

Light, Thought, and Choice

“So I declare what I found in my research of the atoms:
There is in fact no matter.”

Max Planck
Nobel Prize, Physics

Light

At the basic level of our creation we are energy. Energy is constantly in motion. This is not conjecture; it is a well-known aspect of Quantum Mechanics. We are vibrational beings. In fact, all things both living and not, at the atomic threshold are constructed of the same stuff: quantum subatomic particles. These, in turn, are simply energy oscillating at different frequencies. Light may be the ultimate energy, at least as it pertains to the 3 dimensional universe in which we reside. Light invigorates everything and may well be the source of everything. Light is vibrating even in the darkest regions of space. Packets of light energy, photons, are radiating below the visual spectrum even in the blackest of blacks. Einstein proved that light is timeless. The photon's timepiece is stopped at zero. Light is pulsing throughout our universe and is everywhere present, it is therefore omnipresent.

Humans come equipped with vibrational frequency translators that work in conjunction with our brains to allow us to interpret the physical world around us. These vibrational translators are our eyes, nose, ears, and our sense of touch, taste, and emotions. Interestingly, our eyes allow us to interpret considerably less than even one percent of the information carried in light, yet the vast majority of us are highly visually oriented. Most of us think of light as only that narrow segment of the electromagnetic force that we can see; the visual spectrum. And yet, light carries 10,000 times more information within it than the wisp of data in the visual realm.

Except for wavelength, all forms of light, whether visible to our eyes or emanating in a frequency we cannot see, such as radio waves, microwaves, infrared, ultraviolet, x-ray, or gamma ray, are identical. The electromagnetic spectrum includes all light energy from the slowest oscillations (long wave lengths) to the highest oscillations (short wave lengths). With current technology we can now detect light with wavelengths spanning thousands of kilometers to ones shorter than the width of an atomic nucleus.

With our natural unaided eyes we are only able to distinguish an infinitesimally small portion of the total light field. We see only the prism color band from red to violet. Higher vibrations than violet are known as ultraviolet. Lower frequency vibrations than red are known as infrared. Our eyes allow us to observe frequency oscillations within that narrow field of light vibrating between 400 and 700 nanometers. (A nanometer is one billionth of a meter) Everything above and below the 400 to 700 nanometer oscillation spread is invisible to the naked eye.

To put the above information in some sense of scale, were the total light bandwidth laid out on a football field - stretching from goal post to goal post - the portion we could see with our natural eyes would represent less than the width of a grain of rice located somewhere in the middle of the field. All the vibrational frequencies we cannot see in the electromagnetic spectrum would be represented by the entire width of the football field from end zone to end zone, except for that narrow slice the width of which is represented by a single speck of rice. Think on that for a moment. The implications are staggering.

There are two important points to the above illustration. First, we are generally most aware of those things we observe visually, and that's a very small percentage of what's going on around us. And secondly, the things we think of as solid and substantial are merely our brain's interpretation of an energy signature vibrating at a frequency we are able to sense.

So, the physical world is information inlaid within energy vibrating at different frequencies. The reason we do not see our surround as a giant matrix of energy patterns is that this energy is oscillating at light speed. In other words, things are moving way too fast for us to observe and our brains to process. This can be a hard notion to wrap your mind around. But consider for a moment what happens each time we go to the theatre. A film is merely a series of photographic still shots. There are literally gaps between each of the photographic frames, but the film is projected at a speed where our senses see only a continuous stream of information. Our physical world is like that. Everything is flickering in and out of existence at light speed. Our individual sense of continuity exists because of memory.

Literally, we perceive things by resonating with them. So, it follows that to know things of the world around us is to be "in synch," or in harmony with these things, or to be on the "same wavelength." The human brain is a highly discriminating frequency analyzer. The brain, like our visual acuity, only perceives things within certain wave lengths; otherwise we would be swamped with masses of wave-

frequency information. It has been demonstrated that wave-frequency patterns can hold incredible amounts of information. For example, I recently read in a scientific periodical that all the books in the U.S. Library of Congress (almost every book ever published in English), could fit within something about the size of a sugar cube were it constructed of simple wave-frequency patterns. Pretty amazing!

Energy and Prayers

Dr. Fritz-Albert Popp, founder of the International Institute of Biophysics in Germany, began his original research by confirming the existence of biophotons. His research demonstrated that living things emit a unique energy signature. In other words, all of us are continually giving off light photons in a range not directly visible by the human eye. Of course we know that light is the carrier wave of all kinds of information, i.e.: radio waves, television signals, etc. So, as it turns out, we seem to be radiating information about ourselves at all times and under all conditions. In the case of humans and perhaps to some degree all other life forms, the vibrational frequency we radiate vacillates with the thoughts we are focused upon. And the strength of our individual broadcast appears to be powered by the emotions we are feeling.

The quotation at the head of this paper by Dr. Max Planck, the “father of quantum physics,” continues: “All matter originates and exists only by a force, which the nucleus parts bring to vibrate and holds together the atoms as a tiny sun system. *Matter itself doesn't exist.* There exists only the invigorating invisible and immortal spirit as the source of material.”

The message here is that matter is simply a form of dense energy. Energy has become form, sustains form, and can shift back out of form. Taking this one step further, it seems that energy that does not vibrate at a resonant frequency will not harmonize. Remember, thoughts are also energy vibrations. Thoughts are broadcast on a frequency that equates to the scale of their emotional set-point. Therefore, consistent with the quantum understanding that “like attracts like,” we draw unto ourselves, or resonant with, the things that are synchronized and harmonious with the patterns of our thinking. This leads to the conclusion that what we are, and what we shall become, depends upon the quality of our thoughts. And this is absolutely true for our deepest and most powerfully held beliefs.

Those deeply held thoughts that engender the most emotional impact are what we are right now at this very moment. These are not our surface wisps of

thinkingness. We get what our deepest mental programs, our most fundamental subconscious conclusions actually believe is true for us. We do not get what we say we want. We get what we most powerfully believe at the subliminal level. Thus, we get a reality that generates the experiential qualities of our deepest held beliefs. Again, we do not get what we say we want. Nor do we get what we pray for, especially if what we are praying for is pleading for something we do not resonate with. We do get what we pray for when our prayers are consistent within the change of our fundamental belief system at its most rudimentary level. Thus, we get what we are, and what we are becoming.

Biology and Thought

Dr. Bruce Lipton, a cellular biologist who produced breakthrough studies on the cell membrane, develops in his book the “Biology of Belief,” that only about 5 percent of our makeup is actually gene specific. This means that blaming our gene pool for our pet problems is largely a cop-out. Lipton provides solid evidence to demonstrate that it is our thought patterns (our beliefs), that switch the rest of the genes within our individual recipe sequence either on or off. Just because a given gene is resident in our DNA does not mean it will get turned on. In effect, Bruce Lipton says that from a biologist’s perspective, virtually all that we are is encompassed by the medium of our habits of thinking. Seems like we’ve heard this before...

At this very moment each of us is the sum of all the thoughts and feelings we have ever thought and felt. In the words of James Allen, in his book, “*As a Man Thinketh*,” written in 1904: “What we are was designed and built by our own thoughts in our minds. If we nurture ignorant or evil thoughts, pain will soon follow. If our thoughts are healthy and beneficial, joy will follow us as surely as our shadows follow us on a sunny day.”

Like Attracts Like

Thought always attracts what is like unto itself. We simply gravitate towards those things we mentally image that are powered with emotional content. The things we visualize with feeling are drawn unto us irrespective of our wants. That’s because like attracts like. Love attracts love. Joy attracts joy. Kindness attracts more kindness unto us. And the absolute reverse is true. Therefore, we might want to consider suspending our irritation at the driver that just cut us off in traffic. Hmmm.

Our words reveal the frequency of our thinkingness. Thus, to be wise requires we choose our words carefully. Whereas it may be true that visual imaging is more

powerful than language, words definitely matter. They matter a great deal. Our words reinforce and generate continued thought chains. These, in turn, resonate and are responded to with things of like vibration. So it is that people who are alike attract each other. People who are not alike do not harmonize, because there is only a weak attraction going on, or none at all.

Perhaps you may be remembering about now, that you've heard it said, that when it comes to love relationships, opposites attract. And of course all of us know situations where that seems to be true. There are times when a person is attracted to something that is not a part of their own character. This is usually representative of a personality not fully rounded, and that is perhaps a bit extreme in one area. For example, a very shy person might be attracted to an outspoken extrovert. One seeks the other because their individual extremes need balance. However, in broader terms, an understanding that like-attracts-like is a pervasive rule present throughout the universe. From a relationship point of view, the old adage, "birds of a feather flock together," is significantly more potent than the meme "opposites attract." Therefore, if you want to know the vibrational set-point of the average of your thought patterns look at the people and the things you attract into your life.

Some of us are happy to understand this like attracts like connection. Many are "put-off" by such an in-the-face explanation. Why? Because so many of us are not really satisfied with where we are in life, what we are doing, the quality of our relationships, the obsessions and possessions of our current reality. For example, it is easy to say we really want the multi-millionaire mansion, when our guttural programming swears this is not the you it recognizes. To claim the stuff, if that is what you really, really want, you must rewrite the program that is presenting your current reality. We attract or repulse based upon the harmony or lack thereof, of the vibrational patterns we unknowingly emit. All living things appear to be attracted through the harmony of their vibrations. Even nonliving things may have this remarkable characteristic.

Entrained

I have a friend of over sixty years, named Andrew. He was once a well-known collector of antique clocks. About fifty years ago he insisted on buying a house from me that I had not even considered selling. He encouraged my wife and I to build a new home on a particularly scenic 40-acre piece of land we then owned. His underlying motive was to get our historic house with its high ceilings throughout, so he could hang his antique clocks, many of which were 8 and 9 feet high. Eventually Andrew put around forty antique clocks in the house with

another sixty in outbuildings. It was an amazing experience to be there on the hour and hear the chimes, cuckoos, bells, and so forth. But the more amazing thing was the ticking of many of these mechanical masterpieces. They were synchronized! How on earth was this possible?

Andy wasn't sure why it happened; it just happened. That seemed truly bizarre at the time, but later I was to learn that mechanically ticking objects, operating at the same beat, will entrain, or harmonize, within a few days of their being left close to one another. Entrainment is a term in physics, which refers to oscillating systems that fall into a synchronous pattern. How does it work? I do not know. But the process is everywhere about us, and it is common throughout the world. Take two tuning forks set at the same frequency, strike one and both will begin to vibrate. Quiet the first and the second will continue to hum along until the resonance is complete.

Dr. Rupert Sheldrake, author, biochemist, and Fellow of the Royal Society at Cambridge, and a Fellow at Harvard, has expanded upon a theory of former Harvard psychologist William McDougall regarding morpho-genetic fields, called M-fields for short. Sheldrake believes that the theory of M-fields will explain the entrainment phenomenon. In his books and papers on the subject of morphic resonance he speaks to M-fields being invisible organizing structures that have a modifying effect on plants, animals, and human behavior. He suggests that these M-fields tune in, resonate, and regulate things of similar structure, in accordance with the harmonics emanating from an archetype or alpha dominant. In laymen terms, that means be nice to your dog, and your dog will be nice to you.

Sheldrake predicts that M-fields are the unexplained occurrence whereby learning something becomes easier once it's been learned before by someone else. This might also explain strange chemical behavior where some substances seem to actually "learn" to perform a task much more rapidly once the task has already been performed. This almost philosophical approach to chemistry and biology has a growing number of supporters and sounds a lot like the earlier writings and concepts of the famous Swiss psychiatrist Carl Jung, who wrote extensively on psychological archetypes and the collective unconscious.

Jung suggested that there existed some kind of field outside time and space that reverberated betwixt things of a similar nature. In a similar vein, during the 1950's and 1960's it was widely reported that monkeys learning things on one island somehow transferred that information to another population of monkeys on

another island through a form of entrainment. This curious event resulted in the Hundredth Monkey Theory, a much debated theoretical concept.

Speaking of strange entrainment, Andrew, of the clocks above, shared with me quite recently that when he was suffering from a relatively serious illness. He would sit in his study for hours on end, listening to the various antique clocks ticking throughout the house. Eventually he would tune in to just one of the two dozen that are stationed throughout his new home. By allowing himself to be quietly entrained with one individual clock he dropped into an almost hypnotic, meditative state, which resulted in his becoming much more centered. Eventually he would arouse himself feeling refreshed and improved.

When Maureen passed away of cancer, we had been married 42 years. We had eight children together. Over the years we hosted numerous foreign exchange students in our home. In addition we took in some “honorary” children for extended periods of time; friends of our children needing some assistance for one reason or another. An interesting phenomenon evolved as our five daughters’ physiology matured. All five girls harmonized their menstrual cycles with Maureen’s. Likewise, the same happened when other young women were living with us. No one tried to do this, as heaven knows it made things a little crazy around our home. Yet, the women of the household had clearly become entrained.

Maureen had three sisters, all close in age. I’m told that the same situation evolved in their household when she was a young woman. Many households have noted this curious phenomenon. It is not unique. Things harmonize, whether we’re aware of it or not. All of us are routinely synching up with those around us. Marcus Aurelius, emperor of the Roman Empire a hundred and sixty years after Christ, summed up harmony this way: “He, who lives in harmony with himself, lives in harmony with the universe.” Quite powerful insight, made more so by its pure simplicity.

In my experience there are relatively few people quite ready to grasp the greater significance of resonance, which we tend to think of as harmony. Consider for example, how easy it is to pick up the energy pattern of others. It is actually rather hard not to synchronize with someone you know. If your friend is down and complaining, it will only take a few minutes for you to be viewing things from a darker perspective. Thankfully, the opposite is also true. Take a moment and consider your own inner harmony. Are you easily caught up in the stressors of life? Are you aware of the impact something simple like the daily news has upon

you? When a co-worker or family member is upset, have you looked within to observe how long it is before you are also feeling stressed?

Words Have Power

We express ourselves through words. The words we use often reveal what we're feeling; and what kind of balance, or lack of same, we're sensing about ourselves. Words evoke sensations. They can add to the stressors of our life or spread a soothing balm. Words have power. Words affect us all. Here's a big clue to what's going on inside of us related to the words we choose. The words one uses to describe others; is a clear reflection of the way one feels about him or herself. When our words are negative our thoughts are too. When our thoughts are negative, and charged with emotion, we are broadcasting that negativity out into the world. Thoughts broadcast with power begin the manifestation process. We are continually invoking the essence of our emotionally powered thoughts to manifest in our future experience. Think on that!

Much of our thinkingness is simply a reflection on unfiltered input. We need to watch what's flowing into our brain. Awareness is the first step. Once we're aware, we make more reasoned choices. When we step outside ourself and observe our actions neutrally, we discover that we're operating on autopilot most all the time. What emotions do we routinely associate with various types of thought? We need to awake from our robotic responses. This is the way to greater happiness, to think more clearly, and reflect intentionally upon uplifting topics and limit reflection on negative ideas.

The take home message is: Be aware. Observe neutrally without judgement. Recognize that when we're around others who are complaining, we'll shortly find ourselves thinking negatively and complaining more. So break away as soon as possible. The low vibrational set-point of complainers is not where we want to be. We must move ourselves away from that environment. If we can't get away, then start reframing the negative discourse of others into something more positive. People tend to stop their whining (or leave), when a listener presents a more upbeat, philosophical, point of view.

It is amazingly true that each of us is literally creating our life, moment by moment through the thoughts we permit ourselves to dwell upon and the words we use in normal conversation. It's important that we not forget that it is always the thoughts receiving our greatest attention that are well on their way to manifesting in our experience. Dr. Norman Vincent Peale once said: "Change your thoughts and you change your world."

Truer words are rarely spoken. Change your thoughts and your world will indeed change. It cannot be any other way. All of our lives are full of choices. Every moment of every day we are choosing. Each choice moves us up or down in vibrational resonance. When we avoid choosing, and default to others' decisions, positions, and conditions, we begin to lose our individuality and are even more susceptible to the mindset of others.

Each of us has the right to choose the life we want to live. If we avoid choosing, we diminish our options. Of course, not choosing is a choice too. One cannot reside in a happy state without marshalling mental resources and paying close attention to the thoughts circulating in one's own mind. It is vital then that we become decisively proactive in order to lift our vibrational set-point and be happy and at peace within.