

Lesson 7: Shifting Conscious Awareness – Mathematically Predictable

About a month ago I posted what I hoped would be the start of a discussion on my Facebook author page. The title of that discussion was Shifting Conscious Awareness. Knowing that I was not the only one who had seen the internet movie, *The Secret*, I was confident that surely someone would be willing to share their experience along the same line. No bites! So I put the discussion to rest for the time being wondering what would become of it. Experience has taught me that these exerted efforts do not go to waste but that they will come to fruition somewhere along the way. Such has been the case with lesson 7.

The purpose of that discussion was to introduce the notion of what it means to shift our conscious awareness, why it is necessary and how does this shifting occur – and to where? I began by relaying my own personal account of how I first became aware of the need to shift my conscious awareness. Over the course of time the shifting process became more and more apparent as did the how and where. So, it is this shifting process, the how and the where, that will serve to enlighten the readers of this lesson as we move along the path of understanding the nature of our personal reality.

In lessons five and six I described the many facets of possibilities that are likely to become either desirable or undesirable probabilities. I supported the lessons with a number of resources, some that were very scientific. Further along in this lesson I will again turn to science as the foundation of this lesson.

I begin this lesson by sharing an inquiry that was made by an individual that went like this: “If I am working to raise my conscious awareness, how do I not provoke a likely to occur, undesirable probability that threatens to undermine all that I have accomplished thus far?” The inquiry was a very serious matter of consideration to the individual. The situation was perceived as standing on the cusp of what could potentially begin a series of even far more serious implications that threatened to lead this person right into a likely to occur, personal disaster. In fact you could say the writing was on the wall, so *“run Forrest, run!”*

While we are working to raise our conscious awareness we look for the proof to be in the pudding. In other words, the contents of this website, the weekly lessons and the inspired thoughts I now share on the Journal page are not mine or anyone’s doctrine, dogma or creed. They are fundamental principles of universal natural laws that not only govern everything that exists, mathematically speaking, but likewise govern the mental / emotional plane of being as being. The results produced from acting on these fundamental principles are the proof in the pudding.

Physics is proving that mathematics, i.e. integers & complex numbers, mirror the nature of the universe, that mathematics is the language of the universe and all its operations.

One of our most modern and well respected mathematicians and physicist today, Roger Penrose, states *“everything in the physical universe is indeed governed in completely precise detail by mathematical principles...”* Penrose suggests that our current mathematical equations could become something different in the future than what we know them to be today but even if that were to occur *“then even our own physical actions would be entirely subject to such ultimate mathematical control, where ‘control’ might still allow for some random behavior governed by strict probabilistic principles.”*

What this means to you on a personal level is that you perform your own daily mathematics in the form of invisible equations that will in every case produce a result and furthermore should those equations change into something else in the future they will nonetheless still produce a result in the form of your experiences. The equations you write from the action of your own thoughts, beliefs and perceptions, in turn produces a result that is either desirable or undesirable.

I introduced the idea of results in lesson six so as to bring this matter to your awareness. Ralph Waldo Emerson said in his Essays and Poems, *“What avails it to fight with the eternal laws of the mind, which adjust the relation of all persons to each other, by the mathematical measure of their havings and beings?”* So, if you are in fact diligent in making the effort to raise your own conscious awareness you are also witnessing for yourself the mathematical results. No ifs, ands or butts about it.

But then right smack in the midst of your pretty good results thus far you are suddenly faced with a situation that could potentially undermine all your efforts. What do you do when you find yourself torn between two realities? One is a sure thing because you have already been reaping the reward of your investment thus far whereas the other is wide open to all sorts of unknown possibilities and probabilities that are already placing you in a threatening situation right out of the starting gate.

Whatever you do, don't panic and don't leave the odds of this threatening reality up to chance or destiny because you will surely regret it later down the road. What you do is to take a moment to reflect back on where you were and where you are now. If what you desire is producing the results you choose to experience then let that be your first indication. The next step is a little more challenging because the fact that such a threatening situation has appeared in your reality at this time indicates that your work in raising your conscious awareness is not done to this degree. You are, after all, a work in progress!

As you are steadily increasing in your conscious awareness you are still transmitting (and receiving) signals on the same frequency until such a time that you have sufficiently increased your awareness to the point where you will move up a whole frequency notch where you will begin to experience a whole new set of “likely to occur”

probabilities all across the bar. The higher your frequency the less likely you are to incur the wrath of undesirable experiences but you will always be faced with challenges. If you perceive these challenges as opportunities they will serve to enhance your overall experience.

In contrast to the story I mentioned above is another individual who shared some very exciting news with me which was a clear indication that this person was elevating their vibratory frequency. Mathematically speaking, a new formula was being written that was returning some surprising and exciting results, like was beginning to attract like in a very desirable way. This individual was learning how to shift conscious awareness.

When we invoke the act of shifting our conscious awareness we also invoke a number of “likely to occur” probabilities, some will be desirable and some will be not so desirable. However, we must remember that we had already invoked the wrath of cause and effect. Consequently, we might still have undesirable experiences to contend with which are the results from our former manner of thinking relative to our core beliefs and perceptions at that time – a carryover. One of the lessons I had to learn was that it would take some time for the smoke to clear, the dust to settle and the debris of the past to clear itself out. In other words when you do the crime you must be prepared to do the time.

If you find yourself in such a situation it is essential that, number one you practice patience and two, that you continue in your efforts to shift your conscious awareness so as to not induce any further undesirable results. More importantly, do not backslide because the results produced are worse than before. The idea behind raising your conscious awareness is to lift yourself into a higher vibratory frequency, in which your new manner of thinking in conjunction with the examination of your core beliefs as well as how you perceive your circumstances will elevate your experiences so that there is less chance of experiencing a wide range of mixed results.

This is the very essence of what it means to not only learn how and why it is necessary to shift your conscious awareness but to where. If you allow yourself to remain on the frequency you are currently on, while the evidence proves that you are experiencing some pleasant results, do not stay there. Eventually you will become stagnate and before you know it you will begin incurring the wrath of cause and effect you would just as soon not. Keep moving onward and upward so that you decrease the chances more and more of invoking the kind of results you want to experience in your reality vs the kind of results you don't want to experience in your reality.

I'm going to do something a little different in this lesson. As promised I am going to turn once again to science but in doing so I am going to take you on a bit of a journey into some specialized fields for the sake of contrast, not in terms of differing opinions but to show how the prominent voices in these fields are aligned with what is called in science of mind “right thinking.” The ability to employ “right thinking” is what occurs as

we learn how to shift our conscious awareness. This little literary journey begins with the words of one whose voice became synonymous with the laws of the mind, Ernest Holmes (1887-1960).

That which thought has done, thought can undo. Life-long habits of wrong thinking can be consciously and deliberately neutralized, and an entirely new order of mental and emotional reaction established in Mind. Merely to abstain from wrong thinking is not enough; there must be active right thinking.

Now here comes the science! I begin with the work of Dr. Bruce Lipton in the field of cellular biology. Dr. Lipton brings the matter of becoming consciously aware to a whole new playing field in which cellular biology meets the principles of mental science in a rather surprising way. Research in cellular biology resulted in findings that turned a number of hard-core classically trained Newtonian's into believers of fundamental metaphysical principles of mind. Dr. Lipton describes the experience as this:

*I was exhilarated by the new realization that I could change the character of my life by changing my **beliefs**. I was instantly energized because I realized that there was a science-based path that would take me from my job as a perennial "victim" to my new position as "co-creator" of my destiny.*

Dr. Lipton describes Epigenetics as the science of how environmental signals select, modify, and regulate gene activity. He states further that the study of epigenetics revealed that genes are constantly being remodeled in response to life experiences which he says emphasizes that our perceptions of life shape our biology – the co-creator.

Dr. Lipton's work followed right on the heels of that of Dr. Candace Pert. Dr. Pert's pioneering work in biomolecular medicine research led to the advent of understanding the relationship that exists between our feelings, emotions, thoughts and perceptions and the physical body when she discovered what is called the "opiate receptor." This receptor is a molecule found on the surface of the cells in the body and brain and is what Candace describes as the first component of the molecules of emotion.

There is a great deal of science involved in explaining the work of the opiate receptor that further involves things like ligands and peptides, neuropeptides and the limbic system – far too complicated for this discussion. The point I want to make here is that through Candace's research she established a well defined relationship which exists between our emotions, thoughts, beliefs, perceptions and cellular memory.

Okay, science over! When we talk about shifting our conscious awareness we can know for certain that consciousness does, in fact, create reality and that our thoughts precede our physical bodies – not the other way around. The contents held in the mind whether it is something that is stored in the data bank of the subconscious mind or is conceived

on the plane of conscious awareness becomes matter to the degree of the observer's perception. In other words you see what you see how and why you see it whereas I see what I see how and why I see it. However, thankfully, we do share a collective seeing.

Collectively we all recognize particular objects the same. We will all agree that a red apple is a spherical shape, that it is red and that it grows on a tree. However, we will all not have the same objective experience with the apple but one thing we can be sure of is that none of us really knows why the red apple is red or what does red mean. The point is that the consciousness of the observer lends itself to how a reality is perceived. If it is perceived negatively to the degree that it induces a barrage of negative experiences then a shifting of one's conscious awareness is vitally necessary physiologically speaking.

Candace Pert sums it up like this: "By learning to bring your awareness to past experiences and conditioning – memories stored in the very receptors of your cells-you can release yourself from these blocks, this "stuckness."

So in closing it is my hope that our little literary/mathematical/scientific journey furthers your understanding of why it is important to learn how to shift your conscious awareness not only from a science of mind perspective but also the importance of doing so as it relates to the chemical processes in your physical body. In a future lesson we will take a closer look at the role of emotions from a physiological perspective. The reason for these more scientific approaches is to enhance your overall experience with understanding the nature of your reality from a broader scope of knowledge in addition to metaphysics.

Resources ~

Holmes, Ernest. 1938. *The Science of Mind*. NYC: Jeremy Tarcher/Putnam. First published in 1926.

Lipton, Bruce H. 2005. *The Biology of Belief*. Hay House. 2008.

Penrose, Roger. 2004. *The Road to Reality*. New York: Vintage Books.

Pert, Candace B. 1997. *Molecules of Emotion*. New York: Scribner.