

Reflections and Conclusions

“Reality is merely an illusion, albeit it is a persistent one.”

Albert Einstein

Einstein declared *“Everything is energy and that’s all there is to it.”* Tesla stated that everything in the physical universe emanates from energy, vibration and frequency. Science is agreed on this point, which means that nothing is truly solid, at least from a quantum point of view.

Everything we think of as solid is comprised of atoms, which themselves are almost entirely empty space, although they likely contain fields of energy, as yet unidentified, but generally referred to as zero point energy. Science confirms that we do not actually feel physical contact. Our nerves feel the strong electromagnetic pushback between atomic forces. This is not easy to appreciate, considering I just fell down a set of marble stairs and broke several bones. Why did I have so much damage were it just energy fields pushing against one another? It defies common sense. This is the classic definition of a paradox, something that seems to go against common sense, but when you look more closely turns out to be true.

A moment’s reflection on water may give us an example of how we might reflect on the paradoxical understanding of force fields verses solidity. Water can be frozen so hard we can slip and fall and break bones on ice just as if it were unyielding marble. And yet, change the temperature of water, which is simply energy, and the results are completely different. The atomic force fields that comprise marble are apparently frozen in semi-permanent rigidity. At least that is true in the 3 dimensional world where we are now exploring physicality. Rise up a couple of dimensions and that same marble may be as permeable as water. Who knows?

Another apparent paradox is that we appear to live within a vibrationally produced, highly sophisticated, 3 dimensional holodeck training module, designed and comprised of frequency emanations. That’s a mouthful, and clearly not intuitive. It is definitely not common sense. However, we have come to understand that the reality we experience is largely a production of the frequencies we broadcast, in concert with our most powerfully influential memories. This composite broadcast is projected on to the screen of our reality and that of the collective whole. Frequency vibrations interacting in concert with other energetic vibrations create the harmonics that produce each of our distinct

experiences. Reality does not always provide the same drama, although the same essential play will stay in progress until we change the script. What reality shows us is about as much as our current level of awareness can actually process. Because most of us are vibrating within a limited range of frequencies common to most humans, we tend to see and experience things in a similar way.

Thoughts have an energy signature. This is not conjecture, it is replicatable science. Our thoughts radiate like a signaling broadcast on our unique frequency. Every thought attracts a matching signal in return. In concert with the Law of Attraction, we draw to ourselves the essence of our predominate thinking. In effect, how we experience life is akin to a subconscious orchestra playing the vibrational notes that comprise the reality we sense, feel, and believe. It is important to realize that it is our most fundamental beliefs that form the primary creative force of our experience.

If we feel stuck, depressed, or trapped in debilitating anxiety, it is because we are bathing in the same thought-beliefs and their associated emotions continuously. In effect, we are listening and feeling the same negative broadcast over and over again. To escape lower negative frequencies, we must change the channel and tell ourselves a different story.

To quickly recast the “circumstances” we “believe” that are causing our anxiety, depression, etc., reach for humor. Yes, that’s right. HUMOR. After all, laughter really is the best medicine. A full belly laugh relaxes our entire gestalt. Our mind lightens up, our jaw slackens, stress lines relax, the tightness in our chest begins to release and our stomach calms. So to change obsessive thinking, find things to laugh about. This requires we refocus on uplifting things and keep moving away from ugly conclusions. We must remain on guard and move quickly from the negative down-regulating feelings, when they return, in order to create streams of thought that lift our emotions towards kindness, caring, love, and joy. Eventually, the more uplifting thoughts become the stronger beliefs.

It is vital we grasp that we are literally remaking ourselves moment by moment. We do this through the thoughts we think and the emotions we feel. It is important to recall, that these energetic vibrations are colored and shaded by our most powerful subconscious beliefs coupled with the stories we tell ourselves. To change, we must carefully and consciously think and speak higher vibrating thoughts, those powered by positive, uplifting, feelings, until these finer concepts become our new unconscious beliefs. This is the way.

We attract into our experience that which corresponds to the sum total of our current state of consciousness. The law of attraction works automatically. Like a mirror, it reflects the image held before it. We must free ourselves from the belief that external conditions are imposed upon us and step up and take responsibility for everything in our lives, just as it is. We can change things, but to do so, we must reach for higher frequency thoughts. This may explain John 12:2 where Jesus is quoted as saying, *"In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you."* A quick footnote on this verse, the word mansions as we understand it in English came to us through Hebrew into Greek, into Latin and finally to English.

It is my understanding that we are eternal souls having a temporary mortal experience. We are not here as victims to repay some kind of negative karma. We are here as volunteers to gain physical experience. Why? Because we can learn all about an experience, but until we actually have it under physical conditions we do not really know the thing we've learned about. In the past I have written about map makers verses the hikers using the trails a map maker has created. A map maker knows what the trail should be like. They know the routes and many details, but until one has walked the trail, experienced the hardships, dealt with the surprises that arise, and finish the trail objectives, the map is only a guide, a supposition. A map is not experiential knowledge. We do not know until we do. We may know about something, but until we experience that something, we do not truly know it.

In our spiritual home from whence we arrive, we were excited to choose our family and the timing of our birth to create the conditions necessary for our personal evolution. We are way more than we think we are. After all, we are children of divinity. But just like our own children, we grow and learn based on the physical experiences to which we are exposed. Our soul arrives with purpose and specific intentions to experience the things we have decided are needed for our greater growth and development. We do not arrive to mortality with a rigid script, but with a desire towards specific kinds of experience.

The family we choose is not for bliss and ease, but to provide the circumstances which will most likely make our purpose and intentions necessary. Like a map maker, we assessed the probability of the emotional and circumstantial pressures that were most likely to generate the capacities our soul came to experience. But it is not real until we've felt the mixed feelings and dealt with the reality we thought we knew. After all, map making and walking and experiencing the trail are very different things. Feelings of cruelty, anxiety, injustice, and pain, when

viewed in the context of our own personal growth, reveal situations that appear to have been custom designed such that we experience precisely what we needed for our own spiritual evolution. Not because suffering is good, but because the growth that may ultimately result from our suffering comes in no other way.

Free will exists. The choices made by each of us, especially within a family setting, impact everyone else in the family. We do not arrive with a predestined plan fully developed, but with a mission to fulfill that seems best suited to our specific experiential needs. We selected the family we will become a part of with full awareness. We chose before we were born. We're still choosing and deciding exactly how we experience every encounter in our lives. How we choose to respond to the experiences we have, is entirely up to us. The choice is always ours, and ours alone.

We are NOT unchanging beings. We are in a continuous process of energetic activity. The universe delivers what we subconsciously, expect. Our reality is fashioned by what we are, not what we wish for, not as a result of some mysterious value system, or what we pray for, or the essence of our lofty ideals, but precisely as a result of our most fundamental beliefs. Our deepest held beliefs, those subconscious thought programs usually operating just below our conscious awareness, are the filters and scripts creating the reality we experience.

Again, each of us has volunteered to be here now. We are not victims of a pre-designed plan. We are the designers and cocreators of this plan. We chose the time and place so we might experience our highest and fastest evolution. Just like building physical muscle, our soul must be exposed to stress in order to grow and mature. Of course, as physical beings we want things to be easy, but easy does not produce superior results. Struggle, difficulties, frustration and upset are our most powerful teachers.

As we change and upgrade our beliefs, we change the world of our experience. Imagination is the greatest gift. We can imagine and design a new and improved version of ourselves. We become what we think about, so why not focus our thinking on how to become the best version of us?

To summarize. Every thought vibrates, radiating a signal broadcast on its unique frequency. • Every thought attracts a matching signal in return. • We draw to ourselves the essence of our predominate thinking. • Whatever we give attention to in our NOW unfolds in our future, whether we want it to or not. • The longer we

dwell on specific thoughts the stronger they become. Our attention invites manifestation. • Our life experience is unfolding in precise response to the vibrations that radiate as a result of our thoughts. • Worrying is using our creative imagination to create something we do not want. • If we want our life to change, we must think different thoughts. What we think and buttress with feeling will present itself in our experience because they are a vibrational match. • Our deepest felt desires, fears, and intentions, create the experience we will be having in our future. • Our thoughts are our reality.

Each of us creates our own life, moment by moment, with the thoughts to which we give the most attention.