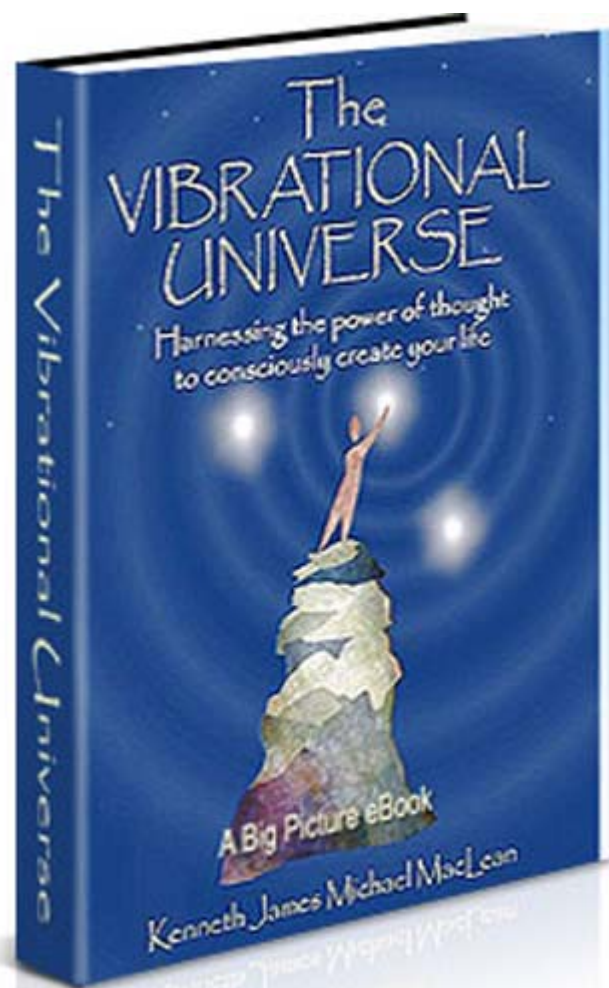


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The Vibrational Universe

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The Vibrational Universe

**Harnessing the Power of Thought to
Consciously Create Your Life**

By Kenneth James Michael MacLean

Potential of Consciousness Series

The Vibrational Universe: Harnessing the Power of Thought to
Consciously Create Your Life by Kenneth James Michael MacLean

Book #1 in the Potential of Consciousness series.

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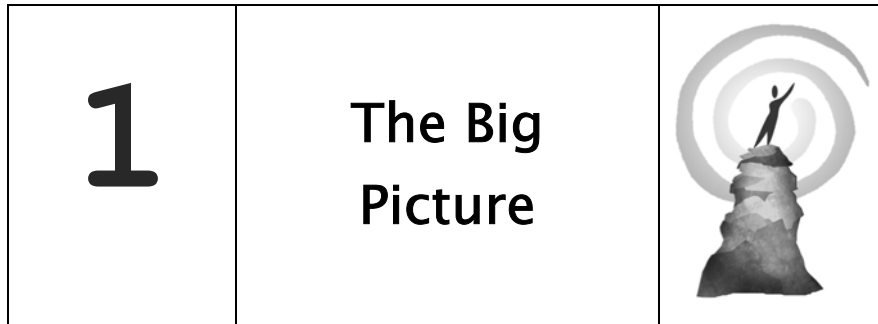
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Introduction

Have you ever wondered why the events in your life happen the way they do? Doesn't it seem sometimes that you have no control over what happens in your life? We're not talking about things like the weather, or the latest government policy, but things like, "why don't I have enough money?" or, "why can't I find that perfect relationship?"

It turns out that the universe, like a computer, has an operating system. A computer operating system is a series of instructions that allows the user to access the computer's components and to run the software programs that allow him or her to perform useful work. The operating system of the computer has rules that it must follow in order to make everything inside the computer work properly. The process by which this is accomplished is actually quite complicated, but the operating system takes care of it all, invisible to the user.

The universe also has an operating system, which I am calling the Universal Operating System. Is it possible, do you think, for an infinite creation like the universe to operate randomly? If you ponder that for a minute you can see that in order for any-

thing to work properly it must be well designed. The telephone has a number pad and a display that allow you to use it; the stove has dials to control the cooking temperature. All devices, in other words, have an interface that allows the user to communicate with the machine and direct its proper function. Inside the device, the components are hooked together in the most efficient manner.

The universe is no different than your telephone, computer or household appliance, in the sense that it provides a way to interact with you in an intelligent fashion.

It turns out that *the universe has been designed to directly interface with your thoughts and feelings.*

The Universal Operating System is a subtle energy system that interfaces directly with each and every human being on the planet. Of course there is no way to prove this objectively, but there *is* a way to prove it to yourself. The purpose of this book is to describe the universe's interface so that you can use it to make your life better. In order to do this we have to start at the beginning, and talk about consciousness.

Consciousness

Throughout history, consciousness has been assigned a non-physical origin. It is only within the past hundred years or so that mankind, in his zeal to accurately describe the physical universe, has lost touch with his spiritual nature. In this book we say that self-awareness, being non-physical in nature, exists independent of physical structures or containers (bodies) and that

it is eternal. We do this because when life is viewed from such a perspective it becomes easier to understand, and such assumptions, when fully understood, supply an inner feeling of power, joy, and well-being. These feelings are fundamental to life itself, and all beings, no matter how evolved, strive for them.

In this book, we take the position that the universe is well ordered and has been designed for well-being; that life is meaningful and can, and should, be joyful. We take the position that a human being has a physical, a mental, and a spiritual component and that the spiritual component, consciousness, is paramount in importance. Why is consciousness paramount? Because it is the animating and directing principle of the universe.

Science has already systematized the laws of matter and energy and we will not argue with them; however, in Chapter 2, we will propose an interesting twist on scientific laws that provide a new and empowering way to look at life and the universe.

Fortunately, just as there are laws describing the behavior of matter and energy, there are also a few general but powerful principles that describe how the universe responds to human beings (and other life forms as well). Knowledge of these fundamental principles can make life easier and a lot more understandable.

The universe's operating system provides a user interface, but it is a little different from a computer or a machine. However, the components are all recognizable and we will be describing them as the book goes along. By the time we are

through you will have all the information you need to enjoy life more and worry a lot less!

You can and should test the principles in this book yourself to see if they work. The whole idea is to present material that a person can use in life to change conditions for the better; a bunch of theory that cannot be applied is, in my opinion, useless.

The good news is, you don't need to know any math, you don't have to be a holy man or a guru, you don't even have to be smart! All you have to do is follow some simple, but very powerful guidelines. It's so easy, even a child can do it.

When we say that you can use the Universal Operating System (UOS) to change conditions for the better, we are not saying that you can learn to levitate chairs, wave a magic wand and create a pot of gold, or create world peace. You can, however, learn how to improve the way you feel about yourself. And you can learn how to attract a good relationship, or find a better job, or get along better with your kids. These are things well worth achieving!

Learning about the operating system of the universe is a lot like learning a new software program. If you understand how to work the software, you can actually get results. If you do not, you are fumbling around with incomprehensible menus and just going by trial and error, and what you get is often totally the opposite of what you wanted. Understanding the universe's

operating system allows you to be in control of the “software” that runs the universe, instead of it controlling you.

Because we are working in the spirit–mind–body framework, we have to make a few assumptions about the nature of consciousness itself in order to get a grip on how and why the UOS works the way it does. So here goes!

What is Consciousness?

Even though it’s impossible to say for sure what consciousness is, we can make some broad, general statements that most people can agree with. After all, every person is to some degree an expert, because if you are alive, you are conscious.

We will begin by saying that consciousness is the animating principle of the universe. The animating principle has been understood by every culture that has ever existed on earth, and has been called chi, prana, Spirit, Ka, life force, etc.

In our model, when a person or an animal dies, the animating principle leaves and the body decays. When a flower wilts, the consciousness of the flower leaves. When a one-celled amoeba dies, the consciousness of the amoeba departs. Everything that lives is conscious!

As human beings we don’t really think that flowers and insects and amoeba’s have consciousness. But for the purposes of this book, we will say that they do. The animating principle of consciousness is the Source behind all of the biological life on our planet.

Quality vs. Quantity

We begin our discussion of consciousness by describing it as a static. A static is defined as something that is self-aware, but which has no moving parts and no mass; a pure potential or causative influence that has unlimited scope. In other words, consciousness exists independent of matter and energy, which means that all life forms continue after the body dies. This concept is ancient, and is known as reincarnation.

A quality is an observable characteristic, feature, or aspect of the animating principle. In physics we might call it a scalar, a dimensionless quantity with magnitude, but no direction (time is an example of a scalar). In this sense consciousness, although itself not measurable, may exert an effect or influence which is observable.

A quantity, on the other hand, is something that can be seen, felt, or heard by the senses of the body, and/or is measurable or detectable with instrumentation.

In the physical universe we can observe the qualities people exhibit. We say: "He has character" or "She is full of life." These are reasonable statements but they cannot be accurately quantified. If asked, "Why do you say she is full of life?" we may observe that she is always cheerful, has lots of energy, and participates in many activities. But it would be hard to write a mathematical equation to describe the quality called 'full of life.' The reason qualities cannot be accurately specified is because they stem from consciousness itself, which may change its mind

at any time and so exhibit entirely different characteristics. For example, a person (let's call him Moe) who is angry a lot might decide to lighten up and take things less seriously, and will demonstrate remarkably different characteristics from that point on.

We cannot observe *how* Moe changed his behavior patterns because that process is invisible to us, but we can notice how much more friendly Moe is to his family, friends, and co-workers. We cannot know precisely why Moe changed either, but Moe does. Moe has used the most powerful tool of consciousness to alter his behavior and feel better about himself: he has made a new decision. One of the things we can say about consciousness is that it has the ability to think, to decide, to prefer. A decision or a preference leads to a new state of BEING, and from that state of being, a new way of feeling, and a new set of actions will result.

A decision, in other words, is a very powerful thing, because before one can act, one must have made a decision to do so. The content of this decision will determine what actions will be taken. If one wanted to bake a cake, one would not randomly throw ingredients together; one would operate off of a recipe. You would not walk across the street without thinking about the possibility of oncoming traffic. These statements are obvious but their importance is often missed.

All action is preceded by thought.

There has never been an action that did not involve a decision first, even if it's as simple as turning your car into your

driveway. It is obvious that you could decide not to turn into your driveway after a day of work; you may decide, on an impulse, to go to the gym, or to the bar, or to see your girlfriend. To quote the Buddha, "All that we are arises with our thoughts. With our thoughts we make our world."

The importance of thought, and being, is mostly not understood. Action is considered far more important, for it is action, it is said, that gets results. Yet all of that action is based upon a state of beingness. For example, James might want to learn how to play the piano. First he assumes the beingness of one who can learn to play the instrument. In other words, you have to BE something before you can DO it. You have to have the idea of it, before you can start. The better James is at assuming this beingness, the faster he will learn. I assure you from personal experience and observation that if you cannot BE a person who can play the piano, you can never learn to play.

Before James knows how to play he says, "I want to be a piano player." After a few years of study and practice, he can say "I am a piano player." Both of these statements use a form of the verb to be. One might say, "Yes, but the only reason James can say he is a player is because he can *do* it." True enough, but that is not how we look at it! We say, "I am a piano player," we don't say, "I do piano playing." Why is that? It's because we instinctively recognize the power of thought and the primacy of consciousness as source for all of our actions. We understand that being encompasses doing; or, in other words, that action is

a subset of being. Being is first, then action, then results. This might seem trivial and obvious, but it is not! In order to change your situation, you need to create a state of being within yourself exactly matching what it is you want to accomplish. Around this idea is a very important principle in the Universal Operating System, and we will discuss it in great detail.

Without a clear and firm decision about something, there can be no concrete results. We have all seen people who just drift along in life; they never seem to have a direction and wander aimlessly from one job to the next, from one relationship to the next. I remember asking such a person, "What do you want out of life?" At first she was startled, as if the idea had never occurred to her before; finally, after several tries, she shrugged and said, "I don't know."

Consciousness has the power to decide, and when a person does so, he or she creates a state of beingness, or orientation, which guides action. When James decides to be a piano player, we do not see him take saxophone lessons, or enroll in a martial arts class. Of course, he might do this as a result of other decisions he has made, but again, those decisions will guide his actions in those areas.

The conditions of your life are a precise combination of all of the decisions you have made.

Everything you do is preceded by a choice; your own choice. One might say, "Yeah, but if you're forced to do something by circumstances, or by physical violence, then it's not your choice."

We will see later on that although this is an accurate statement on the surface, it hides a more fundamental truth. We will see that a person is always at source-point over his or her life! We will also see how the decisions you make directly affect your feelings and emotions, and how you can use the power of consciousness to feel better.

A decision, or a choice, or a state of being is an example of a quality. As we said before, it's impossible to observe a decision, we can only see the effects of the decision. However, a quantity is much easier to understand, for one can just look around and observe it. The chair you are sitting in, the floor, the tree in the backyard, the sun, moon and stars are quantities, for they can be seen and felt.

The difference between a quantity and a quality is that the former can be known directly from observation, and the latter cannot. The actions of James may be quantified, but not the motivations; we may say, "James practiced for 2 hours today," but that might not tell us *how* James practiced: we might have to write a book just to describe that!

Science has based its entire system of thought upon the idea that, "If something is observable, it is valid." And this is a good way to operate, because opinions vary. It is always possible to tell whether something is good or not by looking at it, and using it. However, we can get into trouble in life by always basing our decisions only on what we are able to observe, for if what we are observing is repellent, we are stuck! If there is not enough

money for instance, then thinking and talking about the lack of money will not be beneficial. Later on, we will discover how to get out of that trap.

Consciousness Is Eternal

We know that every person and every life form, in order to enter the physical universe, has to be born, and has to die. But what is birth and death? It's funny, but birth and death are the two single most important events in anyone's life, but they are largely ignored by science and in our schools. We say, "Well you're here, what difference does it make how you arrived? And there's nothing you can do about leaving either." That is true, but birth and death are ignored not because they are not extremely important, but because our scientific framework cannot agree on how and why these events occur. In the spirit-mind-body paradigm, however, the explanation is simple: birth is the animating principle entering a body, and death is consciousness leaving the body.

We look at the lifeless body and say, "Father is dead. He lived a good life, but now he's gone." However, all we know for sure is that the body is no longer alive. What happened to the animating principle, the personality we referred to as "father?"

Let's try to answer this question with an analogy...

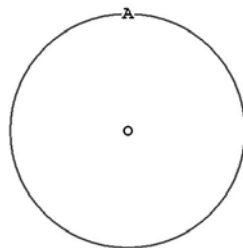


Fig. 1-1 Life as a Circle

Let's say that a person's life is represented by a circle (Fig. 1-1). When Dad is born, he is at point A on the circle. He travels along his life path in the physical body, around the circle and reaches...point A again, which is his death. Birth and death are at exactly the same place on the circle, for A is both the entry point and the departure point for something eternal, which we call consciousness, or self awareness. In other words, the animating principle enters the physical universe temporarily, and then leaves it.

Consciousness is a quality, meaning that it cannot decay, age, or die. Bodies die, because they are quantities, limited collections of material particles. If you leave your car out in the backyard for years and years, it will rust and eventually fall apart. My sister-in-law had a barn that she did not maintain, and over the years, it deteriorated and finally collapsed. This principle is known as entropy. In the physical universe, there is a tendency for matter and energy to naturally go from a state of order to a state of disorder. But consciousness is different.

Once consciousness achieves self-awareness, it's forever. To understand this, look at the circle again. Once you have completed it, there is no way to tell where it begins or ends. On a square, there are four easily recognized corners. Even on a curved figure, there are places that have sharper curves, and you can recognize beginnings and endings. A circle (and a sphere in 3 dimensions) looks the same no matter where you go on them. This perfection of form is a good representation of the

animating principle, and is the closest physical representation to a quality I can think of.

In this book, we say that there really is no such thing as death, just a transition from one way of being and perceiving, to another. "Death" is experienced in truncated form during sleep. Consciousness departs for "dreamland," leaving the body behind.

However, you are conscious even when asleep, for dreaming is also a state of consciousness! In dreams, you see things and have experiences, just like you do in waking moments. These experiences may feel different, and sometimes they might be bizarre or even frightening, but they are real in the sense that you perceive them. In fact, I remember waking from a nightmare in a cold sweat, terrified. All during the next day I could not get the dream out of my mind, so for me, that dream was even more realistic than real life! I have also had positive lucid dreams that seem more real than "reality." I would bet that some of those reading this have had similar experiences.

We're sad when someone we love dies, for it is no longer possible to interact with them in a physical sense, but we don't have to be afraid for them, for they are still conscious and aware. Consciousness in its native, non-physical state feels wonderful and once the death process is complete, one re-emerges completely into the pure, positive life force energy of Source.

My sister, who is definitely not a new-ager, told me that mom appeared before her one day after work, 30 years after her death, as she lay upon the couch in her living room. Now of

course we could simply say that my sister has a vivid imagination, but her excitement and certainty about the experience convinced me that she had actually seen our mother. Many, many people have had similar experiences, and if you checked around with your friends, I'd bet at least one of them would be able to recount something similar.

My friend Mark's father died a few years ago. At the funeral a young child suddenly cried, "I see grandpa!" pointing his little finger about ten feet above the casket. Remarkably, none of the mourners in this conservative Catholic family raised an objection, and many looked into the face of the child, awed, as he stared with his mouth open into the space above the coffin. At the most fundamental level, all of us instinctively recognize our divine nature.

Once a person gets the idea that he or she is an eternal being, life seems a lot less threatening, and world events do not seem to invoke the same fear and anxiety. If you know you are going to continue no matter what happens, you can worry a lot less and enjoy life a lot more.

Here's an interesting statistic:

There are approximately 6 billion people on earth. Let's say that the average life span is 65 years, which means that on average, there are 92 million deaths every year on planet earth, about 3 every second. Dear reader, there are beings shuttling in and out of here at an astonishing rate! And that doesn't even

count animals and insects. Death is an entirely natural process, and is nothing to be afraid of.

Focus

What about birth?

The idea of incarnation is important because it illustrates, on a broad scale, another characteristic of consciousness: focus.

Focusing is the concentration of attention. When working a crossword puzzle or reading a book, for example, a person focuses his or her attention on the material, thereby excluding awareness and perception from everything else. In the material universe, focusing occurs when matter and energy coalesces; as when water molecules in the air come together to form clouds.

The focusing of consciousness can be likened to what happens when you take a magnifying glass out on a sunny day. The glass focuses some of the billions of photons (marked with a "P" in Fig. 1-2) into a beam of light which appears on the ground as a point of light. The point of light is analogous to an individually focused consciousness, with its unique personality, associated with a physical body.

The point of light is not different from the light that surrounds it, it just perceives from a different point in space/time. The ocean of light surrounding the point may be said to be more broadly focused, that's all. It has a broader awareness, a more expansive consciousness. In this analogy, the light that surrounds the point is the non-physical counterpart to the incarnated personality.

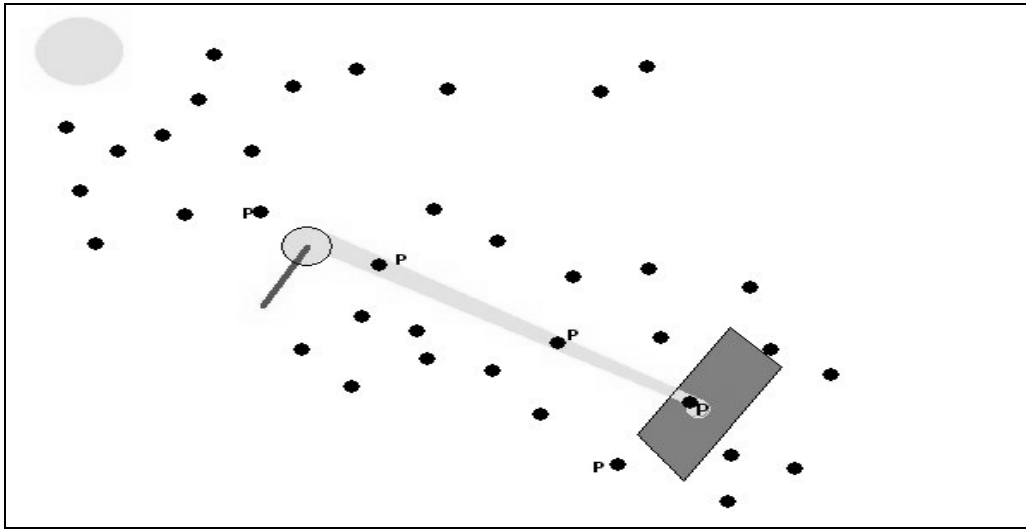


Fig. 1-2 Magnifying Glass and Photons

The beam may be likened to your connection to the non-physical part of your being. Without the beam, there can be no point of light in the first place!

Also, photons are constantly moving in and out of the beam and the point so it is always connected to the whole.

The point of light is focused very intensely, but has given up its complete connection to the whole; it has traded off its broader awareness of self so that it may have a series of temporary, but very powerful experiences. That is the purpose of incarnation.

At the amusement park, you go on rides which scare you to death and often provide a near-death experience. Why? To feel powerfully! When you're on that roller coaster going 100 miles an hour and you hit that sharp turn and you feel your body trying to slide out of your seat and fly into the air to certain death...well, all I can say is that a lot of people get off on that. It

makes you feel so alive! What such experiences do is focus life force energy through you so fast and so powerfully that it just feels incredible. You become a powerful vortex for the energy of life!

When a being incarnates into a body there is always a connection to a broader consciousness, even though it sometimes feels that we are completely isolated into separate personalities. This broader consciousness is sometimes called "higher self," but regardless of the name that is placed upon it, it is the source of inspiration or intuition, and a permanent connection to the greater you to which you will return at the moment of "death."

Imagine a bathtub full of water. When the drain is opened, the water quickly flows through it and forms a vortex. The water in the vortex is focused very intensely and is moving very quickly in comparison to the tranquil water sitting in the tub. But it's the same water. Just as individual photons move in and out of the beam of light, so to do water molecules move into and out of the vortex. It's the gathering together of the water that creates something recognizable and distinct; the rest of the water is just sitting there in an unfocused condition.

When consciousness incarnates it sort of gathers itself together and experiences from a physical body. At death, a being lets go of the body and expands outward, like a gas released from a container or a shower room full of steam when you open the door. The steam wants to expand, it's a natural process. So

is death. Death isn't a snuffing out of awareness, it's an expansion of awareness!

A Short Diversion

The astute reader will notice that we have been contradicting ourselves for the last several pages. First we stated that consciousness is a static and that it has no mass, and now we are talking about the focusing of consciousness as if it were energy. Let's just say that consciousness, being a pure potential, is not limited by the restrictions of matter and energy. Being completely non-physical in nature, it has the ability to mold itself in any way it chooses.

We can certainly agree that consciousness has the ability to think and that thoughts have some kind of existence ("I think therefore I am" as Descartes said). Probably, most of those reading this book have, at one time or another, been able to pick up on the thoughts of another person; we call this intuition, or psychic ability, or ESP. If you have ever been able to do this, you know that a thought is discernable and tangible.

I have been getting quite good at knowing who is on the phone before I pick it up; for some reason I am able to receive the thoughts of the person calling. Two people in love may be in such great communication that each knows what the other is thinking before words are spoken; sometimes people who know each other intimately may finish sentences for each other. Somehow, thought and consciousness are able to interface. In

the next chapter we will talk about thought, matter, and energy as being interrelated, each an aspect of the same thing.

We can speculate that although thought is so subtle that it cannot be detected or measured by any scientific instrument, it has the tiniest little bit of mass. In this conception, matter and energy are ultimately composed of thought, and all material things have a sort of quasi-consciousness, even though it may be different from human consciousness. In that sense, all things are alive. This doctrine can be (loosely) called Panpsychism.

Even though this idea has not been particularly popular with Western philosophers and has been adopted in a more religious or spiritual context, it can be associated broadly with a philosophy of process, which began with the Greek theoretician Heraclitus of Ephesus (born 540 B.C.) and in the twentieth century is often associated with the British mathematician and philosopher Alfred North Whitehead.

Today, modern physics imagines very small processes (quantum phenomena) combining to produce the physical objects that we can see and feel with our human senses.¹

Interestingly enough, one of the bedrock laws of science is the law of conservation of energy. This law states that 'energy can neither be created nor destroyed.' If that is so, however, then all of the energy in the universe has existed, without reduc-

¹ For an excellent general treatment of these concepts, see the Stanford Encyclopedia of Philosophy, which is still, as of this writing, available free on-line.

tion or increase, from the very moment of the beginning of the universe. In effect, it necessitates the adoption of some sort of “Big Bang” cosmology, which requires the creation of a whole lot of stuff instantaneously from nothing (a gigantic contradiction), or requires that the universe is eternal, having no beginning or ending (another gigantic contradiction).

Without the guiding, directing, and animating hand of consciousness, the origins of the physical world must remain a mystery.

All right, enough of that. Back to the subject!

Focus is just attention to something. When a person practices the piano, his or her attention is (hopefully) oriented to that set of activities. The more that person studies and plays, the better they get. A wise woman (Esther Hicks) once said that genius is just a lot of attention to a subject, and that is very true.

Focus is how someone gets from a decision and into effective action. If you are clear in your vision of what you want, your actions will be effective. If you are not clear, you may be working very hard and not getting anywhere, even with a strong will to succeed. How long and how hard you focus on something is a measure of your intention. Strong intent combined with clarity equals success!

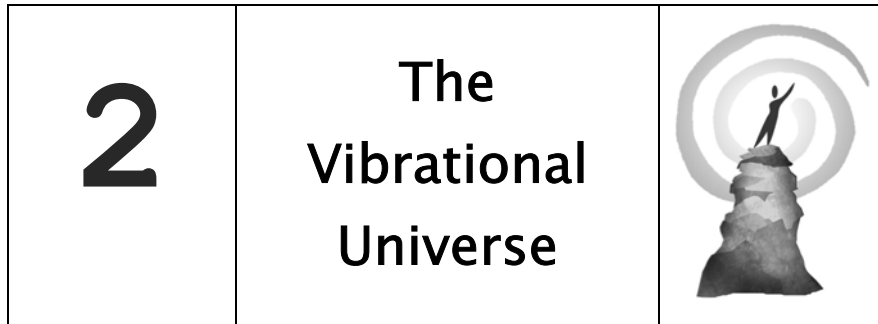
Focusing automatically excludes that which is not relevant to the activity; in that sense, it is a tuning in, a narrowing of attention to a specific task. The ultimate example of focusing is birth, and the ultimate example of un-focusing is death, but life itself is

a gradient scale of focus. The daydreamer never gets anywhere, for his attention is never on anything long enough.

Why do we need to know all this? Because the Universal Operating System responds to how we focus our thoughts. This is a strange concept for those of us rooted in the scientific method, for we have been taught that thought is ephemeral and irrelevant. While it is true that the operation of the UOS is invisible to our human senses, so is the operation of radio and television! We can't see the signals which our receiver picks up from the antenna on our roof, but we can't doubt the sound that comes out of our speakers.

Radio and television signals are examples of electromagnetic energy, which can be measured by instrumentation, but the implementation of the universe's operating system is a subtle energy phenomenon.

It turns out that the universe does respond to our thoughts, beliefs, and emotions, and does so very precisely and accurately.



Looking at Matter and Energy from
a Different Perspective

Science says that everything in existence is made of atoms. In the atomic model of reality, an atom contains a nucleus surrounded by an electron cloud. The electrons are proportionately as far apart from the nucleus in an atom as the planets are separated from the sun in the solar system. So the atom is 99.9% space.

What is going on inside the atom? Well, electrons are located in orbitals around the nucleus, but it is not possible to pinpoint exactly where the electron is. So we use the term electron density, which is the probability of finding an electron in a particular part of the orbital. An orbital is an allowed energy state for an electron, with an associated probability function that defines the distribution of electron density in space.

This is just a fancy way of saying that electrons are oscillating madly around the nucleus, but not randomly.

The atom is vibrating within itself. All things vibrate, because all things are made of atoms and are therefore internally in motion. When something ceases to move, it dies. To understand

this, look at a sample of dead tissue under a microscope. Or, go to the morgue and look at a cadaver.

In essence, an atom is a vibration!

The design of the atom can be understood from an examination of the solar system (see Fig. 2-1). We know that the sun has (at least) 9 planets, orbiting in an elliptical fashion around the sun and themselves spinning upon their axes.

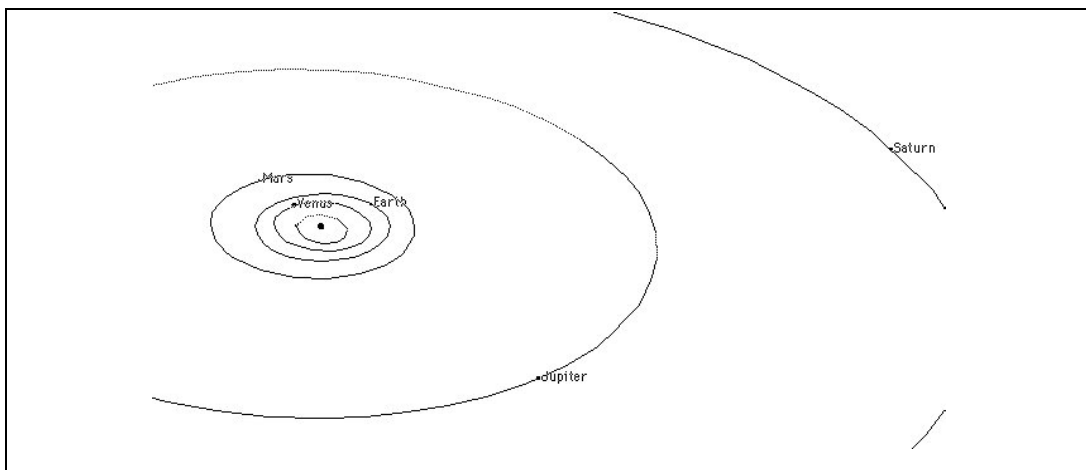


Figure 2-1. The Solar System

In the solar system, the earth is 93 million miles away from the sun, and it is considered one of the inner planets. If we consider the entire volume of space mapped out by the orbit of the planets, and compare that to the tiny volume of space occupied by the mass of all of the planets, we can see that the ratio in the solar system of space to mass is zillions to one. So too with the atom – it is almost entirely space. Now consider that the mass of the planets themselves are all made of atoms, which are mostly space... We can see that matter is very illusory, even though it appears quite real and solid to our senses.

Imagine that the actions of planets rotating on their axes (giving us day and night) and orbiting around the sun are speeded up, like a reel of film that gets drawn faster and faster through a movie projector. We would see the planets madly spinning and oscillating around the sun. If we speeded up the projector big time, the individual planets would become invisible to our eyes and the solar system, if shrunk to the size of an atom, might look like a tiny nucleus surrounded by an electron cloud.

In this analogy, the atom is just a bunch of tiny particles vibrating in space.

Matter and energy are composed of atoms, and atoms are themselves vibrational in nature. And so matter and energy may validly be regarded as vibrational. If that is so, then, since everything in the physical universe is made of atoms, we can say that the universe itself is vibrational in nature. Science tells us that the light that bounces off the objects in our world and reaches our eyes sometimes behaves as a particle, and sometimes as a wave. Waves are vibrations, so I think we are on solid ground in looking at the world vibrationally.

The material in the following chapters will be presented with this idea in mind. The reader should understand that I'm not trying to contradict the laws of science, because I don't know enough to do that. I'm just giving them a different spin! I'm doing this because I think it's fun to look at things from a different perspective. I have found that looking at life from a vibrational

perspective leads to some very powerful, practical and helpful ideas that can simplify our understanding of life. So, with the understanding that our discussion is purely speculative, here goes!

If Matter is Mostly Space, Then Why do we See Anything as Solid?

If something is vibrating very quickly, we cannot hear it. A dog whistle, for example, generates frequencies of sound that are too high for the human ear to detect. It's similar for a very low sound. The human ear can only pick up on vibrations in the range of about 20 per second to about 20,000 per second. When the tuner in your radio is set to 103 FM, it picks up only on the signals in that particular bandwidth, the rest are excluded.

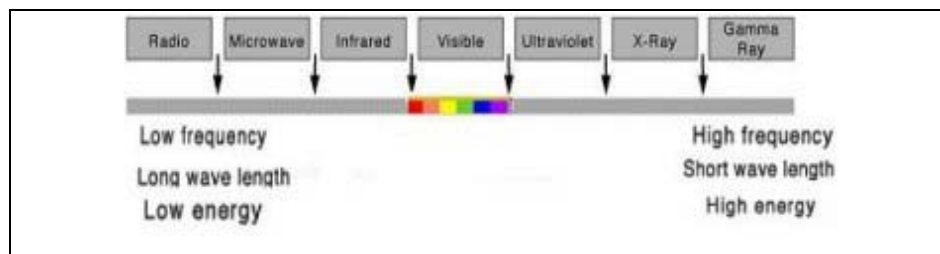


Fig. 2-2. The electromagnetic spectrum.

The electromagnetic spectrum is itself a scale of vibration. At one end are radio waves, which are very low frequencies and at the other end are gamma rays, which are very high frequencies. Actually the spectrum begins at 0 and goes to infinity, so we really don't know the full extent of it.

Light defines the visible universe, yet visible light is only a tiny portion of the electromagnetic spectrum. If this diagram were drawn to scale, the visible light section would be an almost invisible vertical line. The human senses can detect only a very, very small portion of the known range of universal vibration. With instrumentation, we can go out pretty far on the electromagnetic spectrum, but in order to make sense of it, the data must be arranged so that it resolves within the tiny bandwidth of the human senses. In other words, a gamma ray counter may beep, or display a mark on a graph, but we cannot really see or directly understand gamma rays:

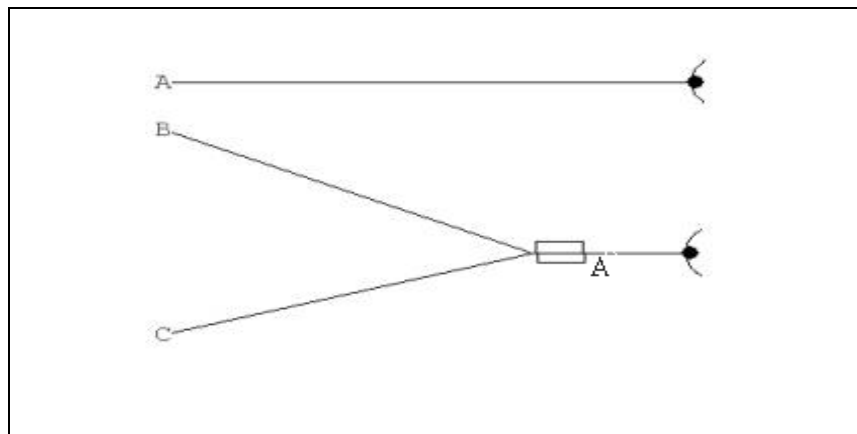


Fig. 2-3. Mapping the larger spectrum into the range of human vision

The unaided eye perceives very little; but even with instrumentation, data from the broader electromagnetic spectrum must be transposed so that it can be understood (Fig. 2-3). Our science does a good job of guessing, but science still cannot see clearly beyond the range of the human senses. In fact, no one has ever directly observed an electron, or a proton, or a quark. The knowledge we have about the makeup of matter is com-

posed of very clever educated guesses, and bolstered where possible by experimental testing.²

Therefore, our knowledge of the universe must always proceed from the prison of our human sensory information, and that is a good thing! It is a wonderful thing to be human, but that should not devalue the experiences of other life forms. There are billions of galaxies out there, and probably lots of other intelligent life. It would be arrogant indeed to claim, from our limited human viewpoint, that we have all the answers. Many ideologues and dogmatists do so claim, but if you have ever been around one of these chaps for a while, you quickly grow weary of their rigid point of view.

Because the human senses directly perceive so little of the electromagnetic spectrum, our reality is really a narrow band of vibration within the vast, universal bandwidth. What would "reality" look like to a being who perceived in the X-ray or gamma range of the scale, or at the submicroscopic level? Probably a lot different than ours! Physicist Robert L. Forward wrote a fascinating book, *Dragon's Egg*, exploring this theme. Another brilliant writer, the mathematician Stephen Baxter, explores a similar idea in his novel *Flux*.

² Richard Feynman, the Nobel prize winning physicist, has said, "It is not true that we can pursue science completely by using only those concepts which are directly subject to experiment." (Feynman Lectures on Physics)

The following crude analogy (Fig. 2-4) demonstrates how something vibrational might be interpreted as solid. Consider a ball with a rod attached, mounted upon a shaft (left). When the shaft is rotated slowly, we can see the ball creep along its orbital path. But if we take that ball and rotate it fast enough, the ball turns into a solid torus, or donut (right).

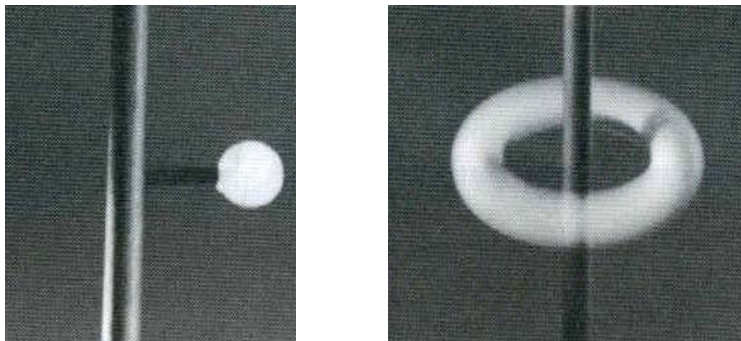


Figure 2-4. A ball mounted on a shaft. Ball rotated around shaft

The rotation pictured here is only going a few revolutions per second, but the ball, from the camera's point of view, has turned into a solid looking ring (a torus).

However, what if it were possible to rotate the ball so fast that it appeared, to our eyes and our touch, to occupy every position along the ring at the same time? The torus would be indistinguishable from a solid, motionless object.

We can say, from a vibrational perspective, that the solidity or reality of anything is a function of how fast or slow it is vibrating, relative to our senses. The three states of matter, gas, liquid and solid, reflect this idea, for we discern a decreasing amount of internal movement; the molecules of a gas are moving more

quickly than those in a liquid, and in a liquid more quickly than in a solid.

The atom itself, being vibrational in nature, is the building block for matter. The senses of the human body are themselves composed of vibrating atoms; therefore, the perception of anything can be considered an interfacing of vibration. In this conception, what appears as solid and real is vibrational compatibility.

Just as the human ear is unaware of the existence of the dog whistle, once two vibrations become too distant from one another, it is impossible for one to perceive the other. Stated another way, we can say that only vibrations that are in the neighborhood of each other can see each other. This concept is extremely important, for it means that what we perceive as reality is simply a matching of vibration.

This idea seems strange, does it not? For it is clear that when we strike our hand upon the desk, our hand, and the desk itself, is very solid indeed. Solid objects appear to our senses as stationary; unmoving. The universe around us seems all too real; when we bang our foot into the wall, we become painfully aware of just how real it is. Nevertheless, the apparent solidity of our world is a vibrational interpretation of our senses.

Even a solid, seemingly motionless object must have a vibrational footprint. A simple experiment with a rotating wheel (see Appendix A) shows that when the frame rate of the recording device exactly matches the rate of rotation of the wheel, it ap-

appears to be motionless. In other words, if you had a camera that could record an image once every second, and you had a wheel that rotated once every second, the wheel would appear to be standing still. In this way, two exactly matching vibrations can appear solid and unmoving to each other. In this conception, anything that is perceivable must, in some way, be vibrationally active. So everything in the universe is, in some sense, alive.

Just as a radio tuner is only able to receive one station at a time, it isn't possible to be aware of all vibrations at once. The radio, by selecting or tuning in to one set of vibrations, makes that program "real," automatically excluding all others. And that is a good thing, otherwise we would hear 50 programs at once, causing confusion and sensory overwhelm. That is what the senses of the human body do. They focus perception into very narrow frequency ranges, so that all members of our species may have general agreement on what "reality" is. And of course, different species will see things differently, and will have a different reality. Certainly an ant or a fly or an amoeba or a plant will have a different experience than a human! Those experiences are a natural result of the way their bodies and senses have been designed.

For further discussion of this issue, see Appendix A.

Emotions are also Vibrational in Nature

We'll take our ideas one step further and suggest that human emotions are vibrational in nature. Later on, we will further extend the vibrational concept to thought. When the universe is

viewed as vibrational, it is possible to apply the physics of vibrational interaction to simplify things that seem pretty complicated and mysterious.

If consciousness exists independent of physical bodies, then feelings/emotions must have a spiritual component. In other words, because consciousness continues its existence beyond the death of the body, it must perceive and feel independent of the body. In our conception, the physical reactions accompanying emotion are primarily the result of the effect of the animating principle on the body, just as in the idling automobile, an increase in the engine rpm is caused by the actions of the driver. In other words thought, emotion, and matter and energy itself are a vibrational continuum. In this conception, thought can have an important effect on how you feel, and even affect physical health. Of course, emotions can also be changed by the ingestion of chemical substances into the body, or indirectly by viruses or exposure to the environment. Nevertheless, anyone who is even remotely self-aware has been able to consciously change his or her mood by a change in attitude or belief.

The ability to directly and consciously change how you feel is an inherent ability of consciousness, and is the most important skill any person has. Like any skill, however, in order to gain proficiency, it must be practiced. This empowering theme will weave itself throughout the rest of the book; we have just been laying the groundwork for it. When you gain the ability to deter-

mine how you feel under any circumstances, you have achieved personal freedom; and that is something very precious indeed.

The ability to consciously change how you feel is only possible if one conceives of consciousness as an independent entity. In a purely mechanical view of consciousness, one is simply a victim of the vicissitudes of environmental or bodily conditions. When you feel crummy, there is a biological reason for it, so go get some drugs, or undergo expensive surgery, or just ride it out and hope you get better. Such a philosophy confuses cause and effect, and is promoted by those who want to control you. A person who believes he or she is a piece of meat is easily manipulated; one merely has to create fearful scenarios in the mass media to cause anxiety in the population at large. When the causative principle of consciousness is taken out of the equation of life, hierarchical societal structures are possible. Like lemmings, individuals submit to the latest news headline or crisis, meekly accepting the "solutions" that are offered, which usually involve some sacrifice by the populace. This is a great idea for those who like power and control, but a bad idea for the average Joe.

The Role of Emotions

Emotion, like light and sound, has a range from low to high.

Someone at a lower level of emotion simply can't comprehend someone at a higher level. So it is futile to argue with someone who is "out of your range," for they cannot understand you.

Emotionally speaking, a person can always feel a little bit above and a little bit below where he's at, because we are usually not stuck in one emotion and, as conscious beings with free will, we have the ability to quickly adjust. However, it is very hard and almost impossible to make a big jump all at once from a negative emotion to a positive one, and vice-versa. Have you ever noticed how irritating cheerful people are when you're angry? You just want to smack them, or tell them to shut up and go away! That is because vibrations that are too different from each other clash, like two sour notes played on a piano.

When two people argue, it's a safe bet that vibrationally they are far enough apart so that each does not perfectly comprehend the other. I have heard people say, "I understand you, I just don't agree with you!" Certainly, it is possible to have understanding and also a difference of opinion, but true understanding should not cause upset. When vibrations get too out-of-whack they conflict. A classical music lover, for example, might not be able to appreciate the saxophone gyrations of Charlie Parker!

Your thoughts and your decisions not only can affect how you feel, but can literally determine what you perceive. Here is an

example: I remember doing some recording from my computer sound card, off a VHS tape in another room. I had previously put my remote from the VHS on my computer desk, right in front of me. After working on the sound card, I needed the remote again. I remember I stared right at it for two minutes without seeing it. My thoughts were simply not tuned to 'VHS remote.' They were tuned to 'computer sound card,' because I was having trouble with it. I swear, I sat in front of my computer and looked directly at that darn remote without seeing it, wondering where it was. Only after I left the computer room, searched the TV room and came back, did I perceive it. By that time my thoughts were tuned to 'TV remote.' That which is real is that which is perceived, and that which is perceived is a match, vibrationally, to our thoughts! That is because our thoughts direct where conscious attention is focused. Even though the eyes of my body stared right at the remote, it did not impinge upon my awareness. If consciousness is purely biological, such a phenomenon is unexplainable.

Vibrational "tuning in" occurs all the time in life. When you are playing a game of tennis, for example, you aren't thinking about cooking a gourmet dinner. You are on the tennis court concentrating on your game. When a person "tunes in" vibrationally, he or she naturally engages in activities that are a match to the decisions he or she has made. This places people at different positions in space/time, depending upon the content of their thoughts. This may seem obvious and trivial indeed, but it

isn't, for this principle is how the universe itself is organized. In other words, we live in a universe of attraction and combination. Things that are attracted to each other come together, and those that do not are excluded. This idea is reflected in the behavior of matter and energy; two atoms combine to form a molecule only if their atomic structure is compatible, which is to say, only if they are vibrationally compatible. Two people hang out if they like each other, and if they do not they avoid each other.

This idea can be expressed as 'like attracts like.' This is the most important principle in the Universal Operating System, and we'll be talking a lot more about it later.

The Impact of Thoughts on How You Feel

Now we make one final assumption: that thought itself is vibrational, that it too is alive. A thought is alive because it proceeds directly from consciousness, which is the animating principle of the universe.

This is not a new concept. A meme, for example, is a self-replicating idea that is transferred from person to person. Richard Dawkins, who coined the term, says that a meme should be regarded as a living structure, not just metaphorically but technically. Examples of memes are tunes, catch-phrases, fashions, and ways of doing things. Dawkins would disagree with our use of the term, for he presents the meme as a biological entity, analogous to genes in biological evolution. Nevertheless, the meme is now recognized as a unit of intellectual or cultural in-

formation that can pass from mind to mind. In that sense, it is alive.

If thought is vibrational, and the universe around us is vibrational, then maybe the two can interact. In other words, maybe our thoughts and choices about things can actually influence the quality of our lives.

We have said that an atom vibrates within itself, and, we will say, so does a thought. Both are internally alive. If you don't believe that a thought is alive, perform the following experiment: flip to one of the pages of this book and put a thought on one of the pages: "Hi there!" or something like that. Go back to reading for a bit, and then, when you think of it, return to that page. Did you pick up on your thought?

Thoughts can be felt, even if they can't be seen or heard by the senses of the body, or measured by instruments. Thoughts come directly from consciousness, and can be picked up directly by consciousness. That is how remote viewing can occur. Rigorous protocols have been developed in this field; even the military has experimented with it in information gathering.³

All of us have probably experienced the impact of thoughts and emotions; it is often easy to sense a person's mood not only

³ See the books *Mind Reach: Scientists Look at Psychic Ability* by Russell Targ and Dr. Harold Putoff, 1977; *Mind Race* by Russell Targ and Dr. Keith Harary, 1984, and *Mind Trek: Exploring Consciousness, Time and Space Through Remote Viewing* by Joseph Moneagle, 1993. Moneagle

by the position of the body, but also by a detection of their emotional energy. In this book we accept the idea of the aura, or energy field, which surrounds the human body; in fact, it is essential to our presentation. Science does not accept the validity of the aura because it cannot be measured directly with current instrumentation. Since it is only possible to directly measure and quantify the electrical potentials of brain waves, science says that mind and consciousness must exist in the brain. But EEG measurements do not measure consciousness, they only measure the brain's electro-neurological activity. In our vibrational model of the universe, the brain's electrical activity is an observable effect of the animating principle interacting with cellular structure.

Barbara Brennan, former NASA scientist, has documented the human aura in her books and calls it the Human Energy Field.⁴

In our model, the human energy field is a field of life force. Life force is a subtle energy phenomenon, which we'll look at in Chapter 3.

Even if it's not possible to accurately describe consciousness, or directly measure the Human Energy Field, it is possible to *feel* the energy around a person. If you have ever been confronted

was an original participant in the now declassified U.S. government's Stargate psychic spying program.

⁴ In *Hands of Light* and *Light Emerging*.

by an angry person, you know exactly what I'm talking about. If you have ever been in the presence of someone truly joyful, you know how wonderful it feels. And if you've ever felt love from another person, that feeling is unmistakable. Love is the quintessential communication between one conscious being and another! Love is what consciousness *is*.

It may not be possible to precisely quantify the human energy field and write equations about it, but it is surely real. Emotions can be felt at a distance, because emotions are vibrations and travel through space just like radio waves. So we will operate on the assumption that there is some sort of energy field surrounding a person, and that this field of energy can change its properties: anger feels different than joy, apathy feels different than grief, boredom feels different than exhilaration.

Without getting too involved or complicated, we'll say that the aura surrounding a person is a field of life force energy and is a product of the animating principle of consciousness, and that a person's thoughts, decisions, and preferences can change how he or she feels. This idea is common to all cultures that have ever existed on earth; in Hindu, Chinese, Mayan and our own Native American cultures, the animating principle was and is understood. It is only recently that the scientific method has eliminated consciousness and man's spiritual nature altogether from consideration. Although the scientific method has improved our society materialistically, its insistence that "only that which is observable is valid" has separated mankind from true knowledge

of Self. It has placed the causative principle in the background, elevating the importance of matter and energy to a senior position. In this way, we have been taught that human beings are essentially victims, a slave to enzymes, chemical imbalances, and a harmful environment. One of the purposes of this book is to re-elevate consciousness to its proper position in the spirit-mind-body framework.

The Scale of Emotion

For simplicity's sake, we will say that a pleasant emotion like joy is a high vibration, and a rotten emotion like fear or anxiety is a lower vibration. Each person can, through his beliefs, choices and thoughts, determine which emotion he or she feels.

Emotion can be graphed on a scale from lowest to highest⁵ as shown in Fig. 2-5 (see next page).

The scale from bottom to top represents an increasing feeling of positive emotion and less resistance to life experiences; from top to bottom it represents an increasing feeling of discomfort, stress, and negative emotion.

⁵ Taken From: "Beyond Psychology: An Introduction to Metapsychology" by Frank A. Gerbode, M.D..

Emotion	Attitude
Apathy	"I give up."
Grief	
Propitiation	"I'll do anything to make it up to you!"
Sympathy	"I feel your pain."
Fear	
Anxiety	
Hidden Hostility	He's smiling in your face and stabbing you in the back. Says one thing and does another.
Callousness	"Tough for you. Just do it."
Anger	Out of control, lashing out at the world.
Antagonism	"Hey! Come over here and let me kick your butt!" Feistiness.
Boredom/ Complacency	Yawn
Conservatism	"Things are fine just the way they are"
Interest	"Hey that's cool!"
Enthusiasm	"Wow! Let's do that again!"
Exhilaration	"I feel fantastic!!!!!"

Serenity/bliss	Complete connection to Source, or God force, or life-force energy. This is the feeling consciousness has in its native, non-physical state.
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Fig. 2-5. The Emotional Scale

As you descend the scale, you get dumber and dumber. As you go lower and lower emotionally, the intellectual function turns off. To understand this, remember the last time you felt apathetic. Thinking straight is almost impossible in the presence of that listless “I don’t care” feeling. So not only does it feel rotten to be in the lower emotional vibration levels, it is also dangerous. Interestingly enough, intellectual intelligence has a lot to do with emotion, for the happier you are, the brighter you are as well.

Everyone is somewhere on this scale, because anyone who is conscious is feeling something. The scale itself is actually connected; it loops around from bottom to top. Remember our circle analogy from chapter 1; birth and death are at the same place on the circle. So at death, a person leaves the body and re-emerges into a complete union with the totality of Self, fully experiencing consciousness in its native state, and going right to the top of the scale.

Life force energy, when it is not distorted or blocked by resistant thought, defaults to a feeling of joy and well-being. Positive emotion is experienced by consciousness in its native state. The

emotional scale is essentially a measure of how much life force energy you are letting in and the degree of blockage or distortion of that life force. Therefore, simply eliminating resistant thought will make you feel better! This is the idea behind meditation. In fact, when the mind is completely quieted and there is no thought at all, it is possible to reach a deep, quiet place of serenity and power, and a feeling of oneness with self and with life; but that is another topic altogether. Life on planet earth with its incredible contrast and diversity forces you to make choices! Therefore, in practical living, it is not possible for most people to achieve a state of pure no-thought. It is vital, however, to understand the crucial importance of thought and its impact on how you feel.

“If the default is a feeling of well-being,” you might say, “then why are so many people miserable?”

The answer to that question is different for each individual, but if you examine the religions and philosophies mankind has developed, most of them are negative:

- Souls are born with original sin (or karma). [tainted before you ever begin]
- You have to struggle and work hard for everything you get. [the universe is lined up against you]
- Challenge builds character. [only by overcoming the negative can you reach the positive]

- You'll get your reward in heaven. [you can't really find joy while on earth, so shut up and get to work]
- Human nature is animalistic and primitive; therefore, human beings need to be controlled and disciplined. [you can't know what's best for you, because your instincts are inherently flawed]
- If you don't behave you should be punished. [thus reinforcing negative behavior]
- Things never go as smoothly as you plan them [obstacles are inevitable]
- And finally, the formula that succinctly expresses mankind's worldview: All good things must come to an end. [But the bad stuff, that can last forever].

With belief systems like that, is it any wonder so many of us have difficulties? We have been taught to deny ourselves and disconnect from our divine nature. It's sad, but it doesn't have to be that way!

The only way you can feel a negative emotion is to mess up the flow of your own life force energy. I'll try to diagram this later on in the chapter.

One of the most important principles of the Universal Operating System says that *you can change the way you feel, simply by making a decision to do so*. The scale of emotions essentially shows the degree of presence or absence of life force energy. When thought is in alignment with your goals you feel positive

emotion, and when it is not, you feel negative emotion. Therefore, self-limiting thought of any kind will always cause a descent on the emotional/vibrational scale. When you criticize yourself (or another) for example, you will always feel negative emotion, at least briefly. As you become aware of how you are feeling in response to your thoughts and decisions, you will become aware that you have direct control over every emotion you experience. Understanding this begets an inner feeling of power and self-confidence.

In our model, the human energy field is a cocoon of life force that surrounds and penetrates the body's cellular structure and keeps it functioning. Contained within it is the programming for the body's cellular structure, and for perfect health.

Have you ever wondered how the body can breathe at night? What keeps the body going when you aren't there? Science says that the autonomic function maintains the body, but that is just putting a label on something without explaining it. Life force energy (animating principle) is the engine that powers the body's biological systems, and is the source of the "autonomic function." In the spirit-mind-body framework, we place spirit as the causative force, not biology!

In the non-physical model of consciousness, *thought interfaces directly with the life force energy that flows through your human energy field*, causing a rise or fall in emotion and also affecting the body's health. In other words, life force and thought are both creations of consciousness; both are aspects of the

animating principle. Your thoughts are therefore the steering wheel that drives the vehicle of your body/mind/spirit system.

“Negative Energy”

Simple observation shows us that dark is just an absence of light. There is no *source* of darkness, there is only a source of light! Darkness is not a force, and it has no power unto itself.

If you think about that for a while, examine your own life, and observe others carefully it really starts to make sense. You will discover that in every case, the experiences you have are a direct result of your patterns of thought and belief, not negative (or random) forces. You begin to see the causative principle alive in your life, and in the lives of others. You begin to discover more about who you really are. You begin to understand and properly assign cause and effect, and that makes you more intelligent and powerful in your own life.

Once you get the idea that life is supposed to be a positive experience and not a negative one, you can turn your life around. You can prove this to yourself by simply quieting your mind, opening up, and relaxing into yourself. I learned how to do this, oddly enough, by observing my cat. One day while watching a baseball game on TV, the little guy settled down about 5 feet away, closed his eyes, relaxed, and began to purr. I could see him literally open up to something that obviously felt really good, but what was it? After trying it myself a number of times during meditation, I got it. It’s an opening up to what I can only call a feeling of well-being that seemed to surround me and ex-

ist within me. Eventually, I realized that feeling of well-being *is* me! In this way I personally made a connection with my own life force and discovered its inherently positive nature.

The validity of the assertions in this book must be personally tested in your own life. Looking to the experiences of others for proof will not work, for what works for another may not work for you. The Universal Operating System, in other words, is entirely subjective. Later we will see that a vibrational universe is responsive to the thoughts of every individual in it.

Free Will

The principles of the Universal Operating System make no sense at all unless there is free will. If your choices have little or no effect on your life, then why bother to live at all?

However, if free will exists, then why do we experience so much of what is not wanted?

My observation of people has shown me that happy people never doubt the existence of free will. Almost always, those who doubt the idea simply have experienced a life in which the fulfillment of their desires has been frustrated to a greater or lesser degree. Happy people are happy because they have been successful attaining their goals.

Observation of this phenomenon has led many people to conclude that life is a crapshoot, and that good or bad luck is the reason some are successful and others aren't. Or perhaps it's heredity, or the circumstances of one's birth, or natural talent. All of these factors are outside an individual's control, which

naturally negates free will. But if free will has any meaning, then why can't everyone be successful?

We will discover the answer to that question in detail. In a nutshell, you always get more of what you focus on. The Universal Operating System responds to what you have your attention on, and that is very often not the same as what you want. Remember, the nature of our universe is vibrational (or, at least, can be viewed that way without contradicting the laws of science). Thought and emotion are also vibrational, and action follows thought. The environment and the people in it respond to the vibrational pattern you set up within yourself, by the way you think and feel about life. This assertion is testable in the laboratory of life; knowledge of the state of your being and observation of how others react to you is sufficient to confirm it. The only prerequisite is enough self-awareness to know what you are thinking and how you are feeling.

The way you feel is always a precise indicator of your true state of being. Inside of you is a flawless guidance system called the emotions, which tells you precisely how much life force you are letting in, and what you are doing with it! By paying attention to how you feel, it is possible to guide yourself smoothly and effortlessly through the river of life.

Observation of others is also instructive. You will find that an individual always causes the responses of their environment, even if that person is not conscious enough to understand it.

The principle “What you focus on you get more of,” is the reason some succeed and some fail. It is the reason that a business that looks so promising at the start can wilt and die, and another that starts from nothing can prosper. It is also the reason that a person can work and work and work and never get anywhere.

The Way You Think Affects the Way You Feel

Let’s look at an example of how thoughts can direct feeling.

Barb is depressed. She and her boyfriend Thorpe had a fight and he said some nasty things to her. He told her that she was a shrew, that her nose was too big, and accused her of not liking any of his friends.

Barb now has a choice: she can either believe what Thorpe said about her, or stay within herself. Barb has decided that what Thorpe said is true: she went to the mirror in the bathroom and sure enough, her nose does stick out a little too far. And maybe she is a shrew; after all, Thorpe just wanted to go out with his buddies, even though he promised her he’d take her to dinner and a movie last night. And Thorpe is right: she doesn’t like most of his friends. One of them is unemployed and the others drink too much.

Then Barb begins to think about her life and realizes that she has had a succession of relationships with the same kind of man: unsupportive, selfish, and unloving. So here we find Barb sitting alone on the couch when the phone rings; it’s her friend Jill.

“How are you Barb?” Jill says.

"I feel like crap."

"Don't tell me: Thorpe," Jill says instantly.

"You got it."

We'll postpone the rest of Barb and Jill's conversation until chapter 4, and just say that during their talk Barb makes three new decisions: firstly, that she's going to dump Thorpe. That gives her an immediate lift. The second decision she makes is that from now on, she won't even look at a guy unless he is genuinely interested in her. And the third decision she makes is that her nose is just fine, thank you, and if some guy doesn't like it, too bad!

Just before she hangs the phone up Barb says, "Jill thank you so much! You saved my life!" While it's true that Jill was a sounding board for Barb and might even have made some helpful suggestions, Barb raised her emotional vibration solely on the basis of the decisions she made. Barb did it all: first she made herself depressed, then she made herself happy again, even though the reality of her relationship with Thorpe is still unchanged.

This little example is just one of thousands we could discuss, but the important point is that thoughts determine feelings. Self-limiting thought makes you feel rotten, but you can change all of that by getting some new ones!

Of course, when your life is really messed up, it's harder to get more positive thoughts because the reality surrounding you is so negative. Nevertheless, we will see that there is nothing in-

trinsic to reality that *forces* anyone to feel good or feel bad. Feeling bad is a learned habit that can be easily and safely broken.

Modeling the Human Energy Field

Let's finish our discussion about thought by modeling the human energy field. We're going to show a couple of diagrams as analogies; I'm not saying the Human Energy Field looks like this, although some psychics say that they see meridians of energy in the aura:

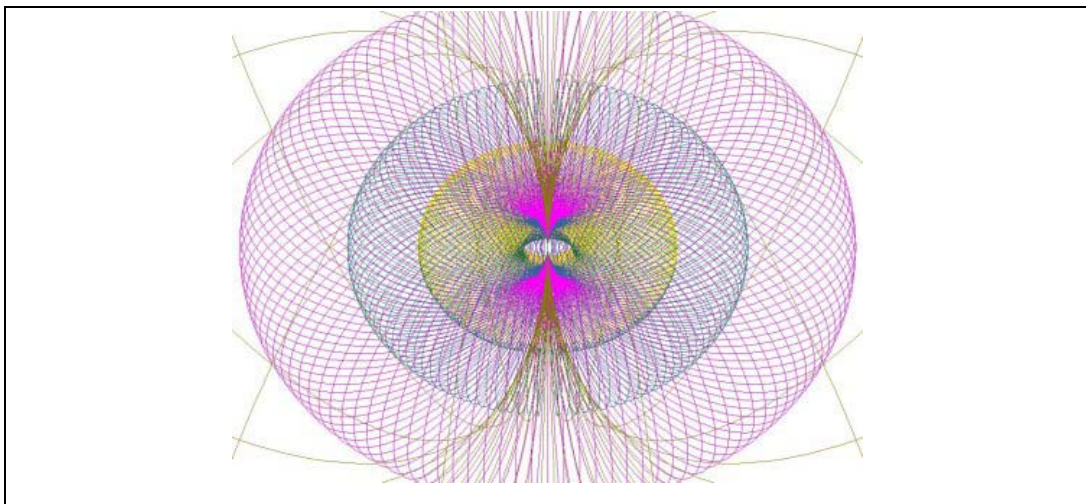


Fig. 2-6. Artist's conception of a Human Energy Field with meridians

(Note: this is a computer generated image). In this conception, which is based on the geometric figure called the torus⁶, life force energy enters and exists through the top and bottom,

⁶ Arthur Young suggested that consciousness can be modeled on the torus, and I have used this brilliant idea as well.

swirling around, bathing the body's cellular structure in life force energy. Because thought is at the same fantastically high vibration as life force energy, thoughts can directly affect the condition of the human energy field.

Imagine the body lying within the center of this diagram, fed by life force. Every thought you think affects the meridians of energy, blocking or distorting, or opening up the spigot and allowing it to flow smoothly and freely. The default condition is a feeling of happiness and well-being, because that is the quintessential nature of life force energy. It is divine, and so is every life form on the planet (and the planet itself).

Emotions (energy-in-motion) are a direct reflection of the condition of the energy meridians. Self-limiting thought adversely affects your own life force. The most important relationship in your life connection is the one between you, and you!

In our model the human energy field is the source of the autonomic function. Within it are the design templates for human DNA. One cannot construct a building without a blueprint, for all physical structure originates from a template of thought. The human body is a physical structure; therefore, the design of the body must also proceed from thought.

As you can see from Fig. 2-6, the human energy field is self-contained. The energy within it is constantly recycling, coming back upon itself, and refreshing itself. It is self-referencing.

In this model, illness results from a blockage or a distortion of life force energy to an area of the body. If there is a long-standing pattern of negative thought, it will be reflected in the body. A change in thought allows the human energy field to re-adjust and bounce back into proper shape. Life force energy *wants* to flow smoothly and evenly because that is the way it has been designed.

Every human energy field is connected to the universe at large; individual personalities interface with a universal field or medium of consciousness, just as the vortex in the drain is fed by the still water in the bathtub. This postulated field of consciousness permeates all things and exists from one end of the universe to the other. In a vibrational universe, thought is transmitted instantaneously within this medium.

The Power of Self-Referencing



Fig. 2-7 The Worm Ouroboros, a serpent eating its tail (Aztec).

This symbol was known in Egypt, China, India, Africa, North and South America. It has traditionally been represented as the eternity of time, or condensation and distillation, or death and renewal, etc. I believe the symbol is also a metaphor for the self-referencing nature of consciousness.

The ability of something to influence itself is called self-reflexiveness. Self-reflexiveness can be observed in nature. For example, when a plant is moved, it automatically adjusts the position of its leaves to get as much sunlight as possible. A tree grows a fruit that contains a seed, which then grows into another tree, continuing the cycle. The natural life processes of nature mirror the design of consciousness.

This idea is used in the construction of fractals. A fractal is made by defining a relationship and setting up a precise set of

initial conditions for the relationship, using mathematics. Then the relationship is tested, and the result is plugged back into the relationship, which is again tested and the result plugged back in, over and over. This is done for a predetermined number of tests, or until the result of the testing reaches a conclusion. Just as the thought of a conscious being may influence the life experience of the thinker, so too does the result of the fractal testing influence the next test. Mathematicians call this procedure iteration, and it is identical to what we said occurs in the human energy field. If you look at the fractals below you can see that the idea of self-referencing is very powerful, for it can be used to generate images which look completely real.



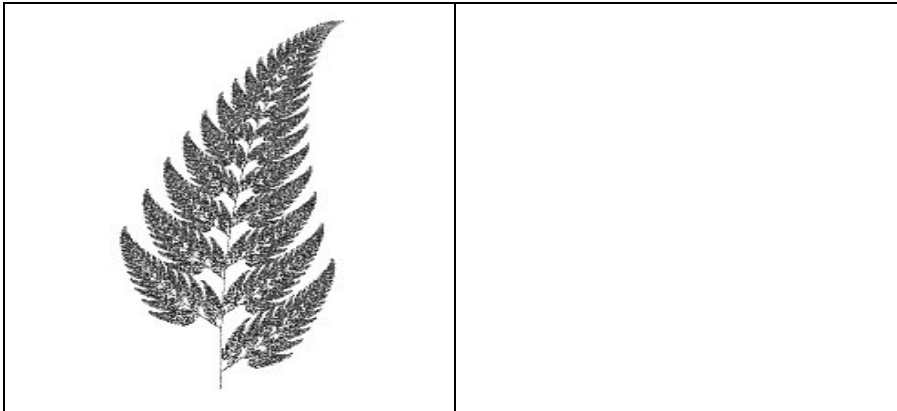


Fig. 2-8 Fractals

Fractals are generated by constantly re-referencing a defined relationship. Fractals show up in nature, from ferns to landscapes to clouds. The self-referencing nature of consciousness is mirrored in the construction of everything we observe in our world.⁷

One of the properties of fractals is worth noting. If you had a computer program to look inside any of them, you would see, upon magnification, similar patterns repeating themselves no matter how deeply you went. The patterns are never identical, but they are enough the same to be noticeable. This property is called self-similarity. We see this all the time in life. When you get stuck in a rut, the same old things, people, and situations seem to appear and reappear. The situations are rarely identical, but similar enough to make you tired of it. I knew someone who left town because she was sick of her job, her boyfriend, and her

apartment, but it was hardly a year later when I heard, through a mutual acquaintance, she had quit her job in the new city and broken up with another boyfriend. Life itself is self-referencing!

⁷ First four fractals from *The Science of Fractal Images* by Peitgen and Saupe, Springer-Verlag, 1988. The last fractal is Barnsley's fern.

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