

Meta yoU School of Mastery

Metaphysics Course

**12 Lessons in the Metaphysics
Of Spirit in Earth**



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Instruction 1

Beginning Concepts of Self Mastery

SPIRITUAL SELF MASTERY IS:

The truth of who you are and living it in your choices, your memories, your intentions and expressions of love. That means that you are always authentic in your expression. You do not compromise. You do not fear. You act, as you truly desire to act. You speak, as you truly desire to speak.

This attitude and alignment shifts your perception and consciousness. With each breath, you breathe light into the environment of your life, your reality. Remember that what you believe is real for you is only a subjective perception of what you have been taught to believe. None of your beliefs is real. They are as fictional as storybook tales are.

The original blueprint of your consciousness from your first breath to this moment sends what you believe you are out into the world. In that first breath, perception was born, the difference between the light as you knew it in your environment and your light as you truly are. When you allow yourself to settle into life, into the pattern of what you are, you can stop arguing for changes in what you are experiencing. When you accept what *is* in your life, then you are able to create the changes you wish to experience rather than believing that something outside of yourself has to make the changes occur.

Within this conscious awareness is the recognition of the interconnectedness of all things; each choice you make has a connection to something. You are always sharing the light that you are. You may ask yourself, *"How do I want to share this light? What do I want people/my environment/my life story to reflect as me?"* This is where your truth comes in because if you wish others to experience the you that is You, then you must be that You fully in every moment – consciously.

Remember, you are always a part of the interconnectedness. You can give up deciding what it means yet be in resonance with it. If you attempt to decide what the "wholeness" **means** you will always be seeing yourself outside of it. It is much like asking the mind to analyze itself. The mind would have to use itself to do the analyzing and it would be totally

subjective and unreliable. Ask your connectedness what it wants. Allow all to flow through it simultaneously.

FEEL what your connectedness wants. Do not think the thoughts. Follow the feelings throughout the neural net of your physical body. Feel what is feeling **right** for you **right now**.

When you allow yourself this depth of freedom from concepts, programming and belief structures, each moment becomes awareness, an understanding of consciousness, of being perfect. Moments of being different and the same coincide. Every action you take affects everything that is in resonance with All That Is in compassion for yourself and all others.

Inhale the world's reality; exhale your essence. What you are doing is calibrating your light in the exchange between what appears to be within you and without you. *Conscious* calibration of light is consciousness. It is what you truly are. It is your potential at birth, your present truth.

**Inhale the light of the world, the intention of the environment
Don't try to change it, make it better; inhale just as it is**

Exhale - this is who I am in truth, in my first breath, it is who I am

In-breath - I am Essence; out-breath - I am Presence

In each breath, there is the capacity to change your reality. You breathe into the connection of all things and you can draw on it consciously. Take a breath consciously. Feel it fill your lungs. As they expand, you are taking in the environment that appears to surround you. As you exhale that breath, you release the essence of yourself into that environment. When you take in the next breath, you are consciously breathing into yourself what you created with the last breath. And so it goes

Re-member, light equals consciousness. Begin with your breath inside your consciousness and *be* with the breath, that breath and each breath. Consciousness is a crystal of awareness. You are available in that consciousness. When you are in motion, sitting or acting be conscious of your body; be conscious of your breath, breathing it into the air around you; not so much learning as experiencing. This allows for a sharpening of your perception. When you sharpen your perception, you fine-tune the focus of your interconnectedness.

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Questioning Yourself

Just for now, let go of any feelings of doubt. Let go and trust the universe to handle all details for you. Feel yourself let go of having any particular outcome at all, trusting that divine wisdom is working for the greater good, of which you may not yet be aware.

The English dictionary gives the definition of the word "belief" as "something believed; an opinion or conviction." Looking up the word "believe", it states, "to have confidence in the existence of something without proof that one is right in doing so."

A belief system then is *what* you have confidence in without requiring proof that it is correct. Every person alive has a spiritual belief system. This does not mean that they have a specific religious, political or cultural belief. It simply means that there are opinions and convictions they hold that they have confidence in without requiring proof.

What is your belief system? Is there an actual system that you have confidence in without requiring proof? Perhaps what you believe in does not equate to a system. It might be a segmented selection of thoughts that you feel serve you.

Beliefs, some people call them "faith", carry the connotation of a set of ideas that support you. Do they serve and support you? Or do you support them? By this, I mean are you afraid of not believing what you believe. What would happen if you let go of the opinions and convictions that you hold so dearly? What fear looms up in this asking?

Ask yourself these questions about any of your beliefs:

1. Where did the belief originate?
2. Why do I believe it?
3. What do I feel when I think about not believing it?
4. Is fear part of this belief?
5. Does the belief serve my sense of inner peace or is it serving someone or something else?

Ask these four questions of all your beliefs . . . everything . . . every single one of them including what you claim to be your spiritual knowing. If you truly follow this exercise to its foregone conclusion, you are going to find that 99.99% of what you have confidence in can be traced to someone's need to be right and/or control.

Remember ~ your belief system may not be a reflection of your **personal truth**. Do you know what **Your Truth** actually is?

Question yourself. Question why you do what you do; say what you say; think what you think.

Ask yourself:

Why do I eat the food that I eat?

Why do I wear the clothes that I wear?

Why do I attract the friends who are around me?

Why do I hold the thoughts in my mind that I think?

The questions and their answers, if followed back to their source, will give you a good idea of how you create your belief systems and how you limit yourself within them.

Once you have the answers to these four questions, create your own and see where they lead you. Know that you create *every* experience that comes into your life. Know that you can change and re-create (recreation = fun) every event you are experiencing.



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Instruction 2

Mastering Your Sacred Space

“We still have very few answers to the big questions..... The more knowledge we accumulate, the less we know. Gaining knowledge is like chopping down a forest from the inside out. The more we know, the bigger the circle of the unknown becomes. If we keep going at this rate, in another thirty years we’ll be totally clueless.” *Edgar Mitchell, IONS Shift: at the Frontiers of Consciousness 12/03-02/04*

YOU ARE:

99% space even though you appear to be physically solid. This scientific concept is easy to say and even easier to see under a microscope. Yet envisioning your body as no thing except space composed of dancing molecules of light (photons) is a bit more difficult to accomplish.

Between these molecules, even within the atoms that make up the molecules, are immense areas of space. Within these spaces, light's wavelengths infinitely flow carrying within their vibration your feelings, thoughts and actions. Do you realize that *every feeling you experience, every thought you think, every word you say, every action you take* is carried forth within this sea of light **forever**. It "travels" omni-directionally without ever stopping.

The energy contained within the thought you are having right now while you are reading this material will impact a "being" in another galaxy billions of light years from now. A light year is the distance light will travel in a year, which is about 5,878,630,000,000 international miles. Or you might want to consider that the feeling you are having in this moment is being experienced on some conscious level by a being in a dimensional frequency millions of times faster than the one in which you are now living (which, of course, would make that being invisible).

Yet, even while all of these feelings, thoughts, vibrations of sound and action multiply repeatedly within you, they do not even begin to occupy the space within the atoms of your body. The protons and electrons are actually modes of potential awaiting a signal to collapse into a particularized state. That is when they "become something". You may envision this on a

macrocosmic level as **you** in your wave state collapsing into the individuated particle that you call "yourself".

Within your particularized state (as the particle), you have free will. You are given opportunities to fulfill your decision to incarnate as a specific individual. The level of your fulfillment depends on individual choice. True fulfillment brings about an inner peace, tranquility and trust that allow you to have complete confidence in and become more of your emanation from Source.

Electromagnetic Field

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 the other charge feels a force. The universe is filled with fields that create forces that interact with each other. Within these universal force fields reside space and time totally interdependent within each other.

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. This is the teamwork of the soul (information) and the spirit (energy).

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.

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. As the various frequencies meet each other, the edges can be similar or uneven. Dissolving these edges creates a

feeling and knowing of union. When union occurs, edges collapse and disappear fluidly in light, spirit in form.

The entire field is part of the Quantum Hologram of All That Is. In other words, each piece is an entire piece of the whole and non-local. Each portion of the Hologram 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 to the awareness of each person.

E-motion (energy in motion) is neutral (neither good nor bad) and contains only the positive or negative significance assigned to it by the individual. The brain/mind 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 the person experiencing it. There is no definition of “no” in the Universe. If attention is placed upon an interaction, more of the same will be created until the focus is shifted.

Since the heart’s magnetic field is 5,000 times greater and the electrical field 60 times greater in strength than the field generated by the brain, the heart has the ability to influence all organs of the body with its frequency vibration (www.heartmath.org). The brain relies on the wavelengths emitted by the heart to facilitate the operation of the cortex allowing the brain to evaluate experiences and promote the appropriate responses. When the rhythms of the heart are uneven, the brain experiences restriction within the cortex and cannot perceive, think and consequently act in a desirable manner. Vibrational union within the heart’s frequency is optimal to creating a coherent frequency wavelength.

The information that is transmitted in the body creating the experience of entrained union travels through the cells. The cellular information relies upon the heart and brain to communicate with the DNA and the genes to create the commands necessary for coherency. The Golden Ratio creates this perfect harmonic transmission.

This basic summary of how your body works, how nature re-creates itself continuously and how the divine omniverse manifests itself will assist you in a clearer perception of yourself. There is no significance attached to anything except that which you give it.

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Breathing into Your Heart Practice

Sit quietly, still and breathe into the area around your heart in the center of your body slightly to the left. Breathe until you slow down in your thoughts and physical frequency. Keep your attention focused on your breath to keep you present in the moment. Breathe. If your mind talks to you, re-phrase what it says to “I AM”. (You are Source in form.)

Let your mind know you will have time later to contemplate any issues it is thinking about at this time. Their time is not now. *This is your time, your sacred time.* You have entered into the Holy of Holies of your sacred heart.

Let the inner chatter quiet down. Take your time. Your heart will wait for you. As your mind begins talking with you again, simply bring its focus back to this moment, this breath. Breathe. Breathe, again. Breathe into I AM.

Allow yourself to feel an opening within the center of your chest. 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, the heart space . . . opening. Let your only thought (if there is one) be “I AM”.

Now that you are relaxed, ask your heart if it has anything to tell you. Feel for it. What is it expressing? What does it feel like to you in this state of relaxation? Is it expressing feelings about your life? If so, what are those expressions? Open more and more to the frequency of the message upwelling from within your heart. From a soul orientation, what is it suggesting to you?

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Instruction 3

Souls, Soul Groups, Reincarnation Circuitry

Each of YOUR levels is committed to supporting you, each of your own beingness levels: the fluid, the matter, the consciousness, the light, the vibration, the circuits - yet it is all **you**. It is individual to you - just like your breath.

Deepening your circuitry helps to align the support you give yourself. When you deepen your circuits, you emphasize the strength of your light. It is what you relate to always. You really are the only support you have for your own being.

Remember that along with the space, you are fluid - about 98% fluid in the cells. So when you balance the fluid, you balance the movement and flow of your days.

Massage and other modalities of bodywork help balance the fluidity of the circuitry of the body.

You understand your circuitry from a vibrational standpoint when you have those wonderful moments in meditation or that awareness of being full and it fills you and connects you to all that you have been and still are.

Being the understanding is totally different than talking about understanding it. It is embodying consciously that which you are. You can feel the comfortable state of you being in you.

"I am opening to the innate wisdom within me." Awaken to that which is coded into your circuitry. It is the breath and that breathing in and out of light that aligns your circuits in your knowingness.

Afterlife

Afterlife is often referred to as "home" yet *this is* home. The Afterlife has its own afterlife. This "place" exists right here in a realm you cannot access with your five senses. It is home away from a body.

What the Afterlife is depends on who you are, what you think about and what you expect it to be. You will be greeted by the belief systems you lived with on planet Earth. You take your consciousness and your beliefs with you. You then progress to other subtle levels of experience. Remember, every choice you make here counts. Like attracts like - you go where your motivations take you.

The conditioning by which you repress your emotions in the physical plane no longer exists in the spiritual. Near Death Experiences (NDE) create a body of common knowledge enabling more cognitive familiarity with the death experience.

You are creating quantum changes in your evolution through your ever-growing ability to bring the afterlife dimension to life in this plane through altered states of consciousness. Your intuitive knowing that you came here with a purpose then becomes more of a reality.

Creation in the physical world is more fulfilling, that is why you wish to incarnate. You are the alchemical vessel that transmutes energy into actions, uniting the dimensions. It is your opportunity to love.

Life Review

The first experience you might have upon leaving this body and dimension is the review of the life you have recently experienced. **You can begin your life review now.** Through silent meditations, journal writing, dreams or a spontaneous illumination, you may allow yourself to begin seeing yourself from a larger perspective of your soul's development.

How am I actualizing myself? What does my conscious expansion feel like right now?

As you grow in consciousness, you increase your understanding of what is possible, who you really are in this body. Your being becomes the foundation of your doing.

Remembering the existence of the spiritual dimensions while in physical form is the ultimate good of the evolutionary spiral.

The spiritual dimension needs to become a household word rather than something to do battle with - prolonging life at all costs.

You have a program in your energetic field that lies dormant until you spontaneously or through intentional practice learn to activate it.

Development of consciousness happens in waves. You are both a particle in the waves and the waves themselves.

Your preferences may give you clues to your other lives, i.e. Chinese decor, Early American furnishings, longings for certain foreign lands.

Soul "Age"

Young or newer souls - quick reincarnation

More mature souls - take time to "create" the new life that will benefit them - some act against advice or rush the process (remember you take your knowing with you)

Older souls - far-reaching objectives; encounter many opportunities and challenges

Lives are optimally chosen to further your goals for development. You do not want to create new traumas while working on old ones, if possible. Know that you want to look for adequate and instructive circumstances - you can only work on so many issues at one time. The way you learn is not always predictable.

Soul Groups

Soul Groups – You come from a soul group to experience life with members of your soul group holding memories on the "other side". Then members switch dimension, switch places - one incarnates and another holds the memories in the Afterlife. Those on the "other side" send energy and upliftment to help you re-member.

Are you aware of meeting people as if "by appointment"? Do you remember how you met your best friend?

Greet each day as the untarnished future and handle it as carefully as if it were already a published record of your past.

The best way to attract what you want is to focus a strong intention to create that thing and then release the struggle around figuring it all out or controlling the outcome.

There is no greater path than the path of service. Loving one another is not *one* way to advance spiritually; it is the *only* way.

The Mystery of your life is unfolding as you read these words.

Awakening to Yourself

Do you want to know when you are doing what you are here to do? Watch for the synchronicities! And watch for the inner "yes" when something feels right.

Free yourself of what it means to love or be married, be a friend, live in a community! Remember, you are on the verge of re-membering everything you have forgotten.

History is the story you tell yourself about what you think happened.

The true driving evolutionary force within you is the vision you brought with you at birth - with your first breath. That vision includes the collective goal of becoming conscious. You choose the parents who are going to help you learn and stimulate expansion.

Reading list: Ultimate Journey by Robert Monroe; Journey of Souls by Michael Newton; Life After Life by Raymond Moody and Application of Impossible Things by Natalie Sudman.

Moving from Head to Heart

Think of a time when you felt off center or contracted and were operating from your egoic personality rather than from your heart space, the voice of your soul, your Higher GodSelf.

Now place your hand on your heart and take a few deep breaths. Fully experience whatever feelings are occurring and be aware of any contractions you are sensing in your body. Become a neutral observer to the story that is unfolding. Don't try to fix or change anything that is happening. Simply be present to your experience.

Say out loud, I AM unlimited awareness; I AM love, peace and harmony; I AM All That Is; I AM pure consciousness and I AM always free.

Notice that by releasing all resistance, the body sensations melt away and a feeling of neutrality or possibly well-being occurs. Full acceptance of any circumstance is the key to true freedom. You are Source in form.



Meta yoU School of Mastery Metaphysics Course Daily Phrases

Find a deep appreciation for something **RIGHT NOW!**

There is no such thing as a **mistake**.

What is the **greatest** yearning of your heart? *That* is your soul's gift!

All of your feelings are **valid** and lead to the next experience in your life.

What do you want most *right now*? **BE IT!**

Your divine **innocence** is never more than one thought away!

Surrender to the yearning in your sacred heart.

What percentage of you is **holding back** right now? Why?

Are you **FREE as the I AM?**

What are you thinking right now? That is what **you are creating!**

What does your **life** represent?

Does your spirit **feel** safe in your body?

What are you **attracting right now** within your sacredness?

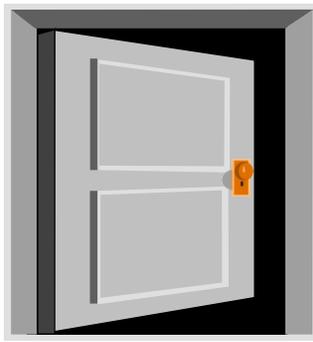
When do you say, “**yes**” when your heart is saying “**no**”?

How can you **love** yourself better as the I AM?

You can survive relaxation as the Presence of Your Essence!

Take the responsibility to ask for what you want! The Universe will respond!

Write answers and thoughts in your daily journal.



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Listening Within

Go inside; what lives between you and harmony, divine peace? **Don't answer**, sense with your body.

Now, pick one issue; what does your body tell you? Sense the whole thing, the disharmony in your bodies – physical as well as spiritual.

What one word, phrase or image comes out of this felt sense of your divinity?

Go back and forth between the word, phrase or image and your bodies' felt sense until the word, phrase or image aligns with the sense. If the feeling changes follow it with your attention. Once the word, phrase or image fits the feeling, sit with it a few moments.

Ask, "What is it about this issue that makes me feel less than divine as a human being?" If you are having a hard time answering this question, ask yourself, "What is the worst part of this feeling?" **Don't answer; wait for the feeling to give you an answer.**

What would it feel like if it were all divine? Listen to your body. What is in the way of feeling a sense of harmony, peace and divinity?

Welcome whatever comes.

This is the first step in resolving this issue in a spiritual, sacred manner, not the last. This is realizing you are Source in a physical body.

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Instruction 4

What Is Your Spiritual Integrity Worth?

FREEDOM FROM REACTIVITY

There is One Force, a unified field of energy, All That Is. It encompasses everything that exists in every world, on every plane, in every dimension. There is no second force, no Devil, no embodied force of evil with the power to wield punishment against you in life or after your death. The "evil" believed in by the world is fed by fear. "Evil" is endowed with power when your belief system includes humanity's "inherent sinfulness" or "embodied guilt".

You create your own sense of "hell" within through being trapped in rage, horror, guilt, envy, jealousy or terror. Some beings have dwelt in hell from their first breath or even before that, unwanted and despised within the womb. Sometimes it feels as though the humanity has been burnt out of a person; often they appear to live to inflict their inner hell on others.

As above, so below; as below, so above.

The "hell" experienced in the Afterlife is a continuation of the energy form lived in earth. There are no fires of hell unless you choose it to be so. In the spiritual dimension, thought creates everything instantly. Everyone is naked. This can be a difficult concept to understand. You are creating your reality and you are creating the reality of what you will experience in the Afterlife, as well. Awakening now allows you to emerge in the Afterlife awake there, also. It is *all* about consciousness.

In physical life, you build your own version of hell by staying attached to and unconscious of your need to control. You are constantly attempting to find a way to manage the world instead of allowing your Source-driven knowing to guide you. You then live in a defended zone fenced in by fear.

OVERCOMING FEAR

If you think of each lifetime as a painting, how would you like to paint this lifetime and what colors would you use? It is a blank slate. Every breath contains that blank slate, so every breath gives you a new canvas upon which to paint. You can "change your mind" in any given second.

True liberation consists of knowing that everything emanates from Source - love, hate, fear, joy, humor, vomit, fresh fruit, mud, your parents, your lovers, your children, your employers and your bodies, etc. The significance you give to each of these ideas, what you actually think about them, creates what they mean to you.

Fear often produces the illusion of control. When you are able to walk through your fear, great growth can result. Re-member, fear is only present because you do not "like" that which is occurring. Since you created the experience, you may dis-create it as well. The outward actions may appear the same, yet living in and through them will differ accordingly.

If your desire is to create a world with more love and more harmony then you must work on loosening your belief that "evil" exists in those with whom you disagree . . . about **anything**.

You know you are in judgment when you want to have a quick closure or retribution without taking the time to get into the skin of the other person. You believe you "know" what the other is thinking, why they are acting in the way they do and you place either praise or guilt upon them based on your belief that you **know** them. You can only see what is in front of you through the filters of the perception you have created.

When you have come to the point in your understanding that you **know** that energy follows thought, you will not want to form damaging thoughts about another. **All are involved in creating a consensus of reality.**

Move from watching life to doing life - it *is* a state of being. Spirituality does not take you out of your life or ask you to rise above it. **Be in** your life fully while recognizing that the primary relationship is with Source.

REMEMBERING YOUR PURPOSE

In this age of instant information, you have filtered out an awareness and relationship with life. You have filtered out inner knowing. It makes everything look like facts. You must participate in the **process** of life if you are to "get" and understand the messages of your life.

When you begin to "step out" of the movement of living a dynamic life (isolate yourself), you begin to experience the onset of "issues", "problems" and "dis-ease". You separate yourself through the boundaries you create between you and the "other" so that you will feel safe. What you are really doing is stopping the flow of life force.

Much of your life's work is involved in recovering from the way you were parented. Re-mem-bering that your parents raised you based upon the very best they knew how to do in that moment (no matter how that looked) will allow you to realize that they are simply humans. Only the formative mind of the child believes the parents to be all knowing. **What did your parents say vs. what you experienced in this parenting? Do you still believe they "know all"?**

Spiritual crisis can bring you to: "This has been the most significant experience of my life."

When you lose your awareness of the *unfolding* in life, you lose the meaning of your identity; you lose your place in the universe. The void you feel is the absence of life. Self has become a thing to be observed. Spirituality is not separate from life. It *is* life. ***Spirituality is participation in life - it is not ritual, techniques and practices.***

You dis-empower yourself when you focus on the **external** for what to feel, think and experience.

Live each day as if it were the only day you have to live; as if everything that is being recorded for you that day will be the only recording you will ever have of what you are; create filled with loving care, spotless.

Spiritual health means taking responsibility for your self. Your present beliefs may support an environment in which you rely on those outside of you to bear the responsibility for your actions, thoughts and feelings.

The more you place your reality outside of yourself, the more reliant you become on those within that reality.

All you need and all you need to know are buried deep inside of you. As you begin to trust your deepening levels of awareness, you come to knowing at levels of your being previously untouched.

It is living God.

When you own where you are, what is going on inside of you, you can move on. Many of the difficulties you create for yourself can be traced to disembodied thinking - you have cut yourself off from what you feel in your bodies. You have separated your emotions from your experiences, your head from your heart and your soul from your beingness. **(Allow yourself to *feel* fear, anger, excitement, love; not only talk about it.)**

You are not a personality; you *have* a personality. If you think of yourself as your personality, you become static, unchangeable. You project yourself onto life to make it the same as you are. "If it all stays the same, I am safe."

The effect of this inability to move is to make you more and more anxious - dead. You set patterns and rules for everything. You don't want surprises. You see surprise as chaos and do not want experiences you have not tried out. You - and your bodies - are constantly moving and changing. You **are** all possibilities and recognize them one at a time as you open to the possibilities as they emerge. **You are a world of options.**

Be embedded in the entire process of living in the All. You are not *in* nature; you *are* nature. You have the opportunity to participate with others - all of the others in nature.

If the universe is ever changing, how can God be static and unmoving, unchanging? Man has created God as unchangeable. **What happens to belief if God is consciousness in motion - ever changing?**

When confusion steps in, you are no longer feeling your bodies you are being biased by your perceptions. It is a time to do nothing.

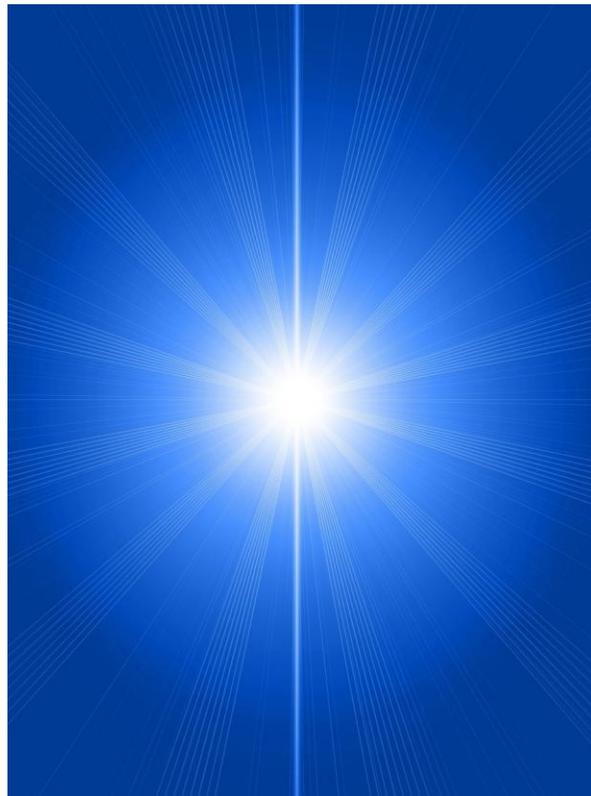
ALONE TIME IS PARAMOUNT - IT IS A MUST

Being alone is not being lonely. If the feeling is loneliness, allow the fear; honor it. Only when you are alone do you discover that you are never alone. The spots of alone time during the day are a time of waiting *with* rather than waiting *for* when you are present and open to your feelings.

The physical does not make you separate from your Soul. You dwell in a singular state of conscious reality. The seeming division is a result of your attachments to this dimension.

You are already all that you could ever Be. There is never a moment that you are not all that you are and can be. In each experience, in each moment, dwells the potential for you to experience All.

Alignment with the higher heart and heart chakra opens the door to the frequency of the Light Body.



Meta yoU School of Mastery Metaphysics Course **Concentrating on the Sacred Heart Space**

Concentrate on the space that is your heart space where your soul speaks. Breathe into it and breathe out. It is simple – simply breathe. Breath gives you life; you give life your breath, as well. Let your only feeling be the awareness of I AM. Feel the resonance, the peace, the ease that comes from experiencing only I AM.

Then sit in this space, breathing it in and out, filling your whole body with holiness, sacredness and divinity. You can transmit this feeling into the world or keep it for yourself (though it transmits infinitely anyway). It is about creating a feeling that will give you a sense of divinity and love within your body for all you are as spirit in form. That is all you need do now. You can practice with it in the world when you have become comfortable doing this for yourself.

Your divinity speaks through the divine space of your heart. Immersing yourself within your heart allows you to feel the emergence of the Presence of Your Essence.

Meta yoU School of Mastery Metaphysics Course

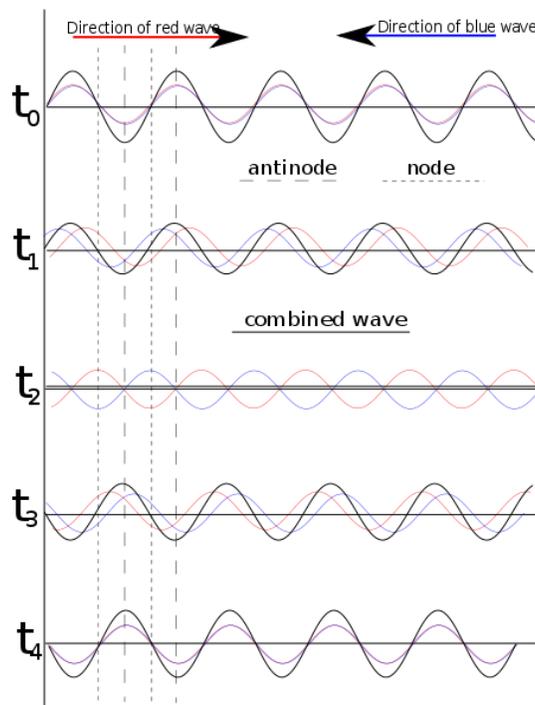
Instruction 5

Working in Quantum Energy

“We still have very few answers to the big questions.....The more knowledge we accumulate, the less we know. Gaining knowledge is like chopping down a forest from the inside out. The more we know, the bigger the circle of the unknown becomes. If we keep going at this rate, in another thirty years we’ll be totally clueless.” Edgar Mitchell, IONS Shift: at the Frontiers of Consciousness 12/03-02/04

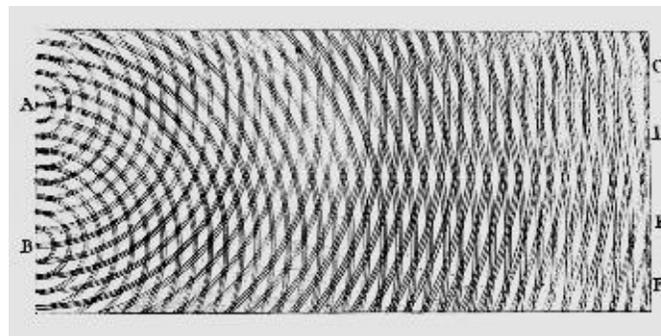
Humanity is connected by an invisible force. Many people believe that this connection is in the mind. Yet, the mind is only part of this hidden force. It is an instrument used to create definition within what some call the "aether" that which holds, contains and distributes the power of the mind. It is a vacuum, a super dense, cosmic, frictionless medium.

This unseen medium acting as the carrier of light 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 (sometimes referred to as a stationary wave) remains in a constant position. This occurs because of interference between two waves traveling in opposite directions.



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

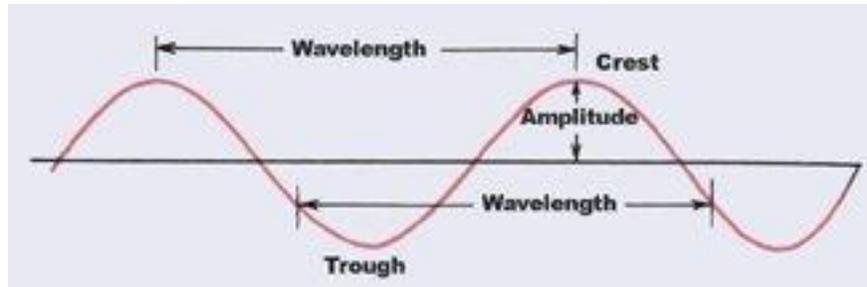
The standing wave is created by two waves of similar wavelength traveling in opposite directions. In the photo below, the waves are flowing into the center at the same time the waves are flowing out from the center. Though this is a 2D picture, if you imagine it happening in 3D, it will create a clearer picture of the standing wave affecting its environment and being affected by the same environment in all directions.



This invisible force, space, responds to human emotion (energy in motion). Emotions contain information carried by the energy as a carrier wave of the emotion's frequency. This is how you create with your feelings and emotions. 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.

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 patterning. It does this through non-linear dynamics and emergence. Again, think of the standing wave pictured above. Imagine waves going out from it and into it at the same time. It portrays a constant fluctuating substance that is a carrier of all the information in the cosmos.

Information "has" energy. Energy "has" information. Energy is the power "in" the information. Information is the "purpose" of the energy. It is teamwork = soul (information) and spirit (energy).



(Photo courtesy of www.daviddarling.info)

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. Source consciousness is included within this principle.

If you take this concept to its logical conclusion, then only when a particle is at "rest" is it pure matter. As soon as the particle goes into motion, it is converted into a field/wave. If the velocity of the wave surpasses the speed of light (yes, that is possible), the wave becomes a "pure field". It disappears from physical view in this dimension. This is often referred to as transmutation.

The information referred to herein 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 humanity exists. It resides within the "space/aether" that was referred to in the opening paragraphs of this class. These records are constantly being rewritten by every thought, word, emotion, feeling and action of every human being.

All that exists "is" all that exists. All potential futures also lie within the fabric of the Akashic Field. It is a record of all occurring within the cosmos and has a relational communication to all that has yet to happen. It conveys all the information of life-to-life.

Within this concept of existence, the cosmos of this dimension of time/space was literally informed from other universes within the Metaverse

before the "Big Bang". The "Big Bang" is amplified fluctuations already present within the space/aether, the cosmic vacuum.

How It Works

What makes it work?

Is it consistent or are there differences in the energy and the information that it carries?

A portion of the following information was covered with a different focus in earlier lessons. Let's now pay attention to coherency with an eye to the Zero Point Energy Field.

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.

Phase of an oscillation is defined as *the fraction of a complete cycle corresponding 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 ($1+1=2$); overlapping, symmetrical. The net result is greater energy, more light and/or more information. When someone says they are experiencing "good vibes" from someone else, it is constructive interference; likewise, a space that feels good to the physical body. There is resonance within constructive interference.

Incoherent waves create destructive interference; opposite waves interacting; sometimes seen as a flat line or less light. "Bad vibes" are created by destructive interference. Incoherent waves do not resonate because they have no relational points with which to intersect and combine.

There is a third interaction, as well. This beat frequency is slightly higher (50Hz to 60Hz, for example) creating a brand new frequency when resonating together. It is called harmony. Harmonic resonance is the state of well-being preferred by most bodies. This interference, represented by Phi or the Golden Mean, will be examined much later in this series.

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.



Coherency within the space/aether establishes communication. It works like a subatomic telephone line. The higher 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.

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.

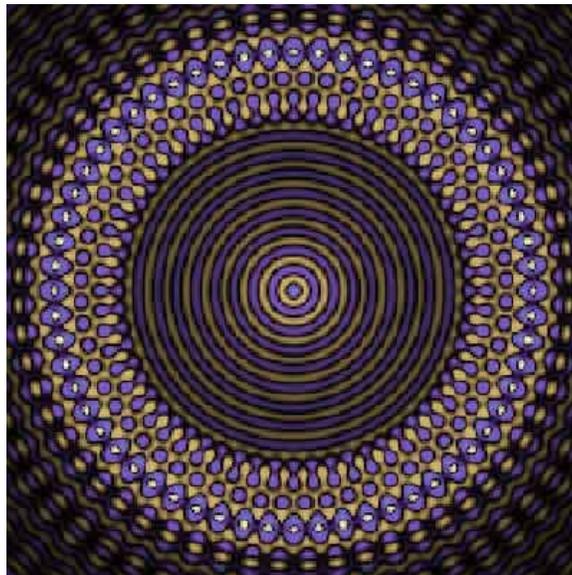
The energy exchange creates fluctuations within the space/aether with no apparent cause. The disturbance within the medium comes from a frequency dimension that is not visible. This exchange is created by "virtual particles" that exist only during the exchange, not before or after.

The virtual particles create a third point of communion (communication) between the two wave/particles that are exchanging energy. Once the information is exchanged, the exchange medium, the virtual particle is no longer needed and is no longer in existence.

All of this motion added up creates an enormous amount of energy throughout the universe, the vacuum. It is free. It is boundless. It contains all possibilities. It is a quantum sea of light, information and energy. It is the Zero Point Energy Field, which is defined as the lowest possible energy state of a quantum mechanical physical system, its ground state, which is non-zero.

The potential of virtual particles exist within the Zero Point Field as potential energy waiting for the environment to invite movement. When a moment of energy exchange is imminent, the virtual particle "appears" from within the Zero Point Energy Field and interacts within the exchange. Then it no longer exists.

This Zero Point Field, as the ground state of manifestation, is connected within every frequency possible. It is the interconnection of all information in all dimensions. It is the "Field". See www.spaceandmotion.com/science-physics-wsm-wave-diagrams.htm for excellent standing wave graphics.



From the New York Times – 7/22/2001:

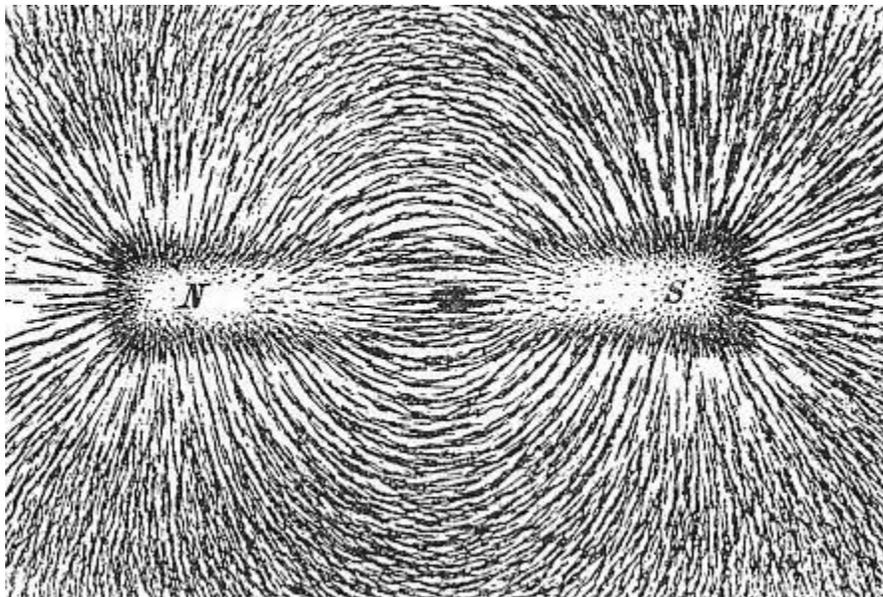
“Nicholas Gisin et al (University of Geneva) reported that a pair of twin [sic] photons split and sent along two diverging paths, when arriving at terminals 7 miles apart, exhibit the phenomenon of quantum ‘entanglement’. The detection of one of the photons causes the collapse of the wave function to a single solution. The collapse instantaneously causes the collapse of the possible quantum states of the other photon 7 miles away.” (Perceiving the wave collapses it into a particle – intention and attention.)

The Field is a bridge between the unmanifest and the manifest. The unmanifest, the Ineffable is at the root of the Field. It is ubiquitous; it is everywhere. *Experience* of the Field is only in manifestation in all of its forms. Experiencing manifestation *is* experiencing the Field.

If the Field is self-revising, self-evolving and self-maintaining (which it is), humanity is participating in the revision/evolution/maintenance of the Field. Humanity is participating in the revision/evolution/maintenance of Source.

“There is no ‘out there’ out there, independent of what’s going on ‘in here’ in here.

**“The real trick to life is not to be in the know, but be in the mystery.”
Fred Alan Wolf, Ph.D.**



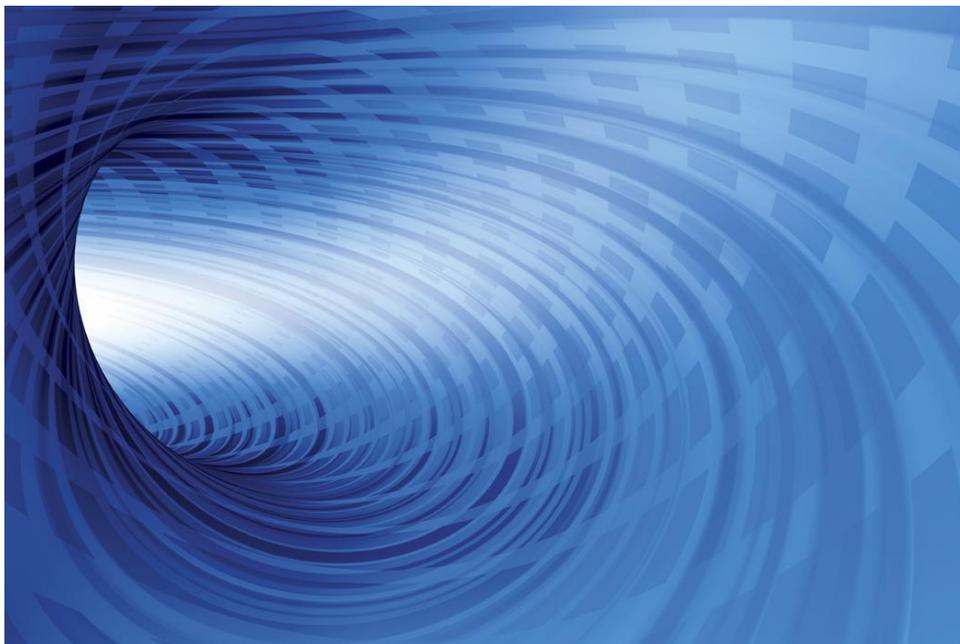
(Photo courtesy of www.daviddarling.info)

Meta yoU School of Mastery Metaphysics Course

Breathing a Sea of Light

Now that you have a basic understanding of the standing wave you are, put it into practice during your meditation time.

- 1. Sit in stillness; inhale and exhale in a circular breath with small pauses between the inhale and exhale**
- 2. Move your awareness to the energy behind your breath**
- 3. The inner force is breathing you; feel its rhythm as waves of love pulsating through you**
- 4. You are being breathed by It**



Meta yoU School of Mastery Metaphysics Course Gaining Clarity in the Quantum Field



Begin by taking a moment to think about what you believe you are and what you believe you wish to become within your divinity. If your soul experience could be anything you want and no possible way to fail, what would it be?

When you look back on this life, what do you want to remember as your divine recollection? What experiences do you want to etch in your Akashic Record? What accomplishments do you wish to record? What do you *really* want to accomplish while you are alive – *alive in this Life* as Source in form?

What does a soulful, successful life feel like? What kind of life gives you “goose bumps” simply thinking about what you would be/do? What would give you your deepest soul pleasure in this life? Stretch your imagination.



Now write down each goal, desire or accomplishment of your soul in your journal, leaving space for comments. Use extra paper to develop your theme if you wish; perhaps use one piece of paper for each idea. **Do not analyze, judge or censor what comes. Write as fast as the ideas come up for you. Include anything that seems unattainable or impossible. Expand your ability to create as God!**

GO WAY OUTSIDE OF THE BOX!

Identify your deepest soul wishes within the next week, month and year. Do not be concerned with the “how”. Know that the Universe will bring you what you desire as your vibration dictates. You are the Source creator of every idea. You are divine.

Get out of your head and into your heart. What is making your heart beat faster? Give up questioning yourself. Let yourself include any, and all, responses that you feel within the deepest reaches of your soul.

**As you move through this, what comes up for you?
Where do you feel elated? Where are you feeling resistance?
What is working/not working? What else do you want to know
about your experience – your soul's experience, your divinity?**

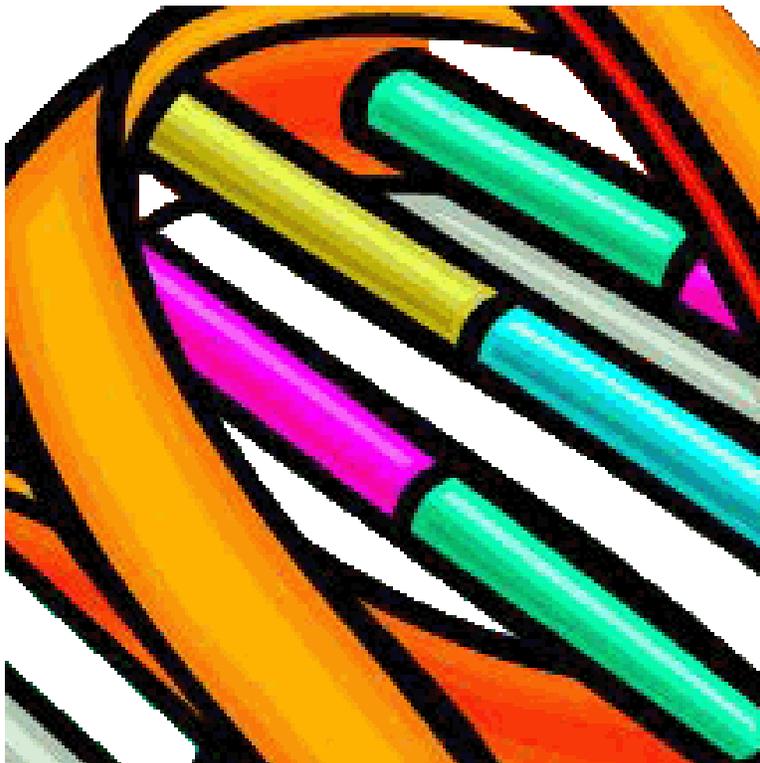


Meta yoU School of Mastery Metaphysics Course **Making Learning – Life**

It is time to put your previous learning and this class into practice as the divine in physical form.

Begin by reading the DNA Is the Secret e-book and taking notes regarding the way the information applies to the function of your DNA and heart as a divine reflection in this dimension.

From the standpoint of a standing wave continuously sharing information, how does it apply to your daily life? Use the e-book to fuel the fire of your imagination so you begin to apply your learning to your life on a daily basis. See yourself as the divine in a physical body creating unique interactions within each breath of your sacred, holy life.



Meta yoU School of Mastery Metaphysics Course

Instruction 6

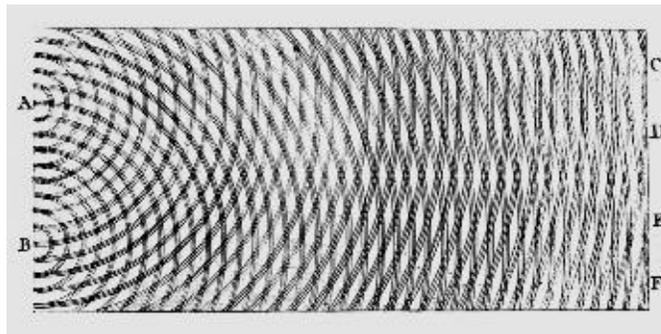
The Quantum Hologram

The word "hologram" comes from the Greek "holos" meaning "whole" and "gramma" meaning "written down". Dennis Gabor, the inventor of holography, coined the word in 1947, receiving the Nobel Prize in physics in 1971.

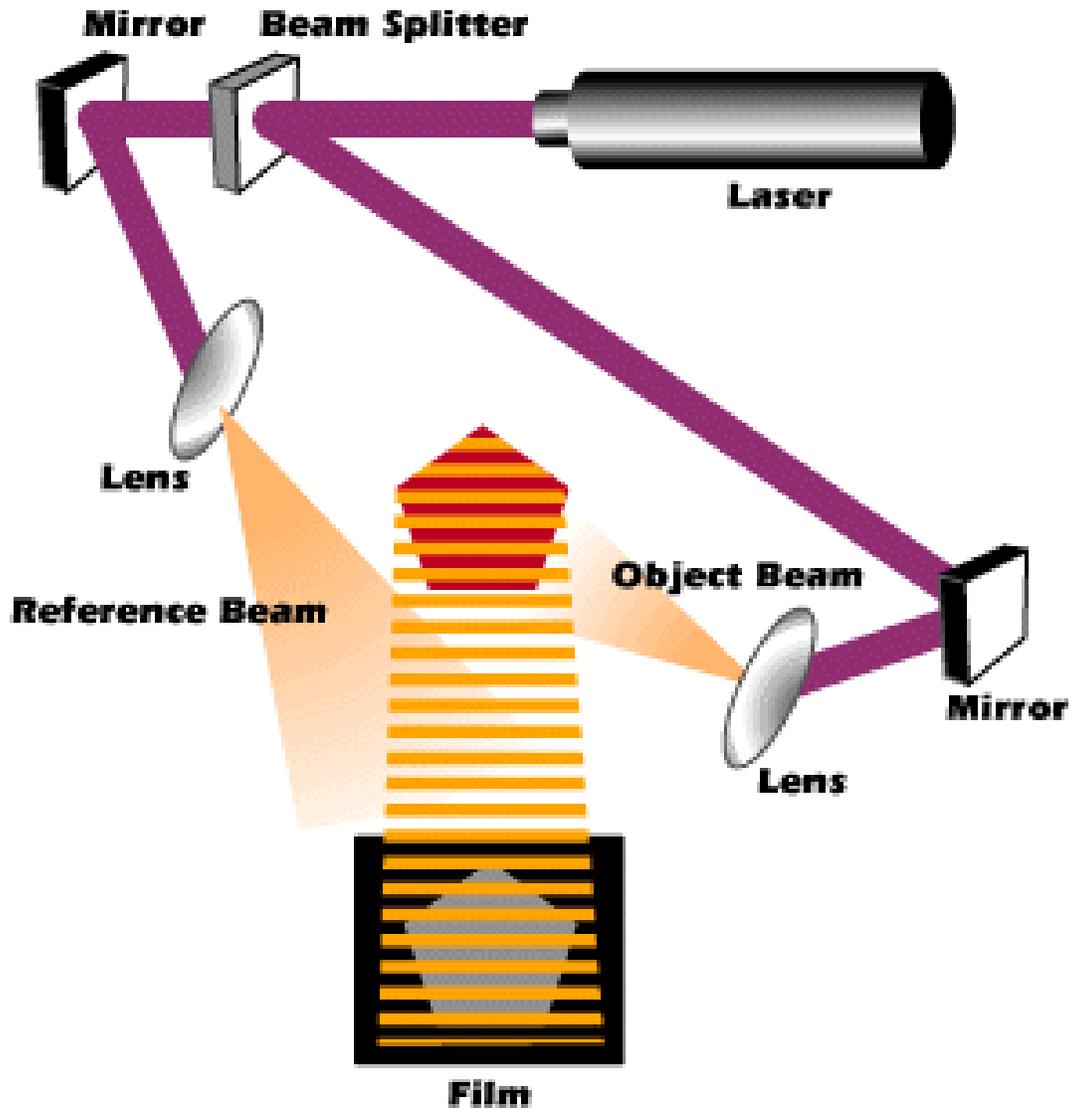
A hologram is defined as a three-dimensional image reproduced from a pattern of interference produced by a split coherent beam of radiation (Merriam Webster's Collegiate Dictionary, 10th ed. 1996). Holograms are used in many different scientific capacities as well as in business.

It is an interference pattern of laser light shining on an object. The laser beam is split into two separate beams. The first beam is bounced off the object (the object beam). The second beam (reference beam) is reflected off a mirror. The reference beam collides with the light from the object beam. When this happens, the two parts of the beam create an interference pattern recorded on a holographic plate (like a piece of photographic film). If you cut out a small piece, even a tiny fragment will still contain the whole picture.

It is a combination of constructive and destructive interference (patterns of bright and dark spots). The waves add and subtract. The waves are moving through each other. Each point of the hologram contains all of the information.



What was the original object if the beam is the Source of manifestation as creation began.



(Credit for photo unknown – proper attribution will be given if the artist makes him/herself known)

If Source is the origin of the light beamed at the mirrors, which are man's spiritual reality onto the photographic field which is the physical reality, then

**The three-dimensional image created is MAN!
Created from WHAT Object?**

Source!

Everything that happens in one area of the Field – that *is* the Hologram – affects every other part of the Field/Hologram. Just as in the holographic film, the entirety of the hologram is contained within each part of the hologram. The information of the whole is contained in each part. It is distributed non-locally. This is action at a distance without respect to the concept of "distance". Since particles and waves are interchangeable in a non-local setting, we can say that all of physical reality is simply a set of interference wave patterns. Any energy exchange is mediated by the presence of the one substance – space. There is no need for travel.

**Non-locality = “spooky action at a distance”
Quote from Einstein who could not understand it**

Imagine an infinite web or matrix of energy patterns. These waves are all connected non-locally. They do not respect the idea or concept of distance. They do not experience distance. Every piece of the wave pattern is interconnected with every other portion of the wave pattern. Humanity is not an observer of these wave patterns. Humanity *is* these wave patterns within one space.

These waves are time independent and unaffected by electromagnetic shielding or any other type of barrier. You cannot feel, think or do anything without affecting the Whole – *every time*. Humanity experiences all life within one space.

“Non-locality and the non-local quantum hologram provide the only testable mechanism discovered to date which offer a possible solution to the host of enigmatic observations and data associated with consciousness and such consciousness phenomena.” *Edgar Mitchell, International Journal of Computing Anticipatory Science, Volume 7, 2000*

David Bohm, one of the father's of quantum physics, describes the unseen, deeper level of reality as the "implicate" order (enfolded). He describes the day-to-day reality as the "explicate" order (unfolded). The explicate order unfolds from within the implicate order as a secondary reality. Hence, space/time is no longer the dominant factors determining the relationships of elements. A basic connection of all elements derives from the deeper order.

Every time one person makes a choice, the entire hologram is affected. It *is* direct communication within the Field. So let's look at what you call reality:

Imagine perceiving a physical object. The paperwork you are looking at right now is a good start. Perhaps it is lying on a desk or you are holding it in your hands . . . or perhaps, you did not print it out and you are looking at these words on a computer screen. It looks like it is separate from you . . . like it is "out there". The words and paper or screen really is part of a holographic image consisting of frequency patterns that stimulate your neural functions. This stimulation is related to mind/brain complex as something that is "out there". It is the way your mind/brain interprets and understands that type of stimulation. This is true for everything you experience.

The frequencies contained within the neural stimulation are tasteless, odorless and without texture, yet they contribute to the senses' experience in this frequency dimension. The senses perceive only bits and pieces of the entirety of reality, which translates into separate objects, hence separation. It is a filter within the perception of the brain/mind complex, which if removed, would experience only interference wave patterns. This filter is what is called *perception* based upon each person's understanding of his or her reality.

Remember, you *are* this pattern. The paper you are holding or the computer you are looking at, the chair in which you are sitting, the walls of the room around you . . . and *you* – are interference wave patterns. Hence, there is no objectivity reality because the observer, the process of observing and the object observed are the same thing. Non-locality is a manifestation of unity underlying all things.

BE the change you wish to see in the world (Gandhi)



Meta yoU School of Mastery Metaphysics Course

A Self-Guided Meditation

Close your eyes and take a few deep, long breaths . . . relax . . . let your shoulders drop, your stomach relax . . . breathe Now imagine yourself in an enormous stream of white light, flowing down from above and forming a beautiful egg of light all around you as it swirls and weaves itself around your body, send the bottom of the egg down into the earth, far down into the core of the earth white light flowing from above, swirling around you you sending it down, down into the earth.

Now send the top of the egg far up into its source. Send it up, up, up into the heavens. You are the center, the core of this egg of white light extending far into the heavens and down into the core of the earth.

Breathe into this light . . . feel what you are doing with your frequency . . . you are in the middle of the divine hologram using its energy, its interference patterns to create divine light in the heavens and in the earth. Allow yourself to shine brighter and brighter from the center of your heart into the middle of the egg. Feel the love you have for this light and its love for you. You are the frequency of love, extending love, creating love, being love. You are incorporated within this love, this light. You are creating the frequency pattern within the hologram for all in this moment. Feel it. Feel it. Feel it. Feel it.

Now, as you continue to feel the magnetics of this frequency, the love flowing from you and into you, say silently to yourself and deeply feel, "Divinity and harmony are my only frequency of vibration."

"I know that the core of my self, the Presence of my Essence, is security, wellness, freedom, wisdom and well-being. I AM harmony. I AM Source."

"I invite all who are in my life to relax into this frequency of harmony and well-being. I know that my Essence is flowing within me at all times. So be it."

When you are ready, come back to normal awareness. Practice this meditation once a day.

Meta yoU School of Mastery Metaphysics Course

Listening Within

Inner listening is the core to living your life from your Essence. It underlies every metaphysical principle. Agree with yourself that you will practice listening within all day, every day. To become adept at doing so, practice as follows:

Sit somewhere quiet where you will be undisturbed. Close your eyes and breathe deeply. Relax. You can play quiet, lovely music, if you wish.

Quiet your mind, your body, your thoughts and your emotions. Be aware of them, yet look beyond into the Essence of your Presence.

Ask a question and open up to your own inner knowing without any attachment to the answer. Usually, the first response is the clearest.

Watch out for interpretations or your mind attempting to figure out the answer. Your inner answer will be simple within your Presence. Feel the energy of the response rather than simply the answer itself. Your body will feel relaxed and energized when experiencing its truth. It always does and you may rely upon it.

Listen with assurance and trust. Observe everything that is occurring as you are receiving your answer. Your Essence is present within the Divine Hologram. You are everywhere . . . infinitely.

Accept your answer, your feelings and your observations without judgment. If you desire more clarity in the answer, ask for it. Openly receive the clear answer you are experiencing.

If you do not receive an answer or doubt what you are getting, keep listening. Your truth will always feel like your truth. You will know it when it arrives. Sometimes, no response *is* the response.

Practice this exercise often until it becomes a natural habit. Your innate creativity lives within the realm of all possibilities. Be open to it.

Let go of all expectations. Be open and receptive.

Meta yoU School of Mastery Metaphysics Course Observing Synchronicity within the Hologram

Observe how synchronicity shows up in your life. Make notes in your Meta yoU journal and watch the progression of synchronicities. The more you pay attention to them, the more they appear to occur. **(Remember, you are resonating with the synchronicities within the Divine Hologram.)**

As you make decisions while you are observing these synchronicities, remember to go within. Always pay attention to how your body feels. **Trust your Essence, its Presence.** Act on the guidance you receive from it. Keep track of the decisions you make based on your inner guidance. Write them in your journal as paying attention becomes a habit.

You will notice how on track you are in making decisions based upon your truth and integrity. It may feel very subtle. Writing it down will make it more concrete and assist you in your decision making. **As you learn to live with Self-Authenticity within the Divine Hologram, treat yourself with great compassion and non-judgment. You are divine.**



Meta yoU School of Mastery Metaphysics Course

Instruction 7

Phase Conjugate Adaptive Resonance (Law of Attraction/Principle of Resonance) plus a Look at Dimensional Frequencies

“Your consciousness influences others around you. It influences material properties. It influences your future. You are co-creating your future.” William Tiller, Ph.D.

The Law of Attraction has received much beneficial press in the last several years due to various people channeling entities who talk about it, authors creating books regarding resonance and the usual marketing influx that accompanies the arrival of what many consider a new concept in manifesting. Most of this attention has been directed at creating what a person desires within the material realm.

The Principle of Resonance has been around, so to speak, before the birth of the planet earth. It is a basic premise of physics as well as quantum physics and metaphysics. It is resonance as the yearning of your soul to experience your divine Essence.

In the scientific world, this theory (because all scientific ideas are theories even if proven) is referred to as phase conjugate adaptive resonance. It is a very long name for a very simple approach. Let's dissect the phrase to examine its inner workings:

Phase: A particular stage of advancement in a cycle; the fractional part of the period through which the time has advanced, measured from some arbitrary origin. (This is the physics definition.)

It might be helpful to look at the general definition: Any of the major appearances or aspects in which a thing of varying modes or conditions manifests to the mind. (It's “in” the mind yet we'll go with the standard definition.)

So, a phase is an aspect or a stage of an object as it advances in time.

Conjugate: joined together in pairs (in mathematics - of two points, lines, etc.) so related as to be interchangeable in the enunciation of certain properties.

So far we have – **phase conjugate**: an interchangeable stage of advancement joined in pairs manifesting to the mind.

Adaptive: able to adapt

Phase conjugate adaptive: an interchangeable, adaptable stage of advancement joined in pairs manifesting to the mind.

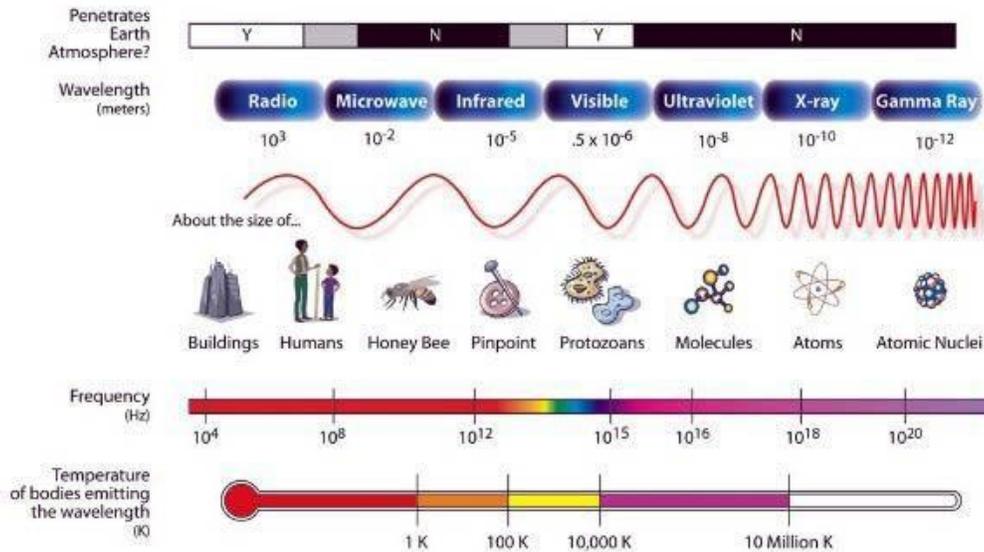
Resonance: (in physics) the state of a system in which a vibration is produced in response to an external stimulus, occurring when the frequency of the stimulus is the same, or nearly the same, as the natural vibration frequency of the system.

Phase conjugate adaptive resonance (PCAR): an interchangeable, adaptable stage of advancement joined in pairs producing a vibration in response to an external stimulus that is the same frequency manifesting to the mind.

**This is the Law of Attraction. It is the Principle of Resonance.
It is the human yearning for that with which it resonates –
Source Consciousness.**

Taking this concept into the world of human perception, the percipient (person doing the perceiving) and the source of information are in a resonant relationship to enable the information to be accurately perceived. PCAR is the reason you see what you believe is there (responding to similar vibrations). It is the cause of your life's manifestations, creations and experiences. It is also based upon your beliefs and biases.

The frequency and phase of the information you perceive based upon the frequency and phase information you believe is real for you are in resonance. They are locked in a resonant, retro-reflective feedback loop. You see what you believe is there, experience what you believe you will experience because you believe you see it/will experience it.



The electromagnetic spectrum courtesy of

www.daviddarling.info

Credit: CSIRO Australis

Biologically, the body's DNA wave is a quantum holographic bio-computer calibrating itself as an antenna. It works through PCAR to receive and transmit quantum holographic information stored in the form of patterns we know as radio waves.

The soul and spirit exist beyond this physically dominated principle. Your etheric self, your Essence, is not bound by the rigors of this dimension. Therefore, learning to listen to your heart (in this dimension) as the voice of your soul (**within**, yet not bounded **by**, this dimension) allows you to coherently bridge that which is dimension-bound with that which is dimension-less.

PCAR is necessary for an object in the third dimension to be perceived within that frequency of reality. Resonance requires a virtual path **equal to** and **opposite from** the incoming sensory information. It is the incoming information that decodes the energetic signature of the quantum hologram. In other words, you will see what you believe because the information flowing in establishes PCAR and makes your perception possible based upon your attention **upon it**, which in turn, is based upon your intention in receiving it (your belief).

As we saw in earlier lessons, energy/light/information is nearly interchangeable in terms. Energy is the power in the information and

information is the purpose of energy. Again, you may equate energy with spirit and information with the soul.

Information is the basis of the phenomena of perception, cognition, memory and learning. It flows through consciousness and the subjective experience. Since all information exists within the quantum hologram, it has a causal effect independent of distance. Due to non-locality, it is natural to know what is occurring at a "distance" from you since there is **no true** distance.

Within the subtle realms of the mind and human consciousness, attention, intention (and the attention placed upon it), belief and bias have an absolute effect. Marilyn Schiltz of the [Institute of Noetic Science](#), together with her associates, has conducted many experiments proving that the subtle realm of the mind influences all material interactions based upon its belief, intention and attention.

Is the speed of light actually a constant? Can information flow faster than the speed of light? Was Einstein incorrect in his theory that the speed of light was unsurpassable?

DNA transmits information superluminally i.e. faster than the speed of light. If the human body were limited to Einstein's constant in transmission of information within all of its systems, the body would not function in its present physical state. What shape can the universe have that one point can be in simultaneous contact with all other points?

Let's tie the present discussion into dimensional frequencies (using the scientific definitions of the words):

Dimension: a property of space; extension in time; matter, size; within *physics*. any of a set of basic kinds of quantity, as mass, length, and time, in terms of which all other kinds of quantity can be expressed; *original meaning* - a measuring

Frequency: the number of periods or regularly occurring events of any given kind in unit of time, usually in one second; the number of cycles or completed alternations per unit time of a wave or oscillation.

Wavelength: the distance between one peak or crest of a wave of light, heat or other energy and the next corresponding peak or crest

When viewed from the perspective of these scientific definitions, the idea of "beings living in higher dimensions" changes to "consciousness experiencing different areas of space". This shift in perception removes the connotation of bad or good, beneficent or evil from the idea of specific states of consciousness existing in frequencies that may or may not be physically available in this dimension of length, width, height and time.

Rather than being a matter of angels, guides, teachers and devils, it is really concerning wavelength, frequency and position (or not). It is religious belief that construes "higher dimensions" (actually faster, unseen rates of frequency) as better than lower rates of frequency.

Since the human visual spectrum is usually restricted to 400-790 THz (terahertz – hertz = number of cycles per second; usually one cycle; tera = 1,000,000,000,000 hertz – 10^{12}), consciousness existing outside of this band of frequency wavelength is not seen by the human eye. All of these dimensions of frequency are often gathered into the reference of "the invisible/supernatural world".

And, at this point, one might ask, does this give consciousness existing in those realms of frequency more wisdom, greater insight or more knowledge than the human mind is able to conceive?

Use the above definitions as the basis for understanding dimensions. It is obvious that the number of frequencies and wavelengths available are limitless. Construing that one or another of them is better than the others is, again, a matter of a belief based upon preconceived teachings. Vibration of frequency is just that – the rate at which a conscious wave is oscillating.

Belief may then change from discrete particles with given names to quantum waves within a quantum hologram. These conscious waves have the opportunity to be beneficial, loving and compassionate plus all of the other attributes that humans wish to interject into their existence, yet they are not constrained to be so.

Human perspective is biased by belief due to animation within the present dimension. It is based upon three rectangular dimensions plus time. In the hologram, the cosmos, dimensions are inward and outward within a sphere. That is the direction of waves in space (the one substance).

While science delves into a variety of theories relating to dimensions, not the least of which is string theory, for our purposes we can simply realize:

An infinite number of dimensions (using the definition set forth above) exist within the spherical standing waves within space (the one substance)

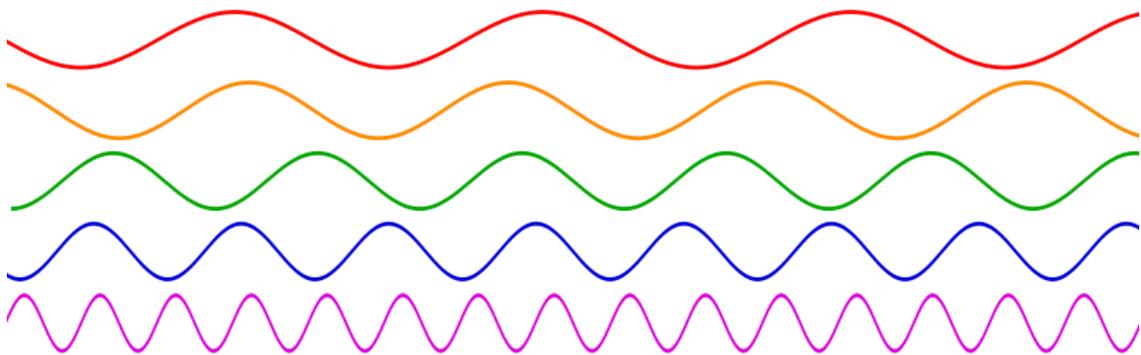
An infinite number of conscious possibilities exist within those dimensions

Coherent wave frequencies resonate within dimensions in space through PCAR

Information contained within these frequency waves is available through PCAR

Coherency within the human consciousness results in a resonate frequency with information contained in dimensions other than that of physical earth

Coherency is the key to obtaining information from other resonate frequency domains



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Defining Your Learning

Define:

Soul:

Resonance:

Quantum:

Meta:

PCAR:

Oscillation:

Spirit:

Frequency:

Non-locality:

Wavelength:

Coherency:

Hologram:

Entrainment:

Entanglement:

Electromagnetic:

Consciousness:

Anti-parallel:

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Practical Application of PCAR

During this week, pay attention to what you are feeling and what it is transmitting into the environment as the spirit of you.

First, place your attention upon the feeling that emanates from your heart.

Second, feel what it transmits to those in your immediate surroundings.

Third, imagine that feeling, that frequency wavelength spreading out into the entire divine hologram within which you exist.

Now, after you have placed your attention on what you are sending out, shift your attention to what you are receiving from within divinity.

First, feel what appears to be resonating with you in your environment.

Second, feel what it is "saying" to you; what frequency it is receiving from you that causes it to resonate with you in the manner in which you experience it. It is Source responding to Source.

Third, imagine shifting your experience of that feeling, if you wish to do so, and re-creating it into a resonate frequency with that which you wish to experience. If it is a frequency appropriate for you in this moment, magnify it and let it expand into the divine hologram.



Meta yoU School of Mastery Metaphysics Course **Loving Yourself and Feeling Loved**

Sit down in a place where you know you will be alone, preferably outside if possible. **This is your place, a space of quiet, solitude and peace for you. It is the holy of holies of your sacred heart.**

Make an appointment with yourself to spend **at least 15 minutes** in this space every day. Don't let yourself go without these precious moments of love and self-replenishment. Meet your divinity every day.

Make yourself very, very comfortable. Do whatever is necessary to allow yourself to feel how **magical these moments** are for you.

Think about and feel deeply how valuable you are as a human being, how your frequency of wavelength is unique to you. You are not only supported in your beingness, you are deeply, infinitely loved; **feel this penetrating love for yourself as Source sourcing Itself.**

All problems, issues or discomforts must stay away from your mind during this most sacred time. **This is your sacred space.** It is the voice of your soul yearning to feel the profound love of its creation – **YOU.**

Feel the love that those in your life have for you, as well. **Know that you are supported, cared for and adored.**

Your contributions within the hologram are unsurpassed in their glory because **only you can make the specific contribution you are creating.**

There is no one else like you. You are unique in your divinity.

Revel in the delightful knowing that you ARE the One in your life.

You are The One.

You are One.

You ARE.

Allow these feelings to become part of your inherent awareness in your blueprint, your divine expression of Source in form.

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Instruction 8

The World of Spirit, Beliefs and the Body

Absolute existence has no structure. It is without form or belief. The transformative process that creates the two, then the three, then the four, etc. relies on the existence of a dual world. Whether that reality is construed as being dual because of its positive/negative charge, its up/down reference point, its black/white light source, etc. makes little difference to the concept that to have anything more than absolute nothingness in this dimension, one must include a dual reality.

Beliefs create resonance or incoherence in the field of your spirit. Because what you believe is true in your reality creates the frequency of the wavelength that you emanate, your belief system is responsible for the creation and maintenance of your field's effluence. Your beliefs emanate from that which you know yourself to be as Source in form yet become conditioned (filtered) by your immersion within mass consciousness.

Babies instinctively resist enculturation because they intuitively sense the conflict and limitation of life that puts boundaries upon the spirit. Infants are naturally loving, willing, exploring beings without limitation. Many parenting books, education websites and lecturers focus on how best to acculturate a child placing emphasis on a parent's concern over proper education, placement in society, fame and fortune.

It is this actuality that the human being recognizes his/her "world" created by the belief surrounding how/what it should be/might be/could be. And these assumptions (beliefs) are not necessarily held singularly. Usually a specific frame of reference is held by a group, which brings solidity to the idea of what the belief represents, how members of the group are to behave and exhibit the belief, plus denouncing those who do not hold the same conviction(s). Peer pressure at any age is a felt threat to acceptance within society, hence threatening survival itself at a very primal level.

It is this shared field of illusion that creates resonance within families, friends and within group consciousness. It is what fuels the search for those of "like-mind" despite what the foundation of the premise might be. No matter how dual the perception, underlying it is unity consciousness – a sense of interconnectedness that arises/emerges from the group's

participation in the given reality assumed by each of them individually and together as a family/relationship/group.

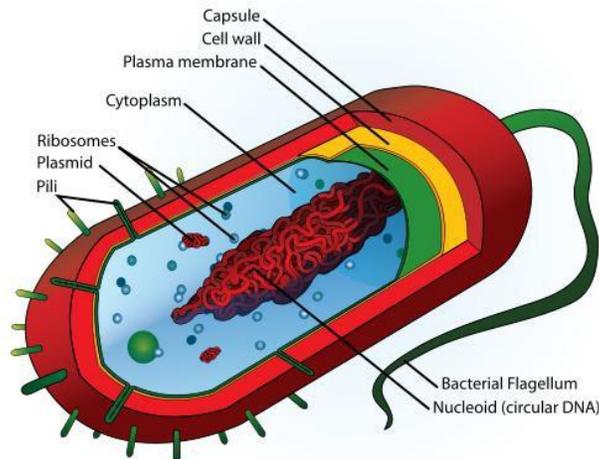
It is important to remember that resonance does not mean something is "good" or "bad". Resonance simply is as you have learned in previous lessons. So, two angry men could resonate in their desire to experience an expression of that anger in the same way a loving couple resonates within their idea of romantic love. Resonance is without judgment or opinion. It is the outcome of frequencies of wavelength expressed within a dual dimension. Encompassing the duality is the sense of the One (Oneness/unity) which is the domain of the Absolute/Source/Void.

It is your perception (your belief) that controls the behavior of your body's cells. There are more than 50 trillion cells bustling about in your body. Every single one of them contains genes and DNA awaiting instruction from you to tell them how to express in your life. What you "believe" is true of your life within spirit is what causes you to act, react and/or respond to life's circumstances. This information is then conveyed to your cells – every single one of them without exception.

A cell is comprised of structures referred to as organelles – sort of "small organs" like those within the macrocosm of your body. The organelles live within the cytoplasm, which is a jelly-like substance within the cell. So, you have organs within your organs, tissues and major bodily structures as well as having organs within your larger body.

The first cell originating within nature was a brain unto itself. It contained the complete template for all subsequent development. The neuron within the brain first showed up as a single cell organizing a small group of lower-order cells into new order. This arrangement was expressed through the cellular coherency among them.

You will have learned a bit about this material through the DNA Is the Secret e-book. Here we are going to go further into how your beliefs affect your body by looking at how frequency affects your bodily functions. This is the basis for the "meta" world. It is also your sacred space.



Each cell incorporates its own intelligence enabling it to survive without the others in the body. These cells always seek the appropriate environment and responses to it to ensure their survival. They learn from these environmental imprints and convey the information to other cells within the body. This is how the body creates new genes to protect itself from viruses.

Remember, single-celled organisms were the first life on planet earth appearing about 600 million years after the earth was birthed in the cosmos. For nearly 2.75 billion years afterward, single-celled bacteria, algae and other organisms were the only "life" in the physical world on this planet.

Somewhere around 750 million years ago, these single-celled individuals began to create multi-cellular organisms by combining into groups or communities of single cells. From small colonies of tens of cells to larger and more sophisticated societies of billions, the cells began to realize the advantage of living in community. It was the need to survive.

Interesting to note is the fact that the older systems when integrated into the newer ones retained integrity while expanding in their new role. The original reptilian brain cells were grafted onto the old mammalian brain upon its arrival yet the reptilian system still functions. It promotes human survival and with the aid of the new member, the old mammalian brain cells, is now able to do so in a more intelligent and adaptive manner.

One cell is aware of its environment. Millions of cells have an even better ability to be aware of and therefore respond to the community's surroundings. This discernment grows exponentially dependent upon the

number of cells involved within the territory. The outlook for survival increases exponentially, as well.

Since these cells store memories absorbed through the chemistry of feeling and emotion created within your body, they look within their internal filing cabinet when you are experiencing a specific response/reaction to a belief and they respond accordingly. If you are feeling fear, anxiety or worry, they will fear for their survival. If you express delight, joy, happiness and a sense of well-being, the cells know all is well and they continue to thrive.

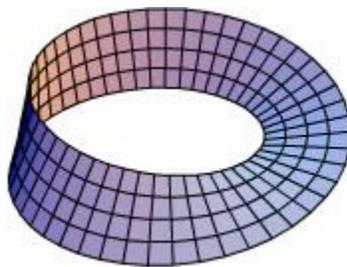
A signal from the environment activates the expression of the gene. (See www.brucelipton.com) Since cells are composed of atoms that are 99.99% space, they have an active participation within the Zero Point Field. The cells are empty space filled with potential and possibility, which are designed, controlled and maintained by and through you. Your sense of being Source in form releases the constraints posited upon the cells when viewed as simply human and aligns them with the crystalline energies of enlightenment (lighting them up).

Stem cells are unspecialized cells that give rise to a specific specialized cell. They are capable of replacing anything in the human body. Multi-potential stem cells divide into more of the same. If you put a stem cell in an environment, it will become that environment (bone, nerves, etc.). A cell does not lose the impact the environment has upon it once it specializes. The body is comprised of these cells that are potentials affected by the environment (inside and outside).

Cells under stress are unable to divide. They mutate into whatever shape/performance appropriate based upon the signal that is being given to them by the environment (you). Stress is one of the greatest causes of alteration within a human's genetics. The code is rewritten to suit the environment.

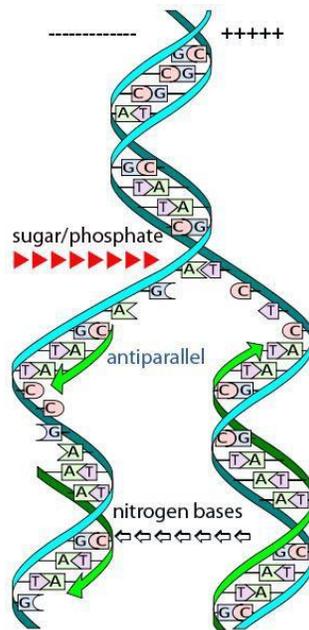
The cellular code is rewritten within embryos based upon the emotional state and chemical state of the mother's body. If a mother is under exceptional stress or strain, the usual coherent gene structure within the forming embryo will mirror that stress. Yet, biologically the genetic strain will not multiply into another generation unless the mutation is carried forward several generations.

The signal comes from the environment or consciousness – your consciousness through your feelings, thoughts and emotion. You are constantly downloading information from the environment around you creating those feelings, thoughts and emotions. **DNA (and your cells) does not control your biology. It depends upon the environment in which it lives (you) to instruct its use and replication.** (www.brucelipton.com) It is a feedback loop between you and the environment. The frequency that you create within you from the information in the environment informs the environment and it feeds more of the same to you.



A cell's natural programming codes are originally imprinted to operate without limit (hence, stem cells). The original state of the cell is changed through the conditioning of the environment, negative or positive self-talk and judgments/opinions. All thoughts, habits and patterns result in reinforcing the conditioning and changing it according to your desired outcome. (All of your results are desired on some level.) The cells follow suit. Cellular toxicity is often the result of past **held** emotional experiences and negative mental perceptions. Continued thought patterns reinforce the past held belief.

At the same time, potential DNA within the cell is seen to regulate trans-dimensional, non-local streams of information by magnetizing it to itself and then forwarding it to your consciousness. It is bio-acoustic and bioelectric translating sound into light and light into sound. This is called "hyper-communication".



This is where the Zero Point Field comes in since all communication involves interaction with its virtual particles. At a sub-atomic level the "information" contained within the connecting chromosomes of the separate cells of an organism comprise a holistic continuum producing radiations – you could call this "a continuous whole that spreads out". The Gariaev Group in Moscow has shown experimentally that these radiations are "laser radiations" (coherent energy waves) that are non-local – they affect other organisms at a distance. The chromosomes do this by changing the charge of their own photons (their elementary particles) into a broadband radio wave thus enabling radio-frequency communication. Broadband radio waves are a wide band of electromagnetic waves that travel in space commonly used for communication. They range in frequency from less than 3 Hz with a wavelength of over 62,100 miles to Terahertz with a wavelength of 1 meter to 90 micrometers.

Through their experiments, these Russian scientists have proven that the DNA through its chromosomes is capable of altering its natural laser (coherent) radiation into a wavelength that is longer than visible light (radio wave) to send information that affects organisms at a distance. It is done instantaneously, non-locally and holographically (each point contains light from the whole).

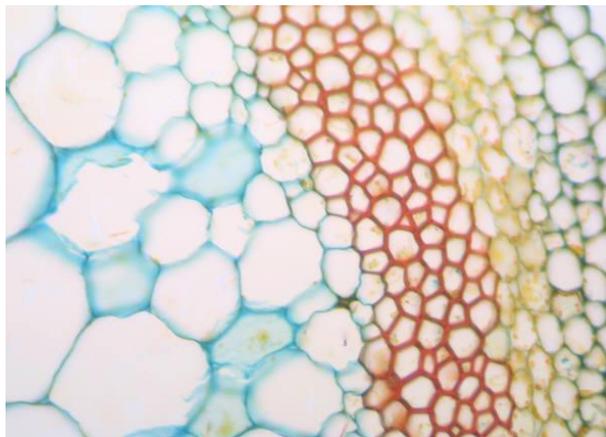
Yet, it is always a question: Where does the DNA/cell receive its information? Your frequency must be coherent to access the intelligence

that is flowing from the Zero Point Field. If your belief system is such that you are in a state of fear, anxiety, worry, etc., your frequency is no longer coherent. The only information that is pouring into your cellular structure is that from your thought patterns, feelings and emotions. Thus, your cells/DNA has only that source from which to absorb information regarding how it/they should perform.

Coherency lends itself to supporting the flow of information from Cosmic Consciousness. Your body embraces this informational stream that is often referred to as spiritual intuition. It is the reception of energy streams (information) flowing through the emanation you know as you from the source of your emanation – Source/All That Is/Eminence/Ineffable.

Unconscious, conditioned memories are like the "save" button in computer software. The memory saves the files for later access. These files often come up with no conscious interaction, simply a stimulus that accesses a particular file due to a conditioned response. Old files must be replaced by new files that re-write the old programming.

**“Each cell is definitely alive and each cell has a consciousness, particularly if we define consciousness as the point of view of an observer.”
Candace Pert, Ph.D.**



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You Are a Movie

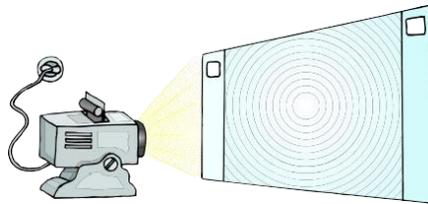
Look at your life as a story, a movie. It truly *is* a movie and if you are ready to accept that fact, it will be easy to remain happy and content within your script. Loss of happiness happens when you begin to take the movie seriously. Source is creating a script through you.

For the next week, experience the entire world as a movie. It is a motion picture you are taking part in as an actor while also observing. You can imagine yourself sitting in a comfortable theater watching your life on a screen. Someone (you) wrote the script, auditioned and contracted for all of the actors. They are each playing their part based upon the script that you gave them as Source creator.

This means that you can "play" at all actions in your life. After all, you are only acting. It isn't real. Play the part of a good husband/wife, brother/sister, mother/father, employer/employee, etc. Make the part you are playing a game in the script you have written from within your divinity.

Watch the beauty that emerges as you create and re-create your part efficiently, expertly and with great joy and sacred resolve. There is no thing to disturb you because the words are your lines, the actions are from the script and the other actors are playing their parts, as well. When you lie down and go to sleep, you can stop acting your part for today. You will pick it up tomorrow.

This means that you can write happiness into your movie, your play. Assume an attitude of happiness for your script. Give your character a very sacred, happy role to play. **Then, play it well as the divine being you are.**



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Evaluating Your Spiritual Values

Sit down and relax . . . breathe deeply . . . in and out . . . let all of your cares and concerns drift away . . . thoughts come and go . . . let them . . . there is no need to do anything . . . breathe . . . relax . . . let your shoulders drop down; your head resting easily on your neck . . . feel the silence that is around you . . . relax . . . breathing . . . being divinity ~

Now, focus on your heart space . . . there is the center of your chest . . . feel the love that flows from your heart . . . how it encompasses all of your body and all of the space in which you are sitting . . . this love brings you into a great sense of peace, well-being and harmony . . . there is no thing to distract you . . . thoughts may come and go . . . let them . . . breathe your thoughts in and out with each breath . . . no one thought or feeling is important except the feeling of love within your body for your absolute divine presence.

Reflect now on the values that mean the most to you . . . truth . . . generosity . . . responsibility . . . love . . . compassion . . . authenticity
forthrightness . . . valor . . . humility

Allow the values that you honor and embody to come to the forefront of your awareness . . . within your divinity, Source expressing in form.



Now, breathing easily, make a list of all of the values that have come up in this visualization. You do not have to share this list with anyone. It is for you. Do you live by these values? Are you aspiring to some more than to others? How do they express in your life? What do they reflect back to you? How do you see yourself as Source in form living these values?

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Instruction 9

Managing Your Experience within the Field

What is faster than the speed of thought?

Sometimes it is invisible; you don't know it exists!

Sometimes it is overpowering and seen by everyone!

EMOTION

Emotion is energy in motion chemically reinforcing an experience into long term-memory. It is associated with your mood, temperament and personality. The word "emotion" comes from the Latin: *emovere* – "to move out or away from". That is an interesting comment on what your emotions create within your personal environment. It is also the source of the English word "motivation". When you operate from your motivation, you experience "the zone", "flow" and "oneness".

Emotions move you through the Field and *in* the Field. Yet, it is a two-way street. Emotions and behavior stemming from their chemistry shape the brain itself as they stimulate the creation of neural pathways reinforcing old patterning or creating new patterns. Much like a roadway that becomes seemingly wider the more it is used, the pathways within the brain become "wider" (more defined) with use. The use of these pathways to align with coherence within your emotional state connects you consciously with your deeper self and to the earth, as well.

The more you concentrate or think about a subject the greater the number of neurons used to process the information. When you access data from within the Cosmic Consciousness, this neural pathway has the opportunity to take on the light of supreme consciousness. The road "lights up" with recognition enhancing the emotive feeling. Many people recognize this flow through as a "spiritual experience". It is a coherent coordination of feeling and action with the physical system.

Much as the muscles in your body increase in bulk when used consistently, the neural pathways exhibiting increased association with happiness, well-being, love and awareness of the Divine increase in size when persistently

accessed. The quality of your consciousness increases awareness of your spiritual connections allowing for the free form flow of spiritual connectivity when you consciously concentrate on your Essence. The coherence contained within this process is the defining quality of all living systems.

Emotions create the perception you have of your experience while being elicited by the experience itself. Here we see the Mobius strip mentioned in Class 8 once again and it is also a reflection of PCAR (phase conjugate adaptive resonance). The significance placed upon the feeling creates the experience. The underlying state of your physiological processes determines the quality of your feelings and emotions.

Some theorists hold that thought comes before feeling and emotion. This is backwards. A feeling comes first and it triggers the thought. The feeling is submerged by the subconscious into a more appropriate feeling that then creates a thought that triggers an emotion if the significance is great enough. If there is not much significance elicited within a feeling/thought wave structure, the emotive experience will be less noticeable. In all cases, a certain flood of chemistry is actuated within the body.



The chemistry of emotion is a combination of molecules, short chains of amino acids called peptides and receptors. These chains are the biochemical correlate of emotion. Peptides are found in the brain, stomach, muscles, glands and all major organs. They send messages back and forth from the body to the mind through the brain. This is the body/mind or mind/body connection often referred to in alternative or complementary medicine.

Many fields of study have begun to embrace the philosophy that if you change your mind regarding your vision of reality, become aware of the love within you and treat others with compassion, your physical body will benefit from the energy that flows through it. Conversely, if you allow the flow of energy within your physical body through conscious use of your energy field, you will begin to change your view of reality, love will begin expanding within your heart and compassion will be felt with grace and ease – recognition of divinity. The coherent perception of a person or object in what appears to be the external world comes from the millions of neurons processing sensory information coherently because they are being organized into a conscious experience.

Emotions are a product of the brain, heart and body acting in concert. The brain's activity is similar to an analog processor. It relates whole concepts to one another looking for similarities, differences or relationships among them. The brain as a whole consumes about 25 watts of energy while performing. When brain waves are recorded on an electroencephalogram (EEG), the waves are minuscule. Yet, while the heart's electromagnetic signal can be read on an electrocardiogram (ECG), its signals are also available about three feet away without any contacting electrodes. There are also many examples of physiology where coherent, synchronized activity occurs across time, i.e. non-locally (PCAR).

This simple explanation points to the strength of the heart in conveying expression within the Field. When attention is placed upon the heart's "voice", the signal to consciousness is much stronger than that of the brain. It is a source of increased integrity within the individual due to its stronger influence within the body and its field, which is contained within the Field. The significance the heart places upon an occurrence or experience has a greater chance of conveying compassion and even empathy rather than the brain's analog processing of the event. The more stable the frequency, amplitude and wavelength, the higher the degree of coherency; the more easily this coherence is experienced across the Whole, i.e. non-locally.

Imagine a dust devil in the desert – a whirlwind of air and dust sometimes dangerous and other times simply an interesting spectacle.



The dust is neutral and is simply embodied within the wind. Now, take away the dust in the above picture and replace it with an emotion. It is still neutral – simply whirling around in the field of your environment until you give it significance. The connotation you give the dust in your field is based upon your beliefs, expectations and anticipations, which all stem from the conditioning you received and are maintaining within your consciousness.

This prestige you give your spiritual beliefs colors and affects everything in your life. Without your definition of what an experience connotes, it is merely one more act in the drama of your life. It holds no meaning or importance except that which you assign to it. Emotions and the significance you give to them alter the activity of the body's physiological systems. The result is thriving happiness, peace and harmony or stress, disease and unrest. It is all your divinity.

Out of the implicate order within the Zero Point Field of the unconscious arises the explicate order of conscious awareness. The individuated meaning/connotation placed upon this arising may stem from the brain/mind processes (survival) or from the heart's unmitigated desire to thrive. The heart's neural structures have unmediated connection with the limbic brain – that area of the brain/mind complex that derives emotional/cognitive impact from an event. An ongoing conversation takes place between the heart and the brain without any interpretation or interruption from any physical source.

The dust devil in the desert (without the dust) whirls from and within Zero Point using ZP energy – virtual particles - (implicate order) creating “something” (significance) within the Hologram and affecting the **ENTIRE HOLOGRAM SIMULTANEOUSLY EVERYTIME** (explicate order) *creating your experience*. Global and individual heart coherence fluctuates from one moment to another within the mass consciousness through the *noosphere* of the earth. You choose which frequencies you wish to align with in each breath as Source in physical form.

It is past experience building on patterns maintained within the neural/brain architecture that provides the hue for the experience arising out of the virtual particle combinations. When the source of that conditioning bases its frame of reference upon the emanation as Source material (Essence), then the patterns provide a viewpoint of coherent alignment in Cosmic Consciousness. When the template is one of mass consciousness further exacerbated with the emotional content of the environment, the reference pattern of the hologram's reality can become extremely incoherent and chaotic. Chaos prompts all of nature toward order. It is the mismatch to familiar reference patterns that creates feelings and emotions leading to a stabilization of the individual environment and hence, the perception and experience of personal reality. Chaos means more information is attempting to enter a system.

Experience with outcomes is the motivating factor in whether an action is relevant or irrelevant with regard to significance. If one clings to habitual patterns of behavior and belief systems, the most likely consequence will be the familiar, repeated continually. Those actions and responses creating coherent signatures within the energy pattern will reap the rewards of that frequency. Models that perpetuate incoherent variations within the body will also reap their necessary results.

It is the benefit and gift of new situations, perturbations and surprising input that garners the opportunity to expand and ultimately control the avenues that are created within the brain/mind complex. The mental process revels in new creativity when allowed to do so. The limitation of fear, anxiety and worry decimates any possibility of expansive pathways being initiated relegating the mind to the use of well-worn, albeit untrustworthy pathways.

Flexibility and adaptability are the keys. Optimism that a high probability of success is possible opens wide the portal to ultimate authority within life and creative use of the Field.

It is often easiest to examine the overall health of the physical system (the body) from the basis of the autonomic nervous system (ANS). The ANS is sometimes referred to as the visceral nervous system. It is part of the peripheral nervous system of the physical body functioning unconsciously to control bodily processes within the internal organs, i.e. heart, respiration, digestion, blood vessels, elimination, etc. Though most of its functions are involuntary from the individual's perspective, others can be controlled and used, such as breathing.

The ANS functions through the nervous system much like running current through electrical wires in the body carrying information, which is energy, which is light. On a subconscious level, the ANS functions to allow feeling and experiencing of emotions. Scientifically, it is usually divided into sensory and motor subsystems. Within each of these subsystems are inhibitory and excitatory synapses between the neurons.

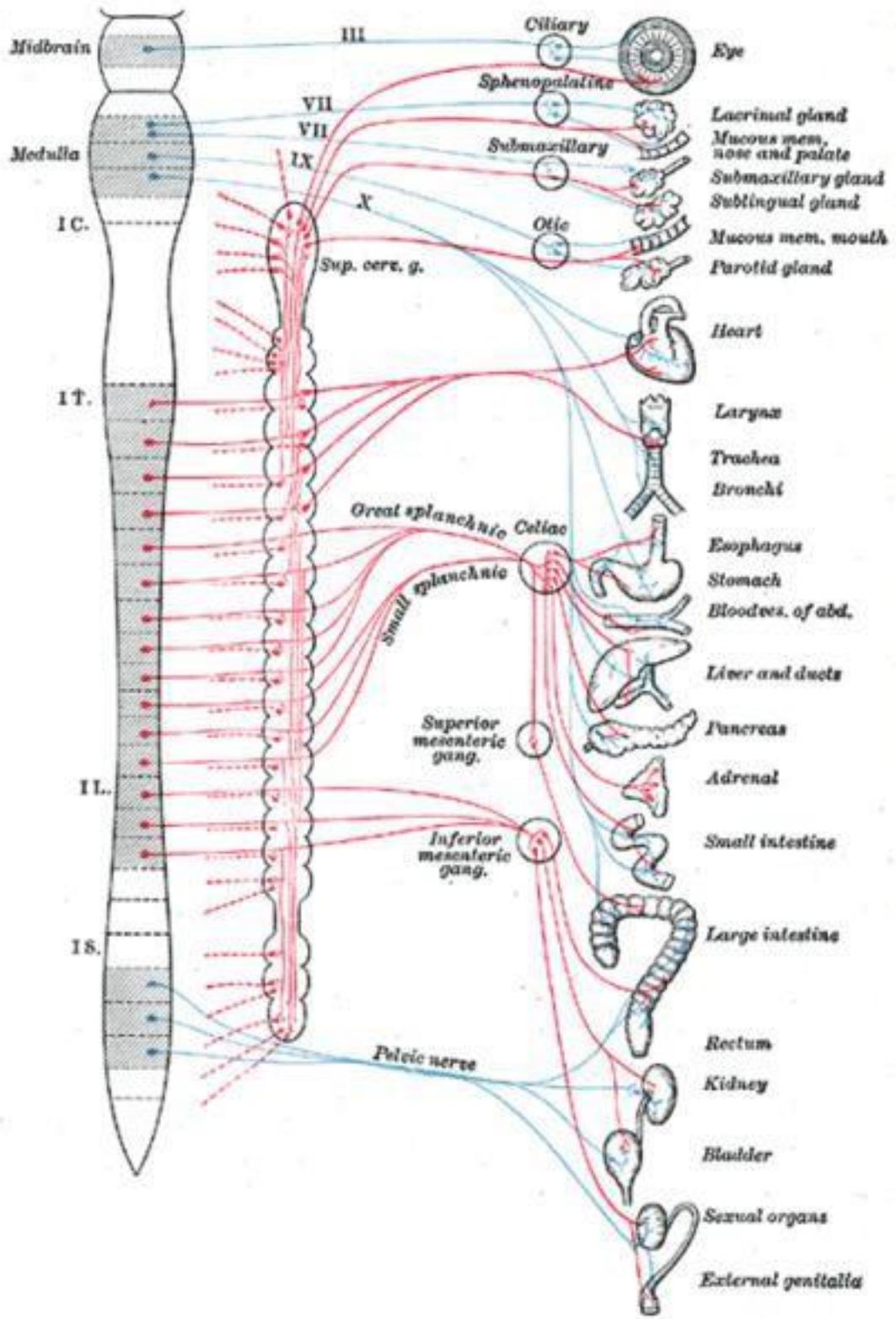
The two divisions are known as:

Sympathetic nervous system (SNS) – preparing for action by speeding up heart rate (like an auto's gas pedal)

and

Parasympathetic nervous system (PNS) – slowing down heart rate (like an auto's brake pedal)

The SNS and PNS are in sync during uplifting emotions such as appreciation, care, compassion, harmony and awareness of sacred divinity. The body's glands and organs work together easily and the heart's rhythms become smooth and even. Thinking is clear; better decisions are made. You are in alignment with All That Is.



Imbalance in the ANS leads to health problems. This imbalance may be caused by any situation or thought, including *recalling* a "threatening experience". The ANS works in real time and all thoughts are "now" to the nervous system. The concept of past, present, future does not exist within the nervous system and ANS.

Imagine driving your car with one foot on the gas and one foot on the brake. That is what the ANS experiences when it is out of balance leading to stress on the body, depletion of energy, interference with clear thought patterns and suppression of the immune system. All of this incoherent energy easily leads to many conditions within the body known as dis – ease. The body and the ANS are "out of ease"; your spiritual life is misaligned.

Research shows positive emotions create:

- **Improved performance**
- **More creativity; better decision making**
- **Increased flexibility in thinking patterns**
- **Improved memory**
- **Improved immune system/hormonal balance**
- **Longer life span**

One might ask the question: why are you not constantly aware of the coherence and light/information/energy that are the Essence at your very core?

It is the awakening to this awareness possibility, the unification of the One Self that is the consistent quest and yearning of the heart and soul. This **is** the great experience of Source sourcing itself in all of its manifestations. Within the possession of your true Self, your Essence, you change your entire understanding, your entire being. This reflects in the changes within your surroundings and your environment. It is the very basis of PCAR, the foundation of creation in a physical dimension and the answer to the question, "What am I?"

Meta yoU School of Mastery Metaphysics Course **Aligning With the Voice of the Soul in Depth**

This week, concentrate on this one exercise in depth. Practice makes perfect – in all of your divine ways.

Spend at least 20 minutes every day in sacred silence. Focus upon your sacred heart within the center of your body.

Breathe in; breathe out easily. Keep your focus upon your heart.

Each time your mind begins to stray, state simply within yourself:

I AM

Then go back to the rhythm of your breath.

Do this for 20 minutes every day during this week of the course.

Feel the ease that begins to emerge within your body when you are simply being the I AM.

It is the presence of your essence.

It is your holy source.

It is the All.

Meta yoU School of Mastery Metaphysics Course

Instruction 10

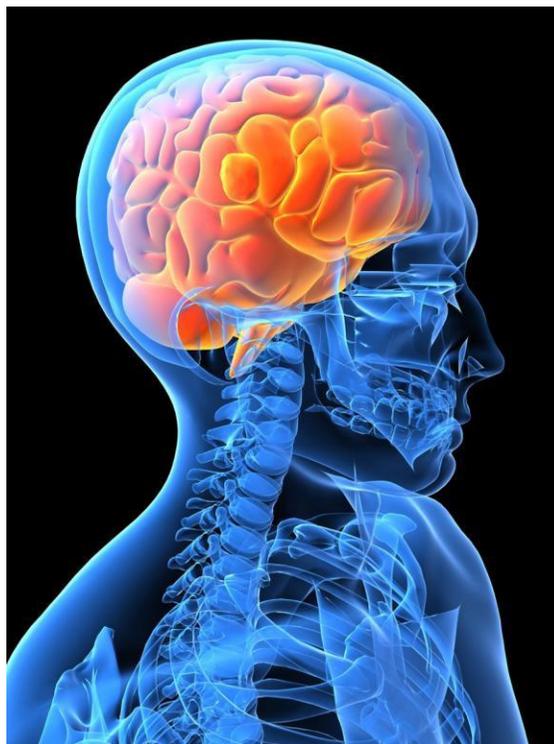
The Brain and the Field

The brain is the center of the nervous system and is composed of four main brain patterns:

- Beta: 14-30 cycles per second (Hz)
- Alpha: 8-13 cycles per second (Hz)
- Theta: 4-7 cycles per second (Hz)
- Delta: .5-3 cycles per second (Hz)

These patterns are differentiated within the mind as:

- Beta – normal waking consciousness
- Alpha – falling asleep; just before waking
- Theta – meditation; paranormal; divine transmissions
- Delta – deep meditation; divine guidance; bliss; true knowing



Beta is characterized by a sense of poverty, violence, injustice, emotional highs/lows and fabricated chaos. This is the "normal" state of the brain's pattern in day-to-day activity in earth at this time.

Changes in the Beta field occur through meditation, mind mastery and a practice such as yoga that slows the bodies down and focuses the mind.

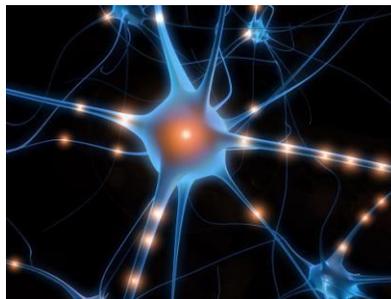
Alpha state is experienced during down time, chill out, re-setting the direction of your life and assessing imbalances. Alpha is the pattern of brain activity when awaking in the morning and falling asleep at night. It is highly open to and aware of suggestions to the brain/mind complex.

Alpha zone improves your health and happiness levels and is the first step in the direct and conscious feeding of your soul.

Theta patterns experience synchronicity; co-incidences that are not seen as random; a cosmic weaving. Events are filled with symbolism and infinitely creative potential, grace, nourishment and love. In this state, you are aware of your sacredness and easily open to messages embodied in higher frequencies of communication.

Delta states resonate with All That Is as experienced through purity of heart accessed through sincerity, humility, surrender & compassion. The inner doors of the heart are open and align with the crown chakra. You become a transmission station of Divine Love, Wisdom and Power.

No matter the frequency of the pattern, all mental intent turns into ordinary electromagnetic signals in the nervous system and from that into physical force in the body, including what may be viewed as intense or highly spiritual interactions. This **is** the mind/body connection.



The brain/mind categorizes only two emotions: "good" and "bad".

Good = your thoughts are in harmony with your desires
Bad = your thoughts are not in harmony with your desires

What you *do* want is positive and what you ***do not*** want is negative.

When attention on your intention is clouded with fear, doubt or any negative emotion, it creates the result of the negative emotion because that is the dominant vibration of your wavelength.

**You will receive what your dominant feeling/thought is
whether you want it or not!**

Law of Creation/Attraction: Does not understand the meaning of *no*! It only understands the focus of your attention!

Emotion is fueled by your intention and attention colored by bodily states. First, there is a reaction from some stimulus within the body (internal or external). When there is perception of this reaction, an emotion is experienced. The body reacts and creates feedback into the brain. The emotion may be sensed as positive **or** negative.

Emotions release excess internal energy whether based upon a feeling that comes up from an internal stimulus or a reaction that is caused by an external stimulus. Since love, anger, fear, etc. are stored within the body, the release of emotion **can be** healthful and creative since it brings the body back into a state of homeostasis aligning you within your divinity in all bodies.

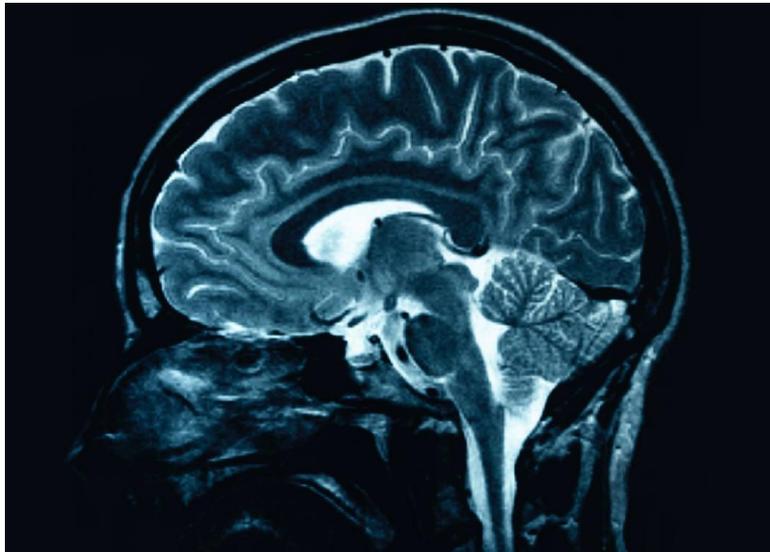
- **You have choice over what you absorb or radiate in a field**
- **Proof?**
- **Your life changes! You experience yourself as divinity.**
- **Attitude – do you wish to absorb Beta/Alpha or radiate Theta/Delta?**
- **How do you wish to be affected? How do you wish to experience your divine Self?**

How the brain relates to the mind, to the Field, to your heart expression as divinity:

FIRST BRAIN: in the middle of the brain – reflex, instinct, approach, avoidance, hormonal control, temperature control, hunger, thirst, reproductive drive, respiration and heart rate control

SECOND BRAIN: in the middle of the brain around the first brain – feelings and emotions: territoriality, fear, anger, maternal love, social bonding, jealousy, memories, learning from the past

THIRD BRAIN: Cortex around the outside of the brain – foresight, judging consequences, self-awareness of thoughts and emotions (monitors the 2nd brain), ability to choose appropriate behavior, self-reflection, problem-solving, goal satisfaction



The third brain synchronizes activity between the 2nd brain and the 3rd brain. Disruptive feelings create incoherent wavelengths undermining 3rd brain capabilities.

Within the center of the brain lies thalamus. This is the synchronization mechanism for cortical activity distributing incoming sensory information. The thalamus aligns itself with the signals that emanate from the heart. Inconsistent heart signals interfere with information distribution; the cortex is inhibited, you experience loss of clear thinking and actions that would not normally be experienced.

The amygdala is an almond-shaped group of nuclei located within the second brain. This center sends signals activating the sympathetic nervous system in response to threats, or even perceived threats, to the system. When the amygdala feels threatened, it can react impulsively or destructively. Threats to survival can "short-circuit" normal synapse response sending the signals straight to the amygdala for response in the body from the adrenal glands and other self-protective chemistry. The amygdala answers the following questions, *"Do I eat it or does it eat me? Do I kill it? Does it kill me? Do I mate with it? Does it mate with me?"* These are basic survival modes.

Nerve impulses from the heart reach the brain in consecutive order: first brain, second brain, then third brain. This sensory order creates signals to feel, think, perceive and act. Irregular heart rhythms upset the messages to the brain. Harmonious heart rhythms supply healthful messages to the brain/mind complex.

• **Irregular heart rhythms:**

- **1st brain – increase blood pressure; affect the ANS**
- **2nd brain – amygdala readies for fight/flight based on past memories**
- **3rd brain – monitors the activity in the 2nd brain and attaches significance to the feeling**

The response within the ANS to the amygdala's prompting is a moment-to-moment creation. It is reaction vs. response in time of perceived threat to survival whether it is physical, mental or emotional. Since past memories are processed through the amygdala in the second brain, response can be triggered by something happening **now** that is similar to a past event (sight, smell taste, sound). The information pops in so fast the third brain has no chance to respond. Response is not that of awareness as God in form, rather human physiological reactivity.

Moment-to-Moment Creation

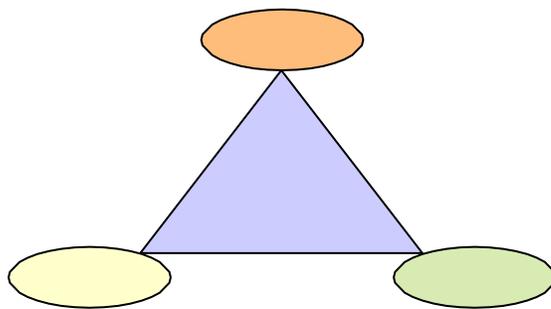
Let's look at what happens during communication between two people:

Communication feedback loop:

Joe speaks to Jane; Jane responds to Joe based on her perceptions; Joe answers Jane based on his original message, her response and his perception of her response together with whatever has changed within him while Jane was responding; Jane responds to Joe based on her perception of his original message, her response to his original message and his answer to her response plus her own changing vibration during time; Joe again answers Jane, etc.

Each time Joe or Jane speak, they are additionally being impacted by the environment around them, the body language they are witnessing, the tone of the words, their history, which creates their conditioned frame of reference and their own bodily feelings. The same type of communication experienced often enough will go from belief to habit to conviction no matter what the circumstances. It is unconscious creation as Source in form; divine yet not aware of divinity.

They create a Third Point of Reference – that which the conversation has created:



“No two minds ever come together without thereby creating a third, invisible intangible force, which may be likened to a third mind.”

Napoleon Hill, author of *Think and Grow Rich*

There are more connections (synapses) in your brain than stars in the universe – 1,000,000,000,000,000 (one quadrillion)



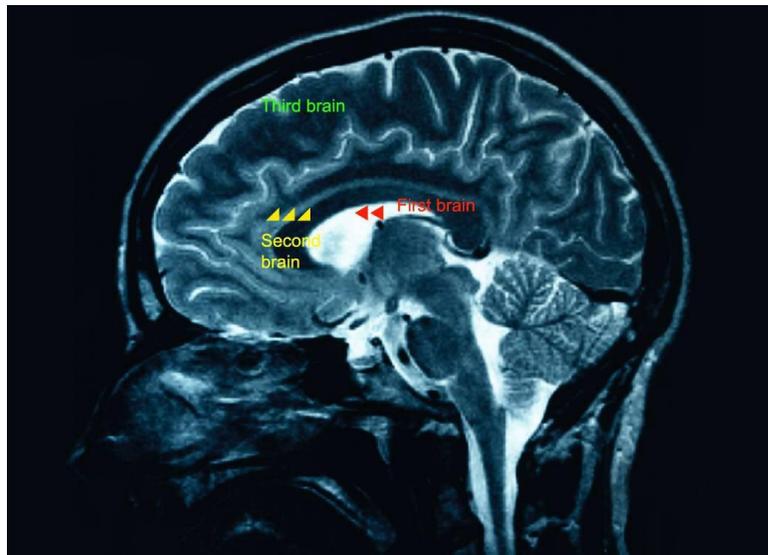
“The brain does not know the difference between what it sees and what it remembers.” Dr. Joseph Dispenza

Interfacing with the Field

**NOW is the opening to Your Presence
Be conscious of breathing – stop thinking
NOW allows the cessation of thought
Surrender into what IS
Open the gate within you to allow that not yet manifest to BE
You are God in Form**

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Evaluating Perception and Responses



Answer in your journal:

FIRST BRAIN: in the middle of the brain – reflex, instinct, approach, avoidance, hormonal control, temperature control, hunger, thirst, reproductive drive, respiration and heart rate control

When do you act from your First Brain?

SECOND BRAIN: in the middle of the brain around the first brain – feelings and emotions: territoriality, fear, anger, maternal love, social bonding, jealousy, memories, learning from the past

When do you act from your Second Brain?

THIRD BRAIN: Cortex around the outside of the brain – foresight, judging consequences, self-awareness of thoughts and emotions (monitors the 2nd brain), ability to choose appropriate behavior, self-reflection, problem-solving, goal satisfaction

When do you act from your Third Brain?

Meta yoU School of Mastery Metaphysics Course **Imagining the Unimaginable (or stepping outside of your reality)**

What is impossible is always what becomes most worthy of doing. When you step outside of that which you consider your reality, you invite something marvelous to happen. So, this exercise invites you to go far beyond the boundaries of your perception. Imagine the unimaginable in the realm of all divine possibilities.

Images will come up. Throw them away. They are perceptions. The imagination shows you pictures, asking you to make them part of your conscious imaging. Throw them away. Get rid of everything you can think of until you no longer perceive pictures. This is the realm of the soul.



So what are you doing? The more images you throw away, the more you see. It seems endless – pictures from the past, from your dreams of the future, old and new beliefs. And then, of course, there are the combinations of all of these, which appear to be new belief systems. Can you go beyond the perception of all of these? What would that be like? How aware can you become of your divinity in this dimension?

Nothing is going to happen to you as a physical being. What changes is the image screen of the brain/mind complex. Eventually, or suddenly, there will be no picture, no dream(s) and no belief(s). Now you are left with only your God Self. You begin to know the knower; perceive the perceiver. You become aware of yourself.

Where are you putting your attention? Upon what do you focus? Is that your consciousness reflecting back at you? There is no thing to perceive. There is only you as Source in form.

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Instruction 11

The Heart and the Emotional Body

Heart electricity is the dominant force in the human system. Together with the magnetic current facilitated by this electricity, the heart puts out 5,000 times more electricity than the impulses from the brain.

(www.heartmath.org)

The body can exist if the heart is functioning and the brain is not; the body cannot exist if the brain is functioning and the heart is not. When people have out of body experiences, their heart must remain beating to keep the body functioning as they travel into the realm of spirit. This includes near death experiences.

The heart begins beating within the fetus before the brain is formed. This type of automatic beat is called an "auto-rhythmic beat" because it is self-initiated from within the heart itself as the essence of holy source in form. The heart contains its own brain. This "brain" is the body's connection to the soul making the heart the voice of the soul. The tissue that comprises the heart is the only tissue in the body that pulses.

Heart cells are the only cells in the body that pulsate. Unlike brain or other body cells, they exchange the information of life by using a subtle vital force. This energy is an electromagnetic frequency that is non-local – it is experienced by the entire body all at once.

During heart transplant surgery, the nerves from the brain to the heart are severed and not reconnected. The heart does not need the brain to function because the heart has its own independent nervous system and its own brain. This nervous system sends information back to the brain. In essence, the mind uses the brain to transmit information and is dependent upon the heart's message to process it clearly. Listen to your heart as the voice of your soul.



Each heartbeat pulses electrical rhythmic pattern to every cell in the body within a larger electromagnetic field than any organ including the brain. The heart generates and transmits an energetic code based upon its perception and reaction to the outside world through a network of tens of thousands of miles of vessels and 75 trillion cells. It is central to the system's recollection of its life – its cellular memory. The magnetic field of the heart is 5,000 times greater than that of the brain. Its electrical field is 60 times greater than the brain's field. **The aura emanates from the heart's field as an energetic projection of the Presence of Your Essence.**

Much of the clinical heart research in the U.S. is conducted by the Heartmath Institute – www.heartmath.com and www.heartmath.org

What is often times called intuition is instantaneous communication of information in the quantum world between particles through waves even though those particles seem to be separated by vast regions of space. The particles act as if they have knowledge of events before they happen through the transmission of this non-local communication. The information exists outside of space and time as usually understood by science.

The heart connects the brain/mind complex to the light body. The heart is the home of the emanation of the light body in this dimension grounding it within the brain into the pineal gland. Learning the power of concentration and focus infuses conscious awareness with internal coherence.

If the heart/brain talks to one another, what signals are they sending?

Consider the Sympathetic Nervous System

The information the heart sends to the brain is based upon heart-rate variability (HRV) which reflects heart-brain interactions & autonomic nervous system (ANS) dynamics as they change with emotional states. The electrical impulses cascade through the body via the ANS.

If suffering, pain, anger or fear well up, the cascade is handled through the sympathetic nervous system (SNS) and the hypothalamic-pituitary-adrenal axis (HPAA) of the hormonal/endocrine system. The SNS and HPAA are separate systems operating in tandem.

In every challenging event (whether actually happening or imagined), the amygdala sounds an alarm setting off the body's reactions. The thalamus, a relay station in the middle of the brain, becomes alert sending a signal to the brain stem, which releases stimulating norepinephrine throughout the brain. The SNS signals the muscles and organs to ready for fight or flight. The hypothalamus (regulating hormones/endocrine system) prompts the pituitary gland signaling the adrenal glands releasing the hormones accommodating stress.



Heart rate increases so the heart can move more blood due to the increase in epinephrine. The lungs dilate to allow for stronger action or faster flight. Cortisol is released to suppress the immune system in case of bodily damage (reducing inflammation). Cortisol also increases the activity of the amygdala, which includes the promotion of additional cortisol. (Cortisol is a very acidic hormone and is one of the culprits behind stress-related arterial dysfunction.)

All of this hormonal activity intensifies the emotional body readying the conscious awareness via the brain/mind/heart connection for action. The SNS/HPAA causes the mind to focus on negative information by stimulating the amygdala. Hence, the feeling of stress that is a by-product of this chemistry sets up the mind to react through fear and anger.

The frequency of the wavelength within the body becomes incoherent. Cortical control declines. Everything is viewed through the lens of incoherency, which attributes negative intentions to everyone and everything due to its filter of fear and anger.

The emotional chemistry is linked to changes in efferent (descending) and afferent (ascending) activity in the ANS. These signals create dramatic changes in the pattern of the heart rhythm. Anger, frustration, etc. create erratic, disordered, incoherent patterns in the heart's rhythm while appreciation, divine love and compassion create highly ordered, coherent patterns. The afferent neural signals flowing from the heart and body to the brain create cortical facilitation and open you to higher, divine wisdom.

The physical body readies itself for survival when a trauma or threat appears in any form. Being passionate and enthusiastic or being forceful to accomplish a task or goal can be very appropriate. **The significance placed upon the thought, word or action defines the activity of the SNS/HPAA system.** When this physiological system is placed under constant the assault of constant, low-level stress, it becomes stressed itself.

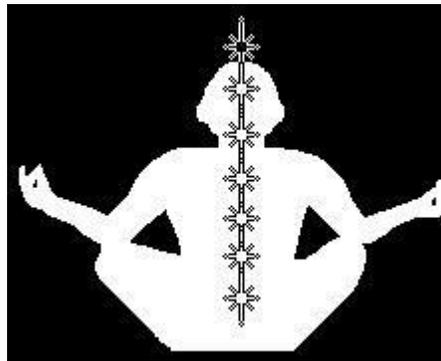
The world's present modern cultures are reliant upon multi-tasking, which arouses survival chemistry. Even motoring along at a low-level activation of the SNS system constantly assaults the body with chemicals and hormones that literally eat away at its infrastructure. This constant low-level chemical reaction is the basis for general background anxiety. It sensitizes the amygdala by making it more reactive to the perception of threat. When a situation appears that **does** stimulate the amygdala further, the reaction to that situation can easily be out of proportion to an appropriate response due to the constant state of free-floating anxiety present within the physiology.

Since the amygdala assists the brain/mind to form and remember implicit memories (those memories based upon connotation of the incident), the more sensitive it becomes, the more fearful becomes the memory. On the other hand, the hippocampus is responsible for creating explicit memories (more objective perception). Constant anxiety erodes the abilities of the hippocampus due to frequent SNS/HPAA activation.

It does not matter whether a thought, word or action is being experienced in the present moment or whether it is a memory of something in the past that was experienced as a threat to survival. The body's response to the memory is in real time, right now. The brain/mind complex exists outside of time and only experiences in the present moment.

Taking a Look at the Parasympathetic Nervous System

The parasympathetic nervous system maintains the level of energy in the body and sustains a harmonic, steady activity within its flow. A state of well-being relies upon a normal PNS since it is the customary relaxed state of the body together with the brain/mind complex. Clear thinking originates within the rhythm of the PNS, including deep states of meditation. **While physical life continues without the SNS, the lack of the PNS would mean the end of life within the body.**



The PNS assists in the creation of the hormone DHEA (dehydroepiandrosterone). This hormone is often referred to as the vitality or anti-aging hormone because it helps to counteract some of the effects caused by cortisol. DHEA increases during the experience of positive thoughts and emotions while assisting in the creation of the positive mood itself. Just as the cycle of cortisol requests additional cortisol production through the amygdala, DHEA creates more of itself through the promotion of positive feelings and experiences opening the doorway to the voice of the soul.

Breathing through the heart area and generating a positive feeling (EVEN IF IT IS IMAGINED!) changes the signal the heart sends to the brain resulting in positive changes. This in turn assists the PNS to maintain its harmony within the bodies – physical, mental and emotional.

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Concentration Leads to Hearing Your Heart as the Voice of Your Soul

Often it is difficult to hear the voice of your soul through your heart because your mind is so busy talking to you. Learning to concentrate teaches the mind how to be silent. It focuses your attention in one direction and ceases the inner chatter. Use one or both of these exercises to master the art of concentration:

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. Continuing 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 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 your self. 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 God/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 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.



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Living Right Now

It is one thing to talk about living in the present moment. It is another to do so. The practice of bringing your focus into the moment in which you are living opens the door to awareness of the messages your heart is constantly sending you as the voice of your soul.

Take a deep breath and bring your attention to the space behind your eyes, right between your ears. This area within the physical body is the space of your awareness within the Presence of Your Essence.

Imagine all the thoughts about the past you are having in this moment. Each thought contains energy that is actually alive in the present moment. Call that energy back into this moment. Call the energy into the center of your head where you are focusing – behind your eyes. Imagine all of the energy you are using to remember the past merging into this space inside your head. You are the Source creator.

Now, imagine all the thoughts about the future you are having in this moment. Each thought contains energy that is actually alive in the present moment. Call that energy back into this moment. Call the energy into the center of your head where you are focusing – behind your eyes. Imagine all of the energy you are using to think about the future merging into this space inside your head where your divine consciousness processes its wisdom.

Next, imagine all of the energy that is living in the present time around you that you are not paying attention to and bring that into your head. If you are thinking about anything that is going on in your life today besides being present behind your eyes, merge that energy into the space inside your head. It doesn't make any difference what that energy is doing. Don't attempt to define it or analyze it. Simply bring it into focus behind your eyes. Your present attention is your divinity.

How does it feel to be present; simply here? Feel what it feels like to be solely contained within you. As you continue to practice this exercise, it will become easier and easier to know when you are out of focus. It makes it increasingly easy to focus your attention upon the voice of your soul within your heart. Listen to your divinity.

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Instruction 12

DNA, Fibonacci, Phi and the Field

DNA bridges the worlds between “heaven” and earth. It operates much the same as a biological Internet with the cell receptors receiving signals from the environment. The received transmission signals the cell's behavior telling it either to thrive or to protect itself from extinction.

This signal comes from the environment or consciousness – your consciousness through your feelings, thoughts and emotion. You are constantly downloading information from the environment around you creating those feelings, thoughts and emotions. **DNA does not control your biology. It depends upon the environment in which it lives (you) to instruct its use and replication.** In essence, it is a feedback loop between you and the environment. The frequency that you create within you from the information in the environment informs the environment and it feeds more of the same to you.

A cell's receptors scan for and receive information from the energy signals in its environment. Since there is so much "noise" in the environment, the cellular receptors filter out specific frequencies. They do this through integral membrane proteins, which recognize complementary signals and respond to them. The cell reads only those signals that are necessary to continue its existence. It actually reflects its recognition of all pertinent physical and energetic stimuli to it. Therefore, the more aware the cell is the greater its chances for survival. **The expression of the cell through the genes is the sum of its perceived environment** (www.brucelipton.com).



Only 10% of human DNA is being used for building proteins. The remainder "non-coding" DNA is known as "junk" DNA because science does not know how it works/what it does ("divine junk").

The scientific community knows very little about the function of non-coding DNA outside of its ability to tell coding DNA when to "turn on and off". In other words, the non-coding DNA acts as a regulator of the coding DNA. The concept that a major part of DNA is "junk" ignores the fact that biological organisms adhere to strict optimal energy expenditure. Carrying enormous amounts of unnecessary molecules is in conflict with the fundamental energy saving protocol of biological organisms. Some scientists surmise that the process of evolution could lie within the potential DNA allowing for increased diversity within a species.

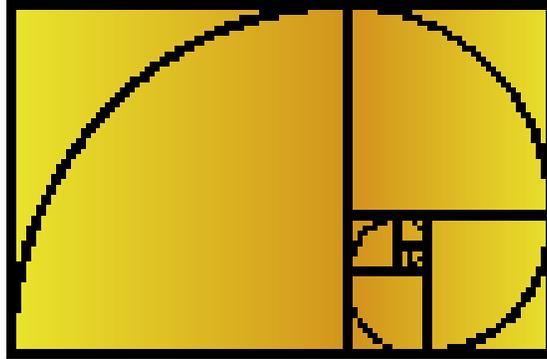
Researchers have discovered that "junk" (or "potential") DNA is capable of repairing the coding DNA. The initial belief was that an enzyme would signal the non-coding DNA to enter the environment of the coding DNA in need of repair and mend it. Experiment proved that the potential DNA needed no enzyme or signal to become aware of the need for repair. It was picking the information up non-locally and acting upon it.

Russian linguists found that DNA, especially junk DNA, follows syntax, semantics and the basic rules of grammar. Through their experiments, these Russian scientists have proven that the DNA through its chromosomes is capable of altering its natural laser (coherent) radiation into a wavelength that is longer than visible light (radio wave) to send information that affects organisms at a distance. It is done instantaneously, non-locally and holographically (each point contains light from the whole). (See DNA Is the Secret e-book for a further explanation of this concept.)

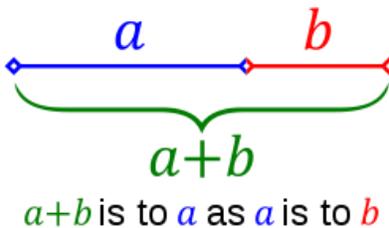
At the same time, potential DNA is seen to regulate trans-dimensional, non-local streams of information by magnetizing it to itself and then forwarding it to your consciousness. It is bio-acoustic and bioelectric translating sound into light and light into sound. This is called "hyper-communication".

Using affirmations and speaking positively effects the DNA within the body. It is important to remember that the correct frequency is needed; coherency is what causes the DNA to thrive as God in form.

Phi – The Golden Mean – The Golden Number – 1.618



In mathematics, the arts and nature, two quantities exhibit the golden mean (golden ratio) if the ratio of the sum of the quantities to the larger quantity is equal to the ratio of the larger quantity to the smaller one.



The figure above illustrates the geometric relationship that defines this constant. It appears everywhere in manifestation including the structure of the DNA and the heart.

It is the electrical cause of constructive wave interference, which is the cause of life and consciousness. During states of peak experience (bliss) the brainwaves recorded exhibit this ratio when measured.

The only accurate language in nature is wave mechanics (standing waves). Wave mechanics produces biology. **The word "enlightenment" is another name for the Golden Mean allowing a body to attract a specific electric field charge of information.** Every human is already enlightened due to the ability of the physiology to attract to itself this specific charge. It is known as bliss or rapture in some belief systems.

The electric field principles of the evolution and expansion of consciousness create healing, meditation, architecture, true spirituality based upon the ratio of the Golden Mean. Spirituality is named for that charge moving in a never-ending spiral based upon this ratio.

1.618 is the ratio of the twisting DNA helix allowing complete information to cascade down a harmonic series without loss of power. It is this harmonic ratio that causes the DNA to act as a superconductor (**see DNA Is the Secret e-book**). No energy is lost and the transfer of information is coherent. This is the secret to hyper-communication (communicating among dimensions) and the ability to appear invisible while in physical form.

The feeling called “love” causes coherence necessary to send energy up/down harmonics from higher dimensions to the DNA. The word "love" connotes an amazing number of specific, relative ambiguities depending upon the expectations and belief systems of the individual. **The energy form is no more or less than the 1.618 harmonic frequency ratios resonating with the physiology.** Experiencing love creates the Golden Mean on an electrocardiogram (ratio of 1 to 1.618).

It is possible to reprogram DNA from the perspective of higher electrical energy dimensions experiencing a state of bliss. It is possible to reprogram DNA to improve immune system and cellular health through coherent waves of information. Energy cascades between octaves without losing momentum. The Golden Mean acts as a bridge that organizes frequencies to work together without friction (superconductor). **DNA is designed so coherence (love) is the only choice that brings fulfillment.**

"The central issue is how these subtle phase-waves not only manage to survive in the turbulent and unpredictable thermodynamic ocean, but actually start controlling material processes from a cosmic ("super-luminal") vantage point. This phenomenon of phase-waves literally getting in charge results in nothing less than the advent of life in the universe, on all scales - atomic, biological and cosmic. This is what makes the cosmos a place of meaning, purpose and beauty. The physics principle of subtle phase-waves taking control is called "heterodyne phase-conjugation" and especially in relation to bio-physiology it is usually called "coherence". Frank at www.heartcoherence.com; see also www.goldenmean.info Note: "heterodyne" is the mixing of frequencies

Fibonacci Series and the Golden Mean

Fibonacci is a series of numbers in which each number is the sum of the two previous numbers:

$$1 + 1 = 2$$

$$1 + 2 = 3$$

$$2 + 3 = 5$$

$$3 + 5 = 8$$

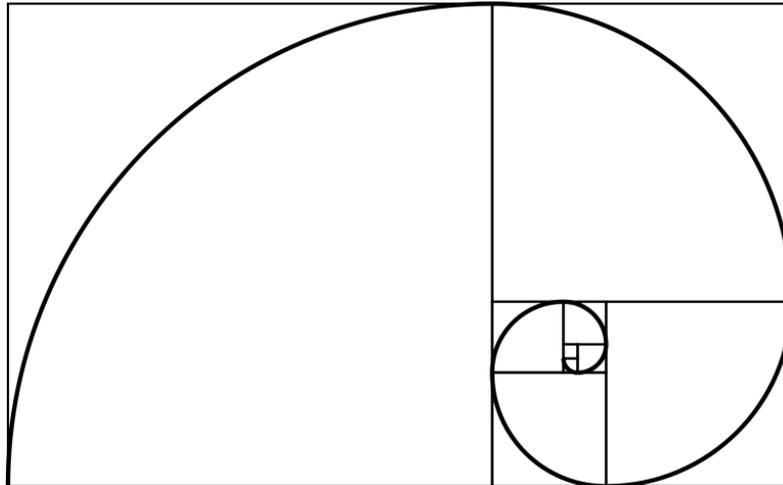
$$5 + 8 = 13$$

$$8 + 13 = 21$$

Etc. (try it for yourself to understand it)

The Fibonacci Series and the Golden Mean are intimately connected.

The ratio of each term to the previous term in the Fibonacci Series is equal to the Golden Mean. At higher numerical values, the Fibonacci Series more and more closely approximates the ratio of the Golden Mean.



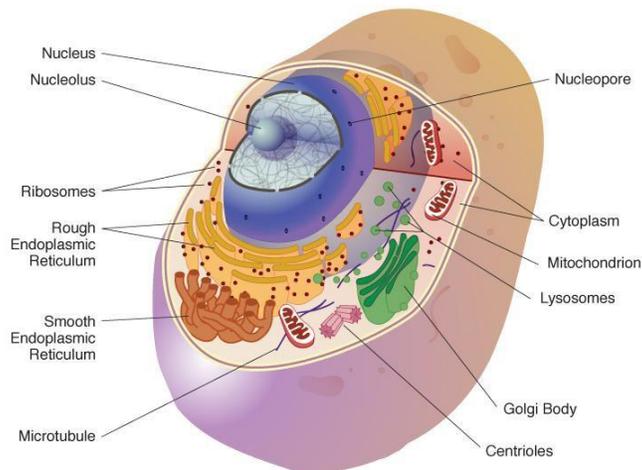
Above is a Fibonacci spiral shown as the Golden Spiral. It uses squares of integer Fibonacci-number sizes shown for square sizes 1, 1, 2, 3, 5, 8, 13, 21 and 34. (Additional information is available at www.goldennumber.net)

Bridging the Worlds

DNA is the communication link between the physical world that is **in** the Field and the Field as the environment. DNA responds to signals that come from outside it no matter what those signals may be. You determine the coding of your DNA.

Embedded in the DNA template is access to the Hologram of All That Is. **It is the attunement of Christ Consciousness (knowing what you are - GOD).** Evolutionary unfoldment is the Golden Mean ratio; characteristic of harmonic radiations of love.

The body's cells are a combination of oxygen, hydrogen, nitrogen and carbon. The atomic mass unit numeric is equal to the Hebrew numeric for HVHY. For more information see: *The God Code*, Gregg Braden, **ISBN-13: 978-1401903008** Hay House January 1, 2005.



National Institutes of Health. "Talking Glossary of Genetic Terms."
National Human Genome Research Institute. 22 August 2010, from <http://www.genome.gov/glossary/>
<http://www.genome.gov/glossary/?id=25>

***DNA Re-Awakening* begins in the Field as your blueprint**

It creates a new template of actualization for the fiber of your being and begins the transmission of the information through the mental/emotional bodies; that which is not coherent with it must be cleared; the physical body is the last to receive the input

**The Field & Zero Point Energy holds the form in
The Divine Quantum Hologram**

Beliefs create the reality you experience in the Divine Field

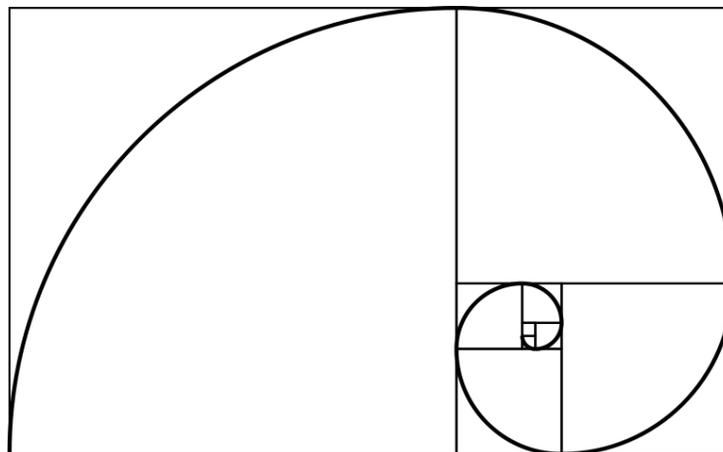
Body cells hold the product of your beliefs as Source in form

Cells take their commands from the divine brain

The brain relies on your heart for sacred direction

Your heart is your divine, holy cue card

DNA is the bridge between you, your heart and the Field; it is the template using Phi harmonics – God in Form



Meta yoU School of Mastery Metaphysics Course Summing Up Your Learning and Experience

Use this space to sum up what you have learned in this course.

Meta yoU Mystery School Recommended Reading List Books and Websites

Books (* denotes highly suggested):

*The Call – Awakening the Angelic Human by Toni Sar'h Petrinovich

*Divining Truth, Straight Talk From Source (the story) by Toni Elizabeth Sar'h Petrinovich

*Molecules of Emotion - Why You Feel the Way You Feel by Candace B. Pert, Ph.D.

Hands of Light - A Guide to Healing Through the Human Energy Field by Barbara Ann Brennan

Light Emerging -The Journey of Personal Healing by Barbara Ann Brennan

Anatomy of the Spirit -The Seven Stages of Power and Healing by Caroline Myss, Ph.D.

Quantum Healing by Deepak Chopra, M.D.

Life by Louise L. Hay

Spontaneous Healing by Andrew Weil, M.D.

Who Dies - An Investigation of Conscious Living and Conscious Dying by Stephen & Ondrea Levine

Wheels of Light by Rosalyn L. Bruyere

The Book of Knowledge - Keys of Enoch by J. J. Hurtak

I Remember Union by Flo Aeveia Magdalena

Sunlight on Water - A Manual for Soul-Full Living by Flo Aeveia Magdalena

Infinite Mind - The Science of Human Vibration by Valerie V. Hunt

Emotional Intelligence by Daniel Goleman

*Journey of Souls by Michael Newton

Infinite Grace - Where the Worlds of Science and Spiritual Healing Meet by Diane Goldner

*The Earth Chronicles (set of 5) by Zecharia Sitchin

The God Code by Gregg Braden

Jesus – the Last Pharaoh and all of the other books by Ralph Ellis

Welcome to Planet Earth - a Guide for Walk-ins and Starseeds by Hannah Beaconsfield

Reinventing Medicine by Larry Dossey, M.D.

*The Holographic Universe by Michael Talbot

*The Dancing Wu Li Masters by Gary Zukav

Communion with God by Neale Donald Walsch

*The Field by Lynne McTaggart

*The Intention Experiment by Lynne McTaggart

*The Children of Now by Dr. Meg Blackburn-Losey

*Heart's Code by Paul Pearsall

The Mandala of Being by Richard Moss

*Your Immortal Reality by Gary Renard

The Keys of Enoch by J. J. Hurtak

*Application of Impossible Things by Natalie Sudman

*Basic Code of the Universe by Massimo Citro

Websites:

www.sacredspaceswa.com

www.angelichuman.com

www.adyashanti.org

www.brucelipton.com

www.sangraal.com

www.heartmath.org

www.abraham-hicks.com

www.rational.org

www.innatefoundation.com

www.goldennumber.net

www.quantummatter.com

www.spaceandmotion.com

Glossary of Terms

Amplitude	The size of the change in the oscillation – the up and down of the event's frequency in the wavelength. It is the measure of the change between the top (crest) and the bottom (trough) of the wave.
Anti-Parallel	It means equal waves traveling in opposite directions
Attention	A capacity to maintain selective or sustained concentration
Awareness	An understanding or cognizance within the limits of one's attainment; a growing condition, with infinite possibilities
Balance	A state of equilibrium
Belief	A subjective mental acceptance of something without proof
Brain/Mind Complex	A system that functions with emergent properties at several levels of hierarchical organization interacting together
Cell	Basic building block of all living things
Cellular	Of, relating to, or resembling a cell; with reference to cellular tissue, from cellularis, from cellula "little cell"
Chromosome	An organized package of DNA found in the nucleus of the cell
Codon	A triplet of adjacent nucleotides in the messenger RNA chain that codes for a specific amino acid in the synthesis of a protein molecule
Coherent	Waves having a constant phase difference

Conscious	The perceived awareness of individual existence
Cortical Facilitation	Coherent waves promoting ease of activity in the brain's cortex
Cortical Inhibition	Incoherent waves disrupting the activity of the brain's cortex
Dimension	A property of space; extension in a given direction
Distance	It is the amount of space between two things – things meaning anything from your body to your thoughts, from your emotions to the building next door.
DNA	The acronym for Deoxyribonucleic acid, a salt containing the genetic instructions to develop and maintain living organisms
Ecliptic	A great circle inscribed on a terrestrial globe inclined at an approximate angle of 23°27' to the equator and representing the apparent motion of the sun in relation to the earth during a year
Electricity	The physical phenomena arising from the behavior of electrons and protons caused by the attraction of particles with opposite charges and the repulsion of particles with the same charge
Electromagnetic	Exhibiting magnetism produced by electric charge in motion
Emanation	A thing that issues from a source; an emission
Energy	Force, power, capacity to do work
Entanglement	Objects are linked together so that one object can no longer be described without the mention of its counterpart
Entrainment	To draw along with

Expectation	The act or state of looking forward or anticipating
Experience	The active participation through any thought, word or deed, which accumulates to form part of knowledge or awareness
Fear	An emotion that is expressed as anxiety and dread by the expectation or recognition of danger
Focus	A central point, as of attraction, attention, or activity
Forgiveness	To excuse or pardon a person for an offense or fault, or to renounce resentment
Frequency	Number of repetitions of a periodic process in a unit of time
Gene	Basic unit of heredity in a living organism
Heart	The center of the total personality, esp. with reference to intuition, feeling or emotion, including the physical organ
Holography	A method of producing a three-dimensional image of an object by recording on a photographic plate or film the pattern of interference formed by a split laser beam and then illuminating the pattern either with a laser or with ordinary light
Immune System	A collection of biological processes protecting an organism against dis-ease
Incoherent	Lacking orderly continuity
Individuation	The act of being a single entity that exists within the whole
Infinity	Unbounded space, time, or quantity
Information	Pattern, form, structure

Integrity	The state of being whole, entire, or undiminished; unimpaired; soundness
Intelligence	Expression of dynamic creativeness and part of intuitive life forms; the ability to process information and act upon it
Intention	An act or instance of determining mentally upon some action or result
Judgment	The ability to perceive and distinguish between two states of action or being
Junk DNA	Non-coding DNA
Love	A feeling or experience of oneness
Magnetism	Power of attraction; force that attracts
Meditation	Contemplation while detaching from the norm of life including anxieties, distracting thoughts, and the presence of others
Mind	The director of intelligence and controller of individual life
Molecule	An electrically neutral group of at least two atoms in a definite arrangement held together by very strong chemical bonds
Non-locality	No elemental particle exists in any one place; extended to mean existing in all places at once
Origin	The first stage of existence; beginning
Oscillation	Fluctuation; variation; change back and forth
Other	One different in nature or kind
Perceive	To become aware of, know, or identify by means of the senses

Phase Conjugate Adaptive Resonance (PCAR)

Measurement of the stages of advancement of all possible combinations or causes of a wave that modifies itself in response to an external stimulus that is of the same frequency. It is measuring motion in time from a point of origin and is open to all possibilities. When a possibility is "seen" that is of the same frequency of wavelength, it responds

Phonons

A special type of vibrational motion in which a lattice uniformly oscillates at the same frequency; usually refers to sound

Photons

Particles of electromagnetic energy that have no mass (weight), no electric charge, and an indefinitely long lifetime. It has no electric charge because it carries the electromagnetic force

Precession

A slow gyration of the earth's axis around the pole of the ecliptic, caused mainly by the gravitational pull of the sun, moon, and other planets on the earth's equatorial bulge

Quantum

The smallest particle or fundamental unit

Reality

The quality or state of being that is perceived to be true (for you)

Resonance

Enhancement of a particle reaction by excitation of internal motion in the system

Respond

To make a return by some action as if in answer

RNA

Ribonucleic acid, single-stranded rather than double-stranded, transcribed from the DNA helix

Self

A person or thing referred to with respect to complete individuality; your individuation; when used with a capital "S" reference to individuation within Source

Separate

To keep apart or divide, as by an intervening barrier or space

Soul	An individuated expression of spirit that provides animation for the physical body which, along with personality, are temporary vehicles used for expression; container of experiences in form
Source	The thing or place from which something comes, arises, or is obtained; origin
Speed of light	Approximately 186,282.39705122 miles per second
Superconductor	The flow of electric current without resistance in certain metals, alloys, and ceramics at temperatures near absolute zero, and in some cases at temperatures hundreds of degrees above absolute zero
Superposition	It states that all objects are actually in all possible states simultaneously until someone looks at one of them.
Surrender	To yield
Stress	A specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal physiological equilibrium; physical, mental or emotional strain or tension
Time	An interval separating a regularly recurring event in this dimension
Trust	Reliance on the integrity, strength, ability, surety, etc., of a person or thing; confidence
Truth	The actual state of a matter
Vibration	An instance of vibratory motion; oscillation
Wavelength	The distance between one peak or crest of a wave of light, heat, or other energy and the next corresponding peak or crest

Whole A thing complete in itself, or comprising all its parts or elements

Wormhole A short cut through space/time