

Lesson 12: Thought Energy & Manifestation

At the close of lesson 11 I suggested a discussion that would explore the reasons why some desires manifest quicker than others and some not at all. I also stated there are reasons working behind the scenes that have something to do with why we experience fluctuations, not only in what we manifest but when. I decided to follow along on the heels of lesson ten by approaching the matters of intended thought and manifestation in this week's lesson from a scientific approach because this subject is scientific in nature.

There are two specific reasons that will put the matter of manifestation into the correct perspective. The first reason is that the manifestation of intended thought has to do with the idea that thought is energy and the second reason has to do with the mental/emotional alignment of intended thought. It will be important to bear in mind that we are not speaking to those random or scattered thoughts that cross our minds on a daily basis but that we are speaking to thought we give intention to because intended thoughts are the causes of certain effects from which something is manifested in a particular way as well as in a particular time.

Ever since The Secret soured around the world we have been inundated with axioms such as "thoughts become things" and "like attracts like" which are the principles of the Law of Attraction. We've been told to shift our consciousness awareness onto higher frequencies so that the things we desire to attract can be manifested in our reality. We've been exposed to scientific expressions such as quantum wave functions, entanglement and interconnectedness. We've been told that our thoughts travel along electromagnetic wave frequencies; that our thoughts become entangled and cohere with other like kind thoughts on vibrating waves, aka attractor energy fields, because we are all interconnected with one another, and that these vibrations act like transmitters and receivers sending back to us the exact measure of our intended thoughts, i.e. positive thoughts return positive results, negative thinking returns negative results (causality).

But in spite of all the metaphysical/scientific jargon available everywhere these days people are still struggling to manifest what they desire rather than what they don't desire (and sometimes more of it). Failing to manifest what we desire when we desire it to be manifested gives way to uncertainty, confusion and even disbelief. In order to really grasp what is going on behind the scenes we must first understand that thought is energy which directly affects what we do or do not manifest; even the timing of what we manifest is affected. The approach in this lesson will be to examine what is known today about thinking in accordance with scientific findings. What you will find different about this lesson is that the discussion under the heading of Thought Energy will state some information that you are not accustomed to reading in these lessons but you will see why it was necessary to approach the subject as I did.

Thought Energy:

As I begin this discussion it is only right that I state clearly that there are no scientific findings that support the notion of what is called thought energy according to traditional scientific methods and furthermore that there is a line drawn in the sand between scientists who either believe in the notion of thought energy or who are strongly opposed to it and even consider such a notion to be pure speculation. The line itself represents the distinctions between what is called classical 'Newtonian' training vs those scientists who are embracing the metaphysics of thinking along with the traditions of Eastern cultures such as Buddhism and Taoism, not just in quantum physics but in many fields of science.

Our scope of scientific knowledge at this time is that most everyone agrees that how we think and how we feel does have a mind, body spirit affect that relates to what we manifest in our life experiences and that thinking comes from some specific source. The problem is that no one has yet to scientifically determine what the source of thinking is; whether it is organic (biological), or spiritual. The quest to know where thought comes from is the pursuit of nearly every field of science. You may not be aware that there is extensive and exhaustive research being conducted in the quest to understand what constitutes the mind, such as what is consciousness and where is it to be found. The exploration of thought and consciousness is an ongoing concern between scientists and philosophers where differences in schools of metaphysical vs scientific thought is a hot debate just as much today as it was back in the time of Socrates, Plato and Aristotle.

While the affects of thinking and feeling can be measured in many ways that are in keeping with what is known as the 'scientific method' there is just no way to actually test thought itself as actually being energy. However, there is very strong evidence today that points to the validity that thought is energy as the result of research coming from scientists working in many fields which includes psychology, quantum physics, quantum biology, physiology, neuroscience, holistic medicine and even computer science. Scientists in this field are working hard to understand consciousness, thought and feelings for the sake of creating advanced computerized artificial intelligence (AI).

Many scientists are adhering to the principle which states that everything in the universe is energy and everything comes from energy regardless of the shape it takes in the form of matter and that energy is entangled due to the affects of electromagnetic waveforms, hence it stands to reason scientifically and metaphysically speaking that thought has to be energy because the human body is a field of energy. This field of energy is not contained within the physiology of the human body but is also known to be exterior to the body along its meridian lines. So with that said we will now take a look at some examples of how science is embracing the notion of thought energy.

I stated in lesson 10 that mainstream psychology had been very reluctant to embrace 'speculative' principles that even remotely looked or sounded metaphysical or spiritual in nature in spite of the fact that psychology was first established as a study of the spiritual nature of man long before it ever became an empirical scientific endeavor. However, during the last two decades that fixed mindset has been shifting to a new paradigm, or rather back to an ancient one. Like it or not we have become the recipients of those who went before us and laid out the groundwork in the field of quantum physics, via quantum mechanics in their attempts to understand the nature of reality, the universe and being as being which includes thinking. In the field of psychology many clinical practitioners are incorporating a body, mind, spirit concept into their therapies. They are drawing more and more on the tried and true methodologies of Eastern cultures and the metaphysical science of mind principles. The most striking of these methodologies is what is referred to as Thought Energy.

Clinical studies in Thought Energy are receiving a great deal of world-wide attention because the results are proving to be far more productive, effective and efficient than the results achieved from the traditional therapies psychology is accustomed to practicing. These clinicians are able to incorporate the word 'cure' because the thought energy methods they are incorporating in their therapy sessions are actually curing mental/emotional neurosis, especially PTSD (post-traumatic stress disorder), an event which has never occurred before. The standard clinical methodology treats the symptoms rather than the cause including prescribed medications that are also designed to treat the symptoms rather than the cause so having a means that can actually cure an individual is a major paradigm shift.

During the last twenty five years there have been subtle changes in how clinicians treat mental/emotional disorders, one of which is known as CBT (Cognitive Based Therapy) that operates on a stimulus – thought – emotion concept. Another is the practice of EFT (Emotional Freedom Techniques) that involves tapping on the body's energy meridians. There are many holistic approaches such as acupuncture and Vibrational Medicine which also involves the energy meridians, i.e. the Chakras and the energy vibrations of the physical body. But there are studies and clinical practices that have been developing during the last decade that are actually tapping into quantum physics and quantum biology as a means of therapeutic treatment of mental/emotional disorders known as Thought Energy and EMDR (eye movement desensitization and reprocessing). EMDR is a form of psychotherapy that addresses past, present and future aspects of disturbing memories.

The clinicians who are practicing Thought Energy therapy hold the belief that the most effective and efficient form of therapy is to cure those disturbances that reside in our thoughts and in our emotions and that the methodology should operate at the quantum level. The reason for the quantum approach to this form of therapy comes from a

scientific understanding that, *“Thought energy fields, like other fields, carry information, have memory, and can be perturbed causing mental disquietude. The perturbation or disruption of the free flow of energy within the thought field is seen as the fundamental cause of all negative emotions....”*

What this boils down to in laymen’s terms is that first of all thoughts are real, second is that thoughts and emotions are energetic expressions of human consciousness, third is that thoughts have emotional implications that can block the flow of energy in the physical body and fourth is that thought actually resides outside of our heads, thus thought becomes entangled in information waves. Intended thoughts are believed to travel along an information highway via a quantum waveform from a higher dimension that is faster than light waveforms which then appears in our 4th dimensional realities. Fourth dimensional reality is time added to 3 dimensional reality (see the Why 3D page in the Dragon of Drama website).

An interesting note about thought is that thought can exist on as many as ten different dimensions which means that no one person can claim a thought as being solely their own because it has been proven that one or more people can have the same thought at the same time and will have already acted on it or are about to act on it. The reasons for such thought phenomena are that we are tapping into the collective consciousness which again backs the notion that we are all entangled even in our thoughts and that nothing about our existence is isolated in any manner of speaking. Whether or not collective consciousness is the result of a Divine Deity or comes from an Energy Source that is yet to be scientifically identified, the fact is that the source of every form of matter is indeed energy and furthermore energy cannot be destroyed but it can be molded and shaped into various forms of energy we call matter. We know this with all certainty because of the sub-atomic molecular structure of everything that exists.

Manifestation:

By now you are probably wondering what all this scientific jargon has to do with how your intended thoughts either do or do not manifest in your reality. The matter of thought energy needed to be established as we understand it today from quantum physics because the science behind quantum mechanics bears the closest resemblance to the ancient teachings that have been passed down to us through the ages, thus making the ancient teachings of thought energy scientifically plausible.

Although the idea of manifesting the things we desire in life or even the things we don’t desire is quite complex to say the least. Nevertheless I will try to explain as much as I can squeeze into the space of this lesson. As I begin the unraveling process of manifestation please do bear in mind that although every situation is unique to an individual there are common threads to build upon.

Most everyone has desires, things they would like to experience in life, such as a loving relationship, a career or profession that satisfies them, financial well being and of course good health as well as an innate need to fulfill a life purpose. However, these seemingly simple desires can become quite complicated because the journey to get there is not always without its difficulties and disappointments. While the reasons are just as varied as the individual there are those that are quite common among us that have everything to do with the beliefs we hold fast, how we perceive ourselves and the world around us and of course how we think and what we feel which in itself puts us on a particular frequency of consciousness or what is called an attractor energy field.

I have discussed the ‘frequency’ matter in prior lessons but here too the term takes on an important role in the discussion of manifestation. World renowned psychiatrist, Dr. David Hawkins discovered after years of conducting extensive research in kinesiology that there is actually a science associated with the mental/emotional ranges of conscious awareness. The result of some twenty five years of research produced a mapping of the energy fields of consciousness known as the Map of Consciousness. These energy fields consist of seventeen levels of consciousness related to thought and feelings beginning from the lowest level of 20: shame/humiliation, up through level 700-1000 which is the highest possible level of achievement: enlightenment/ pure consciousness.

What this means for example is that if you are currently somewhere between level 20 and level 175 which ranges in the ascending order of shame, guilt, apathy, grief, fear, desire, anger and pride, you are also experiencing the side by side emotions of humiliation, blame, despair, regret, anxiety, craving, hate and scorn, also in ascending order. Therefore, any desires you may have that can only be experienced at level 200 and upwards will not become a part of your reality because you are not on that attractor energy field or frequency. You simply cannot expect to manifest desired results when you are in a shame to pride level of consciousness regardless of whether or not you are consciously or unconsciously aware that you are – like will always attract like.

So, that new vehicle you drool over day in and day out cannot ever come into your reality until you effect a change in your thinking, your feelings, your beliefs and your perceptions no matter how many affirmations you make and how many pictures you put up on your vision board (The Secret) or how many subliminal messages you download into your subconscious mind. In the meantime you will continue to manifest experiences that are proportionate to your frequency; you will just keep attracting the same kind of results. This is why it is said time and time again by anyone who understands the principle that if you change your thinking you will indeed change your experiences just the same as when you change your perceptions you will also change your experiences. Because this is a principle that speaks for itself there just isn't any other way around it; there are no shortcuts and no quick fixes.

Everything that manifests or does not manifest in your reality begins with a thought that is backed by a belief supported with a correlating perception. An example is that if you choose to maintain a 'victim' mentality and you truly believe you are a victim of your circumstances then that will be the exact measure of your life experiences, you will always be a victim and you will always feel victimized even though you really are not a victim. Ultimately, you will continue to experience undesirable effects as long as you continue to see yourself as a victim; your beliefs will confirm your thoughts and your perceptions will only serve to reinforce the circumstances you keep creating for yourself over and over. It becomes a vicious cycle of cause and effect.

In all cases it is not as much about what we encounter in life as it is all about the way we respond to what we encounter. The experiences of life can become desirable or undesirable circumstances and events in accordance with how we react and respond to them. The only way out of this dilemma is to stop reacting to the circumstances and the only way to stop reacting to the circumstances is to change your perception because when you change your perception your level of consciousness will evolve accordingly – everything is always relative to everything. I cannot stress enough the importance of not just guarding your thoughts but guarding your perceptions as well because they in turn can become your worst enemy.

Now when you desire a particular experience and you are not at the frequency level that can allow for your desire to manifest in your reality this does not mean you have no chance of ever experiencing your desire. What it does mean is that you will need to raise your attractor frequency first and the way to do this is to stop believing that whatever you desire cannot be experienced for the reasons you believe it cannot. Of course this is always easier said than done therefore, it is always recommended that you begin to affect changes in your experiences on a smaller scale. Once you have an opportunity to see how the process really works, not how you perceive it works, you will begin to develop confidence in your ability to manifest more and more of what you desire.

However, some patience is necessary because it takes time to shift your conscious awareness to a higher level; likewise it takes time to manifest results. Sometimes what you desire may require a significant shift because the object of your desire cannot be manifested on a lower attractor level which is why you don't see the results in the time you wish to see it occur. This is the point where so many people give up and say the Law of Attraction is not working for them when, in fact, it actually is. It's just that what they desire to experience takes time to manifest in their reality because they have been functioning at a lower level for such a long time. Since you cannot jump the tracks you will have to wait with patience backed by your belief that what you desire will come to you in due time as you work to raise your conscious awareness and of course be mindful of your perceptions. The more you raise your awareness the quicker you will manifest what you desire. As you get in the habit of being more aware of how you are thinking,

believing and perceiving you will notice that things seem to come to you much faster. Incidentally this works both ways because you can quickly manifest negative experiences and the reason is that when you are on a lower attractor energy field you are in a perfect alignment for negative results to manifest in your reality.

In all cases your beliefs must absolutely match your intended thoughts right along with your feelings and your emotions. No one ever arrived at the front door of realizing a dream and achieving a goal by holding onto disabling beliefs and deceptive perceptions. It is a self-defeating cause that will prohibit you from raising your own conscious awareness which also limits your probability to manifest what you desire. Also, manifesting what we desire has everything to do with what is really of importance to us. In other words if you desire to live in luxury but are more content in your current living condition, financially too, don't expect to be moving into a mansion any time soon because again, your thoughts and your core beliefs that represent your true self have to be on the same sheet of music, they have to be in perfect alignment. If money is not important to you then don't waste your time holding out hope of becoming a millionaire because it won't happen. People who make things 'happen' do so because what they give intended thought to is, in fact, a perfect reflection of what they really believe on the inside and their perceptions of what is important to them keeps them grounded, therefore, they achieve what they set out to accomplish.

Along these same lines, you will want to be sure that your so-called 'contentment' is not just a matter of complacency but that your contentment is truly the essence of just who you really are on the inside. In other words, if you have failed or have put off realizing your dreams or achieving your goals because you have not resolved underlying mental/emotional issues then you owe it to yourself to investigate what lies hidden beneath the surface of your conscious awareness. Once you have brought any unresolved issues to the surface of your conscious awareness which includes ingrained religious dogma you will immediately begin to see positive changes in your experiences. I had to add in religious connotations because people are often inflicted with unjustifiable guilt, aka sin which is so very false, deceiving and even paralyzing.

One last matter of importance where manifesting desires is concerned. You can definitely manifest anything you give strong intended thought to in due time which means that you are quite capable of manifesting desires that come from selfish motivations. However, be forewarned that such selfish intentions have their price to pay in some way, shape, or form at some time because an undetected cause will eventually manifest its effects and is often a hefty price to pay.

I truly hope that the subject of thought energy and manifestation have served to increase your overall awareness of how and why you manifest your individual experiences such

as you do and how you can effect a change in what you manifest through the energy of your own thoughts.

Linda

Resources:

Hawkins, David, R., M.D., Ph.D. Power vs Force. 1995, 1998 and 2002. NY: Hay House.

Advanced Diagnostics, Dr. Gregory J. Nicosia, Ph.D.

<http://www.thoughtenergy.com/>

Dean Radin – Conscious Universe and Entangled Minds.

<http://www.deanradin.com/NewWeb/deanradin.html>

The Scientific Fundamentals of Energy Healing.

<http://www.peaceburgh.net/articles/scientific-fundamentals-energy-healing>

Thought Energy: the Basis of a Quantum Leap in Psychotherapy.

<http://www.thoughtenergy.com/how-it-works>

THE SCIENTIFIC BASIS OF ENERGY HEALING, Carol L. Bowman, MD.

<http://www.scribd.com/doc/31713730/The-Scientific-Basis-of-Energy-Healing-Carol-L-Bowman-MD>