

How To Use The Quantum Field

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Intro



How to use the quantum field. That is the question for this book. Mystics have talked about this for thousands of years. Lo and behold the kingdom of heaven exists within.

All the great religions talk about the inner kingdom. The Taoist has the following saying.

The Tao that can be told is not the eternal Tao;
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
The named is the mother of ten thousand things.
Ever desireless, one can see the mystery.
Ever desiring, one can see the manifestations.
These two spring from the same source but differ in name;
this appears as darkness.
Darkness within darkness.
The gate to all mystery.

The modern-day scientist would call this the quantum field. Einstein talked about this over a hundred years ago. Yet our day to day life really hasn't changed much. The quantum field is multidimensional energy which exists in all dimensions. We don't have any instruments to detect it yet. The scientist knows that it exists.

I'm not kidding when I say you are the universe. You just don't know it.

It's Been There All The Time

It's been there all the time.

What are you talking about?

What's been there all the time?

You are the universe.

You just don't know it.

There are about 7,000,000,000,000,000,000,000,000 (7 octillion) atoms in
your body.

All are billions of years old.

At the deepest level, you are the universe in human form.

Wow!!!

Isn't that incredible.

On top of that, you are hardwired to discover your true nature.

The signpost of God is all around you and inside of you.

Yet we are talking on our phone while driving down the freeway of life.

The greatest miracle of life is keeping you alive.

You are magnificent.

Every single cell of your body is custom-designed by God.

You are infinite.

Your body will someday die yet your true essence will go on forever.

You have the opportunity to discover your true nature.

Behind your breath lies the answer.

What is keeping you alive?

All the great masters have said to be aware of the essence of your breath.

Behind your breath lies your true nature.

Infinite kindness, love, and compassion.

This is the water that will put out the bonfires of anger and hatred upon this land.

The sun is appearing on the horizon.

Mankind is waking up from his slumber.

We are going from darkness to light.

Darkness has nowhere to hide.

Discover your true nature.

It's been there all the time.

Ponder this over.

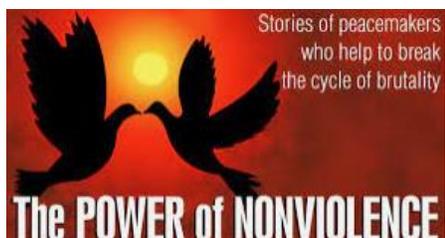
It's been there all the time.

The greatest game is being played right between your eyes.

We are on a journey going from darkness to light. We are being guided yet nobody can take any steps for you. You see you have free will. Yes God is your co-pilot but you have to open the inner door within and back out the car to take a divine spin.

Signposts are all around on the freeway of life. You just need to be more aware and conscious. There will never be a time where you clap your hands and say I know it all. This book will give helpful hints on your journey in life.

Non-violence in your mind and body



What came first the chicken or the egg?

The body and the mind are so tangled with each other. It's like a huge bundle of string. Imagine for each thought you have a series of chemical reactions get released into your bloodstream.

The Buddhist has the following saying. Holding onto anger is like drinking poison and expecting the other person to die. You see each time we get angry a series of harmful chemicals gets released into the body. Some people are so out of sync that the facet never gets turned off.

Even if they want to it takes time, patience, and effort. Our subconscious is driving the show. If someone says something to you that you don't like you will automatically get angry.

The anger is wired directly into your body. By the time we reach the age of 35 our body is hardwired directly from the subconscious. It is driving the show. We are on auto-pilot. Habits good and bad are hardwired directly into our bodies. We are like leaves blowing in the wind.

Each morning we get up. We do the same thing over and over. It's like in the old days listening to a record and the album is scratched. It will play the same thing over and over and over.

This is our life. Even if we want to change we have to start to rewire our circuits consciously.

For that to happen, one must be able to break away from a beta state to change. You see a beta state of mind can't reach the subconscious. So if you say an affirmation to change it can't reach the subconscious to rewire the circuits.

This is where meditation comes in. A person who meditates learns over time how to connect to the quantum field.

The stronger the connection you have to this field the more capability you will have to rewire the human body. The scenarios are endless. It's up to your imagination. You have free will.

The quantum field doesn't judge us. Yet changing and rewiring your circuits require you to be in sync with love, kindness, patience, tolerance, and compassion. This is why it's so important to meditate. This is why it's so important to be conscious and aware of each moment.

The wise ones in the past would monitor their thoughts and actions. If they were in a situation where the person would say something to make them angry they would simply smile.

Why put gasoline on the fire? They understood that by getting angry they are drinking their poison. Yet this is difficult to do. That's why it takes constant training.

We have people in the office who will Twitter whatever comes to their minds. They don't know how to stop, look, and listen.

To be honest this was never taught in schools. Look at our nation today. Both sides are pissed off and can't work with one another. This is an emotionally immature society.

For the world to change for the better one must take responsibility and learn new ideas to discover their true nature.

We must all ponder over the state of mind we are in. As a society, we must discover ways to become mature adults. We must help those in need. We can do this. Millions of people are waking up from their slumber.

Emotions



Emotions can be scattered all over the place. Most of us are reactive beings. As you probably know by the time you are thirty-five your personality is usually set in stone.

Your subconscious is running the show. The body and mind are so ingrained. Our habits are driven by our subconscious. It's like we react without being aware. Our subconscious has taken over.

Yes, that is a good thing and yet at the same time, it causes many problems in our life.

When we go through a traumatic experience in life it creates an emotional scare in our subconscious. All of us have traumas that have occurred in our lives. Many people may ask why this guy is so angry all the time.

Most of the time it was some event that happened years ago and never got resolved. The circuits are still hardwired to that event.

Humanity has been trying for years to learn how to go beyond our emotional issues.

Quantum field theory (QFT) extends quantum mechanics from single localized particles to fields that exist everywhere. These fields represent forces that permeate all of space and time.

In the quantum field, there is no trauma. In the quantum field, there is no anger, hatred, and negative emotions.

We are trying to solve our emotional issues using matter over matter. By using the quantum field to heal we are using kindness, love, and compassion to heal and transform ourselves.

We are using our free will to tap into the quantum field and rewire our nervous systems and our body.

Mystics have done this for thousands of years. Modern-day scientists are using the tools of mystics and combining them with scientific instruments and protocols.

These are exciting times for humanity. We are on the verge where it will be a common everyday practice to rewire our brain towards quantum awareness. We are only moments away. Yes, it will take time but the sun is rising.

Man will soon realize the harmful effects of negative thinking and negative emotions. They will see the practical evidence of how it has put a man in a downward spiral in life. We have been fighting for thousands of years. Need I say more?

Humanity is stuck on the merry-go-round of life. The mystics have declared there is a way around this mess that we created.

This is a divine video game. Once a person understands the rules and why the game was even created in the first place this person will simply smile.

We have free will. The message in this book is you are the universe. You just don't know it. Think outside of your box. The quantum field exists everywhere and that includes inside of you.

New Thought



Did you know that in every thought you have there is a chemical reaction to your thoughts? Your thoughts create who you are. They create your habits your personality and state of mind.

Your subconscious is driving your car in life. Most of us have put the car in the remote control. We aren't aware of the power that is keeping us alive.

We don't realize that we have a genie within. Every thought we have enforces our views on life. We are a collection of all our thoughts since we were born.

We contain the blueprints of all our thoughts. Our thoughts are where we stand today. It's kind of amazing that most of mankind has forgotten the power of thoughts.

We never ponder over what we think we become. We haven't put two and two together. I think without meditation mankind can't truly see the forest from the trees.

We are so much focused externally that we don't even know about the internal world within.

I don't have to say what happens when the world at large does this. We have been fighting for thousands of years. Many people think that man's nature. Well, it is if we as a world only focus externally. Need I say more?

Did you know that meditation over time will help slow down the mind? Many people have a hard time falling asleep. It is a major problem all around the world.

When the facet of adrenaline can't be turned off and you're in a high beta state of mind it's difficult to fall asleep.

The chemical melatonin can't be released. This chemical is responsible for telling the body to fall asleep. Many people take drugs to put them to sleep.

Unfortunately, the drugs will put them to sleep yet they are extremely harmful and over time causes tremendous damage to the body. Yet the drug industry is interested in making a profit.

Meditation brings one to the awareness of the quantum field. When one meditates one begins to tune in to a field of kindness, love, and compassion.

When one becomes kind this person will have over time kind thoughts. Life is like a tuning fork.

Whatever you think you vibrate at that frequency. If your thoughts are anger I can guarantee you will be in a state of anger.

You will enforce your anger into your subconscious. Over time this becomes your habit and this becomes your personality.

Many years ago I heard the Dalai Lama would go over his entire day when he was going to sleep. He would pay attention and think about how he could improve his thoughts and actions.

He would ponder over and consciously progress to be a better human being.

At that time I truly didn't understand it and see why it was so important. Years later I see it as a foundation for humans to transform. If we as a society become kind in all areas of life the world at large would change for the better.

So yes mediation is the key to helping transform our thoughts. When one begins to be aware and conscious of the quantum field the mind slowly begins to transform.

This is the ultimate brainwashing. You are learning how to clean the clothes of your mind. This is how true healing takes place. Because we are unconscious we live our life that is not in harmony. Consequently, our world at large is in chaos.

I remember I worked for a short time for a company that has a software program for heart surgeons. This program would guide them in certain heart procedures.

I remember asking the owner of the company why the health care industry didn't promote preventive medicine. His answer was the American public does not want this.

They expect doctors to heal them and not to take responsibility for their health issues.

This is how far off we are. A society that doesn't understand and know the quantum field is an immature society. Look at our political system. We want to

build a huge wall. The quantum field builds bridges. The quantum field does not judge. The quantum field is never angry. The quantum field does not know about war.

Because we are totally out of touch with our true nature this is where we stand today.

New thoughts will arise when humanity becomes to embrace the quantum field. All the wisdom to solve any problem lies in that field of intelligence.

You can only think based on your emotional maturity. The universe will only show and help based upon your awareness in life.

The more humanity taps into its true essence the more our world will transform. In the future, we will see that presently humanity is in a kindergarten state of awareness. We think we are at a high level.

We have these cell phones and think we are so advanced. But we use them for texting while we are driving our cars. We think we are so advanced. Our society thinks the indigenous people aren't civilized.

Yet they have been in harmony with Mother Earth for thousands of years. We are sawing the branch we are sitting on and are so smug in thinking we are superior.

Our egos have to lead us astray. Ponder this over. You are a piece of the puzzle.

New Concepts



I'm sorry to say but many people are locked into their boxes. Many people can only think inside their box. Take a look at American politics today. They are in shambles.

One side can't talk to the other side. Both sides say the other side is to blame. We are locked by our subconscious minds and we do the same thing over and over again. Our concepts of who we truly are are limited. They are archaic.

We are so focused externally that we have forgotten our true nature.

It's like we can't see the forest from the trees. We must be open to new concepts and ideas for society to progress to the next level in the video game of life.

Many people get stuck at a certain level in the video game and call that life. They have no idea that you can be aware and conscious of the quantum field.

The sun is about ready to come up for humanity. It has been a roller coaster of a ride for thousands of years. War has been going on, it seems like an eternity.

Yet millions of people are waking up from their slumber. A new dawn is occurring for mankind. Man is slowly evolving into a kind man.

When humanity understands that we are the universe incredible transformations will occur on this planet.

You see with greater transformations comes new concepts and ideas that will be developed and implemented on this planet. Take for example kindness. Many people think that kindness is weak yet the entire foundation of the universe is kind.

Slowly over time kindness will manifest in all areas of life. Take a look at politics today. The way politicians campaign today is to slander their opponents. We have politicians today who mock anyone who has a different point of view. Both sides of the party only vote on issues that support their party.

When true kindness comes into the picture people no longer will support anyone who is not kind to their opponent. They may have different points of view yet kindness allows a person to see through the other person's eyes.

Kindness leads to love and compassion. Kindness allows a person to think outside of the box. Kindness can solve any problem on earth. Every problem has a solution. If you are stuck in your belief system you will not be open to a practical solution even if it's staring you in the face.

For example, the quantum field is all around. You are the universe you just don't know it. Humanity must learn how to think outside of the box. We must learn how to be tolerant of all.

Light is winning the battle against darkness. Darkness is the absence of light. Currently, we are seeing chaos all around the world. Darkness has nowhere to hide.

New concepts and ideas are being presented all around the world. Millions of people are looking at life's problems and thinking about how to solve the problems on earth.

Each one of us holds an individual piece of the puzzle. What good would a puzzle be if the entire puzzle was put together yet your piece was missing?

Ponder this over. Learn to think outside of the box. Go beyond your comfort zone in life.

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New Wiring



Mankind is on an incredible journey. We are going from darkness to light. We are on a journey to discover our true nature. As I said we are hardwired to find God.

We have everything set in place. The car is there sitting in our garage. God is sitting patiently in the passenger seat. All it takes for you to use your remote control and open the garage door within.

You see it's only by your will alone can you open the garage door. Nobody will open the door for you including the one in your passenger seat. You see the law for human beings is free will. You must make the practical decision to use your will to open the door within.

Well, what does this have to do with new wiring? Our subconscious is running the show. Almost every action we take is automatic. We go to bed. Our alarm clock goes off.

We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm. We stumble out of bed and go to the bathroom. We brush our teeth.

We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic. We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Our daily routines in life are hardwired. We party on the weekends to release stress and wake up in the morning with a hangover.

Day by day, year by year we continue this routine. Our subconscious picks this up and reinforces it in our everyday life.

Our wiring is complete. This is our being and personality. You are a combination of all the thoughts you have ever had. Mankind is locked inside of his box.

So what is this new wiring you are talking about? Imagine you are the universe. You just don't know it. What if I told you that slowly you could rewire your circuits to understand and experience your true nature?

What if your true nature is part of the quantum field? It is part of the universe and God. What if I told you, you are magnificent?

Meditation is a way to directly rewire your circuits within. It is a way to slowly reprogram your subconscious. You are a computer programmer for your subconscious. You can transform and change into a butterfly.

I have said before the mind is like a tuning fork. Whatever it focuses on it will vibrate at that level.

Meditation allows one to tap into the quantum field which is infinite love, kindness, compassion, and tolerance. These are just a few traits.

The more one meditates these traits are rewired into our circuits and create new wiring within. One learns to stop, look, and listen to live. Every moment a person makes a conscious decision to act and be aware.

These lead to proactive human beings instead of reactive beings whose leaves are blowing in the wind.

One learns over time to be in the center of the hurricane instead of the 150 miles per hour of the winds of the mind.

Our world at large is stressed out. Yet the person who meditates slowly learns to be in the center of the hurricane. Yes, this takes time and effort.

But with the same time and effort it takes to be angry and pissed off in the world is the same time and effort it takes to be a kinder person.

Everything takes time and effort. Mystics have talked about this for thousands of years, ways to go outside of your box. They have talked about the human body is designed to experience God within you.

Many people try to use affirmations to program directly to our subconscious. Only when a person learns how to dive deeper into meditation will this work. Imagine from 0 to 7 years old everything that came before you the good, bad, and ugly was directly stored in your subconscious. Your brain waves were in a theta state.

From seven on the waking state is in beta. Your subconscious is online. Over 90% of your actions are dictated by your subconscious. For so many people on this planet, they are living lives that are stressed out.

Their brain waves are in high beta. No matter what affirmations they say they can't rewire and reprogram their subconscious.

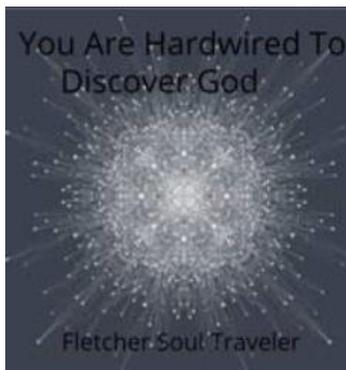
Only by learning how to meditate and learn how to go into more coherent brain waves states can one learn to reprogram the subconscious.

These are exciting times. There is a marriage between science and spirituality. Science is giving direct evidence to help mankind discover his true nature and to discover the quantum field within.

I don't know about you but I'm blown away by the possibility for humanity to change. We are on the journey of going from darkness to light. New tools are coming our way. Just wait and see.

The more a human being embraces his true nature one's imagination becomes larger. The universe starts to give you a different point of view on this journey of life. Ponder this over. Are we living in the matrix and don't realize that we have been asleep?

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New Personality



Your personality is driven by your subconscious. Over time one cements into his subconscious all the thoughts, feelings, and emotions. Our daily habits contribute to mostly our subconscious. To change and reprogram ourselves we must be conscious and aware.

We are like the snake shedding a new skin. To change we must develop a new personality. This requires great courage. We are learning how to drop the old and embrace the new. Why do humans resist change? Even if they know it will be beneficial to them

we resist it. We love our comfort zone even if it is making us miserable. Strange isn't it? Many people would rather wallow in their misery than overcome their problems and have a better life.

What kind of personality can I become? At the simplest level how about one who is kind in all circumstances? Amid adversity, one would simply smile. If another person would get angry at you, you would simply smile. It takes two to tango. Kindness will not participate in putting gasoline on the fire.

How about learning to see through the other person's eyes? You could see his point of view. You would listen to what the other person is saying. Most people don't. Most people are thinking about what to say next without actually listening to the other person.

How about loving life? You wake up in the morning and are so excited to be alive. What a glorious day it is. You get up and meditate. You get in tune with the quantum field.

Your mind, body, and soul get filled up with love, kindness, and compassion. You are in sync with the universe. Your will is focused on love. Your mind is your friend. You have sweet thoughts throughout your day. You become a kind human.

Incredible synchronicity occurs daily. Your love humanity. Every moment you are living in harmony.

One loves to be in nature. Gaia (Mother Earth) is by your side. She knows your name and you know that. You are living once again in perfect harmony with her.

Each person discovers his/her gifts to help solve the world's problems. With each problem a solution lies.

One begins to acquire incredible wisdom. This is a part of your true nature. You are in harmony with the universe. Exciting times are ahead of us.

We are becoming a new humans. Humans learn over time to directly reprogram ourselves. We discover we are our genie. In the past, our genie would work behind the scenes and we would be oblivious to it.

Mankind slowly learns that through his will he can learn how to reprogram his life. Someday in the future, this will be taught in schools throughout the world.

Science and religions are merging. Many new fields will open up. The higher our society advances the more harmony will be discovered.

Mankind will discover that war is obsolete. The bickering and fighting will stop when we can directly experience the thread that ties us all together.

We are going from me to we. This is how the world changes when we see the unity of all.

These are incredible times. The news mostly shows chaos. Yet millions of good deeds are happening all around the world.

Yet it takes effort and conviction. But every time you get out of bed it takes effort. Why not just reprogram yourself and discover your true nature? Imagine a hidden gold mine exists inside and we search throughout the four corners of the earth to find it.

One can spend lifetimes trying to discover it. It's a joke when one realizes that it has been there all the time inside of you.

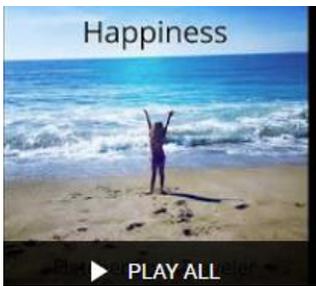
Mystics have been saying that for thousands of years. You are learning to become a mystic. You don't have to give up your life. You must embrace life.

Ponder this over. Exciting times are ahead of us.

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New Human



When one starts to implement new higher emotion, new thoughts, new concepts, new wiring, and new personality then one becomes a new human.

Christ was a perfect example of that. For thousands of years, man has been fighting and involved in wars. It seems quite

barbaric.

The world still fights wars all around the world. Many people say this is man's nature. In reality, it's not. We are going on a journey from darkness to light.

For thousands of years, we have been governed by different shades of darkness and light. Anger and hatred have ruled the land. Man doesn't know how to be civil so we go to war. War is obsolete.

Yet for war to become truly obsolete one must transcend our emotional state of mind. Anger and hatred towards one another must stop. Mankind is presently becoming a butterfly.

We were a worm and now millions of people all around the world are turning into a cocoon. In a matter of time, we will become butterflies. Yes, this will take time but a new human is emerging from the ashes. The greatest transformation is slowly occurring on this planet.

Science and spiritualism are merging. You see each individual is a piece of the grand puzzle.

A new human is born when we embrace God moment by moment in our daily life. It's not just the words but a state of being. The new human will learn how to be conscious of the quantum field 24 hours a day.

This new mindset will radically change the world. It will affect every single aspect of life. We will see through different eyes.

Mankind will become a kind man. We will begin to see the thread of love that ties us all together. We will become one unified mind. Yes, you will still be an individual yet your awareness will be in a state of oneness in life.

You will see that humanity is an extension of yourself. Presently we only see me. We are going on a journey from me to we.

I hope this excites you. This is not a fairy tale. It may take millions of years. You see the sun is rising. There is no doubt about that. Mankind is waking up from his slumber.

I believe that mankind can change for the better. Every day people are waking up. In the past, the mystic path was out of reach for the common person.

Presently people are seeing easy and practical ways to morph and change into a brand new way of seeing life. All the mumbo jumbo is taken out.

This does not change the experience of the quantum field. Nothing is taken away yet people now can practice simple techniques to directly connect to God.

I feel all the help in the universe is there. By our will alone we can ask for help in our daily life. We are not alone. Yet to experience this we must open the door within.

Humanity must learn how to rewire ourselves. Humanity must change and be open to greater adventures in life.

We have seen where man's present state of mind is and the consequences that occur. Just look at politics today. We are divided. Yet the new human will transform and leave all darkness behind.

You see when one embraces the quantum field darkness can't exist. Darkness is the absence of light.

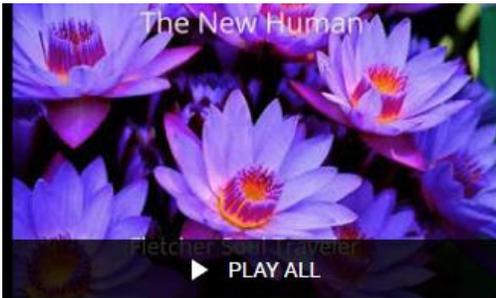
Someday in the future, we will look back at the present and we will say what an incredible roller coaster ride that was. What an incredible journey. This is the greatest story ever told.

We were on the verge of blowing ourselves up through nuclear. The consciousness of man knew deep down inside that we could overcome our petty difference and become united.

Not every civilization ends this way. Some have destroyed themselves. A new dawning is occurring for mankind. Just wait and see.



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You Are Closer Than You Think



Close your eyes. Focus on gratitude and love. When you feel a small sparkle of love inside you are connected to the quantum field.

Now with your eyes closed focus on kindness. When you feel yourself experiencing kindness you are connected to the quantum field.

How about peace? Concentrate on peace. When you feel peace inside you are connected to the quantum field.

How about compassion? Concentrate on compassion. When you feel compassion inside of you are connected to the quantum field.

You see you are closer than you think. This is not an abstract object. This is the real you. Yet this is just the tip of the iceberg.

The more you pay attention to something the more aware you become. The more attention you pay to your true nature the more aware you become of it. This is just a simple fact.

We think that love, kindness, and compassion get triggered by external events. These emotions are our true nature. We have just forgotten. At any time we can connect to our true selves.

Meditation is the way to discover our true nature. Imagine in the beginning when you closed your eyes it was like taking a sponge bath.

Imagine in time that by practicing meditation you can jump into the infinite ocean of love, kindness, and compassion. How would that change your outlook on life? All problems that you have would seem so insignificant.

Presently most of us are stressed out. We can hardly wait for the weekend.

Yet imagine that meditation leads one from being stressed out to a place where one loves life. One wakes up every morning and is happy to be alive.

When one truly begins to moment by moment be aware of the quantum field, one's life is transformed. Truly it's impossible to explain it but we keep on trying.

For me, signposts are all around us and inside of us. We live such a busy life that we are oblivious to it. We have all these incredible emotions that are our true nature yet we don't realize how incredible they are. It's like we experience these emotions randomly in our life.

It's like falling in love with someone. We fall in love and think that the other person is responsible for it. As easily we fall in love we fall out of love. Thousands of people get divorced.

Meditation reveals that the infinite ocean of love exists inside of you.

This path reveals your true nature. This path shows you how to be a proactive being. We are not leaves blowing into the wind.

We can be in the center of the hurricane. What does this mean practically? It means that one knows how to live beyond a high beta state of mind. What does that mean?

It means you won't be stressed out. It means that you can laugh at life. It means your adrenaline is not out of control and can't be turned off. It means that you start to live in harmony and your health will increase.

One learns to talk to the body and the body starts talking to you. There is an incredible harmony between the mind, body, and soul. Your mind becomes your friend. In our society millions of people have addictions and the mind causes such pain in people's life.

I believe that the world's problems can be solved when the world at large embraces the quantum field. All practical solutions exist inside of the field. The more humanity will embrace this field (which by the way is our true nature) the faster the world will be a better place.

Isn't it amazing that man has fought for thousands of years? Many people say this is our true nature.

If we are divine beings do you think this is our true nature? It doesn't make sense. Yes, this is a journey of going from darkness to light.

I completely agree with that. I feel that the scientific and religious world is being merged. For the first time, the common man is being shown practical tools to discover the jewel that exists inside. It doesn't matter if you believe in God or not the essence is the same.

So the next time you get stressed out simply close your eyes. Watch your breath. Imagine the peace of mind. Hold onto that. This is your true nature. This is the first step of being conscious and aware of your true nature.

In this manner by experiencing even little peace thousands of incredible chemicals are being released into your body.

Remember each thought you have either positive or destructive chemicals are being released into your body. You are your master chemist. You are in total charge of where you are going in life.

We were never taught this in school. It's so obvious and science has proven that thoughts create chemicals that create emotions. You can't separate the mind from the body.

I don't know about you but I'm completely fascinated by this. I have been meditating for around forty-eight years and I'm still a youngster learning about the mysteries of life. I am completely blown away.

Mindfulness



mind·ful·ness

/ˈmɪn(d)f(ə)lnəs/

noun

1. 1. the quality or state of being conscious or aware of something.
"their mindfulness of the wider cinematic tradition"
2. 2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

I remember in the early 2000's I went to Phoenix Arizona for a business trip. Back then I was working for Charles Schwab. There were probably around a couple of thousand employees attending the conference. One day of the conference they had some classes that you could choose to attend.

One of them was mindfulness. To be honest, at that time I heard of this Buddhist term yet I never understood its meaning. It was a great lecture. I was amazed that Charles Schwab even would present this topic.

Since then mindfulness has hit the mainstream. It's kind of a buzzword right now. You even see it on commercials on TV for selling products. But what is mindfulness?

According to this dictionary definition

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Let's break this down a little.

A mental state achieved by focusing one's awareness on the present moment.

How do you focus your awareness on the present moment? What is the present moment?

Does mankind ever truly connect to the present moment? Just think in the quantum field it is beyond time and space. Past, present and future are one. The Buddhist have been studying mindfulness for thousands of years. They have been known to tap into the quantum field for thousands of years. Mind you they didn't call it the quantum field. They might have called it enlightenment or a state of nirvana.

I remember about 15 years ago I read this incredible Buddhist book called Crystal Clear. This book talked about the various stage of enlightenment. Now, this could be a rumor. I can't prove it but the Buddhists have some doubts about releasing this book to the public. This was utmost sacred wisdom.

They decided to release it because the techniques were so simple. They involved concentrating on your breath. Mind you this is an ancient technique used in mediating practices all around the world.

But have we ever pondered "what is the power behind the breath that is keeping you and the universe alive"? The universe is conscious. I'm sure you think I'm a broken record when I say you are the universe you just don't know it. But that the truth.

When a person begins to learn how to meditate on his breath transformation start to occur in the mind, body, and soul connection. One is tapping into the quantum field. Mindfulness is a state of bringing that inner awareness into the present state of mind. It's very subtle in the beginning. Mind you your circuits are slowly being rewired. I often say that in the beginning, you meditate on God. At some point in time, God begins to meditate on you.

You see the more attention you put on something the more attention is focused back on you.

Mindfulness is a state of being in the quantum field moment by moment. There are probably an infinite amount of stages of mindfulness.

Let's dive deeper into this definition.

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

Meditation is a stepping stone to calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. This is where we can truly rewire the body and mind. When one is directed connected to the quantum field one's emotions are in bliss, love,

kindness, compassion, and gratitude. There are probably an infinite amount of positive emotions which we aren't even aware of.

Just think in this state thousands of positive chemicals are being released into your body. Moment by moment in meditation one has the opportunity to rewire our mind-body connections to be in harmony with the quantum field. Every person on earth is hardwired for this.

For this to happen we must be aware. This is what the whole book is about. Our subconscious is 95% running the show. No wonder we have so many problems in the world today.

Mindfulness is a way out of this situation. You could say a being like the Christ or Buddha learned how to be in perfect harmony with the quantum field. Yes, they didn't call it that back then. They used different terminology. The essence is the same. This is just the tip of the iceberg on this discussion. Ponder this over.

Where Do These Memories Come From



When I was young I was fascinated by the universe. Somehow I knew I came from the stars. I knew that the universe existed inside of me.

Well, I grew up in Newport Beach California. Not a place for realizing your true essence. Back then yoga and meditation were considered to be quite radical. It was like you were a commie. My parents had this Buddha statue and a Quan Ying statue that I was completely fascinated by.

I can't quite put it into words. Somehow these statues conveyed to me that life is so much grander than what we know. I knew that the universe existed inside of me yet I didn't know how to tap into it.

Somehow I knew that I have been meditating for thousands of years. Mind you not in a human body but united with the quantum field. This is mankind's natural state of existence. This is where we came from and when we die this is where we return.

Somehow I was aware of this. Inside our DNA lies all our memories from the past, present, and future. I know that may seem absurd yet the quantum theory is thinking outside of our 3-dimensional box

The following is a lecture I attended in Arizona on 3-7-87. Many of my questions were answered. It may seem unconventional which it is. Yet the quantum field is unconventional. You have to learn to think and act outside of the box. One learns slowly how to rewire ourselves into a state of kindness, love, and compassion. One learns how to be conscious in every moment. This is our true nature.

Mafu-Do you love your mouth?

Richard-Yes

Mafu-do you know why you do?

Richard-Because I love myself

Mafu-do you know why it is so familiar to you?

Richard- no

Mafu-Are you prepared for an evenness?

Richard-Yes

Mafu-It will cause controversy inside of you. Well here goes. (Laughter from audience)

You have not been on this planet regardless of what limited entities have given unto you in your fantasy of it and therefore they have responded for 34,000 years. That is a truth. And this mouth directly comes from there. The whole of your cellular memory you have been unlimited god for 34,000 years. You are like unto a woman of the day of yester and unto Sophia entity. Council with her and take your nutrition with her on this day (have lunch). It will be a great saving grace for you. You brought it here because you loved them. This is the cellular memory of 34,000 years ago. That is why the penis functions differently than others, that is why the heart is different, the breath because it doesn't understand how the 20 century works at all. Great entity. We shall do much together you and me. So be it. (Pointing to Sophia) You council with this man. He is a great companion of yours.

Chakras



For over five thousand years the Indians have discovered flower petal-shaped vortexes of energy lying across seven different areas on our spinal column.

These chakras are directly connected to the endocrine system of glands.

These chakras are responsible for distributing energy through the body. Where there is a blockage disease will occur. In our next chapter, we will talk about the Chinese discovery of meridians.

I won't go through the specifics of each chakra. Here's a general overview of each one. The following information came from color-meanings.com

The Root Chakra – The Sanskrit word for this Chakra is Mooladhara Chakra (mool means root). The chakra color associated with the root chakra is Red.

The root chakra defines our relation to Earth. It impacts our vitality, passion, and survival instincts. The red chakra colors are also indicative of our need for logic and order, physical strength and sexuality as well as the fight or flight response when faced with danger.

The sense of smell in the human body is connected to the Root Chakra. The gland to which the root chakra is attached is the Gonads.

The Sacral Chakra –The chakra color associated with the sacral chakra is orange. This chakra relates to the water element in the human body.

The chakra colors are orange which impacts sexuality, reproductive function, joy, desire and even creativity, and compassion for others.

The sense of Taste is associated with the Sacral Chakra. Glands and organs impacted by this chakra include the lymphatic system, female reproductive organs, large intestine, pelvis, and bladder.

The Solar plexus Chakra – The Sanskrit word for this chakra is Manipura Chakra which translates to “city of jewels”.

Thus the solar plexus chakra is the personal power chakra that is responsible for one's personal and professional success.

The chakra colors yellow of this energy vortex are associated with fire, energy, charge, etc.

This element of fire, when balanced and harmonious allows one to feel more confident, cheerful, and energetic along with the right amount of respect for self and others.

Our sense of sight is associated with the solar plexus chakra. The glands or organs associated with the Solar plexus chakra are the Adrenal glands.

The Heart Chakra – Anahata Chakra or the heart chakra is associated with the chakra color Green. This chakra influences our relationships and has the Air element.

A weak heart chakra is responsible for sabotaging relationships through distrust, anger, envy, etc. The sense of touch is impacted by the heart chakra and the glands connected to it are Thymus and lymph.

The Throat Chakra – The Vishuddhi chakra refers to our true voice. As the name suggests, the Throat chakra with its chakra colors Blue is associated with the ability to communicate, listen, etc.

The glands to which the Throat chakra is attached are the esophagus, ears, throat, thyroid, jaws, teeth, and neck vertebrae.

The ethereal element of the Throat Chakra, when balanced, allows an individual to have a pleasant voice, artistic abilities, expressive ways, and also the ability to be in a higher place spiritually.

Individuals with a balanced throat chakra can meditate well and use their energy efficiently and artistically.

The Third Eye Chakra – The Ajna Chakra translates to the “center of knowing or monitoring”.

This chakra is associated with chakra colors Indigo and is connected to the Pineal or pituitary gland. Those with a well-balanced brow chakra can have telepathic

abilities, and charismatic personalities and they often do not have any fear of death.

The element of electricity or telepathy along with the chakra colors of Indigo are associated with our sense of Thought.

The Crown Chakra – This chakra is known as Sahasrara chakra in Sanskrit and is associated with the chakra colors of violet or purple.

The crown chakra is associated with the pituitary gland, nervous system, and the brain and head region with its element of light.

In its balanced state, this chakra can render individuals the ability to perform miracles, transcend the laws of nature, and have a heightened awareness of death and immortality.

Now according to the great masters and mystics, the journey begins at the base of the spine. There lies the Ida and the Pingala nerve. Imagine a column called the Sushumna which is not physical and goes from the bottom of the spine

Here's the definition of the Sushumna from Wikipedia.

Sushumna (सुषुम्णा, suṣumṇā "very gracious", "kind" [3]) runs along the spinal cord in the center, through the seven chakras.

Under the correct conditions, the energy of kundalini is said to uncoil and enter Sushumna through the brahma dwara or gate of Brahma at the base of the spine.

The Shiva Samhita treatise on yoga states, for example, that out of 350,000 nadis 14 are particularly important, and among them, the three just mentioned are the three most vital.

It seems to me that God hardwired each human being to help them discover his true nature. The journey begins at the base of the spine of the root chakra. Here the consciousness of me me and me reside.

The human being is existing in a state of survival mode. The goal in life is to master each chakra and ultimately arrive at the crown chakra and enter its door. At this stage, one will realize that I am the universe. We are all one.

This is our true state of existence. We are all one huge gigantic family. Each one is responsible for discovering our true nature.

The world will be in a better place if we all did this. Ponder this over. So do you think that you are hard-wired to find God? Maybe it's time to use your inner key to start the engine.

Endocrine System



The following information came from Wikipedia.

The endocrine system is a chemical messenger system comprising feedback loops of hormones released by the internal glands of an organism directly into the circulatory system, regulating distant target organs.

A hormone is any of a class of signaling molecules produced by glands in multicellular organisms that are transported by the circulatory system to target distant organs to regulate physiology and behavior.

Hormones have diverse chemical structures, mainly of 3 classes: eicosanoids, steroids, and amino acid/protein derivatives (amines, peptides, and proteins).

The glands that secrete hormones comprise the endocrine system. Hormones are used to communicate between organs and tissues for physiological regulation and behavioral activities, such as digestion, metabolism, respiration, tissue function, sensory perception, sleep, excretion, lactation, stress, growth and development, movement, reproduction, and mood.

Hormones affect distant cells by binding to specific receptor proteins in the target cell resulting in a change in cell function.

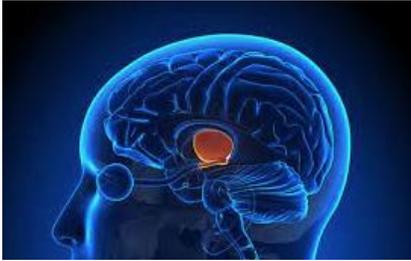
This may lead to cell type-specific responses that include rapid changes to the activity of existing proteins, or slower changes in the expression of target genes.

Amino acid-based hormones (amines and peptides or protein hormones) are water-soluble and act on the surface of target cells via signal transduction pathways; steroid hormones, being lipid-soluble, move through the plasma membranes of target cells to act within their nuclei.

Endocrine glands are glands of the endocrine system that secrete their products, hormones, directly into interstitial spaces, and then absorbed into the blood rather than through a duct.

The major glands of the endocrine system include the pineal gland, pituitary gland, pancreas, ovaries, testes, thyroid gland, parathyroid gland, hypothalamus, and adrenal glands. The hypothalamus and pituitary gland are neuroendocrine organs.

Hypothalamus gland



The hypothalamus is a portion of the brain that contains several small nuclei with a variety of functions. One of the most important functions of the hypothalamus is to link the nervous system to the endocrine system via the pituitary gland.

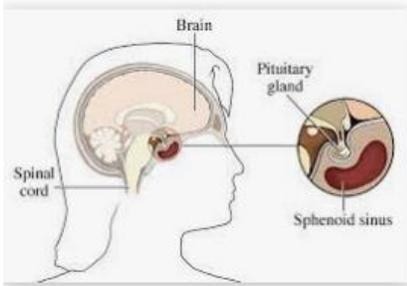
The hypothalamus is located below the thalamus and is part of the limbic system. In the terminology of neuroanatomy, it forms the ventral part of the diencephalon.

All vertebrate brains contain a hypothalamus. In humans, it is the size of an almond. The hypothalamus is responsible for the regulation of certain metabolic processes and other activities of the autonomic nervous system.

It synthesizes and secretes certain neurohormones, called releasing hormones or hypothalamic hormones, and these, in turn, stimulate or inhibit the secretion of hormones from the pituitary gland.

The hypothalamus controls body temperature, hunger, important aspects of parenting and attachment behaviors, thirst, fatigue, sleep, and circadian rhythms.[citation needed]

Pituitary Gland



The pituitary gland is a pea-sized gland that sits in a protective bony enclosure called the sella turcica (Turkish chair/saddle).

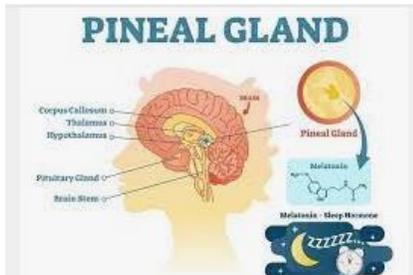
It is composed of three lobes: the anterior, intermediate, and posterior lobes.

In many animals, these lobes are distinct.

However, in humans, the intermediate lobe is but a few cell layers thick and indistinct; as a result,

it is often considered part of the anterior pituitary. In all animals, the fleshy, glandular anterior pituitary is distinct from the neural composition of the posterior pituitary.

Pineal Gland



The pineal gland is a small endocrine gland in the brain of most vertebrates.

The pineal gland produces melatonin, a serotonin-derived hormone that modulates sleep patterns in both circadian and seasonal cycles.

The shape of the gland resembles a pine cone from which it derived its name. The pineal gland is located in the epithalamus, near the center of the brain, between the two hemispheres, tucked in a groove where the two halves of the thalamus join.

The pineal gland is one of the neuroendocrine secretory circumventricular organs that are not part of the blood-brain barrier.

Nearly all vertebrate species possess a pineal gland.

The results of various scientific research in evolutionary biology, comparative neuroanatomy, and neurophysiology, have explained the phylogeny of the pineal gland in different vertebrate species.

From the point of view of biological evolution, the pineal gland represents a kind of atrophied photoreceptor. In the epithalamus of some species of amphibians and reptiles, it is linked to a light-sensing organ, known as the parietal eye, which is also called the pineal eye or third eye.

René Descartes believed the human pineal gland to be the "principal seat of the soul".

Academic philosophy among his contemporaries considered the pineal gland as a neuroanatomical structure without special metaphysical qualities; science studied it as one endocrine gland among many.

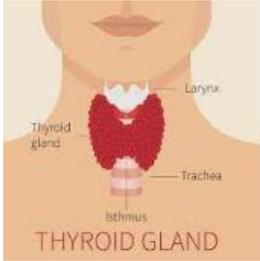
Seventeenth-century philosopher and scientist René Descartes were highly interested in anatomy and physiology.

He discussed the pineal gland both in his first book, the *Treatise of Man* (written before 1637, but only published posthumously 1662/1664) and in his last book, *The Passions of the Soul* (1649) and he regarded it as "the principal seat of the soul and the place in which all our thoughts are formed." In the *Treatise of Man*, Descartes described conceptual models of man, namely creatures created by God, which consist of two ingredients, a body, and a soul. In the *Passions*, Descartes split man up into a body and a soul and emphasized that the soul is joined to the whole body by "a certain very small gland situated in the middle of the brain's substance and suspended above the passage through which the spirits in the brain's anterior cavities communicate with those in its posterior cavities".

In the late 19th century Madame Blavatsky (who founded theosophy) identified the pineal gland with the Hindu concept of the third eye or the Ajna chakra. This association is still popular today.

Rick Strassman, an author and Clinical Associate Professor of Psychiatry at the University of New Mexico School of Medicine, has theorized that the human pineal gland is capable of producing the hallucinogen N,N-dimethyltryptamine (DMT) under certain circumstances.[61] In 2013 he and other researchers first reported DMT in the pineal gland microdialysate of rodents.

Thyroid Gland

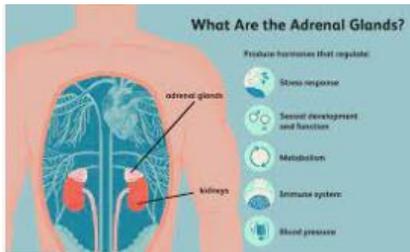


The thyroid gland, or simply the thyroid, is an endocrine gland in the neck, consisting of two lobes connected by an isthmus. It is found at the front of the neck, below Adam's apple.

The thyroid gland secretes three hormones, namely the two thyroid hormones (thyroxine/T4 and triiodothyronine/T3), and calcitonin.

The thyroid hormones primarily influence the metabolic rate and protein synthesis, but they also have many other effects, including effects on development. Calcitonin plays a role in calcium homeostasis.

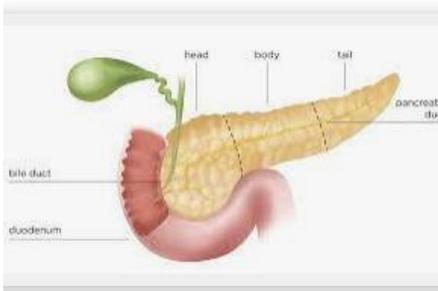
Adrenal Glands



The adrenal glands (also known as suprarenal glands) are endocrine glands that produce a variety of hormones including adrenaline and the steroids aldosterone and cortisol.

They are found above the kidneys. Each gland has an outer cortex that produces steroid hormones and an inner medulla.

Pancreas



The pancreas is an organ of the digestive system and endocrine system of vertebrates. In humans, it is located in the abdomen behind the stomach.

The pancreas is a gland, having both an endocrine and a digestive exocrine function.

As an endocrine gland, it functions mostly to regulate blood sugar levels, secreting the hormones insulin, glucagon, somatostatin, and pancreatic polypeptide. As a part of the digestive system, it secretes pancreatic juice into the duodenum through the pancreatic duct.

This juice contains bicarbonate, which neutralizes acid entering the duodenum from the stomach; and digestive enzymes, which break down carbohydrates, proteins, and fats in food entering the duodenum from the stomach.

Ovaries



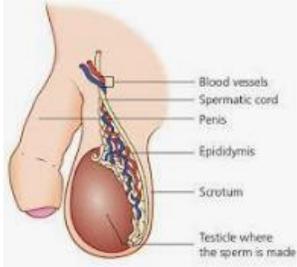
The ovary is an organ found in the female reproductive system that produces an ovum. When released, this travels down the fallopian tube into the uterus, where it may become fertilized by a sperm.

There is an ovary (from Latin ovarium, meaning 'egg, nut') found on the left and right sides of the body.

The ovaries also secrete hormones that play a role in the menstrual cycle and fertility.

The ovary progresses through many stages beginning in the prenatal period through menopause. It is also an endocrine gland because of the various hormones that it secretes.

Testis

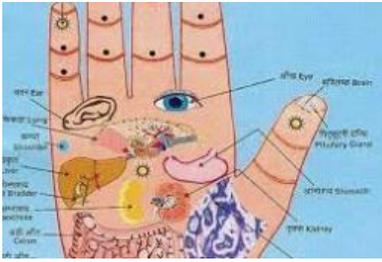


Testicle or testis is the male reproductive gland or gonad in all animals, including humans. It is homologous to the female ovary.

The functions of the testes are to produce both sperm and androgens, primarily testosterone.

Testosterone release is controlled by the anterior pituitary luteinizing hormone; whereas sperm production is controlled both by the anterior pituitary follicle-stimulating hormone and gonadal testosterone.

David The Dragon



YouTube



PDF



I wrote the following in my book Dragon Tales. This book is a children's story about the ultimate transformation of society. I wrote a chapter based upon my

dear friend David an acupuncturist. David the Dragon uses simple English to describe how it works. The east has been thousands of years ahead of the west in discovering these subtle energies inside of us. For them, it was clear as day. It wasn't just a fancy theory but a moment-by-moment experience of the river of life inside of us.

David the Dragon Audio



Hi, I'm David the dragon. I'm best of friends with Little Ricky. You have read about me in this story. I'm over five thousand years old. I still feel young at heart. You see I take care of myself.

Where I come from the British Isles the dragons didn't have any common sense. You could say common sense is uncommon.

Where I came from the dragons didn't exercise or eat good foods. They partied throughout the night. To be frank they had no clue about universal laws. They

were only interested in acquiring stolen treasure and fighting. Boy, what kind of existence is that!

When we flew from the west to the east our entire lifestyle changed for the better. We started to take a look at how to make a better life for the dragons.

As you see only young dragons came with us. They were stuck in their old ways. Quite frankly they had no desire to change. They liked misery.

Well, we decided to have a grand adventure. We learned how to meditate from Zoran and the rest is history.

We learned very young that life is an external and internal adventure. Bet you nobody told you that.

We came to a point where we could see energy all around us and in us. If there was a block over time disease could take place.

You see in the bodies of humans and dragons lie a vast number of rivers and streams. In a healthy body, these rivers and streams are flowing properly.

But the more ones live a life out of balance these rivers and streams get clogged up and don't flow properly. The water over time becomes stagnate and mosquitos can fester. This is where disease manifest.

Here's an example of anger. When a person is always angry this blocks the rivers and streams inside of the body. Over time the body becomes angry and can fight against itself. You call this cancer. Cancer is angry cells.

We discovered a long time ago that by using needles at certain points on the body we can begin to unblock the rivers and streams.

Yet the acupuncturist can help to unblock these dams yet it is up to you to change, modify, and learn how to be healthy.

In the West, you go to a doctor and take the medicine. Your symptoms go away. Your drugs have side effects. The patient takes no responsibility. No wonder your system is messed up.

A wise person begins to listen within and change accordingly. This person realizes that proper rest is the key. In the west sleep and rest is sort of a nuance. They

don't have an understanding of how important it is. For the body to heal and repair it needs rest. Period.

We live such a fast past life we have forgotten why we need sleep and rest in the first place.

The acupuncturist during this time had an easy job. He knew how to break the dam and let the waters flow properly. He might give some healing herbs to the child.

The child understood completely that the acupuncturist could only assist so far in the process. She knew that it was up to her to follow through and live day by day the natural laws of life.

You see their culture was understanding and practiced every moment these natural laws.

Unfortunately, in the world, today man has lost touch with his true nature. Consequently, the disease is quite common.

Our herbs are giving out our organic and have no side effects. They are extremely beneficial in helping the body balance.

Your western medicine has extreme side effects and can cause death. Listen to the commercials today and you will hear a lovely voice telling all the side effects the drugs have.

They are concerned to make a profit. That is the bottom line.

Now kids listen to this story. Only your generation can change this wacky system. You can look at different and natural ways.

You see chemicals are the least effective ways of healing. Your scientists know about energy but at the present moment, only a few doctors are researching the power of energy

This is where acupuncture comes in. In the future, there will mymarid of different discoveries and inventions.

The more a society becomes more aware the more discoveries can occur. You see only in an open society can change occur for the better. These discoveries can be used for good or they can be a complete disaster.

The nuclear bomb is a prime example. The genie got loose and now the world is trying to find out how to reign in the genie.

You see your world has a lot to learn. Imagine most of the world is looking externally. But the jewel lies within. You need a balance between the external and internal.

Millions are people are waking up to this fact. At a certain point in time when humanity truly understands this your inventions will be so-called a miracle in life. They aren't miracles in life but your understanding is at a different level.

Your cell phone would be considered a gift from God five hundred years ago. I bet each one of you kids knows how to operate one. You have no problem with that.

In the same way, the more you understand the laws of the universe more incredible inventions will come your way.

Nature wants to give her incredible gifts but you have to be in synch to receive them. Anger, war, and greed will never be the way to discover these gifts.

For thousands of years, war is not the answer. It has never solved anything and never will.

Only the kids can truly change for the better. Hopefully, you will listen to this story and remember your generation can change for the better. The seeds have been planted many millions of years ago.

You can be the fruit that can change this world.

You are never alone. Someday you will realize this. You will see that all of humanity and the dragons are in the same boat together.

You are the universe. You just don't know it.

Putting Into Practice



So far this has been a theory for you. To go to the next step it helps to have a firm foundation of the process. When one understands the theory it's easier to do the practical work. My advice is to listen to the YouTube videos of Joe Dispenza. He is on the cutting edge of melting the mystical with the scientific world. I'm on the same wavelength as he is.

Both of us are aware that the world is going through a huge transformation. I have spent the last 48 years meditating and fine-tuning the process along the way.

In the eighties, I was interested in the marriage of scientific instruments and the mystical side of things. I went to the Monroe Institute for a week and was deeply involved with Hemi-Sync for some time.

In San Diego, my friend Jeffrey Thompson started a brain wave institute. My wife Barbara and I checked out the various instruments.

Meditation has always been the main focus of my life. I'm always looking at ways to fine-tune it and make it practical in my moment-to-moment existence.

Meditation is not just when you close your eyes. Meditation is directly connecting to the quantum field 24 hours a day. I'm not there but I definitely see that it is a possibility and a probability in the future for mankind.

It's like when Roger Bannister broke the four-minute mile in the early fifties. A few weeks later more runners broke this barrier. Today we have high school runners breaking the four-minute mile.

Once something has been achieved the ceiling has been broken and the floodgates of possibilities are open.

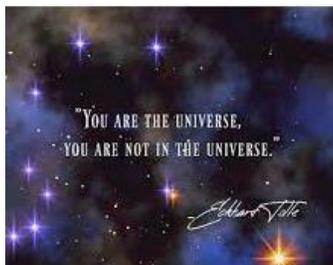
Personally, as mankind evolves to be in harmony with the quantum field more incredible breakthroughs will occur. We are babies taking our first steps into the quantum field.

Can you imagine a thousand years from now where mankind will be? How about a million years or ten million years? Read my book "From me to we" to learn more about our possibilities.

We are at a point where humanity is going from darkness to light. For thousands of years, darkness has ruled the land. Well, a brand new dawning is occurring. What a wild ride we had last night. At times we had sweet dreams. At times we had nightmares. War was all around. Many people said that was man's nature. Well, the sun is arising. A brand new day is upon us.

You are a piece of this incredible piece of the puzzle called life.

Concentrate On Positive Emotions



Let's start simple. You are the universe. You just don't know it. Close your eyes. Focus on your breath. Watch your breath go up and down. All mystical traditions talk about the power behind your breath. The same power behind your breath is keeping the universe alive.

With your mind concentrate on peace. When you feel peace you are connected to the quantum field. When your mind wanders focus it back on your breath. Over time the more you do this the deeper peace you will experience. The first step is to place your toes into the infinite ocean of life.

The more you focus on peace, peace will start to focus on you. Day by day you will slowly immerse yourself into this incredible ocean.

The goal is to take that peace when your eyes are closed and keep it there in your daily activities. Ultimately you want to live in the center of the hurricane. The winds of the mind can be howling but you can live in the center where there is no turbulence.

Love, compassion, kindness, peace, and, infinite other positive emotions exist inside of you. Peace of mind does not come from external events. Peace comes from within. This is your true nature.

In the beginning, this may take some time. For those who live stressed-out lives, it will take time to learn how to unwind from stress. Take your time. Don't be hard on yourself. This is not a race.

Simply take a few moments a day and build on it. Just follow your breath. Over time you will experience such peace that you have never experienced before.

So let's try this.

Focus on your breath. Watch it go up and down. That's all there is to this. The next step is optional. At the same time, you focus on your breath and imagine feeling peace inside of you.

When you feel even an ounce of peace you have connected to the quantum field. Day by day keep this up.

So focus on your breath (start mediation)

This is just the beginning. You have taken the first step on your incredible journey. Even if you have been mediating for thousands of years each step you take takes you closer. Yet the journey will never end. It is timeless.

Sitting Down Meditation



I've been meditating for forty-eight years. You could say I have a knack for it. I love it. It's my hobby. I have studied all sorts of techniques.

In the beginning, I thought there must be a super duper technique. This technique would take you 10 steps to where you presently are.

Well after forty-eight years I can say your motivation is the key. Many people think they have to meditate and yet they hate it. Where do you think that will take you? Many people have high expectations.

They think they are going to have a super duper experience. When they don't over some time they give up.

Meditation is like surfing. It takes practice. When I first learned how to surf when I was 13 years old I was a total beginner. In surfing terms, I was a kook (a beginner).

My dad gave my twin brother John and me a surf lesson from a famous surfer Mickey Munoz. I still remember being pushed into a wave that was probably less than one foot. I felt that the wave was 10 feet. I was hooked from then on.

Meditating is taking small baby steps day by day. You never know how far you have gone. In the eyes of eternity, you have just taken one precious step. Yet your awareness grows.

The following is a beautiful quote from a dear friend of mine. It was posted on Facebook a few days ago. I've known him for around 46 years. This describes that at times we have no idea how far we have gone on this path.

A couple of years ago, I was at a New Age trade show, promoting my books. I was walking the show and came to a booth where a guy offered me a free psychic reading.

We sat down together and he told me he was going to close his eyes for a minute and "tune into" me. He closed his eyes, so I closed mine and took advantage of the moment to turn inside.

All of a sudden, he exclaimed, "What are you doing?" I said, "Huh?" He said, "You just disappeared into this huge peace zone! How did you do that?" I told him it

was just something I'm in the habit of doing, and we had a brief conversation about it.

He told me he had never seen anything like it, this disappearing trick, executed so quickly. I was mildly amused. But ever since then, I've had a renewed respect for the incomparable gift bestowed on me well over 40 years ago, that allows me to disappear from the confusion of the world around me, so quickly and easily, every time I have the clarity to use it.

And what has become so second nature to me that it seems like a small thing, a thing I don't even feel I have mastered, it's truly a miracle beyond reckoning. I lack the means to express how grateful I am for this one small thing that changes everything.

This sums up how meditation changes one's life yet at times we don't see it and take it for granted.

Phase 1



Phase 1 is the foundation of your practice. Everything stems from this awareness. Focus on your breath. Watch it go up and down. That's all there is to this. Many people think it's too simple. It is.

We have been breathing all our lives yet most of the time we aren't aware of the breath. There is a power that is keeping you alive.

Behind your breath lies the quantum field. This field is infinite love, kindness, and compassion. It is beyond words. It's beyond time and space. It is keeping you alive. Personally, this should be our main focus while we are alive.

This is one way to directly connect to the quantum field moment by moment in our daily lives. The more attention you pay to it the more attention it pays to you. Like I said in the beginning you meditate on God. At some point, God starts to meditate on you.

Don't get discouraged. It takes time and practice. Have fun with it. The universe is fun. When the mind wanders simply bring it back to following your breath. In the beginning, you may feel or sense a sparkle of peace.

You may see sparks of light inside of you. You may hear some ringing in your ears. These are sign posts that you are tapping into the quantum field.

These sign posts are everywhere. The more you practice the sign post change and morph along your journey. At some point, your breath turns into a force field of love.

Once you can close their eyes and immediately enter into the quantum field. Divine light surrounds you and you are in a force field of the quantum. This is an infinite journey. You can never stop and say I have mastered it all.

The goal is to fuse this light and energy into your human body. You are learning to rewire your circuits. Presently your nervous system can't handle the voltage from the quantum field. Most people's lives are so stressed out.

They are living and breathing in a high beta state of existence. Many people's adrenaline is constantly turned on.

This practice will slowly tap you into the quantum field. You just have to pay attention to your breath. Over time your mind and body become your true friend. One slowly becomes in harmony with the quantum field.

Close your eyes. So breathe in. Watch your breath. When your mind wonders simply focus your attention on your breath.

Phase 2



Modern-day scientists know about the mind-body connection. They realize that both are interconnected. A thought that you have is expressed into a chemical reaction that creates either positive or negative emotions.

Our human body stores all experiences in our subconscious. Remember that 95% of the subconscious versus 5 % of the conscious runs the show. Most of the time we are reactive beings. Our lives are driven by past events. Our mind is so infused with the past that our bodies respond automatically. It's like we are on auto-control which in reality we are.

So much of humanity is driven by stress which damages our overall health for the mind body and soul connection.

I have a great friend who believes he will die around 83 years old. He is planning to retire at 60 years old. He is a great guy. I try to tell him that we can live a great life well into our hundreds.

You see our thoughts drive us to our destiny. Many of us are driven by some traumatic event that occurred in the past. We can't go beyond that. We can't let it go. That event has scared us. That event is existing somewhere inside of our human body.

The next meditation will help harmonize the mind, body, and soul connection. I have been doing this in many different forms since the eighties. It's very simple and powerful to do.

Both the chakras and the endocrine system are tied together. One is physical and the other one is a subtle energy. Both of them are in synch with one another.

When you have a disease that will be manifested both in your endocrine system and your chakras.

This mediation starts from the root chakra and works up to your crown.

Breathe in. Concentrate on your breath. Watch it go up and down. When you feel stillness go on to the next step. Don't rush this. Take your time. If you are agitated or angry just watch your breath. With practice, you will break through.

When you have broken through concentrate on your root chakra. Continue watching your breath. The more your attention is focused on your root chakra you will slowly experience a great expansion of your consciousness.

Each chakra contains a universe inside of a universe. Over time all negative emotions will be dispelled from darkness into the light.

Create loving thoughts. If your mind wonders which it will bring it back to your breath? If you have a hard time doing this say I am full of gratitude. Feel that emotion of gratitude. When you do you are tapping into the quantum field.

The goal is to allow the quantum field to be expressed into each chakra. The quantum field is the light that dispels darkness. You don't need to fight or struggle.

By embracing love, kindness, compassion, and patience in each chakra are how we can totally transform. In essence, you're learning to be in harmony with the quantum field. When you are in harmony with the quantum field your mind, body, and soul connection will be in harmony.

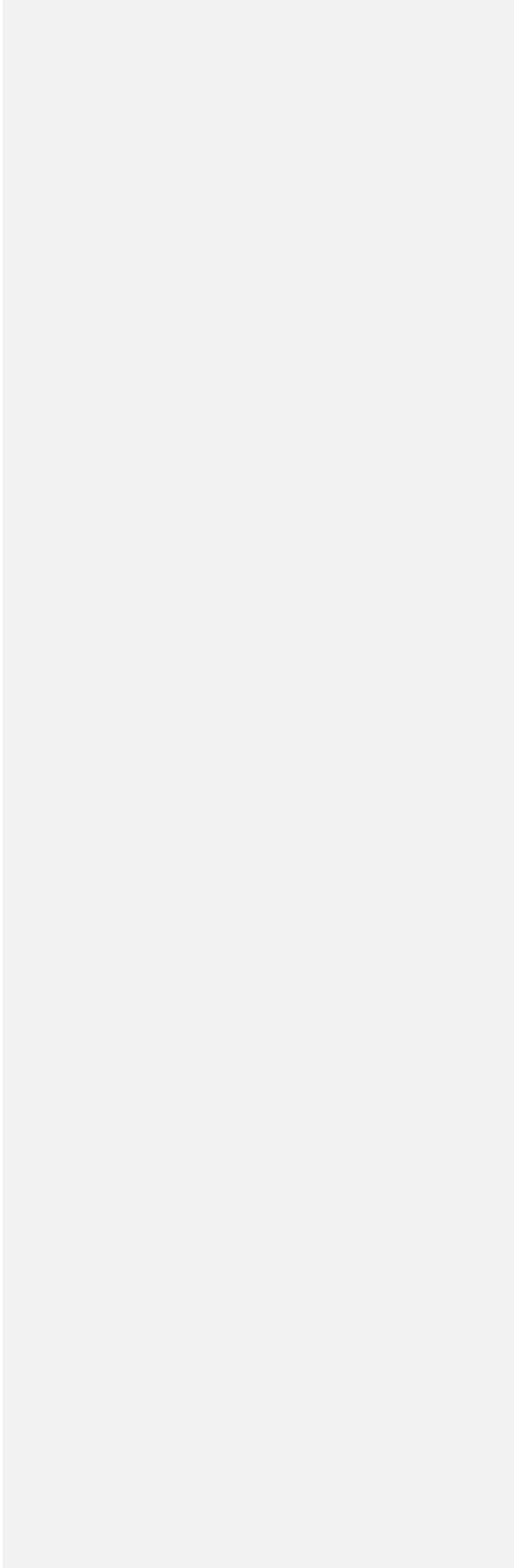
Enjoy this process. Science and mystics are melding together. This technique has been around for thousands of years. Only since the eighties have scientists mapped out the mind-body connection and how scientifically how they work together.

This is just the start of your journey. Yes, it takes time. I feel that humanity will progress much faster than in the past. Millions of people are waking up which will make the evolution much faster. I call it the evolution revolution.

This phase and phase 1 can take you to places you never dreamed of. At the same time, your adventures on earth will be incredible. You can smile at diversity. You can see through other people's eyes.

You will be humble. You will be kind. You will become aware of the quantum field where ever you go. You will have a passion for life.

All it takes for you to simply try. The greatest jewel lies inside of you. You have been taught to only look outside of yourself to discover the jewel.



Phase 3



One early morning around 1986 I was meditating. I felt such joy and happiness. All of a sudden I felt this incredible power.

I saw this incredible cobra at my root chakra. This cobra was slowly rising up my spine. The energy was incredible. It was so real. I became a little afraid due to the power and the cobra.

I knew I would not be harmed at all. I controlled my fear and let the experience grow. The cobra went all the way to my third eye which is the pineal gland.

At each step of the way, I would have a different experience. I have always heard about the Kundalini experience but this was the first time I had the experience to see it.

The Vedas talk about this experience. The cobra was so real. It was like you had to face your greatest fears and then and only then could you be taken to a different level of consciousness.

Amazingly, this experience exists inside of our own being, and yet it is dormant. We are so involved in this world that we simply are unaware of a greater reality.

I learned that the scriptures of the past were based upon practical experiences. We have simply convoluted the meaning of the experience and come up with a different meaning altogether.

Let's fast forward to the early 2000s. I'm living in Ashland Oregon. My wife and I love to go to the ashram in the sky. That's what I call it.

Imagine in the winter in a snowstorm a large group of people is meditating. It is a guided Kundalini mediation. A huge taiko drum is vibrating throughout the ashram.

What is this thing called kundalini? What does kundalini have to do with the quantum field? Read the chapter on chakras to find out.



Let's fast forward to 2019. Lately, I'm researching the works of Joe Dispenza. He is using the ancient kundalini techniques but he is also using the latest scientific instruments to measure what is going on when one practices these techniques.

Scientists know that the body and mind are united. You can't separate the two. All our emotions are stored in our bodies. That means the good bad and ugly. For most of our lives, we are living in a survival mode of existence. We are reactive beings. Our subconscious is running the show.

Experts estimate that the mind thinks between 60,000 – 80,000 thoughts a day. That's an average of 2500 – 3,300 thoughts per hour.

That's incredible. Other experts estimate a smaller number, of 50,000 thoughts per day, which means about 2100 thoughts per hour. Yet how many are new thoughts?

We have been playing the same record for years. We have the same exact routine.

We go to bed. Our alarm clock goes off. We use the same hand to shut it off and go back to bed for five minutes. The alarm goes off again. We shut off the alarm.

We stumble out of bed and go to the bathroom. We brush our teeth. We are trying to wake up. Off to the kitchen, we go to brew some coffee. It's time to head off to work just in time for rush hour traffic.

We make a few phone calls along the way. Some of us text when the cars are stopped. We make it to the office and do the same dull routines. I could go on and on.

Imagine that our negative emotions are stuck in the first three centers of the lower chakras. There is a law that whatever strong emotion you have stored emotion will be predominant in your life.

Say for example someone really makes you angry. You can't drop it and you hold on for twenty years. You can't forgive this person. Well unfortunately you have drunk your own poison.

This gets stored in your subconscious mind. Whenever you think about this you will secrete chemicals into your body and these chemicals will bring you angry emotions.

Your stress level will go out. You will be in a fight or flight syndrome. Unfortunately for the majority of human beings, this is our present state.

This breathing technique allows the negative emotions to be released and travel up the spine to the crown chakra. There a physical/spiritual alchemy takes place. It transforms that anger into pure love. That is the goal.

Joe Dispenza and his crew have wired up thousands of participants and have mapped out the regions of the brain which get affected.

Many of his students go into high gamma waves which are off the normal charts. The reason why is that most people live in a high beta

state of mind and have no idea how to change. We are stuck in our ways. Most people are comfortable staying in misery and don't want to change.

Fortunately, millions of people are waking up from their slumber. A new dawning is occurring for mankind.

We are our own pharmacy. Every day our bodies create hundreds of thousands of chemicals. These chemicals create strong emotions. Say for example you are angry. Your emotional state will be angry.

Therefore you will have angry thoughts. These thoughts will then create angry emotions. We are caught in a cycle. The goal is to be free. The goal is to be in tune with the quantum field. Ponder this over.

Phase 3 Meditation



Slowly breathe in. tighten your muscles as if you are having a bowel movement. At the same time tighten the muscles around your navel (lower abdomen). Bring them up and in.

Tighten your muscles around your solar plexus (upper abdomen). Bring them up and in.

As you are breathing in follow your breath up the spinal column past the heart, throat, and pineal chakras to the top of your head.

Hold your breath comfortably until you need to take a breath. Be gentle with yourself. Keep on tightening your muscles.

When you have too slowly exhale your breath. A wave of bliss is about to be released. Do this for five to ten minutes. Slowly build up your time doing this.

In essence, this technique is converting locked negative emotions up your spine where it is transformed into the quantum field. This is pure alchemy. You are transforming darkness into light.

On the material side, your body is sending spinal fluid up your spinal column to your pituitary gland. The pituitary gland then secretes thousands of chemicals that turn this negative energy into love, kindness, and compassion.

In this state, tremendous healing can occur and does occur. Look at the work Dr. Joe Dispenza has done and you will see there are thousands of people being healed in all sorts of manners. This technique is thousands of years old.

Mind you this technique will seem awkward at first. Just take your time. After some point, it will become second nature to you.

Walking Meditation



I've been practicing walking meditation for forty-eight years. As you probably know by now that meditation doesn't start nor end with closing your eyes.

Yes by closing your eyes one dives deep within yet one takes that experience into his daily life. Walking meditation consists of being aware during your daily life.

For example, walking from your car to work one meditates on his breath. Your awareness is on the quantum field.

When you have a conversation with somebody. While the person is talking you can listen and at the same time focus on the quantum field.

Your awareness will be on the now and you will truly listen. Most people are thinking about what to say next while listening. They truly don't listen from the now.

The goal of meditation is to be in the quantum field 24 hours a day. Yes, it takes practice. Anything in life that is worthwhile takes practice. For me, this is a hobby.

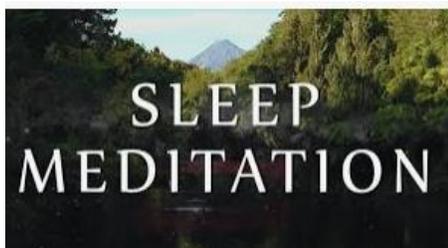
It's not a drag. I don't sit down and close my eyes saying when this meditation session is going to be over. A proper attitude is everything. Be like an open child.

Remember the more attention you pay to something the more attention comes back to you. You can live in this world and at the same time have your attention on the quantum world.

This is the goal. If mankind truly did this moment by moment this world would truly transform.

We as a society would truly transform. I say that war is obsolete. In this state of unity, man would no longer create wars. I could write tons of books describing huge transformations in all aspects of life. We are just slowly waking up from our slumber. These are exciting times. Remember you are a piece of the puzzle. What would the puzzle be without you? Pay attention to your breath. Behind your breath lies the quantum field.

Sleeping Meditation



Many people think that sleep is a drag. They wish that they didn't have to go to sleep. Yet sleep is an incredible doorway to the quantum field. Sleep is a doorway to finding our true nature.

It's amazing every night when we truly fall asleep we go back to the quantum field yet we aren't aware of it. When we

wake up in the morning our bodies are recharged.

How would you like when you are sleeping to have your awareness in the quantum field and be conscious at the same time?

As I have said many times the more attention you focus on the power behind your breath at some point the power of your breath focus back on you. In the beginning, you meditate on God. At some point, God starts to meditate on you.

Sleeping meditation allows you in the comfort of your bed to be aware of the quantum field. There is an infinite source of kindness that exists inside of you.

Each one of us is custom designed by the quantum field. When you go to sleep focus on your breath. Over time a door opens within and the power of love will fill you up.

You start to enter into the quantum field. This is your true nature. Just dwell in this love. There is never a point in time where you can't go deeper. This journey is infinite.

Many times when I wake up early in the morning I concentrate on each of my chakras. I do the chakra meditation. Imagine being in a state of heaven and moving through each chakra.

The whole mind, body, and soul connection is being healed. The brain is being washed by waves of love. One resides in a field of divine light and a force of infinite love.

Wow, words truly can't describe that experience. This experience exists inside of you. The key lies inside of you. Only by your will can you open the door. As I said

many times before signpost of God is all around you both inside and outside of you.

When one truly loves to engage in sleeping meditation one truly begins to enjoy life to its fullest. One wakes up in the morning and rejoices on being alive. One is truly grateful.

He loves to meditate upon waking up and truly loves to be aware of the quantum field. One put's his dreams into reality. We slowly learn how to not react to the world around us.

Most of humanity is living in the winds of the hurricane. A wise person lives in the center of the hurricane. Yes, he will stumble and fall. When he does one sees that at this point one is in the hurricane winds of the mind.

This person will then focus on his breath and in due time be in the center of the hurricane.

So when you go to bed at night here are some helpful suggestions. Bless the day that was given to you. It may be in a form of a prayer or simple grateful thoughts in your mind.

Look over your interaction with the people with that you were connected to. Learn from your mistakes. Look at the same tapes that were being played over and over in your life. Be conscious of them.

Only when you are aware of your actions can you truly change for the better. You can learn to rewire the actions that cause you to get angry into a state of love, compassion, and kindness. When you realize that by getting angry you are drinking your own poison literally.

Learn to truly appreciate and have gratitude towards sleep. Many times when I'm about ready to come down with a cold my body tells me to go to bed an hour earlier. Consequently, in the morning my body has healed itself. Sleep is your best friend. He helps maintain and recalibrate your mind, body, and soul connection.

Your dreams are talking to you. They give you helpful insights and advice. They also give you warnings if you are about to walk off the cliff of life. Your dreams help guide you on this journey in life. Unfortunately, most of us see them as a waste of time. We place no value on them

I think we probably get less than one percent on the importance of sleep and its true value. Our daily lives are so driven. Most of the time we are living from tapes from the past.

We don't think outside of the box. What a paradox that signposts are all around us yet we don't have the eyes to see them.

Many people try to go asleep yet they can't. Their mind and body are so stressed out that they can't sleep. Millions of people all around the world have this problem. Millions take drugs so they can go asleep. Yet they will go asleep taking these drugs yet they have a huge side effect.

All it takes is small baby steps to learn how to connect to the quantum field. Ponder this over. You are a piece of the puzzle.

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Monitoring Your Thoughts And Emotions

Watch your thoughts,
They become words,
Watch your words,
They become actions,
Watch your actions,
They become habits,
Watch your habits,
They become character,
Watch your character,
It becomes your destiny

As you know by now we live 95% from the subconscious and 5 percent from the conscious mind. Most human beings never stop to see the correlation between the mind and body. Many scientists say they are the same. They are not distinct and different. Imagine someone pisses you off. That thought creates a chemical in your brain. Cortisone gets released.

Stress chemicals get released. Over 1900 chemicals get released. You are now in an emotional state of anger. This anger gets stored in your body. Many scientists say that cancer is created by angry cells.

Most of the time we have automatic tapes from the past in any given situation. Because we are reactive beings we are like leaves blowing in the wind. We never stop and think before we act. Many people Twitter without thinking.

So the goal is to rewire our circuits. When someone makes us angry stop in your tracks. Focus on your breath. Imagine an infinite field of peace surrounding you. By the way, it does it 24 hours a day. This is your true nature.

Smile and don't say a thing. When you have your composure back speak with kindness.

Mind you this is extremely difficult to do. Here's some advice for you on this journey. Write down all the areas that have caused great trauma in your life.

Many times a great trauma never gets processed properly. It is stored in our subconscious. The greater the trauma the greater the emotional impact.

Unfortunately, so many people hold on to the past. An event may happen over 30 years ago and we still hold on for dear life. We still hold a grudge and are angry toward that one person.

We need to learn and forgive. We need to let go of that emotion. In the last 30 years, much insight has been into the relationship between the mind and body.

There are many different techniques out there to heal and release our emotional scars.

Here is one that I like.

The emotional Freedom Technique (EFT) is a self-help technique that involves tapping near the endpoints of “energy meridians” located around the body. ... EFT works by lowering cortisol levels and the body's stress response because it helps to promote relaxation

Imagine you have some anger issues. The first step is to identify the issue. For this, to work you need to identify the issue. Make sense.

Step two. On a scale of the lowest 1 to the highest 10 what is intensity? What is the intensity of your emotional or physical pain?

Step 3

In this step, one acknowledges the issue and accepts yourself despite the problem.

We are going to use anger as our problem

The common setup phrase is: “Even though I have this problem, I deeply and completely accept myself.”

The common setup phrase is: “Even though I have this anger issue, I deeply and completely accept myself.”

Step 4

This is the tapping phase.

Begin by tapping the karate chop point while simultaneously reciting your setup phrase. You may do this for around 30 seconds to one minute. Concentrate on your breath as you do this. The calmer you get the better results you will have.

Karate chop small intestine meridian

Now for each one of these meridian points you use a reminder phrase. Suppose you have an anger issue. You then would recite in your mind “anger” while tapping at these points below. Tap for around thirty seconds at each meridian point.

eyebrow bladder meridian

side of the eye gallbladder meridian

under the eye stomach meridian

under the nose: governing vessel

chin central vessel

beginning of the collarbone kidney meridian

under the arm spleen meridian

top of head governing vessel

When you are finished rate the intensity level. Let’s say that your initial rate was a 9. Your rate is now at a 5.

Repeat this process until you have reached zero. Mind you some problems will take time to reach a zero.

The greater you take total responsibility for your thoughts and actions the greater results you will have.



[How EFT Tapping Works - Gary Craig](#)



[The Most Inspirational EFT Video With Founder Gary Craig \(Emotional Freedom Technique\)](#)



[EFT: The Basic Recipe by Founder Gary Craig](#)

The Basic Recipe

Live Demonstration

8 min. 49 sec.

www.EmoFree.com

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Mind Movies



The definition of a Guru takes you from darkness into the light. A guru takes you from light into darkness.

If there is a rug today it is the drug commercials on TV. There was a time when they didn't allow drug commercials on TV. That's a long time ago. I won't call it sinister. OK, I will.

The commercial industry has been very effective to program the subconscious. They have used the medium of TV to program your mind and body.

They are extremely clever and know exactly what they are doing. In the fifties when a movie was being shown subliminal messages would be displayed on the screen such as buying popcorn or buying a coke.

It would appear so fast your conscious mind wouldn't see it but your subconscious mind would. This was banned when the FCC figured that out.

Well, they have got quite sophisticated. Today's drug commercials directly go into your subconscious mind. Imagine some of these same commercials are played over and over again on the evening news.

They are slowly brainwashing people without the audience even knowing it.

Have you ever wondered why America is so messed up? I could go on for hours. Many of these drug commercials are directly programming you to get sick so you can take their drugs.

It is insidious and evil. Yet it is done in such a soft voice and nature is all around. Sadly, they know exactly what they are doing. As a capitalist society, they are there solely to make a buck.

They want you to get sick. They don't want you to be healthy and take responsibility for your well-being.

There is a company called mind movies that use the same technology as the drug commercial yet it's used to bring you from darkness to light. Check out mindmovies.com.

Dr. Joe Dispenza made a mind movie for connecting to the quantum field. It is absolutely genius. I highly recommend it.

It should be played before going to bed and upon waking up. I play it right before I close my eyes to meditate. The more you play it over time the mind, body, and soul rejoices in the words.

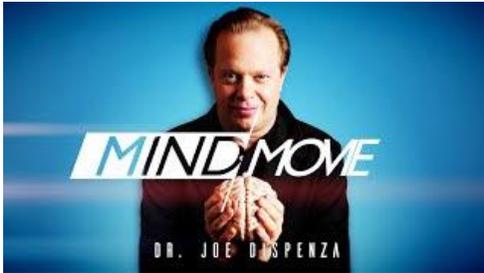
There are words and pictures displayed. Both of them work to put the message into your subconscious. As you know we need to rewire ourselves. Humanity is living in darkness and needs to embrace the light.

Mind Movies are a way to program the subconscious to help us discover our true nature.

[Preview YouTube video Dispenza Mind Movie](#)



[Preview YouTube video MIND MOVIE - Dr Joe Dispenza - Best Law of Attraction Tool](#)



Preview YouTube video John's Mind Movie



Preview YouTube video Deb's Mind Movie



[Preview YouTube video SheilaWright mind movie 86568](#)



Closing

I hope you enjoyed this book. I got a lot out of it. It seems the author at times learns more about a particular subject when writing a book. In the past, I heard the phrase if you want to master a subject then teach it. I've been meditating for 48 years and yet there will never come a point where you can say I've mastered everything. Even if one has meditated for a billion years you can't clap your eyes and say I have done it all.

We are all on a journey where there is no destination yet we get wiser along the way. Hopefully, this book will make you ponder. We are all wired up to connect to the quantum field. All it takes is for you to have the willpower to dive within your being and discover your true nature.

Hopefully, this book has shown you there are practical steps you can take. Nobody wants to change your religion or convert you. There is nothing to convert to. I pray that you have an incredible journey in your life.