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*"We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world."
Buddha*

Thought is a great dynamic force with tremendous power. An simple atom radiates an electromagnetic field or EMF. A molecule radiates yet a stronger EMF. A large number of molecules form a cell in which the human brain contains at least 200 million such cells. These atomic waves seem to include the emotions and are thought to be superimposed within the EMF frequencies. These vibrations are sent out into the physical world extending outward into the "non-physical" world. The historian Arthur Koestler refers to this as the capacity of the human psyche to "act as a cosmic resonator". Thoughts paired with Intent equals a very powerful mixture of "mental stuff".

Thoughts and emotions happen as a result of you interactions with the world based on your perception of past experiences. It how you perceive this world of events that form our thought processes that become reactions and behaviors, unconsciously or consciously. Your thoughts create your feelings, emotions, behavior and what you attract and magnetize into your life.

In minding your thoughts, there is also a

Japanese principle known as the "Kototama Principle" meaning "word soul". When one develops the right connection to language and words, this deep connection "becomes a 'mirror' against which one reflects his concerns in order to have a better sense of their nature, place, and relationship to a totality." This "hidden" philosophy is just now re-emerging as our understanding how thought and feelings affect our realities.

Emotion is the fuel of creation.....
"everything you dwell upon in your mind and heart, everything that you believe in, is drawn into physical manifestation. This is happening more and more quickly. As the masters have advised you for thousands of years"...

The very fabric of space/time that makes up the world is composed of threads and we can/are collectively changing it and bending it to the will of a love-centered reality. Not only an emotion, Love is a genuine power in and of itself. The world isn't set in "physical laws" or "immutable constants" it is ever changing, every fluctuating and we do change that with the tiniest thought.

"Thank goodness for feelings that create our emotions. Feeling and emotion are what will ignite your desire to know the love that is within you."
Alana, The Seven Sacred Steps

The Brain

"The human brain being formed of an inestimable number of spherical resonators, termed in medical science nerve cells, forming the gray matter of the brain, these minute spheres take up the thought force which permeates all space in endless waves, eternally active. This force we term atomolic; the cells are composed of *atomoles, whose vibratory motions under the action of universal thought force result in the phenomena of

thought, cognition, intellection, etc. Understanding this, no one should continue to feel surprise at the caring emotions and impulses of a human being in an undeveloped state, as only by developed WILL can the motions of this force be directed."

(*Atomoles are elementary units of matter uniform in size and weight, and exist in solid, liquid, gaseous, and isolated forms. "Keely and His Discoveries" by John Ernst Worrell Keely)

A physics theory that was predicted in 1925, that resulted in the ever popular example of superconductivity in 1995, is The Bose-Einstein condensation.

This condensation is viewed as the most highly ordered structures in nature. This property is equivalent to a laser but the particles behave as a single particle and seem to possess a form of free will. The energies merge to become part of the whole. The Bose-Einstein condensate was later applied to living tissues and the results were astonishing for quantifying human consciousness.

In 1989 the British psychiatrist Ian Marshall, showed whenever the condensate in the brain is excited by an electrical field, conscious experience occurs. In his studies, the millions of neurons in the brain would maintain coherent thought processes, the neurons working as one structure. In other studies, it has also been determined by the encephalograph that all reasoning processes are actual waveform transmissions. Additionally, quantum wave function of the brain is not completely random and seems to have a "phase difference" which implies the parallels of mind and body to the duality of the wave and particle. The wave aspect of nature yields the mental, the particle aspect of nature yields the material.

Nobel Prize winner Ilya Prigione of the University of Texas is studying the

"spontaneous formation of coherent structures," how chemical and other kinds of structures evolve patterns out of chaos. Karl Pribram, a neuroscientist at Stanford University, has proposed that the brain may be a type of "hologram". He theorizes the brain is a pattern and frequency analyzer which creates reality by interpreting frequencies from beyond space and time dimensions. On the basis of this model, the physical world "out there," is, in Pribram's words, "isomorphic with"--that, the same as, the processes of the brain.

Again, referencing to the physicist David Bohm, he writes, "in the deep structure of the brain. The new meaning will produce different thoughts, and therefore an entirely different function of the brain...As this changes, the whole universe changes."

"Our destiny changes with our thought; we shall become what we wish to become, do what we wish to do, when our habitual thought corresponds with our desire."

Orison S. Marder

In a New York Times article dated April 26th, 2003, Tenzin Gyatso of Dharamsala, India, wrote a column about his recent investigation of emotions and behavior. This being a recent publication of the science of the emotions and the mind in Buddhism, in which many such similar scientific studies have been done.

"It is for this reason that I visited the neuroscience laboratory of Dr. Richard Davidson at the University of Wisconsin. Using imaging devices that show what occurs in the brain during meditation, Dr. Davidson has been able to study the effects of Buddhist practices for cultivating compassion, equanimity or mindfulness. For centuries Buddhists have believed that pursuing such practices seems to make people calmer, happier and more loving. At the same time they are less and

less prone to destructive emotions.

Dr. Davidson tells me that the emergence of positive emotions may be due to this: Mindfulness meditation strengthens the neurological circuits that calm a part of the brain that acts as a trigger for fear and anger. This raises the possibility that we have a way to create a kind of buffer between the brain's violent impulses and our actions.

Dr. Davidson using electroencephalographs to measure brain waves. According to Dr. Davidson, the abbot had the highest amount of activity in the brain centers associated with positive emotions that had ever been measured by his laboratory. After eight weeks, Dr. Davidson found that in these people, the parts of their brains that help to form positive emotions became increasingly active.

But reflection shows that in our lives much of our suffering is caused not by external causes but by such internal events as the arising of disturbing emotions. The best antidote to this disruption is enhancing our ability to handle these emotions."

Laughter:

We have all heard that laughter is the best medicine. The emotions that come from humor and laughter help people cope better with the stress of daily life. Studies have shown that people who laugh often live longer and are much healthier compared to those that find it difficult to laugh due to life's circumstances and personality types. This common reflex affects the body by activating the cardiovascular system, helps lower blood pressure and also exercises the muscles of the body. Research has shown that parts of the limbic system are involved in laughter as well. The limbic system is a primitive part of the brain that is involved in emotions and helps us with basic functions necessary for survival.

Dr. Lee S. Berk, at Loma Linda University School of Medicine and Public Health in California, and endocrinologist Stanley Tan, studied various groups of adults and found that laughter also stimulates our endocrine system and the pituitary gland, which in turn, stimulates release of endorphins and enkephalins, natural painkillers that are chemical cousins to opiates such as morphine and heroin. They found that both arms of the immune system got a boost out of laughter. Other studies have shown laughter improved functioning in those with breast cancer, marital stress and also those in the grieving process.

Silvia Cardoso, a behavioral biologist reports, "Repeated short, strong contractions of the chest muscles, diaphragm and abdomen increase blood flow into our internal organs, and forced respiration--the ha! ha!--makes sure that this blood is well oxygenated. Muscle tension decreases, and indeed we may temporarily lose control of our limbs, as in the expression "weak with laughter". It may also release brain endorphins, reducing sensitivity to pain and boosting endurance and pleasurable sensations. Some studies suggest that laughter affects the immune system by reducing the production of hormones associated with stress, and that when you laugh the immune system produces more T-cells."

Recent surveys indicate that laughter can enhance the quality of our conversations and productivity and social interactions. It simply makes people feel closer to each other. In his book, "Laughter: A Scientific Investigation", Provine says "that laughter is the oil in the social machine, helping human interactions run more smoothly".

Laughter sounds also have on emotional responses in listeners. Recent studies "support the notion that one important function of laugh acoustics is to influence the emotional responses of listeners," the

researchers from the Acoustic Society of America meeting conclude.

I had stated in the Frequency and Sound portion of this site, "The universe consists solely of waves of motion...There exists nothing other than vibration." relates Walter Russell in "A New Concept of the Universe". In vibratory physics, the principles that make sound into harmonious music are the same principles that govern all associating vibrations throughout the universe - and that includes everything that there is. Vibrations are dynamic things not unlike "living" things since they are in a mutual state of "harmony".

Biology:

"David Bohm summarizes $M=E=I$ formula (matter = energy = information) when he writes: 'there is a limitless amount of information enfolded into the structure of the universe and we are a manifestation of that energy. Every body event, whether the workings of enzymes, neuropeptides, hormones, blood, or skin, is an info-energetic event.'"

"Science has discovered startling new possibilities regarding how we think, feel, love, heal and find meaning in our life...research suggests that the heart thinks, cells remember and that both of these processes are related to an as yet mysterious, extremely powerful, but very subtle energy. Science may be taking the first steps to understanding more about the ancient shamans/healers/leaders - the energy of the human spirit and the coded information that is the human soul."

Many cardiologists have combined their knowledge of biology and new physics - the study of subtle energy and the invisible atomic world and modern cardiology. Energy cardiology is based on the "dynamic systems memory theory", the idea that all systems are constantly exchanging mutually influential energy,

which contains information that alters the systems taking part in the exchange. From the "Heart's Code" web site, "Our billions of heart cells are able to form a quantum energy generator...by laws of the quantum world such as nonlocality...the info-energetic connection that constitutes all systems in the Universe."

Kinesiology

Another field, Kinesiology, has made strides in determining feelings and emotions on the well-being of the body. David R. Hawkins, MD, PhD. conducted a 29 year study that demonstrated the human body becomes stronger or weaker depending on a person's mental state using kinesiology, or muscle testing. Dr. Hawkins developed a scale of 1-1000 that maps human consciousness: 200 (or 20,000 cycles per second) weakens the body and from 200 to 1000 makes the body stronger. At various points above this are intellect, psychology, science, genius, heart and enlightenment which moves us from duality to non-duality. This Map of Consciousness is based on a logarithmic scale which means there is an enormous increase in power with even a small increase in the number on the scale.

The lowest vibration rate is described as "Force". This exhibits a weak kinesiologic response with a vibration under 200 which includes shame, then guilt, apathy, grief, fear and anxiety, craving, anger and hate. All these feelings weaken you. Levels at 200 and above are described as "Power," which elicit a strong kinesiologic response. At 250 you have neutrality and trust - this strengthens you.

Going up on the scale there is: willingness, optimism, acceptance and forgiveness, reason and understanding, love and reverence, joy and serenity.

Courage calibrates at 200
Willingness calibrates at 310

Reason calibrates at 400
 Unconditional Love calibrates at 500
 Joy, and the ability to communicate
 healing energies to another calibrates at
 540
 Gratitude calibrates at 560
 Praise at 570
 Peace and bliss is rated at 600
 Enlightenment and Ineffability at 700-
 1000.

Dr. Hawkins conjectures the great
 scientists such as Newton and Freud
 calibrate at 499 and Carl Jung calibrates
 at 540, the highest level of the intellect we
 have known to this point.

At the highest end of the kinesiological
 scale of human experience, 600 to 1000,
 are qualities that transcend duality. This is
 the level of "enlightenment" and "pure
 bliss" of consciousness.

The highest calibration in this study was
 700 by Mother Theresa who exuded
 peace and joy by her mere presence. Dr.
 Hawkins reports that Jesus, Krishna,
 Buddha, the greatest prophets recorded in
 human history all calibrate at a scale at
 1000 along with their messages of Unity,
 Peace and Love calibrated near 1000.

Cycles Conversion of Hawkin's scale
 illustrate:

Hawkin's Scale	Cycles P/Second = Hz	kHz or kc/s
100	10,000	10
200	20,000	20
300	30,000	30
500	50,000	50
1,000	100,000	100

*Please reference the section on
 Frequency which has a listing of
 comparative measurements*

The frequencies from light, sound, to
 physiological functions (as demonstrated

in the Frequency section) along with bio-scientific studies show definite resonances in all things and ultimately shows the dual nature of our physical being and how we are energetically linked to everything else.

"Energy waves build the human body by radiation in intrauterine life, as a pattern of energy currents, and continue to maintain it by this energy flow as wireless currents."

*Dr. Randolph Stone -Polarity Therapy
Book 1*

Prayer

To "feel" combines our emotions merged with our thoughts - energy follows attention. When we pray we realize and acknowledge there are many possibilities and by the act of praying-focusing-feeling, we direct that energy into an opportunity that we *choose* to experience - of all the possibilities available.

A Tibetan abbot said on prayer, "Feeling - the object of each prayer is to achieve "feeling". When we pray, we feel on behalf of all beings, everywhere. We are all connected. We are all expressions of one life. No matter where we are, our prayers are heard by all. We are all the same one."

*"Unless you, yourself, enter the image and think from it, it is incapable of birth."
Neville*

Gregg Braden and others have spoken about the power of prayer and the physics principles at work. "Through the language of time waves, quantum outcomes, and choice points.." we determine our future probabilities. "Our individual choices merge into our collective response to the present" whose rings span far into the depths of time/space."

The matrix grid of consciousness, Jung's collective unconscious, is the nervous system for the earth, our thoughts effect

this system and everything contained therein.

The universe can be crafted with a simple working of your will. Mages and mystics and shamanic healers have taught this truth throughout the ages. Thoughts and feelings manifest itself into reality. This makes us co-creators with the universe. Quantum physics even suggest that by redirecting our focus and our attentions we can bring a new course of events into action.

"Everything we think, feel, and do has an effect on our ancestors and all future generations and reverberates throughout the universe."

Thich Nhat Hanh

A tiny emotion becomes a thought of a one raindrop, thousands of drops turn into a flood. There is true magic-alchemy in the power of will, we shape the world by our desires, thoughts, intents and actions. So in relation to mankind's "ascension" it is the product of many working, thinking, acting, and living as a higher unit of collective thought energy processes.

Kabalistic teachings there's a saying, "think well of everyone". In Kabbalah, what we do in this world always has effects in the spiritual dimension. There is also the term "cycle of reciprocity": what is going out from your mind is always coming back to you.

Dhyani Ywahoo, a Cherokee spiritual teacher, says it beautifully: "Be aware of the power of mind, remember that we are all in process of unfolding. We can choose, we can weave; we hold the form, we dance it, and the moment comes when it is recalled in each of us...By the power of its sound it is a reality...The Beauty Path, the Great Peace, is the meeting of ourselves, the perceptions of our minds, and the cessation of those waves and thought forms that create discord. Let us sow the seed of peace in all our actions,

thoughts and words."

The Spiritual Path assists "mortal man in gaining and understanding of his/her place within the Divine Order and allows mankind to experience the greater purpose of evolution from a more Universal perspective."

Akhenaton

"When mankind perceives reality through an open, evolved heart chakra, mortal man experiences reality by "feeling" the energy states of that reality." We can safely say that real truths cannot be said, talked about or even written, they must be lived, experienced and felt."

"Remember to be cautious with your thoughts and your words; they are the tools of creation.

Remember cause and effect.

Remember there is nothing more important than love."

(Mary Sparrowdancer - "The Love Song of The Universe")

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