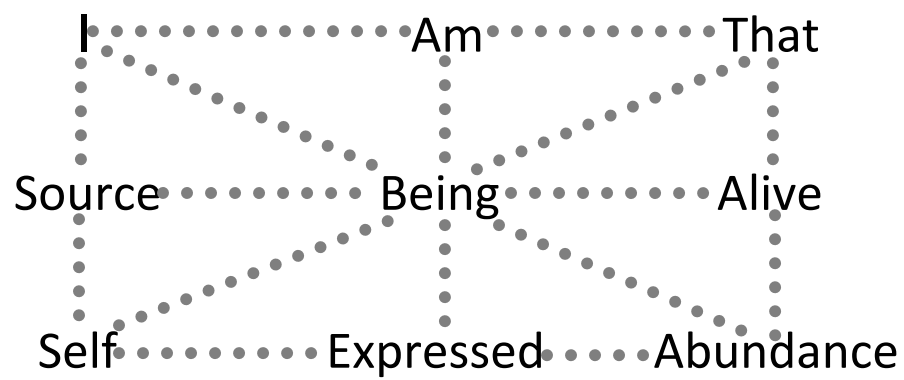


The Abundance Matrix



The Abundance Matrix

v. 1.01



In My Remembrance that Everything is an Expression of the Divine, do I Become Self Aware!

This e-book is short and contains highly concentrated information that has been gathered from a multitude of books on the subjects of wealth and prosperity, health, science, philosophy, self-help, and spirituality. It is purposely concentrated so that you will read it quickly and allow a period of integration, then re-read it later because as you transform so will the meaning of the words. Each time you read it, another layer will unfold like the opening of a lotus flower. After reading through a couple of times, we highly recommend a period of meditation following each concept to allow the controlling intellect to surrender to greater understanding. The intention for this e-book is to give you a few tools to work with as we shift from the information age, where pure logic is trusted, into the conceptual age, where creativity becomes the driving force. This shift is shedding the old skin of traditional models grounded in scarcity and allowing us to create the abundant world that we want to live in. Even these truths will evolve as we as a global culture become more and more self-aware. Remember words merely package a concept. The concept already lies within you. These words are merely our packaging of the universal truth that you already know, but still require you to remove the layers and give meaning to the truth as you perceive it. This book will not provide any insight except for that which you create. Although your logical mind perceives this information as being outside of yourself, if you are reading this now, you have called it into your world. You are all powerful and have attracted what you are ready for.

With much love,

The Float Matrix Team
www.FloatMatrix.com

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Co-Creation and the Information Matrix

Co-Creation is a concept that is quickly surfacing in our world and its implications are transforming the way we experience reality. Our modern sciences are now beginning to validate much of what the ancient mystics and sages have claimed and the revelations are truly empowering the individual. One of the newer tenets of modern science through quantum theory is that we can't perform a "truly" objective experiment no matter how we set up our controlled environment. Our very act of observation makes our objectivity subjective to the experiment and our superjective self has the ability to influence the outcome. This explains the placebo phenomenon. How a sugar pill can produce the same effect as an anti-depressant, pain reliever, or anything that is expected. On the other end, it explains the nocebo phenomenon whereas a patient produces the symptoms of a misdiagnosed disease, even to the degree of dying on the day that the doctor gave as the expected time to live, although the particular disease was not present. The superjective self integrates the information into physical manifestation. Our very consciousness merges with the information, and the belief of an expected outcome creates a bridge to materialize the information. The greater the authority of information and focused belief of being, the greater the influence of the outcome.

Quantum theory has shed a lot of light on the medium that the mystics, shaman, sages, and healers have been working through. There is a non-physical field that influences physical parts. This field is called the morphogenic field. It is a field of information that does not contain energy and therefore is not bound by space or time yet it influences physical counterparts. The theory is that the information tunes in with systems that are similar. Much like different sized tuning forks will produce a particular sound, different, atomic, elemental, chemical and biological structures "tune" in to the information in the morphogenic field and it guides the system as it develops. This provides the basis of understanding the collective unconscious easily seen in the 100 monkey phenomenon. This phenomenon occurred where a group of isolated monkeys adapted a particular action. When the number of monkeys that habitualized this action reached a certain threshold, the same monkeys in other regions began performing the same action. The concept gives rise to the understanding of human memory as all information is in the morphogenic field. This field is both internal and external, or local and non-local. It helps us to understand how severed limbs can create the experience of sensation, two people can tune into similar informational patterns and produce what are considered psychic abilities such as a mother knowing if a child is in danger, and the collective unconscious that can be tapped into to produce any experience or outcome that anyone has ever produced previously. Furthermore our consciousness has the ability to merge with this field and influence it in a biofeedback pattern. We are linked to all things in the universe without separation of time or space through our consciousness. We have both individual and group consciousness.

The nature of reality is quite different than we had perceived for many centuries. Science, through the unified field theory, has determined that we that we live in a holographic universe. A hologram is produced by taking a laser beam and directing it at an object. A second beam is then passed through the reflection of the first and the interference pattern is captured on film. A third beam illuminates this film and produces a three dimensional object. What is truly amazing about a hologram is that if you cut the film in half and illuminate it you do not get half the object, but rather a smaller part of the whole object. If you cut it ten times you would get ten whole, but smaller objects. Take this understanding back to the holographic universe and you get some very profound implications that have been spoken of by the ancients. Every part of the universe is contained within every part of the universe. If you can attempt to wrap your brain around infinity, this makes sense. If time has no beginning and no end, then all parts of time are contained within all parts of time as each part is comprised of both the beginning and end. This works the same for space as well as energy which is how an atom can produce a devastating bomb or nuclear energy. If every part of the universe is represented in every part of the

universe, then your internal world is reflected in your external world and similarly your external world integrates into your internal world. It is now easy to understand the golden rule, do unto others what you would have them do unto you. This is no longer simply a fanciful notion for living, but rather truth rooted in actuality. The you that perceives this now is the golden mean between your internal and your external world. When you hold anger towards another it becomes integrated in your own body and the anger resides within you. As this anger creates tension and blockage within your body, your frequency shifts and you tune into information in the morphogenic field that resonates with this anger and your external world reflects this change. As you learn to love yourself, you also learn to love others as your frequency tunes into that of love. This is the true power of focusing on Jesus, Buddha, Krishna, Saints, the names of God, gods, etc. This works for just about everything. When you empower others, you empower yourself and when you bless prosperity in others you bless it in your world as well. This is the heart of living abundantly. This is also a function of relating. How you relate to you "self" is how you relate to your world. When you become gentle with yourself, you also become gentle with others and your world becomes gentle. If you are constantly seeing conflict in your external world, then it goes there is much internal conflict. This is why it is important to look for the good in all things and is how you exercise free will. With vigilance you get to choose the life that you want to live. You are a co-creator and have access to all the information ever to exist. Through the morphogenic field, you get to tune into anything desired and once it is created internally, your external world will reflect this shift. This concept is not easy for the rational mind to grasp, but it is true and has been shared by the great people of our history time and again

All things in nature exist in duality and yet even these opposites are connected. For instance, everything has a vibrational frequency and particle matter, the dualistic nature. Within the frequency are high and low thresholds that are connected by the mean, and similarly, within each particle is a positive and negative held together by neutral force. The difference between vibrations and particles is the difference in manner of observation. Is what we are viewing a snapshot in time or is it in continuum? A cross section of time will produce particle matter and is much the way our left brain functions, whereas, the timeless flow of viewing produces vibratory wavelengths and is much the functioning of our right brain and both left and right brain are connected by a neutral force. Nothing is solid and what seems like sound, color, or physical objects are just specific ranges of vibrational frequency. Even vibrational frequency is made up of particles and those particles each have a frequency they vibrate at. This model continues on into the infinite. Our senses are organs designed to create order out of this chaos. It is much like a computer that uses Windows® to translate binary code that a machine understands, into a graphic representation that humans understand so that we may make manipulations for a desired outcome or experience. Our senses collect the information in our world and organize them into a user interface so that we may have an experience within a given range. It is not coincidental that our eyes are "organs" and they organ-eyes patterns to create meaningful experiences. Our world is what we make of it. "If a tree falls in the forest and there is not an ear to hear, does it make a sound?" The answer is "no" sound is a function of the organ that interprets the vibration, therefore, no ear, no sound. There are no range parameters or lines that separate this range from that range except that which particular organizations of patterns, or organs, separate so that a variety of meanings may be experienced. We have different organs all making up one organism and different organisms all making up a larger organism and this goes into the infinite. Each level is a quantum level and is much like an octave. A piano is comprised of lower octaves that contain all twelve notes as well as medium and high octaves that similarly contain all the notes. If a piano extended infinitely in both directions, this would be a simple representation of life. The frequency of life extends into the infinite and as the frequency changes, it moves from the octaves of light into sound into density and shifts quantum levels into greater octaves infinitely. All these frequencies and patterns are chaotic until organs bring order to the patterns and create experiences. Similarly, the charge of science, the collective externalization of the

rational mind, plots order where the patterns become dependable and there we have a floor. And for all the patterns that are dependable we have a framework of theories and proofs until they stop being dependable and this becomes the ceiling. Within this range, of the floor and ceiling, we have our modern civilization. But despite the grandness from our perspective, it is only an arbitrary range of the infinite. Our world is what we make of it individually, collectively, and so on.

Space makes up most of our universe. If you were to suck all of the space out of our earth, the physical parts would fit in a spoon. This is easy to conceive of if you look out into space and see enormous distance between seemingly tiny objects. However, this is much harder to perceive at the level of our current life experience due to sensory translation and expectation. If you looked at your skin under a powerful microscope, you would not be able to tell where the skin ends and the air starts. It is simply our level of perception that organizes this space into density. This is easy to conceive of by viewing a movie projector at different speeds. If one slows down the projector, they will witness leaps from one frame to the next. This is where the mind is not receiving information fast enough to fill in the gaps and creates a distinction between frames. When the projector is placed on full speed, the leaps seem to disappear and the picture seems to come to life with continuity as our mind has been conditioned to fill in the gaps at this range. Even our bodies are comprised mostly of space which seems to be solid to us.

Belief is the framework for our experience. What we believe determines our expectations and we most often get what we expect. At any given moment our senses are bombarded with 2 million bits of information and yet we only are consciously aware of 7 bits. The other 1,999,993 bits of information are processed according to expectation. We expect the ground to remain solid, we expect the air to be full of oxygen, and we move securely in this expectation. This is a wonderful construct as we don't have to hold everything in our conscious awareness at once, but with the expectation of scarcity, does scarcity also become habitual. As the old cliché states, we either expect the cup to be half-empty or half-full. Mind you this is the same cup. Those who perceive the cup as half empty tend to go around their world expecting to miss opportunities, get taken advantage of, and their experience amounts to a life of scarcity and therefore suffering. Those that perceive the cup as half full live in trust that they will be supported, that opportunities will present themselves, and that their world will be alive with abundance and therefore manifest joy in their lives. What makes up the difference between these two people are simple expectations that are due to beliefs that may or may not be conscious. When one becomes aware of this, one can consciously alter their experience through learning how to control their beliefs and therefore their expectations. It is a good idea to expect the unexpected as this allows that which was not previously in their world to manifest.

The present moment is all there is. The future does not exist but as a construct of thought. The past also does not exist except as a construct of memory. The present moment is all there is and can only be experienced. One can't even think or reason about the present moment. Although, their action of reasoning is occurring in the present moment, the substance of the thought is either based on the future or past. The very moment that one is thinking of only existed the moment they decided to think of it and once the thinking occurs, it becomes the past. To think requires language which is formed in past constructions. Language is based on maps of concepts and the map is not the terrain. For instance, when I say tree, you get an image. The image is not the tree, in fact, a deeper truth reveals that what one sees is the reflection of something and not the essence of the thing itself especially as we inject our expectations into the present occurrence. On a deeper level, what we consider others to be is truly a projection of ourselves as our conditioned judgment. Only in pure presence do we see others for what they truly are, ironically, an aspect of ourselves. To think is to use a useful tool but to identify with the thoughts, as most do, perpetuates fragmentation of present self into past and future. Thinking provides a framework for experience, but is not the experience itself. Most in our culture have become identified as their ego, the "me" identity of the thinking mind, and these people narrate much of their experience.

This narration keeps one from experiencing the present for what it is and injects past experiences and future expectations in place of the present moment. This is how expectation manifests as opportunities for newness blend into the background. All likes and dislikes are based on this fundamental principal. If you dislike something, the dislike itself is based on past judgments, some conscious, like preferences, some genetic, like pain. These predispositions can be useful for sifting through an enormous amount of information quickly, but can also rob one of precious life experiences as well as create disharmony in that which contained all the elements for harmony. If one doesn't learn to be present, one is bound by the expectations that have already been established. If these expectations are based in scarcity, then the present moment that is full of all potentiality is reduced to the scarcity that is already patterned. If one chooses to be present in all situations, they offer themselves the ability to create a life of abundance with the full range of potentiality that is present. This present range of all potentiality moving into creation is the [Source-Being-Manifest] and is the miracle that we get to experience and co-create at every moment.

Each moment, everything in the universe is renewed. It seems solid and static but this, again, is only the level and conditioning that we are at. Such as a movie projector is constantly illuminating new frames to make up a single movie, everything in the universe is refreshed. When you look at an object, say a tree, it appears as though this is the same tree that you have seen a thousand times, and for the purpose of quick processing, it is. However, that tree is made up of cells that are made up of molecules that are made up of atoms that are made up of subatomic particles and so on. The tree is part of a forest, a forest is part of an ecosystem, ecosystems are part of the planet, planets are part of a solar system, solar systems are part of a galaxy, and so on. The tree that you are looking at is made up of cells that are replaced every so often. The cells are made up of molecules that are replaced rather frequently. The molecules are made up of atoms that are replaced rapidly. The atoms are made up of subatomic particles that are replaced in every moment. If these subatomic particles are the building blocks of everything on larger quantum levels, then everything in the universe is renewed in every moment and you never see the same thing twice. This neat little system carries deep truths that have profound implications for living in abundance.

The body does not know the difference between what is imagined and what is experienced. It has been shown that a person under hypnosis will manifest a burn mark where the facilitator causes them to believe they were burned. It has also been shown that a fire walker can remain uninjured where third degree burns should have been present. Amazing feats have been produced by mothers whose baby's are in danger that attest to the power of moving beyond the conditioned mind and when we learn conscious control of this conditioned mind, will we experience miracles. The body is associated with our unconscious mind and communicates through feeling and intuition. Our thoughts are associated with our conscious mind and communicate through language and reason. These two minds have a biofeedback loop and constantly influence one another. The body is bio- (living) logical (reason). This means that whatever is thought becomes integrated into a living system. We lead with thoughts as they create a possible future and these thoughts integrate into our body deterministically and become a map of our past. Therefore our thoughts are our possible future and our body is our determined past. Anything that we can touch or feel has already moved from original source and has integrated into a biological map, the "living word" if you will. If you imagine something so joyful that you can actually feel the emotion, this emotion is a physical symptom of your imagination and has become a part of your living body. This works the same for all thoughts and feelings and is a great tool for learning how to manifest abundance in all areas of your life. One of the great bumper stickers to recently emerge states, "Reality is for those without imaginations."

The mind and body are in phi ratio. Phi is a proportion that states A is to B what B is to C. For example, I am to my mind what my mind is to my body, or I am to my family what my family is to my community, or my city is to my state what my state is to the nation. Where my mind goes my body is

sure to follow, yet my body is in a biofeedback loop with my mind. As we remember past experiences, we can either reinforce the memory by accepting it or disassemble it through conscious tools that have become available through evolving psychology, ancient wisdoms, or simple present insight. This is why learning how to be present is important as it creates space within this constantly flowing system that allows us to alter the patterning. If we continually revisit a negative memory, we create a loop where our thoughts or probable future connects to our past and as we focus on this past aspect of ourselves, we tune into more of what has already occurred. This becomes patterned in the body and reinforces the experience. If we choose to focus on the positive memories, similarly we will call more positive experiences into our world. Tension in the body tends to influence the thoughts negatively as negative thoughts tend to produce tension in the body. Conversely a positive thought produces pleasure and pleasure tends to produce positive thoughts. You can approach conscious manipulations on both sides, either moving the body to create an alteration in the mind or altering the mind to create changes in the body. The body is already manifested more articulately than the mind. If you use the body to control the mind, you are required more energy output as you move through time and space, yet you have greater stability as the opposite and equal reaction is easily perceived. For instance, pushing yourself physically uses a tremendous amount of energy and creates sore muscles, yet also produces a happy mind. If you go the other way, it uses less energy as time and space are not preset components of the exercise, but is far less stable as you are manipulating on a mental plane and the opposite and equal reaction is less articulated and therefore harder to perceive. This can bring joy followed by anger as the joy may not be patterned in the body and the fall from joy is experiencing the opposite. Both approaches have advantages and disadvantages and having understanding of them provides more control over manifesting a life of abundance. It is best to learn both approaches effectively as sometimes the mind is distracted so the movement in the body becomes the more effective tool. Conversely, sometimes the body is unable to move and so using the mind is more productive. The master will integrate the two and start with the mind and move the body in step with the preordained vision of the mind.

Identifying Abundance

With some of the concepts of co-creation and the information matrix being mapped out, we recognize that we have much more control over our experience than we have previously thought. Everyone wants to live in abundance yet it seems that scarcity prevails. The three-part process to living in abundance is identifying abundance, being abundant, and then having abundantly. The first step, identifying abundance, is about learning how to shift perspective. We can't always change our external environment and forcing change is often of greater detriment than benefit. When one is faced with a situation that is not to their liking and changing the situation is not practical than one can simply shift perspective and tune into a greater understanding. Shifting perspective is merely a shift in identification and is our true [Self-Creating-Power]. For instance, if you are stuck in traffic and a car cuts you off, you can yell, or honk, or flip the bird. None of them changes the situation for the better. Even if the driver sees these gestures, they will generally move to justify their action and in the end, your anger takes residence in your body and you begin to tune into an angry world. Alternatively, you can shift perspective and recognize that this situation has created an opportunity for growth in patience. The former identifies with opportunity missed, in this case, being a car advanced or a couple seconds ahead. The latter identifies with opportunity given, or expansion of self. On the surface, this shift may seem insignificant, but deeper truths reveal this is the primary point for creating the world that you desire living in. In consciously shifting identity you move from victim to empowerment by changing the meaning of the situation. If you are attempting to control your external world or allowing your external world to control you, you become victimized by things that are outside of your control and that which

you deem unpleasant, therefore, your experience will be victimization and disempowerment. If, however, you release the desire to control your external world, and learn the power of shifting perspective, you indirectly change your external world by changing your perception of it. In doing this you are no longer victimized by your external world and you become empowered by your internal world. When you are empowered internally, your perspective shifts from seeing failure and hopelessness into opportunity for success in the same external environment. This is the essence of living in your external world but not by your external world and is the difference between those who live an abundant fulfilled life and those who live a life of scarcity and sacrifice.

Our consciousness is truly amazing and can tune into virtually anything that we desire. The next part to [Identity-Shifting-Experience] is to find out what we are currently tuned into and what other experiences are available. Most have come across the law of attraction in one form or another. The law of attractions simply states that like attracts like. Whatever we hold in our minds and our bodies we attract to us. What we hold in our mind is usually a function of identity and we are that which we identify with at any given moment. Most of us walk around being hypnotized by our own thoughts. Our ego, in an attempt to establish an [Identity-Of-Self], is constantly in the inner-ear saying, "I am this or that", or "I wouldn't do this or that", or "they are this or that", etc. These injections based on post/pre-conceptions create a self image that becomes the focal point for which our experience becomes relative to. For instance, in the case of getting cut off, if one claims, "I am upset that they cut me off," the identity is attached to believing that they are now further behind and/or that cars shouldn't cut other cars off. There may be moral authority here, but when the "negative" situation does occur, the focal point of identity in relation to the instance creates victimization. Whereas, if one can expand their viewpoint and choose recognize the opportunity, even if it is simple understanding. For instance, this person that just cut me off is identifying with lack and scarcity. Now it is easy to be compassionate. An even better perspective would be, "this person sure knows how to get what they want." This perspective releases all judgment and creates freedom for all to express. It is this freedom from judgment that is truly a place of empowerment as the body reflects this freedom and freedom is what the person tunes in to. Differing people have differing levels of identity from a very contracted and fragmented self identity with egoic justifications, to a very expanded and collective self identity with peace and abundance. Neither is right or wrong, and there are relative truths on all levels, but when we become victims, it is good to remember that we have the power to allow victimization or expand into empowerment. To find out how expanded or contracted your identity currently is simply answer the following question. "What would you say is you and what would you say is not you?" The most common answer would be, "I am all that which is contained within my skin, everything outside of my skin is not me." We will arbitrarily call this a neutral identity. There are then those that would say, "I am my mind, but my body is just a vehicle." This identity is somewhat contracted and in isolation from their body. Some go further and say, "I am this personality, but not that personality." This person is not only isolated from their body, but is fragmented as well. There is constant conflict between the different parts of who they are and these cases in extremes are considered split or multiple personality. Although the previous examples show a shifting of identity towards contraction, isolation, and fragmentation, the identity can also shift towards expansion, inclusion, and oneness. As your identity moves past the "self" to incorporate things seemingly "outside", expansion occurs. Those who have children will easily identify as being a single family. Their world view incorporates their "Being" as a function of something larger than themselves as their previously conceived "self" moves into the whole of a family unit. Some identify with being a community, some a nation, some a human collective, some a global organism, some a universal being and then others identify with oneness, or God consciousness, which is also no identity at all as it is the pure present moment. As you expand from the individual to the family, you have more influence over the family as you naturally do what is in the interest of the family. You easily relate to the idea that what you give to another in the family you also give to yourself. You receive the

benefits of watching them enjoy what is given and this joy is held within your own body. As you incorporate the identity of a family, others in the family will value your input and you will have greater influence as they generally will view your input as beneficial because it is not limited to your individual perspective, but rather the collective perspective. As you identify with a community, you become influential within that community and tend towards community leadership. Same goes for a national identity, a human collective identity and so on through the oneness of everything. Those that have their identities rooted in the oneness, or God consciousness (self-realized, self-actualized, enlightened, and more), have been known as sages, prophets and the like. God is called “The Great I am” or “I am that I am” and is the “Being” that is identified with all identities. God is also called the alpha and the omega, the beginning and end which truly become the same point, encircling all that is. If you choose to believe in evolution, it works the same way. Even evolution states that all things have expanded out from a singular point and therefore all things are a part of that point and will return to that point. A very expanded and connecting philosophy is that God is the big bang and evolution is the tool for manifesting creation. The amazing thing to note about identity is that it is never strictly held on any one level, but rather shifts quantum levels continuously. It is neither good nor bad to be identifying on any particular level for this is how we create and manifest desires. However, when the current desire is in conflict with the current situation, shifting identity becomes a powerful tool for remaining empowered. This truly is a process of learning how to balance the inner with the outer. Those that understand this principal gain incredible control over their worlds as they have the ability to alter their relative perspective at will. For example if a man brought home a meal and only identified with himself, he would eat the meal himself, but if a spouse or child walks in the door, that identity could quickly expand to incorporate the family and the meal gets shared. One who is solely identified with themselves, will not share and may have a full belly but misses out on the greater opportunity for connection and therefore expansion. In this case, what is given to the family is also given to the self. This occurs without thought in most people and those who have conscious control of it quickly become leaders as they can easily shift perspective to the larger picture. Knowing this [Awareness-Of-Identity] allows for a higher sense of control and easy manifestation of abundance as shifting for empowerment creates the attraction of empowerment and the external world reflects this.

Now that we know how powerful identity is and that we can shift identity, it is good to know how subconscious identifications affect us. Throughout our lives we have identified with this or that and, with every identification, we create separation. We choose to be something to the separation of something else. A lot of these choices were due to influences in our lives and we are not aware that they are even there. These identities become layers, like clothing, and the more that we have the heavier our baggage becomes and the harder our ego has to work to keep it all together. With each layer we become more and more compartmentalized and less free to be our authentic selves. With each layer also comes another filter for our experience. The more layers or filters that we have the more blurred our view of reality becomes. We have the power to release the layers with simple mindfulness. The first part to releasing the layers is to recognize when we are adding layers. Becoming aware of self-dialogue or the narration that occurs in most, is the easiest way. When the identity comes in, there is no need to resist it, simply knowing that it occurred and what its function is enough to render it powerless. As the identities are released, the layers that are already there will also become visible. As they present themselves, using the same technique, allow them to be shed as well. Soon you will be able to simply rest in the present moment without the need to be constantly figuring out how to exist in your world. This raises a heavy burden and your true authentic self has a chance to emerge. From this present moment place of no identity, all the ripples of the mind become still. From this point one has become a clean slate to begin a conscious identity and therefore creation and is the zero point from which to begin the manifestation of abundance. As the Chinese proverb goes, “if you want a hot cup of tea, first pour out the lukewarm water”.

Another aspect of identifying abundance is learning to fine tune what you see. As we view the world around us, we tune into this or that aspect of it yet there is infinite potential right in front of us. If there is an obstacle in our way, there is a tendency to become disappointed or discouraged, but that is only if we are choosing to look at the distance between us and our goal and the effort required to overcome this obstacle. If, however, you keep focused on the goal, these obstacles become the necessary steps to transform you into the person capable of accomplishing this goal. The greater the goal, the greater the transformation of self. If you look back into your past, you will come across times that were very difficult for you, yet every difficulty could also be viewed as a source of empowerment. You can clearly see that these times were incredible times of growth and now you are stronger and have more courage than you ever could have been had you not encountered these obstacles. The next time you are confronted with an obstacle, rather than focusing on the negative aspects of the obstacle, “choose” to focus on who you become in this process. This is not always the easiest thing to do, but the harder it is, the stronger you become. This is the practice of tuning into what empowers you and is a sure way to begin seeing the abundance that is there for the taking.

Now that certain principals of identifying abundance have been discovered and we are aware that it is a matter of practicing with certain tools, let us find the master dial for fine tuning abundance. Whether we recognize it or not, the heart is constantly speaking to us. It is our heart that controls the frequency that we send and receive. The heart is the bridge between the physical body that sends messages and the mind that receives input and it speaks both physically and mentally. It has been discovered with EEG technology that a heart in different states will emit different frequencies. We have all experienced a welling of the heart, where something we perceived gave us great love and compassion. We have experienced a heart ache where someone we love has either been hurt or hurt us. We have experienced a hardening of the heart, where we decided that something was never going to happen again. We have experienced a softening of the heart where we allow someone that has hurt us to again be in our lives in a deeper way. Some have even experienced an opening of the heart where they have experienced unconditional love. The heart is a very special organ. It is at the golden mean between the top of the head and the bottom of the feet and it truly is the throne of our “Being”. Simply breathing into the heart is one of the most profound exercises that one can do as they create space in the heart to more easily change the frequency. As the heart closes, we tune into lower frequency vibrations and fear takes the throne and our world view tends towards scarcity. As our hearts open love becomes seated at the throne as we tune into higher frequency vibrations and our world view tends towards trust and abundance. The heart is the center of your “Being”. In this context “Being” is not simply an object pertaining to the body, but is also your presence. In your “Being” you broadcast your frequency and, again, it is physical, mental and more. It is truly the uniting force between the thoughts and feelings much like a child is the uniting force between the father and mother. This force has the choice to bring the best of the mother and father or the worst. With a pure desire of heart can you manifest abundance in all things and live the life most only dream about. This is the most important aspect of manifestation and articulation in this eBook could never do it proper justice. Only self exploration will reveal the layers of truth and the depth of the power. The deeper one gently goes into their heart, the more connected to themselves do they become.

Home is where <the heart is> where home is!

Identity is the filter we use to bring an individualized meaning to our world, with each incoming identity, another layer limits your ability to be present with all potentiality. Learning how to shed these layers as well as try on layers to “see how they fit”, is a necessary part of living in abundance. Once this level is practiced, the next step of being abundant becomes much easier.

Being Abundant

The first step to being abundant is to simply hold a pure belief that you can live in abundance. I hope that, with the concepts illustrated in co-creation and the abundance matrix, the mustard seed of belief, which was already in you, has germinated and is sprouting into the tree of life that casts its roots deep into your reality that it may stretch all the way to heaven. Your ability to manifest goes as deep as your ability to believe and from this belief will you broadcast your “being” in abundance and your world will reflect this belief. Opportunities will arise out of nowhere and seem coincidental. Waking up to this belief is a very magical experience. Moving out of a sterile, purely logical world and into a world of miracles is a big step that is full of wonder and excitement, but can also be scary at times as we realize how powerful we truly are. In the words of Marianne Williamson, “Our greatest fear is not that we are inadequate, but that we are powerful beyond measure”. Always remember that all of the forces that brought you to this point are still supporting you and that every experience, joyful or scary, is truly a gift. Whatever did we do to get to experience life? It is a gift to be treasured at every moment.

The next step to being abundant is to simply recognize that everything is already full of abundance. It may not seem so at times, but even this is only a contracted perspective. Even being here now experiencing this present moment is truly a gift. In doing this, you create an abundant world to live in out of the infinite potentiality available. This creates our “being” in empowerment. From this point of internal power which is quite different than external force, one can begin believing in the self, and this belief perpetuates increasing access to abundance. A tool that we employ is called circular logic and is much like manifest destiny. This is a bit of a paradox and it is the very act of believing that makes it work. Simply stated, anything that did happen was supposed to happen, anything that will happen is supposed to happen and in this very moment everything is already perfect. If your being in this very moment “chooses” to believe that this very moment is abundant and that everything is full of abundance, than an amazing phenomenon occurs. Everything that has occurred in the past is perfect and everything that will ever occur is also perfect. This may be difficult to conceive of at first, but let us look at our past. How many times in your life did you experience something that, in the moment, you considered negative like losing a wallet? “How can that be a part of abundance?” The rational mind says. Then a couple of weeks later you are at the DMV to replace your license and you meet your future spouse. I’m certain that everyone can go through their history and find many examples like this. Again, it is the conscious act of believing that makes this work. You could say that you would have met someone else had you not lost the wallet, which is true, but this thinking doesn’t empower you now in this experience. As a co-creator of your world, anytime that you think that reality should be different than it is, you become disempowered. The ego’s true function is to bridge these gaps so that you may continue to exist as a co-creator in a world that you don’t believe you have been a part of creating. This is the heart of fragmentation and is why the people who are most disapproving of the world are most disassociated with their actions that perpetuate exactly what it is that they disapprove of and are unaware of the ego that needs to protect them from the truth. Even this is part of abundance as scarcity is something to experience as well. There is a story of a very poor farmer who had one son and an old horse. One day the horse runs off and all the farmers agree, “What bad luck.” The farmer replies, “Good luck, bad luck, who knows?” Then a week later the horse returns with five wild horses and the farmers agree, “What good luck.” Again the farmer replies, “Good luck, bad luck, who knows.” Then while taming the wild horses, the farmer’s only son falls off and breaks his leg. And again the farmers agree, “What bad luck.” And yet again the farmer replies, “Good luck, bad luck, who knows?” Shortly thereafter a war breaks out and the army comes to the village and recruits all the farmer’s sons except for the poor farmer’s son with the broken leg. The farmers agree, “What good luck.” Your perspective is a choice and is truly how you relate to your world. You can say that it is merely a string of random events; for which your life will be a rather sterile experience. If you choose to make the connection that there are no

random events, you open your world up to magic and miracles. The very act of choosing to believe in abundance is the prime point from which your abundant life experience begins to take shape, including your past events. Remember, this is for the purpose of empowerment and there are infinite levels of identity. For the purpose of experiencing, we are allowed to forget that everything is already abundant and live in fear, but when that experience becomes too difficult, we wake up to the greater truth and, honestly, the greater the fear, the greater the transformation in overcoming it. Even fear is a part of abundance when it is overcome. This concept is the heart of [Self-Being-Abundance]. We were not designed to live meekly but rather with radiant glory. Here is a personal life story. At one point in my life, a few years back, I was struggling. I had been keenly aware of the shortcomings of myself, my community, governments, education, health, environment and numerous other topics as I chose to become an informed citizen. I was having a hard time living in a world that seemed to be falling to pieces and it was creating a deep anxiety in me. I was having a hard time relating to myself, my wife, who was newly pregnant, and my world. As I knew that I had a child coming, a thought occurred to me that I had heard before, "what if it is just my perspective that this world is inadequate? What if what I was choosing to focus on, was creating my belief of a world of inadequacy and scarcity? Would this lend to my acting out in ways to perpetuate more of the same?" I knew that as I became fearful, I would act out fearfully and my world would reflect that fear with more reasons to be fearful. Is this the world that I want to raise my children in? So at that point, I "chose" to believe with every part of my being that everything was already perfect and that if I could shift my perspective, I could change my world. As I did this, a most amazing thing happened. My heart began to open. This is not an abstract concept but a physiological response. My heart was opening. As my heart opened, my body began shuttering with joy. During this couple hour process, my body totally released toxic buildup I didn't even know I had. As my body was convulsing with joy, it created a biofeedback loop with my brain and this perfection was not only easy to see, but was all I could see. I realized in this moment that if you fear the unknown, you transform the unknown into something to fear. If you trust the unknown, you transform the unknown into something to trust. I thought back to my childhood, when I was taken from my mother at 7 years old and was placed into the foster/orphanage system. I realized how perfect it had all been. How I had always been taken care of and how I needed these experiences to produce the understanding of abundance that I have now. I saw how I was responsible for these events and had called them into my world so that I could learn how to become who I was going to be, and I was going to be great, no, I already was. And so is everyone and everything. This was the moment that I truly understood what it meant to believe first, and after believing first, the seeing would come. The logical brain immediately defies this concept with reason, "How could you have been responsible for that, you were only a child?" This is true, I was only a child, however, this does not mean that the greater "I" didn't have control over this experience. Remember most of us identify with our conscious mind which is less than 5% of the totality of who we are. Interestingly enough, if you choose to take responsibility, it may not feel agreeable at first or even make sense, but the more you concentrate and embrace this concept, the more empowered you become as you are no longer the victim. During this process a very magical thing occurs and moments in your life that had seemed insignificant and had faded from memory will surface and the puzzle will begin to change form. This past, that was once a burden, now becomes a treasure as you recognize that everything that has ever occurred has brought you to this moment of abundance and you can continue to live in this abundance so long as you believe. Everybody is exactly where they are supposed to be and doing exactly what they are supposed to be doing. Holding this perspective in your awareness has a truly transformative and healing power for the body, mind, and life experience. How much easier is it for you to allow the person who cut you off to now receive your blessing? Their cutting you off was a part of the abundance and could quite possibly have kept you from getting into an accident down the road or could simply provide you with an opportunity to love yet another and it is your very act of loving that creates a world of love. I am allowed my experience, and you are allowed

yours and that is what makes this perfect creation so miraculous. If it doesn't seem already abundant, all that has to be done is recognizing where your identity is limiting your perception of abundance and expand your perspective to a greater level, like looking at the past and seeing the good that came out of the bad. This is the gift that allows the effortless turning of the cheek which in turn allows the healing of our personal, communal, national, global, and universal culture. We don't know where things come or where they are going, but it is all good as everyone's realities are manifesting just as they create. If your heart is open, you will resonate with a higher frequency and see the light in the world. If your heart is closed or worse yet, hardened, you will tune into the lower frequencies and see only the shadows. We are biological radios that can tune into anything that we desire. Let us choose to program our stations to the world that we enjoy. As Paramhansa Yogananda says, "The world is full of sugar and salt. Be like the wise ant and take the sugar and leave the salt."

The mechanics of manifestation are good to be aware to learn how to efficiently manifest desires. Most cultures in the world have this understanding in some form, but the deeper and empowering truths have been veiled through allegory and code. What has been called the holy trinity is the model found everywhere in creation including ourselves. The positive, negative, and neutral; high-self, middle-self, and low-self; past, present, and future; mind, body, and spirit; father, mother, and child; left, right, and center; top, bottom, middle; etc. You have 3 minds, the conscious (thought, masculine, logic, brain, separation), subconscious (feeling, feminine, intuition, body, connection), and superconscious (conscience, neuter, spirit, heart, bridge) and when they have different wants, your life will be a series of fragmentations. When the minds align for a specific purpose, anything that you can conceive, you can achieve. Our conscious mind consists of all the thoughts that we have had since the time of our birth on. It is only connected to that which it chooses to focus on at any given time and exists in duality and relativity. It requires a primary point and a secondary point and creates a relative meaning between the two. This is the establishment of the law of cause and effect, the "If this, then that" model. This is where the understanding of linear thought comes from as two points create a line. One requires a left to have a right, a top to have a bottom, a past to have a future, etc. The conscious mind proceeds in logical assumptions from all that has come before and may come after. The conscious mind perceives separation of objects and events and is the creation of perceived time and space. It is currently the seat of most people's perceptions due to the linguistic nature of our culture as language requires logical constructs and most people narrate their experience based on preconceived ideas. This produces a veil that causes us to become trapped in duality. We live in connection to all things, yet we are aware of only part, which is great for creating experience, but when the experience is no longer appreciated, it can also make one feel trapped. It could be said that the conscious mind is the map. If the conscious mind is the map then the subconscious mind would be the territory. Our subconscious minds consist of the genetic patterning that we received from our parents integrated with our sensory inputs and mental inputs since the time of our birth. These genetic patterns have been evolving since the beginning of creation and are rooted in all levels of physical reality from the spacious though the dense. The subconscious is connected to everything without separation and is the basis for perceived interconnectedness of all things. It is the seat of intuition and due to its connection to all things, affects all things in the universe to differing degrees. The conscious and subconscious are the two polarities of experience, thoughts and feelings. The superconscious mind is the source of our experience, as it is how the conscious and subconscious relate. It is the bridge that connects that which is separate to that which is connected and is obviously one way as that which is connected is already connected. We are generally seated in conscious minds separation so the bridge is for the purpose of balancing our individuality with the oneness of all that is. It is considered the Spirit, God self, High self, etc. Your reading this now is a function of your superconscious calling it into your world as your conscious mind desires abundance and your subconscious is connected to it. By definition, the Spirit is that which animates inanimate objects. The conscious mind cannot adequately perceive the superconscious because the conscious mind

requires points in the manifest and the superconscious is the gateway for these points to be perceived. The conscious mind receives information of the spirit through the subconscious mind. This comes in many forms including dreams, visions, hunches, reality, circumstances, etc. It is neither necessary nor practical to attempt to articulate the superconscious, because it would be like attempting to trap the wind. Once it is contained it ceases to be that anymore. The only way to directly perceive the superconscious consciously is through stillness. In this stillness, the apperception is the realm of the superconscious. The superconscious exist in the present moment that is eternal and in the here that is everywhere. It is also not necessary to understand the superconscious for the purposes of manifesting abundance because it is the spirit that guides all things anyways, but it is important for the conscious mind to surrender to it as the conscious mind is dimensionally challenged and strict adherence to the conscious mind will trap one in cause and effect and the patterns that have been passed on from previous generations. The superconscious is the relating factor between the conscious and the subconscious, or the part (perspective) and the whole (connection). Life as we experience it is the dance between these internal and external worlds. It is when this dance stops, usually in reflection or meditation, that we come to know who we are and that we can dance any dance we want.

Most of us in our logical culture identify solely through our conscious thoughts, but is probably the least of who we are. Our thoughts (conscious) are always distracted by our feelings (subconscious). And it is our feelings that motivate us. One of the first lessons in sales is that people buy on emotion and not information. Therefore to get a customer to feel what owning the product is like is the surest way to create a sale. So how does one get to create the feelings that will propel them into abundance? First of all, your thoughts can't force your feelings, they have to be coaxed. Your feelings are based on patterns that have existed from the beginning of time and have integrated genetically. They are absolutely perfect given the information at hand. The idea of right and wrong comes from the conscious mind and pertains to what we currently hold in our knowledge base in fragmentation of the whole. This knowledge base is important for creating certain outcomes, but at times is at odds with the subconscious feelings. For instance, if you are angry, that anger is the perfect feeling based on the knowledge held in the conscious as it integrates into the body yet expressing this anger is not always appropriate for your situation. Remember, you are the co-creator and your spirit is manifesting its desires. If you say that something is wrong, you are creating "wrong". The creation of wrong perpetuates more of the same as the body does not know the difference between what is real and what is believed to be real. Fortunately for us, higher vibrations are more authoritative than low vibrations that require repetition so it is easier to code positive experiences in the body than negative ones. The best way to deal with anger is to not suppress the anger, because this creates a division in the "whole self", but rather be present without judgment and allow expression of this anger internally. This DOES NOT mean that you have to act on it, simply accepting that it is there is enough. The subconscious is like a machine and is only doing what it has been programmed to do. If what the subconscious wants is not in alignment with what the conscious mind wants, reprogramming is necessary and creativity is the tool to guide it into alignment. Once your thoughts and feelings are aligned, you become empowered and have all your resources working for a common goal and not moving in separate directions. An easy way to do this is simple presence. Once present with a feeling, you can find out why it is and the why is the key. When you know why you feel a certain way, you can establish if it suits your current desire or not. For instance, scarcity in the subconscious is patterned to hoard for fear of running out. This hoarding is broadcasting, in the present moment, "fear of not having", and as the broadcast goes, the creation reflects. Using gentle creativity, let yourself, subconscious, know that this pattern belongs to an old paradigm and is not suitable for your current desires. Share with yourself how the new paradigm of abundance works and imagine how it will feel to live in this new world of abundance. Your subconscious will listen to both gentle authority and repetition. If your feeling angry is because something is not turning out the way that you want, shift perspective. For instance, if you are in an argument someone,

release your position for a moment. Recognize that their truth is to them what your truth is to you. Listen to what they have to say without judgment. Once you have heard not only what they said, but also what they meant, from their perspective, you have created a connection. It will probably do one of two things. It will either change your original perspective into something greater or it will give you the proper understanding of where they are at so now you have the ability to guide them into your understanding. Using creativity, you can integrate what they believe into a greater belief that is in alignment with your belief. In this example, you took a situation in which you were moving in a different direction than someone else, and through mindfulness and creativity, turned it into alignment for a common goal. This works on very deep levels and has the capacity to change patterns that have been passed on from generations. Let us pretend that my parents were impatient with me and now that I have a child, I desire learning to be patient with that child and break the pattern that was passed on to me. Now let us say that I am doing a project, and keep messing it up. It is the simple pattern to not have patience, but this not having patience only leads to more impatience. If I simply become present and allow my conscious mind to expand beyond its points fixed in duality, i.e.: I have an incomplete project (point 1) and I want the project complete (point 2). I can allow in a greater understanding that this situation is the perfect opportunity to learn patience with myself. Once I have patience with myself, I will break the pattern of impatience, and I will also have it for my child. If something is no longer in me, it will no longer be in my world. My world may offer up the scenario that would have previously caused me to act impatiently, but if I don't have impatience in myself, I will not act in this manner. We do not know where things come or where they go but when we choose to live in the present abundance, we open channels in creativity and can become the wizards in our world.

Once you have felt the desires of the subconscious mind you can examine if they are what you consciously desire or not. If not, then use creativity to incorporate the old pattern into a new paradigm. When you are ready to begin consciously manifesting, a great thing to do is set your will. Make a strong choice to do something. Let yourself know that it is important to you and nothing will get in the way of achieving it. Next, find the feeling that drives you. If you desire something, ask yourself, "What is it about that something that you desire that motivates you". There will usually be an emotion attached to it. This emotion is the energy that will move you to accomplish what your desire is. The stronger the emotion, the more you are ready to manifest your desire. If you are having a hard time finding the emotion, ask yourself if there is any other desire that may be conflicting with it. When you ask yourself these questions, really listen and be honest. There is absolutely no use in fooling yourself, not like you really could anyways, you would simply be choosing to ignore the conflict and this keeps one fragmented. When you have the desire, will, and emotional charge, set it into stone. Write it out. Write the goal, the intensity of your will, and how you would feel when this goal is accomplished. Use a board and use pictures to represent your goals and feelings of accomplishment. Place these tools where they can be viewed often. Regularly imagine the goal as already being accomplished as your body doesn't know the difference between what is experienced and what is imagined. When you imagine it as already accomplished and charge that image with an emotion, it will set into your subconscious and propel you towards that goal effortlessly. Gratitude is a powerful force that not only charges your desire, but places your heart into a place of receptivity to receive your desire abundantly. This is the genie inside that is waiting to be released to grant your wishes.

Now that you have consciously set your intentions and placed the machine into motion, your world will provide you the opportunity to transform into that person who will obtain your desires in abundance. We get that which we bless in our world and others, and we keep that which we are responsible for. Depending on your held desires, this could be a simple or difficult process. This is why they say, be mindful what you wish for, not necessarily that you won't like what you get, but because you have to become the person to have the wish or risk having it and then losing it. Plus if what you wish for takes time, than you may become distracted and start wishing for something else. This is much like

adding ingredients into a pot, what you have now is a culmination of all the wishes you have had in your life. Did they mix well? Do you like what you created? Fortunately, with a pure and focused belief, we will call into our world all of the things necessary to not only become abundant, but also live in abundance. Our world acts as a biofeedback to our desires. It will continuously produce scenarios that allow the change to happen. To say that we want the change is only the first part, but to take the action to produce the change is how the wish is transformed into having. Action is the translation of a mental image into the physical language that the universe understands. It is the action that truly represents what we believe. If you want to experience abundance in wealth, then pay your expenses quickly and with gratitude. Give when people ask. It doesn't need to be a lot, but every little bit counts. This lets your world know that you emanate abundance of wealth from your "being". And your "being" in abundance is what will truly manifest abundance in your world. If you become nervous and afraid to pay your bills, then your actions are clearly stating that you do not first believe that you have abundance in wealth. This doesn't mean to spend frivolously on everything you come across, because this is not an aspect of abundance. In fact, as you acquire more possessions, there is a tendency to lose the abundance because you may forget that it is your "Being" that manifests abundance and you may become distracted by the immediate gratification of having. It is much like the child who asks for a toy. When the parents give the child this toy, the child finds much joy, not only in this toy, but in the fact that the parents give it to them upon asking. Then the child attempts it later and the parents, appreciating the previous joy, give the child another toy. And the child enjoys it, but slightly less than the first. This continues to happen with another toy and so on, with each incoming toy appreciated less and less until the appreciation turns to expectation and the joy is lost in immediate gratification. One day the parents say, "no more toys until you learn to appreciate what you have". So the child, upset at first, goes back to the old toy chest and learns to use imagination, or internal power, rather than collecting external objects. This puts the child back into a place of empowerment and the toys along with the imagination create abundance in the child's world. Creating abundance is not necessarily about getting what you think you want all the time, because what you think you want is not always in your best interest nor will it make you happy. If ten people were placed on a field and given a ball and no rules, there would be chaos as nobody would know what to do, some would kick the ball, some would pick it up, and eventually one would leave with it. However, when limitations are created, they can produce a framework for enjoyment. Rules like half on this team and half on that team, your objective is to put the ball into the goal, no one uses their hands except the goaltender, etc. create a fun game. The rules are boundaries and limitations to immediate wants, but abiding by them allows the fun experience. Sure you want to pick the ball up with your hands, that would be much easier, but then the integrity of the game would be lost and the game would lose its fun. Living in abundance is learning how to balance what we currently have with what we desire. It is this process that creates abundance.

Now you have set an intention and charged that intention, and begun action, the rest is a process of simple focus. Keeping our eyes on what it is that you desire is the quickest way to manifest that desire. Your world will offer up the opportunity to take the appropriate action for stepping closer and closer to the goal. When tasks surface to move you closer to the goal, it is best to keep focused on the benefits you will receive for completing the task at hand and the final goal. This will make seemingly distasteful tasks rather palatable. There are a number of us, however, who have some negative programming that surfaces as we move through this process. Some have negative self talk that whispers in our inner ear telling us that we can't do it, or that it is too big, etc. There have been incredible tools to deal with this self sabotage. Neurolinguistic programming is highly effective and a fun way to work through this self sabotage. The concept behind Neurolinguistic programming is that we code our experiences into the subconscious mind through our sensory perceptions. All five senses are used in this process, but audio, visual, and kinesthetic (feeling) are the three senses primarily used for coding. When negative talk occurs, it is just that. Your audio coding is feeding back to you what has been

preprogrammed. If you walk into an area and you experience a “flashback”, there was something about that place that triggered a visually coded memory. What neurolinguistic programming teaches us to do is to consciously alter the programming in creative ways that change the emotion attached to it. For instance, if you want to run five miles, but you have only ever run four miles, the negative self talk may say, “you can’t do this”. If this occurs, simply become present with the talk and alter it in ways that make you laugh. As it repeats the sentence, add some carnival music in the background, or turn the voice into a laughable cartoon voice. This changes what the pattern means to you. From this point, you can move back to the goal of running five miles and imagine how you will feel after completing this goal. This can be done with all sensory coding. If you feel tense in a situation, move to the creative aspect of yourself and feel what it would feel like to lay back in a sauna or bask in the sun on the beach. If the coding is visual, than using creativity again, change the colors of the setting, or turn the picture into a cartoon. This is an effective way to change how the past has been coded into your subconscious. Remember, at the end of each coding alteration, move back to the goal at hand. See yourself completing the goal and how you will feel doing so.

These are the simple tools for manifesting abundance in your world. These are not the only tools available, but they are primary tools. As we evolve consciously, we will move past some of these tools and into newer tools that are more designed for the world we will be living in at the time. Remember, your belief is paramount and will call into your world whatever you believe. If you hold wonderful things in both your conscious and subconscious minds, it will manifest. Be aware of your actions and feelings and you will always know where you are on your path.

Having Abundantly

Living in abundance is easiest when keeping the awareness that our “being” is projecting into our world everything that we want and that everything in “reality” is a perfect representation of what we are broadcasting in the present moment. Our actions are not born from any other desire than to experience and create that which we desire in our worlds. This comes through the practice of learning how and when to hold on to intentions without attachments and how and when to release into the present moment of what is. The trick is to learn how to use the intellect for its strengths of surfacing problems and creating solutions, and to be guided by the intuition for moving in the direction you want to go. Your intuition uses your reality as a biofeedback mechanism to catch your logical mind’s attention. When the intellect understands this concept, it will surrender most unnecessary rationale and manifestation will occur quicker. The easiest way to do this is to get into touch with your feeling body as your feeling will be your intuitive guide. Next is to expect the unexpected. When you expect the unexpected, you allow into your world that which was not perceived previously. This is the gateway to coincidences. When you learn to follow coincidences, they may not seem logical or rational, but they always lead you to your desires in the quickest way. Our logic sometimes gets in the way because we see flow from the logical mind as linear yet we live in a spherical world. Once you begin to trust your intuition and instinct, you acquire a great tool in co-creation and can begin the effortless art of creating a world you desire living in. One thing to note here is that creating the world that you want to live in truly begins with accepting the world the way it is now. If you don’t accept the world the way it is now, in your present “being” you are broadcasting scarcity which will produce more of the same.

Meditation is the exercise that strengthens the awareness muscle. When the awareness muscle is strengthened, one can keep attention to who they are and still move in the world. This produces very efficient accomplishment as the perspective remains broad even though the action may be narrow. This allows one to see all the parts while working in selected parts. Strong awareness produces a buffer whereas one is given the choice to respond to any given situation rather than simply reacting. When one can respond to a situation they have the ability to use that situation to empower themselves and those

around them. When one simply reacts to a situation, they are doing so based on past patterns and future preconceptions. This tends to exasperate problems as one remains in a limited perspective and the whole remains elusive. Meditation, in the beginning, should be done in private and silence. This allows one to become comfortable with the space and allows one to easily perceive the benefits of meditation. The simplest and most effective form of meditation is to sit comfortably with your legs crossed in a comfortable manner sitting on the front edge of a small pillow. Place your hands in your lap with your dominant hand holding your other hand with the thumbs gently touching. Lower your eyes and imagine the crown of your head extending into the clouds and find a comfortable balance. When this balance is found, simply rest all parts of the body in this position. Next watch your breath as it begins to move deeper into the abdomen. It is not necessary to try to move it there because it will do it naturally as you relax. Simply count the breaths that you are watching, from one to ten and back to one. If you become distracted with thoughts, acknowledge the thought and let it fall away as you move back to counting your breath. With practice, your concentration will increase dramatically as you begin to relax into the present moment. Modern technology, through the use of Floatation Pods, has provided us with an incredible tool for creating healing and abundance. Floatation is a technique that not only puts the body into a state of virtual weightlessness as it effortlessly floats on top of the 20% Epsom salt saturated water, but it also releases distracting stimulus. This unique environment is quite possibly the most powerful tool available to humanity, assuming the individual is powerful. The medical grade Epsom Salt used in commercial float pods relaxes the muscles with high efficiency and has profound benefits on the body. The attenuation of distracting stimulus allows the mind to become as still as a mountain lake in the early morning. The thoughts become so still that one experiences the gaps between the fabric of space and time. In this state, the body/mind system is released of up to 95% of its work load. This is like having almost 10 times the amount of energy to do as you wish. The levels of concentration are so profound that people have claimed to be able to hold numerous 3 dimensional objects in their minds for extended periods of time and this level of concentration has profound implications for increasing our ability to manifest our world of abundance as we can truly merge with that which we desire. A moving meditation is also a wonderful practice. This is where every action is done with awareness. The idea is to bring the entire self into a state of meditation or self awareness at all times. When this occurs, one will remain in a whole state and become a conscious manifestor at a high level. An easy way to do this is by creating a joyous movement. Our movement and action is the translation of our thoughts into the language that the universe understands. Feel free to dance with every step. Each and every step is a sacred movement and when done in a dance, is speaking love to all the elements that support you. It doesn't have to be extravagant or gaudy. The movements can be as simple as walking gracefully, but when you move in this fashion, you are bringing joy into the ordinarily mundane. Every moment is a chance for expansion or contraction. Every moment is a choice to be alive in your "self" and with more living do you truly create that world worth living in. Allow each step to be a dance and your world will begin dancing with you.

Things that you are focused on creating don't always manifest quickly. This is due, in part, to other desires that you are holding on to. If you are putting together a jigsaw puzzle and you have a person's body complete and just need to place the head, but you are holding onto the piece that belongs to another person in the picture, you must either put that piece down and look for the right piece or choose to begin creating the other person. Life works just like that. If you want to create something but have the wrong idea, you must release that idea or start a new project. Sometimes the piece looks like the right piece, but if it doesn't fit, then look for another. Don't force it, you may just ruin your puzzle. But if you keep your belief that everything is already abundant, then ruining that puzzle will lead to something even more wonderful. There is no destruction in nature, only birth upon birth.

The process of learning to identify abundance is very important. Many of us are tuned into what our parents were tuned into and theirs and so on. When we interact with others we begin to entrain.

What we see in them we become like. This is why they say to be mindful of the company you keep. If you place 10 similar grandfather clocks against a single wall, within a couple of days all the pendulums will be swinging in unison. This is the concept of entrainment and, although it is a powerful force, you are not bound by it. You have the power to tune into anything that you desire but it may take creativity and releasing into it. If you are resonating with an angry world but you want to tune into a happy world, use the morphogenic field. All information exists everywhere and all we have to do is tap into it. An easy way to do this is to simply say, "If I could feel happy now, how would that feel?" And then be still. If you are still and allow the transition to take place, the happiness will enter and all that is required of you is to immerse yourself into this feeling. As you immerse yourself in this feeling, thought will occur to perpetuate the feeling and soon it will become you. This works for everything. You can tap into the understanding of any mind, or the power of anything. The trick here is concentration and ability to release any attachments.

One of the easiest ways of living in abundance is the simple recognizing that we already have abundance. In tuning into the abundance that is already at hand, we attract more abundance to ourselves. Every single moment that you have experience, whether it is deemed good or bad, is truly a precious gift. Every moment can be experienced as a child and can become wonderment itself. Even people who have lost their sight have claimed to be just as happy or, sometimes, happier than before. Happiness is not a function of having, it is a function of "being" and sometimes having things taken away is necessary to remind us that all things are already within ourselves. A good meditation for this is to take the next object that you see and spend a moment to reflect on how many things must have been perfect in order for that object to be in your hand now. For instance, let's say you are holding onto a leaf. Think of the billions of cells working together to make that leaf. Think of the trillions of atoms that are working together to make the billions of cells. They are all organized into the thousands of different components to make that single leaf. Now think of the tree with thousands of leaves just like that. And now think of a forest of trees, and the thousands of types of different trees. And all the insects and all the animals and all the organisms all working together to create this beautiful world. And here you are, on top of the chain, getting to experience all of it in every moment. Now let say that you reading this on your computer. Think of the monitor that you are looking at. How many different components had to go into making that monitor? How many different people had a part in the production? How many households are supporting the people that are making them? How many inventions had to come before in order for this invention to be? If you spend a moment in this, it is easy to see the abundance that is already at hand and in seeing this abundance, do we create more. This very moment is an absolute miracle and you, right here and now, are the recipient of this eternal gift; the gift of this very perfect present moment.

We are so often moving in the realms of cause and effect, or future and past, we forget who we are and begin to identify with our fragmented self. This keeps us from having the time to observe why we are taking particular actions as we feel compelled to continue moving. The action we take is the clearest way to determine our beliefs, but the reason you have for any particular action determines your "being". You can take the same action for different reasons. For instance, writing this eBook is an action that has given me the opportunity to reflect on the reasons for writing it. Am I writing this book because I am seeking validation for my truths? In which case, my "Being" is less empowered as validation is outside of my "self". Am I writing this book to express concepts that I have found to be empowering? In this case my "Being" is sensing that others may not be empowered and therefore there may be the seed of disempowerment still inside me or I would not perceive it outside of my "self". Am I writing this because I love to experience externally what is manifest internally? As I give what I have to others, do I create more for myself. In this case, I am fulfilling my purpose here in this realm which truly is experience. When we take the time to find the reasons for the actions we take, we identify what we are projecting into our worlds and we gain more control over our experience as we recognize what our

“Being” is desiring in the moment. A good practice here is to do the opposite of what the logical mind “wants”. For instance, if you perceive that you are low on funds and someone else who has less than you asks for a few dollars, give it to them. If you perceive that you are low on time and someone asks for your help, give it to them. The logical mind balks at this thought, but your present “being” is always broadcasting, and your world is a reflection of this. If you do not give the few dollars, your action is stating that you believe that you do not have enough, therefore you attract more “not enough”. If you do not give the time to help, you actually collapse the ability to generate time. Time is very relative and the more we spend wisely, the more we are given. When one becomes a parent, one quickly recognizes this concept as they easily can accomplish twice that which they were able to before. It is not always easy, unless one keeps aware that they are creating in this very moment. As you spend, you may give up what is immediately in front of you, but what most don’t see is that the pool of resources has become larger for the future.

For quick manifesting abundance in the present moment, follow this quick three step process. First, release identity into the present moment that is between thoughts and feelings. Becoming the watcher of the thoughts and feelings is the easiest way. Second, broadcast what it is that you want to experience. This is done easily with the question, “if I wanted to experience this, how would it feel?”. Third, allow the feeling to happen, sit in that feeling, the thoughts will begin to reflect this feeling, it will become integrated into the body, and then enjoy the abundance that comes.

I give this time, creativity, and information freely because, my “being” here and now knows that what I give to others, do I really give to myself, and what I keep to myself, do I really have kept from me. This is living the golden rule. Another of my favorite stories is the story of a man who asks to see heaven and hell. So down to hell he goes and he sees a round table with wonderful food piled high. All the people around the table are sickly skinny and frustrated as they are trying to feed themselves with spoons that are just too long for them to use. Then moving to heaven, surprisingly, is another table with wonderful food piled high. Again there are people sitting around the table with spoons that are much too long, but these people are jolly and fat as they are using the spoons to feed each other. Support those that support you with intentions, words, and actions and we all will live in the world that we want to live in...as if we weren’t already.

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"Body" chapter- using the imagination to see life the way you want it codes tghat expedrience in.to the body. Once in the body, the frequency is set ant the external world reflects it.

You are like a hurricane. When you are in the center it is still and you perceive everything flying around you. If you move out of the center you are easily blown around. If you want something, don't become dependant on another. This will more often than not lead to dissapointment, rather give it to yourself first and then your external world will reflect this.

Structure/Patterns-the boulder in the river

Passive thoughts are where you came from, active thoughts are whre you are going.

Structure overcomes pattern

Gratitude charges and makes one receptive

If you desire something, be grateful you already have it.

You are always doing what you desire. Sometimes this is hard to see because in the particular moment you may be so focused on the tree that you forget about the forrest. At anytime this occurs, seek what is that you have to gain and you will easily see your desire for being there. In this understanding you will have the awareness to act in your best interest for manifesting what you desire. Every moment builds on the next, start where you are. Even anger provides the opportunity to release negative patterning

Increasing sensitivity increases power of inuition

Much like going to the movies and waiting forb gthe movie to start, you are centered in the seer, but when the mov ie starts and we become immersed in the story, we forget our self

Becoming the seer in meditation allows for the waking meditstion. Learn to see the cosmic view of yourself internally as you move externally. In this you are balancing being an aware spirit in the world.

Moving into the seer is the seat of awareness, moving the seer into being, heart, consciously activates the being. From here emotions will manifest accordingly

Creating the story. The thinking mind can never really know the future and the past is really a function of who you are now. The mind makes up a story as it goes along, but most people are unaware of this and are locked into stories that keep them disempowered. These stories are very powerful as they weave the web of the experience that we generate. A consciously creative story of your past has the ability to empower you in your present for entry into a wonderful future. If the story of your past is one of heart ache and despair without significance, then who you are now is broken and your future will seem bleak. If your past story has organized the negatives into meaningful experiences, than who you are now is a being of growth and your future is bright as you are empowered now. These stories have the ability to empower your current actions. I once saw a woman with two children in a hardware store. You could tell that these kids were bored. The mother, in her infinite wisdom, picked up an item that whe wanted, handed it to one of her children and said, "this is a treasure, I need you to keep this safe on our journey back to our castle." At that moment the kids eyes lit up and they readily beheld this hardware treasure and it gave meaning to a simple task.

I, Am, That

Source, Being, Expressed

Self, Living, Creation

concentration. Your ability to concentrate will cut through all the past patterns and keep your eyes focused on the prize. If you find it difficult to concentrate you may have a little reorganizing to do. Lack of concentration is rooted in fragmented consciousness. Fragmented consciousness is simply having more desires than resources to meet the desires. Thankfully with simple belief, you will call all that you need into your world to transform you into the person that will fulfill all those desires. Sometimes this process of transformation can be "difficult growth" if we are holding onto other desire that conflict. If you are in the middle of numerous projects and you have a cloud looming, write your projects down. Write down everything that you ever want to do and get them out of your head. Write down the tasks to accomplish each, for we do not accomplish projects, we accomplish tasks. So long as the tasks are not clearly defined, they will remain in your head and absorb your resources. Once the tasks are articulated, organize them in a way that you will have them available when you have time. This is the easiest way to high efficiency and clears up the psyche which increases the resource base.

The question is, "If the body is mostly space, how does the memory from our big toe make it to our brain and back? How is it that memory is carried throughout the gaps of emptiness? How is memory carried from the past into the present and future? We know that the morphogenic field contains all the information, but what force supports the continuity that we experience and can this be changed at will? This is the million...wait, the one-hundred billion dollar question:-)