

Welcome to Inner Alchemy! What follows is the final section of Tamara's book, Mind Over Matter. Since the first part was mostly memoir and this last part is more instructional, she wanted to make it easy for you to get to the "good stuff" fast.

Enjoy!

Forgiveness

"Forgiveness is the fragrance that the violet sheds on the heel that has crushed it." Mark Twain

My grandpa killed a little boy.

I remember that I was maybe 11. One day my mom called me at a girlfriend's house and told me I had to come home because Grandpa had an accident. My grandfather was a mountain of a man at six foot three and half Choctaw Indian. His skin was always tanned and he had jet black hair. He wore a cowboy hat and white jeans and laughed a lot with a twinkle in his eyes. He'd been coming from my aunt's house when a child on some kind of toy with wheels rolled out in front of his truck. I recall he spent a weekend or more in jail for manslaughter, but no amount of punishment could ever be worse than the punishment he gave himself. He lived his remaining years mostly in solitude until

the guilt gave him cancer and he eventually died, well over a decade later.

Self-forgiveness is probably the hardest kind there is. I was able to forgive my father, the man who attacked me, and (for the most part) an awful ex-husband. Forgiving myself wasn't as easy a task though. Part of self-forgiveness has to do with guilt. My list was long. I felt guilty I didn't think I wanted my second baby, guilty about what happened to Nichole, guilty for the drugs I did that impacted my parenting and my presence, and even guilty that I couldn't help my dad that day I found him lying there dying. Self-forgiveness is all about treating yourself like you would anyone else, and yet we do just the opposite. We cut other people breaks, sometimes even acting as disposable door mats. When we fail to have those kinds of boundaries with others, we tend to attract the very types of people who will take advantage of our kindness. And sometimes, the people who take us for granted are merely reflections of our own sense of inadequacy. In other words, I've come to know that when we love and forgive ourselves, bad hair days and all, we don't seem to attract the kinds of people who set out to take us for granted and abuse our compassion or violate our personal space or boundaries.

Women in particular are notorious for forgiving the worst infractions in others, yet beat themselves up if they've gained

six pounds and can't fit into their skinny jeans. We talk to ourselves in ways we wouldn't talk to our worst enemy. When I get mad at myself, I pretend like I'm someone else who did whatever it is I'm upset about. The other day on my way to yoga, I was daydreaming when the light turned green so when someone behind me honked and I went to turn, I cut my turn a little too close to the curb and heard the scraping and bumping of smacking the shit out of my rim. My first instinct (aka, knee-jerk reaction) was to curse at myself and ask how could I be such a klutz, but then I stopped myself from such banter and took a few breaths. Next I considered how I would treat one of my kids if it had been them. I might say, "Whoops! That was a boo boo. You have to be careful cutting curbs honey or you could wreck your rims. And by the way, please pay attention and be extra careful when you drive because you are so very precious to me and I want you to stay safe." WOW. What a difference that was and how incredibly different it felt to forgive myself that way.

We know that everyone makes mistakes, but for some reason, we tend to take exception when it comes from our own sweet selves. Everything you've ever done, no matter how foolish, selfish, or mean it was, had some kind of motivation. I mean, unless you're a sociopath, you're not going to just go around hurting people for the fun of it. There is always a reason. Usually it's to somehow help you feel better, or at the very

least, help you feel less pain. Just like the people who have hurt you had a reason, and I'm not saying it was right or fair, but just maybe it deserves forgiveness. Bullies were bullied, haters were hated. We treat people the way we were treated, that is, until we wake up and realize the cycle stops when we say it does. Remember, when we forgive, we're not endorsing bad behavior; we're just stopping the bleeding of our own wounds. The longer we harbor hatred, directed inwardly or outwardly, the more energy we drain from our dreams and from our higher selves.

I have found that many people find it easier to forgive the big whoppers of wounds easier than the day to day hiccups that hurl themselves at us when we least expect it. It may be from people we love, work with, or who check us out at the grocery store. Anyone anywhere can say the wrong thing, give the wrong look, or not comply with your best intentions or requests. This is the tricky thing about life; we can feel all full of ourselves when we forgive the bad guy, but then the neighbor asks us to trim our tree and all hell breaks loose. Back to biology, we can recall that anytime our brain senses threat, our whole body slips into survival mode faster than you can run for cover or grab the chain saw. A snarky remark from an in-law at Thanksgiving dinner can have your system flooded with cortisol way before desert. But here's the thing about our brains. They have reasons for what seems to be them deceiving our bodies into

fight or flight.

If the snide remark from an in-law reminded you (even if unconsciously) of the time your mother said your sister was always smarter than you, then it's only natural your body is going to go back to the actual instance with mom and sis. As far as your protective brain is concerned, you just got rejected by your most important care taker and that rejection certainly warrants a 5-alarm alert.

I teach communication courses for a university and I always tread tip-toe-light when it comes to this topic of triggers. People generally don't seem to grasp or accept the idea that maybe it's not the other person who pissed him off, but rather, the other person who helped *trigger* an emotional sore spot that's been there all along. Taking radical responsibility for our triggers is key to what I teach. The thought-spiral is the hardest to break when we're spinning in survival mode. Someone hits a trigger and you spend the rest of the day and half of the night re-thinking, re-living, re-evaluating it. This kind of crazy-making keeps us stuck in survival and scarcity mode. We cannot create our dreams and live with open, giving hearts when we're using our essential energy to ward off imaginary attacks in make-believe wars.

Part of living a fully forgiving life has to do with acceptance, such as what we covered in talking about surrender.

Acceptance of what you can't change is like a wheelbarrow load of stress being lifted from your body. A delayed flight is a pain in the ass; a long line is irritating; a big tax bill can be deflating, but what we have to ask ourselves is if it can't be changed then what's throwing a fit going to do about it anyway? Allowing ourselves to get all worked up over what is has a very clever way of keeping it in place. I once read that the martial art of Akido practices non-resistance. I'm no black belt, but the idea is to go with the force so that it doesn't slam straight against you. There is so much wisdom in non-resistance. I'm clearly not saying we should lay down and let people walk all over us, or even accept bad conditions if we're able to instigate positive change, but rather, that most people waste ample amounts of time complaining and grumbling about what is instead of looking for what could be better.

A lot of us carry resentment over our own jealousy or intentionally snide or harmful remarks or actions. This too requires forgiveness. Even if someone is clearly being an out and out asshole, it's an asshole that you're empowering energetically if you hang on to the harm you think they've caused you. Resentment causes cancer and other diseases because it's an ulcer in our aura. It eats away at our soul, and eventually our physical body too. May as well drink a pound of poison than walk around resenting other people. Not only will

the culprits not be killed from your lethal dose, they will likely not even be aware you're choking. We tend to judge those we are jealous of most harshly. We may not even consider it jealousy, but envy is a wide net. Thinking or saying things like, *must be nice to marry well, or sure, she has a great body, she's never had kids, or even, if I had all that money, I'd be more generous.* Those are all resentful sentiments that take you farther from your core; from who you are in your highest self.

Release the bitter pill of envy by recognizing the universe is showing you what's possible if you'll only open up to it. In fact, the stronger the emotion triggered by what someone else has that you want, the more certain you are meant to have it, *if* you'll only get into the alignment of making it so. You can only do this by applauding and appreciating the success and joy of others. The opposite is nothing less than spiritual suicide. Be happy for people who are doing well, release all forms of resentment, and forgive yourself and others. It's the only way to truly thrive and open your heart to more giving.

One of our main challenges in life is becoming more aware. To notice the moment when an emotion sweeps us out to sea and to make the conscious choice to let the feelings arise and then dissipate. Dr. Jill Bolte says that the feelings of a negative emotion only last 90 seconds, yet most of us choose to nurse the hell out of them and just continue riding that wave. Maybe it

makes us feel more alive to be angry, rant on social media, convene with others over how terrible things are; yet no good can come from that.

Forgiving others doesn't mean you need to kiss and make up or take them for drinks. Actually, forgiveness is more for you than it ever is for anyone else. Whatever spiritual real estate you're giving away to someone who has hurt you, is space that's void of love. Releasing hate, anger, resentment, and even regret or sadness aimed at yourself or someone else will free space for your soul to come shining through. While I cannot blame my grandfather for never being able to forgive himself, I pray for the family involved in that tragic loss and hope that somehow, some way, their sorrow has subsided and that all their souls are healed.

Ultimately, we are response-able for how we choose to hold on or let go of hard feelings. Forgiveness can unlock the door to emotional healing and conscious creation can push that sucker wide open.

Part III

Chapter 18

Thrive

"All are synchronized by resonant fields, and as we make choices with our minds, we set up resonance patterns that extend to infinity."

Dawson Church

Congratulations! You've made it to the Mind Over Matter fun part. Although I noted at the start of our journey that I wouldn't be throwing down a whole lot of science in this book, I want to make sure we're clear on a few basic ideas. Unless you've been living in an igloo in Antarctica, besides what we've covered in earlier chapters, I'm sure you're heard the terms frequency and vibration. While at one point in time these words may have evoked an eye roll reminiscent of flower power and hippie children, today we know differently. Through quantum physics we understand that our entire universe is a pulsating field of energetic frequency, vibrating at various levels as it

goes from wave to particle and back again. We also know, through neuroscience, that our brains will quite literally "show" us our subconscious expectations. And, I've already talked about our electromagnetic field. This isn't that far off from what quantum science tells us about the observer effect which basically says that nothing is anything until someone see it (observes it), and that in fact, our expectations may have a real and valid impact on that which we are observing. Our thoughts and emotions quite literally vibrate at high for happy and low for not and the level of those vibrations play a role in the kind of life you tend to experience. If you think that sounds a little like mind over matter, you are absolutely correct.

In essence, that's all you really need to know about the science, but to take it one step further, it's important to understand that quantum physics teaches us that energy itself is information. The electrical energy that pulsates through and around your body is carrying information from one organ to the next, radio frequencies and satellites are doing the same thing. Likewise, your thoughts, emotions, and expectations (energy) are carrying information out into the quantum field. And actually, that's not quite accurate, because while we think of the field as "out there" it's really right here; in and out and all around us.

So, recalling that I've promised there's plenty of science

to back this up (which I'll list in the resources section), just understand that essentially the thoughts and emotions you put out influence material reality from both a neuroscientific and quantum mechanics perspective. There is no way your energy does not influence your external world. In fact, your external world is merely a reflection of your internal one. We want to create inner peace, loads of wealth, healthy bodies, and perfect mates, but we try to find it "out there." It's always got to start, "in here." That's after all, that's what mind over matter is all about.

I created an acronym for the word "thrive" to help illustrate the main idea. It is: Thoroughly Holding Resonance In Vibrational Energy. In the upcoming few chapters we'll touch more deeply on all of this to the extent it's easy to understand and apply; especially the meditation/Medicreation practice that I hope you will commit to for the greatest possibility of noting measurable changes in your life and the world around you. Those changes will begin with your thoughts, the feeling those thoughts cause, and the inevitable action you'll take as a result of intuition and excitement as your brain begins to change and your spirit starts to expand.

That said, I wanted to introduce this section by mentioning three things that I think most "manifesting" books leave out to some extent. Mind over matter works much better with a basic

understanding of these ideas.

1) You must become the person who is already living the life you want to create. This is as much about your state of being as it is your actions as it is your focus. You can't say you want to be successful while slouching around and complaining about your bank balance. You're interacting with the field at all times and the field is filled with unlimited potential and infinite possibilities. Picking the outcome and projecting it into the quantum field is, energetically, creating it in another dimension (no matter how weird that might sound). The science is astonishing enough that even if we can't pinpoint the exact mechanisms for how and at what point it's happening, we know for certain that creating in the field requires our attention (or observation), so to "wish" for something via day dream is not the same as "acting, feeling, and being" the change you want to experience. The most likely occurrence as to how mind influences matter is simply focused attention. Your own electromagnetic field interacts and affects everything it comes into contact with, and contact is made through thought and emotion. Make your intention so real and strong that the energy carries a quantum punch. Who cares how it works as long as it does? If you're like most people, you've probably unconsciously memorized all the emotions of your past to such an extent they are running behind the scenes on auto pilot, which is what all the earlier chapters

set out to change. Start memorizing a new future based on what you desire instead of what you fear and dread.

2) Use mind over matter to create from your soul, not your ego. The ego wants money and material things. But the ego wants those things for the feelings and power it thinks it will get. It's fine to want pretty things, but you will skip to the front of the class if you first explore what it is your soul wants and focus on that. We tend to want prestige and attention and more money and things than we really even need. This goes for career and competition as well. Collecting things we can't take with us when we die is actually a form of scarcity if we are too attached to them.

For a long time I forced myself to like sales which I often found soul-sucking. While I was good at what I did and I took good care of my clients, it wasn't what my soul wanted. My ego said, make another commission so you can survive, but my soul said, write a book and be a teacher. The real irony of following your soul is that, as my friend Christine says, the side-walk just unfolds in front of you. In other words, when we're living with soul purpose, we find fewer and fewer obstacles that stand in our way. And even when those bumps in the road tend to surface, our soul uses intuition more freely to guide us around the pit falls. Following your soul purpose doesn't have to mean giving up your day job to pursue your passion, but it does mean

you find a way to incorporate your passion into your life. If you're a doctor, leaving your practice to join the circus may not be the right thing to do. However, I don't mind telling you I was recently in a mentor group where one guy left the corporate world and started making a million dollars a year by teaching people how to do handstands via an online program. Not even lying.

3) Being of service is the greatest thing any of us can do. I'm always so amazed at how driven people are to reach their own goals, when in truth, helping others reach theirs makes the whole ride so much better. What if your role in this lifetime was to shine your light so that others could see the road? No matter what your soul calling might be, it somehow serves others. Let's say for example you're an artist and you like to paint ocean scenes. That may not seem like it's really serving others, but think about it. When someone buys your painting and hangs it in their home or office, every day they walk by it, they are inspired by its beauty, as are all the other people who will see it over the years. That's one way of being of service. As we already mentioned, helping others helps us, and we all have something we can contribute. Remember that whatever gifts you bring to the world are a form of energy that can be traded for whatever it is you want. The artist sells her painting for cash. That was an energy exchange, right? No matter what you do,

if it's not hurting other people or yourself, chances are it's helping someone. Maintain that focus and intent and your mind over matter results will be that much more effective.

Now let's dig into the THRIVE section more deeply.

Chapter 19

Consciousness

"If you want a new outcome, you will have to break the habit of being yourself, and reinvent a new self." Dr. Joe Dispenza

When I was around 12 or 13 my grandmother took me on a trip to Los Angeles with her for her annual family visit. Grandma had nine siblings and the majority of them lived in Southern California. On that particular trip, we went to pick my cousin Dawna up at the hospital. Dawna was probably ten years older than me. She was being released after I'm not sure how long because she had something called anorexia. Back then, no one really knew what that was or why a perfectly beautiful young

woman would refuse to eat food. I looked up to Dawna because she seemed so glamorous, but when I saw her on that trip, I am sure my jaw must have dropped. She was pencil thin and her cheeks were caved in like someone had taken a knife and carved the sides of her face away.

I asked if I could spend the night with Dawna at her apartment. I don't really remember the context of the conversation, just the hushed discussion between the adults, probably wondering if I'd be okay. Dawna couldn't drive but she lived close to her parents, my great aunt and uncle, which was where we were staying anyway. At her apartment, I opened the refrigerator and saw it was completely bare except for a single head of ice berg lettuce. There weren't any leftover ketchup packets in the side door, no long-forgotten leftovers shoved behind soda cans. There was nothing at all but that damn head of lettuce.

On that visit, Dawna and I walked somewhere to buy me a burger. I asked her why she didn't want one and she told me because she was fat. I laughed and told her I was a lot fatter than her, but she was dead serious. She didn't eat because she truly believed she was overweight.

While my cousin came very close to dying in the 70's, there was nothing or no one that could convince her she was not obese. Eventually she got better in a lot of ways. She lived many more

years, but her mind was never quite right and she still passed away much younger than she probably otherwise would have. Such is the power of the subconscious mind; to have you completely convinced of something that is absolutely not true.

Neuroscience has come a long way in helping us now understand that the beliefs we hold about ourselves are like little programs running our lives in big ways, causing us to see and experience exactly what we believe, quite often unconsciously. The memorable experiences we have in our early years often shape the ideas (interpretations) we get about ourselves, the way the world works, and our place in it. Even the most innocent experiences can scar our self-esteem, and the not-so-innocent ones can sear our very soul. The subconscious mind is such a powerful purveyor of telling stories about who we are that we'll spend our entire lives living the stories out, making them come true at nearly any expense.

These subconscious stories usually relate to somehow not being enough. Not being worthy or deserving or as good as someone else. This not-enoughness sends us into survival mode which you know by now is the state of being that most of us are walking around in, causing us to forget to breathe, to worry, to over react, and to often expect (and get) the worst. Survival mode doesn't feel very good, but it's intended to help us. This is because the body and brain are designed to keep us safe and

alive, and after all, if we're not enough, how will we take care of ourselves? Who will love and protect us?

This not-enoughness and living in survival mode is simply a result of the stories we tell ourselves about our place in the world in an effort to cope with the world we find ourselves in. The problem is that most of the negative self-perceptions are completely false, yet because they settle into the groves of our subconscious thinking, we usually can't track them down and stop them where they live. That negative programming is like a sneaky saboteur that will cause us to do things that might not be in our best interests. It's almost as if our subconscious mind's message is "You're not enough, you don't deserve, and you're in the way." Our life experiences will always be in alignment with our subconscious stories. This is why my cousin Dawna truly believed she was fat (aka not good enough).

On the flip side, we have something often referred to as the placebo effect. This is when the subconscious mind forms a positive belief, and as a result, the body gets to work healing itself. If our subconscious thoughts (our beliefs) are powerful enough to heal all the documented cases of supposedly terminal cancers and other diseases, surely they're capable of keeping us out of survival mode, creating self-love, and raising our energy in the world so that we can truly thrive.

It's only when we take radical responsibility for changing

our own thoughts, both conscious and subconscious, that we can truly operate mind over matter in ways we prefer. The subconscious mind is one level of consciousness, but there are four in total. Let's review them all.

In the past moment did it hurt when all those cells died? After all, the average human body loses 300 million old cells *per minute*. Notice though, how you never felt a thing? Likewise, when is the last night you had to set your phone alarm so you remembered to breathe? Fortunately the unconscious mind, via the autonomic nervous system, knows how to take care of the body's business. Namely, staying alive. So your unconscious mind is responsible for running your body behind the scenes. Your sympathetic and parasympathetic autonomic nervous systems are what keep you going. Think of the sympathetic nervous system as the one that puts you into fight or flight, aka survival mode. And you can consider the parasympathic system as the one that keeps you calm, aka rest and digest.

Next we have the subconscious mind, which we referred to in discussing my cousin with anorexia. The subconscious mind is also mostly beneath our level of access, although it is more under our control and awareness based on the conditions in our lives which likely have much to do with our subconscious programming. For example, if a person wants to stop smoking, he

may turn to hypnosis. Hypnosis in this instance would be an example of an individual being consciously aware of an intention and trying to create change on a subconscious level. I'm a big fan of this idea, because after all, I've been a hypnotherapist for nearly two decades. However, the act of creating positive change through hypnosis alone is not always effective. Why? Because the conscious and subconscious minds can be slippery rascals when it comes to change. This is why the process I'll be describing in this book, which I call "Medicreation," is such an important tool to use in changing subconscious programming and beliefs.

For our discussion and for this book, the subconscious mind is the one that rests between the conscious and the unconscious. The subconscious mind is accessible (with effort and practice) to the conscious mind as we will learn. Further, the subconscious mind is connected to the unconscious mind. So just to clarify, the conscious mind is awareness (wanting to be successful), the unconscious mind is automatic (keeping our blood flowing) and the subconscious mind can (placebo effect) or cannot (not letting you be successful) be in cahoots with our conscious awareness.

Hopefully it's obvious what the conscious mind is, but just to be clear, it's your every day, thinking brain. It is the level of consciousness you figure out a math problem, read a

book, or plan a vacation. What most people do not realize is, essentially, your conscious mind represents only 5% of your thinking and your subconscious mind, 95%. That's a whopping difference; kind of like David and Goliath without a slingshot. It's also the reason you have so many self-doubts, negative experiences, and whatever other experiences you've created in your life that you'd swear on a stack of holy Bibles you had nothing to do with. Sorry.

So while I've given you a basic run down of how your consciousness creates, either intentionally (5%) or unintentionally (95%) what about mind over matter *outside* of yourself?

I call the fourth kind of consciousness "quantum consciousness." It's one thing to have the ability to heal your disease or gain super strength to lift a car, but what about when you're able to actually affect matter outside yourself with your mind?

Quantum consciousness is what you'll connect to when you are in a very deep state of consciousness. We'll get more into that when we talk about the process of Mediceation, but for now, understand that a lot of this has to do with relaxed brain wave states.

The biggest challenge any of us ever will ever have when it

comes to manifesting positive change in our lives (through any level of consciousness) is the nearly impossible requirement to quit focusing on the lack of it. This is because our outer reality reflects our inner reality. In other words, our life experiences are nothing more or less than *feedback* about our inner state of being. The trouble is, for the many of us living in survival mode, there is a subconscious cacophony creating an inner state of being that keeps us stuck and stagnant. Much of this is due to our past experiences and the old programs that our protective brain designed as a result to keep us safe, and they continue to run in the background, compliments of the subconscious brain.

The previous chapters, if absorbed and applied, will help you begin to break out of survival mode and begin to shift into thriving mode. The easiest way to tell if you've made the shift is by looking at what life hands you, because basically your experiences will always confirm your inner state of being and your subconscious beliefs about who you are. Even if those beliefs are absolute bullshit. The tricky part of this is that even if you think you have a positive mindset, if not desired things keep happening, it's your subconscious mind that's keeping your chi and your inner state of being pointed in the wrong direction. This all starts with awareness and our ability to respond appropriately.

This means we have to be fully present, which is impossible when we're living in survival mode. I'm not going to start rattling off the importance of being mindful, but I will say that doing things mind-lessly causes accidents, and certainly is kissing cousins to divorce, disease, and addictive and self-destructive behaviors. When you're paying attention to what you're doing and how you're feeling when you're doing it, you are literally and nearly automatically thriving. You can't help it. Because in this moment, most all the time, things are just fine. It's all the fussing about the future and non-forgiving of the past that keeps our panties in a bunch. But right now? Not so bad.

I'm not going to re-create the wheel of my book *Imagine That!* (often free on kindle unlimited), but I will be adding and re-defining a few things. However, if you want to learn all about energy vibration and metaphysical mastery that I'm not breaking down here, check that book out and take the 33-day challenge. Here though, I really want to emphasize the importance of embodiment, or "being" the version of yourself who is already thriving (in spite of late bills, screaming kids, and aging parents). First though, let's look at why it's so hard to step out of survival mode in our day-to-day lives.

In the Hindu philosophy the word Maya pretty much means illusion. Interestingly enough, quantum physics tells us life is

all an illusion anyway. Einstein thought that too, even before he saw the Matrix (smile). The most profound concept of quantum physics and neuroscience is this:

Our external world reflects our internal one

and

Consciousness creates both
(with an emphasis on subconscious, 95%)

We walk around bumping into people and things we don't like, conditions we think are unfair, and struggle with circumstances we resign to endure. Then when we get really mad, we try to fight the way things are, pushing and prodding and forcing change. Dr. Joe Dispenza, says when we do this, we're trying to change matter with matter, which he concludes (and I agree) is the hardest way to implement change. If our external world reflects our internal world then it makes good sense to make changes from the inside out. We know for a scientific fact that mind influences matter, and thanks to some pioneering researchers like biologist, Dr. Bruce Lipton, teacher Greg Braden, energy expert, Dr. Sue Mortor, brain scanning expert, Dr. Joe Dispenza, researcher, Dawson Church, PhD., and Intentions researcher, Lynne McTaggart, the validity of such

claims is becoming next to impossible to argue with. When I started studying these topics 25 years ago, the science was shaky at best, but the techniques and ideas were nearly identical. I remember listening to Shakti Gawain telling me on a cassette tape that I could change my reality in any way I wanted through visualization. Back then, I just wanted to be better mom to my daughters and prevail in a nasty custody battle. Next would come getting off of welfare and food stamps and quitting drugs. Then it was college and a career. Then a soul mate, and the list goes on. They were all, at that time, seemingly impossible feats to accomplish, but everything started with my willingness to assume radical responsibility for where I was at that moment and my intuitive knowing of mind over matter. Eventually it boiled down to consciously creating things in my mind first, then training my subconscious mind to play along.

When we are living as victims trying to survive, whether it's from past trauma or daily overwhelm, there's more than just the chemical cocktail we're soaking our systems in. Which, of course, causes most chronic conditions as well as cancer, heart disease, and contributes to just about any negative thing you can think of. Living in survival mode also forces us into the scarcity zone. This is why it's so common for so many of us to struggle with money issues; we're all stressed out! But let's look at what the scarcity zone is saying to us. It whispers

things like, there's never enough, you're never enough. Sometimes it shouts. A few different things are happening here. First of all this awful affirmation of not-enoughness, gets programmed into our subconscious minds. Not-enoughness is at an all-time epidemic, and often even more so for those of us who heard or interpreted it from when we were young and too naive to know better. The subconscious mind is an obedient servant that will bend over backwards to prove your programming. Why? Because in nature's infinite wisdom, remember, we were designed to, above all else, survive. When your brain goes out of its way to prove your not-enoughness in the world, it's only trying to protect you. Preservation, *not* at its finest.

Additionally, the not-enoughness emaciates our energy. It causes our circuitry to disconnect (think about when you can't get a signal on your phone). When our energy is offline and not flowing, that means our vibrations are running slow and low. We all know that like attracts like, so naturally, you're going to continue to attract more things that cause you to feel like you're not enough; there's not a enough. This of course, causes freak outs and melt downs and makes you wonder what in the hell you're doing wrong. This will throw your whole system into more scarcity and survival, not to mention low vibes that get us nowhere. Do you see the vicious cycle we're creating? We are living a rerun, only unlike the ones on television, we get

wrinkles, age, and die for real.

Religious texts, spiritual masters, and metaphysical mavens have been telling us since the beginning of time that our minds and hearts are the end all, be all answer to manifesting change. Funny thing that the powers that be have swept it under the Welcome mat and most religions have turned it all around until we're feeling so guilty we can't see straight. Why? My best guess is that if people were truly aware of their great and mighty power, powerful people might not have the same leverage as they do by keeping us dependent, depressed, sick and broke. Finally, however, science got a new gig. The advancement of technology introduced supersonic telescopes and microscopes and ex-ray machines that can even see our thoughts! Enter stage left, quantum physics that shows us the fact that we're all connected sub-atomically, consciousness creates reality, and that we may indeed live in a multi-dimensional universe. Neuroscience shows us we can re-wire our neurons, literally pruning the connections that tell us we're not enough and creating new neural networks that tell us we're all that and a box of chocolates. And hey, you have somewhere around 100 billion neurons in your noggin, so you definitely have plenty to work with.

So here is the deal. In order to use what we know as FACT with the sciences noted above, there's a very simple but

seemingly impossible thing we need to do. Ready? Consciously create a new reality. Easy, breezy, right? It really is simple; you think and feel into whatever it is you want to create. This is mind over matter as its finest. The challenges are: 1) you cannot, under any circumstance, create good things from survival mode. This is why the preceding chapters addressed healing past hurts, forgiving, and breathing energy into your body. It's also why most everyone you know *wants* to believe in the law of attraction, but generally speaking, sucks at it. We're all skating around in survival mode wondering where the rink went. For 2) in case it's not clear, conscious creation requires conscious attention. We hate paying attention, especially when there are posts to make and wine to drink, yet it's required. This is partly the mindfulness we talked about earlier, but it's also creating a clear picture in your mind of what you'd like to create. Most of us are so distracted we couldn't claim our greatest desire if it hit us in the head. Next 3) we have to take the time to create it in our subconscious minds. Remember, your subconscious mind is damned and determined to deliver you whatever premise you tell it is true (aka, your beliefs). And since neuroscience promises we can program anything we want into our brains and then our brains seek to make it happen, it seems pretty reasonable to program something positive, right? Remember, this *all* starts with a conscious decision(5%) that

we're committed to make subconscious too (95%), and the rest is just the icing. And finally, 4) we have to be in vibrational alignment with our intention. Another way to look at this is to be in "receiver mode." That's part embodiment and part positive expectation. It's the frequency you're emitting more than half of your waking hours. Here's a simple example: let's say you're at a birthday party and are excited to taste the amazing tripe layer chocolate cake on display. Next, consider you're starving half to death with no money, sleeping on the street under the window of a bakery with the same kind of cake. Do you see and feel the difference? The first one has you in a state of receiving because you know you're going to get that cake. The second one has you in wanting mode (aka survival and scarcity), because you want the damn cake but you know it's not going to happen. This really all boils down to our state of being, which we can always gauge by how we're feeling.

While I can teach people how to Mediciate (next chapter), help them heal past hurts, and get their energy more on line (previous chapters), I can't walk around with them each day making sure they don't yell at the mailman or get stressed out at the barista for pronouncing their name wrong. The minute those things or a million other things like them occur we slip right back into survival mode, and in case you forgot, see number #1 above. When we're surviving, we are not thriving.

Living in survival mode suffocates our souls, making happy manifestation seem farther away than Morocco. The best way I have learned to override the rough patches is through embodiment. Embodiment is the "being" part of all this that throws people off.

Let me use money as an example, because most people (myself included) can spin into survival mode when it seems like there's not enough to go around. We all know all too well by now that scarcity does not contribute to wealth, and in fact, does just the opposite of it. So ask yourself, what would it feel like if you had no money worries? You can apply this to a health or relationship issue too. While this is an individual kind of thing, I'm going to go out on a limb and say that most people would agree having plenty of money would give them a sense of freedom and/or security. In my experience, people who have struggled with stress or trauma tend to lean more toward security. Why? Because living in survival mode means your body and your brain are telling you that you aren't safe. Money issues intensify that, thus, in a weird, warped way, having money feels like we're going to be okay. And while this isn't a money book, and I'd be the least qualified to write one, I do understand that this concept is all wrong. Money will not, in itself, change you or fix how you feel. It will only magnify who you are already being. No need to mention the Lotto stories

where people can't handle the win so they blow it into bankruptcy.

As odd as it sounds, you have to take whatever trouble you have, be it money, disease, or relationship drama, out of the equation. In other words, we have to recognize our stress and worry aren't about money or health or divorce. Instead, it's about what we perceive those things to mean to us, and again, it's quite often safety and security or freedom and fun. Doesn't matter. What matters is that what we focus on expands and if we sit here all day staring at the screen of a dwindling bank account, worrying about a hurtful Facebook comment, or getting pissed off because our Amazon order is late, all we are doing is creating more of the same. Same shit, different day. But take a deep breath, because you *can* quite literally step out of survival mode and begin to thrive by using your beautiful brain, for starters, and then adding your heart to the party.

To create the life we would like to have, we simply have to embody it. Whatever it is that isn't working isn't the issue; you *thinking* it's the issue is the problem. Let's say for example you have that dream right now. The perfect health, the big boat, or all the money you'd like to have. How would you feel? What would you do this afternoon? Who would you hang out with? You see, we all have this backwards in that we think we'll feel safe and happy and free and blissful *once* we have (fill in

the blank), when what we now know is it's just the opposite. Once we begin to *feel* safe and happy and free and blissful, our bodies and brains and energy systems are in alignment with all that good stuff. Start acting "as if" you are already living the life that you dream of. That not only puts you in receiver mode, it amps up your energy. Quantum physics and neuroscience are not wrong. Every single day of your breathing life "pretend" you have all that you want in your life. Feel it with every fiber of your being. This state of being is big business for your body and brain and energy system. Pretty soon, the stress hormones will be drowned out with happy hormones that actually heal and make you feel light, loving, and vibrant. The good feelings fill your heart with joy so now the electromagnetic field that surrounds and creates your body is vibrating like New York City on New Year's Eve.

If all that isn't enough, because after all, isn't all any of us really want is to feel good?, you are living as your higher self. Your spiritual self who is creatively expressing your very best version of you. Remember, your higher self can hook you up with the quantum field like nobody's business. In other words, you create your dreams in the quantum field via your consciousness then you wait patiently and lovingly for them to unfold in your life. And here's the real clincher; you're not really waiting.

Huh?

Because, as we've already established, having whatever it is you want is mostly for the *feeling* you think it will give you, so once you learn to cultivate and live in that feeling all the time, the "stuff" is just the frosting on the cake. Make sense? My pal Dr. Joe says, "If you're waiting, you're not creating," and that's a very fine but important distinction. No more saying I'll be happy when (fill in the blank). Instead, find the feeling that the thing you want gives you *now*(as if it were already here) and invest so intensely in feeling that way internally (as opposed as waiting for an external cue to turn you on), that you really don't care if you get the thing because you're feeling so damn fine anyway.

We do not create positive change very quickly on the physical level (if at all), like I said before, matter to matter is the slow road to success. We want mind over matter. We live in a world that tells us we have to DO, be, have. That's insanity when there's a much easier way. We have to BE, do, have. Being the person who has the life you want is not only fun, freeing, and liberating, it really works in ways that will blow your mind if you remain open to receive and keep your ass out of survival mode. Remember, all the sciences support this: keeping your state of being joyful and vibrant and focused on good has physical, biological, psychologically, and quantum

effects.

Now let's get busy with the process that puts this all in place.

Chapter 20

Medicreation

"Strength does not come from physical capacity. It comes from an indomitable will." Mahatma Gandhi

Perhaps you saw the Titanic? If so, recall the famous scene where Jack and Rose were standing at the helm of the big ocean liner? The wind whipping her red hair around and feeling them both so elated and falling in love? The music only intensified the moment. Medicreation is kind of like that, but first let's look at the logic behind it.

In an earlier chapter we talked about meditation. In some ways, you could consider meditation a pre-cursor to Medicreation. But please understand, that is not meant to imply by any stretch of the imagination, that meditation on its own isn't a wonderful and healing tool. In fact, if more people simply meditated, we could heal the world. But this isn't only that. This is about using that meditative space to connect with and create from the quantum field.

Before we dive in, let me start by sharing why I chose the

quote I did for this chapter by Gandhi. The practice I'm about to explain to you is so easy that virtually anyone, including children, can do it. And in fact, as I've already said about the importance of meditation in general, a practice of some sort can change the world. This practice is actually easier than straight up, no thought meditation, too. So what's the trouble? It's, as the quote suggests, our lack of an indomitable will. Think about it. If the science of creation through quantum physics and neuroscience and epigenetics (let alone all the spiritual texts), have convinced you that you CAN absolutely create an improved life by starting with a fairly simple process, wouldn't you do it? This is exactly what the science behind mind over matter tells us is possible. What I have found, however, is that no matter how compelling the proof is, only those who have a high level of dedication/motivation demonstrate the will to follow through. Sometimes it's only when we're faced with a terminal illness or bottom of the barrel living (like I was) that we're willing to take the time because we feel that we've run out of all other options. However, wouldn't it be better to avoid all that pain and fear and simply start now? I hope you are one of the people who will trust me on this, because this practice will change your life. We'll talk more about obstacles in a bit.

The only way we can connect with the quantum field fully is

to step away from our 5-sense self long enough to make a connection. Once we make the connection, it's easy enough to imagine whatever it is we'd like to change and how we'd like to see it changed. The tricky part is, stepping away from our 5-sense self, which has been the primary idea behind this whole book; being radically responsible for taking control of our own minds, responses, and futures. It would be much easier if we could see our intentions on a big screen in a dark theater, with loud feel-good music to boot. But even that wouldn't be as powerful as the practice I'll be sharing with you here. The essential first step though, is to "step" into that theater of your mind to begin with. The trouble is that when we're swimming in stress hormones and living in survival mode, closing our eyes and calming our brains seems nearly impossible. And this is why the science is so important to digest. I mean, whether you want to win an award, heal a disease, or meet the perfect person, isn't it WORTH taking the time to calm your body and brain down for a few minutes every day and envision that ideal outcome? I think so, no matter what it takes.

We argue and procrastinate and say it's just too hard, but at the end of the day, big tax bills, disease, and unfulfilled lives are way harder. And stress can and does kill people every day, if not from illness, then from accidents, arguments, and murders. The reason more people aren't manifesting more ideal

outcomes is precisely because turning away from what we've already created and shutting off our five senses for a bit can feel uncomfortable. We're so used to being busy; doing, doing, doing. And in fact, when there is empty space, we feel an inherent need to fill it up with texting, television, talking to someone, or vegging out on YouTube videos. To calm our brain and create something new and beautiful with our precious imaginations to the extent we can feel it with our emotions and thereby connect to the quantum field in ways that make miracles seems effortless is hard work. But worth it. Worth every uncomfortable moment the silence and squirming may cause you.

I posted a meme on Facebook the other day that was a graph of how the day is divided up. The heading was, "When you think you don't have enough time." It had a pie slice for sleep, work, eating, and commute time, and then a slice of several hours aptly entitled, "enough time." In other words, we can gauge our priorities in life by what we do in our spare time that we don't think we have. Pedicures, drinks with the girls, and Facebook...I'm not saying we should cut those things all the way out (especially drinks!), but I am suggesting that we take a good long look at how we spend every precious hour of the average day. If getting up 30 minutes early to conduct a daily practice is really going to be such a hardship, what about your lunch break?

While the practice I'm referring to is called "Medicreation," it's really simply, checking out of what is and creating what can be until it feels like it already is. We all manifest from our imaginations and emotions and we are doing it every single day. It doesn't take a rocket scientist to look around and see that most of us have been mis-manifesting our asses off. And here's the cool part. Just the process of stepping outside of survival mode, breathing, and being more mindful is enough to vastly improve your life, health, and how you feel on a day to day basis, when you add in the benefits of consciously creating experiences you long to live, you will find it a million times easier to stick to your practice, because you know, this is your life.

I have one question to ask you and then I'll summarize the process. However, as noted before, I get very detailed on the process I teach in *Imagine That!*, *Mind Over Market*, and *Law of Distraction*, so I'm not going to plagiarize or recycle from my other books and make it boring for those who've read them (remember, most all my book are free on Kindle unlimited, and often have free days too).

Here's the question:

If you really knew, beyond a shadow of a doubt, that you

COULD create something in your life, using mind over matter, that would make you so happy you'd literally pee your pants, would you do it?

Really? Okay, then I won't keep asking you that, but just to be sure...

Would it be more important than binge watching the latest Netflix show or gossiping about what so and so wore on the Red Carpet (who gives a shit?)? As I have found over my years of coaching and counseling others, it's not always about time. I mean, it's one thing to say, hey, I work 50 hours a week, am a single mom, and haven't done laundry since March. That argument has some legs to it (although legs we can work around!). But that really isn't it, and if someone says it, I know it's just a lie they are telling themselves. What's really lurking around, often in the subconscious parts of our brains, is the belief that says "this won't work--at least not for me," which smacks of not-enoughness. Think about it. If your child fell into a pool and you didn't know how to swim, what would you do? Take swimming lessons? Buy a book on rescuing children from pools? Jump on line and see if any good swimmers are nearby? Nope. You'd get your ass in that pool so fast to save that child that Mark Phelps would blush. That's because you'd have *major*

motivation.

Major motivation, sadly, is missing for many people these days. We stay, as Pink Floyd sang, comfortably numb. We often feel beat up, bored, and too tired to tango, but these are the very reasons why I'm bringing this up. If your life is not freaking exciting on most days, something is wrong. If you're not creatively, lovingly expressing yourself in some way that serves or makes others smile, it's time to ask why. And I think that's the main problem; not knowing what we want. Sure, if you have a disease, it's easy enough to know you want health, or if you want to lose 50 pounds, you know you want a slimmer body. But both of those will require motivation. In other words, you have to want the health or the slimmer body *more* than you want whatever is causing it in the first place. Clearly with weight loss it's usually (I know there are rare exceptions), eat differently and move more. But if bingeing is your addiction, the motivation of looking good in a swim suit this summer may not trump cupcakes and cream cheese when you have a rough day. This is why the healing portion of this book and managing your energy and subconscious mind are so very important.

While these days, I generally coach woman with big goals to get out of their own way by healing the past and then use mind over matter to manifest major accomplishments, I have helped plenty of people over the years with various addictions and

diseases, and in my experience, the energy and emotional blocks have to be addressed before the healing can ensue. Nevertheless, Mediceation can help in all instances if and when you can conjure up an image or scene of the ideal outcome you'd like to experience. Remember, this is all about getting into a certain state of being. In my work with business owners, sales people, authors, even those who are seeking fame, I find they are almost always motivated to begin with because they have a burning desire to make something big happen in their lives. This doesn't mean that they (and all of us) don't need to do some mind, body, energy clean up, but at least they've got the motivation to do the practice we'll break down now because they trust/believe it works. It does.

Let's take an entrepreneur who wants to build a speaking career since I work with this a lot. Think back to the scene in Titanic because it's a memorable scene like that we're trying to create. Now I'd have this person, let's call her Emily, think about what experience would "prove" that she's living in her vision this very moment. She might say she sees herself standing on a stage in front of an audience. The audience is giving her a standing ovation. She can hear their loud clapping and see the look of adoration on their smiling faces. She's wearing a pair of Gucci shoes and a Ralph Lauren white pant suit. She can feel the fabric against her skin and the stage lights on her

forehead. Emily is SO excited! Do you notice how we included her sense of touch and sound? The more of your senses you can incorporate, the more realistic the scene can feel. But above all, FEELING is essential. Emily's excited, expectant state of being is the "quantum click" we're looking for.

Some people are so used to feeling comfortably discontent that they don't allow themselves to think that big but if the scene you come up with doesn't excite the hell out of you, you're not dreaming lofty enough. This may take time to cultivate the perfect scene, but it's critically important you pick something that turns you on and will keep you motivated enough to Medcreate with it every single day. When people ask me, "How long do I have to do this?" they are missing the entire point. It's like me asking you, how long should I enjoy my massage? Medcreation is stepping outside and away from the busy, noisy world and consciously imagining something that you'd love to have. It's like day dreaming on steroids because you have the power to pull that dream into your day-to-day life, if only you'll step out of said day to day life to create it! Who would dread that?

Dr. Joe Dispenza has done a boatload of brain scans at his events that measure and monitor brain waves of people when they reach that very high state of stepping out of their 5-sense self (my term, not his), and entering the quantum field where we are

actually creating whatever it is we're focused on so that we can bring it into our physical reality. He's got tons of true accounts of people bouncing out of wheel chairs, curing stage four cancers, and a myriad of other "miracles." Same goes for the massive amounts of scientific research Lynne McTaggart and other groups have done on healing intentions. I mean, when someone with a documented case of terminal cancer has a spontaneous remission, people talk. As I've noted before, the mind is way more powerful than anything physical, it's just that we have to tap into its power. You can't do that while texting, talking, reading, petting the cat, or anything else that requires you to have your eyes open (at least initially, for most of us). When we are in the zone of what I call Medicreation, we are no longer mentally, emotionally, or energetically earth bound. We are truly and purely our higher selves where all things are possible. It is not an instant answer in most cases, but there are certainly documented cases of fast, spontaneous results as I just mentioned, so I do not think instantaneous is impossible, I just think most of us can't get out of our 5-sense self long enough or deep enough to step into the miracle zone, zip pity quick.

While this may sound a little too Matrix for you, the newest developments in quantum physics and human consciousness actually suggest that the universe is like one big, invisible

web holding us all together, and that we are in fact (by way of our brains) tapping in to different channels like a streaming television. But it gets even crazier than that. What we see outside of ourselves could actually be bouncing off the field through our brains, projecting outward. I know when I start reading about the holographic universe, I get a little bit dizzy because it's so hard to grasp, but chances are it's more true than any of us realize. Neuroscience and quantum physics both say the same thing, leading some people (myself included) to believe what we really have going on are quantum brains. It's staggering to say the least that the Matrix may be more real than we think, but all we really need to worry about right now is a very simple thing. That is, both science and spirituality teach us that what we project, we reflect, meaning, the whole world we see in our brains is what we experience in our physical realities. And if that's true and you want to see something else, it's not about "manifesting" it as much as it is about finding it in your imagination and emotions first, which will then project it onto the quantum field until you find it in your physical world. Wow!

Quantum science aside, I think back about Denise Linn's theory of energy chords. Just as she tells us these strands can keep us connected with things we don't want, they can also connect us with things we do want. It seems logical then to

think that when we apply our pure, emotionally-rich intention to an image, we are somehow creating an energetic chord that attaches to it and then brings into our physical reality once we've given it enough juice. We have to remember, all woo woo aside, the sciences show us that when we visualize a scene enough times with emotion, we lay down new tracks in our brains. Those new neural networks will cause behavioral changes that we may not even notice, and they will also certainly make us aware of people and opportunities we might otherwise miss. We know the subconscious mind operates on images and emotions, so it's up to us what we're feeding it. No matter what, your outer conditions will always reflect the inner ones.

To help the inner conditions accelerate your mission, I will add a few helpful tips. Medicreation should be accompanied with brain wave tones, aka brain entrainment sounds or music. There are many to choose from, and you can experiment with free recordings on YouTube. The reason I stress this is because of stress (pun partly intended). The truth is that most of us who are knee-deep in survival mode have erratic brain waves. If our brain hemispheres are way out of sync with high beta brain waves going on, we can't achieve whole brain thinking and visualizing. Our left and right hemispheres have to be coherent (so does our heart) for the best results. You can read all about brain waves by doing a google search or reading one of my other books, but

it's not necessary to know the details in order to achieve the outcome. Just pick music or sounds you find relaxing that are designed to help with whole brain thinking (binural, isochronic, high frequencies, hemi-sync). I personally use and recommend headphones to block out any external noises from cats, dogs, husband, and cell phones. I wear dark glasses or an eye pad to help leave my 5-senses behind, too. Then I breathe deeply, taking in all the oxygen I can, squeezing my root chakra and holding my breath several seconds to really get the energy flowing, and then I release my breath through my mouth, nice and hard. I do that a few times as I know it slows down my brain waves and releases toxins, too. Then I just start breathing slow and naturally through my nose, constricting my throat (yoga breathing). The hardest part that takes the longest is just getting to that space of pure relaxation where you're body and brain are almost floating. This can take ten minutes or thirty, but the music helps make it faster. Next, I simply envision whatever big intention scene I'm working on until it **seems so real in my imagination and real in my body that I know I've actually experienced it on some level (I have)**. That's the part that can be the trickiest, and it's also why the deeper you go into relaxation, the easier it becomes. This is what I referred to as embodiment. Earlier I noted how we should walk around feeling, thinking, and acting as if we already have what we

want. Here, we're doing it with our eyes closed, purely in visualization and imagination.

There is one more step that I think really seals the deal. As you are sitting there, say at your kitchen table like I do, don't just see yourself on the stage from the 3rd person perspective, but also imagine that you ARE standing there right then and there, before that audience. In other words, what would it feel like in your body, during your Medicreation, if you knew when you opened your eyes you'd be seeing all those people or the beach scene, or whatever? Instead of sitting in a chair in your home imagining the stage, pretend you are really standing on that stage now. I know this part is tricky, even for me, but it's truly a revolutionary yet subtle key. I didn't make this up either, Neville Goddard is the only person who really taught the importance of "being" in the vision instead of just seeing it from a third person perspective, and I know it works from my own experiences and those of people I've worked with. You can practice this skill in other ways too.

For example, I'll sit on the edge of my bed and close my eyes and imagine I am in a hotel room. I envision where I think the window would be (to my left), the different look of the bed I'm sitting on (no dog hairs), and even the desk where I have my laptop set up. I just sit like that for a couple of minutes until I really feel like I could almost open my eyes and be in

that hotel room. Then, when I'm traveling and actually sitting on the edge of the bed in a hotel room, I close my eyes, image where I'm really sitting so I can remember the feeling, and then try to feel myself back at home. You don't have to travel to experiment with this. Go from one room to the next and try it that way. Instead of thinking of this as a useless exercise that has nothing to do with creating a life you thrive in, recognize that the sooner you can train the brain that runs your life, the sooner you can create your dreams. Ultimately, this is ALL about directed focus, and that shit's hard.

In essence, breathe deeply and joyfully as you envision the future you want to create. Smile. Invite as many sensations as you can to make it even more real. You're literally bringing in the energy that creates universes when you breathe up and down your chakra line with intention. This IS mind over matter with intention. If that energy can create worlds, surely it can create a new job or lover, more money or better health for you, right? Remember that the vibration of positive expectancy fills you to the rim, as you calmly claim your vision. In Medicreation, your brain is merely a tool, but your heart contains the fuel so remember to lean into the emotions of joy and gratitude as your practice. Think, brain, body, heart coherence as turning on the quantum click.

A client of mine who says she'd read *Imagine That!* Twice,

asked me to explain as succinctly as I could, how a thought in her mind could have an actual, factual effect on something outside herself. Well, I like to think that's what my books do overall, but since she seemed to want a single sentence solution, here is what I said: quantum physics tells us that the field is full of unlimited potentials just vibrating in and out of particles and waves and that through the observer effect, we connect with the potential that we'd like to experience, thus making it the probable outcome. Our very observation of it starts to collapse the wave that causes it to be created in the material realm.

CIA?

Last week I came across a post that mentioned the CIA and law of attraction. At first, I scoffed, thinking to myself, oh boy, what a crazy marketing scheme. I mean, after all, there is a LOT of hyperbole over the law of attraction that tends to tell people there's a missing secret to the secret and this particular coach or program will show it to you. And to be clear, the only secret is that there is no secret, only unwillingness for people to sit their asses down, clear their minds, and mentally rehearse the futures they would like to create. That said, the idea of the CIA having anything to do

with the law of attraction intrigued me, so I did a little research. Okay, I did a lot of research. And while the Internet has never been accused of being infallible, I must admit, I was pretty impressed with the once classified report I found from 1983.

I should mention that, from earlier research for my fiction book, *Casey's Quest*, I already knew about the military using remote viewing, and from overall reading and research that government and military have done way more than the average person realizes in paranormal and mind control research and experimentation. Anyway, this declassified report (which you can easily access online by putting in a search for "CIA and the Law of Attraction," as there's quite a few links to it), actually impressed and excited me. First off, the "Gateway Process," was a study in altered consciousness. Gateway is actually the name of a brain synchronicity program produced by the Monroe Institute, the leaders in mediation music that utilizes the science of whole brain syncing (hemi-sync). The Institute is mentioned throughout the 29 page report, and I will say that I have used their recordings for years and their science is solid.

One of the things I learned in my investigation is that there was a movie some years back called, *The Men Who Stared at Goats*, which I instantly remember watching (Hey, it had George Clooney and Jeff Bridges). The film declares parts of it are

based on fact, although it doesn't say which parts. And apparently that's about the same time this report was declassified. The truth is, the whole idea of the powers that be really do know the truth to conscious creation and I am sure work with it in still classified ways, and perhaps not always (ever?) for good. But, as I mentioned early on in this book, those same powers are not only in no hurry to tell you that you have the potential to heal yourself, live more fully, and use your own power to create change, through mind over matter, they'd just as soon keep us you in the dark about it. And boys do they.

Anyway, while reading the report is quite laborious in military speak (and I thought scholarly science was bad!), the gist of the research basically states that when a person achieves a relaxed mental and physical state, uses the music or sounds to slow down and synchronize brain waves and hemispheres, and intentionally focuses on a desired objective, there is evidence of actualization (manifestation). I want you to think about this for a moment. That description is basically Medicreation in a nutshell. Now to be clear, the report was also focused on remote viewing and other activities that would apparently serve in war scenarios (I'm guessing), but still, mention of quantum physics was huge, to the extent of explaining vibrations, oscillating energy, the time space continuum,

holographs, and even Kundalini energy. I am happy they saw fit to make this public information.

In summary, please trust me enough to trust yourself into understanding that the only way you can effectively connect with the quantum field and create real, measurable change using mind over matter in positive ways is through this practice, or one like it. You don't necessarily have to meditate in the traditional sense, but you do have to relax your body and brain, listen to the music that takes you deeper (at least until you're more experienced), and imagine something you desire with so much emotion you can hardly control yourself. See it and feel it happening in real time. Don't open your eyes until it feels so real you can smell it. And even then, when you do open your eyes, *don't be disappointed that it's not here yet*. Trust that it is/will be, and go about your merry day as if you just hit the Super Lotto.

I'd like to end this chapter with the five things I have found, over many years of coaching and experiencing for myself, that tend to be the biggest blocks to Medicreation for mind over matter:

1) Physical-- when you are in physical discomfort or your body is extremely fatigued, it may be hard to focus your imagination on joy. Get rest and take care of your body.

2) Mental--when you are mentally drained, stressed out, or

can't manage to get your mind to stop its chitter chatter, it's difficult to achieve favorable results. Headphones with brain entrainment, deep breathing, and even yoga will help with this.

3) Chemical--when you are wired through stimulants like caffeine, or tired from depressants, like alcohol or prescription drugs, your brain will not be under your full control to perform a good session. Simply don't drink coffee or wine before your session.

4) External--when you are being bombarded by noise, distractions, and uncomfortable environments, it's also hard to get into that rested, relaxed, joyful state. Find a place that you can Medicate in every day. Make sure it's as quiet and comfy as possible. I like sound canceling headphones to keep the noise out and the music in.

5) Commitment--even if all things about have been addressed and avoided, if you do not have a true desire (or belief) that you can effectively create positive change from your mind and emotions, you won't likely take the time to engage in the practice of Medicreation. Go back to page one of this book.

The trickiest part about any of this deserves highlighting, post-it noting, and writing down where you can see it every day:

When we relax our body and brain, use our imagination to create a vision of our ideal life, conjure up the emotions that reflect the joy and gratitude that vision provokes, we are

creating it in the quantum field. However, **once we open our eyes, we must MAINTAIN that elevated energy during our waking hours.** When we fail to do so (the reason so many can't get what they want in life), we've severed our connection to that vision just as surely as if we took a hacksaw to it.

While the practice of daily Medicreation sessions alone will absolutely bring change and help manifest just about anything you truly want, the minute you step away from the feeling and energy of already having it, you've literally just pushed it back away.

chapter 21

Give to Live

"I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy."

Rabindranath Tagore

This chapter might well be the most important of all. That is because once we've truly taken radical responsibility for our lives and learned to create what we think we need to be happy (hint: we don't need anything), we come full circle and realize we get more joy from giving than from getting. As long as we're all stressed out and repeating the past programming and pain that tends to run our lives, we are stuck in survival mode, constantly seeing us against them. Once we relax, heal through helping, forgive, and begin to create life on our own terms is when we start to see how much other people have everything to do with those terms. Our true happiness will always have something to do with someone else, and no matter what, all the someone else's in the world are part of you and you are part of them.

We tend to live in an ego-based world where the focus is purely on ourselves (me,me,me), which by nature, put us into survival mode. When we are able to shift our attention in more altruistic directions, we begin to live from our higher selves or spirit. From this place, we naturally thrive in joy and abundance instead of fear and scarcity. Here we'll talk about the importance of compassion, giving, and gratitude. While I know we discussed giving to heal in an earlier chapter, here we are talking about giving to give. Just because. When more of us realize that it's impossible to give to someone else without

giving to ourselves, I hope we'll see a world more focused on how it can serve rather than wondering how it can survive.

Compassion and loving kindness can cure just about anything.

Compassion and giving go hand in hand if you think about it. This is because being kind is really giving kindness. In fact, some of the most important gifts we can give are not tangible at all. Smiles, compliments, forgiveness, and hugs are but a few things we can freely give away and maybe make a marked difference in someone else's life. And while you're being compassionate, this isn't just to other humans. Remember the beasts that roam the world too. Our pets and other creatures should be treasured and appreciated. There is never any reason to be cruel to an animal. Even the Native Americans would thank the animals that sacrificed their lives for food. Why not say a prayer of thanks too? Compassion is more than just empathy. It's holding your heart wide open and making room for others to rest there.

It may be hard to feel compassion for those who badly misbehave, but what if that's the whole point? What if we hear about or witness incomprehensible crimes that repulse us just so we can have an opportunity to practice compassion? Compassion is different than forgiveness. We forgive someone to release their hooks in our hearts so we can move on. With compassion, we do it without any benefit in return. We do it because we can and

because when it all comes down to it we won't be judged by what we accomplished in life, but instead, by how harshly we judged others. Being compassionate is not about letting someone get away with something rotten; it's just recognizing that it could have been you and that everyone, no matter how polluted it might seem, has a soul worthy of redemption.

Like everyone else, when a horrific crime fills the newsfeed, I feel a sinking in my heart and a sting in my stomach. It's so easy to fall apart and lose faith when sometimes it seems like the whole world has gone to hell in a handbasket. But that is the exact time to put your prayers and intentions on peace and healing and hope. Trust me, the rest of the world will continue being outraged, but the more people who put their thoughts and intentions on solutions rather than the upset at latest tragedy, the faster the world will heal. If we can't help alleviate a problem by talking about it, being upset about it, or protesting about it (we can't), then the best way to help change it is to be the change. You can never be upset enough to fix a problem, no more than you can be sick enough to heal someone who is sick.

Another off shoot of this idea to remember is that we can't manifest true change from a space of anger or resentment, the polar opposites of compassion. While we can certainly take some responsibility for the cruelty that occurs in the world, such as

contribute time, money, and resources...as well as support legislation and politicians who we feel will make change, perhaps our energetic focus is equally important. When we emit the vibration of wanting to help, through compassion and positive outlook, we actually address issues more productively. When we come at things we don't like with outrage and anger, we actually contribute to the problem. Energy flows where attention goes. This is why giving attention to mass shootings and cop killers only exasperates the issues; we make the 'bad guys' famous. And even though the energy is that of repulsion, it's a very potent energy. Strong energy attracts more of what it's aimed at. Finding the most compassion you can in every situation where you focus more on the desired outcome than the outrageous injustice will contribute in much greater ways.

You can also show compassion through generosity.

Generosity holds a special frequency, especially when we're giving to give and not for attention or thanks, but just because we care. If I hold the door open for an old person, I don't go post it on Facebook because that defies the purpose. When we give from our hearts, the feeling of love and joy is compensation enough. Our egos don't need to get all greedy and involved. We can give time, money, and items we no longer use. We can give kindness, patience, and ideas to people who will appreciate them. Another awesome way to give is by way of

intentions.

Lynne McTaggart has been one of my favorite medical/science writers because of her big bend on authoritative research and empirical evidence. Her classic books, *The Field* and *The Intention Experiment*, are chalk-full of documented studies proving not only that we live in an energetic field, but that the intentions we set are often measurably effective. Her latest research shows that, interestingly, people in groups who focus all the group members' intention on helping another person or situation actually receive some kind of rebound effects. In other words, if you set an intention that your best friend meets a great guy or that your neighbor's arthritis eases up, YOU may just receive better benefits than the person you intended for!

Clearly, intending something good for someone else can help them, and it's certainly a good way to give of yourself for someone else, but why would that help you? While the science can't yet say for sure, I fully believe it's because when we are focused on someone else, any and all negative subconscious beliefs about our own sweet selves are quelled. For example, when you are intending for yourself, your subconscious limiting beliefs of not being good enough or deserving enough may interfere with the flow of energy, you don't have those beliefs or doubts about your friend or your neighbor. So what does this tell us? That we should intend good things for everyone we know,

and even those we don't!

Besides Lynne's work, there have been other researchers who have studied the effects of group prayer and group intention on healing everything from polluted bodies of water to violence in war zones, and the evidence doesn't lie. In Washington D.C. 4,000 people meditated on peace and there was a measurable reduction in crime and violence in the city during and shortly after. These people weren't even intending, they were just meditating! You may not realize this, but there are nuns, monks, and other people who literally spend their lives in prayer and meditation to help bring peace to the world. Can you imagine if we didn't have them? If more people would simply step out of survival mode for several moments a day to just meditate, we could solve almost any problem. If we could teach compassion and meditation in school, imagine how many children we could save from lives of crime and mediocrity. Don't even get me started on ADD treatment and mandatory vaccines. When we intend good for others, energy moves in miraculous ways.

A physiologist at UC Berkeley, Dacher Kelter attributes an activation in the Vagus nerve as to possibly increasing our immune systems when we demonstrate altruistic behavior. Just think about this! Being kind and generous to others can make you healthier too! Maybe you've noticed that it's often easier to do nice things for others than it is yourself, and while I'm not

suggesting you don't care for yourself, it really is a good way to step out of worry and stress and focus on helping someone else.

It's a documented fact that the intentions (or prayers) we make for the benefit of someone else helps that person. And the evidence shows that this is even more powerful when more than one person is focused on the same intention. This is one of the reasons I hold "intention sessions" for each of my clients, and also incorporate some group intending in my group sessions. That said, consider finding a friend or a small group of people who you can take turns intending for. You may be amazed at how that extra intention power boosts your Medicreation outcomes through the roof!

Since learning this idea of intending for others, I literally make it a daily habit. For example, I send good intentions to everyone in the room at my studio during yoga classes, people I pass on the street, and people I know on social media. Even if it's someone I haven't met or even ever said hello too. I also send prayerful intentions when I see the ever-growing population of homelessness. It's a simple fact that we're all inner connected, so aside from sending my energy to the other person and hopefully helping them in some small way, it's inevitable it will bounce back on me as well. Don't put this one off. When your friends and loved ones are lamenting

over troubles of imagined worries, try to keep them from going deeper down that rabbit hole and instead, help them see things the way they'd like them to be. And then on your own, send them your powerful, heartfelt intentions for the same. Doing this will not only help people you care about, but you will find, as I have that spending more time intending good things for others takes away from your own worries and self-doubts, and it reminds you that we're all here to help others in the first place.

Many experts from across disciplines tell us that love is the highest frequency in the universe. That makes sense since love is a mighty powerful emotion. While the vibration of love tends to make us think about spouses, kids, friends, and pets, I propose that the feeling of gratitude creates the same or similar high frequency and is much easier to conjure up. Why? Mainly because it's focused on a *feeling* as opposed to a person in your life. Love in relationships can be complicated and bring up emotions that are contrary to that of pure love. Go for the kind of love you feel when you hold a newborn baby or cuddle with a puppy. That's pure love. If that's more challenging to capture, try feeling grateful. Appreciating the fact that you woke up this morning, had hot coffee to greet you, and an amazing Medicreation session (I hope), elicits feelings that really set the tone for your day (and your life). Whether it's love, appreciation, or even compassion, these are the emotions

that put you in the flow of life. Gratitude is a good place to start.

Being thankful applies to all areas of our lives. First, the obvious people and things we love. But what about the things we often take for granted? A smile from a stranger, a sale on pork chops, or a compliment from a friend. Ultimately, as Einstein suggested, we can look at everything in life as a miracle or see no miracles at all. While I've written extensively about the importance of appreciation, I would add that it holds both a high frequency for attracting health and abundance and it also take your attention off yourself and your worries, reaping rewards unknown.

And what about feeling grateful for all the things you didn't get that you thought you wanted but ended up so much better off from not having them? You know, the whole unanswered prayers thing. I can think of a dozen dreams I thought I had that would have never brought me the joy I first imagined they would, and I bet you can too. Even "bad" stuff that happens will eventually have a silver lining. Recall from the healing chapter, nothing happens *to* us, but *through* us and for us, even if it seems impossibly ludicrous that the horrible event could ever have a happy ending. It may take a long time to see, but what's really useful to keep in mind is that in this energetic universe, no one really dies. Sure, people we love leave their

physical bodies and we miss the shit out of them, sometimes so badly we swear we'll never smile again, but if you truly understand that energy cannot be destroyed or created, only transformed, you can hopefully find some kind of solace. People who leave this earth too soon for our needs are always in our hearts and quite possibly their spirits continue to watch over us in love. I can be grateful for that, can you?

Another place where gratitude is key is in your Medicreation sessions. I mean, if you really had that amazing outcome you're focused on, wouldn't you be totally grateful? Of course you would! And that excited, appreciative energy is EXACTLY the vibe that takes you to the top of the frequency chart. In fact, carrying the feeling of gratitude with you all day is one of the fastest ways to find more things to be grateful for. Go ahead and make a list right now, even in your mind, of all the millions of things you appreciate. Wink at the sink and tell it you appreciate the water that comes out of it so easily and effortlessly. Do you realize it would be a freaking miracle to having clean water, let alone running water, in some places on our very own planet? Feeling grateful ALL THE TIME will help put and keep you in receiver mode. This is important because once we slip back into survival mode we are not receptive. We can't place an order and then not open the door when the UPS guy needs a signature.

Ultimately, we have to be radically responsible for shifting our attitudes to gratitude and altruism. This is a choice that will turn your life around. It may take time to make appreciation a habit and that's because fear and anxiety are already habitually wired in most of us. However, focusing more on what you're grateful for (and there is always something), than what you dread is the fastest way to amp your energy in helpful ways.

In addition to the high vibes and the quantum effects of living intentionally, in gratitude, and while giving will have a major impact on your life and the planet at large, let's not forget your body and brain. All of these things we're talking about here will cause your brain to release happy hormones. The love hormone, oxytocin, which comes out to say hello when you're bonding with someone else (even your dog!), will release when you are helping the old lady across the street, intending for a friend, or feeling grateful for your pooch. And of course, the other happy hormones, like dopamine and serotonin also tag along when you're in love with life. And guess what? If your body and brain are bathing in the luxury of a loving chemistry, no stress hormones can jump in the tub. You literally cannot feel the frequency of appreciation and generosity while living in survival mode, and vice versa. So, perhaps one of the best ways to step and stay out of survival mode is to simply love and

appreciate more, serve and help others often, and stay focused on good intentions for everyone we know (including ourselves).

One of the biggest "missing" pieces preached in the world of manifesting or the law of attraction, is in really understanding the big role our hearts play. In case you are not aware, the electronic magnetic field emanating from your heart is 5,000 times more powerful than from that of your brain. Yet sadly, most of us are walking around in our heads all day. The truth is, the brain and the neurochemicals that cause you to feel emotions, all start out in the heart. I've talked about brain waves, but did you know you have heart waves too? And that if your heart waves and brain waves are NOT both focused on feelings like love, joy, compassion, and gratitude then you are not in alignment with your desires in life? This is called brain heart coherence and it has everything to do with getting into alignment with your dreams. In fact, the Heart Math Institute has done research that proves misaligned (negative) emotions such as fear, worry, and anger, actually affect our immune systems in negative ways.

The heart is as much a player in mind over matter influence as is the brain. I put a lot of emphasis on the brain because it is through our conscious efforts we can initiate both awareness and change at the heart level, but make no mistake; they are partners in manifestation, for good or bad. This is a key

concept in that when we've lived a lifetime of going against our hearts by living in our heads, we often become deaf to its cries. What we want to seek is a concerted effort somewhere in the middle that has the heart and brain in coherent flow. That is the sweet spot of all things good.

Like I said, this is quite likely the main issue for people who say the law of attraction isn't working for them; we think we can use our mind power to manifest change, but it's really our heart power that does much of heavy lifting. While we talked about letting go of resistance in the chapter on forgiveness, because acceptance is a big part of healing, let's look at it now in another way. When we are in survival mode we are in resistance. In this way I mean that our bodies, hearts, and energy fields are constricted. It's like trying to grab a falling leaf with a clinched fist.

Consider that fist as a tight little ball and recognize when you keep it closed up like that, you are completely out of alignment with all things good. The constriction actually closes your heart and keeps you completely out of the flow of good that we are all entitled to experience. Now imagine opening the fist, releasing the resistance, and expanding instead of contracting. This is like holding hands with God.

When I work with clients, either in a group program or one-on-one, I always explain there are six steps (before or during

healing whatever needs to be healed) to manifesting a vision. I will share them with you here.

1) Catch your breath. Remember, we can't create positive change when we're stuck in survival mode so the first thing we need to do is breathe. Whether you incorporate yoga or some other form of energy work, calming down your busy brain waves is essential to getting out of the daily fight or flight programming. Once you truly embrace the idea of getting back inside your body, it's easier to become more aware and mindful, which is the true foundation for any kind of positive manifestation.

2) Create your vision. It's really crazy that so many people don't know what they truly want. From the mass hypnosis programming to the overachieving anxiety we all struggle with, we've managed to let our deepest desires slide down stress mountain. Once you're calm and back in your body really think about what would make your heart sing and then write it down in detail. Design your dream. Remember, you are attracting things to you every single second so you may as well determine now how you'd like those experiences to look and feel.

3) Cancel your can't. Most of us have a hard time articulating what we want because we're so focused on the opposite of it. Scarcity, sickness, and lack seem to permeate our brains and bodies, but that creates infertile soil to plant

our dreams. Stay inspired, override subconscious programming through proven techniques like journaling, EFT, hypnotherapy, coaching, and retro and future visualization. Finding something to appreciate and get excited about every single day and don't allow thoughts of failure or not-enoughness to pollute your mind.

4) Care about others. This could easily be the single most important factor, but of course, not to such an excessive degree that you don't care for yourself too. When we intend for others, we not only help them, but we get the rebound effect which ends up blessing our lives just as much as it does theirs. Further, acts of forgiveness, gratitude, compassion, and general charity all boost your energy and put you in greater alignment with all that is good.

5) Connect with the quantum. It's critical to close your eyes, get your brain and heart waves coherent, and create an internal vision of your ideal outcome. Whatever that scene is, see it and feel it in as much detail as possible. Remember, when you Mediciate, you are truly creating in the quantum realm. With enough practice and conviction, this is the most essential element to designing your life the way you want it. If it didn't work, the CIA wouldn't give a crap about it.

6) Cause an effect. When we're no longer in survival mode and we begin to thrive, in touch with our hearts and aligned

with our vision, knowing what action to take becomes easy because we're more intuitive and in touch with our higher selves. When you're in thrive mode, it's not unusual to have the perfect circumstances just fall into your lap. When we try to force action from a victim way of being, it's never as effective as taking inspired action. Ultimately, the life of our dreams will not only make our own hearts happy, but we will find meaning and purpose in it, and of course, it will somehow contribute to the betterment of the world overall.

While that sums up the manifestation process I teach, remember the number one, no-matter-what step is to take radical responsibility for where you are right now. To take radical responsibility for how you deal with what's happened in the past, what happens today or in the future, and your ability to live in appreciation and love, in the present moment. Remember to take radical responsibility for your energy, emotions, and outlook every moment of every day.

What I have learned and long to share after living like a victim for so long, and wanting to learn how to manifest change so badly, is that this is the most important thing to know:

In order to heal our past and step out of survival mode, we must slow down our busy brains, open up our constricted hearts, and put ourselves past our pain by seeing ourselves through a new set of eyes. Eyes that show us we are absolutely enough and

our experiences from before do not define us; they in fact, have contributed to the growth of who we are. **And**, in order to create a bigger, better vision from this day forward, we *also* must slow down our busy brains, open our hearts, and put ourselves in the future by fulling imagining and embracing the embodiment of living the life we'd like to live. These two things, healing the past and creating a better future, are both doable for almost anyone. Well, let me clarify that; anyone who is willing to take radical response-ability for their lives up until this point and radical response-ability in how they move forward.

In summary, I guess you could almost say this whole book is about love. I mean, the universe is made of it, we're all connected in it, and all suffering is based on our ignorance of it. Assuming radical responsibility for your life is the ultimate act of self-love and allows you to put the power of mind over matter to the very best use. Healing your past is deep self-love. You are love. Giving is the glue that binds us together so we stop feeling so separate from everyone and everything. Forgiving ourselves and others, recognizing our inherent greatness, and focusing on compassion and gratitude while finding a way to uniquely express our higher selves is really all there is, right? I truly believe each of us can have whatever it is our heart tells us is right, once we open up to its wisdom. Being in the flow, or in alignment, simply means you

live in the emotions of joy and gratitude more than you live in the emotions of stress and fear. At the end of the day, there are only two base human emotions; love and fear. Anything else is just a different shade between. I hope you lean toward love. And remember, you're 100% responsible for deciding who you are and how you will show up in the world; I hope it's as love.