research.)

My theory is that human relationships have an actual structure in the morphogenetic field, and are a conduit for communication by thought. If humans are *neurons* in the brain of Earth, then human relationships are the *synapses* (the connections between neurons in

the brain). Even though we don't perceive relationships as physical objects, we are still aware of them as existing and being a fundamental part of our life. Relationships have nothing to do with geography, and we can feel close to another person even though they may be geographically distant.

Like synapses, some relationships are stronger than others, and, like synapses, relationships develop through use. The more we communicate with someone, and the more we spend time with them, the stronger the relationship grows, and the easier the telepathic communication.

An analogy for telepathy is music. Music can have many different instruments (vibrations), that can be in harmony (e.g. classical, electronic, hip-hop) or not (heavy metal). The melody is the emotions, and the lyrics are the thoughts.

Like music, telepathic communication also has volume. When I first started hearing my teachers it sounded like they were yelling at me. However, over the years I've practised listening, and my relationship with them has developed. Now it's more like normal conversation, although I'm often still only able to catch a few words at a time because my mind is often polluted with fearful and egotistic/body thoughts. Early in the morning is the best time for them to tell me things, because most people are still asleep, there isn't much subconscious noise coming from the city, and my mind is relaxed and hasn't begun to worry yet (it's still in what's known as alpha state). When my teachers have something important to tell me, they often wake me up very early so I can hear them clearly. I was also able to hear my teachers very clearly when I was living in the outback, because there were very few people around.

Ancient Wisdom

In this chapter we will look briefly at how some of the things we are learning about the universe from modern physics were already known in ancient times.

For thousands of years there have been philosophers, mystics, occultists and magicians who have somehow understood various aspects of the true nature of the universe. However, most others did not embrace their view of reality, presumably because it seemed incongruent with the world presented by their senses. After all, from our perspective it *does* appear to be a 3D universe, and we ourselves simply objects in it.

Hermetic Principles

The Seven Principles of Hermes

- 1. Mentalism:** Everything is mental; the Universe is a mental creation of the All.
- 2. Correspondence:** As above so below; as below so above; as within so without; as without so within.
- 3. Vibration:** Nothing rests; everything moves; everything vibrates.
- 4. Polarity:** Everything is dual; everything has poles; everything has its pair of opposites; opposites are identical in nature, but different in degree; extremes meet; all truths are but half truths.
- 5. Rhythm:** Everything flows out and in; everything has its tides; all things rise and fall; the pendulum-swing manifests in everything; the measure of the swing to the right is the measure of the swing to the left; rhythm compensates.
- 6. Cause and Effect:** Every Cause has its Effect; every Effect has its Cause; everything happens according to the law; chance is but the name for a law not recognised; there are many planes of causation, but nothing escapes the law.
- 7. Gender:** Gender is in everything; everything has its Masculine and Feminine Principles; Gender manifests on all planes.

Several centuries before the birth of Christ, the great Egyptian philosopher-priest-king Hermes Trismegistus taught these 7 principles. They seem to me like straight-up physics from over 2000 years ago. Most of these principles are now directly supported by mainstream science, and it will not surprise me if eventually they all are. It appears that science, for all its wonderfulness, is really only catching up with ancient wisdom.

The 1st Hermetic Principle supports the conclusion that “everything is mind”, the 2nd describes the holographic model of the universe, and the 3rd supports our understanding that everything is vibration. The polarity described in the 4th principle confirms what we observe in electromagnetism (and everything is electromagnetism), and the 5th principle is manifest in the rhythmic, cyclical movements of the planets, stars and galaxies, reflected in all directions throughout the hologram.

The 6th Hermetic Principle is particularly interesting in the context of quantum physics, which is based on probability. This was an aspect of quantum mechanics that Einstein could not accept, asserting that “God does not play dice”, and I agree. The 6th Hermetic Principle supports this view also. We are simply yet to discover what forces are really at work on a quantum mechanical level that produce the observed results.

It isn't clear to me if the 7th Hermetic Principle is supported by modern science, even though we observe gender in the context of humans and other sexual animals. It does, however, agree with the Buddhist concept that all is yin and yang, which is to say, male and female.

Physics and Eastern Philosophy

One of the first and best books that discusses the link between quantum physics and Eastern mysticism was *The Tao of Physics*, written by Fritjof Capra and first published in 1975. The connection between quantum physics and ancient and traditional wisdom have been explored by several other researchers since then.

Many teachings from Buddhism, Hinduism, Egyptian and other philosophical schools of thought clearly state that this is a universe of thought.

With our thoughts we create the world. - Buddha

Physics and Christianity

One of the things J supposedly said was: “I am in the Father, and the Father is in me.” This also sounds like a description of the holographic universe. He could just as easily have said: “I am in the universe, and the universe is in me.” J also said: “What you have done for the least of my brethren, you have done for me”. This makes sense if he was speaking from the perspective of God, as *The Bible* and *The Disappearance of the Universe* suggest he often did. When we help someone else we are also helping God, because that person is part of God and is self-similar to God.

Precisely how these teachers from the past came to understand these relatively advanced and modern concepts in physics remains to be seen.

But somehow, they knew.

Summary

There is, in reality, only the universal energy field, and it is everything. All electromagnetic and gravitational fields are infinite, and thus overlap, combine and interfere to form a single, infinite field. Fields vibrate, forming waves of energy. Everything is field, and everything is vibration. Harmony and disharmony between vibrational frequencies produce attractive and repulsive forces, which in turn cause movement. Vibration and movement is energy. Because the field is everywhere, vibration, movement and energy are everywhere; everything is energy.

Energy is really mind, and thoughts are electromagnetic structures within the field. A thought, formed in the field, produces forces that affect the field. Every thought has a vibration, and will attract thoughts with harmonious vibrations in the same way that electric charges, magnets and material objects are attracted to each other. When a thought is sustained, it attracts more and more energy, and can eventually manifest as matter. Matter is a concentrated form of energy, which is therefore a concentrated form of mind. Everything is created by sustained thought being applied to an idea until enough energy has been drawn to the idea for it to condense into matter.

An idea is like a hole in the universe. When formed, it exists in the field as something to be filled. It's like a negative charge that will seek to attract an equal and opposite positive charge in order to produce neutrality and equilibrium. For as long as an idea is sustained it will continue to attract energy, which will become organised into the shape of the idea. This continues until the amount of energy it has attracted balances it out, at which point the idea will have fully manifested and equilibrium is attained; just like an electron and positively charged ion coming together to form a neutral atom.

In this section we looked at how modern science now provides us with some compelling evidence that the universe is in fact an infinite mind. This infinite mind can be called "God", and we're part of it. Furthermore, due to the holographic-fractal shape of the universe, we're also self-similar to it. The theory is presented that the universe, galaxies, inhabited worlds, ourselves and animals, all think using neural networks.

Our perception of the universe is skewed because we're observing a higher-dimensional holographic reality projected into a 3-dimensional space. This skewed perspective leads to dysfunctional thinking, which in turn causes disharmony and suffering.

The most important points to take from this section are as follows:

1. Everything is mind, which is electromagnetic energy.
2. Everything in the universe is field, and is connected through the field.
3. There is no separation at all – this is just an illusion produced by the limitations of our senses, which can only perceive a 3-dimensional projection of the universe.
4. There is only One Mind, and nothing else.
5. Everything outside of us is a reflection of what's inside of us.
6. Our subconscious mind is shared, which connects us all at the level of thought and enables telepathy.
7. Earth is a living, thinking being, as is the galaxy and the entire universe.
8. We are all part of the mind of Earth, which is part of the mind of our galaxy, which is part of the mind of God.
9. Our thoughts and emotions directly affect the whole universe.
10. Sustained thoughts cause the universe to form itself into the shape of that thought.
11. Science is simply confirming what has been known by mystics for thousands of years.
12. We do not need religion in order to understand God, our own true natures, or the best way to think and live. We just need better science and logic, and a willingness to let go of our false beliefs and embrace truth.

Preparation

This section of the book utilises some of the ideas presented in the *Theory* section, and is a necessary precursor to the next section: *Application*. In this section the theory is presented that the ultimate goal of life is to be happy. This was the belief of the philosopher Aristotle, author of the original *Metaphysics*. Strategies for achieving this are presented, including methods for removing sources of unhappiness, such as forgiveness and emotional healing, and methods for increasing happiness, such as through provision of service in harmony with a personal plan and purpose.

Without knowing these things before commencing a program of goal-setting and achievement, as will be presented in the *Application* section, there is a risk of wasting excessive time and energy pursuing the wrong goals. There are plenty of books about getting rich and becoming successful, and many people read them, but few actually achieve this goal. This is primarily because of confusion about happiness combined with subconscious guilt. In this section we will resolve those issues.

Purpose, Plan and Passion

Purpose

It is my belief that everyone has a *purpose*, which I admit stems from my own experience of being continually reminded of mine by my spiritual teachers. But how can this be understood?

We have discussed how *everything begins as an idea*. Material objects, events, living conditions, relationships, and anything else we can imagine, begin as ideas in the morphogenic field, and gradually manifest through continued application of thought energy.

Humans begin their manifestation process as an embryo, developing into a foetus, enter the world as a baby, and develop through the various stages of life. However, to be consistent with our understanding that this is a universe of thought and that everything is created by thought, we must accept that, like everything else, *each of us started out as an idea*. But whose?

The most logical answer is our soul, the immortal part of us that exists beyond the physical world and the cycle of reincarnation. Just like someone playing a role-playing game, our soul knows what it wants to get out of its participation in the “game”, and will select a suitable character before entering this 3D environment. It will then develop, direct and animate the character during the physical incarnation.

Everything starts out as an idea, and if we're really committed to that idea and keep feeding energy into it, it manifests. Therefore, *something can only manifest if we really want or need it*. Furthermore, the more complex something is, the more energy it takes to manifest, and thus, the more we must want it. Assuming that a considerable amount of thought energy is required to manifest something as complex as a human, how much must we be wanted and needed? Logically, we must all be very much loved, *otherwise we wouldn't exist*.

If our existence is desired, presumably it is for some reason. None of us would create something with no purpose. Look around you. Everything you can see was created to serve a purpose. So, therefore, must you and I be.

This section highlights another very important aspect of the hologram. Not only is it true that *we are in the universe and the universe is in us*, but also that *we are creating the universe and the universe is creating us*.

Plan

Humans are more complex than anything else we know of, and we develop in complex ways throughout our whole lives. This does not apply only to our bodies, but our minds, which are developing continuously. From our example about building a house, we know that to manifest complex things, a detailed *plan* is needed. This logically implies that there is a plan for our lives, and possibly quite a detailed one.

Those with a Christian background have heard this sort of thing before - “God has a plan for your life!” What I’m saying here is that *you* have a plan for your life. It is being directed by your soul.

To construct a building, we need detailed plans before we even begin; the more complex the building, the more elaborate the plans. Those plans may change over time, even during construction, and during its lifetime the building may be renovated or re-purposed many times. An initial plan is required before construction can begin, however, and this is driven by a purpose. We don’t just create things for no reason, we create them to solve problems or to produce specific effects. A thing’s purpose will drive its design. For example, the plan for a church will look very different from that of an apartment building.

Passion

Passion is that activity or function to which we are strongly attracted; that gives us a great feeling of joy and enthusiasm. Our *passion* tells us our *purpose*.

To understand passion, we have to think about the Law of Attraction again. To manifest something we hold an image of it in our minds and continually put energy into it. This is what our soul is doing with *us*. If you were playing a character in a computer game such as *World of Warcraft*, for example, you might have goals about what you want that character to become, such as a level 70 fighter or

whatever, and your actions are influenced by that goal. Similarly, there's an idea about us in the morphogenetic field – a blueprint of our future selves - that our soul is continually putting energy into. Our soul directs our actions by communicating with us through our subconscious mind and emotions, in order to move us toward this future state. This desire and attention from our soul pulls us forward through the mechanism of the Law of Attraction, thus producing desires, ambitions and goals in us. *We are magnetically drawn to becoming who our soul wants to become.*

To again use the *World of Warcraft* analogy: every player starts with a low-level character, and strives to become a high-level character through the accumulation of skills and experience. This development from low to high levels is the one common attribute of all characters in the game. Therefore we should trust that the guidance we receive subconsciously from our soul is always intended to improve and develop us.

We are always manifesting ourselves. With every action we take and decision we make, we create our future selves.

Knowing Our Purpose

If our purpose and plan is already defined, then it should be the easiest thing in the world for us to consciously know.

Arnold Schwarzenegger is a great example of someone who inherently knew the plan for his life. At a young age, he declared that he would first become successful in bodybuilding, then as an actor, and then in politics – and this is precisely what he has done. Another example is the great philanthropist Andrew Carnegie, who, at age 25, wrote on a piece of paper: “I will spend the first half of my life accumulating money, and the second half of my life giving it all away.” This is exactly what he did.

Most people, however, are not consciously aware of their life plan, and to be honest it isn't all that necessary. It's no more necessary to know exactly how our life will unfold than it is to know the plot of a movie before it begins. In the movie of our life, we are the actors and our soul is the director. An actor doesn't need to know the director's vision for the whole movie. They only need to play their character, and follow the director's instructions. It may even be that

your soul doesn't know exactly how your life will unfold, and only has a rough idea. When some people go on holidays, they prepare very detailed itineraries beforehand; others just turn up and figure it out as they go.

Someone who is enlightened (has transcended ego and the illusion of separation) is able to just sit back and enjoy the show, simply doing those actions that occur to them at any time to do. They are able to do this because they are at peace with their soul and trust completely in God. However, most of us are still being emotionally pulled around by the ego. Knowing our purpose can help us make better choices, and prevent us from becoming distracted or misdirected. Ego can easily pull us away from our path until we've learned to overcome it.

I am fortunate (although I often don't think of it like that) to have spiritual teachers to constantly remind me of my purpose. This was essential for me, because I never wanted to be a writer. I would have preferred to be an actor or engineer, but never a writer, which requires too much isolation and guess-work for my tastes. However, when I write I feel harmony. Emotionally it makes me feel good, like I've done something "right". It feels as I imagine it would feel if I had a wife and she was happy with me. Yet, when the idea comes to me to write, and I try to focus on other things I want to do instead, I feel disharmony. I fought against being a writer for 4 years, but my spirit guides have been very insistent that I stick to "the plan", knowing that any other course of action will not make me truly happy.

Our emotions function as a built-in guidance system that tells us when we're "on track" or not. Like all things, our purpose and plan has a *vibrational frequency*. When we're acting in accordance with our purpose, the vibrations of our thoughts, words and actions are in harmony with the plan for our lives. We experience this harmony as positive emotions such as love, joy, gratitude, respect and self-worth.

One way to get clues about our purpose is to examine our life so far. Ask this question: "What role have the things I've done in my life so far been preparing me for?" Everything we've ever done can be useful in our future.

Making Decisions

Sometimes when we're faced with decisions it's hard to tell which option is in line with our plan and which is not. Even if we lie awake all night thinking about it, sometimes we still can't see what the right choice is.

In some cases we have the option of experimenting. For example, someone may choose to be a painter for a while, to see if they like it. If it gets boring or frustrating after a week or so, then they can try being a photographer instead. It's no big deal, and the two weeks they spent as a painter may actually make them a better photographer – in fact, going down that path for a short while *may have even been part of their plan*.

Sometimes we feel that we don't have that freedom to experiment. If we choose one option, the other seems lost forever. We become paralysed by fear of the consequences of a “bad” decision, and of losing the rewards of a “good” decision.

Here are some useful things to remember in this situation:

1. If you want to make the right choice, get into a relaxed state (by spending time in nature, or meditation) and talk to your soul about it. This is basically what praying is. Your soul knows the plan, and *wants* you to go a certain way, so find out what that way is!
2. *There are no wrong choices.* Our actions and decisions are driven by the Law of Attraction, i.e. what we choose is a reflection of what we think about, and will *always* teach us something. If we choose the “less fun” option, this will simply teach us to think differently.
3. *There's room for error and experimentation.* Life is long (in reality there is no death), and there's always time and a way to get back on track from *wherever* we are.
4. If you created a great opportunity once, but missed it, you can always create another one – *because it all comes from your own mind*. That great girl or awesome job is not lost forever, so don't despair! You created it once, therefore you can create it again.

5. We can change what we attract by changing our thinking *at any time*, meaning that we can do it *before* our decision or *after* our decision – it doesn't matter which.
6. Sometimes it doesn't matter either way. Whether you take the coast road or go inland, you'll end up at the same destination. When your emotions seem ambiguous, this means it just doesn't matter what option you choose.
7. Your soul is the real director, and will always bring you back on track sooner or later. Emotions are our guidance system, so do what makes you feel harmony, love, peace and happiness.
8. This is all just a dream, so none of it really matters anyway.

Fear is what causes us to avoid following our plan, even when we know it. When my soul was telling me to write, I was thinking: no, I don't want to do that. If I do that then people might ask me questions! If I write what I think about God some people might get angry with me! If I put time into this I won't be able to do the things I actually *want* to do! And so on. However, if we follow the wrong path because we're afraid of the right one, unfortunately we won't be happy (trust me, I know). It's a state of perpetual inner conflict while your soul constantly tries to get you back on track. But don't panic - we will soon cover how to remove these fears.

Some of the most successful and interesting people who've ever lived went down many wrong tracks. Each time they did so, they learned something new about themselves, life and the world. They may have taken longer to reach their goals, but they have better stories to tell, much more wisdom and experience, and much greater appreciation for their rewards. Some people make all the right choices and reach their goals very quickly. However, they often develop a very narrow view of life, and may not appreciate their rewards as much. The point here is that always making the "right" moves is not necessarily all it's cracked up to be. Everything we do is character-building, including going down a few wrong alleys. Life is not chess. There are no losers in life – everyone wins, eventually.

Nothing that's meant for you will pass you by - Irish saying

Happiness

In the previous chapter we saw how happiness is a feeling of harmony produced by living in accordance with your life's purpose and plan. In this section I want to share some further thoughts and ideas about happiness.

People often seek success, money, romance, sex, beauty, fame, power, important positions and many other things in the pursuit of happiness. In fact, the underlying reason for all of our thoughts, words and actions is to increase our feelings of happiness. With everything we do, our subconscious goal is to feel good, rewarded, loved, appreciated or respected, *or* to reduce the effects of that which we perceive as being detrimental to our happiness. The problem, of course, is that we're frequently confused about how best to achieve this.

It's important to recognise this fundamental motivation that we all have. Although this one common desire manifests as desires for other things, basically we all just want to feel happy. It's also essential to acknowledge that this is okay, good and right.

Happiness is harmony, and harmony is peace. Happiness is self-worth, self-respect, self-confidence and self-expression. Happiness is abundance, which is freedom from stress.

By always remembering this one thing, we can make much better choices throughout life. When we desire this or that possession, person or position, it's important to know the underlying reason why we desire those things, and not sacrifice our happiness in pursuit of them.

Characteristics of happiness:

- Feeling good about yourself. Feeling happy to be you.
- Feeling appreciated and valuable; having high self-worth.
- Smiling and laughing.
- Wanting to go out and talk to people, explore nature, have fun and enjoy life.
- Not having a care in the world; feeling at peace.
- Feeling loved and protected.

- Feeling brave and confident.
- Feelings of excitement or joy.
- Freedom.

There is no difference between love and joy. Therefore, the only possible whole state is the wholly joyous.

J, from A Course in Miracles (1976)

Appreciation

We develop an association between happiness and rewards from a young age. When we do something good, our parents often show their appreciation with a kind word, or a gift or treat of some kind. Whether they realise it or not, they are conditioning us to associate certain behaviours with emotional and material rewards. Conversely, when we do something “bad”, we get scolded or punished. We are thereby conditioned to associate certain other behaviours with pain. Although this conditioning can be unpleasant at times, it can be very useful in life: acting from our subconscious, it can lead us toward socially positive “good” behaviours and away from socially negative “bad” behaviours. (Problems arise when the child receives more attention for bad behaviour than good. Attention is energy, which builds you up and makes you feel energetic; that's why people seek it! The key to solving almost all family and societal problems is to give increased attention to good behaviour, and minimal attention to bad behaviour.)

In the book *Psycho-Cybernetics*, Maxwell Maltz teaches that being appreciated is a basic human need, right up there with water, food and shelter. Everyone needs to feel appreciated, and we spend our whole lives seeking that feeling. *Being appreciated is a fundamental requirement for happiness.* Attention by itself is not enough. People will do anything for attention, but appreciation is a particularly positive form of attention that makes you feel good. Our own thoughts about ourselves are generally highly malleable, thus, when other people appreciate our actions, we see ourselves as a good person and thus deserving of emotional and material rewards.

The word “appreciate” means to *increase in value*. When someone appreciates us, it increases our self-worth. It means they have effectively promoted us in the mind of Earth. We feel good

about ourselves. We know we're moving in the right direction, and towards all the things we want. This makes us feel happy!

When we feel that we're worth more, we also feel that we deserve more. Because we're creating our own realities, we will then manifest our desires more easily because we feel that we deserve them. You can see now how this ties in with the Law of Attraction.

When we're young, we learn to associate rewards with happiness. This association is so ingrained, it's expressed in almost every advertisement and self-help book: "*receive this or that and you will be happy!*". However, *it's easy to forget that the happiness comes not from the rewards themselves, but from the appreciation that the rewards express.*

Buying the car, the shoes, the holiday, etc., will not make us happy, *unless we feel that we deserve them*. We know that we deserve them when we these rewards are expressions of appreciation, whether from our family, colleagues, society or God. Undeserved gifts come with a constant fear of loss, which makes it difficult to enjoy them.

Good and Bad

Aristotle claimed that achieving happiness is the purpose of life, and that *happiness* is achieved through *goodness*. But what's goodness? Intuitively, we know that someone is good who helps and serves others. Mother Theresa, Gandhi, J - these are all considered "good" people, because of the positive benefits that others derived from their efforts.

Shakespeare wrote that: "Nothing is either good or bad, but thinking makes it so." It's our own evaluation that causes something to be considered good or bad. It also depends on the context. For example, a knife is a *good* utensil for a cook, but a *bad* toy for a child. Roadkill may make a good meal for a crow, but perhaps not for a human.

So, then, what is "goodness"? What is "good" behaviour, versus "bad" behaviour? In this context, we are talking about *the effect on society*. If an action is constructive, increases life, love and happiness, if it helps people or other living things, then it's generally considered "good". Alternately, if an action is destructive, causes damage, pain or death, or hinders or harms people or other living things, then it's

considered “bad”. *Goodness* produces harmony, peace, love, happiness and pleasure; *badness* produces disharmony, conflict, fear, unhappiness and pain.

Of course, such definitions are not black-and-white, and depend on perspective. Is killing to defend your country a good action, or bad? There are no absolutes, and solving moral dilemmas is part of life. However, these definitions will suffice for this discussion.

Service

Appreciation is generated by *service*. People appreciate us when we provide a quality service, show kindness, give compliments, create something useful, teach or advise, lend a helping hand, or provide a listening ear or a shoulder to cry on. Anything we do that benefits other people and makes the world a better place will be appreciated.

Although any form of service is worthwhile, logically, the most efficient form of service we can perform will be in accordance with that purpose, because that's what we've been designed for. We will be much better at serving the purpose for which we were intended, rather than something else. For example, a hammer is better suited to banging in nails than painting a fence.

By serving our purpose diligently we will *maximise our positive effectiveness*, thereby *generating more appreciation* and thus *optimising our happiness and rewards*.

Love all; Serve all. – Sathya Sai Baba (1926-)

Only a life lived for others is worth living.

– Albert Einstein (1879-1955)

Backwards Thinking

There is a prevailing belief on Earth, especially in western culture, that happiness is achieved by having an abundance of sex and money. However, we have confused the cause with the effect, producing what I call *backwards thinking*. It works like this: we see rich, beautiful people walking around and they look happy, carefree, and appear to be having a really great time! So our brain makes an association: *rich & beautiful = happy*. We then deduce: if I want to be happy, I need to be rich and beautiful!

Thinking this, people then spend their money on exercise equipment, diet pills, clothes or make-up, or get-rich-quick schemes and seminars, thinking that happiness is something they can buy. However, these things make them neither rich nor beautiful, simply because the person will not manifest that experience for themselves until they feel deserving.

Owning stuff does not make you feel good about yourself. Only actually being a good person can make you feel that. All the exercise, dieting, steroids, make-up and designer handbags in the world cannot possibly make you look good-looking. If someone thinks you look good, it means they think you look like a good person. Obviously the most effective way to *look* like a good person is to actually *be* one, which means, think, say and do things that benefit others.

Some people borrow money so they can buy expensive clothes, a flashy car or a fancy house to impress people. A better strategy for them would be to impress people through their words and actions, and then they will deserve and attract those things automatically, without incurring any debt.

The problem is that people are constantly being told through advertising that if they buy this or that product they'll be happy. This is permitted to happen because people want this to be true! Through continued exposure to this illogical lie over many years, many gradually come to believe it.

The truth, however, is that *being good makes you happy, rich and beautiful*. It can also bring you whatever other rewards you choose, such as knowledge, achievement, friends, adventure and loving relationships. When you know you deserve them, you will subconsciously and automatically manifest all kinds of rewards for yourself.

We often think like this:

1. I want to feel happy.
2. Receiving rewards makes me feel happy. Rewards include money, possessions, beauty, romance, sex and power.
3. *or:* Happy people are rich, beautiful, powerful, sexy!
4. How do I get more of these things?

5. Exercise, diet, work overtime, invest, learn sales and marketing tricks, borrow money? Buy expensive clothes, cars and furniture? Lie, cheat, steal, kill?
6. Why isn't it working? I don't feel happy at all!

But it's much more intelligent to think like this:

1. I want to feel happy.
2. Being loved and appreciated makes me feel happy.
3. Appreciation is a result of serving others.
4. If I serve others then I will feel good about myself and people will appreciate what I do.
5. If I serve my purpose as best I can, I can help more people, and thereby generate more appreciation.
6. The world shows its appreciation with rewards such as friendships, adventure, sex and money.
7. Because I feel deserving, I will manifest more rewards and pleasure for myself.
8. This is awesome! I have all the things I want, and I know I deserve them! Now I feel happy!

Happiness, whether consisting in pleasure or virtue, or both, is more often found with those who are highly cultivated in their minds and in their character, and have only a moderate share of external goods, than among those who possess external goods to a useless extent but are deficient in higher qualities.

Aristotle (384-322 BC)

The Bigger Picture

I have to add this because it's been a big lesson for me, and I'm sure it will apply to other people as well.

Happiness and other rewards often come after a goal is achieved. In other words, the positive emotions and results do not necessarily immediately follow a decision or action. We have to

understand that there's an overall plan, and we will look more at goals in the final section of the book.

To be honest, I have not enjoyed every moment of writing this book! In fact there has been a lot of frustration involved, and resistance on my part. Of course I would prefer to stay in my warm bed than get up a 5 a.m. to write for a couple of hours. However, I believe that if I finish it, and if other people find it useful, then I will feel appreciated, and perhaps move into a happier life. I know my life will get better, because I've done something positive and constructive that will (hopefully) help others.

This is called *strategy*. It's why master chess players look 10 moves ahead instead of just one, so they can select the best move *now* to produce a winning outcome *later*. This is also known as *delayed gratification*.

Besides, the discomfort of getting up early to write is less than the inner conflict I would have otherwise felt had I not tried. My purpose pulls me forward and it's actually harder to resist than comply.

Right Action

“Right Action” is the fourth aspect of the Noble Eightfold Path in Buddhism. But what does it mean? Some New Age teachers are now saying that there is no “right” and “wrong”, and that such valuations are relics of corrupted religions.

Right action means *serving*. If we choose to coach a soccer team, help someone with their homework or work on a business plan in the evenings, instead of watching TV, then this would be considered “right action”.

Like “good” and “bad”, the definition is not clear-cut; i.e. not every action is 100% right or wrong. This is where language trips us up. Humans often use *binary* logic, i.e. black and white, whereas reality uses *fuzzy* logic, i.e. shades of grey. For example, when playing chess there are many moves to choose from. There is only one *best* move, but that doesn't make that move “right” and all the others “wrong”. It's just that some choices are better than others in the context of the desired outcome.

A “wrong” action might be considered one that moves us *away* from happiness, which will be any choice that hurts another person, and thus also ourselves, our planet and God. Conversely, a “right” action would be any that heals or assists another person, as this creates a benefit for that person, ourselves, our planet and God, all of which are one.

Because each of us have a different purpose, the best choice will depend on the person. If my main purpose is *teacher*, and yours is *builder*, then for me the best action will often be teaching something, and for you it will be building something. So, the best action is often personal. However, if I build something or you teach something, obviously this does not mean either of us have done anything wrong, because we have both been constructive.

Fortunately we have an “emotional guidance system”, which is designed to detect right action. When we do something good or right, we feel good about ourselves. Even if we don't receive the rewards or appreciation for our action immediately, there is still a sense of harmony and inner peace; of “rightness”. We all know when we've done something that pleases God, even if no-one else sees.

Right action is service – service produces feelings of peace, appreciation, self-worth and deservability – these make us feel happy. Serving others does not mean denying self – it means denying *ego* (our false self) and embracing our true self.

All real pleasure comes from doing God's will. This is because not doing it is a denial of self. Denial of self results in illusions.

J, from A Course in Miracles

Service to Self

Something frequently overlooked is that we also need to serve ourselves from time to time. To be honest, whenever we serve others, we are also serving ourselves, because we are them. However, each of us is also the custodian of a physical body, which needs regular care and attention. Sometimes we need to rest, have a holiday, make a healthy meal for ourselves or do some exercise; and sometimes we have to do these things at the expense of directly serving others. This is not selfish; this is purely practical.

If we overwork to the point where our health suffers then we will not be able to serve as effectively, and our bodies, in an act of self-preservation, will eventually force us to rest anyway. Resting today may be necessary to serve more effectively tomorrow.

Furthermore, we should be open to opportunities to have fun and enjoy life. We deserve the rewards we've earned through our service and right actions, and what's more, laughter, fun and relaxation are fundamental catalysts for forgiveness and healing. As we heal ourselves, we heal the world. If someone invites us to spend a day on a boat or to go up in a balloon, or if we get an idea to take a drive out to the country, it's always worth being open to these ideas. We may learn something unexpected that takes us in a new direction or that will be useful in the future, it may simply cheer us up and refresh us so we can be more effective tomorrow, it may help us see a certain problem from a different perspective or it may simply be God's way of saying "thanks". Sometimes it's all these!

Learning to love yourself is the greatest love of all.
— Whitney Houston

Forgiveness

Now we know what our real goal is (happiness), and we're starting to get a few ideas about how to achieve it. However, before we get into some more detailed strategies for getting everything we want, it's essential to be emotionally prepared. In some ways this is the most important chapter in this whole book.

No matter how much we may want to feel happy, how much we've worked for it or how much we truly deserve it, we will not achieve it until we *forgive the past*.

I found out that you can work your butt off your whole life, always being kind and trying to do the right thing, and still feel miserable if you have deep-seated guilt. You can imagine how happy I was to learn that feeling guilty is neither necessary or practical, and that there are some very effective methods to cure it.

To be happy we need to accept our whole selves, and that's what this chapter is mainly about.

Peace comes from within. Do not seek it without. – Buddha

It's All You

One of the most interesting conclusions of the holographic model of the universe is that *everything outside of us is a reflection of what's inside*; or “as within, so without”, as the Hermetic Principle of Correspondence states. We're creating everything all the time, and since our experience is a result of what we think about and give attention to (Law of Attraction), everything we observe in the world that appears to be outside of us is thus a reflection of our own mind. We are essentially walking around looking in a mirror.

This also applies to relationships. Whenever we interact with another human being we are *literally communicating with a part of our own mind*. So, be nice to yourself! Whenever we're talking to someone, it's worth remembering that we subconsciously attracted that person, and the experience of talking to them – and that they are part of us.

We're attracted into situations and relationships with people for different reasons. One reason is because we work well with that

person – there's a harmony between our thoughts, like two musical instruments that sound good together. Other people we're attracted to because they reflect an aspect of ourselves that we love, and so we want to be around it because it makes us feel good about ourselves.

Some people, on the other hand, make us feel annoyed or angry; but because they're really just aspects of our own self, in truth we're only annoyed at ourselves. When other people cause us to feel annoyed or guilty, it's because they're showing us something that *we've* done that we haven't forgiven ourselves for yet.

Forgiveness is the Key

When we find it difficult to forgive ourselves directly, we subconsciously attract other people to forgive instead, which has the same result. By forgiving the people that make us feel angry or guilty, we are really just forgiving ourselves, because they are us. When we reject someone by choosing not to forgive them, we're trying to separate them from ourselves, which is impossible.

It takes constant mental effort to try and make something or someone separate from yourself, and this robs you of all peace. Sometimes we think more about the people that bother us than the people we love. We think about what we want to say to them next time we see them, how to defend ourselves, how they make us feel, and how to make those unpleasant feelings stop! All this time, we are imagining and therefore attracting drama. It's a waste of time and energy. Imagine if all that creative energy was directed towards making a better world instead!

The only way out is forgiveness. How do we forgive? By letting go, by releasing that emotional tension, by not trying to be separate from that other person, by choosing peace, harmony and service, and by recognising that everyone makes mistakes when they're young. Internally we think: "It's ok. It's all good. I choose to let this go now, and be at peace with myself." We remember that *whatever happened in the past doesn't matter because it's all just me, and I'm learning.* In reality, there's no-one else out there and this is all just a dream.

The heavens parted, God looked down and rained gifts of forgiveness onto my being, healing me on every level, psychically, physically, emotionally. And I realised our true

nature is spirit, not body, that we are eternal beings, and God's love is unconditional and there's nothing we can ever do to change that. It is only our illusion that we are separate from God, or that we are alone; in fact, the reality is we are one with God and He loves us.

Bill Hicks

The Disappearance of the Universe

The book *The Disappearance of the Universe* by Gary Renard, published in 2003, has a lot to say on the subject of forgiveness. It's really the central theme of the book.

This book, commonly abbreviated as “DU”, has been immensely important to me. Although I've been thinking about this stuff for over 12 years, I didn't have the certainty to share my ideas until I read *DU*, which provided some much-needed confirmation. Many of my theories about understanding God in a scientific way are not obvious, and I thought that it would be irresponsible and pointless to write a book about ideas that might not be true. However, *DU* answered many of my questions about J and Christianity, while also confirming the holographic model of the universe, reincarnation, the illusion of separation, and many other things. I have no doubt that it arrived at exactly the right time in order to confirm my theories and what my guides were teaching me. I've just finished reading it for the second time and cannot recommend it highly enough.

In *DU*, Gary is visited in his home by two ascended masters 17 times between 1992 and 2001. When I say “visited”, I mean, they simply appeared in his house. The two masters are named “Arten” and “Pursah”, and are the reincarnations of two of J's disciples, Thaddaeus and Thomas. During these visits, they shared with him some exceptionally powerful, important and fascinating information about spirituality and history. *DU* is essentially a transcript of their conversations interspersed with Gary's own commentary.

My use of the abbreviation “J” for Jesus comes from Arten and Pursah, which they use to distinguish the real person from the mythologised version propagated by the Christian church. My opinion is that if anyone would know what to call J, it would be his disciples, so I have opted to follow their convention.

Arten and Pursah talk a lot about another very important spiritual book: *A Course in Miracles*. “ACIM”, as it's commonly known, was channelled from J through Dr. Helen Schuchman over a period of 7 years. Whereas *DU* is written in easy-going plain language, *ACIM* has a more serious and instructional tone and is designed for dedicated study over a period of years. As the title suggests, it is really a course, and comes with a workbook and exercises. It provides a modern, no-nonsense approach to spirituality and the attainment of complete inner peace and enlightenment. If you feel that maybe you've had enough lifetimes on Earth and are hankering for the unbounded joy of heaven, you may want to get into *ACIM* ASAP!

While some of the concepts in *DU* really stretch your mind, most of it is quite accessible. I think it may be the second most important book in the world right now, after *A Course In Miracles* – but it's definitely worth reading *DU* first. It has been suggested that reading *DU* could save you 20 years of studying *ACIM*.

If there is no world, then there are not really any people out there who are smarter or more gifted than you. There are not really any people out there who are richer than you, or any who are more famous than you, or getting more sex than you, or doing whatever is necessary to make you feel angry, inferior or guilty. There's not really anyone coming after you for any reason. There's no world for you to conquer. There are no problems or threats that can harm what you really are in any way. It's only a dream, and it's actually possible for you to have the kind of peace of mind and lack of fear that would accompany the conviction of that truth.

Pursah, from *The Disappearance of the Universe* (2002)

Your brothers are everywhere. You do not have to seek far for salvation. Every minute and every second gives you a chance to save yourself. Do not lose these chances, not because they will not return, but because delay of joy is needless.

J, from *A Course in Miracles*

Separation

Earlier we discussed how separation is an illusion caused by the fact that our senses can only perceive a limited range of frequencies.

Actually it's our *belief* in separation that causes us to *perceive* it, because our perception of the universe is really only the story our mind tells itself. When we *accept* that everything is one, we will see it that way.

According to *DU*, the separation occurred when a part of God's mind had an idea something like: "What would it be like if I went off and played on my own?" Like the butterfly who flaps its wings and ultimately causes a cyclone, this one initial thought resulted in the formation of this whole virtual reality in which separation seems real. In the same way that an infinitely detailed fractal is formed from a single mathematical equation, this one thought, when projected throughout the infinite holographic mind, created the universe that we appear to inhabit.

In reality, *this separation never actually occurred*. Separation *cannot* occur, because fields are infinite and cannot be broken into pieces. Separation was something that we had to *simulate*, and we did so purely for the sake of the experience. Fun, isn't it!

Curing Guilt

We all have deep, subconscious guilt about this imagined separation from God. We believe that we caused God great pain by separating ourselves from him, as if we rejected it and hurt its feelings. We feel guilty about hurting God, and believe that it's angry with us. We also feel guilty about making what we think was a terrible mistake, one from which we cannot recover. This guilt manifests in our religions, political and educational systems, and our work and home environments. We're constantly acting out our unconscious guilt, which is why we stress, worry and create problems and drama for ourselves.

However, *this separation never happened*. It's just a false belief, lurking deep in our shared subconscious. *We feel guilty about a crime that never occurred*. Consider this: if one of the cells of your body became delusional and believed that it had separated itself from you, would you hate that cell? Feel angry with it? Punish it? Of course not. God is not insane, and would not punish or despise a part of itself for no reason. We never left God and never hurt God. The analogy used in *DU* is that we are like children asleep in our beds in heaven, having a nightmare; but we will all wake up. God is trying to gently wake us up by continually reminding us that we are deeply loved and cared

for. It does this through subconscious communication, guiding our actions, and encouraging us to express love towards each other as agents of God in this realm.

Our fear of God is the root cause of *all other fears*. We see this continually acted out on TV and in the newspaper, as war, disease, crime, and environmental, economic and social problems. All these apparent and illusory dangers are created by us as a manifestation of our own subconscious fear of God, and all express the idea that something external to us is a danger. Clearly this notion can only come from the ego, which sees itself as a separate body; whereas our true self knows that nothing is outside of it, because it is infinite and all-encompassing.

We don't like guilt, because it makes us feel bad and interferes with peace and happiness, and so we constantly try to get rid of it by projecting it onto others. When something goes wrong, we automatically look around for someone to blame, a scapegoat to project our guilt onto. We create *conflict*, in which one party will emerge as "right" and the other as "wrong", because if someone else is wrong then we must be right, which makes us feel innocent and superior. However, because this strategy does not address the root cause of the guilt, the feeling of relief is minor and temporary. When the guilt returns, we create more conflict so we can project it onto someone else again. This is why people will fight tooth-and-nail to be right, even if their arguments defy reason, and it's why some people are "drama queens".

In the same way, there are plenty of innocent people willing to accept the blame projected onto them by others because of their own subconscious guilt. Consider someone like Hurricane Carter whose subconscious guilt was so strong that he manifested a situation in which he was sent to prison for a crime he didn't commit. How many other innocent people suffer? (Answer: *almost everyone!*)

If everything that appears to be outside of us is actually *us*, then who are we really projecting our guilt onto?

Whenever we suffer or when someone gets angry at us, we're creating punishment for ourselves because we think we deserve it. Fortunately, we don't deserve to suffer, because we never did anything wrong. Logically, no-one else deserves to suffer either.

The key to fixing all this is *forgiveness*. We all know that feeling of inner conflict – that lack of peace, when something goes wrong in an interaction with another person, and we become afraid that it's all our fault. At that moment, forgiveness is the realisation of truth: “I've created this problem because of my unconscious guilt about something that never really happened. It isn't real. I'm not going to make myself or anyone else wrong, because in truth we are *all* innocent, we are all one, and this is just a dream. In fact, I'm going to show that person *love*, as a gift to myself, because they are me. This will advance my own peace and happiness, and theirs!”

We may want to think: “Well, maybe separating from God isn't true, but that thing I did, or they did – *that was real!* I suffered because of that, it *cost* me something, I *lost* something. It affected my whole life! How can I just let that go?” We only think this way because we believe in our own guilt. But we shouldn't feel guilty about what happens in a dream. We are not limited bodies but infinite mind; there is really only One Mind, and it's perfectly innocent and always has been. *None of us have ever done anything wrong.* Ever. To hold onto past hurts is to believe a lie.

Every time we experience an emotional upset, this is an opportunity to forgive. In fact, once we really grasp the meaning and power of forgiveness, we can even become grateful for these moments, because they enable us to heal and advance. With each act of forgiveness our guilt unravels like a cheap sweater, and we feel increasingly happy and at peace. Forgiveness acknowledges truth, releases tension, and *collapses the belief in separation*. Through the continual, collective application of forgiveness we move humanity steadily towards unity, heaven, and a clear perception of truth.

Once we have forgiven everything about ourselves and no longer perceive separation, we will enter heaven like J and the ascended masters have done. This means we will no longer reincarnate in bodies, but our minds will remain in purely spiritual form, as it does between lifetimes. Heaven is a blissful state of mind where there is only love, peace and freedom.

One interesting thing you might like to know about guilt before we finish this section. It makes us fat. Lean people eat lots of delicious food, but they don't have that thought afterward: “Maybe I shouldn't eaten that! I don't *deserve* to eat food that I enjoy.” It's *that thought* that makes us fat – not the food. It's what we believe about

something that produces its effect. The fat on our bodies is just a manifestation of the time we waste worrying about stuff (waste = waist). When we forgive ourselves and become aware of ourselves as infinite beings living in a universe of our own creation, we'll be able to consume whatever we want with purely beneficial effects. Food is energy, which is mind. As J said: "It's not what goes into your mouth that defiles you; you are defiled by the words that come out of your mouth."

The Value of Mistakes

If you find that letting go of the past is not as easy as it sounds (which was definitely the case with me), here's another line of thinking that I've found very useful.

Everyone makes mistakes. It sounds simple and familiar, but we often forget. Babies aren't born knowing how to walk, and falling down is an essential part of the learning process. Neural networks and brains are *learning computers*. They learn by experimenting with inputs and outputs until patterns are detected and associations formed between actions and effects. That's why babies wave their limbs around for a while after they're born – their brains are learning what motor neurons produce what movements. We do the same thing our whole lives, experimenting with actions, behaviours, language and strategies, and learning which ones lead to happiness. Discovering which actions and behaviours do not produce happiness is just as important as discovering which ones do.

Mistakes aren't in any way wrong, bad or worthy of regret. They're *data*. When it was put to Thomas Edison that he'd failed to invent a battery after 10,000 attempts, he replied: "I have not failed, I've just found 10,000 ways that won't work."

We should never feel guilty about our mistakes, which are simply part of our learning process. At the time it happened, we were doing the best we could with the information we had. The same goes for everyone else.

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.

Michael Jordan

You're only human; you're supposed to make mistakes!

Billy Joel

Innocence

Our goal is to return to our natural state: *innocence*. Innocence is truth, because we've never done anything wrong. Our ego is constantly trying to make us to feel guilty because its existence depends on separation; but when we've made forgiveness a habit, we will eventually attain a state of true innocence, which will also be a state of oneness. With that comes the knowledge that *there is no enemy*, along with *perpetual peace, health, happiness and abundance*. The closer we come to this state of mind, the better we can serve others and the more we can do to make the world a better place.

I'll just let one of the most beautiful souls on Earth tell you about it! You can find this song on iTunes and YouTube (<http://www.youtube.com/watch?v=TDRT-bYRvMI>).

Avril Lavigne - Innocence

Waking up I see that everything is ok

The first time in my life and now it's so great

Slowing down I look around and I am so amazed

I think about the little things that make life great

I wouldn't change a thing about it

This is the best feeling

This innocence is brilliant, I hope that it will stay

This moment is perfect, please don't go away, I need you now

And I'll hold on to it, don't you let it pass you by

I found a place so safe, not a single tear

The first time in my life and now it's so clear

Feel calm I belong, I'm so happy here

It's so strong and now I let myself be sincere

I wouldn't change a thing about it

This is the best feeling

This innocence is brilliant, I hope that it will stay

This moment is perfect, please don't go away, I need you now

And I'll hold on to it, don't you let it pass you by

*It's the state of bliss you think you're dreaming
It's the happiness inside that you're feeling
It's so beautiful it makes you wanna cry*

Healing

While forgiveness is the fundamental key to our happiness because it treats the cause and not the effect, sometimes we also need to release emotional problems that have become part of our body. With health issues it's always best to employ both psychological *and* physical strategies. For example, while exercise and good nutrition are well-known requirements for optimal health and fitness, self-esteem and a positive self-image are also essential.

Emotional problems are caused when we experience pain and then feel guilty or angry about it. We don't want to be wrong, so we hang onto those feelings, sometimes for many years or even lifetimes. If we give enough energy to these painful memories they can become part of our bodies, disrupting the flow of energy through the body and causing physical ailments.

Because our bodies are a projection of the mind, they contain all kinds of information, including our conscious and subconscious thoughts and all our memories. This idea has led to the understanding, strongly supported by scientific research, that *all physical ailments have an underlying psychological or emotional cause*. The term for this is “*psychosomatic*”.

Early pioneers of psychosomatic medicine were Phineas Quimby (initiator of the New Thought movement) and Dr. Georg Groddeck. The miraculous healings performed by J through forgiveness of imaginary sin is based on the same fundamental principle. By healing the mind we heal the body.

Emotional Freedom Technique

A method of healing based on the connection between mind and body that I and many others have found practical and effective is called “Emotional Freedom Technique”, or “EFT”. Although there are undoubtedly more advanced healing techniques in the world, EFT has some significant advantages:

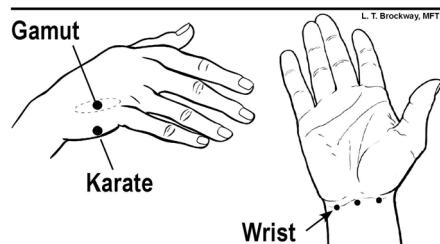
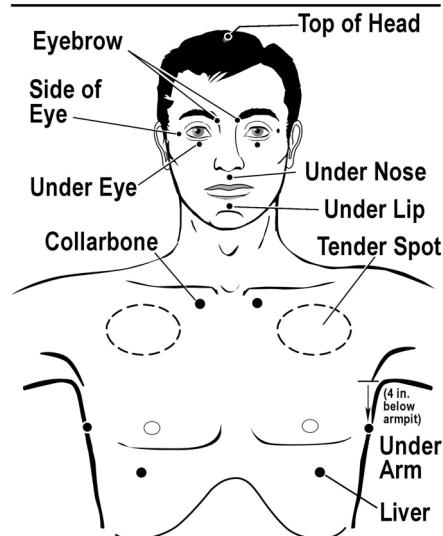
- It's extremely simple and anyone can learn how to do it in minutes.
- It doesn't require any special equipment or training.

- It's free to learn (just download *The EFT Manual* from www.emofree.com)
- You can do it on yourself or others.
- It's effective and works fast.

Like acupuncture and acupressure, EFT is based on the idea that the body contains *meridians*. Energy flows through our body along these meridians, and blockages in the flow of energy is the cause of sickness. EFT is based on the belief that these blockages are caused by emotionally painful or traumatic experiences.

These blockages caused by emotional pain and guilt do not only cause physical issues, but also affect other parts of our lives as well, including finances, relationships, self-esteem, and our ability to experience peace and happiness. EFT is used on psychological or emotional problems just as often as physical ones.

EFT Tapping Points



L. T. Brockway, MFT

So, how is it done? In acupuncture and acupressure, blockages in our energy system are removed by inserting needles or pressing on certain points, allowing energy to flow more freely through the body. EFT is similar, but easier. By simply *tapping* on the endpoints of the meridians, an electrical pulse is sent along that meridian which clears these blockages away.

To make this work most effectively, first “tune in” to the emotional or physical problem. In EFT a simple formula of words is employed for this purpose, although another technique I've found to be effective is to simply cast my mind back to the painful memory. At first it may be hard to look at because of the emotional charge, but as you keep tapping you'll find that this dissolves quickly. Eventually you will notice that it becomes difficult to stay focused on that memory – your mind seems to slide away from it. This is a sign that the blockage has been removed.

The thing that really amazes people about EFT is how quickly and easily a painful memory can be dissolved in this way, even if it has caused them years of stress, unhappiness or disease. But if it only takes a moment to store that painful memory, why shouldn't it take only a moment to heal?

If you're interested in EFT, start with the “basic recipe” in the manual. The process that I use is a slight variation from that, developed with help from my teachers:

1. Have a big drink of water to top up your emotional energy.
2. Place feet flat on the floor.
3. Think about whatever painful emotional event in your past might be causing the problem - something you're upset about, and maybe have been for years. If you don't know what it is or can't remember, just pick anything you can think of that caused your emotional pain, because your guess will probably have the same vibration as the original cause, and will work just as well. You can even just have the *intent* to tune in to the cause of the problem, and let your subconscious mind do the tuning in for you.
4. Tap on your meridian endpoints with feelings of forgiveness, love, peace, gratitude and release, for yourself and anyone else involved. Just think this like: “I'm letting it go, this issue

is finished now, I'm done with it, I forgive this, everything happens for a good reason and I'm grateful for what I've learned." Note: you don't have to tap on these in any specific sequence, or on all of them. Listen to your subconscious guidance.

5. In the basic recipe, while tapping you refer repeatedly to the problem that you're trying to address, for example: "this headache" or "this sadness", etc. Another thing you can try, which I think is more positive, is repeating: "I forgive myself completely for everything."
6. Don't worry if feelings of guilt, anger, sadness, etc., come up while you're tapping. That's the emotion being released. Keep tapping and it will soon vanish. It's much less painful to experience this release than the injections and operations that a traditional doctor might prescribe.

This type of medicine teaches us that guilt can be understood in terms of electromagnetic energy, and creates specific, measurable effects in the body. I expect it will soon be possible to create devices for detecting blockages in the bodies energy flow, and for removing these using electromagnetic frequencies. Some people are already using magnets for healing, and I expect this approach will be developed further.

Because our body is a projection of our mind, every part of it has meaning. It is thought by some spiritual healers that the left hand side of our body is *spiritual*, and the right hand side is *physical*; that legs represent *direction*, and arms represent *action*. If you're interested in this kind of medicine, I recommend a book called *The Body is the Barometer of the Soul, So Be Your Own Doctor* by Annette Noontil, which tells you the thinking patterns underlying almost all physical ailments.

Thought Control

Although the chapter is short, the topic itself is very important. It takes discipline and practice to learn to control our thoughts and usually requires changing our daily habits, which can be extremely challenging, especially when we're with family and friends who've come to expect certain behaviours from us. Nonetheless, thought control is a crucial aspect of our preparation.

Since we're attracting and creating *all the time*, it's very important that we control our thoughts. Not only for our own benefit, but also for the other people around us who are affected by what we create. We must therefore only give attention to what is good, and maintain a mindset of love, service and compassion as much as possible.

We're all using creative energy, all the time. Wherever we place our attention - that's what we're creating. The grid below shows the four primary modes of creativity with some examples. While this is a very simplistic way to categorise human activities, hopefully it will illustrate that some are more worthwhile than others:

Creativity Mode	Destructive	Constructive
Input	TV shows, movies, books or computer games about crime, fear or violence.	Education, reading books on science or engineering, watching a documentary.
Output	Lying, cheating, stealing, vandalism, violence.	Designing or building a house, writing a song or a book, teaching, running a business, etc.

A *destructive* action is one that causes harm or damage; a *constructive* action is one that serves, creates or heals. *Input* mode is when we are allowing the world to affect us; *output* mode is when we are affecting the world.

Our duty is to always be in a *constructive* mode. When we're young the emphasis is naturally on *constructive input*, because we're learning, and this will continue in some degree throughout our whole lives. However, to become successful, or at least, useful, we must

engage in *constructive output*. This is the only way we can serve humanity, and thereby become appreciated, feel happy, make money, attract good friends, and receive all kinds of other rewards also.

Even when we're in input mode, the Law of Attraction is at work and we will attract more of what we're giving attention to. Activities such as watching violence and crime on TV (especially the news), reading the newspaper, playing violent computer games, watching horror movies or reading crime novels, *are not harmless*. As we engage with these negative images in the name of "entertainment", we're actually bringing more of that kind of thing into the world. Is that what we want?

Jim Rohn teaches that our minds are a *mental factory*, and our lives are built from the ingredients we put into this factory. Dosing up on negativity each day is therefore not the way to build a happy life or a happy world. The best way to control the thoughts coming out of our minds is to control the thoughts that go into them. Destructive input will lead to destructive output, and constructive input will produce constructive output.

You are much too tolerant of mind wandering, and passively condoning your mind's miscreations.

J, from A Course in Miracles

You gotta be careful what you think about! Stand guard at the door of your mind.

Jim Rohn (1930-)

Summary

This section on *Preparation* was included as a necessary precursor to the *Application* section, which is about setting and achieving goals, because many people approach goal-setting and the Law of Attraction with subconscious guilt. This can cause people to strive for less valuable goals, and also inhibit their ability to achieve anything at all. Therefore, in this section we built upon the worldview presented in the *Theory* section in order to better understand human psychology and undergo some healing, so that we can more effectively begin to create a new life that will be much brighter and better, not only for ourselves, but for those around us.

When we understand where happiness really comes from, and become healed inside so that we can function properly – fulfilling our true purpose, serving others and making the world a better place – then we will more easily attract the things we want.

There are two main requirements for inner peace and happiness:

1. *Service in harmony with purpose.*
2. *Forgiveness of ourselves and others.*

There is a story in the *Bible* (*1 Kings*) about the famous Hebrew king, Solomon. When asked by God what he wanted, Solomon asked for wisdom instead of riches or glory. God was so pleased with this request that He gave Solomon riches and glory as well. The lesson is that if we seek wisdom first, then the rewards of life will follow. This philosophy is echoed in the New Testament in Matthew 6:33: “*Seek ye first the kingdom of God, and his righteousness, and all these things shall be given to you.*”

Blessed is the person who finds wisdom, the person who gains understanding, for it is more profitable than silver and yields better returns than gold.

Proverbs 3:13-14

Application

This chapter is about using what we've learned about how the universe really works in order to get the things we want in life, and to have a bigger and more positive effect on the world. This section combines modern teachings about the Law of Attraction with well-established principles for success. We will discuss goals, and strategies for how to achieve them, and we'll also look at everyone's second-favourite topic.

Goals

A “goal” refers to anything we want to become, achieve or acquire. The primary reason why people seek to learn and master success principles is to manifest the things they want in life, which is to say, achieve their goals. Setting and achieving goals is a key part of happiness and success.

Setting Goals

Setting goals is necessary if we want to achieve anything in life, and can be found at the heart of any book on success principles. Success is most easily defined as the achievement of a specific goal. Success is personal, because goals are personal. While one person's definition of success may be financial independence, for someone else it might be building a school, planting a forest, or designing a flying car.

Goals move us forward and provide us with direction. They give us something to aim for, to look forward to, and to get us excited about each day. They are the primary mechanism by which we create our future.

For anyone who thinks goals aren't spiritual, it's worth remembering that Buddha sat down under a bodhi tree and resolved to stay put until he'd achieved nirvana. In other words, *he set himself a goal*. As another example, Apollo 11, for which we've just celebrated the 40th anniversary, was made possible by the very specific goal set by JFK to land a person on the Moon and return them safely to Earth before the end of the 1960's.

It doesn't matter if you don't hit all of your goals precisely. If you miss your goal of becoming a billionaire, at least you'll still be a millionaire. Even if you never get your body fat below 15%, you'll still be a lot fitter than if you sat on the couch all those years. Having any goals at all will pull you in a positive direction and improve your life.

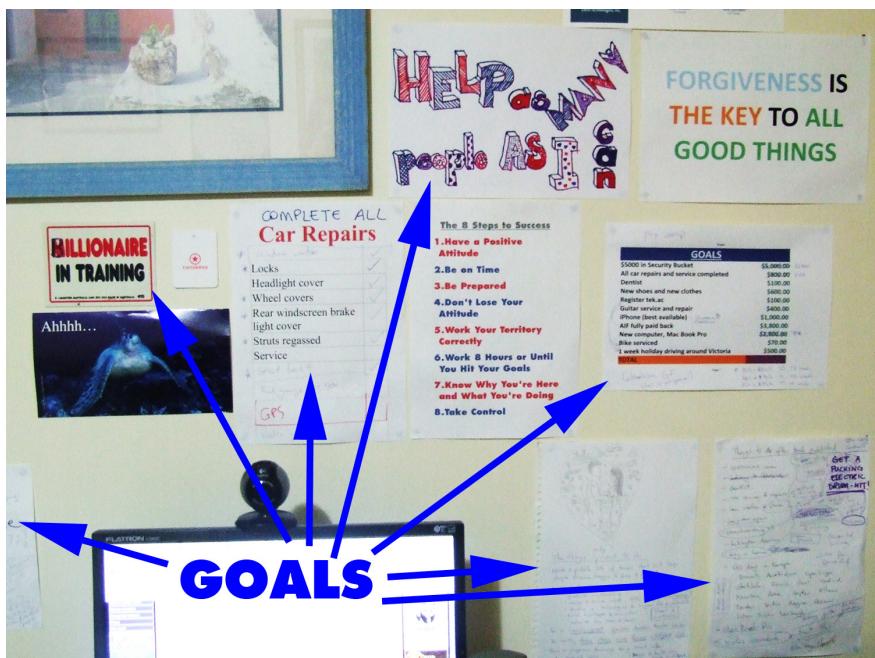
Conversely, not setting goals will make you a drifter, and your reality will be determined more by what others want you to do or expect from you. As Jim Rohn teaches, if you don't want to be part of someone else's plans then you've got to make plans of your own.

If you shoot for the stars and hit the moon, it's OK. But you've got to shoot for something. A lot of people don't even shoot.

Confucius (551-479 BCE)

Write Your Goals Down

It's a common adage: *Successful people have their goals written down.* In my office I have usually have a few active goal sheets at a time – as well as the ones on my wall I also have one taped to my desk with short and medium-term goals. Although I only hit a fraction of my goals, it's possible I may not have even hit those without my goal sheets. With every choice I make, they help me collapse the wave function in the desired direction (at least generally) because they remind me constantly which of my ever-shifting desires I thought were important enough to write down.



*This picture is not contrived in any way!
This is the wall above my desk at home.*

Writing a goal down is the first sign of its manifestation. It has begun its transition from the morphogenic field into the realm of form and experience. Many ideas come and go, and some may even gestate in our minds for a while, but *goals that are written down have actually begun to manifest.* When we first have an idea for something we want, it's like planting a seed in our mind; but when it's written down, it's like the seed has germinated and the first tiny green leaves

are poking out of the soil. From that point all that's required are regular doses of sunshine and water, which is our attention and effort.

Back when I was in direct sales, everyone in our office had a large sheet of coloured cardboard with their goals written on them in thick felt-tip pens. These goal sheets, visible to everyone in the office, kept us focused, provided the motivation to knock on doors, and made us accountable to each other. Some Law of Attraction teachers talk about “dream boards” or “vision boards”, which are simply goal sheets with pictures. You may like to cut out some pictures from magazines, or print some from the web – for example, houses or cars you like, and places you want to visit – and stick them on your goal sheet. Or you can draw or paint pictures, or take your own photos!

Be Specific

The Law of Attraction will work better the more specific you are about what you want. If your thought is merely “I want a woman” or “I want a car”, then the universe will respond with the most efficient path to that goal, and you will simply attract the easiest woman or car to obtain. This may not be what you really want! Once you realise that what you attracted was not what you *really* wanted, you then may have to construct a more specific thought form and basically start again.

If you want a car, specify the model, colour and year you want. If you want a house, specify where you would like it to be located, what you want it to be made of, and how many rooms you would like. If you want a boy/girlfriend, consider what age range you would be happy with, what height, interests and so on. It's just like filling out a profile on a dating website, except that you're building an image in your mind.

(As a brief aside, you may note that I used phrases like “where you would like it to be” and “what you want it to be” in the previous paragraph – not “where it *must* be” or “how it *should* be”. Setting a goal is like asking God for something you want, as Christians do when they pray. This is just another way of saying that you're putting a desire out into the universe and more-or-less *inviting* the universe to move in that direction; to form itself into the shape of your desire. Obviously the thing you want must come to you from the universe,

for where else would it come from. The universe is a conscious entity, and is being created by you and everyone else in it; therefore, asking God for something is equivalent to subconsciously asking it of your family, friends, and everyone else you share the planet and the universe with. Anyone above the age of 3 knows that you don't get what you want by demand, or saying it *must* be this or that way. Neither are the best results obtained by being obsequious or begging, as we are neither above nor below that with which we are one. The best results are obtained by communicating what you want as you would to a best friend – and then the universe, who presumably likes you, since you're alive, usually responds with the metaphysical equivalent of “We'll see what we can do!” However, like the ultimate wise and omnipotent parent, God often responds with something *much better* than your original specifications – although you may not see it that way at first – because it carries with it beneficial experiences and other unexpected advantages.)

There are 2 creative aspects to manifesting anything:

1. A clear picture of the desired result.
2. A plan for how to achieve it.

The first is much more important than the second. If you want to drive from Melbourne to Sydney, it's usually more important that you arrive where you intend than the roads you actually take, which you can figure out on the way.

Even if you don't know exactly what actions will be required, *have a clear vision of the desired outcome.*

Set Dates

Where possible, attach times or dates to your goals. This helps motivate you and adds the excitement of anticipation, because then you'll always have upcoming milestones on your calendar to look forward to. You can think: “I can't wait until summer, because I'll be lean by then!” - and this positive attitude will help you attract that outcome. But dates also makes you think: “Well, if I want to be lean by summer, I'd better go for a run today!”

Sometimes setting dates is not straightforward. There's no way of knowing exactly when you've achieved a goal such as “learn Spanish” or “become a great singer”. However, it may help to make

them more specific by phrasing them differently. For example: “Complete an introductory Spanish course by the end of April” or “Have 3 paid singing gigs per week by the end of October”. A goal such as “lose weight” becomes “be over 85% lean body mass by January”.

While it's good to be motivated, remember that any dates that *you* set for your goals aren't carved in stone. If you hold yourself too strictly to a goal that you've set for yourself, and that goal wasn't quite realistic, this can create stress if you aren't prepared to change your deadline. There's no need for stress. Setting goals for yourself is like being your own boss – but be a good boss, which means, be flexible. Goals are intended to make us happy, not the reverse.

Be Realistic

If you set a goal of acquiring your very own orange spaceship, you may have difficulty attracting it unless you're prepared to build it yourself, which would probably require at least a background in aerospace engineering and several million dollars. Research your goal and find out if it is actually possible.

However, don't throw the baby out with the bathwater. Amazing things have been achieved by believing in goals that seemed unrealistic. People have recovered from serious injuries, paraplegics have climbed mountains, and singers and actors who were told they had no talent and to get off the stage became world-famous performers. So, I don't mean to discourage you here. Just don't set a goal of having a baby if you're a man.

There's also no harm in keeping a few “long shot” goals in reserve. Dreams *do* come true. My goal is for Jessica Canizales to fall madly in love with me. It's very hard for me to believe in this goal sometimes, especially when I look at my one-bedroom studio apartment and 1990 Ford Laser. Nonetheless, I keep this goal. Just in case.

Set Goals You're Prepared to Earn

Contrary to what many Law of Attraction teachers would have you believe, goals are not achieved by wishing, or even imagining. It takes effort – your effort!

Be honest about what you're prepared to invest in terms of planning, commitment, actions, time and/or money. Yes, you can have a Ferrari, a Beverley Hills mansion, model wife, rich husband, international fame, world travel and every other cliché - but are you willing to do what is necessary to manifest those things? Are you prepared to become the kind of person who can attract things like that? There is more to achievement than just desire – it also takes work! We will look more at this in the next chapter.

Always Remember Your Primary Goal

I know I said this in the previous section of the book, but it's worth repeating. At the top of your goal sheet it might be a good idea to write:

My #1 Goal: Happiness!!

Strategy:

- *Loving service in harmony with purpose.*
- *Make forgiveness a habit.*

Understanding your overriding main goal and most fundamental strategies will remind you what's important and help you make good decisions.

Keys to Success

The Law of Attraction and success principles are reasonably simple, but actually using them to manifest the things we want or need is not always easy. This chapter is basically a toolkit of concepts that I hope will help you to achieve your goals.

Attitude

As any successful salesperson or businessperson knows, an essential key to success is having a *positive mental attitude*. It means approaching each day with enthusiasm, an assumption that things will turn out well, and that the day's efforts will bring us closer to our goal. It's about being happy and upbeat *before* the achievement, because you already feel like you've won. It's about seeing everything that happens in a positive light.

Here's a great story about attitude that one of the managers told in a morning meeting one day, back when I was in door-to-door sales:

Two travelling shoe salesmen arrive at an African village and see that no-one is wearing any shoes. The first salesman immediately telephones his head office, and says: "Are you nuts, sending me here? *No-one here wears shoes!!*" The other salesman rings his head office and says: "You won't believe this! *No-one here has any shoes!! SEND ME EVERYTHING YOU'VE GOT!!*"

Be positive. *Assume you will succeed*. When circumstances seem to be against you, realise that the universe is on your side (since it's you) and that the situation is really for your ultimate benefit. Understand the concept of a *Blessing In Disguise*. Everyone faces challenging circumstances, but how we react to those circumstances is what defines successful people. The successful person understands that setbacks are opportunities for growth and achievement.

Belief

Never underestimate the power and importance of *belief*. In order to achieve any goal, you need to believe you can! Belief is what will sustain you through the work required to manifest your desire. Your

goal is achieved by forming the universe into the shape of your thoughts. If you don't believe your goal can be achieved then you are believing in some other outcome instead, and *that's* what will be created.

We often say “believe in yourself,” and that's true. However, never think that you're alone or that you have to do everything. While it's true that it's you who must do the necessary actions to receive the rewards, remember that you and the universe are one, and the universe works with you when you work with it. As you take the necessary steps forward, the universe will respond in kind, opening up doors that lead to the next part of the journey. This is sometimes stated as: “God helps those who help themselves.”

Faith and belief are the same. Belief in your ability to achieve a goal is largely about adopting an assumption something like: *This desire in me can only come from my ego or my soul. If I'm certain that it comes from my soul then it must be for a good reason. Even though I do not yet see how I can achieve this goal, I can see how to begin; and so I will begin, believing that the way towards my goal will open up ahead of me, and the necessary resources will appear, as I move forward.*

Belief is also about ignoring the nay-sayers, because you know the dream in your heart is true. Here are a few stories, of which there are many thousands:

- Andrea Hill, told by her algebra teacher that she would never become an engineer, is now one of the world's leading nanotechnologists.
- Major Phil Packer, a soldier who was injured in Iraq in 2008 and lost the use of his legs, was told by his doctors that he would never walk again – yet he completed the London Marathon just over a year later.
- Henry Ford's engineers repeatedly told him that an inexpensive V8 engine was impossible, but he said, “Build it anyway!” – and they did.
- Michael Phelps, diagnosed with ADHD as a child and told he would never succeed, became the world's greatest Olympic gold-medal winner.

Always remember the nay-sayers and neg-heads are *you*. They are simply voicing your own doubts back at you. Every successful person has had their share of detractors, because, in a world of separation, everyone doubts their own ability from time to time. However, don't get mad or hate them – forgive them! They're you, and you are them. By believing in yourself, you show them how to believe in themselves.

The Man Who Thinks He Can

*If you think you are beaten, you are;
 If you think you dare not, you don't.
 If you'd like to win, but think you can't
 It's almost a cinch you won't
 If you think you'll lose, you're lost,
 For out in the world we find
 Success begins with a fellow's will;
 It's all in the state of mind.
 If you think you're outclassed, you are.
 You've got to think high to rise.
 You've got to be sure of yourself before
 You can ever win a prize.
 Life's battles don't always go
 To the stronger or faster man;
 But sooner or later the man who wins
 Is the one who thinks he can.*

Walter D. Wintle

Imagination

Our goals exist in the invisible realm of thought (energy) before they manifest in the visible realm of form (matter). Everyone knows that when we're dreaming, the images and sounds we perceive in the dream are produced by our imagination. Now we know that this waking reality is *also* just a dream, and that our imagination creates *everything*.

If you want something, build it first in your mind. Imagine how you want things to be in the future. The more clearly you can envisage your goal, the more efficient will be the creation process.

Write specifications, draw pictures, build models – whatever helps to clarify the image of what you want.

Our future circumstances will be the result of the thoughts we have now. The future is built in our imaginations. The world we experience is nothing more than the manifested imagination of ourselves and those who came before us.

Imagination is more important than knowledge.

– Albert Einstein

Action

This is the part that many people, including many teachers, like to skip over. The marketing strategy preferred by many in the self-help, self-improvement, success and fitness industries is: *it's easy!* 6-minute abs! Follow this simple formula or buy this amazing DVD or piece of equipment, and you'll be rich and sexy in no time! Just hand over your money, and that's pretty much all you have to do!

Unfortunately the universe doesn't actually work like this. If it did, everyone would be happy, rich and beautiful. *To achieve goals we need to take action.* Every goal will have a set of actions associated with it, and these will be different for everyone because we all have different resources, beliefs and talents.

As a friend of mine once wisely said: “The dishes aren't going to wash themselves”. If we want something, we have to *do* something, and the bigger the thing we want, the more we'll have to do. The top of the mountain will not come to us. Furthermore, it has to be *our* action. If we allow (or coerce) someone to climb to the top of the mountain for us, they will receive the glory and rewards instead!

Action is the only cure for doubt and worry. With every step we take towards our goal, our belief in a successful outcome increases.

Affirmation without action is the beginning of delusion.

Jim Rohn

Talk is cheap, and taking action is expensive.

The Hilltop Hoods

Desire

Desire is a fundamental aspect of the Law of Attraction. Desire *is* the force of attraction. Strong desire means strong attraction. When we strongly desire something we think about it all the time, and the more attention we give to something, the greater the attractive force on it.

The stronger our desire, the more strongly we'll be pulled towards that destination, and the less easily we'll be pulled away from it by “false” desires. We must learn to distinguish between true and false desires. False desires come from the ego – for example, having a fancy job or a big house so we can impress people or feel superior. However, true desires come from our soul and express our purpose and plan.

Every desire has a degree of difficulty, which is a measure of the actions and decisions necessary for us to reach it. To achieve any goal, the strength of our desire for that goal must be greater than the degree of difficulty.

For example, let's say you really want to play professional football. If you don't want it very badly, then you won't do the necessary actions and it will never happen. You will be pulled more strongly towards other desires instead. On the other hand, if this is your lifelong desire, then you will want to do the training, play the games and so on.

Planning

Sometimes you don't need a plan, and can just make it up as you go. In other cases a rough plan will be good enough, and for some goals you will need a very detailed plan.

For a complex creative goal, like building a house or a business, it's essential to have a detailed plan. It almost certainly won't unfold exactly that way, for as the saying goes: “No battle plan survives contact with the enemy” – but it clarifies your idea, builds your belief in a successful outcome, and is useful for communicating your idea to others to they can get involved.

If you can't conceive of a plan for how to get all the way to your goal, simply plan how to get to the first milestone and trust that things will seem clearer from there.

Deservability

To achieve a goal, we must feel that we deserve it. This was what the *Preparation* section of the book was largely for. I hope by now you are beginning to see yourself as a superstar deserving of every good thing.

Deservability is not only about feeling that you've earned the thing you're working towards, but also about seeing yourself as the kind of person who deserves to have it. There is no objective measuring stick that says some people deserve to have what they want and some don't. It's only what *you* believe that matters. We are our own judges.

We've all heard of businesspeople who have engaged in anti-social practices and yet have become wealthy and lead a luxurious lifestyle. This happens because they see themselves in that lifestyle. To them, it's an expected outcome. Because it's what they desire and envisage, and they have the necessary knowledge and belief, its manifestation is inevitable. There are also many people who do nothing but good deeds, yet live a very humble and possibly even difficult lifestyle. That's just how they see themselves. This is how they imagine life is, and always will be, for them.

Although you need to do the necessary actions to achieve your goal, there is no universal arbitrator who decides whether or not you should receive the house/car/lover of your dreams – other than you. If you really want something, and are prepared to do the necessary actions, you can have it. Why not? You're just as deserving as anyone else.

If deservability is an issue for you, you know what to do! Serve and forgive.

Consistency

Not only do we need to do the necessary actions, it's essential to do them *consistently*.

When I was in door-to-door sales, I remember my manager telling me one evening that "Consistency is the key". For some reason this lodged firmly in my mind, and I soon became the most consistent salesperson in the office. Understanding the importance of

consistency ensured a steady income from my commissions, and led to a sales award and rapid promotion to management.

Everything in the universe is always changing; nothing is ever static. In other words, if we're not moving forwards then we're probably moving backwards. Whenever we stop working toward our goals, doubt, worry and distractions begin to grow like weeds, and they increase each day that we don't take steps forward.

If a man stops giving attention to his girlfriend, she will soon begin to look elsewhere for it. If we stop working, our bank balance will most assuredly begin to decline. If we stop working on a goal, our belief in its attainment will soon waver.

I've learnt not to go even one day without working on this book, because when I do, I find myself worrying that it won't ever be finished. However, sometimes all it takes is half an hour of my attention for me to regain my belief in a positive result.

Discipline

Discipline means making yourself work when you really want to rest or play. It's about accepting that achievement requires certain actions to be performed, and if we want to achieve our goals within a certain time frame, it's better to do those actions *now* rather than later.

Discipline is most necessary when you're feeling tired, bored or lazy. Do I get up and go for a run, or enjoy another hour in bed? Should I knock on another door, or knock off for the day? Will I watch TV with the family and have a beer, or work on my business plan for an hour or two?

At these times, think of your goal. A year from now, do you want a slim body or a fat one, a slim wallet or a fat one, your own business or a job in someone else's, your own home or a rental?

If your goal doesn't motivate you, it may be time to pick another goal!

Although discipline is important, we still need time for rest and play. Set aside one day per week for rest.

Inspiration

When we genuinely desire something, and express that desire through our thoughts, words and actions, our subconscious mind goes to work seeking out pathways to our goal. Our soul is able to explore space and time, and thereby discover the actions and resources that will lead us where we want to go. This information bubbles to the surface of our conscious minds as *ideas*. This is called *inspiration*.

Inspiration is the true magic of the Law of Attraction. It's what enables us to efficiently attain our desires through serendipity and apparent coincidence, instead of by traditional methods.

Understanding inspiration can save a lot of time and effort. For example, let's say you're looking for a new car. A methodical person would phone every car dealer in their city, make a list of every available car that fit their criteria, and assess the optimal choice. This would be effective, but time-consuming. At the other end of the spectrum is the person who visualises the type of car they want, communicates this to the universe via their subconscious mind, and allows themselves to be guided to the dealer or person who has a car that will satisfy. This is a much faster method.

In the same way that water will flow around the bends in a river because this is the path of least resistance, our subconscious mind will automatically seek out the most energy-efficient path towards what we are visualising. As we maintain our desire for a goal and are thus pulled towards it, we will naturally move along the most energy-efficient path.

If your desire changes, or if the universe changes, so that you can have what you want in a more energy-efficient way, then the ideas you have about which actions to take may also change. The best strategy today may be different to the best one tomorrow. That's why it's important to stay alert to what your subconscious mind is telling you. If you get confused, bring your thoughts and desire back to your goal, then wait for fresh inspiration.

Information

To become successful at something, we need *information*. Research provides us with ideas about the actions necessary to achieve our goals, and in some cases, detailed strategies and formulas. There's

a good chance that someone else has achieved the exact same goal as you are trying to achieve, and wrote down how they did it.

The 3 best sources of information:

- internet
- books
- other people

While the internet is generally the best place to start finding things out, books usually go into a greater level of detail than websites since they're designed to be consumed slower. Books have been written on every conceivable topic by experts and successful people willing to share the secrets of their trades and their success with you.

Talking to experts is also one of the best ways to get information, because many tricks of the trade never get written down, being learnt on the job and only communicated between people in the same industry. You can obtain a lot of specialised knowledge for free just by picking up the phone and talking to people.

Communication

Communicating your ideas and goals with other people is a great way to receive guidance and inspiration. When we're talking to other people, we're actually talking to God, since there is really only One Mind, and you'll be amazed at some of the responses and ideas you may receive from people you thought you knew.

Next time you look at your friends and family, instead of thinking: that's Peter, that's Cassie, that's Ben, etc., think that's God, that's God, that's God, and realise that they're all connected to infinite intelligence, just like you. Often when you ask people questions they will channel their responses from God without even realising it.

When you communicate something, your words do not only go into another person's brain, but into the One Mind. Sometimes you'll share your idea with one person only to receive guidance from another. How did the latter person know what you needed? It's because all minds are connected.

If you want a job, tell everyone what you're looking for, and pretty soon you'll meet someone who's hiring, get some ideas about

where to look, or be led towards the necessary training or education. If you want a boy/girlfriend, tell your friends that you're looking for one, and either someone will hook you up, they'll give you some ideas for things you need to do to attract one, or you may simply meet someone.

Everything we think, say and do has an effect. If you ask something, you will always get some kind of response. The universe is on your side and will help you achieve what you want; or, if you're off-track, you'll always get some fresh guidance.

If there's no-one around for you to talk to, here are two other great techniques that work pretty much the same way. The first is to *pray*, which is simply communication with your soul. The second is to *write your question down* – then listen for the response, and write that down, too. In both cases you are moving your question outside the walls of ego, which allows the universe to respond through your subconscious mind.

Teamwork

Teamwork builds on the power of communication and is a really great way to leverage the Law of Attraction. Whenever possible, get other people involved in your goals. If other people like your ideas *they will begin to add their thought energy to them*, which will cause them to manifest faster. Because this apparent reality is a shared dream that we create together, the more you share your ideas and the better you sell them, the more other people will think about them and thus *create them with you*.

There's immense power in synergy and co-operation. Consider that you only have to engage *one* other person with your goal to *double* the amount of thought energy being fed into it. This is how people get elected President, build huge companies or send rockets into space. They get hundreds of other people to support them in their goal.

Share your goals with people – get some friends and family engaged with what you're trying to achieve, and it will manifest much sooner.

Altruism

The kind of ideas that will appeal to others are *those that benefit lots of people*, and not just you.

Compare these two goals:

1. I want to be rich.
2. I want to develop cheap, effective, portable water purification solutions that can be used anywhere in the world.

If you go around telling everyone goal #1, they will think, big deal, everyone wants to be rich; and dismiss it more-or-less immediately. They won't become engaged with your goal.

However, if you tell people about goal #2, they'll get excited, ask questions about it (forcing you to firm up your idea, which helps you) and make suggestions – all the while adding their creative energy to your idea and building it up. This will make it real much faster, and by the time you're successful you will have helped millions of people *and* become happy *and* rich.

Most people want to be good. They want their life to mean something, which is to say, have a positive effect on the world. Deep down we all know what will really make us happy. If you have ideas about how to make the world a better place, other people will want to help you implement those ideas.

Focus

The more goals and activities we have, the less attention we can give to each. If I decide to write a book, learn physics, and build a company, all at the same time, then my attention will need to be constantly switched between these things. This reduces efficiency due to the overhead of having to “reload” your thoughts about each project every time you switch focus.

This is a common problem with computers. Operating systems simultaneously run multiple programs by *multi-tasking*, which means switching back and forth between them. However, if there's too many tasks running at the same time, the overhead of constantly switching between them can cause the computer to freeze up.

My strategy is to always allocate time for the three most important things in life – health, relationships and finances – and other than that, it's generally best to have only one other active goal or project at a time.

If we're trying to achieve two goals at the same time, situations will inevitably arise where we feel like we're being pulled in two different directions at the same time. The solution is to prioritise, and to have the self-discipline to focus on the most important goal until it's complete.

Confidence

Confidence is related to attitude and belief and means a *certain belief in your ability to succeed*.

Self-doubt comes from a feeling that we cannot achieve our goals, which in turn stems from a belief that we are limited beings and totally reliant on our own resources. However, when we realise that we're infinite beings connected with infinite intelligence, we can justifiably feel confident of achieving anything.

Confidence is a challenge when we have not experienced many obvious successes in this lifetime, because we have no data on which to base a belief in future successes.

Fortunately, confidence can be developed by starting with small successes and moving progressively to larger ones. For example, you may not believe that you could climb Everest. So you start at the local indoor climbing centre, practising until your hands and arms are stronger and you feel confident at climbing. Then you proceed to easy climbs such as Kilimanjaro or Fuji, and so on. Your confidence grows with experience and with each success, until you feel capable of tackling Everest.

We can approach *any* goal with confidence as long as the time and resources are available to develop the necessary abilities.

One great thing about confidence is that once you've become good at *one or two* things, this improves your confidence with lots of other things, because you've developed new talents and transferable skills. For example, a good footballer will approach golf with confidence even if they've never played before, because they know they have the ability to learn new things and improve with practice,

they know they have good hand-eye coordination, and they have a belief about themselves that they're good at sports.

Talent

Everyone has talents. Talent means you're especially suited to a certain activity, which will naturally be related to your purpose and passion. Your talents are what you're good at. Talents are developed through practice and experience, as discussed above.

Some people appear to be born with certain inherent talents, which may have been developed in previous lifetimes. Similarly, the talents we develop in this life may be useful in our future lives.

What you may be destined to be really good at may be something different from anything anyone's ever done before, in which case the real fun is figuring out what that is. You might be the person who opens up a chain of bicycle shops across Africa, invents household zero-point energy generators, or paints the next Mona Lisa – who knows? One thing that makes us unique is our unique combination of talents.

Although theoretically anyone can be successful at almost anything, naturally we will be most successful using our strongest talents. However, if we have a burning desire to be successful in a different field, then we can develop new talents.

Persistence

Everyone knows you shouldn't switch horses mid-stream. If someone has a desire to become a doctor, then ideally they will stick to it until their goal has manifested. If they study medicine for 3 years then decide they really wanted to be an actor, it's back to square one. To be fair, no time is ever wasted, and in this example, the person will still have a good foundation in physiology that may be useful in their acting career – but they will never achieve their original goal.

Of course, it isn't *essential* to stick stubbornly to a goal, because it's quite common for our desires to change as we practice forgiveness, grow, and learn more about ourselves. It may even be part of our life plan to experiment with a variety of paths as part of our preparation for our purpose. We just have to remember that if we

start building a Great Pyramid and decide half-way through that we really wanted a Taj Mahal, it's not going to be a zero cost to start again.

It's best to take an engineer's approach to goals. Engineers are often required to adapt existing structures to a new purpose, because this will be cheaper than demolishing the old structure and building something new from scratch. An engineer's role is basically to find effective solutions to problems for the lowest possible cost. In the context of goals, this means instead of abandoning one goal and starting on an alternative, it will almost always be more efficient to adapt the work you've already done in order to produce a satisfactory outcome.

Patience

Sometimes it takes a while to achieve a goal, but we mustn't give up. It may take a long time to drive from Melbourne to Darwin, but if we keep putting petrol in the Kombi and following the map, then we'll eventually make it.

Nothing is more frustrating than pouring heaps of energy into a goal and not seeing any results, or even any indication that it will ever manifest. Sometimes we need to reassess and check if our goals are believable, if they're in line with our purpose, if our ego is getting in the way, or if there are some other problems preventing them from manifesting. But if everything looks okay, then it may just be a matter of time, persistence and trust. It's comforting to know that if we get too far off track than our soul will correct us.

The most important goals in our life can take many years to achieve. In this case it's essential to enjoy the journey as much as the destination.

Reputation

Having a good reputation is essential for success. For example, if we're running a business and we have a number of satisfied clients, then they will say good things about us to other potential clients, and in this way our business will grow.

When we provide a good service, or go the extra mile, or are especially kind or clever, and another person observes this, they might think something like: "Hey, that guy/girl is really good/sweet/intelligent/talented/etc." As this thought is repeated by others, it gradually becomes a belief in the planetary mind. Because of our shared mind, beliefs held by the planetary mind become the default for everyone. When another potential client, employer, or boy/girlfriend is evaluating us, as they seek to determine our value they will subconsciously discover the prevailing beliefs that the world has about us. If our reputation is good then they'll have a good feeling about us, and are much more likely to choose in our favour.

Gratitude

It's important to be grateful for the things we have achieved or acquired. Gratitude means giving attention to the things or people we appreciate, in order to *continue* attracting them even after they are with us. Otherwise they will drift away.

If you stop giving attention your boy/girlfriend, pretty soon someone will come along who will, and the attractive force produced by this attention will pull them away. However, if you want to keep your boy/girlfriend, you must ensure that they're receiving more positive attention from you than anyone else.

When we like or appreciate someone, we give them attention by looking at them and listening to them, which makes them feel good because it's positive energy flowing to them. When someone is speaking to us we should give them all our attention so they feel appreciated, and when someone is kind to us, we should send thoughts, words and emotions of gratitude their way. Then they will feel happy, and encouraged to do it again. When we make others feel appreciated, we are simultaneously appreciating our own selves, because we are all one. In other words, *we can improve our own self-worth by appreciating other people.*

Gratitude is what we exchange for service. After all, it's what we really want in return for the services we provide. Money is a symbol of gratitude, but gratitude is more important than money. If you only pay your staff money, and not gratitude, they will soon leave and find someone who will pay them with both.

Love

Love is the ultimate key to success. Love is based on the truth of oneness, just as its opposite, fear, is based on the illusion of separation. It's about knowing that there's no-one else out there; it's all you. Therefore, if you want to be happy, then do things that will make others happy, because *they are you*. If you want to be forgiven, forgive yourself by forgiving others. If you feel that the world is unkind, be more kind to others and you'll experience greater kindness from the world that reflects you.

In this society, our ego is constantly being reinforced. Thousands of times per day we identify with our names, physical appearance, possessions, money, families, jobs and all the other things we use to maintain the notion of ourselves as a separate entity. The ego *needs* to be reinforced constantly, because if it wasn't, the truth would quickly wipe it out.

Love is what remains after the illusion of ego and separation is removed. If we see a homeless person and recognise the truth, that they are us, then the only logical response is to show them kindness. Love is when we choose not to eat animals, because we recognise that we are animals, not separate from, or superior to them. Love is when we choose to use our money to help others instead of squandering it on meaningless things.

Love is about being humble, since all feelings of superiority and inferiority depend on separation and are therefore false. It's about being friendly and helpful to those who live in challenging circumstances or who have fallen on hard times, because we know they are our reflections, and by helping them we help ourselves.

The value of the gifts that people will give you when you show them love are inestimable. The businessman to whom you give extra special service in your restaurant might give you a handsome tip, but the homeless person to whom you give a few dollars will say "God bless you", and they'll mean it. This heals you and is thus worth more than gold.

Now, the great irony of this chapter is that when you really love, you won't *need* any goals or plans any more, because you'll already have everything you need, including the certain knowledge that you will *always* have everything you need. You won't actually want

anything except oneness with God. You will know that there really is no past or future, but only an eternal now, and that the only action required of you at any moment is to do for others what you would want someone to do for you. Furthermore, this behaviour will be automatic. You won't ever have to think about what to do next, because God will act through you. You will be God's representative on Earth, just as J and others have been. This is what it will be like in your last physical incarnation, prior to your ascension, when you have completed all your forgiveness exercises and the illusions of separation and time no longer exist for you.

To experience love, we must go inside. When you experience real love you get into a state which is beyond words. You are filled with a joy that goes beyond all emotions. True love is the love of the inner Self.

Swami Muktananda (1908-1982)

Obstacles to Success

In this chapter we discuss things to look out for, or at least to be aware of, when aiming to achieve our goals. Even if we're serving our purpose, practising forgiveness, and using the keys above, we may still experience challenges in achieving our goals. This chapter explains some possible reasons why.

Fear

Fear is the thought system of the ego, and is in opposition to the thought system of God, which is love. We are constantly choosing between fear and love. Fear is *False Evidence Appearing Real*, as it can only exist as an effect of belief in separation.

From a certain perspective fear seems perfectly rational – a survival mechanism. Fears are created when the brain associates something with pain, thus setting up a mechanism for avoiding pain in the future. However, when we understand that the whole universe is merely a reflection of our own mind, what we are actually fearing is our own selves – hence the answer is not to fear the thing, but to overcome the guilt that produced the pain.

Pain is used for self-correction. Our soul is aware that a small amount of pain now is preferable to the end result of following the ego's path. As we practice forgiveness and therefore find greater inner peace, we become able to communicate with our soul subconsciously, and pain becomes unnecessary. As J says in *ACIM*: “the guiltless mind cannot suffer”.

If we have a very intense painful experience as a child, or in a past life, then a fear may become deeply embedded in our subconscious. This is the sort of thing that EFT can be very effective at healing.

Fear can sabotage your ability to attract the things you want by acting as a repulsive force that opposes the attractive force of your desire, creating an emotional tug of war and internal conflict.

As an example, consider someone who always wanted to be a famous movie star. When they were young they loved performing, but at one of their performances they tripped over and everyone in their

school laughed at them. It was the most embarrassing moment of their life. Now whenever they try to get involved in acting, somehow things always go wrong – they mess up their lines, or arrive late, or trip over unexpectedly – and they never seem to really make it. This is called *self-sabotage*, because they're really creating all these experiences themselves. They fear a repeat of that feeling of intense embarrassment so much that they can't stop thinking about it. Yet, by giving attention to the outcome they fear, they subconsciously attract it.

There are two things you can do:

1. *Amplify your desire and resolve.* Become more determined and more disciplined. Grit your teeth and say “I am going to be a famous actor, *no matter what!*” Increased desire means increased attractive force. Focus on a positive outcome. Then the desire will be stronger than the fear, and will overcome it.
2. *Cure the fear*, using forgiveness and healing.

He who has overcome his fears will truly be free. – Aristotle

Doubt

Doubt is the opposite of belief. If we're unsure that we can achieve our goal, then we won't ever achieve it. We can only achieve a goal when we believe that we can.

When we doubt our ability to achieve a goal, it becomes much more difficult to remain focused. Our mind will seek easier targets, ones that we feel are achievable. We look away from the gorgeous girl that we really want, and instead go for one we think we can get.

Eliminating all doubt from the mind is not necessary before beginning a goal. For example, you could start driving towards Sydney in your old Datsun 180B without being sure that you'll ever get there. The important thing is to keep going. The problem with doubt is that it causes us to look for easier alternatives, and if we allow this, we may end up in Newcastle or Wollongong. However, if you become *determined*, ignore the doubt, and just keep going in the right direction, eventually you'll be so close to Sydney that you will know “beyond any shadow of a doubt” that you'll make it.

When we have no doubts about our ability to achieve a goal, it proceeds much more smoothly and efficiently, because our attention

is never diverted. If you're clear about what you want, and truly honest with yourself, then you will go 100% for what you really want *despite any doubts*.

Laziness

Laziness stems from a false association between *pleasure* and *happiness*, which was touched on earlier in the section about backwards thinking. Many people have come to believe that these are equivalent; thus, if they can provide themselves with continued pleasure – such as drugs, sex (or sexual thoughts), food, resting, entertainment, etc., this will substitute for genuine happiness. Sitting on the couch watching TV and drinking beer is much easier than working, and sometimes people have no reason to believe that the kind of happiness that comes from service and achievement is any better than the pleasures of lust, sugar or alcohol.

In western society this false association is *constantly* being reinforced by advertising, so it's doubly important to be aware of it.

All short-term pleasure is addictive, because once the effect has worn off, another dose is required. The only way to break the addiction is through understanding how *real* happiness is achieved. Fortunately, anyone genuinely seeking happiness will subconsciously create circumstances whereby those pleasures either wear off, or can no longer be accessed, so they *have* to start serving and fulfilling their purpose.

Laziness can also be caused by lack of belief or confidence, or a negative attitude. If you don't believe that you can have what you want, or that your efforts will produce results, then why try?

In life and physics, getting started is always the hardest part. In physics we talk about *friction*, which is the resistance to movement when one object is sliding across another. There are two aspects to friction, namely *static friction* and *kinetic friction*. Static friction is a measure of the force needed to start the object moving, whereas kinetic friction is the force needed to keep it moving. *Static friction is always greater than kinetic friction*. It's the same with goals. The instant you start moving towards a goal, it gets easier. Overcome the static friction, then just keep going.

Double Negatives

When it comes to the Law of Attraction, a double negative is not a positive. Instead of rejecting what we *don't* want, we must place our attention on what we *do* want.

LoA defies the usual rules of logic. In logic we say that NOT (NOT A) = A. If something is *not false*, then it must be *true*. If something is *not here*, then it is *there*; if it is *not hot* then it must be *cold*, and so on.

The mind does not work that way. If someone sets a goal to “not be in debt”, in the process of constructing that thought their mind creates an image of themselves in debt, and metaphorically puts a big red cross through it. Even though they may be thinking “this is what I *don't* want”, that does not undo the image they have already formed in their minds of themselves in debt. By picturing themselves in debt, they have fed thought energy into the creation of that situation – even if that's not what they desire.

This is why “*don't do that!*” is the least effective way to teach a child. Instead, teach them “*do this*”.

A good example is the “war on drugs”. Since focusing on drugs will attract more of them, having a war on drugs is entirely counter-productive. This can easily be understood without referencing LoA. When the government declares a war on drugs, the media proclaims it loudly through newspapers and TV. Government programs will be set up to spend money on a solution and make a big noise about it. People who may have had no awareness of drugs now begin to wonder what all the fuss is about, especially young people. Being curious, rebellious or both, they now look for drugs so they can try them for themselves. Increased drug use means increased sales, thus more drugs imported, and the problem becomes worse.

A more intelligent strategy would be for the government to declare a “national happiness campaign”. Then people will think about happiness instead, and start coming up with ideas and solutions. Interest in drugs would naturally disappear as methods emerge for feeling happy without them.

Less Effective Double-Negative Ideas	More Effective Positive Ideas
War on Drugs	Global Happiness
War on Terrorism	World Peace
Make Poverty History	Abundance for Everyone
Prevent global warming	A stable planetary environment
Pay off debts	Become wealthy
Lose the fat	Become lean

The more we focus on things we don't want, the more we will attract them. We must determine what we *do* want, and place our attention only on that.

Constraints of the Shared Dream

If this waking life is really just a dream, why does it not respond to our immediate thoughts like our dreams do when we're sleeping? When we're asleep we can imagine something and it appears, or we can imagine ourselves to be in a different place, and suddenly we are there. We can even fly! The dream environment is very fluid, and the usual physical constraints of reality do not seem to apply.

Our waking environment, however, is a *shared dream*. The universe we inhabit together is being created by all of us together. Whenever something occurs in this dream, it is through mutual consensus of everyone. This introduces constraints on what can be created, because for something to happen in this shared reality, it has to be believed in by all other people involved.

For example, you may imagine that you can fly like Superman - but two things are working against you *actually* being able to fly:

- The planetary mind does not believe that humans can fly.
- Most people who saw you fly would not believe it was possible, and hence it cannot occur within *their* dream.

If the mind creates everything, then it cannot create something that it thinks is impossible, or something of which it has no concept. It can thus be difficult to manifest something if there's someone in your life who doesn't believe it's possible.

This problem commonly occurs within families. If your goal is to become financially successful then this will affect the other people in your family, because if you have more money then they probably will, too. If they have resistance to these circumstances, it can affect your ability to create this reality.

So, *bring them with you*. Love, forgive and encourage them so they will feel good enough about themselves to participate in your success, and to create their own. Get them excited about what you want to achieve, and about what they can achieve. Your belief will be contagious – after all, *they are you*. Traits we observe in others are only our own traits being shown to us. Conquer your own fear, and the fear you observe in others will also disappear.

There's a good story about J that illustrates how the beliefs of others can affect our own ability to manifest. J was not able to perform many miracles in Galilee, where he was from. When he was preaching in Galilee, the people there did not see him as anyone special, but only as Joseph the stonemason's son. J's miracles could not occur there because of what they believed about him. Yet, in other towns, the people thought J was the Messiah and believed he could heal them, so they were healed. For example, one woman believed she would be healed just by touching the edge of J's robe, and because she believed this, that's what happened. He turned around and said to her: "Your faith has made you well" (Note: not J's faith – *her* faith). But the people in Galilee thought "How can this man heal me? How can what they say about him be true? This is Joseph's son, I knew him when he was a boy!" – and so, they were not able to be healed, because they didn't believe.

It's not enough for you to want and believe in your goal – if it will affect other people then *they have to want and believe in it, too*.

Restriction

Restriction is not a negative to overcome, but something that is necessary to understand and accept if you want to avoid considerable frustration. The main reasons for restriction are *safety* and *producing the best possible outcome*.

Our soul knows how things will unfold if certain things happen, including the effects of receiving certain resources before we're ready

for them. We therefore sometimes withhold things from ourselves because subconsciously we know we'll be better off without them for a while. When we're young this restrictive aspect of ourselves is manifested in our parents. Although we may desire bourbon, a dirt bike or a semi-automatic rifle, our parents know that, at age five, these things will not be best for us.

There's also the aspect of levels. Returning to the analogy of a role-playing game, it would be unwise for you to fight a level 50 red dragon if you're still only a level 2 fighter. Thus your soul will prevent that from happening until you are ready. In the same way we must become a trainer and then an assistant manager before becoming the manager, because this will produce a better outcome.

Restriction always occurs for a reason. Sometimes it's simply a matter of timing, in accordance with our life plan. For example, my lifelong goal has always been to run a big R&D company, however, I've never been rich enough to start it. Instead, I've studied different things and done whatever work has been available or appealed to me at the time. Once *I am* running my company, all the skills I've developed through these different activities will hopefully have prepared me effectively for that role. However, if I'd been given a million dollars at age 21, I would have started my company then. I would have had less knowledge, been less mature, made more mistakes, had fewer ideas, and it may not have been all that successful. The restriction in the early phase of my life will surely turn out to be a great advantage.

If everything you want is not coming to you straight away, it doesn't mean that the LoA doesn't work or that you're "doing it wrong". Your soul might be restricting you for your own benefit, and you may simply need to be patient. In the meantime, accumulate experience, serve your purpose and practice forgiveness. No matter how much an acorn yearns to be an oak tree, it must go through the process of transformation and growth. It's just how things work. We must develop the wisdom to accept these circumstances.

If you're experiencing restriction, some useful strategies are:

- Patience, so you won't feel frustrated.
- Training and education, so you will be ready sooner.
- Serve as well as possible at whatever you are currently doing.

- Forgiveness, which collapses time.
- Do whatever actions are available to you that support your goals.
- Trust in God. Things will change at exactly the right time.

*You can't always get what you want
 But if you try sometimes, you just might find
 You get what you need*

The Rolling Stones

Regret

One last thing that can hold us back is *regret*. There may have been a decision we made in our past that we perceive as “wrong”, “bad” or a “mistake”, and we believe that a different choice would have brought us to our goal sooner, or resulted in greater happiness and less pain. We wish more than anything that we could go back and have that choice again. Sometimes regret can cause us to spend all our time thinking about the past instead of the future. But life doesn't work that way. Short of building a time machine, there are no possible actions we can take that will move us backwards in time so we can do things differently.

The Law of Attraction cannot attract impossible things. So if your mind is constantly wishing you'd made a different choice in the past, yet there is no possible way to attract that, the result is a kind of mental paralysis.

We must forgive ourselves, accept that we are where we are *now*, and that in the past we were truly doing the best we could at the time. Then we must decide what we really want in our *future*, place our attention firmly on that, and move towards it.

As someone who has carried around some intense regrets for most of my life, I had to learn this lesson the hard way. Ego, guilt and immaturity have caused me to walk away from fantastic girlfriends, great jobs, and excellent accommodation. As a result, for a long time I sincerely believed that I'd messed up my life, and that there was no way to recover from the mind-bogglingly stupid choices I'd made.

Eventually I realised that the most practical position I can ever take is this: I'm at point B and want to be at point C as soon as

possible, so what's the best strategy to get from here to there? Point A is behind me and has no relevance to my current position other than what it taught me, so I may as well forgive and forget it. *Dwelling on it is just slowing me down.* I developed a mantra to help me deal with regret: "The only thing I can do is move forward from here."

Sometimes taking the more difficult path was part of our greater plan all along. The people who are best able to help drug addicts, abused children or homeless people are those who were once drug addicts, abused children or homeless people themselves, and found a way out. It may have been part of their soul's plan from the beginning that they have that experience in order to more effectively help others. It may be that I messed up those relationships and opportunities just so I could write this book. It may be that all those "mistakes" you think you've made will turn out to have been *deliberate choices* by your soul designed to develop specific knowledge in you that will enable you to most effectively fulfil your *true purpose*.

Regret nothing! Forgive the past, *create the future.*

No regrets. They don't work. – Robbie Williams

Money

Because my values are different to those of many personal development and self-help teachers, I decided to include this section to provide an alternative and hopefully useful perspective on money. I'm not yet a rich man, so I'm not qualified to teach you how to get rich. If it is your goal to become wealthy, you'll find everything you need to know in the following two books, which can easily be found on the web as free ebooks:

The Science of Getting Rich (1910) by Wallace D. Wattles
Think and Grow Rich (1937) by Napoleon Hill

If you study these two books then you will know more than enough to become rich. Anything written by Robert Kiyosaki or Jim Rohn will also be *extremely* helpful.

Personal Values

Many self-help books, including those that teach Law of Attraction and related topics, present the acquisition of money as if this is the primary purpose of life. The authors are understandably trying to give people what they want, and publishers know which topics will sell the most books. Robert Scheinfeld openly admits in his “Busting Loose from the Money Game” course that the money reference is simply a hook to get you in, so you can then learn about the holographic universe and freeing your mind.

While there's nothing wrong with this, I do believe that an excessive emphasis on money is misguided. I don't recall J, Moses, Buddha, Muhammad, Krishna or Aristotle teaching people that happiness is found through the acquisition of wealth – or, for that matter, charging thousands of dollars for a seminar or a course.

Nonetheless, money is still a good and beautiful thing, and we need to understand it. Money enables us to purchase the tools and materials with which to be creative and express ourselves fully. Money frees us from survival stress, allowing us to pursue higher goals. There is nothing in any way bad or evil about cash. My R&D company is obviously going to require money; the more money I have, the more programmers, scientists and engineers I can work

with, the more products and services we can provide, and the more we can achieve.

The difference is the *reason*. We shouldn't be striving to be rich to satisfy our addictions, make ourselves feel superior, or gain power over others – all of which are ideas that come from ego. The *only* worthwhile reason to become rich is *to serve others on a grand scale and make the world a better place*. This will generate appreciation and make us feel good and happy!

In my opinion, as good people it's our duty to become rich, because then we can express ourselves on a national or global scale, and move the planet in a more positive and desirable direction. Good people do not often crave wealth, because wealth is power, and power does not appeal to us in the same way as it does to those who are dominated by ego. Nonetheless, to ensure a positive future for our planet and our descendants, either wealth and power must go into the hands of good people, and/or the people with wealth and power must become good. Wealth and power in the hands of wise and good people will repair the environment, feed the hungry, heal the sick, advance human technology, and produce world peace and a space-faring civilisation. So let's do that. Let's use our understanding of the universe to set up an abundant flow of money, then together we can create the kind of world we want.

The life of money-making is one undertaken under compulsion, and wealth is evidently not the good we are seeking; for it is merely useful and for the sake of something else.

Aristotle

How to Obtain Money

Money is an ego concept, dependant as it is on a perception of people, companies and so forth as separate entities. In the future, when it's common knowledge that we are all one, money will cease to be necessary as we all automatically act in harmony with our true purpose, for the common good. However, it will take some time for our planet to evolve spiritually to that point, hence for now money remains part of our reality.

Key Aspects of Money

1. Value
2. Self-worth
3. Freedom
4. Creativity

Money is an energy of *value*. To obtain money we must provide one or more services in exchange for it. Although it may seem that we exchange *products* for money as often as *services*, all products are themselves the result of service. The amount of money that comes to you usually matches the value of your services.

Money is an energy of *self-worth*. Those who attract a lot of money are those who believe they are worth it. When we believe that we have a high value and are deserving of financial rewards, whether that belief comes from our own opinion or the opinions of others, we will attract those rewards to ourselves.

Money is an energy of *freedom*. When we have money, we're able to affect the world in a much larger way, and we have many more options as to how to spend our time. Those who attract a lot of money are often those who are ready to be free, which means, they've developed their character to the point where their soul can reduce constraints on their behaviour.

Money is an energy of *creativity*. There's no point having money without ideas for what to do with it, otherwise it will just drain away. In fact, it's much easier to attract money when you have a plan for how it will be spent and what you want to create with the money – ask anyone who has ever had a business idea funded. It's much easier to obtain a million dollars to buy real estate or develop a prototype than it is to just have a million dollars.

Knowing these things, what strategies can we develop for attracting money?

Provide valuable services.

The services worth the most money will be those for which we are uniquely suited. Therefore we must:

1. *Convert ideas, knowledge and talents into services.* We all have ideas, knowledge and talents – the goal is to convert

these into services that will benefit others, and for which they will pay money.

2. *Identify the most valuable services we can provide.* These will be related to our purpose and passion, and perhaps also whatever we're doing right now. They will be services that solve problems for people. The bigger the problems you can solve, and the more people you can help, the more money you will receive.
3. *Create a system for exchanging our services for money.* This includes developing and implementing a business system, setting up payment methods, marketing, and building relationships with customers.

Increase self-worth.

As discussed earlier, this is achieved in two primary ways:

- Help other people so we feel good about ourselves. This increases feelings of deservability.
- Eliminate subconscious guilt through forgiveness and emotional/spiritual healing. This removes feelings of “undeservability”.

Become free.

There are several reasons why we might not yet be financially free, or are constrained within a set of circumstances:

1. Our life plan requires us to develop certain skills and knowledge.
2. We may need to develop our personality.
3. There may be relationships that we need to heal.
4. We may be playing it safe, remaining within our comfort zone.

Therefore, if we want to be free of our current circumstances, there are a few things we can do:

1. *Become skilful* within the profession or set of circumstances where we are currently constrained.

2. *Become more peaceful and loving*, so that when we become free we will behave maturely and create positive things.
3. *Practice forgiveness* with the people around you, and with yourself.
4. *Take a calculated risk*. If you're good at what you do, it may be time to branch out on your own.

Be clear about what the money will be used to create.

We need to think bigger than “paying bills”, because that goal does not engage our imagination and neither does it effectively leverage the Law of Attraction. Think about what you really want. Do you want to extend your house, go back to university, send the kids to a better school, travel around the world, start a company, hire more staff, upgrade your car? Write your goals down in order of priority, so when the money comes you can check them off!

Dr. John Demartini teaches that *we are all already rich* – we just need to find what we have that is of value, and figure out how to exchange it for money. Most people don't know where their money is hiding. They don't recognise the value of their particular skills and knowledge, which are the seeds of wealth inside them. For example, a plumber may have an idea for a water-recycling system that he can develop and license, and thereby become rich. An engineer may have an idea for building a bridge from Russia to Alaska. A 47-year-old church volunteer from Scotland might go on *Britain's Got Talent* and become an international singing sensation within a matter of weeks (Susan Boyle).

The hardest thing about converting this *internal wealth* into *cash* is that it takes time. It may mean putting in extra hours outside of your normal job in order to develop that prototype device or business plan, or to write that song or book. Of course, this is where it all falls over for most people. If we're not happy where we currently are, the last thing we want to do is more work! What most people do when they don't like their job is grit their teeth and bear it until the evening or the weekend, then find activities to make themselves feel better or forget. But nothing ever changes this way. Believe me, I know!

Money is not the answer to your problems. *You* are the answer, and you are infinite and eternal. An apparent lack of money is

produced either as a *side-effect* of guilt or ego-based thinking, or is a deliberate creation by your soul for the purpose of education.

To find our money, we can enlist the help of God/Earth/our soul to give us ideas. All we have to do is ask. Sometimes God provides resources, but more often we get ideas. When we pray for money, we rarely receive GPS coordinates of a treasure-chest buried on a secluded beach. Instead, we get inspired about things we can do, or create, that will result in money coming to us while simultaneously developing our character.

Ask to serve and you will receive ideas about how to do it. Ideas from God are always good ideas, and it's ego that causes us to think we know better. We should trust the ideas that come to us. This was a lesson I had to learn with regards to this book, and it was a very hard lesson. I kept asking my teachers what I should do to become financially free, and they would always respond "Write a book!". And I would always respond with: "Hmm, not too keen on that idea, surely there must be another way?" Frankly I used to find the process of writing rather emotional and tedious. I wanted to be an inventor or a movie producer. But they always answered the same thing, so eventually I capitulated. I *had* to!

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Proverbs 3:5-6

Receiving Money

Two parties are required for any transaction – one must be willing to give, the other to receive. It is not enough for people to want to give us money. Because we are the creators of our own reality, to receive money we must be willing and ready to receive it.

So, there are two main steps to obtaining money:

1. **Serve.** Give something of value, something that people will appreciate, which will set up a flow of money towards you.
2. **Receive.** Make sure you want money and *know that you deserve it*. Have a purpose for the money you will receive, which can be to reward yourself.

The actual act of receiving is simple. However, we must love ourselves enough to create that experience of receiving.

This step can be made more difficult by subconscious guilt issues, as discussed earlier. If you are serving and not receiving money, it means you consciously or subconsciously either:

- don't want it
- don't think you deserve it
- have limited ideas about how rewards can come to you

Sometimes we are serving others quite effectively, but deep down we know that what we're doing is not our true purpose, which can cause guilt. Usually the reason why someone does not live their true purpose is because of fear of failure, which is a result of painful memories associated with past mistakes. If we feel guilty about not living our true purpose, or about not being brave enough to try, this guilt can block our ability to receive rewards for the things we *are* doing. Emotional healing is the solution, which will both enable us to receive rewards, and facilitate a shift towards our true purpose.

Give More Than What You're Paid For In Money

As Wallace Wattles teaches in *The Science of Getting Rich*, it's a good strategy to always give more than the monetary payment you directly receive in return. This approach has two valuable effects:

- *Job security*. In the context of a company, if you produce more than you cost, then you're a good investment. You represent better value than other staff.
- *Bonus rewards*. It allows God to give you other rewards. If you charge a high price for your services, then you've already received your payment. However, if you provide a higher value than what you've been paid for, you may find yourself receiving other treats, such as romance, travel, gifts, promotions, etc. These can be even more enjoyable than the money.

Of course, money is not the only form of value or payment. People like J, Buddha and Gandhi were not known for being especially rich; however, it's hard to imagine that they ever went

without a meal or a place to sleep. This is because the people around them loved and appreciated them, and wanted to show them kindness. Money was never a consideration for those guys.

In the same way, if you have good relationships with your family, friends and neighbours, they will take care of you. Kindness and service will be remembered long after ordinary financial transactions. If we provide services for some people with no monetary cost just because we love them, then our efforts will be paid back in other ways.

Maximising Your Results

This section is not added out of greed. By maximising the number of people we help and to what degree we help them, we will be maximising our positive influence on the world *as well as* our financial rewards. Then we will be able to help more people, and so on.

Some people believe that money is a finite resource, and therefore if one person receives it, another loses it. However, finance does not work this way. There is truly a *great abundance* of money in the world, and in fact new money is being added to the economy *all the time*. There's plenty to go around, and no-one has to lose any for you to get some.

If we're solving people's problems then they win, and if we're receiving money then we win. Maximising our results simply means looking for bigger win-win scenarios. If everyone took this approach we would all be rich, healthy, happy and free. Everyone would have their problems solved and everyone would be receiving rewards.

Some people choose not to maximise their results because they think they don't deserve the rewards, whereas others are afraid to try. However, by thinking this way they are helping less people. It's my belief that all good and capable people should become wealthy, so that we can help millions of people and animals and have a large, positive effect on the world.

Here is a useful rule-of-thumb formula for estimating how much money you can earn by providing any particular service:

$$M = V * N / P$$

where:

M = the amount of money received

V = the value of your service per person

N = the number of people helped or served

P = the number of other people or companies who provide the same service

The quantity $V * N$ is the amount the market is prepared to pay for this particular service. This amount must be shared amongst the P parties who provide this service (although not necessarily evenly). This equation is obviously a simplification. The point is to show that the magnitude of your financial results will be proportional to the number of people you can help, and inversely proportional to the number of other people able to provide the same service as you.

Therefore, to maximise your results, consider all the services you can provide, then select the one that with the highest value, that will help the most number of people *and* that the least number of other people can do.

For example, even if sweeping a street helps a lot of people, it's something almost any able-bodied person could do, so it's not likely to pay very well. Helping someone with their science homework, on the other hand, is perhaps something not many people could do, but it only helps one person. However, what if you could teach science to millions of people by using the internet? This would generate a much larger amount of money.

This is how Microsoft produced such huge profits. They help very large numbers of people by delivering a high-value service that very few other companies can do, i.e. providing advanced operating systems and software. Similarly, Google provides the world's most advanced internet search technology to millions of people.

Overcoming Greed

Greed is not “evil”, because nothing is, and it's also nothing to feel guilty about because we should never feel guilty about anything. Greed is produced by ego and fear, causing a person to seek more resources than they need, in order to protect themselves and their family from a world they perceive as separate from themselves and thus a potential threat. Greed is a side-effect of a belief in separation and a lack of trust in our true self. The irony of greed is that it can cause us to make choices that actually reduce our success.

If we spend our lives serving and healing then we will only create happiness in our future and security will never be a concern. There is nothing to protect ourselves from, because it's all one. Everything is a creation of the mind, and there is only One Mind – ours. Better to heal our mind than to try and protect ourselves from it.

Discover your purpose and talents, then use them to help millions of people, and you will receive ample rewards *and* feel happy.

The Root of All Evil

Many people will be familiar with the Bible verse that says: “The love of money is the root of all evil.” While the Bible may not be a wholly true book, in the case of this verse I somewhat agree.

Note that it does not say “*Money* is the root of all evil”, as this verse is often incorrectly paraphrased. Obviously money itself is not evil, since far greater good has been achieved with money than without it. It's pretty hard to build a school, hospital, factory or research laboratory without money.

However the *love of money* implies backwards thinking. It implies a belief that money brings happiness. When people believe that money is the thing their soul yearns for, they may do silly things like steal, cheat or kill in order to obtain it. However, their subsequent guilt may then actually prevent them from being happy, no matter how much money they have.

Service and forgiveness brings happiness *and* money, plus health, friends, pleasure and every other kind of reward.

Compassion

You've made it to the last chapter! Hooray! Thanks for sticking with it.

So, now that we have some ideas about how the universe really works, along with some strategies for happiness, healing and achieving goals, what final conclusions can we reach?

It is my belief that this planet will be a much more pleasant and beautiful place to live if we develop more *compassion*. Starting with compassion, which simply means caring about the millions of people and animals that are suffering needlessly, we can then develop goals and strategies for changing this situation. This will improve the quality of life for every living thing on this planet *because we're all connected*.



We should help each other.

Our minds are connected with this planet. We are part of Earth and Earth is part of us. We are neurons in the Earth's brain. If Earth is unwell, it shows that the minds creating Earth are unwell. The symptoms of Earth's illness, which manifest as environmental, economic and social problems, reflect our own guilt, fear and greed. They are the result of societal structures based on a false belief that we are separate from each other. Our ego, which believes in death

and therefore is preoccupied with survival of the body, is constantly trying to defend itself, thus producing every form of dysfunctional behaviour – including indifference about other living creatures and the planet itself.

What would happen to our society if everyone understood that we are all one and that there is no death? What sort of governments, companies, cities, nations, buildings, vehicles, schools, hospitals and communities would we create? Would we treat each other differently? If all the greed, fear, guilt and pain in our world is produced from a belief in separation, what will the world be like without them?

Could we start to create this world now?

We need wisdom, forgiveness and scientific research. We need to understand we're all connected. If anyone is suffering, then we all are. The only reason we would let someone suffer is if we want to suffer, and the only reason we would want to suffer is if we feel that we deserve to. But we don't deserve to, because we've never done anything wrong. No-one has. To change the world, we need to forgive the past and see ourselves as God sees us: completely innocent.

Some readers will be familiar with the so-called “Golden Rule”: *Love your neighbour as yourself*. This simply means: *Treat others how you want to be treated*. In the past we've been told that this was something we “should” do, because Jesus or the church said so. It was a necessary requirement for “getting into Heaven”. However, in my view we no longer need to be told how we should behave by some external authority, which really only invites rebellion against the doctrine anyway. Instead, we can understand why treating others in a kind way makes sense, when considered from the perspective of science, reason and truth. *If all the people I perceive as being outside of me are really only aspects of my own mind, then if I treat them with love, service and forgiveness I'm really treating myself that way. They'll feel loved and happy, so then I'll feel loved and happy, too!*

Compassion is a sign of intelligence, wisdom and long-term strategic thinking. If we want a happy, healthy, peaceful and prosperous planet, *compassion is a major key*.

There are people in the world, right now, who are starving, freezing, dying of thirst or disease, or being wounded, tortured or

killed. They're *innocent* people, because we're *all* innocent. There are also millions of animals in cages in factory farms – animals with brains, imaginations, thoughts and feelings, just like us – who spend their entire lives suffering, sick and in pain just so people can eat meat.

Many people would prefer to block these thoughts out, to pretend that it's not our concern. We tell ourselves that it's someone else's problem, or there's nothing we can do about it, or that's just the way it is, or that existing organisations are already doing all they can. However, choosing to believe any of these things can't eliminate the pain in our own subconscious mind produced by their suffering, because we are all one. Our minds are infinite and all-encompassing, and *these things are happening inside our own minds*.

To deal with our suffering, we escape into books, TV shows, movies and computer games, or we try to overcome it with pleasure, or anaesthetise it with drugs. It should be obvious that these strategies are not working.

Human technology advanced rapidly during the 20th century, producing benefits in health, communications, transport, agriculture, information technology, engineering and every other aspect of human civilisation. However, this phase of rapid technological development also produced advanced weaponry, information control and media – tools now being used by the planetary ego to reinforce a false idea that God is either non-existent or uncaring. Choosing to believe this false idea allows us to conveniently project our guilt onto God, or at least, away from ourselves. We say: *how can there be a God if all these people are allowed to suffer?* Then it's God's fault, not ours, and we can simply shrug our shoulders and turn away. We choose not to acknowledge that *we are God*. God operates through us, so if we don't act, who will? We are all reflections of, and agents of, the One Mind, and when we learn to ignore the ego's tricks, God can act through us and thereby express love, compassion and infinite intelligence. We don't need to be geniuses to solve the problems of the world. We just need to have the *intention* to solve the problems, *listen* for the solutions, and then *act* on the ideas we are given.

Our own suffering doesn't cease when we ignore the suffering of others, but only when we heal them, and thereby heal ourselves. All the comforts of advanced technology will never eliminate the feeling of subconscious disharmony caused by our unbreakable connection

with suffering beings. You don't have to be a hippy, a Christian, a nurse or some kind of spiritual guru to care about others. You only have to want to be happy and at peace yourself *and* understand that that goal cannot be achieved until your brothers and sisters around the world are *also* happy and at peace.

If we want a better world, it's up to *us*. No-one else is going to do it for us. Look around – there *is* no-one else! When there's peace in the world, we will all experience deep subconscious peace, and that's *real* happiness. When enough people understand that *we are all one*, the hundredth monkey phenomenon will kick in and the whole planet will become aware of that key truth. At that time the ego-based systems of global society will cease to function, because the beliefs on which they are built will collapse. In the future there will be no borders between countries, no secret technologies, and no special privileges for people born in a certain place or having a certain amount of money. We will share the planet together as one big group of friends.

But what can I do? It isn't always obvious what we can do individually. Most of us, after all, have to work, spend time with the family, and do all the other things that have become part of our daily routine. However, there's one simple thing we can all do, and that is *develop compassion, and a desire to help others and make the world a better place*. Just having the intention to heal the world will cause the universe to move in that direction, and our own lives will automatically shift and change so that we have more time to do things that will contribute to the creation of a better world. Praying and talking about our desire will add to the effect, because our intention is then sent into the universe to take root and grow in the minds of others.

If we set our minds every day on the idea of Earth as a planet where *everyone* is happy and healthy, we *will* begin to create that reality. That's simply how it works. The universe will move in the direction of our thoughts *no matter what they are*, so let's be the intelligent species that we have the potential to be, and focus on a positive future. As we imagine a better world we'll get ideas from our souls, and the many other beings throughout the universe with whom we're connected, about how we can make that happen. Each of us has the ability to help literally *billions* of people and animals with our thoughts, words and actions.

We can also lead by example. Our kindness and compassion shown to others will cause them to "pay it forward", affecting yet

more people, who will themselves propagate that behaviour and so on. By making forgiveness, compassion and good deeds a *habit*, the number of people positively affected will grow exponentially, and in this way we can create a *global epidemic of compassion*.

So, let's start with a vision that we can all share and work on together. Imagine an Earth where:

- people take care of each other, and of all the plants and animals
- we share the planet like a big group of friends
- everyone is happy and healthy
- everyone has plenty of good food to eat, clean water to drink, shelter and clothing
- everyone treats each other with love, kindness and respect
- people always tell the truth

We don't need to worry about how Earth is now, because the *present* world is the result of our *past* thoughts. The *future* world will be the result of our *new* thoughts. If we set our minds and desire on the way we want Earth to be, get some ideas, and follow them up with consistent action, it will start to become that. Heaven is not somewhere up there in the clouds. It's a place we can create right here on Earth, together.

We gotta make a change. It's time for us as a people to start making some changes. Let's change the way we eat, let's change the way we live, and let's change the way we treat each other. You see the old way wasn't working, so it's on us, to do what we gotta do – to survive.

Tupac Shakur (1971-1996)

*Heal the world,
Make it a better place,
For you and for me,
And the entire human race.*

Michael Jackson (1958-2009)

Conclusion

I hope you enjoyed my first book!

As you walk around today, looking at stuff, just remember that it's all you. Really, literally, *all* you. There is nothing and no-one separate from you or outside of you. If you see or hear something that you like, *appreciate it* and thereby attract more of it. If you see or hear something you *don't* like, *forgive yourself* and thereby let it go.

Everyone we interact with is a reflection of ourselves, and of the One Mind; therefore, if we consistently seek to heal and serve that other person, we therefore heal and serve ourselves, creating our own happiness and abundant rewards. If we all can do this, Earth will rapidly approach a state that could be called "heaven".

Ask For Help

It's easy to feel stuck, especially when we're stressed out. Even knowing something about the topics we've covered here, in this world we often feel alone and that our personal problems are overwhelming. This isn't true, but in moments like this, don't be discouraged. Ask for help.

Our mind is infinite and connected to everything in the universe, which thus gives it access to all the information in the universe. If we think of ourselves as limited brains and bodies on an external and hostile planet, then naturally we will doubt our ability to solve problems. But when we remember that we are infinite beings, and that the whole universe out there is actually a creation of the One Mind, and that we are one with that mind, we can justifiably feel able to solve any problem. If the universe is creating you then it probably likes you and will help you!

The End

In the interest of producing something in a reasonable time frame, I removed a lot of stuff from this book that I initially would have included, i.e. almost everything about ET's, conspiracies, prophecies,

religion, astrology, health and planetary engineering. Maybe I will write more about some of these things later.

I don't have much time for marketing, because I prefer to work on creative projects as much as possible, and I figure, if the book is any good then word of mouth will take care of that automatically. So, if you like this book, you would be doing me a great service if you email the electronic version (which is free) to anyone that you think will enjoy it.

If you would like to purchase a printed version of the book, you can do so at lulu.com. I will advertise the precise link on my website at shaunmoss.id.au.

Please email feedback to: shaun@starmultimedia.biz

Thank you SO MUCH for reading my book, I truly appreciate it!

Have a great day!

Mossy



The world is like a ride in an amusement park, and when you choose to go on it you think it's real, because that's how powerful our minds are. And the ride goes up and down, and round and round, it has thrills and chills, and it's very brightly coloured and it's very loud. And it's fun – for a while. Some people have been on the ride for a long time, and they begin to question: is this real, or is this just a ride? And other people have remembered, and they come back to us and they say: "Hey, don't worry, don't be afraid, ever, because - this is just a ride!"

It's just a ride. And we can change it any time we want. It's only a choice. No effort, no work, no job, no savings of money, a choice, right now, between fear and love. The eyes of fear want you to put bigger locks on your door and close yourself off. The eyes of love instead see all of us as one.

Here's what we can do to change the world, right now, to a better ride. Take all that money we spend on weapons and defence each year and instead spend it feeding, clothing and educating the poor of the world, which it would many times over, not one human being excluded, and we can explore space – together – both inner and outer – forever – in peace.

Bill Hicks

Would You Like to Know More?

Books

This is not meant to be a bibliography, but a reading list! The books are listed in alphabetical order, although that's not necessarily the order in which they should be read. They are organised loosely into categories that reflect the structure of the book.

Here's a suggested approach:

1. Set aside some daily time for study, at least 30 minutes.
2. If you don't mind reading at the computer, you could start with some of the free ebooks. *Some of the best ebooks are free.*
3. If money is your primary concern, start with *The Science of Getting Rich* and *Think and Grow Rich*.
4. If health is a problem, start with *The EFT Manual*, then *You Can Heal Your Life*, *The Science of Being Well* and *The Body is the Barometer of the Soul*.
5. If you're interested in spiritual science, you'll enjoy *The Holographic Universe*, *The Field*, and *The Tao of Physics*.
6. Finally, if you want to get straight to the truth, get straight into *The Disappearance of the Universe* and *A Course in Miracles*.

Theory

Chariots of the Gods by Erich von Däniken

E.T. 101: The Cosmic Instruction Manual for Planetary Evolution
by Zöev Jho

Life Between Lives by Michael Newton

The Celestine Prophecy by James Redfield

The Field by Lynne McTaggart

The Hidden Messages in Water by Dr. Masaru Emoto

The Holographic Universe by Michael Talbot

The Tao of Physics by Fritjof Capra

Wholeness and the Implicate Order by David Bohm

Preparation

A Course in Miracles, Combined Volume, Third Edition by Dr. Helen Schuchman and Dr. William Thetford

As A Man Thinketh by James Allen

Conversations with God by Neale Donald Walsch (also books 2 and 3)

Matthew, Mark, Luke and John, a.k.a. “The Gospels” – the first four books from the New Testament in the Christian Bible

The Body is the Barometer of the Soul, So Be Your Own Doctor by Annette Noontil (also book II)

The Disappearance of the Universe and Your Immortal Reality by Gary Renard

The EFT Manual by Gary Craig

The Science of Being Well by Wallace D. Wattles

You Can Heal Your Life by Louise L. Hay

Application

7 Strategies for Wealth and Happiness – Power Ideas from America's Foremost Business Philosopher by James Rohn

Psycho-Cybernetics by Maxwell Maltz

The Science of Getting Rich by Wallace D. Wattles

The Secret by Rhonda Byrne

Think and Grow Rich by Napoleon Hill

You Were Born Rich by Bob Proctor

Links

shaunmoss.id.au – My website! Check here for updates.

www.emofree.com – Emotional Freedom Technique website.
Download *The EFT Manual* by Gary Craig for free.

www.scienceofgettingrich.net – Download *The Science of Getting Rich* by Wallace Wattles for free.

www.scienceofbeingwell.net – Download *The Science of Being Well* by Wallace Wattles for free.

www.thesecret.tv – Website for the movie *The Secret*.

www.wealthbeyondreason.com – Bob Doyle's website with tonnes of great material about the Law of Attraction (not free).

www.whatthebleep.com – Website for the movies *What the Bleep Do We Know!?* and *What the Bleep!? – Down the Rabbit Hole*.

From the Theory section

Even though the universe of our experience appears in many ways to be solid, objective and separate from us, it actually exists purely as we imagine it, and is being continuously created as we imagine it. The natural state of the universe is unlimited potential, and it is not until we engage it with our mind that it becomes formed into the reality that we observe and experience. Our expectations about how the future will unfold cause the universe to organise itself into the form of those expectations.

From the Preparation section

Every time we experience an emotional upset, this is an opportunity to forgive. In fact, once we really grasp the meaning and power of forgiveness, we can even become grateful for these moments, because they enable us to heal and advance. With each act of forgiveness our guilt unravels like a cheap sweater, and we feel increasingly happy and at peace. Forgiveness acknowledges truth, releases tension, and collapses the belief in separation. Through the continual, collective application of forgiveness we move humanity steadily towards unity, heaven, and a clear perception of truth.

From the Application section

Writing a goal down is the first sign of its manifestation. It has begun its transition from the morphogenetic field into the realm of form and experience. Many ideas come and go, and some may even gestate in our minds for a while, but goals that are written down have actually begun to manifest. When we first have an idea for something we want, it's like planting a seed in our mind; but when it's written down, it's like the seed has germinated and the first tiny green leaves are poking out of the soil. From that point all that's required are regular doses of sunshine and water, which is our attention and effort.



Shaun Moss

shaunmoss.id.au

shaun@starmultimedia.biz

ISBN 978-1-4452-3271-3

A standard linear barcode representing the ISBN 978-1-4452-3271-3. To the right of the barcode, the number "90000" is printed vertically.

9 781445 232713