

## More Thoughts on Thoughts

Scientific discovery usually follows thoughtful contemplation, although thoughtful contemplation may well be stimulated by scientific discovery. The point, however, is that we must not wait for science to give us permission to go beyond what is considered possible. Learning the current belief systems of science has great value. Daring to think beyond the recognized beliefs of science can be ennobling.

Science must not be the arbiter of what we can or cannot do; how we should, or should not think, what we may, or may not explore. Anyone of us is capable of doing the most amazing things where sufficient desire is focused through careful attention. We must dare to think in terms of possibility, not just within the context of what is known.

Personal discovery is the result of daring to look unflinchingly within. Few there are that have the will to face themselves.

Personal evolution is deciding to become something greater than you are. Personal evolution is a consequence of thinking higher thoughts, of transcending prior feelings, of rising above our ungoverned emotional responses to higher frequencies.

Intend what it is you want. Hold that clearly in your mind and give it your focused attention. Belief and commitment will follow. With continued clear intention and carefully focused attention, it is just a matter of time before what it is you seek will find its way to you.

Feelings are the condensation of past experiences. Feelings are the powerful emotional responses that drive our thoughts when we are not fully in control, when we are simply reacting.

Feelings are stored memories. The brain compresses experiences into distilled emotional content. Thus to feel, is to view things through the past. To not evolve is to live only through familiar feelings, where experience is strictly interpreted through past levels of thinking. To think greater thoughts than our feelings demand is to be oriented towards greater discovery and personal enlightenment.

Outside of things we memorize through rote repetition, the brain stores past experiences as feelings. Yes, we can recall some specifics about things in our past, but most of what we think of as remembering is the brain's logical reassembly of events around a core of emotional content. This is why the details of childhood experiences are notoriously inaccurate. Our memory has recorded the feelings associated with the experience and the recall of the experience is

our mind's effort to frame it around loose bits of detail such that we can make sense of it all.

When we live in response to our day-to-day feelings, we are living through the lens constructed from the thoughts connected to our past. That is exactly why we tend to repeat the same experiences over and over again. We are living through our past; failing to step up and explore a better way of being. We are afraid of the unfamiliar and tend not to trust the inward pull towards self-realization.

Why do we see through the lens of our past experiences rather than elevate our creativity into the imagining of magnificent future possibilities? Essentially, it is because we are lazy; it takes effort to think new thoughts, to conjure new potentials, to rise out of lethargy and demand more of ourselves. It is oh-so-easy to relax into the trap of doing what we've always done, whilst desiring, or even expecting, different results. Wasn't that Einstein's definition of insanity?

When we demand more of ourselves, and take the time to truly change our mind, we inevitably change our life. No exceptions. Change your mind and your life will change. The problem is that most of us decide to change, and then fall quickly back into prior ways of thinking. Because we have only held new thoughts in mind on a temporary basis, the impact is fleeting.

What does it take to break out of the habit of being ourselves? We have all desired greater things and made conscious choices to do, or have, but when we lose focus on the objective we immediately slip back into the person we subconsciously believe ourselves to be. We must conceive and believe, and then act as if. What does this mean? We must decide what we want, and then we must focus on it again and again, until it becomes a new habit of thought, and then we must act as if it were already so.

When we think greater thoughts, and dwell on things that inspire and elevate us, they immediately begin to reshape our mental conditioning. As we exercise the will to stay focused on the good, our mind begins to play with new outcomes, to viewing things from a better place, to believing in greater possibilities. We literally can become a new us.

Our personal reality is a composite reflection of our own personality. It is truly amazing when you take the time to think about it. We are, indeed, the sum total of all the thoughts and feelings we have ever thought or felt. To change ourselves we must think differently. It is not something we must do, in truth it is harder than that, it is our default thoughts that we must rethink, recalibrate, focus upon and reset.

Greater energy flows to those who dare to think greater thoughts. One cannot be inspired by the mundane, the rehashing of the same thinking patterns. It is only

through raising our sights, committing ourselves to our own individual progress, to daring to be something greater than we are, that energy and inspiration are marshaled to provide us the power to evolve.

In the words of Dr. Joe Dispenza, "Thoughts matter and they become matter. We can't separate them. Our thoughts influence physical phenomena: they interact with all the matter in the universe. ...Knowing that our thoughts are controlling the environment, instead of having the environment repeatedly create our thinking, finally puts us at cause instead of effect."