

Positive thoughts do not replace or cancel out negative thoughts. Unless the negative thoughts are neutralized, they live on forever, creating our negative patterns. CHOICES explains this crucial concept, and offers the effective tools to change the negative to positive.

## **CHOICES - Neutralizing Your Negative Thoughts and Emotional Blueprints**

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**THE HIGHER SELF VOICE  
ON**

# **CHOICES**

**Neutralizing Your Negative  
Thoughts and Emotional Blueprints**

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## Chapter Four: How the Unconscious Works—Understanding our Etheric Bodies

### Higher Selves Quote

*The Thought Form Body is an invisible body that contains realities that have been created through every thought generated by any individual at any point in time. Within this envelope [energy field] dwells many different 'yous.' There is the 'you,' for example, who lives in this altered reality as an actual energy identity who is poor, who has no money. This altered reality has been created by you based on every thought you've projected dealing with a state of financial lack.*

This altered reality that is the 'you' in a state of financial lack actually seeks to reinforce and empower itself, the altered reality that it has become. This then, quite outside of your conscious thought process, allows that altered reality to continue to grow and manifest its power and its authority over you in the physical form in the physical reality.

Imagine what it would be like to hold on to every thought you have ever had from the first moment you were born. Imagine that each thought was actual energy that did not disappear but hung out in some energy field surrounding you. And imagine that this thought energy had some magnetic qualities so that every type of thought you'd had over the years drew all other similar thoughts to it, like magnets with the same polarity. Then imagine that all these thoughts, or *energy identities*, have created actual *altered realities* in the space around you. And as

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you grew up, these energy identities, and the altered realities they created, became larger and larger with each thought.

To illustrate the different concepts throughout the book, I will offer many examples in order to make them easier to understand. To do that, it will be necessary in the early stages to oversimplify somewhat. However, as each chapter unfolds, revealing additional information, more complexity is woven into the picture. By the end of the book you will see the whole of how our lives work, how each individual can take the reins of his/her life and how to achieve true change. In looking back, however, you will notice how the picture had to be broken out into various pieces before it could then become whole. Let's begin with an example of how thoughts create energy identities and how these, in turn, create altered realities.

Perhaps you're someone who has focused on your weight throughout your life. Maybe as a small child you went through a chubby stage, and sometimes people around you would suggest that you refrain from a second helping. At first you paid it no mind, but then your consciousness took it in. You began to think that you were bigger than your cousins and friends the same age. You started thinking thoughts of needing to eat less candy and desserts. You found yourself rating how some friends or family members looked based on their weight. The issue built slowly for you as you went through being teased in school.

As an adult, you've struggled with your weight, trying diet after diet with limited success. And all this time, you've been harboring thoughts about being overweight. These similar thoughts are magnetically attracted to each other, building thought forms such as "I'm too fat," "I eat too much," "I'm a failure at losing weight," and/or "I'm unlovable because I'm

fat.” All these thought forms tirelessly develop an altered reality of your struggling with your weight.

### **Thought Form Body**

Thoughts of every type have created thought forms in each of us. They come in all sizes—some tiny and some huge, with many in between, depending on the degree of thought put into them. As the Higher Selves stated in the above quote, the invisible envelope (energy field) around us, the place where these positive and negative energy identities call home, is the *Thought Form Body*. It isn't actually a physical body but is instead held in an etheric energy field everyone carries with them. It contains all the thoughts of joy, fear, love, hate, hurt, illness, wealth, poverty, and ideas of the self, others, relationships, work, play, and on and on. All thoughts are held here, magnetically attracting similar thoughts from many sources, thereby building and strengthening all of our thought forms. They create all the altered realities that live with us in our Thought Form Body.

Suspending disbelief for a minute, let's take this a few steps further by looking at how our mind works. Do we tend to think more positively or negatively as we go throughout our day? Most of you know the answer to this already.

For example, if we wake up feeling good, having had a good night's sleep, we might think, “Oh, I feel great today! I have so much energy; I'm sure this will be a good day.” And then we go on our way and may never think of it again. Despite feeling really good, we actually tend to spend little time thinking about it. Feeling good helps us focus on the things we have to accomplish that day, resulting in thoughts geared toward those activities other than the state of feeling good.



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But what happens if we sleep poorly and wake up with a backache, headache, or stiff neck? Don't we often express a litany of complaints about it to friends or co-workers? And if a repairman or deliveryman comes by and politely asks, "How are you," what do we say? If we feel good, we most likely just say, "Fine, and you?" But if our neck still hurts, we say, "Well, since you asked, I am having a bad day, starting with..."

The tendency to dwell on the negative outweighs our tendency to think positively, and every day we do so we strengthen those misery magnets. This means that when we look at the balance or the ratio of negative energy identities to positive ones, the scale weighs heavily on the negative side. This serves none of us well.

### **Drive to Manifestation**

Thought forms are soulless and mindless. They lack consciousness. However, they carry the power of magnetic attraction. This magnetic energy is working 24/7. In fact, it does not just attract our own thoughts but all similar thoughts from many sources, including other people. This is not a conscious act any more than an actual magnet consciously attracts. What is the result of all this attraction?

The result of magnetic attraction is that the energy identities (and the altered realities they create) continue to build in strength. At the point that they're strong enough, they manifest into our physical reality. In fact, their sole purpose is to manifest. *The manifestation process from all of our energy identities is what forms our outer expression or, in other words, our lives.*

For example, if it is cold and rainy outside, we may think throughout the day that we have to keep warm and dry so we don't get sick. We see ads on TV about various cold remedies, which remind us to check what we have on hand just in case. We remember the time last year when we got the worst cold ever and had to miss work. Flu season is here and we plan to get a flu shot. We believe that all schools are breeding grounds for illnesses and have no patience for parents who send their children to school with a cold. We also believe that we are susceptible to every germ with which we come in contact. In this way, we are empowering our illness thought form (one that we already have) over and over again. And what do you know? Despite all our efforts to prevent it, we come down with a massive cold two weeks later and blame it on the time we spent helping out at our daughter's pre-school.

In fact, getting sick was a result of the altered reality of illness gaining enough strength to manifest itself in our physical reality as a cold. It attracted the opportunity when you were asked to volunteer to read to your child's pre-school class. This then triggered and empowered your beliefs (based on your thoughts) that you were now exposed to the germs that you were convinced would make you sick. And they did.

Isn't it just that colds are contagious? No. If that were the case, every teacher, parent, and student who came in contact with children would get sick. Each individual responds to each situation based on what thought forms he/she is creating for him/herself. That is why some children/teachers have perfect attendance and others are chronically sick or somewhere in between. Of course, this process is more complex than I have presented. But the basic principles are the same.

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Other examples are: If you have a large victim thought form, it will magnetically attract conditions that will make you a victim once more. If you have a failure pattern, the thought forms will bring in situations that will again result in failure. If you bring in mates that make you crazy with their infidelity, the thought forms may keep you in a cycle of betrayal. The process of manifestation will be explained more fully in Chapter Six, but our thought forms are the primary source for the patterns we have in our lives.

### **Habit Body**

In addition to the Thought Form Body, we also carry a *Habit Body*. The Habit Body is another invisible envelope of energy (field) surrounding us that contains imprints of every thought and every action. Thoughts create energy identities and habit imprints simultaneously. And as the imprints of similar thoughts get deeper and deeper, they become our most ingrained habits. As we smoke/worry/procrastinate/and so on, the imprints/ruts are reinforced again. In other words, the depth of a habit imprint in the Habit Body is relative to how often we have thought the thought and/or acted—the deeper the rut, the more automatic and intense the habit. There are no energy identities in the Habit Body, but the habit imprints empower the thoughts and vice versa.

Have you ever noticed that you wake up five mornings out of seven at the exact same time? Or that you get a cup of coffee without thinking before you start any project? Or that you put on your left shoe before your right one every morning? These are simple, repetitive habits that are easy to see and are relatively harmless in the scheme of things. Of course, we all have deeper and more complicated ones, so it is very important that we pay attention to all our habits. These habit imprints

work with Thought Forms to reinforce our patterns. These two working together are in part what makes it so difficult to change things about ourselves with which we are unhappy. The more ingrained a habit, the more we act on it and think about it. The thought form gains power and then manifests again – and then again.

One of my habits for over ten years was to sleep only three or four hours a night. Once I woke up, I could not fall back to sleep, resulting in chronic exhaustion. Fortunately, by doing the exercises that the Higher Selves taught us, I was successful at changing this pattern, and those sleepless years are now a distant memory. Now I sleep at least five to six hours a night with few exceptions. I still wake up many nights, but the difference is I go back to sleep. Of course, five or six hours are not enough. Fortunately, I have continued to improve, sleeping seven plus hours a night at least three times every week. Habits can be changed, and you can do it too.

### **The Overall Picture**

Remember that we live as humans in a Free Will Kingdom, that we choose how our lives unfold. If something happens that changes our thought patterns for a day or week, we will empower different energy identities and habit imprints and will, therefore, manifest differently than we did in prior weeks.

One example many can relate to is the unexpected death of a young friend or family member. The new vulnerability we now feel may make us realize that we have been complacent about life. As a result, we decide to focus more on preventing illness by eating healthy food and exercising. We also become more open to telling our family every day how much we love them and perhaps resolve to work harder to be a better person so that

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there are no regrets if we die young. Were we thinking this way before? No, but we are now. So our energy identities and habit imprints are changing as a reflection of the changes in our thought patterns.

What is more significant, however, is *how often we are determined to change only to find our old habits return*. How many of us with great intentions find ourselves back in the same place within days/weeks/months? How many times have we had to use the same New Year's resolution because we didn't accomplish it this year or the prior years? Why are there so many new diets on the market, multiple no-smoking aids, a myriad of solutions for depression, insomnia, etc? Why are there so many self-help books? For all our grand efforts and deep desires to change, we predictably find ourselves back in the same place, having made little lasting forward movement. This does not feel good. There are reasons why change is so hard, and this is why I wrote *CHOICES*. We need help to make the changes. There is much more to it than thinking positive thoughts. Let's take a look at the Law of Attraction.

### **The Law of Attraction Clarified**

#### **Higher Selves Quote**

*Thought forms are what carry the impact of what you will outwardly manifest. This is not a process that will be reached through affirmations or through consciously speaking words. For the process of thought forms is one that goes very, very deep. Thought forms are carried from lifetime to lifetime so that the buildup of these 'altered realities' is very intense and very powerful.*

What exactly is the Law of Attraction? It seems to be the basis of many metaphysical self-help books (including *The Secret*) and even has its place in some religious teachings. Simply stated, it posits that thoughts are energy and are magnetic in nature. They attract to you situations and people that match your predominant thoughts, whether conscious or unconscious. The bottom line, therefore, is like attracts like. The more positively you think, the more positive your life will be. Every individual is responsible for what they bring into their lives. Is there more to it than this? Yes.

If you have understood the information in *CHOICES* up to now, there is a good chance you see that the Thought Form Body information seems similar to the Law of Attraction. Both involve magnetic attraction that brings situations, conditions and people into our lives based on our thoughts. However, you may also be beginning to see that there needs to be more than positive thought to create real change in your life. Of course, there are people who have changed their thoughts from the negative to positive, who have brought more good into their lives than before. But what does it mean for those of us who haven't found success by thinking positively, yet have worked as hard or harder than others who do? What about those who achieved results but didn't recognize that what they got was either the exact right result (even if unexpected) or that it was only the first step in a process that would lead them to the final goal? What about the patterns that keep recurring in life despite the efforts to change them? Or the emotional upheavals that make us behave in ways we're not proud of?

What has been missing in the prior teachings on the Law of Attraction is the fact that it has not been fully understood. The Higher Selves didn't change the Law. They explain how it works. And there are two misconceptions that need to be

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cleared up. One, *a positive thought does not negate or replace a negative thought*. It only empowers the positive energy identities while the negative ones remain to magnetically attract negative situations, conditions and people into our lives. Because we harbor so much more of the negative, the positives we empower through our thoughts are still extremely weak compared to the powerful negatives. In Part II, *CHOICES* will describe a more efficient and powerful way to empower your positive thought forms, growing them to where they are increased 1000-fold.

The section misconception is that even if you never think a negative thought ever again, it doesn't mean that the negative energy identities go away. Once created, the thought energy exists forever. Leaving those negative altered realities in place is what makes it so difficult for us to change. Whether negative or positive, the energy remains in place in our etheric bodies as thought forms and habit imprints. When these are positive, we can rejoice. When they are negative, we are concerned with what we do about them. What we must do is to neutralize the negative energies to render them harmless and incapable of magnetically attracting anything that could hurt us. Neutralizing the negatives and using that energy to empower our Light is the key to change and is fully explained in Part II. Again, the Higher Selves didn't change the Law of Attraction but added details about how it functions. *CHOICES* will show you how you can properly utilize it to your advantage.

### **The Shift from Victim to Taking Charge**

Once we accept that we are living in a Free Will Kingdom, and that we are making both conscious and unconscious choices that create our experiences, we can find our way to take responsibility for what happens to us. So the shift goes from

blaming someone, something or some event for our problem/s to looking at ourselves and asking, “Why did I bring this into my life?” “How can I change this reality?” Or “How can I prevent it from happening again?”

There is no judgment here. We are not all screw-ups who just can't get it right. Instead, we acknowledge that we are all experiencing the human condition. Everyone has challenges to face, joys to experience, moments of wonder and moments of despair. What will be explained is the way to be actively involved in how your life unfolds. There is no magic pill to take and presto...you have changed. If it took years and lifetimes to develop our patterns, undoing these patterns won't be instantaneous. However, with consistent effort, we can change our patterns, find what was hidden and untapped, and definitely improve our lives significantly.

In a year from now we will all be one year older. We can still be in the same place, coping with the same issues. Or we can use the simple Higher Self techniques and make this year and every year a witness to us becoming much more of what we want to be. We understand our conscious choices. And now we understand how our own thought forms and habit imprints, through the process of magnetic attraction, work with our conscious choices to create the outer expression we call our lives. Someone else isn't creating our lives. It isn't Mother Nature, your jerky boss, or a vindictive god picking on you. We are busy making and playing out our patterns consciously and unconsciously, then, taking what life gives us and handling it as best we can. Now is the time to be in charge, and we *can* be. We are not doomed. We are not stuck. We are not powerless.



## Chapter Five: How the Emotions Fit in

### Higher Selves Quote

*Each of the circumstances brought into play through the Thought Form and Habit Bodies creates an experience in your life that you respond to emotionally, and it is this emotional response that actually is held within your Emotional Body. The stockpile of all of your similar emotional responses becomes your emotional blueprint.*

Intense grief over the loss of a loved one and inconsolable despair when a love relationship goes wrong are examples of negative emotions all of us have felt to some degree. How about great joy at seeing our child beat a life-threatening illness, pure bliss from the throes of first love, or the deep satisfaction of a difficult job well done? These are obviously positive emotions. Emotional responses to events, experiences, and/or actions reflect the polarity present in the Human Kingdom, where emotions are seen and experienced, for the most part, as positive or negative. There is love and hate, happy and sad, satisfied and unsatisfied, with all the ranges in between. It is clear that emotions play an important role in life from any perspective, so let's take a closer look at them.

### Emotional Blueprints

I think all of us have experienced the drama of emotional swings. After college I called the next nine years "my terrible twenties." It was a time of such great emotional upheaval for me: despair, anxiety and feelings of failure, etc. Sure, there were good times too ...but those were overwhelmed by the bad.

*How the Emotions Fit in*

I wasn't a complete drama queen but suffered personally more times than not. I'm sure in some way all of you can relate—bad relationships, career problems, not meeting the expectations of others, feelings of despair, isolation and failure while trying to pretend otherwise. The twenties became my thirties. I was unhappy that my erratic emotions dominated my life, and I still didn't have a solution for what to do about them.

In my mid-thirties help arrived in Joan's Wednesday-night group when the Higher Selves explained emotions. I was a rapt student. Similar to the Thought Form and Habit Bodies, they explained there was another invisible envelope of energy (energy field) surrounding our physical body called the *Emotional Body*. This body contained the emotional *responses* to every experience that each of us has had throughout his/her life. They went on to explain, however, that an experience is actually a neutral event not tied to any specific emotion. So how is it that we associate emotions with most experiences and how is this significant?

When we first associate an emotion with an experience and then target (blame) that person or event as the cause of that emotion, we have attached that emotion to the experience. By doing so, the experience is no longer a neutral event for us. It includes the emotional response. It is these attached emotional responses that are held in the Emotional Body.

Let's look at the example of the event where one sees a snake. This is a neutral event. If seeing a snake had an emotion attached to it, then everyone would react to it in the same way. But they do not. If someone sees a snake for the very first time, crawling across a road, that person could have a large range of emotional responses, from interest to indifference, anxiety to calm, or fascination to repugnance, based on a variety of

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factors. Let's say this person has heard tales about snakes being sinister animals. Then his/her first sight of the snake may make him/her afraid. Fear becomes that person's emotional response to this experience. He/she targets (blames) the snake as the cause of his/her feeling afraid (here is a snake and I am afraid of it), and there is now a fear response attached to the experience of seeing a snake. This event is no longer neutral for that person.

When he/she sees another snake, there is already an emotional response attached to the similar experience, so fear is triggered once again. As this repeated triggering of fear continues, it adds more and more power to the already-attached emotion/s. Picture a sphere that symbolically represents an experience in its neutral form, one with no emotion attached. When someone attaches an emotional response to that experience, it's as if the person has *Velcroed* the emotional response to the sphere (the experience). And each time a similar experience occurs, the emotional response is triggered because it is already attached. As the fear response recurs, it is once again attached to the experience (the sphere), adding more intensity to the emotional response each time. So (using the snake example) seeing a snake a second, third or more times would generate fear automatically, literally giving one little choice to respond differently, even if the snake was a harmless one.

We all have many hundreds of thousands of spheres representing neutral experiences with attached (Velcroed) emotional responses. The patterns of these responses are unique, created by each individual, and are not defined by the experiences themselves. Some experiences generate little emotional response, while others a great deal, depending on each individual's patterns. The more times an experience recurs, the more intensified and rigid the response pattern becomes,

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getting thicker and thicker and more ingrained. These emotional-response patterns are what the Higher Selves call *emotional blueprints*.

These blueprints operate as any other blueprint. They reveal how our emotional reactions to events are going to play out. Some blueprints are fairly straightforward—see snake, become afraid. Others are more complicated, involving a range of emotions that come into play, as the experience itself becomes more complicated. For example, if your son gets into a car accident, you may feel fear—wondering if he is okay; anger—that he used the cell phone while driving; frustration—as you had cautioned him often about the phone; relief—that he is okay; determination—to get more strict about the cell phone use; anxiety—about what the damaged car may cost you. You may ask, if this is the first time my son was in a car accident, why would there be a blueprint? Because the experience is part of a larger pattern, that of your child getting into any kind of accident and harming himself. This kind of experience has happened in the past, whether it was when he fell off the swing on a playground, was hit by a baseball, or accidentally ran into the closed, sliding-glass door thinking it was open. In fact you have had this experience many times as a parent of an active son. Your response blueprint was created way before today's car accident. And this example does not even include the thousands of times you had this type of experience in other lifetimes, with other offspring.

To clarify, when something happens to us, *our emotional response has already been created in the past* (of this life and all other lives) and has only been triggered by the most-recent experience. As a result, we are actually programmed to respond emotionally in the same manner for each and every similar experience, even though it feels as if we are responding to the

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experience like it is our first time, or as if this response is how everyone else would naturally respond. *We become so used to the whole package that we think the experience and the emotional response are virtually one and the same.*

Rarely questioning why this is so, we embark on an emotional journey when an event occurs, often thinking we are responding to it in a unique way, when, in fact, we are going down a predetermined path. We have reacted to this type of experience the same way so often that we have unknowingly created an emotional blueprint that we blindly follow for all similar events.

### **Pushed Buttons**

Many of us have experienced having our buttons pushed, those times when something seemingly innocent or minor occurs, and we overreact with much more intensity than the moment deserves. Most tellingly, we overreact in exactly the same way each time. Whether we are afraid when we see a snake, or angry when someone cuts us off on the freeway, we know that we will experience reactions, which we don't seem to have much control over. Generally everyone understands that these responses are automatic and not completely rational. Even the person having his/her buttons pushed knows it is an overblown response.

Picture being at a party, where there is a group of three people talking—Joe, Carrie and Terry. All three are excited and happy, and at some point Joe interrupts Carrie's story in his enthusiasm to add his two cents. Objectively, it would be a relatively minor occurrence between two good friends. Carrie doesn't even notice and just interrupts Joe right back, deftly moving inside the jumble of the moment. However, Terry, who is listening, gets really irritated, and when both Carrie and Joe are finished,

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Terry speaks up and berates Joe for interrupting Carrie. Both Joe and Carrie, having not even noticed the interruption, are surprised and try to calm down Terry, who is clearly heated. As he calms down, Terry says, “I’m sorry, interruptions just push my buttons.” Terry has had his emotional blueprint related to interruptions triggered, and we can see that its intensity was overblown for the current situation. Again, when our blueprints get triggered, the magnitude of the response is relative to the density of the responses from all similar prior experiences and *not from current incident*.

Let’s theorize that Terry had many experiences in life of being hurt because he was interrupted. This created a powerful emotional blueprint laden with his intense negative reaction to interruptions. In fact, the blueprint is so heavy that it’s even triggered when someone else is interrupted. Perhaps Terry had an overbearing and intolerant father who chronically interrupted both Terry and his mother when either of them would try to speak. If his father interrupted them and then hurled insulting and hurtful comments about what they were saying, we could see how such a negative blueprint would be created. And this does not even include the many similar experiences in his thousands of prior lifetimes.

In real life we would most likely never know what could cause such an intense emotional response to interruptions (or any emotional response to any experience), but if we did, we could understand why, as an adult, Terry had these feelings. We’ve all experienced overreacting to situations or even having responses to things to which others can’t relate. Therefore, we acknowledge that in certain situations our pushed buttons control our emotions, giving us little choice in the matter, and as a result, *we unfortunately accept that this is just who we are*.

### **The Bigger Picture**

Although the pushed-button analogy is helpful when understanding relatively minor things, emotional blueprints are also in charge of our emotional responses to more serious experiences, such as a loved one's death, a major financial loss, or a betrayal by a spouse. While our emotions are very real, these experiences are intrinsically neutral in nature. It's the triggering of blueprints we have attached to these experiences that will most likely play out intense emotional responses that have a significant effect on our lives. So when we feel grief over the death of a loved one, we are feeling the grief intensified by all the grief we have felt over the span of our soul's journey. We spend time and money on therapy and doctors as we cope with the effects of powerful emotions that cause ulcers, crying jags, crippling guilt, sleepless nights, anxiety attacks, and/or blaming others for our anger, frustrations, hurts and wounds, etc. In general, we often behave based on our emotional baggage—these emotional blueprints—instead of the emotions we are feeling during the *now* of an experience, which would not have any intrinsic emotional attachments.

If we didn't have our blueprints, we would still have emotions and would respond emotionally to each experience, but the emotional response would be based on the experience itself and not on the pre-programmed replays. So if someone saw a snake safely kept in a cage, there would be no fear, perhaps only interest or sadness from seeing a caged animal. Still, our blueprints are there, and until we understand how to be free of these attached emotional responses and how to properly process emotions, we will continue to be controlled by them.

Who wants to experience life events that are polluted with decades and lifetimes of emotional responses, driving us to respond in the same way for each type of experience, taking *real choice* out of our options? Just as with thoughts forms, most of this baggage is negative and acts as an anchor to hold us connected to negative experiences. The emotional drama provokes continuous thoughts about the issue/subject/person/event, which in turn increases the magnetic power of the related thought forms and habits. Working together as part of our unconscious, the energy identities, habit imprints and emotional blueprints empower and create the patterns we find in our lives.

### **Unconsciously Defining Ourselves—Self Identities**

In addition, it is these emotional blueprints that often create how we define our nature, such as, “I always cry at weddings,” or “I can’t tolerate stupidity,” or “I always get angry when someone teases me.” Even more significant are statements like, “I am just a moody person,” or “I’m always ashamed of...” or “I’m competitive to a fault,” or (what I used to say), “I’m an emotional basket case.” These emotional blueprints lock us into repetitive response patterns that make us assume we are a certain kind of person. These become our self-identities—that we are heartless, reckless, overbearing, living in the past, unlucky, desperate, vulnerable, anxious, etc. What if we really could be who we wanted to be and not who we have previously programmed ourselves to be? What an idea!

Even if we somehow knew how and why our easily pushed buttons developed, it wouldn’t be enough to solve the problem. We need to know how to remove these emotional blueprints, which keep us chained to our patterns and focused on our negative thoughts. It’s difficult to imagine, but an absolutely attainable goal. We have the ability to neutralize our emotional



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baggage, thus freeing ourselves from the stranglehold that our emotional patterns have on us. We have choice as to how we feel!

## Chapter Seventeen: Your Pure Soul Essence

### Higher Selves Quote

*You are all—every single individual in this room and every single individual on this planet or any other planet—beautiful, perfect, wonderful, marvelous and all-powerful. It is through unconsciousness that you do not recognize this. You wear the Thought Form Body like dark glasses, and because you've never taken them off, you don't know that the world is a brighter and more beautiful place. As you cultivate this inner perfection, and reach the state of emotionally feeling that perfection, everything around you becomes perfect. When you are functioning out of that Pure Soul Essence, that spark that is part of the totality of Originating Source, you are living the very highest, most perfect existence that is possible.*

Remember the game of Clue? It involves players competing to solve the murder mystery of who did it (Colonel Mustard?), in what room (the Conservatory?) and with what weapon (the candlestick?). The game board depicts a two-dimensional house with a layout of its various rooms. There are several ways to get into and out of each room. There are doors, underground passages, long hallways and even shortcuts that give you faster access when moving through the house. Now imagine the house in Clue as a symbol of your life, with its many rooms pertaining to the various parts of your existence—the love room, health room, finance room, destiny room, relationship room, etc. Of course, there would be many more rooms than in most houses, and some of them would overlap, such as a living room that also includes a dining area. It's not necessary to draw a map

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here or fill in any details of your house. I only ask that you keep that simple picture in mind.

In Clue, the purpose of the board is not solely to travel between rooms for the fun of it, but to reach a goal: to solve the murder mystery. Perhaps, like Clue, there is a goal or purpose to our lives behind all that movement throughout our rooms. In Clue, you visit each room to get the clues needed to solve the case, but in life, what purpose would there be? Most of us work the rooms to handle life as best we can. We learn and grow from spending time in these rooms, gaining insights, wisdom and tools to help us on our life's journey. We raise children, have careers, try to help the less fortunate and may follow some type of spiritual path. However, there are so many complexities, misconceptions, fears, hurts and problems in life that often we have to find better ways to handle all that our rooms contain. Of course, there are also people who accept the cards they are dealt, good or bad, without question.

For many of us, one of our main goals is happiness. If nothing else, we want to be happy and fulfilled in our lives. That is an honest, worthy and valid goal. If we look at humanity at large, we find that happiness is experienced along a continuum, from miserable to ecstatic. Each individual finds his/her place on that line. Three questions come to mind at this point: Is happiness all there is? Is there a good/better way to find it? Could there be yet another goal?

In order to answer these questions, I am going to present another way of looking at our goals, a different way to think about the rooms in our house (our life). What if there was a room we were never aware of, a secret, hidden room? What if just finding out that a hidden room exists was part of the goal of life? What if all the other rooms in the house were there so we

could discover the hidden room? Where is this room? What's inside of it? What does it mean for each of us? How can we use it? These are important questions that need to be answered. Let's begin.

### **Is There a Secret Room?**

Of course, you must have guessed that I wouldn't have asked this question if there weren't one. So yes, there is a room that is vastly important to all of us in our lives. All of humanity is on a journey to discover this room, to experience it and to be it. It holds all that we are and all that we will be. So where is this hidden room?

### **Where Is the Hidden Room?**

You may think that if only you could search long enough and be smart enough you would find the route to this hidden treasure. You may believe, for example, that if you spend more time in the spirituality room than in the financial room, you might find the necessary clues. Or perhaps you may feel that by spending all your time in the family room and almost none in the personal interest room you are on your way to finding your purpose in life.

However, it turns out that the room is not hidden under, over or within one of the other rooms. And it is not about the amount of time you spend in one room as opposed to another. *Instead, the room has been inside you all along.* You bring it to every area in the house of life each and every time you move around, whether you are in the family room, career room or health room. You are carrying this hidden treasure, not in your hands, but in your soul. When this room is discovered, opened up, understood, and utilized, it provides power, expanded

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understanding, and an astonishing increase in the good in your life.

### **What Is Inside This Room?**

The title of this chapter, of course, gives you the answer to this question. However, I must state it again. The hidden room contains our Pure Soul Essence. I have introduced the concept of the Pure Soul Essence briefly in earlier chapters, and hopefully it's become a regular part of your Amalgamation. However, it's time to expand your understanding of this treasure. This knowledge will provide the energy and know-how that will enable you to upgrade all of life's other rooms. It will help you beautify your life's 'décor' and bring more joy and meaning to your journey.

### **What Is the Pure Soul Essence?**

The Pure Soul Essence is part of the actual Soul of Originating Source. This means that every soul in the Universe contains within it the essence/a spark of the Creator of All There Is. The Higher Selves use the term *Soul Aspect* to describe this part of Originating Source. When Originating Source began the manifestation of the Universe, it sent parts of itself (aspects) out into the Universe, de-intensifying the energy until it manifested and created the world (the galaxies, stars, and planets) as we know and see it. Everything we see in the material world contains an aspect of Originating Source, a piece of its soul. These aspects are what we call the Pure Soul Essence. (The long explanation of this process will be included in the next book on the Universe.)

A way to understand this is to look at what happens to our DNA when we procreate. When we give birth, our offspring contain

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the DNA from both parents; this part of ourselves is carried within our children. The Aspects of the Originating Source work in much the same way. With our DNA, our children get half from each parent; then their children get half, so that the DNA from one parent becomes diluted in future generations as the DNA from others is added. When the Originating Source distributes aspects of itself to each and every soul, however, there is no watering-down effect. The Pure Soul Essence contains all that the Originating Source was, is, and is becoming. Every soul's Pure Soul Essence is whole and perfect in every way.

The connection between the aspects and their source is constant and can never be lost or stolen. The journey for each of us is to become conscious of our inner purity and to connect with that knowledge on the feeling level, knowing in every sense of the word that we are one with the Originating Source.

### **What Is the Shocking and Brilliant Significance of This?**

The meaning for each and every one of us is that *we are not flawed. We are perfect.* How can that be?

We are the perfection of our Pure Soul Essence. This is the true essence of every living being in the Universe. The journey of every being is to move from the Mineral Kingdom into higher and higher levels of awareness. At the Human Level, our consciousness is able to reach this point of understanding. It's the beginning of the end goal of our journey in the Human Kingdom. Until we get there, it's as if the Pure Soul Essence is asleep. It's time for us to wake it up! Therefore, the first step on this journey is simply to become aware of our purity and perfection, even if we don't fully understand it.

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I can understand your possible skepticism since we so often see imperfections in the world. We judge others and ourselves as lacking in many ways. We are aware of great pain and suffering, injustice and abandonment, abuse and trauma. What we usually can't see and haven't understood up until now is that *these realities (that are part of the life we have created for ourselves) are not who we are. They are the outer reality we have created for ourselves unconsciously by the weaves that developed from our soulless and mindless thought forms, habits and emotional blueprints.* These are not part of our soul. They are born from thoughts we have had over thousands of lifetimes based on misunderstandings and misconceptions from the blinders we all wear.

The outer reality that these energy identities create acts to slowly bring every human down the path to conscious awareness, the path to understanding that instead, *what we are is the Pure Soul Essence of Originating Source.* The outer conditions then are not who we are, but are the conditions and situations that are present in order to open our eyes to our true reality. Even though the journey is complex and long, the path each of us takes eventually leads us to that knowledge. The pain and suffering we experience are only the expressions of our outer realities. They are the experiences we create to get ourselves to pay attention, the things that motivate us and ultimately bring us to consciousness. We do not need to spend lifetimes creating perfection, since we already are perfect. *We only have to realize that this is so.*

### **What Is the Next Step Then?**

Now that we know at some intellectual level about the Pure Soul Essence, where do we go from here? Knowing about its presence does not do all that much. Many of you may not even

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be able to grasp this yet. And that is fine. This is a process, and we can't be at the end before we even begin.

I am confident that you've already been using the Pure Soul Essence as you have worked with the various exercises throughout *CHOICES*. Therefore, without knowing it, you have already begun the next step, where we start using the powerful energy to heal and recreate those outer conditions. These conditions create great blinders for us, and we often define others and ourselves through them. I truly hope all of you are doing the Key Exercise, as it's a powerful way to remove the blinders.

Now, though, I would like to encourage each of you to spend some time in the room that was hidden from you for so long. It is a wondrous place of balance, harmony, and serenity. It is peace. It is love. It is knowledge. It is faith. If you've had a bad day, you can move into that space on the drive home and bask in your own purity and calm. If you're having houseguests and the demands of being a hostess are overwhelming, *become one* with your Light. While baking or picking up your kids from school, ask that your Pure Soul Essence expand within, through and around you. Feel the energy and enjoy the Divine Order it brings. Expand your awareness by practicing the connection with Who You Truly Are on a daily basis in as many moments as you find. Do you need to change a diaper? Or print out a report for your boss? Or wait in line at the bank/post office/DMV? Grab these moments to become one with your Pure Soul Essence. It's not always necessary for you to feel that serenity and perfection. Merely speaking the words "I am one with my Pure Soul Essence" will put you in that energy field.



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### **The Divine Energies**

The Pure Soul Essence carries with it even more than you can probably imagine. It gives us access to all the Divine Energies that are within the Originating Source. We don't have to ask something or someone outside of ourselves to heal us, to give a loved one energy or to help us get a job. Since we are Soul Aspects of Originating Source, our Pure Soul Essence carries the entire range of energy and knowledge contained within our Creator.

As the Originating Source evolves, All There Is at that level is accessible to each and every one of us. We can ask for and utilize the energies any time we wish. Since they are generated from Originating Source, they are on a Spiritual Will frequency and cannot operate in any way but in the Highest Ideal for the situation or person they are meant to help. They cannot be manipulated to harm someone. However, keep in mind that because we are in the Free Will Kingdom, we must consciously access the Divine energies by asking. The Higher Selves or Originating Source may not give them to any human being without permission, since to do so would be a trespass of our free will. Yet when we call the Divine energies into our lives they are instantly brought in at the highest frequency level an individual can handle. Some of the important ones are Divine Love, Divine Forgiveness, Divine Word, Divine Mind, Divine Clarity and Divine Understanding. (For a longer list, please visit Appendix II.) How can we use them? Let me explain.

### **How to Use the Divine Energies**

Think of a dam holding back billions of tons of water that just looks pretty when the dam's sluice gates are closed. When the gates are open and the water pours forth, there are huge

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benefits. The energy of the water moving through the dam generates millions of kilowatts of electricity, which helps power the communities around it. The water itself moves down a river that sustains wildlife and brings the water to outlying areas that need it for farming and the local population. Upon its release, the water becomes more than what it was when it was passive and dormant.

The same is true of our Pure Soul Essence. Within us is this potential power, but if we don't open up the sluice gates, it sits there available and untapped. What we do then is to open up the gates, which is actually very easy. To access our purest, most perfect power all we need is *focused thought*. Could it be that easy? Yes. When we focus our attention on the Pure Soul Essence, we become one with its energy (as described in Chapter Ten). Then, through thought, we can direct the energy to go where we need it. It can help us heal our lives on every level.

We control the energy by sending out the Light in its totality, or we can send out specific Divine streams of the energy. Picture a dam with many sluice gates. Sometimes one or a few are open, while other times all of them are open, depending on how much water is needed. With the Pure Soul Essence, you can send out the totality of All That Is and/or you can open one sluice gate with a specific Divine energy, sending that energy out alone. You can also activate two or more gates (with different Divine energies coming from each one) at the same time. Let me illustrate.

**Exercise**

Let's say you're having a major problem at work, and your boss is so busy that he/she doesn't spend the time to understand the

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problems affecting the completion of your assigned project. The boss only stops by for a minute to find out if you're finished and berates you for the delay without even allowing you to speak. Then he's off, only to repeat the scenario time and again. What are the issues here? There are elements of poor communication, frustration, and lack of understanding, to name a few. With each occurrence, you are getting more and more upset. What you can do (instead of or in addition to the other techniques you've already learned) is to activate the Divine Energies, either in the moment or later when you have mental space.

- First Amalgamate and then focus your thought on the Pure Soul Essence. You can use the symbol of water behind the dam if that helps. Then activate Divine Communication (to help heal the poor communication pattern), Divine Serenity (to help soothe the frustration), and Divine Understanding (to help bring understanding into the pattern where it is lacking on one or both sides) simply by thinking it. You say, "I activate Divine Communication, Divine Serenity, and Divine Understanding." This opens the gate and releases the Divine energies from your Pure Soul Essence. Simply direct the flow of energy out from your center into the outer condition on which you are working. You say, "I send the energy to the condition at work that is upsetting me." See, sense or imagine the energy move in, through and around the condition, bringing balance, harmony, and healing to it. Be sure to include your own physical and etheric bodies in the energy.
- Continue to focus on it for a minute or two. You don't need to push the energy out any more than someone needs to push the water out once the dam's sluice gate is opened. Activating the Divine energy creates an immediate powerful

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flow, whether you can ‘see’ it or not. The energy finds its target and does its work. It’s never going to harm you or anyone else. It works in the Highest Ideal, as it will carry the exact frequency of energy needed for the situation. This work can be done in just a few minutes. Quick. Easy. Effortless.

If you don’t know which energy to activate, out of all that are available for one situation or another, do your best and ask the Higher Selves to help you. If you ask them, they will call up the necessary Divine energy, even if you do not specify. I encourage you to explore and try it out, getting used to how it works. By activating one or several energies, when it feels appropriate, will help improve your outer conditions.

What’s most important is that you use the energy! In conjunction with the Key Exercise, these energies will add speed and efficiency to the healing process in your life. You will find that the outer conditions (which have blinded you to who you truly are and have blocked you from having the life you want live) will begin to change, slowly at first and then with more momentum. You are in control. The more you tap into and use your Pure Soul Essence, the more you will benefit. Life is busy and complicated, so there will be times when it’s easy to do this exercise and times when it’s not. The Pure Soul Essence isn’t going anywhere. It will always be there for you when you need it.

### **What Is the End Goal?**

The end goal is to live in that Pure Soul Essence space on a moment-to-moment basis. To get there requires the neutralizing of all of our etheric bodies – the thought forms, the habits, and the emotional blueprints. When we are fully functioning out of

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that experience—from within the Pure Soul Essence—we are living the very highest, most perfect existence possible. We aren't there yet, but it will happen. Getting there is a wonderful trip, with incredible advantages, even if we haven't reached the end goal. I recommend that you not worry about the end and focus instead on where you're at any given time. Use the Pure Soul Essence energy to bring the possible into your life where you thought the impossible dwelled. I understand that sometimes a better life can feel unattainable. But you have the power, since you've discovered what's in the hidden room. You can simply open the door, flip the switch, and turn on the Light. Choose to make a better life for yourself.

Positive thoughts do not replace or cancel out negative thoughts. Unless the negative thoughts are neutralized, they live on forever, creating our negative patterns. CHOICES explains this crucial concept, and offers the effective tools to change the negative to positive.

## **CHOICES - Neutralizing Your Negative Thoughts and Emotional Blueprints**

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