

CRACK *Your* EGG

Session 2



What The Egg Does

CRACK YOUR EGG

Session #2:
What The Egg Does

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Opening Thoughts:

“People say that what we are all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive.”

Joseph Campbell

“We are all faced with a series of great opportunities brilliantly disguised as impossible situations.”

Charles Swindoll

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What The Egg Does: *Introduction*

As we've explored in Session #1, the 'Egg' makes us unconsciously and continuously *recreate* a life that typically becomes ever more inhibiting in nature.

We generally experience this in the form of progressively more dissatisfying, unfulfilling and up-setting events in significant areas of our life, such as our health, finances, relationships and our mental, emotional and even spiritual well-being.

How exactly we create this type of experience is what this study guide will explain in concrete detail, along with what exactly we're to do if we want to *permanently* and *irreversibly* change it into a more rewarding and fulfilling one:

Once you reach the end of this study guide, you will have gained...:

- ➡ *Extremely empowering insights* into how you *really* create your own reality;
- ➡ New orientations and potentially unorthodox ways to *leverage* these insights with the sole aim to *take charge* of your own life and become a true master of your own destiny (*<-- and I say that without any degree of excessiveness or hyperbole*).

Nevertheless, before you dig in, let me give you a word of warning in advance:

- ➡ Indeed, you'll be able to take the information in this study guide to heart and elicit some absolutely astonishing changes in your life by acting on it (*<-- i.e. the kinds of transformations that that your current perspective might disqualify as unrealistic 'miracles'*).
- ➡ Still, it's worth realizing that its contents are based on a principle that I personally try to live by, and that you'll have to apply to yourself too if you want to make these concepts work to your benefit – a principle called *radical honesty*.

But while adhering to this ethic turned out hugely refreshing, for me personally this wasn't always the most *comfortable* thing to do, particularly not *at first*. Nevertheless, it invariably *did* bring about what turned out to be *best* for me in the long run (*<-- which in turn ultimately proved itself to be extremely 'comforting' after all*).

Of course, truth-telling works most constructively when it involves *revealing our own feelings* and *inner blocks*, as opposed to *insulting others* and merely succumbing to egotistical drives. So what "radical honesty" implies in the context of this study guide is this:

- ➡ For one, it means that this e-book presents its information in clear, honest and straightforward terms, without any 'new age' mumbo-jumbo or 'enigmas wrapped in riddles' that you can't make any practical sense of.
- ➡ In addition, you won't find any false promises or wishful thinking in here, nor the kinds of depthless and often downright misleading ways in which popularized 'Law of Attraction' and 'manifesting' principles are often misrepresented.

Instead, the propositions of this study guide are presented in the way they've proven themselves again and again to be true for real, as your experiences will probably confirm.

In that regard, while the contents of this study guide may not be what you'd initially expected, wanted, or even hoped to hear...

But they will turn out to be a *most liberating, empowering* and thus *rewarding* set of wisdom that can radically alter the course of your life if you let it:

- ➡ You'll see that you'll finally be able to connect the dots and fully understand what kind of amazing power *really* resides within you.
- ➡ As such, you'll genuinely 'get' what an *amazing* and *exhilarating* experience of true happiness, fulfillment, and success you can turn your life into if you just decide to claim your inherent power to make it so. *In fact:*
- ➡ If you open yourself up to the deeper message of this report (*<-- and for that, you may want to read it a couple of times to let it all sink in deeply*), you might just find the very key to your mental and emotional, and even spiritual liberation.



"Well we'll just have to see about that, won't we?!"

Big words, I know...

But if they sound good to you, then let's not waste another second and get started!

Chapter 1: *The Basic Premises of Your Own Power*

1.1 Introduction

For most people, life is but a pale shadow of what it can be, if only they realized their true potential in creating their own life experience.

Most of us are born and raised with a limited image of what's possible, and especially of what we're capable of achieving once we acknowledge who we truly are and how we really *create* and *manifest* the world that appears 'outside of us' (<-- i.e. the 'reality' we experience).

As we covered in Session #1...:

- ➡ There's a deeper nature to 'reality' and 'life' than what we generally perceive with your five senses.
- ➡ We'll have a far greater concept possibility once we get a clearer sense of the mechanisms and forces that steer the unfolding of our lives, which operate beyond the field of vision that's constrained by our limited range of perception (<-- which, as you've learned, is greatly influenced by the 'Egg').
- ➡ In fact, as we 'crack our eggs' by *flinging open* the doors of our mental, emotional and spiritual prisons, we can leverage these mechanisms and forces to deliberately design and create our life completely on our own terms.

"Oh yeah?! Well give me some real proof then!"



Okay, let's jump in...

1.2 A Crash Course in Things Worth Knowing

The next few sections describe some fundamentals about two topics in specific:

- ➡ DNA, explored in Section 1.2.1;
- ➡ Quanta, explained in Section 1.2.2.

At first, these subjects may seem unrelated, or even irrelevant in the context of getting more fulfillment and 'success' out of our lives.

However, once we've covered these bases, Section 1.3 brings them together in ways that allow you to understand and appreciate the true extent and magnitude of the impact you have through these concepts on the 'reality' you create for yourself in all relevant areas of your life.

While the descriptions that follow can open and expand your mind to an entirely new sense of possibility and inspiration, don't worry:

Complete intellectual understanding of the mechanisms is *not* a requirement to be successful in putting them to work for you in your benefit.

So in case the upcoming explanation comes across as a little too complicated to your liking, rest assured that its application (*<-- which is what we'll get into in the next chapter*) is very simple and straightforward.

So let's dig in...

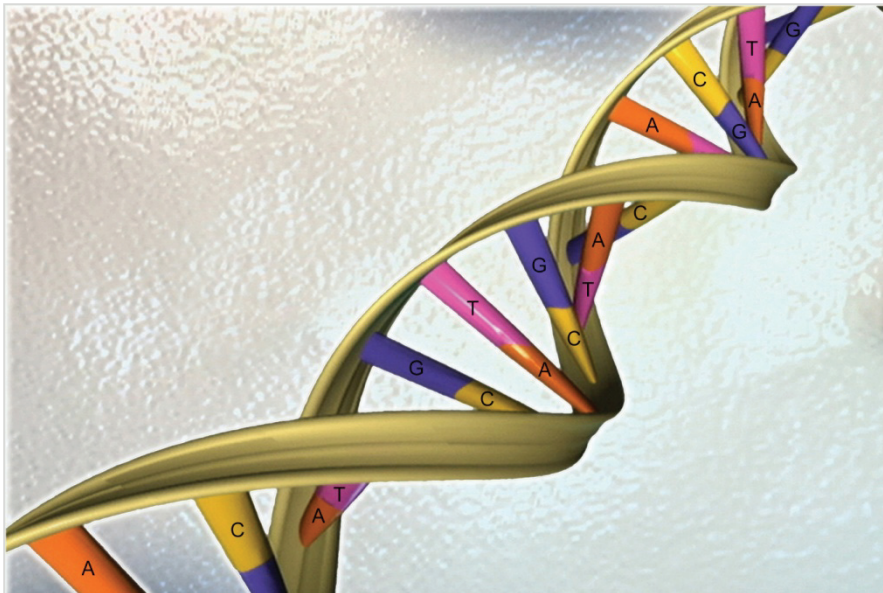
1.2.1 DNA

As you probably already know, the human body is entirely made up of units called *body cells*. And in every single one of them you'll find a substance called DNA, which is short for *deoxyribonucleic acid*.

DNA is the carrier of genetic information in living creatures. It's the code that defines how our own bodies and those of other living creatures look and function.

In simple terms, DNA is built up as a configuration of four building block units referred to as *nucleotides*, which are called:

- ✓ Adenine, or simply 'A;'
- ✓ Cytosine, or simply 'C;'
- ✓ Guanine, or simply 'G;'
- ✓ and Thymine, or simply 'T.'



A striking notion is the fact that the DNA of *all life* as we know it – whether we're talking about humans, cats, dogs, fish, plants, trees, birds, bees, houseflies, and so on – is coded through combinations and sequences of *only these four* nucleotides.

In simple terms, it works like this:

- ➡ Think of a computer. A computer needs a programming language to tell it what to do or what to display on the screen. We can apply this analogy as a metaphor for what happens in our 'reality:'
- ➡ Apparently, the physical manifestation of 'life' is coded in the universal programming language of DNA. The alphabet of this language consists of the four nucleotides 'A,' 'C,' 'G' and 'T.' And the sequence of these letters determines the words of the story of life (<-- *at least its 'physical' manifestation*).

Now let's take this computer analogy a little further:

➡ While a computer can have a large set of data and programs stored on a hard disk, CD, or DVD, it still needs *instructions* as to which program to read (<-- *i.e. to start up*). For example:

- ✓ Your computer needs an instruction to start up your word processor application (such as Microsoft Word), in order for it to be displayed on your screen, so that *you* can in turn begin typing your letters, reports, books, and so on.
- ✓ Or for you to be able to read the e-book you're reading now, your computer needed the instruction to start up the PDF-reader, in order for it to be displayed on your monitor, so you could then read it from the screen or print it on paper.

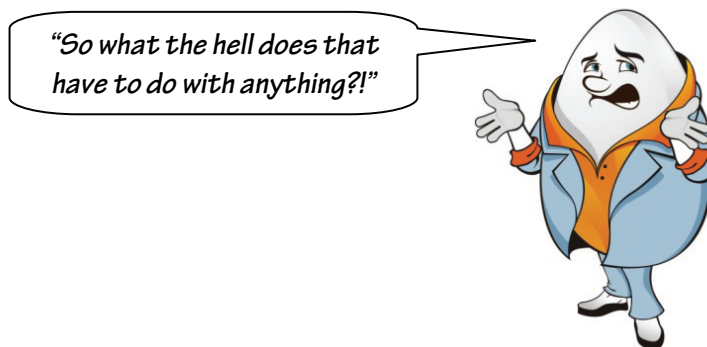
Without the *instruction* to do so, nothing would have been read, opened, started up, or made manifest. The e-book data would have just been sitting there, stored on the computer in 'unmanifest' form.

Once the computer received an instruction that said which data it had to transcribe and manifest on the screen, a laser zoomed in on the relevant sections on the hard disk or DVD, and read and/or activated the associated data.

➡ In the same way computer data can be stored on a hard disk or a DVD, the programs of our bodies are stored in the DNA of our body cells. Basically, the DNA contains *all* information for *all* body cell functions (and probably even more).

As such, *every* cell contains the same DNA, and thus has the *full programming of the entire body* stored within itself. However, *which* program or functionality a particular body cell will execute is determined by which program *within* the DNA gets transcribed.

Just like a laser reads data from a DVD or a hard disk, something called 'RNA' (<-- *short for 'ribonucleic acid'*) reads the parts of the DNA that are to be executed by the cell in question.



The significance of this all will become clear as you keep reading...

But for that to become clear, we need to dig into the other fundamental subject of importance to this study guide, i.e. so-called *quanta*.

1.2.2 Quanta

Scientists used to think that all things physical could be broken down into smaller and smaller pieces:

- ➡ First they discovered *molecules*. They found for instance that water is built up of water molecules.
- ➡ Then they discovered that these molecules were built up of even smaller particles called *atoms*. For example, water molecules consisted of two hydrogen atoms and one oxygen atom bound together (H₂O).
- ➡ Then they began to look *inside* atoms to see if there were even smaller particles, and discovered *protons, neutrons* and *electrons*, and later other types like *quarks, photons, neutrinos, fermions* and *bosons*.

Clearly, they were determined to find the most foundational building block of all, i.e. the smallest particle in existence.

The field of science that's devoted to the behavior of atoms and these subatomic particles is called *quantum mechanics* or *quantum physics*. However, when scientists looked into the level of these subatomic 'pieces,' they bumped into a new problem:

These 'pieces' didn't behave like 'pieces' anymore.

For instance:

- ➡ A regular object is incapable of being in two places at the same time. If you hold a pen in your hand, that same pen cannot simultaneously be lying on the table a couple of feet in front of you. *Another* pen that *looks* quite the same can be there, but *not the exact same pen*. That one, like any object, can only be in one place at a time.
- ➡ But for some strange reason, scientific experiments showed that subatomic 'particles' *can* indeed be in two places at the same time.

Take the *electron* as an example:

- ✓ Scientists used to think of an electron as an object, a small sphere circling around the core of an atom. And indeed, when they'd shoot one at a television screen, a tiny point of light would appear at the place where it collided. So far, so good. That's 'object-like' behavior.
- ✓ However, when an electron is fired at a barrier with two slits in it, the results would suggest it can go through the two slits *simultaneously*. That would mean the 'object' would be in two places at the same time. And no object can do that.

So upon closer examination, an electron doesn't behave like an object in the way we know an object to behave. So what's going on here?

Here's what quantum physicists came up with:

While an object cannot be in two locations at the same time, a wave can. Unlike an object, a wave has no exact location. It's spread around over space.

So in summary, scientists discovered that all subatomic 'particles' can behave both like an object and like a wave. They're not either a particle or a wave. Instead, they're essentially both.

Basically, they're *entities of energy*, which scientists called 'quanta' (the plural form of the word 'quantum'). And quantum physicists believe that the universe is entirely made up of these 'quanta.'

This isn't even really that strange when we give some thought to what we actually perceive with our senses:

➡ **Here's a simple description of how we actually *hear*:**

Our ears pick up a vibration transmitted through a medium (a solid, gas, or liquid). They then send that information over to the brain in the form of an electrical signal, which then gets translated by the brain into something we finally 'hear' as sound.

➡ ***Sight* works in a similar way:**

Our eyes distinguish between different colors. Different colors are basically just light vibrating at a different wavelengths or frequencies. For example, the frequency of blue light is different from the frequency of red light.

Therefore, everything we 'see' is basically a frequency pattern. Our eyes pick up such frequency patterns and send them over to the brain, which then decodes them into an image. (*<-- We've explored this process in slightly more detail later in Session #1, because it tells us so much about the way we construct 'reality.'*)

➡ ***Touch* works analogously:**

Hungarian biophysicist and Nobel Prize winner Georg von Békésy demonstrated how our skins respond to traveling waves (i.e. frequencies), and then go on to pass this information to the brain by means of an electrical impulse that's subsequently translated in a sense of 'touch' [1].

Based on notions like these, two neurophysiologists at Berkeley University called Russell and Karen DeValois posed in 1979 that the brain is really a *frequency decoder*. [2]

In this sense, we could say that the entire universe we perceive is basically a *giant field of frequencies*, and as such a huge pool of fundamental 'energy.' And that's what quantum physicists acknowledge today.

So if the 'universe' is really a giant field of energy units (quanta) and/or a set of frequencies, then the question is:

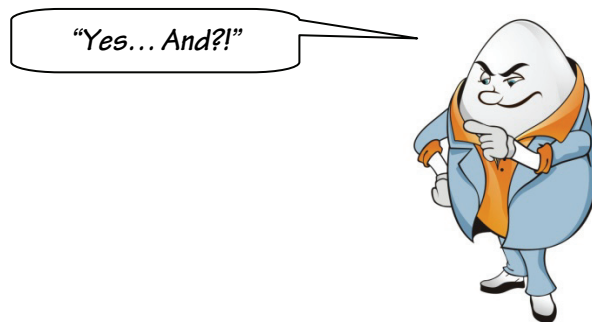
When do these quanta act like objects/particles, and when do they behave like a wave? In other words, when do these 'energy units' become 'material?'

And that's where we find the real kicker. This is perhaps the most astonishing characteristic of quanta discovered by physicists. Get ready for this:

The ***only*** time that a quantum manifests as a particle, and thus the only time that a quantum becomes 'solid,' is when it's deliberately *measured* or otherwise *observed* or *interacted with*. Quantum physicists call this phenomenon the *collapse of the wave function*.

So *only* when we *perceive* the quantum does it become an object. For all the rest of the time it behaves like a wave. Is that something or what? We basically 'perceive the quantum into material existence.' The 'deliberate act of perception' *itself* makes it observable to our senses.

So reality indeed appears to be essentially 'wave-like,' consisting of frequencies that only become 'tangible' and/or 'familiar' at the point that we consciously 'observe them into existence,' i.e. at the point our brains decode them into a five-sense 'reality.'



Okay, let's move on to the real significance of all this...

1.2.3 Concluding Remarks

To appreciate the implications of what we just explored, the next section will integrate these findings into a more coherent picture that clearly illustrates the enormous reach of our personal power, as well as the active role we have in shaping our life experience.

After that, we'll be able to realize how we can actually *leverage* these insights in our lives, in order to consciously take charge of our experience and destiny.

So let's keep going...

1.3 Astonishing Findings

This section expands on our basic understanding of DNA and quanta by covering a few experimental results that give us some very interesting insights about the nature of life as we know it.

And the understanding you'll gain from this could *radically* transform your entire outlook on life itself and your power to change it.

Of course, this is not an all-encompassing exposition of all science available on the subject (*which would be an almost impossible endeavor to put together, but above all extremely boring to read*).

Nevertheless, the relevant selection you're about to explore *does* provide some very interesting highlights that illustrate the main point of this study guide.

Let's dig in...

1.3.1 DNA Effects on ‘Reality’

At the Russian Academy of Sciences, quantum biologist Vladimir Poponin performed an experiment with his colleagues to study the effect of DNA on photons [3, 4].

Photons, otherwise known as ‘light particles,’ are quanta (<-- *i.e. subatomic units of energy*) and are thus, according to quantum physicists, what our reality is made of.

Poponin and his team did an experiment with a specifically designed vacuum tube, that nevertheless *did* contain photons that could be detected with their equipment.

We generally consider a vacuum to be entirely empty. But as indicated by the fact that sunlight makes it to planet Earth every day while traveling through the vacuum of space, it can clearly still contain photons.

Here’s what happened in the experiment:

- ➡ At first, the photons were spread around the tube in a completely *unordered* fashion. There was no clear pattern in which these ‘light particles’ were arranged.
- ➡ Then Poponin and his colleagues placed samples of human DNA in the vacuum tube. And astonishingly, the photons began to rearrange themselves into an entirely different but fully apparent, *ordered* pattern.
- ➡ So the human DNA had a *direct influence* on the arrangements of photons. And even more astonishingly, after the DNA was removed from the tube, the DNA *still* had its effect on their arrangement. Poponin called this the *DNA Phantom Effect*.

So apparently, DNA has a direct effect on the arrangements of the quanta that our ‘outside’ reality consists of, like a broadcasting antenna of sorts. It seems to lay out an underlying pattern along which the quanta rearrange themselves.

Another way of saying that “it lays out an underlying pattern” is to state that it broadcasts a certain ‘frequency.’

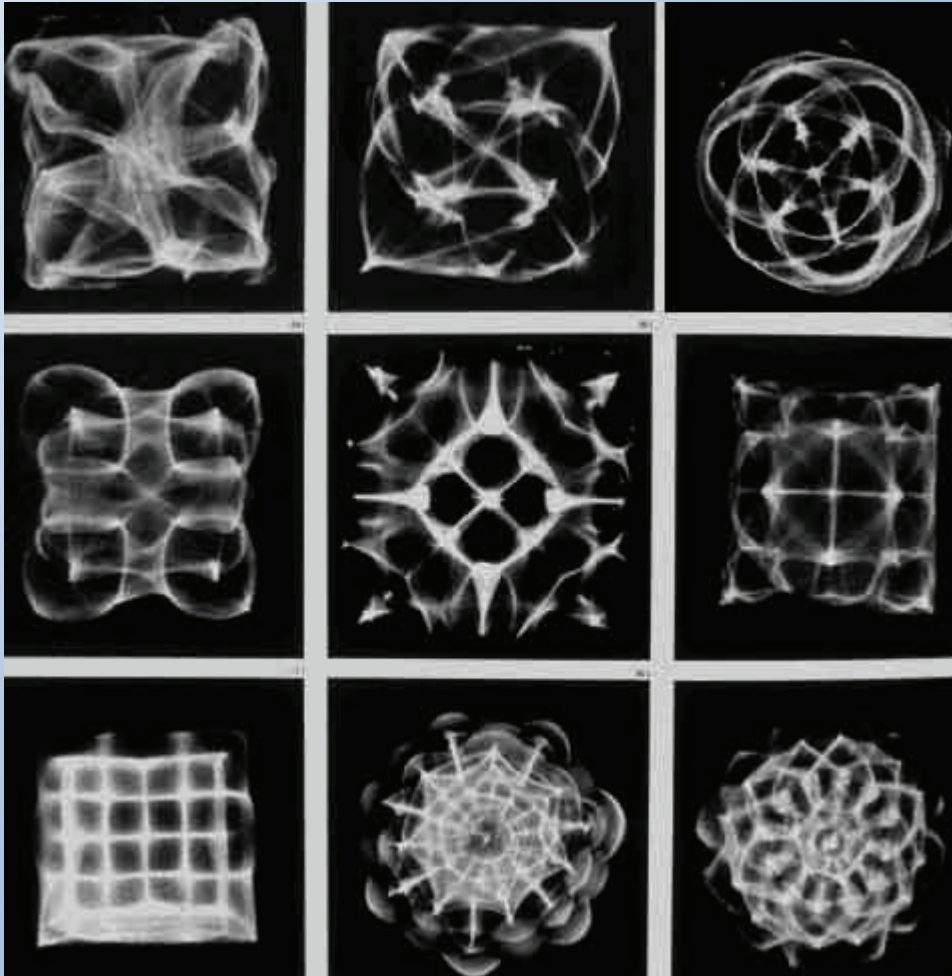
While the term ‘frequency’ is often misused as a new-age buzzword, it really represents the rate of a vibration of a wave-like phenomenon, which in turn can be said to be an *intangible* ‘potential’ that underlies a ‘real,’ *tangible* symbol or a pattern.

To get a clear grip on this concept, we can take a peek into a branch of physics called *acoustics*, which studies the phenomenon of sound. Sound, too, is a vibration, and the foundations for its study were laid by an 18th century jurist, musician, and physicist known by the name of Ernst Chladni.

He provided the fundamental body of knowledge for the contemporary science of *cymatics*, which studies sound and vibration by making it physically visible. Here’s an example of what Chladni did in this context:

- ➡ First of all, he covered flat metal plates with sand.
- ➡ Next, he drew a violin bow perpendicularly across the edge of the plates to create vibrations to which the plates would resonate.

- ➔ The sand would then go on to rearrange itself into clear patterns or symbols which today are known as 'Chladni figures'. Below are a few examples:



Each of these symbols is really a particular vibration that's made manifest 'physically' by sand particles that arrange themselves according to the pattern it lays out.

Similar to the sand particles in Chladni's studies, in Poponin's experiment quanta rearranged themselves in clear patterns that were laid out by the frequency broadcast of the DNA.

As such, DNA can significantly impact the 'physical' manifestation of 'reality' by laying out an underlying pattern that it will subsequently conform to.

"So how the hell does that help me?!"



Well, once we dig a little deeper, this quickly becomes clear...

1.3.2 Effects of Emotion on DNA

We're often led to think that we're born with DNA that's pretty much set in stone: its structure is given and doesn't change unless specifically manipulated (i.e. genetic manipulation). From this assumption we may be inclined to conclude that the way it impacts the underlying photon patterning as mentioned in the previous section is something we cannot direct.

However, expanding on the scientific branch of 'epigenetics,' which demonstrates how DNA is predominantly controlled not from within itself, but rather by incentives from its environment, consider these experiments:

In 1993, the US army did an experiment in which it collected tissue from the inside of a volunteer's mouth. This sample was isolated and taken to another room, while the person it came from was put in a separate room.

The person was then shown a sequence of video images of all kinds of categories (comedy, drama, war footage, erotic pictures, and so on). At the same time, the DNA in the other room was measured electrically to see to what extent it *responded* to the emotions of the person from whom it came.

The results were astonishing. At the *exact same instants* that the person experienced emotional dips and peaks, the DNA showed a very powerful electrical response [5].

Between 1992 and 1995, a series of experiments were conducted to test the effects of human emotion on DNA. The experiments were performed with people who were adept at specific mental and emotional self-management techniques to focus on positive emotions.

When the DNA was analyzed both chemically and visually, the undeniable conclusion was that *human emotion changed the shape of the DNA* [6].

Of course, it's commonly known from vast amounts of research that emotions have a direct influence on the functioning of our body cells, and as such have a direct effect on 'physical reality' [7].

We can easily observe this effect when our bodies produce different kinds of hormones under different emotional states. This direct physical reaction to emotional triggers in turn influences the operation of other body cells.

But beyond that, the experiments described above clearly indicate that our mental and emotional state impact *not only* the energetic broadcast of our DNA (*illustrated by the electrical response of the first experiment*), but *also* its very chemical make-up (*as illustrated by the second experiment*).

This would go to show that...:

- ➡ DNA is *not* set in stone, and we can change the patterns it broadcasts by means of changing our own mental and emotional state.
- ➡ As such, *indirectly* through our DNA, the true, genuine nature of our mental and emotional state should have an impact *not only* on our *experience* of reality (<-- as covered in our previous Session #1), but *also* on reality's actual 'physical' manifestation!

And it does. As an illustration of this phenomenon, the Japanese Dr. Masaru Emoto has done a number of experiments in which he studied the effects of *words, music, and other ‘vibrations’* on water [8].

However, in the context of his experiments, it’s important to note that it wasn’t so much about the actual sound or the explicit, literal meaning of the vibrations he studied, but rather about the implicit connotations and intents behind them.

For instance, consider this:

- ✓ Saying “*I’ll kill you*” in a jokingly fashion carries an entirely different meaning and intent than saying it in all seriousness. As such, the exact same words can have entirely different implications, which will be expressed by means of a different ‘subtle vibration.’
- ✓ Likewise, the *intention* or *feelings* behind music can be expressed in entirely different ways beyond the music alone.

For example, if you’re able to ‘feel’ music, you’ll know that two persons can sing or play the same notes on an instrument like a piano or a guitar, and even do so perfectly according to how these notes appear on the sheet music.

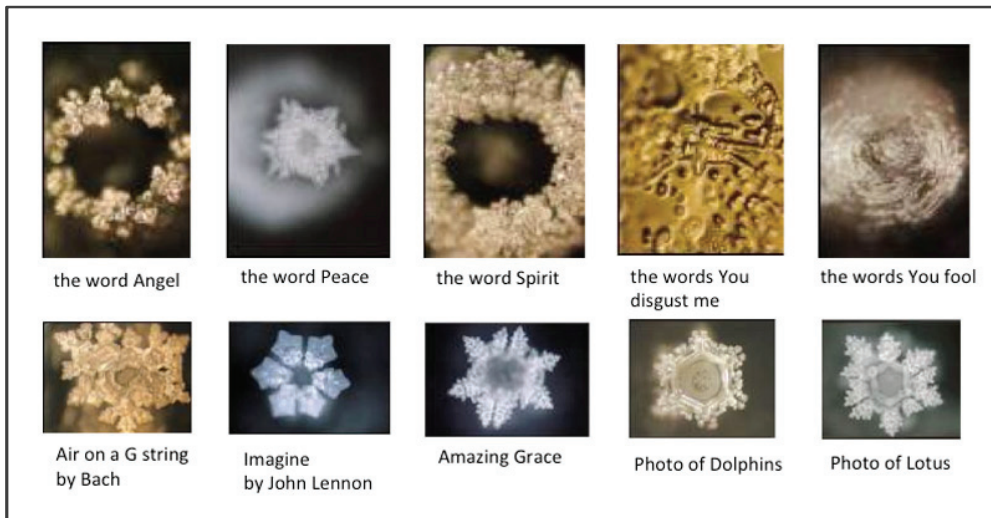
However, one’s interpretation may come across ‘sterile,’ while the other may transfer real ‘feeling’ with the piece. In other words, different interpretations transmit different implied messages and ‘subtle vibrations.’

Dr. Emoto’s experiment was to expose water to different words, music, and so on (<-- *i.e. to various ‘implicit meanings and intents’ communicated as ‘subtle vibrations’*), while simultaneously freezing it. Next, he’d go on to photograph the resulting ice crystals with great magnification.

The results were pretty extraordinary:

- ➡ The ice crystals of water exposed to *positive* and *constructive* implicit messages (<-- *such as words of love, gratitude, happiness, and certain classical music pieces*) often came out stunningly beautiful.
- ➡ On the other hand, the ice crystals of water exposed to *negative* implicit messages (<-- *such as words of hate, anger, or aggressive music*) came out as very disturbing and ‘unhealthy’-looking patterns.

The next page depicts a few examples: (<-- You can see more pictures in his book ‘The Hidden Messages in Water’ and some others.)



Of course, truth be told, skeptics have criticized Dr. Emoto's work as being 'unscientific'... (<-- just like many of them will criticize everything I'm telling you here, usually because they have certain secondary gain from sticking to their old paradigms... And I can tell, because I used to be one!)

But to the pragmatist, Dr. Emoto's work *does* provide an interesting and tangible illustration of the fact that the *implicit meaning* behind what we 'think,' 'feel,' 'say' and 'do' *does* affect the manifested *physical* form of 'reality,' by impacting its underlying, 'subtle' vibrational patterning.

This is part of what happens beyond the boundaries of what our five senses can perceive, in the form of mechanisms that may not be readily apparent, but through which we nevertheless have a big impact on the 'real world.'

So to summarize all the various things we discussed in this section:

- ➡ Our mental and emotional state has a significant influence on our *body* and *being* in general, and specifically on our DNA.
- ➡ Also, our DNA has a significant impact on the arrangement of the quanta (photons) that make up your 'outside' world.
- ➡ So when we integrate these notions, this means that *through* our inner state we (indirectly) influence our outside world, using DNA as a 'broadcasting antenna' of sorts.

So if our mental and emotional state is so pivotal to the broadcast our DNA, then where is it determined?

1.3.3 Drivers of Emotion

Undoubtedly, thoughts and emotions are heavily intertwined. For example:

- ➡ We *think* differently under highly *destructive* emotional arousal than in a highly *constructive* emotional state.
- ➡ We *feel* differently when thinking highly *destructive* thoughts as opposed to thinking highly *constructive* thoughts.

But the question is:

What determines our immediate emotion or thought response to situations that occur in our lives?

The *initial* answer is our *belief system*. The way we *interpret* the situations, events and occurrences in our lives is entirely determined by our ingrained worldview and set of convictions that define what we think we know about *ourselves, other people, and the nature of life in general*.

And as such, so is our emotional response to them.



Please Note!

Note that I said that this is only the '*initial*' answer.

There's actually a *deeper level* to this we hardly ever hear about, which is – however – a more advanced discussion that'll be the focus of our upcoming Session #3 (*<-- which will blow your mind*).

For example:

- ➡ If I live from the conviction that I have to be *absolutely perfect* in everything I do to *earn* other people's approval, chances are I'll overreact emotionally upon the slightest degree of criticism, even if it's well-intended and constructive. By the same token, I may easily dismiss compliments, or may not even notice them because I'm so implicitly focused on my urge to be perfect.
- ➡ Or if I operate out of the fundamental, paranoid conviction that people could be out to get me, I may get emotionally uncomfortable to an excessive extent whenever a relationship begins to get more intimate and requires sharing personal details.

All kinds of thoughts and pictures of worst-case scenarios could run through my head, making me tense and back out of the partnership, thus blocking my own chances of building a fulfilling connection with someone.

- ➡ If for whatever reason I believe that I don't deserve to be wealthy and/or amply rewarded for the value I deliver, I may get very uncomfortable emotionally when the time comes to ask compensation for my services. I may even refrain from doing so, thus keeping myself from being able to live a comfortable (much less affluent and upscale) lifestyle.

- ➡ Or if my basic orientation in life is driven by the fundamental belief that the universe was sneezed out of the nose of the Great Green Arkleseizure, and I therefore live in perpetual fear of the 'end of times' referred to as 'The Coming of the Great White Hankerchief,' I may not be able to sleep on white bed sheets due to the high emotional arousal they trigger.

These examples illustrate how our inner set of convictions drives our emotional response.

And this has major implications for our ability to deliberately impact the (experience of) reality we create.

Here's how...

1.4 The Implications

For the sake of maintaining clarity in this discussion, here's a short recap of what has come to light so far:

- ➡ Our mental and emotional state has a significant influence on both the structure and broadcast of our DNA.
- ➡ Our DNA in turn has a significant influence on the arrangement of the quanta (photons) that make up the 'outside' world (*<-- i.e. the reality we observe and experience*).
- ➡ Our 'belief system' greatly determines what we see or observe of the 'outside world' by filtering, generalizing and distorting the information that our senses pick up. (*<-- We covered this in Session #1.*)
- ➡ Our 'belief system' also greatly determines our mental and emotional response, as it defines our interpretations of what we observe in life. (*<-- This was explained in Section 1.3.3.*)

When we connect these findings, we see how they imply that our experience of the 'reality' of our 'outside world' is entirely a reflection of our inner state of being.

And our belief system plays a *pivotal* role by influencing our inner state both *directly* and *indirectly*, thus instigating a self-fulfilling prophecy:

➡ **Direct impact:**

It colors our experience of reality *directly* by *filtering, generalizing* and *distorting* the information that our senses pick up, thus inducing interpretations to our direct perceptions that *confirm* its preconceived notions.

➡ **Indirect influence:**

Such interpretations *in turn* drive our mental and emotional response to them. This response results in a corresponding change in the broadcast of our DNA, which by extension goes on to influence the arrangements of the quanta that make up our 'outer reality' (*<-- i.e. 'what there is to be seen'*).

As the term 'quanta' is still relatively abstract, let's translate this notion into terminology that better fits our everyday, three-dimensional, full-immersion, 'real-life' experience:

- ➡ As we've learned, in a 'quantum universe' everything is part of a giant, seamlessly interconnected energy field. So in *real-life* terminology, every situation and/or person that appears to be separate from us is really an *integral aspect* of the same 'quantum universe' that we ourselves are an *indivisible* part of.

In other words:

- ✓ All these people, situations and circumstances are basically 'smaller energy fields' (*<-- i.e. collections of quanta*) within an overall, giant 'energy ocean.'
- ✓ And each individual one of these energy fields has its own vibrational imprint and agenda. (*<-- In that sense, they're somewhat akin to small eddies in a pool of water.*)

- So when we transmit our vibrational broadcast through our DNA, we're effectively projecting and laying out an intangible pattern.
- This pattern then becomes the implicit potential that other, *compatible* 'energy fields' can fill to make it explicit (<-- just like the sand in Chladni's experiments would make explicit the invisible patterns laid out by the vibration induced on the metal plates).
- Now recall that the pattern that our DNA broadcasts is a reflection of our inner state... This means that we can see it as an intangible 'request for self-experience.'

And that 'request' can be made tangible with the help of compatible 'energy fields' in the form of people, places, situations, circumstances, and so on.

Put differently:

These compatible 'energy fields' will thus evoke a mental and emotional state that's similar to the one that lay at the basis of the originally broadcast pattern!

In simple terms, here's what that means in practice:

- ✓ If we're fundamentally *angry*, we'll be presented with people, circumstances, situations, etc. that will *justify* our anger and/or give us *more reason* to be angry.
- ✓ And by the same token, if we're fundamentally *happy*, we'll be presented with people, circumstances, situations, etc. that will *justify* our happiness, and/or give us *more reason* to be happy.

This is also why we have no say in the exact details of the experiences we create for ourselves this way, and *how* exactly they take place:

We *only* have a say in regards to their nature, which can be reflected in many ways and by *any* arbitrary 'energy field' that happens to be *compatible*.

Now are you beginning to see what this all means?

It makes our external, 'real life' experience a *symbolic* reflection of the very belief system that drove its underlying *energetic* patterning and arrangement in the first place! And that's obviously a recipe for a self-fulfilling prophecy, which shows up as follows...

➤ **Self-fulfilling prophecy:**

The experience itself typically appears to *justify* and/or *confirm* the underlying belief system that drove it in the first place. And otherwise there's always the brain's editing process of *filtering*, *generalizing* and *distorting* of its incoming data in a way that will shape and mold it into an image that fits its preconceived notions after all. (<-- We covered this in Session #1.)

And now that our original mental and emotional state has been confirmed, it's likely *reinforced*. This means that it will therefore broadcast through our DNA *even more powerfully*, and thus complete the cycle to continue the self-reinforcing feedback loop.

And as such, the same story will go on and on...

This way, our mental and emotional atmosphere is reflected back to us as the inside of some sort of 'bubble' that sits around us (<-- i.e. the 'Egg').

And naturally, this experience merely justifies the mental and emotional state that determined that perception in the first place. In other words:

- ➡ 'Life' confirms what goes on inside of us, and thus reinforces our inner patterns.
- ➡ As such we keep on 'seeing what we're already believing,' while we also keep 'believing what we're seeing.'
- ➡ And as a result, we keep on (re-)creating reasons to keep expecting what we've always been experiencing.



Please Note!

It's important to realize that this mechanism will work just the same in any direction, whether it's positive or negative. There's no 'punishment' or 'reward' for positive or negative thinking in play here. (<-- Even if it seems so, that would merely be an interpretation).

It's solely an apparatus that feeds back our true, implicit inner state of being:

- ➡ A discomforting mental and emotional state will be reflected back to us by means of people, situations, events and so on that trigger more (and potentially stronger) discomfort;
- ➡ A comforting mental and emotional state will elicit reflections that give us more reason to feel more (and potentially stronger) comfort.

As long as we're not aware of this cycle, we'll remain completely oblivious to the true nature of 'reality.' Instead we'll merely act on our own distorted perception of it, and we'll keep playing out automatic (and largely unconscious patterns) that'll only perpetuate and/or worsen the status quo.

Unless we recognize our own continuous creative influence on this process, we'll never be able to deliberately make any significant changes to the nature of our experience... even in the (somewhat unlikely) event that we actually achieve (what we think are) our goals.

This is likely to get us frustrated, sad, and/or apathetic when the resulting experience doesn't give us the fulfillment we seek.

As such, we just remain locked up in our own world as an inadvertent victim of our own default patterns and inhibited outlook:

- ➡ We may see and/or anticipate (potential) dangers, threats, and limitations to our well-being, success and fulfillment in life when there really are none.
- ➡ And from our distorted point of view and frustration, we'll either try to fight and try to manipulate life into submission to our will, or surrender to the idea that we're fundamentally powerless to make significant changes (<-- while nothing could be further from the truth!).

In *that* frame of mind, *nothing* significant ever changes in our experience of life, as the outer manifestation will merely keep reflecting and perpetuating the inner state that continues to determine its nature to start with.

And we never recognize our own role in creating it, even though life keeps reflecting back our own inner state to us, as if putting a mirror right smack in front of our faces.

True enough, if we ever want to exert an organizing effect on reality akin to how a sound vibration organizes sand on a metal plate, we need to be able to broadcast with sufficient *power* and *coherence*, in order to lay out sufficiently strong and consistent patterns.

And that is certainly the case if we want to deliberately create a rewarding experience of genuine satisfaction, success and fulfillment).

But as long as we *don't*, we subject ourselves to the whims of circumstance and the flows of life as instigated by others who *do* exert their influential power on the 'reality' of life (<-- *whether they do that consciously or unconsciously*).

If we want to do so too, we have to be determined to 'crack our eggs.' We have to *take charge* of our own lives from an undistorted perspective, and be willing to take *full responsibility* for our inherent powers.



"Okay, fine and dandy, but how do I do that?"

Let's explore that in the next chapter...

Chapter 2: *How To Put These Insights To Good Use*

2.1 Hidden Roots

Most of us are completely unconscious to the reflective mechanism described in the previous chapter. And because of it, we fail to see – let alone *appreciate* – the power we possess to consciously *leverage* it to deliberately shape the nature of our own reality:

- ➡ All we really have to do is awaken to the link between our own inner state and (our perception of) the nature of the reality around us.
- ➡ Then by taking conscious control of our inner state, we can *indirectly* make huge transformations in our manifest, 'outer reality' by transforming both our *perception* of it, as well as the vibrational field we *project*.

Manifest reality basically acts as a mirror of our inner state. And by changing the source image, the reflection can't help but follow. It's inevitable.

The source image, as such, is whatever we *animate* by investing our energies in it. This works based on principles we've probably heard so often that they may have almost become platitudes:

- ➡ *"Energy flows where attention goes."*
- ➡ *"Whatever we focus on expands."*

A nice illustration of this principle is this parable of a Cherokee Native American who was teaching this principle of life to his grandchildren:

"A fight is going on inside of me... It's a terrible fight, and it's between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, pride, and superiority.

The other wolf stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

The same fight is going on inside of you and every other person too."

The grandkids thought about it for a while and then one of them asked:

"Which wolf will win?"

The old Cherokee answered:

"The one I feed."

Now obviously, the one we feed is the one we give our attention to.

“Yeah, yeah... “Focus on the positive”...
Tell me something I don’t know!”



You’re probably familiar with this basic idea, because it’s this very concept on which many approaches of ‘positive thinking’ and ‘manifestation’ are based. As they say (<-- be it from an often overly simplistic and short-sighted rationale):

- ➡ “Just stop any negative thoughts and focus on the positive instead,” and:
- ➡ “Whenever you detect a negative thought, just say ‘cancel, cancel’ and redirect your focus to something positive.”

Now of course, there’s some sense to that reasoning, and I’ll be the first to acknowledge that intentionally focusing on the things in life that we’re happy and content with is clearly infinitely better than negligently getting stuck in downward spirals of negativity...

But there’s a problem with this approach too:

➡ **For starters:**

There’s actually a potential *danger* to this particular ‘positive thinking’ mentality. But that’s a whole story in itself, and will be part of our upcoming Session #3.

➡ **Secondly (and more important for us to focus on for now):**

Where we invest our energies is hardly determined by our *conscious* thoughts and feelings *in the moment*, as much as it is by our *entire, implicit state of being... i.e. our fundamental orientation in life*. After all:

That’s what determines our default ways of thinking and feeling, as well as the tacit attitudes and motivations we hold *even* at times when we’re not deliberately trying to steer our conscious mind’s focus.

As such, few of us realize that the thoughts, feelings, beliefs and convictions that we’re able to consciously recognize are often a mere front that hides what’s *really* going on on a subconscious level.

Think About It:

We can actually resonate to the vibration of anger, guilt, resentment, sadness, frustration, etc. from a ‘deeper,’ *subconscious* level, without consciously feeling the actual emotion in the moment.

For example:

- ✓ If we’re holding on to suppressed anger somewhere deep inside about a traumatic experience in our childhood, we could still be broadcasting that pattern... *even* though we might

not be aware of being angry in the moment, or even consciously *remember* the actual event that caused the anger in the first place. *And by the same token...:*

- ✓ Apparently highly confident people may seem to have a strong, dauntless attitude, and perhaps even a *conscious* self-concept of being completely self-reliant and capable of taking on any challenge.

And yet, their ways of explicitly demonstrating those characteristics could really be *learned strategies* designed to *compensate for* and *cover up* the severe self-doubt that consumes them just below the conscious threshold.

Despite their 'outer' persona, their own implicit, fundamental orientation of self-doubt is what *most predominantly* determines their experience of life.

There are many possible examples of this, but you get the idea...

So here's the thing:

- ➡ Indeed, beliefs are pivotal in our perception and experience. And that's why we're so often told we need to "*change our limiting beliefs*" and "*replace them by more empowering ones.*"
- ➡ But the truth is that our understanding of 'beliefs' is often very limited. There are in fact *far deeper origins* to our implicit mental and emotional state than the types of 'limiting beliefs' we're often told to "*replace.*"

Besides, beliefs and convictions are really not as 'fixed' as we're often led to believe. They can literally change on the fly, and in fact do so all the time. Think about it:

- ➡ We hold different beliefs *today* than we did *five years ago*.
- ➡ And we think thoughts of completely different nature and fleetingly hold on to entirely different convictions under diverging emotional states (*<-- for example, our beliefs and convictions are different when we're consumed with rage compared to when we're ecstatically happy*).

So changing beliefs really isn't that difficult – the ones that inhibit us simply dissolve when we manage to shift our fundamental orientation. But many of us are used to taking exactly the other way around:

We try to *enforce* new beliefs on ourselves, hoping *that* will shift our fundamental orientation.

But that route is far more challenging. And in the unlikely event that it is in fact effective in the first place, it usually requires a ton of time, energy and effort.

Our fundamental orientation and our implicit, default state of being simply don't change along with ephemeral shifts in superficial thoughts, emotional states and belief systems.

And by extension, the nature of our vibrational broadcast doesn't change either, regardless of our attempts on the conscious level to "*switch to positive thoughts, beliefs and emotions.*"

And that's the crux:

- ➡ We often do expect sudden, ‘magic’ shifts after some artificial, short-lived ‘positive thinking’ and ‘belief busting.’
- ➡ But if our resulting ‘outer reality’ doesn’t immediately confirm those expectations, we’re inclined to quickly dismiss the whole mechanism of ‘creating our own reality’ as hogwash, while we haven’t even *begun* to seriously entertain it.
- ➡ And as a consequence, we’ll quickly revert to our ‘old’ fundamental outlook, which now gets cemented in even more firmly because that’s the one that got affirmed to start with.

In fact, as Session #1’s study guide explained, this may even instigate a downward spiral in which things keep getting progressively worse:

Our fundamental orientation and implicit expectations get confirmed, and we keep on experiencing and (re-) creating a reality that keeps on confirming and/or justifying them because of it.

So it’s in the *fundamental, implicit orientation* of our subconscious minds that we’ll find our deepest, truest feelings, and thus the most prevalent determinants of our overall, fundamental ‘broadcast.’

And that’s where the rub is:

- ➡ For most of us, our subconscious mind is a cauldron of suppressed thoughts, attitudes, and emotions that we’re often completely oblivious to. *In other words:*
- ➡ We hardly even know our own inhibiting patterns. Even worse: we often don’t even realize we have them in the first place!

So if we’re effectively operating in the blind, then the question is:

How do we figure out the true nature of our fundamental orientation, let alone what kind of shifts to make in it?

Well, given the things we learned in this study guide so far, there’s a very straightforward way to do so.

I’ll tell you what it is in the next section...

2.2 How Life Comes To Your Aid

Based on the insight that manifest reality is a mirror reflection of our inner state, we can say that life actually *comes to our aid* in bringing about the kind of transformation we seek.

After all, think about it:

When we consciously state the intention that we want to reclaim our power and deliberately make the changes in our lives that we desire, we basically begin to change our fundamental orientation by implicitly embodying a twofold intent:

- ➡ The first one is to break free from our existing reality;
- ➡ The second one is to actualize a vision for a new reality.

As such, these two intentions become part of our inner state, which ‘life’ will in turn begin to reflect back to us:

- ➡ With regard to our intent to actualize the creative vision that we have for our new reality, it will present us with ideas, inspirations and/or opportunities in the form of people, situations, circumstances and events that will help us *make it real*.
- ➡ And on the part of our intent to break free from our existing reality, it will present us with situations, circumstances, and/or experiences that *make us aware* of the patterns of thought, feeling, attitude and belief that we need to let go of, because they *keep us stuck in* the reality that we no longer want to experience.

Typically, the personal development industry tells us seemingly miraculous stories about the many ways in which the first type of reflection occurs:

- ➡ Just think about the sudden inexplicable increases in business, synchronistic meetings and encounters, intuitive hunches and insights, and so on that we always hear about.
- ➡ Or beyond that, let’s not forget about the famous unexpected check from the unknown distant relative, or truly life-changing and spiritually liberating events like ‘manifesting’ the perfect parking spot and restaurant table.

However, the second kind of reflection hardly ever gets the attention it deserves, even though it’s at least of equal importance in the transformation process... if not far more important... certainly if we want to definitively ‘*crack our eggs*.’ After all:

- ➡ We can’t free ourselves from our existing, programmed reality (<-- *the one we’re somehow not satisfied with in the first place*) without changing the very lifestyle and mental/emotional/spiritual atmosphere that created that reality to begin with.
- ➡ So we simply *have to* let go of the old patterns of thought, emotion and belief through which we created (and kept recreating) the life experience we’ve now set out to transcend.

That’s why we create a twofold problem for ourselves if we don’t take this type of reflection into account as a potential part of the process:

- ➡ We're often quick to unjustly explain away the whole concept of 'creating our own reality' as nonsense because it doesn't immediately seem to deliver what we *want*.
- ➡ And because we get so hung up on our conviction that it doesn't work, such experiences often take our attention away from the opportunities that *do* cross our paths. (← *We don't even notice them!*)

In fact, many of us are often inclined to give up at the first sign of the going getting a little tough...

But it's precisely our willingness and ability to let go of old patterns and structures that determines to a great degree how challenging the process of transformation is going to be for us:

- ➡ If we can swiftly notice the old patterns and structures as life makes us aware of them, and then manage to dissolve and/or let go of them with ease, then the whole process will probably be smooth sailing.
- ➡ However, if for some reason we have a harder time noticing or letting go of them, our experience is going to be more challenging, because our inhibiting patterns will keep getting reflected back to us until we do.

And that's the crux.

If indeed we do let go of these old patterns, what happens is – as I call it – 'our eggs begin to crack.' And as a result of changing and breaking free from these old patterns and structures, the energy field that we project begins to change as well.

Now since the make-up of our life is a reflection of this energy field, it will inevitably follow these developments:

- ➡ As the 'source image' energy starts to break down and adjust to our new vision, the reflecting 'energy matrix' that we call our 'life' inevitably begins to change and adjust in its slipstream.
- ➡ In other words: changes in our *inner* world can't help but reflect in our *outer* world of people, places, jobs, relationships and experiences.

From the perspective of our old state of being, we may feel like the life we knew is 'breaking down.' And obviously, this can feel a little uncomfortable and challenging.

But what we're *really* doing is breaking through to a new reality, and thus to a new life experience.

And this brings us to an important contemporary problem:

Misrepresented 'Spirituality:'

These days we're inundated with popularized concepts like the 'Law of Attraction' and 'manifestation.' As we've seen, there's a certain degree of truth to these concepts.

However, by far most of this information presents this 'Law of Attraction' as a *tool* we can use, i.e. an *instrument to do* something with.

They make it appear as if it's some sort of 'spiritual' *magic wand* that can *instantly* transform our entire life experience into a great, dream-like ride with a single wave:



It's precisely the 'spiritual' connotations that lead to a lot of confusion and misunderstanding:

- ➔ Many of us associate the shift into 'being spiritual' with the idea that our lives transform *overnight* into an experience of *birds singing, flowers blossoming, pink fluffy unicorns dancing on rainbows, and a choir of angels rhapsodizing* in the background whenever we speak.
- ➔ On the other end of the spectrum we have more than a few (often self-proclaimed) 'experts' on the topic who put a predominant material label on the process, suggesting that the ultimate confirmation of personal, spiritual power is the ability to "attract fancy cars" (*<-- which we're then supposed to give a name like Bunny or Lucille*) and manifest other types of *bling*.
- ➔ And then there are those who have the ability to embody an interesting combination of these two expressions.

Now don't get me wrong, because nothing is inherently wrong with any of this. Everyone is free to decide for themselves how they choose to express their uniqueness in life and what *their* creative vision for it looks like.

But regardless of what we choose to create, the problem is that neither of these expressions emphasize the need for taking on full personal responsibility in the process. They place the power *anywhere* but where it *really* resides, which is in *you*:

- ➔ **They either place it in the supposed 'Law of Attraction' as a tool (i.e. the 'magic wand')...**

But the truth is that the power is rather in *your ability to deliberately shape your reality by taking control over your inner state*. And that's what this 'Law of Attraction' is meant to convey – not as a 'tool,' but as a principle that seeks to describe how life works.

- ➔ **Or they suggest that it's *your future dream reality* that will make you feel powerful, by means of external stuff that supposedly alleviates your insecurities...**

But the truth is that it's the *act of claiming your power* that always has to come first. And that *includes* dissolving your insecurities, because *that will in turn* give you the ability to *deliberately* and *actively create* your future dream reality.

In other words, without realizing, many of today's undoubtedly well-intended approaches towards personal empowerment subtly render us *passive* and *powerless*.

So if we insist on using the term 'Law of Attraction,' then we're better off using it appropriately and not giving ourselves the wrong impression:

When we consciously intend to break free from your current situation and ‘manifest’ the new vision we have for our life, then “*by Law of Attraction*” life comes to our aid by exposing us to situations and experiences that are designed to help us *make* that change.

Until we discover how to interpret and handle any challenges that we may encounter along the process and figure out how to let go of the limiting patterns and structures that they so flawlessly lay bare, the process of transformation is unlikely to feel like a breeze... In fact:

We’ll probably keep recreating similar experiences over and over again, until we ultimately *get* it:

- ➡ The exact details may be different, and thus put up the *illusion* that our lives are indeed changing.
- ➡ However, their *overall nature* remains the same all the time across the board.

Now I’m not trying to be preachy and clever-clever here... After all, I’ve been through this process myself:

Here’s How It Happened For Me Personally:

Once we make the conscious decision to transform our life experience, it’s not just a matter of visualizing and staring at our vision board, without ever further changing anything about our innermost person.

Regardless of whether it’s a big bag of money, a spontaneous cure for an ailment, or an inflatable soul mate that we hope for, that approach is not going to cause any significant change at all. Instead:

When we proclaim our being ready to take conscious control over the reality we manifest, we make the choice to operate on a whole new level of personal and spiritual development, which involves taking *full responsibility* for our inner state.

And depending on our starting state and our ability and/or willingness to let go of ingrained imbalances and inhibiting patterns, this may require turning ourselves inside-out.

For me personally, the process felt like plowing snow for a while, in order to make way for a new ‘reality.’

Except that analogy doesn’t really convey how it really felt as I was going through the initial stages of the process (<-- particularly because I didn’t know what I know today, and needed to figure it all out by myself).

I really had to... how shall I put this? In a way, for me, I guess... let’s say that I had to do more than a little to break free. But to put aside such understatements for a moment, let me give you a more accurate impression of how it really felt:

I had to really shovel some shit!

Evidently, it wasn’t always pleasant. Still, doing so was the greatest liberation I ever felt. And my life has transformed magnificently because of it.

Besides, like I said, at the time I didn’t know what I do know now; if I did, I would have been able to make many more significant transformations, do so much faster and flow through the whole process much more comfortably.

Of course, even though for *me personally* much of the process felt like shoveling out a dung heap, that doesn't mean the experience has to be the same for you. After all:

We all have our own unique issues locked up inside, and we all have our own ingrained coping strategies, defense mechanisms, and emotional styles. Indeed, people send in different reports to me all the time:

- ➡ **For some, their lives begin to change radically right after simply changing their basic mentality and outlook, and it's all smooth sailing right out of the gate.**

All they need to do is evaluate the mind frame that their (re)actions come from (*<-- which you'll learn to do yourself in the exercise of the next section*), and then make adjustments where necessary based on their new awareness...

And before long, their entire life 'magically' transforms into the experience they had always dreamed about.

- ➡ **For others, the process brings more challenges, and sometimes may initially even seem to take place in a way that appears to be the exact *opposite* of how they envisioned and/or expected it.**

Even though the pictures that are usually drawn for us almost invariably suggest that riches will magically and rapidly befall us as a result of merely changing our thinking, mindset, and beliefs, when push comes to shove the process often turns out to play out differently:

We may suddenly experience challenges like losing our jobs, and seeing our friends, relationship, and acquaintances change... And experiences like that may leave us to wonder why we're going through such challenges when we just wanted to 'be spiritual' or 'attract a bunch of money to be done with all the crap in our lives.'

But ultimately, these very experiences are exactly what helps us *break through* our old patterns, and instigate the precise shifts in our inner state that we (implicitly) requested.

Now even though the exact experiences on the process can be different for every other person, the overall mechanism is *always* the same:

- ➡ We need to change our *state of being* in order to change what we *get* as a reflection of it.
- ➡ And what we *get* is tailored to what *WE* need, in order to experience whatever it is that we want to experience.

So while we may expect that our lives will instantly reflect our short-lived positive thinking on the conscious level with 'pink fluffy unicorns dancing on rainbows,' money raining down on us and fancy cars magically showing up all over the place, the 'real' experience may *at first* feel different:

In my case, it felt like all freaking hell was breaking loose, as if the very *opposite* of what I wanted was now happening.

However, that was merely an illusion and a distorted interpretation of what was really going on. The opposite turned out to be true:

Whenever this kind of thing happens, 'life' is actually giving us a hand! The 'challenging' experiences we go through dig up and bring to the surface the *very* that are *blocking* us and *keeping* us from manifesting our desired reality right now.

And as they're brought to the surface and into our awareness this way, we can subsequently deal with them (<-- for instance by using the techniques we covered in Session #1).

To put this in context, I took note of this passage somewhere once:

"True love doesn't always give the receiver what it would like to receive. But it will always give that which is best for it. So welcome everything you receive, whether you like it or not. Ponder on anything you don't like, and see if you can understand why it was necessary. Acceptance will then be very much easier."

That's the essence of how life comes at our aid in spotting the patterns that are keeping us stuck.

In the words of Charles Swindoll:

*"We are all faced with a series of great opportunities
brilliantly disguised as impossible situations."*

And here's the best thing:

That gives us an angle to practice, which we'll do by means of the exercise described in the next section.

2.3 How To Practice

Once we learn to look at the events and experiences in our lives in the way described in the previous section, within a very short time frame we'll know *exactly* what the *real* nature of our fundamental orientation is like, and what limiting patterns we need to dissolve for our visions to become reality.

And this gives us exact insight into what measures we need to take to make that happen.

In other words: we're put on the fast track towards true mental, emotional, and spiritual liberation!

However, this only works if we don't get sucked into negativity and cop out before the process of transformation even really gets the opportunity to start.

Because when a distorted interpretation of events and/or an initial lack of 'pink fluffy unicorns' triggers an emotional overreaction (<-- *i.e. when it makes us very angry, sad, scared, etc.*), we're likely to *misread* the situation from our subjective emotional turbulence.

And as a result, we'll draw conclusions that will only *confirm* and/or *reinforce* the existing convictions that drove that emotional reaction in the first place. (<-- *For instance, we'll only notice the things that justify our anger, sadness, fear, etc., and will be quick to conclude that the process of 'creating our own reality' doesn't work.*)

But ask yourself this:

- ➡ How can you free yourself from your programmed reality... the one you're somehow not satisfied with in the first place... without changing the very lifestyle and subconscious programming that created that very programmed reality to begin with?
- ➡ And how can you know what programming to change, if that programming is entirely subconscious, buried underneath various eggshell layers, and practically invisible to you?

It's exactly these types of personal blind spots what we're made aware of when we 'attract' such challenging situations:

They evoke the very feelings that point us at the precise sub-conscious imbalances that we need to dissolve, in order for our inner state to automatically shift, and for us to freely make our intentions a reality.

This is one of the reasons we need to master the *Participant/Observer-method* as covered in Session #1:

- ➡ *We don't* need it because it allows us to comfortably dissociate from mental and emotional turmoil... *Instead:*
- ➡ It allows us to *transcend* the confinement and distorted view of limiting beliefs and intense emotions, and take an *objective* look at the situation from an undistorted perspective.

So what appears to be a problem can be a wonderful opportunity waiting to be discovered... *but only if we meet two conditions:*

- ➡ We shift to *observer*-perspective when challenging situations trigger significant discomfort, and *disidentify* from the mental and emotional turbulence. We can then see the events as mere *symbolic* episodes that are designed to make us aware of an inner imbalance.
- ➡ We deal with that inner imbalance and its associated patterns. For this we can use the exercises from Session #1, and/or other techniques that we have yet to cover.

That's our exercise for this session.



Please Note!

Notice that we're *gradually* building up our skills this way *step-by-step*. We're steadily building the *groundwork* for more hard-hitting concepts that are yet to follow.

In concrete, here's what you do as part of this session's practice:

- ➡ **When you *react* to a situation (pleasant or unpleasant) or make some kind of (significant) choice in your life, switch to *observer*-perspective and ask yourself what level of awareness the decision you're about to make (or that you just made) *really* originates in:**
 - ✓ Does what you do or decide represent fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, pride, superiority?
 - ✓ Or is it a manifestation of joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, faith?
- ➡ **Pay particular attention to the situations in which you feel significant emotional *discomfort* (whether it's anger, guilt, resentment, sorrow, annoyance, etc.).**

These feelings can give you extremely valuable insights into your deeper, fundamental orientation and its associated hidden patterns, which are keeping you stuck in a continuously unfulfilling life experience, and can actually *repel* the manifestation of your visions.

Note that it's not the feelings themselves that are the problem, but rather the underlying reason why you feel them. (<-- We'll explore this in more detail in Session #3.)

As said, for some people the mere realization and understanding of this mechanism is enough for a 'spontaneous discharge' or 'dissolution' of the deep inner imbalances they notice.

Others, however, experience some uncomfortable emotion seems difficult to harmonize with the techniques we've covered so far.

In the latter case, the strong, discomfoting emotion that's associated with it indicates that it's somehow *extremely important* to your subconscious mind considers it extremely important to hold on to those patterns. But there's a way to deal with that too:

Our upcoming Session #3 will explain what's required to overcome it. That's when we'll dig into the little-known, deepest roots of your subconscious patterns, i.e. the foundations of our 'egg.'

Summary

***Phew!** Did we cover a lot of ground this session or what?!*

Radical honesty and mind-blowing insights...

Let's recap real quick...

By changing our fundamental outlook, we change our reality from two angles:

➡ **Angle #1:**

Our *experience of it* changes, because our *interpretation* changes, meaning we can be in the exact same circumstances as before, but experience them completely differently.

➡ **Angle #2:**

Our *actual circumstances* change, because due to our changed mental and emotional state we broadcast different frequency patterns, which go on to be filled by different matching energy fields in the form of people, situations, events, etc.

Either way, we begin to interact with life and 'reality' directly, instead of with the distorted version of it that's projected and reflected back to us by our 'Egg.'

As such, changing our fundamental outlook to one that's more conducive to actualizing our dreams is not so much about learning a new orientation as it is about unlearning an inhibiting one.

The transformation we seek to establish are rather the result de-programming. Think about it:

- ➡ Decorating the inside of your 'Egg' with fancy visualizations, beautiful experiences, fond memories, vision boards and great dreams is not the same as unlearning an inhibiting orientation.
- ➡ The only way to do that is to 'Crack Your Egg,' i.e. to break through its inhibiting constraints and expand your soul beyond its boundaries.

Think of it this way:

Recall our DVD-metaphor again that was first brought up in Section 1.2.1 when we spoke about DNA and RNA:

- ➡ In a way we can say that the DVD's laser is the 'flashlight of our consciousness' that's currently transcribing a certain (experience of) 'reality' from the overall 'DVD of life.'

We can easily change this (experience of) reality by simply...:

- ✓ Adjusting the angle through which the laser reads the information. (*<-- This changes our outlook, so that we experience the same circumstances differently.*)
- ✓ Getting the laser to read an entirely different track. (*<-- This presents us with entirely new circumstances.*)

In other words:

- ✓ Right now we may find ourselves in a somewhat ‘dramatic’ movie scene that just isn’t much fun to participate in...
- ✓ But if we get clear on what we want and consciously intend to make that transformation, our *laser* will start to make a move to adjust its angle and/or move to an entirely different, perhaps more ‘comical’ track on the DVD.

➡ However, for that to be possible, we need to shape our inner circumstances in such a way that our internal *laser* can indeed *move freely*. If it’s *stuck*, it will simply keep on reading the same DVD track from the same angle. And indeed:

Most people have all kinds of inner blocks in the form of fundamental, limiting subconscious programming that keep their internal laser firmly in place.

➡ So once we create that kind of freedom for the *laser*, we no longer have to apply *force* for it to shift its angle or move toward a certain track. Instead, when it’s no longer stuck, it will do so *freely*, and will *smoothly* shift based on our own conscious direction of it!

From such a free state of mind, the famous statement by Napoleon Hill begins to apply:

“What the mind can conceive and believe, it can achieve.”

As we learned, once we set the conscious intent to create that kind of freedom and make that kind of transformation, life will give us a hand in actually making that happen by...:

- ➡ Providing the circumstances and opportunities to move forward on the process of actualizing our visions...
- ➡ But also by putting us in situations and experiences that point us at the exact inner patterns that are subconsciously inhibiting us.

Such experiences may trigger discomforting feelings because of the importance that our subconscious minds (unnecessarily) attribute to those patterns...

But this way, they pre-eminently indicate the type of subconscious imbalances that we need to *dissolve* and *harmonize* if we want to be able to *freely direct* the movement of our internal *laser*.

Our job then is twofold:

- ➡ We need to deliberately and consistently orient ourselves towards our visions for what we want to create.
- ➡ We need to dissolve the constricting patterns that come to light on this process.

As such, the process of transformation can be a different experience for everyone:

- ➡ For some people, their lives begin to change radically right after simply changing their fundamental mentality, and it’s all smooth sailing right out of the gate.

- ➡ For others, the process brings more challenges, and – as mentioned before – may sometimes at first even seem to go in the exact *opposite* way as envisioned and/or expected.

How exactly and how fast it will take place for *you* is impossible to predict in advance, because it depends on a lot of things, such as:

- ✓ What vision you have for the life experience you want to create...
- ✓ How different and ‘far out’ that vision is compared to your current situation...
- ✓ Whether you have such a vision at all...
- ✓ To what extent that vision is unattached, independent, and creative rather than a pure reaction to your current undesired circumstances...
- ✓ How much you keep holding on to your existing patterns of thought, emotion, and belief...
- ✓ What sort of ‘emotional scars’ and issues you may have locked up inside and the extent to which they refuse to heal...
- ✓ How much responsibility you’re really willing to take for your life...
- ✓ How sensitive you are to other people’s reactions and opinions to your change...
- ✓ Etc.

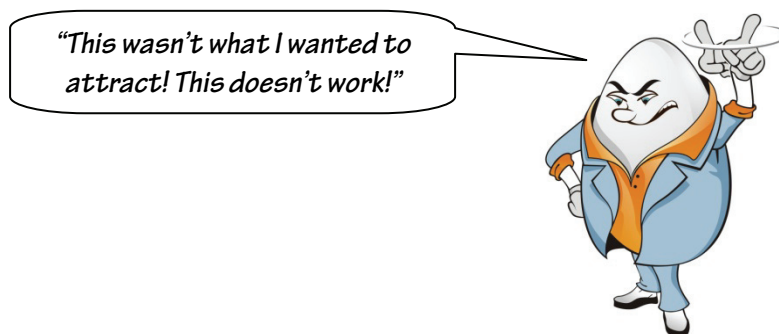
But ultimately, your results hinge on your willingness and ability to retain an unrelenting focus on what you want to *create*, and to simultaneously let go of old patterns that keep you stuck.

It’s the latter in particular that determines to a great degree how challenging the process of transformation is going to be for us:

- ➡ If we can swiftly notice the old patterns and structures as life makes us aware of them and manage to let go of them with ease, then the whole process will probably be smooth sailing.
- ➡ However, if for some reason we have a harder time noticing or letting go of them, our experience is going to feel more challenging.

And that’s the crux:

Many people give up *way too prematurely*, degrading the whole concept of ‘creating your own reality’ to mumbo-jumbo the moment the going gets a little tough.



Well, yes it does:

- ➡ You’re ‘attracting’ the very experiences designed to *break through* whatever is keeping you from experiencing your desired reality.
- ➡ The more the walls of limitation tumble down, the more of your natural, free awareness will shine through.

- ➡ And the more you apply that free awareness to rewrite your programmed perceptions, the more your 'reality' will start to change accordingly.

So whenever a challenge occurs, *always* remember this:

- ➡ It's usually only in hindsight that we see an apparent problem for the wonderful opportunity that it typically is. Life often so brilliantly disguises our greatest gifts as our worst nightmares.
- ➡ If you stand your ground and stick to your vision, before you know it your life will have changed *because of* what you've experienced going through these challenges... not in spite of it.

Once you truly realize that, you'll be astonished by the brilliant mechanism of life:

You'll appreciate how it synchronistically helps you 'Crack Your Egg,' dissolve the very patterns that are keeping you stuck in your old reality, and transform your entire energy and life experience... all in order to make *your* visions reality.

It's like the Greenday song goes:

*It's something unpredictable
But in the end it's right
I hope you had the time of your life.*

Fortunately there's a way to *dramatically accelerate* the process, make it far less challenging than it could be, *and* move into the more 'rewarding' stages of the process much faster and more smoothly.

In Session #3 we'll go into the details of what's required to take out the very things that keep our 'laser' in place, and why so many existing techniques fail in making it move.

Until then...:

- ➡ Be gentle with yourself.
- ➡ Don't fall into self-loathing and frustration the moment you're faced with a challenge that doesn't seem to immediately match the image you had for your 'new and improved' life.
- ➡ It's merely feedback from what you've been broadcasting, and as such just a stepping stone that gets you one step closer to your dream.

Next time, you'll learn how to use these stepping stones as powerful trampolines to make *quantum leaps* in your inner state.

So I'll see you then!

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