

# **Quantum Energetics and Spirituality**

**Aligning with Universal Consciousness**

**Volume 3**

**Kenneth Schmitt**

Copyright © 2021 by Kenneth Schmitt

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the author.

Kenneth Schmitt

Phone: +1-808-280-4041`

Email: [timeless1@twc.com](mailto:timeless1@twc.com)

Website: <https://www.ConsciousExpansion.org>

ISBN: 979-8-9851064-2-8

Independently published by the author

# **Quantum Energetics and Spirituality**

**Aligning with Universal Consciousness**

**Volume 3**

## Table of Contents

Forward

1. Significant Findings of the Quantum Sciences
2. Resolving our Limitations
3. Enhancing Spiritual Development
4. Aligning with Higher Consciousness
5. Realizing Our Personal Truth
6. Mastery of life

## FORWARD

This book is about using an understanding of quantum energetics to expand our conscious awareness into a higher dimension of resonant frequencies, taking our lives into a realm of love, joy, abundance and freedom. It begins with changing our emotional polarity from negative to positive, which may be a very challenging leap in consciousness.

I invite you to come with me on the inner journey to realization of our expanded Self. Examining life from a perspective of quantum energetics enables us to see through some of the distractions and deceptions that normally keep us enthralled. Once we become adept at feeling the quality of energy within and around us, we can choose wisely how to encounter it, and whether to align with it or transform our perception.

It is from within our own Being that we can know the truth about who we really are in our expanded Self and become the masters of our lives. The subject of this book is the quest to penetrate our limits (which are all self-imposed) and free ourselves to enjoy our unlimited awareness and creative abilities.

We can learn to be sensitive to our intuitive guidance, which is our connection with the source of our conscious life force within the universal consciousness that expresses itself throughout the quantum field and in every living being. This guidance has a qualitative energetic expression that is beyond the duality of our human experience.

We have lived within a limited compartment of consciousness as humans on this planet, but we are the only force that keeps us within these limits. As we learn to resolve our limiting beliefs and transcend our ego consciousness, we can align our thoughts and emotions with our intuition. This is the secret to living in a higher dimension of joy, love and sovereignty in the consciousness of the Creator.

Designed to be a guide for the inner journey of personal mastery and realization of the unconditional love inherent in our true Being, each essay presents a different aspect of understanding of our spiritual journey.

Kenneth Schmitt  
April 4, 2022

# 1. Significant Findings of the Quantum Sciences

## Examining the Truth of our Being

If we really penetrate our inner knowing, we come to realize that our entire lives as human beings are illusory. For one thing, we believe that we live in a solid physical reality. For another, we believe that we are separate individual entities, apart from one another and from our Creator. A third illusion is that we are victims of circumstances, that everything that we experience happens to us from outside of our own consciousness, and that we affect our lives primarily by what we act upon and do.

From the experiments and conclusions of quantum physics, we know that the empirical world that we experience is a result of our conscious interactions with an energetic field of electromagnetic waves. There is no physical reality apart from our own recognition of the energetic patterns that we consciously imagine and observe. We live in a sea of energy that is an expression of consciousness. Our physical experience is a result of our conscious intent and interpretation of the energetic patterns that we attract by our own polarity and vibratory patterns, and that we recognize in the quantum field of all potentialities. There is nothing solid about our world. It is entirely composed of sub-atomic, spinning energy patterns that we perceive as material, and that stimulate our senses.

We cannot possibly exist as separate individuals, even though we believe that we are. This is a trick that we play on ourselves with our conscious compartmentalization. Quantum physics has shown that everything arises from consciousness, which is universal. There is only One consciousness, and it is the consciousness of the Being who creates everything. We arise from this consciousness and participate in it as completely as we allow ourselves to. From the reports of those who have died and returned to their bodies, as well as others who have expanded their awareness beyond time and space, we know that we are all of the same consciousness, which is eternal and pervades everyone and everything.

We are fractals of Creator consciousness, and in our true Self, we transcend time and space. We control our expressions as individuals in all of our interactions and experiences. We are completely free to create any experience that we desire with our conscious mental and emotional intent. Nothing happens to us that we have not created in quality of energy or opened ourselves to experience. It is the operations of our consciousness that create our life experiences. Once we realize that we have created our own illusory, limiting beliefs, we can learn to unlimit ourselves and expand into awareness of our true Being.

## Understanding Our Virtual-Reality Empirical World

Since quantum physicists have shown that consciousness is the source of everything, cognitive scientists have begun to analyze our interface with the physical world and to understand how we perceive what we believe is real. Because our perceptions are subjective, scientists look to mathematics for understanding, because math is objective and indisputable. It is assisted by our understanding that everything is a fractal of its inherent design.

Nothing is solid. Everything that stimulates our senses is spinning patterns of electromagnetic energy waves held in form by Source consciousness, which we participate in, as fractals of Source consciousness. We have the ability to interface with the energetic patterns that we perceive as real. Our consciousness has no inherent limits. It is only our vibratory state of being that limits our awareness,

and we have absolute control of this through our chosen focus of attention and the beliefs that we accept about ourselves.

Through the polarity and vibratory frequency of our state of being, we create the quality of our experiences. All of our experiences happen within our own consciousness. There is nothing outside of our own eternal Being. We envelope the entire cosmos of all electromagnetic energy in many different patterns and potentials. Each of us is a portion of Source consciousness, all being part of the same Being, and each having free will to determine our own quality of experience.

Through our focus on the thoughts and emotions that we entertain, we create the nature of our interface with the quantum field that we consciously inhabit. Thoughts and emotions are not part of our nature, but we become aware of them through our focus of attention and can experience them as our own. They exist in the plasma field of our environment. In every moment we have the choice of what we wish to be aware of, think about and feel.

Because we are part of the human community, we share our conscious interface with other humans, and we also have our own unique experiences. The quality of what we experience is not dependent upon others or our environment, only upon our own focus of attention. Circumstances arrange themselves according to our own perspective, because we are energy modulators. This is the essence of our creative Being.

### **Understanding the Basic Principles of Our Lives**

From experiments in quantum physics, we know that there is universal consciousness that all sub-atomic wave/particles participate in. Photons, for example, can be in many places at the same time, and they know where they all are and what their status is, even if they're separated by light years apart. They are multi-dimensional and are not bound by space and time, but they can exist within space and time.

They are part of our physical and psychic structure, giving us their attributes of multi-dimensionality and participation in universal consciousness, able to live unbounded within space and time. Although we inhabit an empirical aspect of consciousness, we are not bound within it, even though, from within it, it appears as if we are. Since our bindings are all self-imposed in the form of limiting beliefs about ourselves, we have the ability to free ourselves in our awareness. Through our imagination and emotions, we can transcend our current circumstances and transform our lives into whatever we desire.

Universal consciousness is guided by an intelligence that we can call the Creator. Everything and everyone that exists is a fractalized expression of the Creator's consciousness. Since we have self-realization, we participate in creative ability by the operations of our psyche. Consciousness expresses itself in energetic patterns of electromagnetic waves. Our thoughts operate electrically, and our emotions operate magnetically. Both conjoin to form energetic patterns of polarity and frequency. Within the empirical spectrum, they manifest as experiences for us.

By our mental and emotional alignment with energetic patterns, we create our life experiences. Our predominant thoughts and feelings radiate their energy into the quantum field of all potentialities and attract compatible energetic patterns that we recognize and bring into manifestation in our experience. It is our recognition that enables them to become real for us. We can control our experiences through the focus of our attention and calling forth our emotions.

As we learn how to choose and control our thoughts and emotions, we can control our state of being, resulting in the mastery of our life experiences. In this process we are guided in the most loving and joyous ways by our intuition, once we decide to become sensitive and aware of it. We can come into an understanding of how life works and how to master ourselves.

### **Enhancing and Enlivening Ourselves**

We know from quantum physics experiments that universal consciousness is the source of all energy and material manifestation. The Being or Source of universal consciousness exists beyond the grasp of physics. All Beings who arise from universal consciousness also participate in the same consciousness. This is a logical truth. It is revealed in the awareness of masters who deeply understand consciousness. These are spiritual masters like Jesus, and some are on our planet now. There have always been some here to balance the energy of humanity. This has enhanced our flow of life force from the conscious plasma envelope of life surrounding everything.

In order to open ourselves to universal consciousness, we must resolve all of our self-imposed limitations. In our larger personal Being, we are unlimited in every way. In the traditional spectrum of humanity's vibrations, the human mind cannot comprehend this, but we can recognize that there's much more that we can experience. When we are open to it, our intuition brings realization to us through alignment with the energy of the heart of our Being. This is where we can experience the consciousness of the Creator Source of everything.

Our bodies have their own consciousness, which is guided by the vibrations of our ego consciousness. The ego operates outside the energy of the heart in the low-vibration realm of fear and mortality. We can withdraw our life force from the low-vibration spectrum of frequencies by paying attention to life-enhancing energy patterns. These are in the spectrum of love, compassion, forgiveness, gratitude, joy, personal sovereignty and abundance. We can connect intentionally with all of these vibrations, giving ourselves a perspective of compassionate wisdom. As we rise in our mental and emotional frequency spectrum, we expand our awareness and come to know the experience of greater love in our lives. Our bodies respond to these energies by regenerating and transforming into the manifestations of eternal enhanced awareness of beauty and health.

Self-Realization may come gradually or suddenly, depending upon our openness, conscious intent, and willingness to follow our intuition. It is in this direction that the flow of life-enhancing energy is growing brighter in alignment with the rising vibrations of the Earth into the spectrum of love and compassion.

### **Moving Through Levels of Consciousness**

In the beginning of creation, we did not exist in our personal consciousness, but we were points of light in the universal consciousness of the Prime Creator. We were involved in the creative process beyond space and time. As our personal self-awareness came into existence, we could recognize ourselves as each an eternal presence of Being, always existing and always creating. We are pure awareness in the quantum field of unlimited energy forms and patterns. We are the modulators of energy, constantly creating by the vibrations of our thoughts and emotions. In our true Presence, we can express ourselves in any form and in any timeline and dimension that we choose to focus upon.

In order to have a real experience in the low vibratory realm of suffering, pain and fear, we agreed to have our awareness wiped clean upon incarnation on Earth. We have been unable to recognize our true Being and have experienced the full spectrum of fear. This is our final lifetime in a low-vibration earth human experience. We're here to clear our consciousness and guide humanity into a higher realm of open awareness of our participation in universal consciousness and Creator awareness.

As we come to elevate our awareness along with the rising resonant frequencies of our enveloping energetic flow, our personal relationships improve and become more heart-felt. Those who don't align with our energetic signature disappear from our experience. We are comfortable in higher-frequency living. Higher frequencies of thoughts and emotions bring less fear and more love into our lives.

To be truly clear in our consciousness, we must be able to be absolutely present conscious awareness all the time. This is what we are developing in our rising resonant energies. We are capable of awareness that may be infinite. There is so much available to us beyond the physical, and we have the opportunity to raise the vibrations of our physical bodies along with our consciousness. We are becoming aware of our ability to create experiences intentionally for ourselves, as they flow in harmony with unconditional love in universal consciousness. This is the electromagnetic direction that humanity is being drawn toward.

### **The Miracle of Compassion**

Compassion is a high-frequency vibration. In our encounters with others, we always have a choice of how we want to feel and interact. Our best feelings are based in unconditional love, even when we are facing horrific evil. We cannot change the vibrations of others. We can only control our own vibrations, and we always have our own choice of how we want to feel. Our feelings control our vibrations and are broadcast into the quantum field enveloping us. They manifest our radiant aura, which is felt by everyone in our presence.

Compassion is different from sympathy, which is an alignment with the lower-frequency energy that we face, opening ourselves to feeding our life force to lower vibrations. Compassion arises from the love of our higher Being and is a transmission of high-frequency energy that lifts the vibrations that we encounter into alignment with the attractive energy of love. We can know compassion by our alignment with the energy of the heart of our Being. By feeling and knowing intuitively in every moment the promptings from our innermost Being, we can be true and expansive in every encounter.

Our innocence is our protection from low-frequency attack. By living in compassion and love, we are in a higher dimension than low-frequency energy attacks and are invisible to them, unless we choose to encounter them by lowering our vibrations in sympathy and fear.

In order to have true compassion and love, we must resolve all of our limiting beliefs about ourselves and know that we are eternally conscious Beings of unlimited creative power. This is who we are beyond our limiting human experience, and we can come to know our true identity while embodied on this planet. We are of the same essence as the universally conscious Self-Realized Creator of all, whose consciousness we arise out of and participate in. We are fractals of the One. Based on what we know from quantum physics, this is the only logical reality, and it is the experience of all spiritual masters. This high-frequency level of experience is available to us by our choice. We only need to develop our inner

sensitivity and awareness of our intuitive knowing, which has been dormant for eons of dense material living as humans. We can call it forth in our consciousness and open ourselves to miraculous lives.

### **Knowing What's True**

For eons we have regarded our mental processes and our will power as the source of our guidance and success in life. We have imagined that this is our inner power and the closest we can come to knowing the truth about life. We have limited ourselves to empirical experience and logic. Higher math comes closest to true knowing in the unenlightened mind, because it depends upon intuition. Only in the discoveries of quantum physics have we learned that there is much more to understand.

We have learned that in our essence, we are our conscious awareness, which is unlimited beyond time and space. In our personal awareness, we are eternal, just as universal consciousness, which we participate in, is the eternal awareness of the Creator of all that exists. We are all fractals of the One Universal Being. There is only one consciousness, and we are designed to be able to have access to all of it. Our consciousness envelopes the entire cosmos and all that is.

We can find ourselves at the beginning of our own awareness. This is the state of being where we just are present awareness. This awareness is our conscious life force flowing into us as unconditional love, connected in Being through universal consciousness with all conscious beings, which is everyone and everything. Everything has its own level of consciousness constantly flowing into its form and presence, with its own energy signature. Life flows through everything, expressing itself as energetic patterns of electromagnetic waves, some of which we can perceive as empirical experiences.

We exist in many dimensions simultaneously. Everything that exists is present to our awareness here and now. We are aware of as much as our personally-created limitations will allow. We have had many beliefs about ourselves that have kept us compartmentalized in our awareness. We don't need any of them, but they have been with us nearly our entire lives. They are all based on the fears and needs of our ego consciousness, which knows nothing beyond empirical experience and mental concepts, although we do have our imagination, which can be a link to higher awareness.

The ego, however, cannot bridge the gap beyond mortality in time and space. We can thank our ego consciousness for giving us our human experiences in the empirical dimension, while we open our awareness to our etheric presence in a dimension of higher vibrations. In our etheric presence we can recognize our eternal Self.

### **Awareness beyond Belief**

Quantum physics has proved that there is a universal consciousness that is the source of everything. Anyone can conduct these experiments and get the same result. This makes universal consciousness a scientific law. Everything has a consciousness that enables it to exist as its unique expression of being. What is our unique expression of being? How much conscious awareness are we capable of?

Let's examine our limitations and determine how to expand beyond them. When we incarnated, we lost our sense of Selfhood. We became dependent upon others for our physical nourishment and well-being, as well as learning the ways of human interactions. We developed ego consciousness and adopted an awareness of separation from the source of our Being. We learned to live in fear of termination. We

have adopted a long list of beliefs that keep our awareness compartmentalized into a spectrum of vibrations that we all share. We believe in a physical world of reality outside of our own selves.

We know that there are mysteries that don't fit our version of reality. People have died and come back with amazing accounts of greatly expanded awareness. Some people are able to levitate, move objects with thought, know the thoughts and feelings of others and engage in conscious travel beyond the body. Some of us with disciplined minds and emotions can create things and change our circumstances at will.

When we learn to meditate deeply and penetrate our consciousness beyond our beliefs, we are able to engage with the patterns of unseen energetic vibrations that envelop us in the quantum field. We can enter dimensions of frequencies beyond our human experience. The higher we go, the more beautiful and loving we feel. We can feel into an ecstatic realm in the vibrations that come through the heart of our Being. This is where we can know everything without thinking. We become pure personal awareness, unlimited in every way.

With practice we can maintain awareness of conscious unconditional love flowing through us and radiating our inner light of photons into the quantum field that our awareness envelopes, attracting all energies and beings around us into alignment with our energy signature. This is how miracles are created.

### **Choosing our Personal Circumstances**

We are the creators of our personal reality, and we also influence everything beyond our own being, because we manifest ourselves as energetic presence. The most significant aspect of our being is our energetic vibration and polarity. We manifest ourselves as either negative, fear-based persons or positive, love-based persons. We can also be neutral observers. It is the neutral place where we can best detect the quality of energy in our presence and choose to align with it, just observe it or transform it.

We become aware of the quality of the energies in our own being and in our encounters through our emotions. When we feel unhappy and unfulfilled, we are in low-frequency, negative and life-draining energy patterns. When we feel happy and joyful, we are in high-frequency, positive, light-filled and life-enhancing energy patterns.

We can feel that we have no choice about our experiences, especially when our circumstances are deeply negative, but this is not true. Through our attention, consciously and subconsciously, we have created the quality of our circumstances. Through the vibrations that we choose to hold in our thoughts and feelings, we electromagnetically attract the same quality of vibratory patterns into our experience. It is the intersection of our predominant thoughts and feelings that creates our personal energy signature. This is the frequency that we radiate into the quantum field for manifestation into our experiences.

We are designed to align with the positive, unconditional love of the universal consciousness of our Creator essence. This is the direction of the flow of our conscious life force and is our natural state of being. This is the reason we feel good when we're in the love vibration, and we feel bad when we're in the fear vibration. We're capable of many complex thoughts and feelings and personal dramas, but if we can understand the simple structure of our essence, we can choose to direct our lives in the best ways we desire.

## **Realizing Our Innate Abilities**

We have lived in the low vibrations of victimhood, suffering and fear for eons. We have always wanted a better life of freedom, love, peace, beauty and abundance. Let's examine the energy that has held us captive in experiences that we do not enjoy. We have blamed our oppressors for our suffering, but are they really the cause of how their actions affect us?

To determine the truth of our experiences, we can examine the electromagnetic energy patterns involved in our lives and how we interact with them. Quantum physics has taught us that everything we experience is energy. By recognizing patterns of polarity and frequency of electromagnetic waves in the quantum field, we cause them to materialize in our experience. They appear as we imagine them to be within our belief system. It is our recognition and awareness that creates our experiences.

What happens when we face threatening situations? Every scenario in our lives is a complex combination of energetic patterns that manifest for us, because we recognize them and believe they are real. Does that mean that if we were arrested unjustly and imprisoned, that we could adjust our focus so completely that we would recognize the quality of the situation, give it no life force from our attention, and just disappear from the scene into a new situation that we have just envisioned? Yes, if we can be so powerfully focused in our imagination and emotions that we have absolute confidence about what we're doing, and we are totally, and in full confidence, involved mentally and emotionally in the new scenario, without any emotional alignment with the current physical situation.

Quantum physicists have determined that a universal consciousness is the source of all of the energy in the unified quantum field, which provides the essence of everything that exists in all dimensions. There is only One consciousness and One conscious Being. Each of us is this Being in the sense that we are fractals of universal consciousness. Our living essence of Being is creative in every way. We can modulate the energetic patterns in our awareness according to how we feel and what goes through our mind.

All energetic patterns are attracted and repelled by the polarity and frequency of our perspective on life. This is the vibratory level that we are predominantly aware of. When we are aware of the subtleties that we are capable of emotionally, we can let our feelings tell us everything we want to know about the energy in our environment. In any situation we can summon our emotions to align with any vibration that we choose. Our emotions then bring our thoughts into vibratory alignment as much as we permit. We are the ultimate designers and producers of our lives.

## **Penetrating the Heart of Our Being**

Our physical heart has its own neurological system and is the most powerful organ in our body. It has 60 times the electrical power of our brain and 5,000 times more electromagnetic influence than our brain's will power. Its magnetic field has a toroidal shape that extends out several feet from our physical body. It can operate in coherence with our brain and is the conduit of our intuition and creativity. Etherically our heart is the central source of conscious life force that flows from the universal consciousness of the Creator.

By focusing on our breathing, taking deep, rhythmic inhalations and exhalations, and being attentive to the rhythm of our heart, we can calm our mind and emotions and attune to our intuitive knowing. We can learn to clear ourselves of thoughts and matters of ego consciousness and just be present in

awareness of the energy of our heart. It's helpful to be in a peaceful area of nature without human influence or in a quiet room, perhaps with soothing music.

We can focus on a point of light within the consciousness of our heart. This is the manifestation of our conscious life stream and the unconditional love of our Creator consciousness. It emits photons, tiny quanta of light, that create our radiant aura. It is our connection to the unified quantum field of all potentialities. It is our access to all the energy patterns that we can encounter, and it is where we modulate the patterns of electromagnetic waves that we choose to recognize and feel in the quantum field. This is our point of magnetic attraction to all of the energy that resonates in alignment with our personal energetic signature. It is how we create the quality of our experiences.

By choosing to have a positive polarity with high-vibrational thoughts and feelings, we create experiences that best align with the energy of our heart. It is the energy of great vitality, joy and the feeling of connection with the essence of all conscious beings. It is how we can become en-light-ened in realization of our true Being and is the source of our power to change the world.

### **Creating More Meaningful Lives**

In the observations of quantum physicists, they have determined that there is only one universal consciousness that everything participates in, from the smallest sub-atomic particles in the structure of our world. This is the consciousness that we participate in, but we can access only as much of it as our vibratory level allows. Historically humanity has also been constrained by the energy grid imposed by negatively-polarized beings who controlled us. This grid has now been disabled, and the beings are no longer present. We are free to evolve without constraints, and the rising resonant frequencies of Gaia and our enveloping quantum field are prompting us to expand our conscious awareness.

Conscious expansion occurs by opening our awareness to our inner knowing, our intuitive guidance. Most of humanity has been desensitized to our intuition and higher guidance and must be awakened to our potential. Because all of life operates energetically, we must learn how to interact creatively with the electromagnetic wave patterns that envelope and interpenetrate us. These occur in octaves of resonance, some of which we can perceive as humans. The empirical world has higher octaves of vibratory patterns that we are not presently aware of, but they are present within and around us.

As we open ourselves to higher frequencies of positive polarity, we can feel love and joy arise from the heart of our Being. When this happens, we can know that we are aligning ourselves with the unconditional love of the Creator consciousness. We constantly receive intuitive promptings offered by our higher Self, our soul consciousness. We can train ourselves to be aware of these promptings, which can be of many different kinds of sights, feelings, synergies, words and more. All of nature communicates within the spectrum of life constantly, and we can align with this energy. If we go deeply within, we can intuitively know the essence of every being and circumstance.

We can be in gratitude in every moment, filled with awareness of the infinite beauty and majesty of our true Selves. We can be completely Self-motivated, as we align ourselves with our intuitive knowing in positive, high-vibration thoughts and feelings, able to create whatever we desire for the highest good of all concerned. We are not mere humans. We are extensions of the consciousness of the Creator, fractals of the divine with unlimited abilities. We only need to open and free our awareness and intend to feel and imagine the most wonderful energy patterns that can manifest out of the quantum field as our experiences.

## **The Importance of Joy**

When we are joyful, we elevate ourselves beyond the reach of negative energy. Life becomes a game in which we recognize low-vibration persons and situations from a perspective of love and compassion, transforming our encounters into alignment with us. If they can't align with us, we can just change our focus of attention to more fulfilling situations and withdraw our life force from the fear-tinged vibrations. Low-frequency people and scenarios cannot invade our presence, unless we allow it consciously or subconsciously. We can choose mindfulness and objectivity and protection in the higher vibrations of light and love.

Because the cosmos consists entirely of patterns of electromagnetic waves in the unified quantum field, our experiences depend entirely on our vibratory level. This understanding of the nature of our reality was recognized by quantum physicists and geniuses like Nicola Tesla and Einstein. Einstein didn't understand it to the depth that Tesla did. To Einstein the quantum field beyond time and space, in which the energetic expression of particles can be in more than one place concurrently, was spooky. Tesla understood the quality of energetic frequencies and helped to bring science into the realm of esoteric spirituality.

As participants in the energetic spectrum of humanity, we have developed numerous beliefs that have bound us to a world of low vibrations, living in constant expectation and fear of diminishing life. We are not required to stay in this perspective. We have free will to vibrate at any level we choose, regardless of what we recognize outside of our body. In fact, what we recognize as real outside of our body is actually a reflection of the energies within our own consciousness. Among us, the adventurers in conscious exploration have discovered some of these things apart from knowing quantum physics and spirituality.

We are real Beings beyond anything that we can imagine as humans, because we created our ego consciousness to keep us from knowing our true essential Being; otherwise, we couldn't be fully human in this spectrum of energy. We are, however, transitioning into a higher dimension of frequencies, as we can recognize from the rising resonance of the Earth and our surrounding galactic environment. To align with these vibrations, we are being prompted to be in joy and compassion. As we withdraw our recognition of their reality, the lower-frequency, negative vibrations fade out of our experience, and **we** no longer align with their energetic level. We are here now to awaken to a new reality and manifest it in our lives through joy.

## **The Essence of Our Being**

Quantum physics has proved that all parts of our bodies participate in the universal consciousness that expresses itself as the unified quantum field of all potentialities. Within this field, everything exists, down to sub-Planck wave patterns and particles and beyond our current comprehension. Everything is energy, and all energies are expressions of universal consciousness. Deeper than this, science has not been able to go yet. Physics has already gone into quantum realms beyond the empirical, indicating that our current awareness can expand into other dimensions. Without emotional involvement in scientific observation and mathematical measurement, scientists cannot know the polarity and quality of patterns of energy. Yet, our intuition can go far beyond scientific knowledge. It is the source of genius for all who can align with it.

All of us can know the feeling of negative or positive polarity instantly when we encounter it. In their essence these energies feel either life-diminishing based in fear, or life-enhancing and empowering in love. In every moment we make the choice of which of these polarities we want to align with. They are mutually repellent of each other. If we try to accommodate both, we become disoriented in our judgment. The wave patterns of our focus of attention are not in resonance with each other. They can never be in resonance in our presence, unless we give them our life force through our attention and energetic engagement; otherwise, they disappear from each other's presence.

Our emotions express the quality of any energy pattern that we imagine or encounter. We know when we're in the presence of the vibratory pattern of love, compassion, gratitude and joy. This is the positive polarity of life. The opposite happens when we align with negative polarity. It is the realm of everything that diminishes life everywhere in our awareness. It can manifest in our world only from our life force through our recognition and engagement with it, because it receives none from universal consciousness, since its essence is of negative polarity.

In every moment we choose our polarity and our vibratory frequency. This choice determines the quality of our experiences. Everything that the quantum field manifests for us moment-to-moment is a result of our mental design and emotional state. These are our energetic modulators and give us our potentially unlimited creative abilities.

### **Creator Consciousness**

The nature of the prime Creator, God, is also our nature. We know from quantum physics experiments and extrapolations that there is a universal consciousness that contains within itself everything that exists. Everything is a fractal of the Creator, and as the creator changes, all the fractals change exactly the same way in resonant energetic patterns, just like in an Escher painting, where every image is a fractal of the whole, and they all change mathematically in perfect interlocking patterns. Fractals aren't just mental, however, they are also emotional and intuitive. We are all designed to move innately with the energetic expressions of the Creator and be guided by our intuition, which is our connection with Creator consciousness.

Universal consciousness is pure awareness and knowing. It expresses itself by multiplying itself in order to have experiences of encounters. Each of us is the Creator, able to be aware of the higher truth in every situation. We create the qualities of our experiences just with our state of being—our thoughts and feelings. We can change the level of vibrations in our encounters by how we react to them. We can maintain a positive polarity with gratitude and joy. This is a life-enhancing state of being. As we move further along the path toward expanded consciousness and life enhancement, we more closely align with the natural energy of every aspect of life. This is Creator consciousness in expression.

We are the Creator's expression of personhood. Universal consciousness is not personal, it is universal. Through us, in our current state of being, the Creator can experience our personal identity and ego consciousness. We are supported in every way that we choose to go. Universal consciousness is not judgmental. All intentions are accepted, and guidance is always offered. If we choose to live in a positive polarity, high-vibrational state of being, we are supported in every way, because this is the intention of creative energy.

In every encounter we have an immediate emotional message of vibrational level and polarity. We can enhance and change the polarity and vibratory patterns we encounter with our state of being, our

thoughts and feelings. By imagining and feeling the higher octave and positive polarity of every negative situation in this world, we can elevate the state of humanity, as well as ourselves. This is the most powerful way to change things.

### **How Far Are We Willing to Go?**

Everything that we know about, in its essence, is an electromagnetic wave pattern. We are enveloped by infinite numbers of them comprising a quantum field of all potentialities. As conscious Beings, we express ourselves electromagnetically and are able to interact with any of these wave patterns. We have our conscious magnetic and electrical polarities that attract wave patterns that are in alignment and repel those that are dissonant. Our polarity is either positive, life-enhancing or negative life-diminishing, in alignment with our dominant mental and emotional states.

The farther we go in maintaining a positive, life-enhancing perspective, the greater our awareness becomes. We can transcend our limiting beliefs, which we can recognize as unnatural, fear-based and of negative polarity. We needed them for our human experience, but now they are irrelevant. They don't feel comfortable, because they don't align with our natural state of Being, which is sovereign and free. All of our limitations are self-imposed, and we can unlimit ourselves by resolving every limitation that we become aware of, or by transcendence in consciousness. This requires focusing only on vibratory patterns that are positive and of high vibrations. It is the realm of compassion and unlimited, greatest love.

It is a leap in consciousness for us to become positively polarized. It is the move from a perspective based in fear to one based in joy. We decide in each moment which polarity we align with. This is usually a sub-conscious operation, and requires training to change it. We can begin the process by aligning with positive, high-vibration feeling and envisioning. We can imagine scenarios with joyous, loving people having wonderful and exciting experiences. This elevates our energy signature toward those vibrations and attracts compatible ones. It also introduces our subconscious to those vibrations. With practice the old limitations disappear.

With intentional focus on positive, good-feeling thoughts of gratitude, kindness and feeling connected in our essential Being, we can elevate our energetic signature, making it possible for us to recognize our eternal present awareness beyond time and space.

### **Quantum Mechanics and Spirituality**

Our minds operate with electrical charges, frequencies, amplitudes and polarity. Our emotions operate with magnetic polarity and wave patterns as well. They both intersect at 90-degree angles of each other, and they flow together always, forming a single wave pattern. We have the ability to recognize electrical wave patterns as thoughts and to feel magnetic polarity and vibration. We can also change the wave patterns by refocusing our attention. We can vibrate at a different level than the energy patterns around and in front of us. Through our attention, we have the ability to modulate the wave patterns that we become aware of with our thoughts and feelings.

By being compassionate and wise, we can encounter any situation from a positive, high-vibratory perspective of kindness, compassion and love. We can relate to the light in everyone and everything. In the energy of our heart, we all share in the consciousness of the Creator. We play different roles, which

we have chosen for ourselves in order to have certain kinds of experiences. When we encounter one another, we always have the choice of a perspective with a polarity and frequency.

Because of the polarity of our thoughts and feelings, we attract compatible energy patterns and repel energy patterns that are of opposite polarity. Positive polarities are in alignment with each other, as are negative polarities with each other. We attract energy patterns and experiences that resonate with our own energy signatures and states of being. We attract experiences that resonate with us.

On the path to inner knowing, we can resolve all of our personal drama, as we proceed in compassionate wisdom. We can arrive at a place of present awareness, without thoughts or feelings, just being and knowing. We can train our attention to be present and aware. From this state, we can create the quality of life that we truly desire. We can feel and know the polarity and frequency of the wave patterns that we create.

As we develop sensitivity to our intuitive knowing, we gain awareness of higher guidance in every aspect of life, while having free will in every moment. This moves us into expanded awareness and more fulfilling thoughts and emotions. As we increase our sensitivity to subtle vibrations, we begin to enter the consciousness of all beings and everything. It is the consciousness of the Creator, imbued with unconditional love and brightness.

### **Directing Ourselves to Our Greatest Desire**

We are all influenced by the auras of the energies around us, especially the resonant frequencies of the Earth and of the beings around us. Yet, we have free will to choose the quality of vibrations that we focus upon in each moment. With a strong intention, we can transcend all the distractions around us, many of which are designed to take our attention away from our true Being. We can know the emotions of our greater Self, all the feelings imbued with goodness and joy, compassion and gratitude. We can know our innate wisdom, resulting from the experiences of many lifetimes. All of this is beyond our ego-self, but we can know these energetics through our intuition, emotionally and imaginatively and beyond thought.

It may help our understanding by realizing the nature of our lives in the traditional human dimension of energetics. We have lived within the confines of vibratory frequencies of negative polarity, all of them based in fear of suffering and termination of ourselves. This is the realm of ego-consciousness, enclosed within the spectrum of fear. To change this, we can change our polarity to positive by intentionally reversing the polarity of every situation we are in, as well as our own perspective, to a vibratory level based in life-enhancing feelings and thoughts for ourselves and all other beings.

When we are consistently living with a perspective of life-enhancing energies, we attract resonant frequencies and patterns, helping us to sustain our perspective and empowering us. We can align with rising vibratory patterns. By living this way, we open ourselves to a greater flow of conscious life force, expanding our awareness within a greater consciousness.

Everything that exists is a fractal within the consciousness of the Creator. With mathematical precision, it all changes for us according to the constantly-changing vibratory resonance that we hold, as our fractal of Self-identity. We are the change-makers of all the energetic patterns around us. Every situation that we face is a reflection of the quality of energies in our own awareness, and we have the freedom of imagination and emotion to shape them as we desire with our conscious life force.

Through our experience here, we have developed many dysfunctional emotional patterns and thoughts. As we are able to resolve the causes of these, we can align ourselves more clearly with the polarity and resonant frequency of the Earth. This is why mystics have often chosen to live in wilderness areas. For us, though, the challenge is to maintain a natural perspective while living in society.

Just like in MC Escher's graphic designs, changes happen in increments, and we adjust to them. At times, however, there is a complete pattern change in order to maintain the integrity of the whole. An instance like this would be a change in our personal polarity, when we become naturally good people, with intentional energetics that reach deeply into our consciousness, and apparent miracles can occur in order to keep us in alignment with our chosen energetics.

### **Creating Our Energetic Presence**

Each of us has become an energetic presence of our belief structures. If we change our beliefs or just resolve them, we become an energetic presence of our new state of being, and our lives change according to our vibratory level. Energetic patterns manifest as we recognize them and feel them to be, either in our imagination or in our physical experience. What manifests is the vibratory quality of our state of being in every moment.

With determination, each of us can have a positive polarity. We must be either negative or positive by choice or allowance. The traditional default polarity for humanity has been negative. Humans have understood that physical action creates experiences, and that many experiences occur unexpectedly for unknown reasons. We have believed that what we see is what's real. We have believed that we could only see things that already exist independently of us. According to quantum physics and spirituality, this is the opposite of reality. Consciousness is the origin and creator of everything. We are consciousness providing its conscious life force to our present awareness and creating our lives.

Consciousness is beyond thought and feeling. They are aspects of it, and our conscious and innate awareness envelopes as much of it as we allow. Consciousness itself is unlimited and infinite. It is everywhere and within every energy pattern and wave and being.

Within the empirical, human world, we have been given limits to our conscious awareness. They are prescribed by time, which exists because of the spin of sub-atomic waves/particles and everything that they are aligned with. Our limits have given us access to the dark side, the life-diminishing energetic realm. We have given our life force to these energies by aligning with them and giving them reality for us. We can transcend all of this, giving ourselves more wonderful lives and elevating all of humanity.

In our true Self, we do not need beliefs of any kind. To align ourselves, we can develop great sensitivity to our intuition. It is our connection with universal consciousness and our guide to Self-Realization. It has positive polarity, in alignment with the level of joy and compassion. This is the emotional level to feel for in every moment. It is present for us always in the quantum field, if we choose to be aware of it