

Going With The Gut



A Course in Natural Coherency
By Reverend Doctor Toni Petrinovich
Book One: Coherency and the
Energy Informational Field

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The Force

Humanity is connected by an invisible force. Many people believe that this connection is in the mind. Yet, the mind is only part of this hidden force. It is an instrument used to create definition within a vacuum that is a super dense, cosmic, frictionless medium. Your mind is a tool that you use much as you do your computer. Your gut is immersed within this field and accesses information from within it.

This unseen medium acting as the carrier of information is comprised of standing waves. A wave is a disturbance in any medium and for our purpose you can consider the invisible force we are talking about to be that medium. When there is movement within that environment, it has been disturbed. A standing wave remains in a constant position. This occurs as a result of interference between two waves traveling in opposite directions. Your vibrational standing wave emanates from within your center. Wherever you are, whatever you are doing, you are a standing wave in this instant.

The disturbance is really the difference between two energy states because there is only the one medium - space. For our purposes, we will refer to the medium *as* space. This is not space that is empty. It is space that is an agency for movement. This activity within the setting of space is either in motion or potentially in motion.



Your standing wave emits from your energy center – your belly. Your gut holds the center of your space.

The standing wave is created by two waves of similar wavelength traveling in opposite directions. The waves flow into the center at the same time the waves flow out from the center. Though this is a 2D picture, if you imagine it happening in 3D, you will have a clearer picture of how the standing wave affects its environment and is affected by the same environment in all directions.

This invisible force, space, responds to human emotion, which is energy in motion. When you focus on being coherent, your invisible force aligns itself into an even wave amplitude and you feel calm and at ease. Your belly is relaxed. Your gut is at ease.

Your emotions contain information which is carried by your energy as a carrier wave of the emotion's frequency. This is how you create with your feelings and emotions, based on your gut instinct. What do you want your emotional state to say?

First you have a feeling and then you express it with emotion if you are feeling it strongly enough. You are a creator within this ever-present medium we are calling space. Your feeling comes first and creates thoughts.

Information

What is called "energy" in this dimension is a carrier of information. Information is defined as a pattern, form or structure. Energy is the power to do the work that creates the information. This information is either coherent or incoherent dependent upon your present focus. Your gut tells you whether your information flow is coherent or incoherent through the feeling you are experiencing in each moment.

This information is created by the thoughts, words and actions of all living creatures plus the natural attributes of manifestation. This concept includes all life. Every manifested source of life in this dimension creates informational structures that are constantly emerging from and entering into the center of the idea of the standing wave.



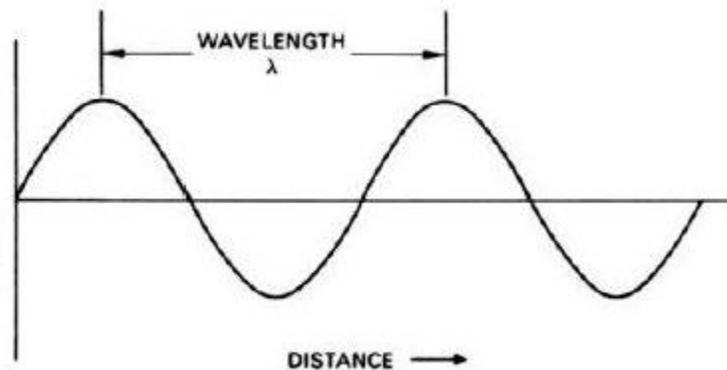
The information referred to is stored in an invisible field known by some as the Akashic Field. This field conserves and conveys information within itself. It is a

cosmic information field based upon the informed universe within which you exist. It “resides” within the space that was referred to in the opening paragraphs. These records are constantly being rewritten by every thought, word, emotion, feeling and action of every human being. Here is where you can begin to contribute to your Akashic Field so that coherency becomes your default position.

Your gut will tell you what you want that contribution to be by alerting you to the value of the information you perceive around you (based upon your beliefs). How you respond to the material evidence flow will determine your state of coherency or lack of it.

A *field* can be defined as a condition in space that has the potential of producing a force. Charges within the field create a condition in the space around it so that other charges feel the force. The universe is filled with fields that create forces that interact with each other. The more coherent you are, the more you draw coherent experiences to you. The standing wave being emitted from your center point transmits a frequency that attracts coherency to you, if you remain in that state.

So. What is coherency? It is a wave of information in which the troughs and crests (the up and down) are equal in amplitude. Amplitude is the measurement space between the trough (bottom of the wave) and the crest (top of the wave).



(Photo courtesy of daviddarling.info)

A field is composed of energy that is a force or power manifesting in wavelengths of different frequency. The energy carries information that is a pattern, form or structure. The frequency of the information is created by how many times the energy oscillates in a given period (usually a second, measured in hertz). The form unfolds itself through a process of emergence creating a non-linear experience for

all sharing the field. You instinctively recognize this field through your gut, your power center. How you respond to it depends upon your state of coherency.

A group resonates at a wavelength frequency produced by the whole. The frequency of the wavelength can be coherent or incoherent. A coherent wave has even crests and troughs (highs and lows). An incoherent wave is uneven in its distribution of its crests and troughs. Coherent waves create the feeling of “good vibes” while incoherent wavelengths are experienced as “bad vibes”. In truth, they are neither good nor bad; positive or negative. They are simply waves of energy emanating from the center of each aspect of creation.

Constructive interference is a predominance of coherent waves. A majority of incoherent waves is known as destructive interference. The most harmonious experience is coherent waves which are slightly higher or lower than each other in frequency. This is usually what is experienced in a unified field since each person has a slight variance in his or her frequency and all are seeking a coherent field.



The entire field is part of All That Is. In other words, each piece is an entire piece of the whole and non-local. Each portion impacts every other piece creating a unified experience for all. Each time an experience is shared, attention is

brought to it. This enforces the experience for all and attracts more of the same vibration within your awareness, which you feel and experience within your gut.

E-motion contains only the positive or negative significance assigned to it by you. You may look for that which is familiar and attempt to place all unfamiliar interactions into a more comfortable context through the energy of emotion. Emotion is personal and relative to you. If you place attention upon an interaction, more of the same will be created until your focus is shifted.

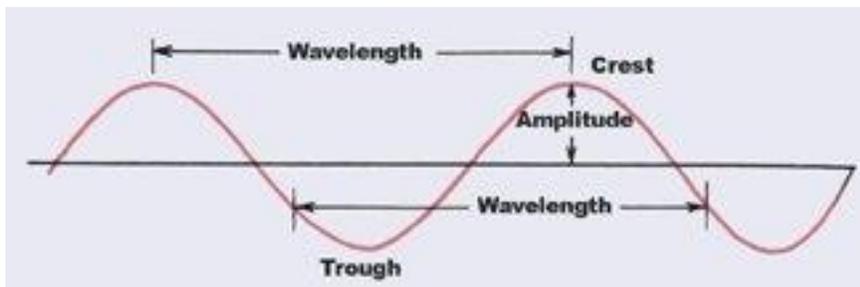
How It Works

What makes it work?

Is it consistent or are there differences in the energy and the information that it carries? How does it affect what you receive or transmit through your gut, the center of your power?

The waves are composed of coherent and incoherent frequencies. Coherent waves are composed of waves having a constant difference in phase (troughs and crests are consistently the same height and size). Incoherent waves are inconsistent in phase. Your gut immediately recognizes coherency and attunes to it. It will also recognize incoherency and resist it or push it away. This is how you know whether you want to be with certain people or in particular situations. The coherent ones will attract you. The incoherent ones will repel you.

Coherent waves create constructive interference that is a set of interfacing waves in a harmonic. They are overlapping or symmetrical. The result is increased energy and more information.



(Photo courtesy of daviddarling.info)

You know when you get that “gut feeling” about someone. It tells you that you are either going to enjoy the experiences you have with them or not.

Incoherent waves create destructive interference, opposite waves interacting, sometimes seen as a flat line. Incoherent waves do not resonate because they have no relational points with which to intersect and combine. And, remember, that whatever you consider positive or negative is absolutely personal to your view of reality. While your gut reaction will be clear, it will also be influenced by your belief about all situations and your expectations of other people.

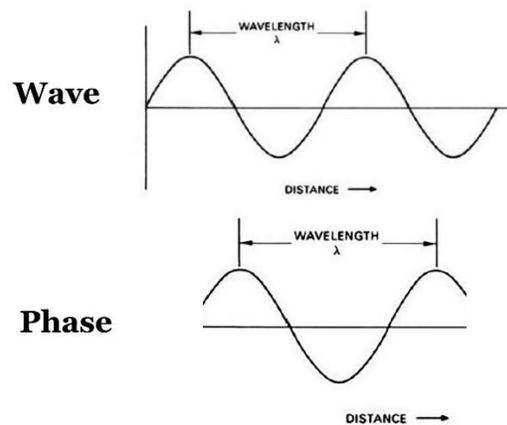
Imagine pebbles being dropped into a pool of water. The rings of energy that are emitted from the pebbles go out in patterns that interfere with each other. Each interference pattern creates a new set of waves, some constructive and some

destructive. There is always destruction before there is construction. Even studying this course is destroying certain information and constructing new information.

Coherency within the space establishes communication. It works like a subatomic telephone line. The greater the coherency, the finer the telephonic network; similar to all of the photons playing individual parts in an orchestra, yet you hear only the composite.

This is you in your life all day, every day. You can create harmony and coherency by being present in each moment, breathing into each moment and acknowledging your divine heritage. You can acknowledge coherency or lack of coherency by listening to the power center in the very middle of your body. It will always say, “yes” or “no”. The feeling will be strong and recognizable.

While the most common expression of coherency is something that is logically coherent or connected, I prefer the physics idea of waves that maintain a fixed phase relationship, as in coherent light. Why? Because you are light (bio-photons) and it is the fixed or stable phase relationship as light that allows you to feel what coherency creates within your physiology, including your mental and emotional states. (A coherent phase is a portion of the wave that holds its fixed relationship to the entire wave.)



Coherence is the underlying principle of all systems within this dimension. Resonance and harmony are the result. If we use two people as an example, the two bodies do not need to be in exactly the same frequency of vibration. They each do need to be in a *stable phase* relationship within themselves. This is where authenticity, integrity and personal truth come into the picture.

Harmony

It is easy to feel a sense of well-being, harmony and resonance when you are in a group that is like-minded with one clear focus. It is another aspect altogether to be surrounded by others who are incoherent (meaning out of personal, stable phase relationship). No system, whether a romantic partnership, a family, a company, city, state, nation, globe, solar system, galaxy or universe is able to survive, far less thrive, if the individual constituent parts are incoherent – out of phase within themselves.

Again, remember – this does not mean that the individual or the physiological systems within an individual have to be exactly the same frequency. Each of your body's constituent parts (brain, heart, organs, muscles, etc.) rely on a synchronized participation. Relying on your instinctive knowing creates the coherency you wish to experience and the coherent frequency you wish to transmit.



An authentic state of well-being felt throughout your system creates a state of coherency that floods your field with the coherent light that emits from you, from the very center of your torso. A state of incoherency creates disruption within the phase of frequency. It is out of alignment with the natural status of nature (hence, the word) and out of resonance with that which is coherent and thriving in your environment. It makes you feel as though you are disengaged within yourself and you can really feel this in your gut when it happens.

Your intuitive knowing is constantly emitting frequencies that are read by your autonomic nervous system as it adjusts your physiological status. When you resist its urging, its intrinsic message, relying instead upon the conditioned patterns of your brain, you set up a stressful pattern within your body creating incoherency. Your gut will always tell your mind what to do, if you listen.

You know what it feels like to want to express instinctively and yet fight the urge because the fear in your brain/mind complex is screaming at you out of its mass

mind conditioning. And, since the mass conscious support is based upon fear and all that follows in its traumatic wake, it is easier to cave in to the brain's terror than to silence it by turning your attention and focus to the promptings of your gut. Not only does this produce unwelcome results in the environment of what you call your life's circumstances, it also creates a great deal of stress within your physiology including high blood pressure, loss of sleep and general overall discomfort.

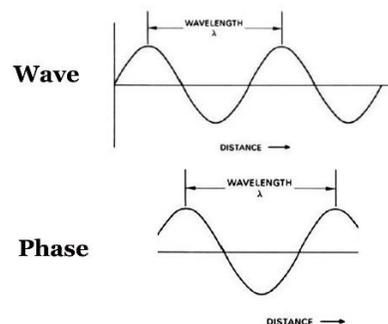
Your bodies and your life are dependent upon your living in a coherent state. It is the natural condition of your being. It is what activates the responses you desire within the Principle of Resonance. It is the basic principle behind the optimal operation of PCAR – phase conjugate adaptive resonance.

Take a stable, coherent stand right now – in your life – in this moment. Focus on the power you feel within your soma. Remember, you can't fool your gut, you can't bluff the Principle of Resonance and you certainly cannot outfox PCAR. After all, it is *your* life and that divine expression is naturally flowing in a coherent state based upon what you truly feel.

Coherency Review

Your waves are composed of coherent and incoherent frequencies. Coherent waves are composed of waves having a constant difference in phase (troughs and crests are consistently the same height and size). Incoherent waves are inconsistent in phase.

Phase of a wave oscillation is the fraction of a complete cycle that corresponds to an offset in the displacement from a specified reference point. Each oscillation is identical. It measures an oscillation cycle according to a pre-designated time/space scale.



Coherent waves create constructive interference that is a set of interfacing waves in a harmonic, overlapping, symmetrical. The net result is greater energy and more information. Your gut tells you when you are coherent or not.

There is a third interaction, as well. This frequency is slightly higher creating a new frequency when resonating together. It is called harmony. Harmonic resonance is the state of well-being preferred by most bodies and is reflected as certainty within your power center.

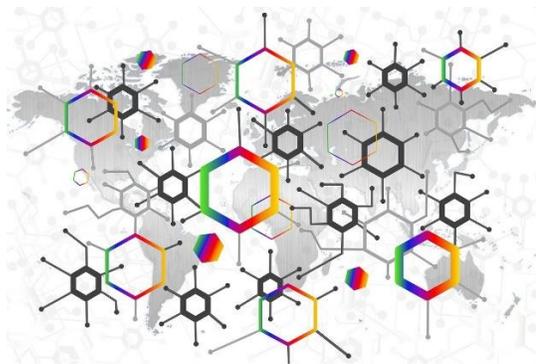
In the famous experiment of a tuning fork tuned to the same frequency of a crystal goblet that breaks the goblet when struck, the goblet contains as much of the frequency of which it is composed as it can "hold". Striking the same frequency note with the tuning fork creates too much constructive interference and it breaks the goblet because it cannot hold that much information in its present configuration. Harmony is the most desirable interference within frequencies.



All frequency waves are composed of elementary particles. Elementary particles have no substructure. They are not made up of smaller particles. These elementary particles exchange energy through other quantum

particles, combining and annihilating each other in less than an instant. A quantum particle is the smallest quantity of radiant energy.

The energy exchange creates fluctuations within space with no apparent cause. The disturbance within the medium comes from a frequency dimension that is not visible. This exchange is created by "virtual particles" that exist only during the exchange, not before or after. It is these virtual particles that stimulate the instinctive feeling you get when you are moving out of coherency. They tell you to recalibrate your experience to bring you back into coherency.



Silence Within Coherency

Sit quietly, still and breathe into the center of your body. Breathe until you slow your thoughts and physical frequency. Keep your attention focused on your breath to keep you present in the moment. Breathe.

If thoughts arise troubling you or you are preoccupied with your mind's activities, let them die down; let your mind know you will have time later to contemplate those issues. Their time is not now. This is *your* time, your sacred time as the I AM in human form. You have entered into coherency.

Let the inner chatter quiet down. Take your time. As your mind begins talking with you again, simply bring its focus back to this moment, this breath. Breathe. Breathe, again. Feel into your gut. Relax it and let it follow your breath.

Now, allow yourself to feel an opening within the center of your body, your power center, your gut. Simply allow your breath to open space in that physical area. Breathe into it. Let your breath be your guiding focus. It is always there and is always with you. Use it to bring your attention back around to its focus on the breath.

Open more and more to the frequency upwelling from within your center of feeling, the power that you are as I AM. Realize that you sit as I AM, you focus on I AM. You are I AM. You, as I AM, are always in a coherent state.

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Book Two: Why Maintain Coherency

Focusing on Coherency

What is the great emphasis on coherency? Is it really that important? If it is, why don't more people, the health professions or religions emphasize this state of vibratory state of living? Could it be that being self-empowered through your gut's dynamic voice doesn't fit in with the domination of the masses through fear?

In a mechanistic world where most scientific investigation is purely repeatable experiments and in which religions are based on fear, a concept derived from the state of your frequency wavelength is not common knowledge. Yet there are many scientific research institutions working on the qualitative and quantitative applications of coherency in health - mentally, emotionally and physically. Let's apply it to spiritual well-being, as well. Your gut emanates as spirit.

Not only is coherency the underlying principle of all systems within this dimension, without it the natural world, including you, would die. It is loss of coherency that promotes dis – ease and distress.



The basic idea of coherency is that the troughs and crests (ups and downs) of your energy wavelength are equal. It doesn't matter what the frequency may be (how fast the wave goes up and down). It is simply important that when measuring the phase of the wave that the reading is consistent in amplitude (up and down measurement). This type of energy wave supplies the necessary foundation for communication of all types from radio waves to the intuitive hits you receive.

This is how your gut instinct fuels your intuition. This is the state of your knowing and the foundation of your personal, self-fueled authority. And because all communication is dependent upon coherency, the coherent state you create fully emphasizes what you already know is true for you.

Coherence is a wave property enabling constant interference. In this case, the idea of interference means the addition of two or more waves that creates a new pattern. When interfering, two waves can add together to create a larger wave (constructive

interference) or subtract from each other to create a smaller wave (destructive interference) depending upon their relative phase. Remember, a phase is a fraction of a wave that has elapsed relative to any given point.

An authentic state of well-being felt throughout your system creates a state of coherency which floods your field with the coherent light of which you are composed. A state of incoherency creates disruption within the phase of frequency. It is out of alignment with the natural status of nature, since all of creation is naturally coherent, and out of resonance with that which is coherent and thriving in your environment.

While defining a state of coherency as a logical, orderly and consistent relation of parts may give it standing in a scientific treatise, the same definition conjures up a completely different picture when you apply it to yourself. Your bodies (physical, emotional, mental) rely on this state of congruity to maintain healthful life. When you want to make life-enhancing decisions that align with the life you wish to create, your brain/mind complex relies on coherency within itself to do so. Your gut has its own brain and it sends the proper, immediate signals to your head's brain/mind communicating the proper word or action in every moment. It is the mind's belief system that will attempt to override the brain in the gut.

Your bodies and your life are dependent upon your living in a coherent state. It is the natural condition of your being. It is what activates the responses you desire within the *Principle of Resonance*.



From living joyfully and well in the physical world to having consistent meditative states, from being able to communicate easily with others to tapping into the Cosmic Mind, all of your faculties rely on your consistent congruency and coherency. There is nothing more valuable than aligning with the message you brought to this earth – consciously and with a depth of awareness

enabling you to fulfill your deepest yearnings for your life. What could be more important?

Biological Waves

The physical senses are deceptive with the exception of your gut response to every situation. The eye receives energy wave information, transforms it into an object and the visual sense perceives it as real. Actually, it is simply a wave interconnected with all other waves in the universe, which are in a *constant state of change*. Since all waves are connected, if one aspect is going to change, all aspects must be taken into consideration. It is a streaming of information within consciousness and it is connected to your gut's informational center, which is your earthly foundation from the moment you are born.

The blueprint of your DNA is made up of energy waves. All of these waves affect your entire physiology, which is itself an energy wave. DNA responds to the information in the energy wave and creates accordingly. DNA is a holographic representation of a set of parents' combined DNA influenced by their lives and the choices they have made. This combo DNA is passed to you as the child. You instruct your DNA in its expression through thoughts, feelings and beliefs as emergence within consciousness.

The issue that arises here is one of your knowing as purely spirit versus the information stored within your inherited DNA. You are not subject to what you have inherited. It is a simple potential within you. When you listen to your own inner knowing, you can instruct your DNA to activate those codes that fulfill your life as spirit in form using the personality you know as yourself. This means that you listen to what your gut says over and above what you believe influences your life based on your parents and how you were raised.

The inherited DNA codes will always include the need to survive. That is what your gut instinct is for – survival. And, while that may seem a bit less spiritual than your mind would have you believe, it is time to realize that *everything you feel, think, say and do is targeted toward your survival*.



The energy wave that comprises you commands the DNA how to "transcribe" itself. The information within your energy wave expresses its identity within the world including desires, thoughts and perceived needs. It attracts a response to the energy emitted by the signature within your DNA in the same way the DNA responds to the energetic information sent to it. This is the basis for the *Principle of Resonance*.



I AM in Form

I AM within form uses your physical vehicle to express conscious awareness within this realm. The more consciously aware you are, the deeper the experience. Most humans resist change and constantly seek the familiar. To a certain extent, this is why there can be such a sense of lack of control because the *familiar* becomes *unfamiliar* and there doesn't appear to be anything for the

brain/mind complex to grasp hold of that brings the usual state of comfort. Even when life appears to be flowing in all of the perfect directions, there is often a feeling of disruption, stress, worry or anger.

So. When things are not going according to your plan, what does your belly say about it? Focus there in the lower center of your body and pay attention to the instructions that you feel from that center of information. As you willing to make changes? What do you feel is perfect for you in this moment?

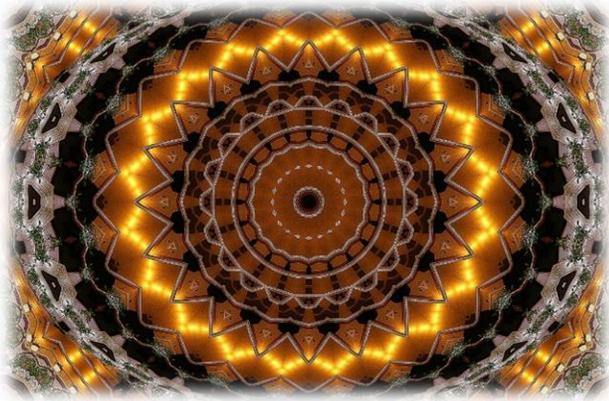
As your body begins to change within its electromagnetic charge due to all of your life experiences, more of the energy flowing through your biology will be experienced as a physical sensation. Most of those feelings will come from your torso. You will feel them loud and clear. Does your mind attempt to overcome this natural flow of energy information?

Most people are unaware of the energetic flow throughout the human body. As sensitivity to transformative changes increases, the experience of the dynamic information becomes more acute. For many, this occurrence is already in place

and sometimes it can feel overwhelming because it is unfamiliar. As familiarity with it increases, it will become more the norm. This is truly where your gut comes into play. Because as you change from day-to-day, your personal epicenter lets you know what is perfect for you and what to avoid.

Throughout all of your changes, the art of mastering the emerging aspects of your consciousness will promote increased inner harmony. As you focus on going with your gut, expanded clarity of focus, connection with cosmic consciousness, perceiving all life as one, loss of fear and compassion will become much easier.

You will experience heightened clarity as your conscious awareness of being I AM in form becomes the center focus of life. It allows the distractions of your physical life to fall away providing an enhanced perspective to become your norm. Rather



than feeling that life is an effort and that spirituality must be attained, your existence becomes crystal clear and all your capabilities are heightened.

Clarity is one of the basic composites of coherency. When you are coherent, you are clear, honest and fearless. Eastern philosophy would state that your chi is in balance.

Oneness

Oneness includes everything. It leaves no thing “outside” of itself. This plane *appears* to be based upon separate composite pieces at odds with each other resulting in frequent incoherency. It is the source of contrast. Within Oneness lies your answer to security, safety and the feeling of “home”. It expresses itself as “we” rather than “I” and opens the door to solidarity of integrity, flow and congruency.

The beauty of examining Oneness is that you realize it much the same as a hologram. Within a hologram, each piece affects the whole. That is true of Oneness. Every piece within the Whole affects every other part. So. If you are coherent, clear and living within your integrity, then that energy wave of information affects the Whole and It becomes more coherent.

In the footsteps of Oneness and awareness follows loss of fear, hence the feeling of security. This is the safety that your gut reactions are looking for in all situations. Fear is always based upon perception of past significance and the anticipation that the future may hold the same experience. *Fear is a one-word definition of separation.* Feeling separate from Oneness is truly the experience of losing awareness of Self. With the dissolution of fear, Self-Realization occurs. And, you can rely on your gut-based experiences to dissolve that fear when you follow the information it provides.



You might say that Realizing Self exists instinctually within you. It is not something that has to be looked for or attained. There is no practice that will bring it about. It is you following You. And, You already know exactly how to do this. Right here. Right now. Maintaining coherency is the most natural attribute you embody.

Compassion reflects a respect and reverence for all life as an expression of I AM. All is One therefore all is treated and viewed as Self. Compassion is a natural result of harmonic, coherent living and brings joy not only to the compassionate but also to the Whole.

First and foremost, your physical body is your friend; it is home. It is time to remember. Begin by remembering this is true. Live from your gut center and experience the Realization of your Self living as I AM in physical form fully coherent and in whole balance.

DNA

The DNA within your body holds the coding within your light body, which manifests as the physical form within which you live. As your cells metabolize light from the sun, the cellular functioning within them is activated and the natural brain in the gut is triggered with the perfect responses from within you.

The energy production for proper cellular function comes from the absorption and storage of ATP (*adenosine triphosphate*) and ADP (*adenosine diphosphate*). Your cells store ATP which is derived from sunlight. ATP is made up of a chain with three phosphate groups. When the molecule loses the outermost phosphate group, it changes ATP into ADP (*di* vs. *tri*). The action releases energy allowing the cell to function. If an ADP chain acquires energy and another phosphate group, it becomes ATP once again. It is a constant exchange of energy between the two molecular chains within your body rather than derived from something outside of it.

DNA brings in information from other frequency dimensions and activates the instructions accessing and moving within you and embodying the messages you receive from your natural, centered state.

In coherency you will find:

The mental body no longer rules

Access to the promptings from
your gut is absolutely paramount

You will experience increased
mental/emotional balance

Your physical body is experienced as *home*

Living within coherency allows life to be reevaluated. Everything happening in life will be seen from a completely different standpoint. It can be a little bit frightening especially if there is a feeling of disobeying your mental constructs. This is a time to tap into the intuitive side, the telepathic aspect of the experience, which lives squarely within the center of you. Learn what mastery really means. Learn to release and receive from your center, informing your mind, fueling your actions.

You Are Source

Realization of being Source in a physical body can create a feeling of reconnection with an *idea* of God. Dissolution of the concept that it is possible to be *disconnected* from that which *is* will be one of the first aspects to experience. If you look at your body and how it is constructed, you will begin to realize that the strongest area within it is your abdomen. Everything within your body revolves around this point. It is where you live and it holds all information about you.

Sometimes life might feel like a very dark world. Yet, again, that is all based on belief. As I AM, you have all of the answers, there is nothing to fear and you are completely safe within the interior of your form. This is where coherency lives, within the center of you.



Within the awareness of this enlightenment comes recognition of being I AM. The experience of time within space will change as the transformative time within this frequency takes on new meaning. You, as a human being, are bringing more divine information into the human system.

You are pure light. Your Self has summoned Itself into this place, into this incarnation, into this incarnating *within* this world to experience physicality and bring its light *into the bio-electric field in a coherent, ever-flowing state*. This means that every desire, every thought, every idea is actually a focus of I AM Itself. And, that is why you want to flow a coherent informational stream into All That Is *as* all that is through listening to the messages that are constantly supplied by your body.

There is no thought, feeling, emotion or idea that is not *of* Source, so the idea that you are out of sorts or incoherent is a creation of your mind. There is no *straying* and there is no path. The journey you are is a symbol in physical form.

And, yes, we realize that there is much talk about paying attention to your heart to encourage coherency in your body. And, yes, this works, also. Yet, we know how

much louder your gut speaks when it is telling you what stream of coherency you wish to manifest *as* rather than being lost in the mass consensus.

Does this take work? It may seem like it does, yet remember that this is your most natural state of being. Yet, rather than seeing it as work or even play, begin to experience it as the journey you are creating and resonating *as* - a conscious awareness of perfect coherency.

All that is manifest and unmanifest is *entangled*. All is an experience of the whole. Awareness of being a harmonic being *in-forms* the whole. It is a mirror mirroring back to the mirror. The transmission and the receiving of the information are simultaneous.

Intention and Focus

It is important to keep focused upon your coherent state. Distraction in any direction is simply part of the creative process. Know it as part of the enlightened experience and expansion. Relying on the inner, intuitive messages you receive from within you, from the very center of you, allows you to easily focus upon your coherent state and it becomes the way you see yourself every day.



Look out a window into the surrounding environment. Know that all you see has been transformed into a slower vibration so that it appears like a tree, a bush, a flower, a wall, sidewalk etc. It is all coherent, as are you. There is nothing in the natural world that is out of harmony with all of nature.

Resonating with this understanding shifts perception of your life experience. Everything glows, grows and expands within this concept and understanding of that which is possible.

This is the awareness of being spirit in form in natural accord with this world. You are the creator, the giver of life to the planet physically. The frequency of your

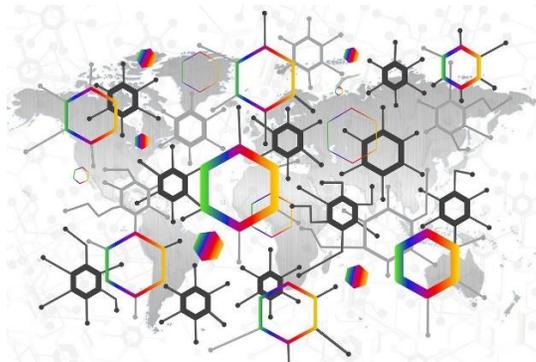
vibration gives life to the world, life itself, and what is possible in the most extreme and infinite of ways when you express your coherent self with ease.

Source in Form

Since a human being is a physical likeness of Source in-formed, it means physical form is a spiritual representation of what Source experiences. It doesn't mean it is the only form of Source. It simply means it is *one* form Source has chosen and the choice is always perfect. Would the Source of all creation be incoherent? Of course not. So, since you are Source in form, your natural state is one of coherency within all of creation.

This concept exists outside of time. It changes the choice *made (in the past)* to the choice *being made (in the present)* – in every moment, with every breath. It is the infinite realization that the idea of a mother/father God, the divine feminine, the divine masculine are part of the duality. I AM *includes* duality. The belief there is a split or a separation or a reason to reconnect to Source is not even possible. Remember that the *re-mem-bering* is only because earthly amnesia has taken over. There is no thing, no person and no being in all of creation that is separate from that which is Source because **it is not a possibility**.

This re-mem-bering that all is One, that you are the One, that you exist as a coherent emanation of Source Awareness is what you have been seeking and now that search is over. Let your consciousness descend into the center of you, that place that holds the divine knowing you recognize as yourself in every moment. Hold that position no matter the circumstances and watch your world change eternally.



Day to Day Coherency (Read all instructions before doing exercise)

Take out a picture of someone you may or may not know. Or pull out a book. You can also delve into the Internet for the basis of this exercise.

What you want is a picture or a set of words to look at. Don't focus on it before you finish reading these instructions. You want to have the element of focused attention at your disposal.

After reading this exercise, look at the picture or the words – quickly.

Don't think. Don't question.

Feel into your gut as soon as you look at the picture or the words.

What did you feel? What was your first feeling? Why was it there?

This is the answer to every question in your life. Here lives the coherent, personal truth for you right in this moment.

Practice this until it becomes second nature to you. You want to be able to see anyone, experience any situation and immediately feel into your gut sense for what it means to you.

If you truly want to learn coherency, you will sink deep into your torso, let yourself really relax and begin to create a coherent energy wave within you. It will change any circumstances you find yourself in as all creation is seeking coherency.

Now get your picture, book or whatever else you may be using and practice.

Going With the Gut

Book Three: Fear Is an Incoherent Story

Fear is an Incoherent Story

It is the story you tell yourself that creates the fear you experience within your life. This storyline is composed of an artfully arranged set of facts you believe are true with such conviction that you allow them to act as the fuel for much of your life. These thoughts you consider facts are not ever coherent. And, your gut always tells you that these feelings are not you. That is why fear is often followed by anger, which means “something needs to change”. The change is always within you. Ask your gut how to become coherent in any fearful situation.

While you may believe your story is strident, discordant and overwhelming enough to justify your belief in the narrative, *it is a story just the same*. When you came sliding down out of the womb space you were not afraid. You were thrilled and you were excited; then you hit the energetic wall of the electromagnetic field of this world and suddenly everything began to change. You went from being held, supported and aware of what you were to amnesia, not knowing what type of environment you were in and were, in the very strict sense of the words, a fish out of water. Yet, the signals from your gut were first and primary.



And so. Here begins your story of fear; yet, now that you are grown up you are not supposed to be afraid anymore. And then you find out that is not true. You find out that you are *more afraid* than ever and your fears look bigger and bigger because you believe your story. You believe that your story is actually true, that set of facts based on beliefs that make no sense to your gut, which is shoving you toward coherency.

All of the pieces of your drama create your identity and that persona is what you know as you. Your identity, your ego personality, has expectations, desires, hopes and judgments. If any of these attributes is not fulfilled or you believe they are not going to be fulfilled, you begin to fear. You fear *you will be without*, that *you will*

not be wanted; you will be left out and unloved. From those four beliefs, all other fears stem, while the urgings of your instincts tell you it is all foolishness.

Think about it - if you really know that you are loved, that you would never be without and that you are wanted, how afraid would you be? If you settle into your gut, become coherent and relaxed, how afraid would you be? All you need do is listen to your gut.

So. Let's take a look at these four fears from the standpoint of coherency, you and your gut:

Fear of Abandonment Though Your Gut Knows Better

This fear expresses itself with your first birth wail. For nine months you have been securely ensconced within a warm, liquid environment serenaded by the beat of



your mother's heart. Then, in a startling instant, you found yourself dangling in the cold air over the precipice of

earth. Some cultures are aware of the infant's experience and immediately entrust the child to its mother's arms. Others use a much more clinical approach due to the belief that the child is not yet conscious of its experience. This is the beginning of incoherency if you are not held within the womb of your mother's arms. Although your gut is saying, "It's okay," you are not paying attention to it because the unfamiliar has become all that you know.

You might consider abandonment the root of all fears. Your fear of lack can be traced back in your genetic heritage to times when you either produced for the tribe or went without. Early humans were dependent upon each member of the tribe doing his or her share. If unable to bring in your share of the abundance, and that could mean something as simple as keeping the fire lit, you would find yourself abandoned to the elements and the animals – alone and unloved, whatever that meant at the time.

While this might sound like an adverse manner in which to incarnate, it is actually the opposite. Since you naturally feel a sense of abandonment, it follows that you would naturally look for a way to fill that impression of emptiness. And it would naturally follow that your body would be equipped with a signal system telling you how to accomplish this filling. This is your gut instinct and reaction to every moment. If you are afraid, your gut tightens and restricts your energy flow. If you are content and coherent, you feel the flow.

Back to the story of the tribe: If you did find yourself outside the tribe, you would be totally reliant on your gut instinct to feed yourself, find shelter and defend yourself in the elements and with the animals. Your gut coherency would be your guiding star in all areas of your life.

To what would you look to dissolve your sense of abandonment? There is only one place inherently holding the grace, capacity and your deliverance – that is the Divine Self. Oh, you may attempt to fulfill a longing by connecting with others, yet, eventually, you will find that underlying it all, the sense of abandonment remains. You are longing for *You* and nothing will take Its place and your natural, inner power center knows just how to do this.



Fear of Lack Though Your Gut Will Supply

“Lack” does not mean only absence of money. It also includes any sense of “not having” that you may be aware of in your life in any form. And, it means that you are not paying attention to your gut reactions or you would not feel lack.

When you are born, you come from an electromagnetic field (“EMF”) that really belongs to your mother. As you exit the birth canal, you begin to form your own field with which you interact in this world. Your field is immediately influenced by the EMF into which you are born. Thus, your entrance into this world is “colored” or “filtered” by many, many factors.

One of these elements is your parents' perception and vibration around abundance – whether that shows up as sufficiency or deficiency, lack or lavishness, joy or despair. All of these frequencies become part of your world and, hence, part of the vibration that you will carry forth as you grow up and begin your own enterprises in earth. This is why your gut tightens up when you think you don't have enough of _____ (fill in the blank). It is responding to your cellular instruction from your parents as you grew up. Now you can loosen your intuitive muscles and change the message you are receiving within your cells by establishing a coherent line of communication with your body.

If your parents lived through an economic depression, they may have been driven to provide necessities and more for you in the way of money or possessions. If you were raised by people who had experienced a very lavish life, yet saw the authority figures in their lives suffering, addicted or misdirected, you may have been raised to believe that money is “bad”. Whatever the course of your raising, your future belief about abundance or lack was formed then and it is included in your vibration now.

You have free will choice about how you are going to approach the concept of lack in your life. You most likely doubt that you are capable of turning around an ideology with which you were programmed from your first steps; yet it is very possible, in fact, *probable* that you will do so if you are willing to realize that these *are* programs and can be re-written. Listen to what your gut tells you about what these programs mean to you. None of them are real. They are simply re-stated beliefs from any authority figure in your life. And also remember, that is why you get angry when thinking about your childhood programming. It attempted to steer you away from your natural coherent state.

Fear of Being Alone Though You Always Have Your Gut

What is it to be “alone”? This state is usually seen as solitary, apart or isolated from others. It can also be seen as unique or unequaled.

Which definition would you choose? Are you solitary and isolated from others or are you unique and unequaled? Often, the two go hand in hand. If you are unequaled in any way in what you say, think, feel or do, you may easily feel solitary and apart. How does this make you feel? What does your gut say?

Would it surprise you to learn that every human being feels isolated and experiences a low-level anxiety that pervades life? Remember the section on

abandonment? It all began there. No one is exempt from the trailing mist of that first separation from the womb. Yet, you can make a choice to accept that incarnating in earth brings with it a *sense* of separation and at the same time realize that it is not real, which leads to a coherent state because you are listening to your inner voice.

The anxiety you feel when left alone or you experience “loneliness” is left over from the tribe. It is what the herd feels when one of its kind loses track of the collective and its group mentality. Yet, how will you take the steps you wish to take and make the moves that will bring you to the unique, divine self-realization you yearn for if you align yourself with the masses? A simple glance at the state of awareness exhibited by the majority of humanity will give you the answer to that question. An enormously large majority of the population is in a constant incoherent state, longing for the feeling of coherency.



So, rather than experiencing anxiety because you find yourself alone, welcome the time to be with the divine being you are and love it within your expression *as* It. If you align yourself within your natural divinity, which emanates perfectly from your gut, you will find the anxiety sliding away. You will find a natural tendency toward coherency, relaxation and constant rejuvenation. You will realize that you are not ever alone. Let the herd follow its leader wherever it unknowingly has decided to go. You remain steadfast in your awareness of being divine. Eventually, one by one, other members of the herd will realize it, also.

Fear of Not Being Loved Though Your Gut IS Love

I know that *you know* that you do not know what love is. You have ideas about it. You profess it for and to others. You hope that others *love* you. Your idea of love is different from another person's idea of love and herein exists the mistrust. Because when you tell a person that you "love them", you *expect* them to "love" you back in the same way – and they cannot.

Most humans define love as affection for another. Affection is defined as a feeling, emotion or attachment. Is a feeling, emotion or attachment love? No, it is not. Feelings, emotions and attachments are created from beliefs and expectations. They are not love though they may be the eventual outcome of believing you are experiencing love. Always ask your gut, "What do *you* say?"

Love is neutral. Love is impersonal. Love holds the very best as the outcome for the beloved whether the person doing the loving is involved or not. Within love, there is no attachment. There may be feelings and there may be emotions, yet attachment is dependency and love is not dependent. *Your natural gut expression of what love is includes non-judgment, no conditions and no expectations.* It is your mind that is the host of these attributes.

You may be wondering how loving has anything to do with not *feeling loved*. Life is a two-way street. What you give, you get. What you receive, you give back. If you are feeling unloved, consider how much you give love without expecting something in return. You don't have to "go looking for love". If you are vibrating at the frequency of impersonal love, it will find you most naturally.

Usually, the most profound love relationships are among friends, even more so than family

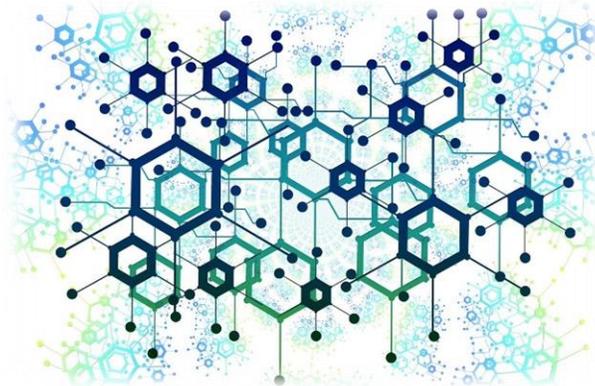


or committed relationships. Most people feel that they would not have chosen their family. And, the very word “committed” attached to relationship often sends a person running out the door. Yet, friendship (and real friendship is complete acceptance of the person) can often be the beginning of understanding what love really means. Often, friendship leads to committed relationships and/or marriage. In that case, your committed partner is your “best friend”.

Again, in all of these situations, ask your gut, “What do you say?”.

You know in any relationship when you either get the gut signal for “this is it” or the gut signal for “turn around and walk away”. The issue is always whether you follow those strong hints or use the justification of your mind to resist.

Feeling unloved is a signal that you do not love yourself. Will you let *you* love the divine being you can know as you? Your name is a placeholder for the energy of this love. Can you see yourself as impersonally allowing what you *are* to be exactly as it is and to love it as such? It is good practice for loving another. Your inherent nature is one of neutral benefit just like the trees, flowers and fruit of nature. Will you give yourself the room to see yourself with that lack of attachment or comparison? Will you allow yourself to feel the love your gut has for you?



In Summary:

We have talked about fear from the first inception of its vibration in abandonment at birth through lack, aloneness and love. What you may have noticed is how much those four pillars of fear can be interchanged. And you may have noticed that your gut always knows the correct pathway, the perfect direction if you will choose to follow its path toward coherency, which does not include fear.

Could you not express abandonment as lack? Aloneness as unloved? Unloved as abandonment? Lack as aloneness?

They each stand alone and walk together, holding your hand in this illusion, insisting that something must be wrong. And it is not. As taught on page 248 of my book, *Designing Truth, The Audacity of Intention*: “You are creator, experiencer and the witness of every life, in all forms and in all spaces whether within space, time or not. The only aspect of you that distorts the experiencing, as I describe it, is fear. You may doubt you can have the experience and thus not have it. Or you can know that it is possible and so it is.”



Before You Begin the Exercise

Take as much time as you need to examine the various fears in your life. Don't rush this process. You may continue with the other lessons in this course knowing that your ongoing dissolution of fear-based beliefs is a day-to-day practice.

Often, you will discover that much of your fear-based thinking has to do with the books you read, the browsing you do on the Internet and the programs you watch on television. Compound these with the conversations you have with others who have similar fear-based thought patterns and you will find that you have brought fuel to an already burning fire.

Conversations with others that provoke fear within you are the perfect invitation to examine why you have those conversations. If they are not meant to solve an immediate issue within your own life, why would you be talking about something that instills or enhances fear within you? Why would you wish to be incoherent? *What is your gut saying?*

If you encounter a fear that feels overwhelming, you may wish to consider finding a counselor with whom you resonate to assist you in looking at what makes this fear appear so important in your life.

The opposite of fear is love and, yet, it is a love that includes no judgments or expectations. Focusing on love without a set of expected conditions attached is the easiest approach to detaching from the fear-filled beliefs you may be devoted to in your life. Seeing yourself as living love is the first step.

So, why place emphasis on coherency? Is it really that important? If it is, why isn't there more emphasis on this state of vibratory living? Could it be that being self-empowered through your gut's dynamic voice doesn't fit in with the domination of the masses through fear?

Not only is coherency the underlying principle of all systems within this dimension, without it the natural world would die. It is loss of coherency that promotes dis – ease, distress, stress, anxiety and misalignment.

You are surrounded by a conscious, living, pulsing, intelligent energy. . . It is an awesome intelligence of infinite and non-local capability. Everything is comprised of vibration, even solid matter. Physics calls the particles that make up the vibration "wave particles". These wave particles contain information from your thoughts, actions and feelings which continue to exist long after you have forgotten about them – even after you have made your own transition. They do not ever "go away". It is within these wave particles that you are "working" and they are part of everyone, everything.

Just as energy conveys information to your eyes and senses, so, too, do you convey what you are by the energy contained in your feelings and thoughts – your information. You are *constantly* transmitting what you believe you are within your world.

Within this conveying of information are the triggers that determine what chemicals are going to inform your physiology. Remember, the chemicals are energy, also. Everything is. And it is reciprocal. You have a feeling which leads to a thought which tells your body what chemicals to flow through you. And the flow of the chemicals excites more feelings and thoughts.

All of these initially stems from your gut. Then your mind gets involved and sometimes your heart. All information you are conveying emanates from your core center.

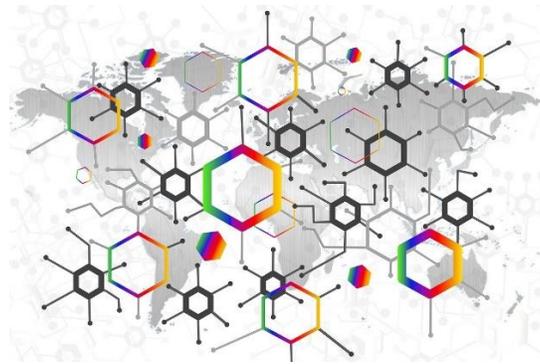
An authentic state of well-being felt throughout your system creates a state of coherency which floods your field with the coherent light of which you are

composed. A state of incoherency creates disruption within the phase of frequency. It is out of alignment with the natural status of nature and out of resonance with that which is coherent and thriving in your environment. This includes being in a state of fear.

While defining a state of coherency as a logical, orderly and consistent relation of parts may give it standing in a scientific treatise, the same definition conjures up a completely different picture when you apply it to yourself. Your bodies (physical, emotional, mental) rely on this state of congruity to maintain healthful life. When you want to make life-enhancing decisions, your brain/mind complex relies on coherency within itself to do so. And, those life-changing decisions have already been made within your natural gut instinct. Now your mind needs to catch up to the information.

Your bodies and your life are dependent upon your living in a coherent state. It is the natural condition of your being. It is what activates the responses you desire within the Law of Attraction which I call the *Principle of Resonance*.

From living joyfully and well in the physical world to having consistent meditative states, from being able to communicate easily with others to tapping into the Cosmic Mind, all of your faculties rely on your consistent congruency and coherency. There is nothing more valuable than aligning with the health-filled life you brought to this earth – consciously and with a depth of awareness enabling you to fulfill your deepest yearnings for your life. What could be more important?



Looking At Fear

- 1. When you feel abandoned. is it now and then or does there exist a feeling of “permanent” abandonment in your life? If it is intermittent, what causes it to crop up? Is it here to stay? *How does your gut feel?***
- 2. How much time do you spend sitting in silence with yourself every day? What diverts your attention from this most important task?**
- 3. How do the words “lack” and “abundance” feel in your body? Are there any constraints? Is there a shifting of energy in any part of your body? Where do these feelings originate? Are they familiar? Do you live with them normally? *What does your gut say?***
- 4. Examine how you feel about the way you make money. What causes you to feel any sense of lack in your life? Follow the thought stream back to its point of origin. Where did it come from? What would happen if you chose to change that belief to absolute coherence, *paying attention to your gut?***
- 5. When do you feel most alone? What do you do to alleviate the feeling? Do you attempt to “fix” it? Do you know that you have a choice to change your sense of isolation? *How does your gut feel?***
- 6. How dedicated to your personal awareness of being divine are you? *If this feels at all difficult, make time every day to be alone, acknowledging that the only truth you know or could design is being the divine I AM. Your divine awareness sits behind your eyes.***
- 7. How do you love the people in your life? What do you expect from them? Can you examine the beliefs that surround your expectations? Is this too big a step for you? If so, why? *What does your gut say?***

Going With The Gut

Book Four: Coherency Is Not An Option

Coherency Points to Remember

Coherency is a fixed or stable phase relationship that allows you to feel harmony and balance within your physiology, including the mental and emotional frequencies. It implies order and congruence. It is the natural *you* without the imposition of your personality's beliefs, living from the gut.

Coherent people speak clearly, make sense in their statements and are easy to follow when explaining an idea. An incoherent person is usually unintelligible, disoriented (and disorienting) and confused in their speech patterns. Sometimes it is easy to feel that you are incoherent if there is too much information attempting to enter your system. *Time in silence is of paramount importance.*

Coherence is the underlying principle of all systems within this dimension. The universe and all within it share union within coherence. Resonance and harmony are the result. If we use two people as an example, the two bodies do not need to be in exactly the same frequency of vibration. They each do need to be in a *stable phase* relationship within themselves. This is where authenticity, integrity and personal truth come into the picture emanating from each person's center.



It is easy to feel a sense of well-being, harmony and resonance when you are in a group that is like-minded with one clear focus. Then you are reminded that every living creation is part of a larger whole that is then part of another larger whole, etc. All are able to communicate instantaneously with each other through non-locality. During these times of harmony, your physiology is operating at its optimum and clear thinking, open-heartedness and compassion are easy attributes to embrace. The gut, center point of each is in resonate union and the group feels as one. A sense of trust develops among those in the group, safety.

It is another aspect altogether to be surrounded by others who are *incoherent* (meaning out of personal, stable phase relationship). No system, whether a romantic partnership, a family, a company, city, state, nation, globe, solar system, galaxy or universe is able to survive, far less thrive, if the individual constituent parts i.e., members are incoherent – out of phase and within themselves and thus within the whole.

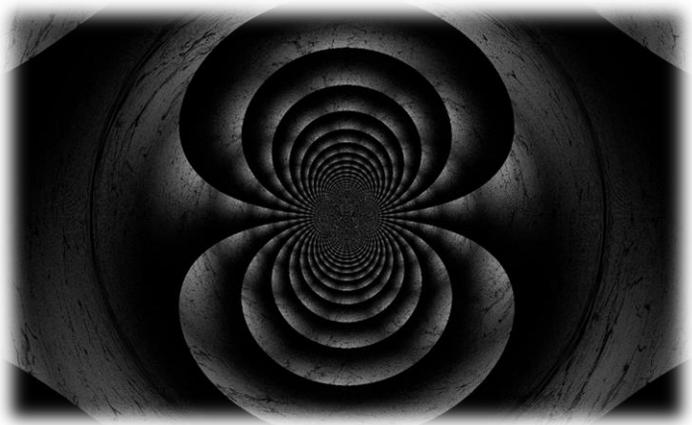
Again, remember – this does not mean that the individual or the physiological systems within an individual have to be exactly the same frequency. Each of the body's constituent parts (brain, heart, organs, muscles, etc.) rely on synchronized participation. ***This is the feeling of security you experience in realizing that coherency is not an option. It is your natural state.***

Coherency is dependent upon a stable frequency, amplitude and shape in the oscillation of any given system. Increased coherence synchronizes any other system coupled to or with it creating functional efficiency. That is one of the keys. The efficiency of the body acts through gut instinct. Nature does not permit inefficiency.

The inherent *standing wave* form of matter relies upon coherent frequencies to develop sustainable wavelengths. These waves carry information, which equals energy, which equals light. The coherency of your frequency exhibits itself through what some people call the aura, a natural effect radiating from the energy signature of every living system in known creation, which emanates directly from the center of your body.

An authentic state of well-being felt throughout your system creates a state of coherency, which floods your field with the coherent light that emits from you. A state of incoherency creates disruption within the phase of frequency. It is out of alignment with the natural status of nature and out of resonance with that which is coherent and thriving in your environment.

This is truly where your gut shines. When you are feeling incoherency for any reason, at any time, your gut will trigger such a sense of disruption that you will not be able to ignore it. You can always trust your gut to let you know exactly what is happening in each moment. Remember that your mind might attempt to sidetrack you from the gut's message. This is always due to your programmed beliefs, which you now have an opportunity to dissolve and destroy. You cannot trust beliefs that have been given to you by someone else. They are filtered through their perception. Your gut contains no filter and can always be trusted.

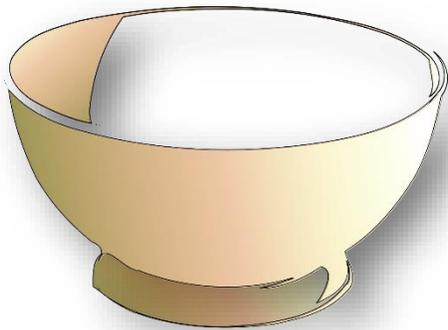


Your gut is constantly emitting frequencies that are read by your autonomic nervous system as it adjusts your physiological status. Your gut knows what feeling, thought, word and action is best suited to spirit's expression on a moment-to-moment basis. This is the basis of your intuition and expansive cognitive understanding. It all relies on your coherence. When you resist your inner urging, its intrinsic message, relying instead upon the conditioned patterns of your brain waves, you set up a stressful pattern within your body creating incoherency.

Awareness IS Coherency

There is often a question about the difference between consciousness and awareness. Let us begin with this: It is possible to be aware of your consciousness while it is not possible to be conscious of your awareness.

As you allow your consciousness to become ever quieter, you find your mind will slowly open up to surrendering its need for constant instructions, allowing you to step into the aware awareness of I AM. Your mental faculties will abdicate to the awareness of your divinity held within your torso and your heart.



Think of awareness as a bowl, an empty bowl. Within that bowl exists consciousness. Within consciousness exists all of the experiences you have daily. Yet the bowl holds all of these experiences without being influenced, affected or concerned about any of them, as does your gut's intuitive knowing. It is absolutely neutral throughout your life.

This bowl is an extension (if you would) of I AM. It is impossible to express in words what this bowl truly is so using the idea of a bowl is just that – an idea so your mind can begin to understand what awareness is.

Awareness does not reflect appearances. Awareness knows no “reality” for all that you call real is the result of your conscious creation. To become *aware*, you must release your belief that your created world is real. It is only a story you are telling yourself. ***Your gut instinct is outside of your story. It doesn't care what the story may be.***

Within awareness, you come to the self-realization that you are I AM. Since Creator is an effluence of I AM and you materialize within Creator, you originate from and proceed within Creator as I AM. You are I AM. When you become aware that you have created your consciousness to live out a life story in earth, then you have the opportunity to let go of the conscious decision to believe in your life as real. You become aware of your awareness and it resides within the center of you.

If your mind wants a practice, simply say I AM or I AM Divine to yourself every time you feel like you don't know what to do or think. Let I AM inform you how to live, breathe and experience within the awareness you live as I AM. Since you are already completely aware as I AM, you are simply affirming that which you already are as I AM. You are the bowl incorporating your consciousness.

In physical form, you are experiencing an aspect of consciousness that is only aware of what it desires.

Eventually, you will begin to feel the stirrings within urging you to change. Your creative imagination identifies with its creations. You call them real because you have caused them. When your personality no longer desires to cause them to be, you will become aware of yourself as I AM.



The beauty of your gut focus is the realization that even through the umbilical cord, you were attached to another who was emersed within the Oneness. So. You have always been linked through the center of your belly to the Whole.

In the moment of the inbreath and the outbreath, in the space between, you will find a silent space wherein you realize the truth of your awareness. Not only have you yielded to that awareness, your life is your awareness as I AM.

Your only reality is what you are as *awareness*. When you eventually surrender your body to the earth of this dimension, what you are experiences another entrance into realms upon realms of infinite living. You continue in expression as I AM. If you wish to make this entrance in a physical state of awareness, you have the opportunity to do so now consciously. *Be the bowl. Hold the bowl in your gut.*

It is not necessary for you to do anything at all to recognize your divine awareness as I AM. You can make the choice to be aware by releasing the ideas you have about your personal self, the *I* and *me* of you, and being only aware of I AM. This state of coherency becomes the natural state of your day-to-day. Then, everyone is influenced through the delightful wave of vibration that you perpetuate within your coherent state.

You may go about your day-to-day work, play, relationships and occupations. They simply lose the meaning your personality assigned to them. Now they are instruments of play and no longer a burden in any way. You are seeing I AM in all of Its created shapes, unknowingly created by others through their personalities.

Your focus and the feeling it creates within you is the architect of your present consciousness. Awareness creates no feeling. It is I AM. You are I AM and as such are fully aware of being such. This has no connection to perceived stages of spiritual transformation because you already are divine as I AM. This your gut already knows. Now inform your mind.

Detachment of attachment is the most natural step to coherent living. Letting go of that which you believe you must remain attached to eases your boundaries and allows you to live naturally coherent.

The more dispassionately you sit with your mind and examine its contents, the easier living in awareness becomes for you. Each separate attachment that has appeared important is no longer so after you relegate it to the personality's creation. You easily observe and witness all of the creations you call your own and you no longer own them because they are of no moment. You remain coherent with or without them. At one time, they were of importance. Your awareness shows them for their true lack of value.

As you sit in silence, loosen your hold on what your consciousness is expressing through your mind. Allow the revelation of what you really are no matter what anyone says, no matter what is reflected back to you. You are I AM - capable of all



that is possible and unconcerned about any possibility. You are I AM knowing Itself as eternally present and aware. Release yourself from the belief that it is not possible. The bowl is all possibilities. Create what is possible within the bowl. Embracing the bowl in your gut, feel the outpouring and receptiveness that is alive there.

You may believe you are I AM consciously searching for happiness. Rather, you believe you exist and are consciously searching for happiness. This is where the basis for coherency arises. It cannot be attached to happiness. It cannot be attached to anything at all. Coherency is a fundamental aspect of knowing yourself as I AM.

I AM searches for nothing. Aware of being I AM you have no need for looking, searching, desiring, moving or not moving. While you may be in any of those states, as I AM you simply observe them and let them move on. Awareness of I AM is the witness. And this witness exists far outside of the need for coherency or incoherency, which are elements of this plane, this dimension – the dual world.

I AM is an awareness *you* invite *you* to live. It is allowing you to know the awareness of being without knowing anything at all. Within this awareness, you realize that what you do believe you know is only based upon conditioning you have accepted within your life and called real, which it is not. Your beliefs are your illusory story. You are I AM. **Right now, stop, and feel into your gut, your center. Feel your existence as All That Is.**

When you come to the realization that it is impossible for you to *know* anything, then you are truly free to be aware of I AM. Divine awareness opens to the sense that you do not know and you are then free of the necessity to choose or act in a *specific* way. Listen to what your gut tells you. Then, you don't have to spend time making decisions. It lets you know immediately what is to be done.



In each breath, there is the capacity to live as awareness. You breathe into the connection of all things as awareness. Take a breath consciously as awareness. Begin with your breath inside your awareness and be with the breath, each breath. Consciousness is a crystal of awareness as I AM acting as your individuation. You are available in that awareness. *Be the bowl. Observe your consciousness.*

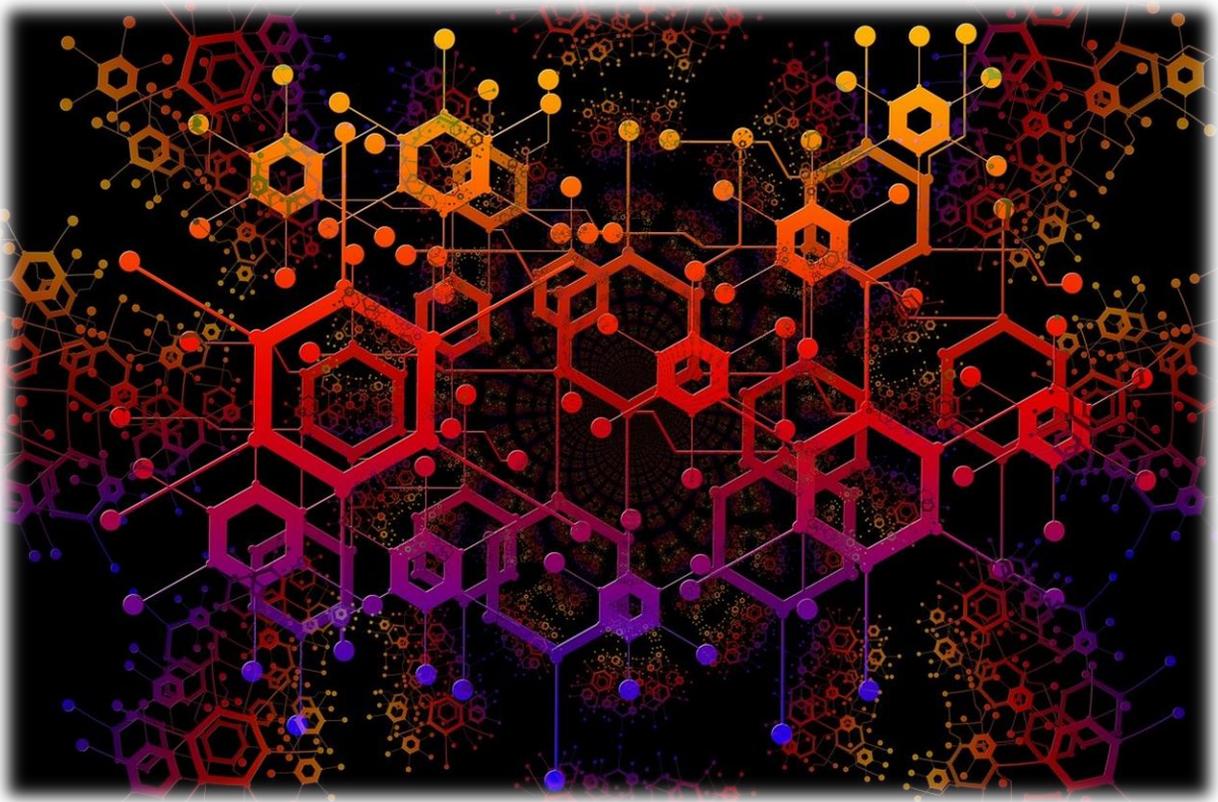
Closing Notes:

Everything in this course is leading you to first - focus on your gut, second - learn how to live coherently and third - drop the *need* to be coherent or incoherent.

Since this course is one on coherency through the gut, you might want to consider this the first step in loosening yourself from the beliefs of this dual world.

And, since it is a course on coherency itself, you will find that when you are coherent, you reflect your divine nature more easily.

And, finally, once you live coherently, you will detach from that, as well.





The exercises below are offered to assist you in focusing. Do both and decide which you would prefer to continue. There is no right or wrong choice.

The Bonus Material will give you the final guided meditation for a coherent vibration.

Focus Exercises

The Candle Exercise

Using a candle to focus your eyes' attention is an ancient custom that has come down through the ages as a primary concentration exercise.

The purpose of the candle exercise is to concentrate upon the flame without taking your gaze away. Practice not blinking as you look into the flame's light. Focus all of your attention upon the flame. If thoughts arise, simply acknowledge them and let them go. Do not begin the "thinking" process or pay attention to the idea that you are having thoughts. Your eyes may water or become tired or you may find yourself blinking.

As this occurs, close your eyes and see the candle flame within your mind's eye with your inner vision.

The process:

Place a candle about one arm's length in front of you. A long taper like those used at the dinner table is ideal. You want the lit flame to be directly in front of your eyes so you do not have to hold your head in an up or down position, rather simply resting comfortably in its natural position with the candle flame directly in front of your eyes.

Remove your glasses or contacts.

Light the candle and turn out the lights in the room so that all you gaze upon is the flame. Keep your gaze soft; do not strain. Continue gazing at the candle flame until you blink or your eyes begin to water and you have to close them. Hold the thought of the candle in your mind while you gaze at it.

When you do close your eyes, hold the image of the candle within your mind. You are now gazing at the candle flame within you. Hold this image as long as you possibly can. Attempt to make the image you are looking at within clear and defined.

As you continue to practice this exercise on a daily basis, you will find your ability to gaze at the candle flame lengthening before you have to close your eyes and when you do close them, you will find it increasingly easier to hold the image of the candle within your mind.

Start off by holding the gaze as long as you can no matter how quickly you may need to blink. This is not a contest – even with yourself. It is simply an expanding, growing practice at which you will become better and better. Eventually, you will be able to hold the outer and inner gaze for twenty minutes each.

If you begin to get a headache, you know you are trying too hard. You have no need to push yourself and your body will tell you if you are doing so.



Orange Concentration Exercise

This exercise has been practiced by mystics for over 4,000 years. The round circle of the orange represents Source, the sun, the solar system and the universe in many different belief systems. The circle is an archetype representing the endless infinity. It is the cycle of birth, life, death and rebirth.

The process:

Sit down and place an orange on a table about one foot or so in front of you. Close your eyes. Breathe quietly, focusing on your in-breath and out-breath until you establish a relaxed, easy rhythm. Let your mind release the thoughts of the day-to-day world, emptying itself until it is still.

Then, open your eyes and gaze softly at the orange in front of you. Examine the outside of the orange going over the exterior surface that is within your eyesight. Begin to imagine what it is like inside the orange, at its very center. Imagine what it looks like inside the middle of the orange. Focus on the inside of the orange as you examine the many segments, their shapes, the colors, the size of each piece and eventually the small seeds growing within the center of the orange.

Choose a seed within the orange focusing your attention upon it. Study it; examine the outer shell, the various layers that comprise the seed, going completely into the center of the interior of the seed itself.

Imagine removing a seed from the orange. Place it in the ground and cover it firmly with fertile, warm dirt. Pour life-giving water over the planted seed. Now see its roots sprouting outward as the seed begins to grow into a small orange bush, then into a tree, eventually bearing blossoms and finally a small round bead with the flower that grows into the orange. You have come full circle. You have returned to the orange itself.

Do this process slowly. Do not rush. Allow yourself to fully visualize each portion. Stay relaxed, breathing quietly. If you begin to hurry or tense up, return your attention to your breath, breathing slowly as you, once again, relax into gazing at the orange.

If you find your attention being distracted or if you begin thinking about something else, stop where you are, return to your breathing; wait for your mind to grow quiet again and start over from the beginning. There is no hurry. You are not in competition with yourself. You are simply learning how to focus your mind and concentrate upon one subject at a time.

If you are distracted more than once, begin the process again. Do not restart the process more than 3 times. Take a break and come back to it later. Remain relaxed. The entire exercise takes about 15 minutes.