

**Quantum Energetics and Spirituality**  
**Volume 1**

**Aligning with Universal Consciousness**

**Kenneth Schmitt**

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# **Quantum Energetics and Spirituality**

## **Volume 1**

### **Aligning with Universal Consciousness**

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## **Introduction to the Second Edition**

As a young child, before I even learned a language, it was clear to me that I was on the wrong planet. I met no one who knew anything about the essence of life and what our life as humans is all about. These are things that I knew about as soon as I was able to realize anything. Because we lived in a sparsely-populated farming community at the outskirts of the city, I didn't interact with very many people, and I developed without much socialization, always having an awareness of what is beyond our human social consciousness. For many years I went in and out of being in my body, including two death experiences, and I learned that what we realize as human consciousness is a kind of trance state. It is prescribed by our limiting beliefs, and it is nearly impossible to break out of and open ourselves to much more expansive awareness.

During the 2020s pandemic, I started writing what I know about life as a human and how to go beyond. I've remembered more as I kept writing, and it's now time to update this first volume.

Kenneth Schmitt

July 26, 2025

## **Introduction to the First Edition**

One day I sat down in front of my computer and asked my guides and angels and my higher Self to inspire me to communicate deep understanding of life and guidance for expanded consciousness for everyone. Ever since that day, I've done this nearly every day. This book is a compilation of most of a year of inspired messages. Some of them also appear on my website at <http://www.ConsciousExpansion.org>. There's more information about me at the end of this book.

It is my intention that you may find these chapters useful on the path to higher consciousness and mastery of life in our quantum universe. There are innumerable ways of consciously ascending intentionally into a higher dimension of being. I've attempted to understand this process from an energetics perspective, which provides an understanding in terms of basic quantum physics. By understanding the wave patterns that we feel in our emotions, we can learn to shape and direct the energies in our presence toward the high-frequency vibrations of our true Being of wonder, magic, love and joy. In deepest love for you,

Kenneth Schmitt

March 20, 2021

# 1. Insights from Quantum Physics

## Quantum Spirituality

The birth of quantum physics brought science and spirituality into alignment. It was the realization by physicists that photons have consciousness, and not just limited consciousness, but awareness of the entire cosmos. This is easy to prove by a simple experiment. A photon is a sub-atomic quantum of light that has no mass, but has velocity, momentum and vibratory frequency.

Physicists projected a beam of light toward an opaque wall with two slits in it. The light passed through the two slits onto a photographic plate. The plate showed interference between the two streams of photons after they passed through the slits. When one of the slits was covered, the stream of photons showed no interference. This showed that photons act as energetic waves with frequency patterns. When a single photon was projected onto the wall with two slits, it showed an interference pattern, indicating that this indivisible photon was able to find all available pathways through the wall and be in two places at the same time, while landing on the photographic plate in a single flash of light. The photon knew when one slit was open and when two slits were open. When passing through one part of the experiment, it knew what was happening in the entire experiment. It did this only when it was unobserved in the process of traveling, displaying the interference pattern of a wave. When a detection instrument was set up to observe the photon, the photon immediately appeared as a particle and passed through only one of the slits. It knew when it was being observed. The photon demonstrated that it was aware of the entire experiment and knew when to adjust its expression between being an observable particle of light or an unobserved wave that can only be known by the trail that it leaves behind.

This experiment works just as well with electrons, protons and countless other sub-atomic particles or waves. It suggests that every sub-atomic entity knows the quantum state of the entire universe. The quantum world is entirely sentient. Each of its parts is aware of the whole. This implies that there is no empirical world apart from our observation. It exists in form only in our recognition. Apart from our awareness, everything is energy wave patterns.

The only way for photons to know when they're being observed is if they are conscious beings. In the quantum world, each of the parts is aware of the whole. A single photon is aware of the quantum state of the entire universe instantaneously always. We may realize that it has this quality, because it is part of universal consciousness, in which we are also participants.

By participating in the empirical world, we experience material proof of our creative ability, if we are perceptive and aware of the interactions of our thoughts, intentions, beliefs and emotions. Our experiences are all a result of our personal energy signature, which develops from our focus of attention. Once we realize this, we can create a world of light and love in our personal consciousness, which also flows into the consciousness of humanity and the entire cosmos. We're beginning to realize who we really are.

The entire cosmos is conscious, and we interact with it in myriad ways that alter the appearance and experience in our own consciousness.

### **Quantum Physics and Spirituality**

#### **The Greatest Discovery in All of Science**

This is a quantum universe. Everything in it is part of quantum theory, and universal consciousness is the first cause of it all. Everything is electromagnetic energy, and all of the energy

patterns are held in consciousness. Each smallest constituent part is a fractal of the whole. The subject of quantum physics is identifying the smallest parts of an entity and understanding its nature and its part in the whole of existence. In every case we come to the understanding that there is no objective world that we perceive. There are only the conceptions inside our minds. We are all collectively dreaming together the empirical realm. We collectively hold, in a telepathic way, the fundamental energetic frequencies of the electromagnetic wave patterns that we perceive, and the quality of our experience is created in our consciousness.

We participate and contribute our life force to the structure of the empirical realm. What is real for us is what we observe and recognize. We create our own experiences by our recognition and imagination, and we modulate the energies with our emotions.

In quantum mechanics there is no time—there is only the present moment. Consciousness of the present moment encompasses universes and all of their fundamental fractals. This realm continuously refreshes itself every moment. The quantum field is constantly creative, and we are designed to direct the creative manifestation with our conscious awareness. Our consciousness expresses itself as our personal energy signature, which we may perceive as our aura. The frequency vibrations and polarity of our energy signature determine the quality of our experiences.

Since we are part of the human collective, we participate in the collective dream of the empirical world. As observers we do not need to feed it our energy, but we have the power to do so through our attention and our intentions, and our imagination and feelings.

When we hold the consciousness of judgment and insecurity, we create experiences that align with those energies. When we hold health and abundance in our self-identity, we create experiences of that quality. If we choose to be attuned to the energy of our heart and feel love and compassion, we create experiences in the same energy spectrum as that of peace, love and joy.

### **The Mastery of Life**

The single greatest cause of our quality of life is our energy signature. It is the composite vibratory level of our predominant thoughts, emotions, beliefs and intentions. It has a polarity, wavelength and frequency pattern that is unique to each of us. As we use our free will to focus our attention through our emotions on scenarios real or imaginary, we influence our vibratory signature higher or lower. The lower we go, the worse we feel, and the higher vibrations we go into, the better we feel. Along with feeling better, higher vibrations generate other emotions in the same spectrum, such as joy, peacefulness, gratitude, love, compassion and beauty.

When we have freed ourselves from the boundaries that have limited our awareness in our conscious and subconscious minds, we can live in a higher spectrum of energy. We gain wisdom and understanding on a higher level, and our awareness expands to higher vibratory experiences.

We move from self-enslavement to self-mastery. Instead of feeling compelled to do anything that we would not naturally choose to do, we can declare our sovereignty as divine beings, eternally free and independent, knowing that we are unique aspects or extensions of the One Consciousness. As a result, we can create whatever we need, when our desire comes from the purity of our intention for the good of all, because we are all of the same consciousness.

## **The Nature of Our Being**

The presence of our personal conscious self-awareness expresses itself as an electromagnetic wave pattern that is multi-dimensional and eternal in its being. This is our true energetic expression or light body. It is the expression of our personal essence. We are naturally attuned to our own energy spectrum, which expresses itself as our sense of being present. The expanse of our consciousness is limited by our beliefs and intentions. These are all part of our self-identity, which needs to be clear, if we want to know who we are and what our true environment is.

To know our true essence, we need to leave all of the energy of low vibrations out of our consciousness. We must withdraw all of our life force from that realm, because it is parasitic. It has little life force of its own and cannot exist unless we give it life through our attention, imagination and emotions. Our awareness of negative, low-vibrational energy can be only in passing. The low-vibrational entities that we encounter have cut themselves off from most of the conscious life force flowing to us out of our Creator. They have separated themselves and stopped recognizing the Creator. Their only source of life force is to take it from others who are brighter and higher in frequency. In order to do so, they have to lead their victims to lower the frequency of their attention and to focus within the negative spectrum. They often do this by projecting fearful scenarios to us, with the intent that we'll become fearful and join their consciousness. Here everything is based on fear in all of its possible manifestations. This is where they feed on our life force. The way out is to change focus and consciously free ourselves from any connection there. Cut the etheric cords. We have the ability to give our attention only to scenarios of high frequencies, those that elevate us.

We can be aware of our being without end, just being consciously present with zero-point awareness and objectivity. Deep, rhythmic breathing can be our resting point when we need to change focus, especially while facing a challenge. Nothing can invade our being without our permission. It is energetically impossible. We can be confident in our eternal being of infinite abilities of every kind, limited only by our imagination, emotional spectrum and personal beliefs and perspectives. These are all things that can be resolved, as our conscious awareness greatly expands in understanding and can create experiences in the spectrum of beauty, joy and love.

### **Our Personal Energy Field**

Because we are energy beings, our consciousness encompasses much more than our bodies. We have an energy field that surrounds us, radiating the vibrations of our energy signature. When we're aligned with our heart energy, our energy field is about as far outside of the body as we can reach. When we are contracted in fear, our energy field also contracts and may be held tightly against the body in protection. To be expansive in our being, we must align with our deepest sense of unconditional love, which is our true nature. We must transform all of our deepest fears into forgiveness, gratitude and love.

As we raise our vibrations through awareness of our true being, our energy field expands in radiance and beauty. Our awareness also expands with our energy field, and we become more intuitive and telepathic. We become more heart-centered in our personal relationships and with ourselves.

### **How Are We Beings of Light?**

Humans emit biophotons, which can be released through mental intention and can stimulate cell-to-cell communication and DNA activity.

Photons are quantities of energy without mass (Scientists ask how is this possible?) that have measurable velocity and momentum. They appear as energy waves or particles, depending on whether or not they are being observed. Their movement creates interference with the movement of other photons and electrons. Although one photon is not visible to our eyes, it exists within our visible light spectrum and can be measured by sensitive instruments. The purer our creative intentions and the more passion we put into them, the more biophotons we emit. These constitute our aura.

Photons also are highly conscious beings. They know when they're being observed, and they know how to get to where they're going, regardless of obstacles. If there is a pathway or many, the photon will know them all instantaneously and use them all. It exists in the quantum state and can be in more than one place at the same time. Its awareness is unlimited. It can synchronize itself with the quantum state of the universe.

We can emit biophotons because we have all of the capabilities of the photon, or we could not emit it. It must derive all of its abilities from its creator. Since we emit biophotons, we must be endowed by our Creator to have the abilities of the photon. This implies that we have identities as both energetic quantity and physical presence. We can manifest as energy beings or as physical beings. We can travel out of the body astrally in dreams, daydreams and deep meditation. When the physical body dies, the conscious energy being continues to exist with its abilities no longer limited by material awareness.

Thus, we are beings of light, and the quantum state in which we are the brightest is in our heart energy. This is most excited by love, joy and compassion.

### **How Wonderful Can Our Present Life Be?**

Is it possible for any of us to live a miraculous and joyful life in the current situation that any of us may find ourselves involved in? What binds any of us to unfulfilling personal drama, poverty, illness or any kind of suffering, and why are we involved in these conditions? We've developed our perspectives over many lifetimes and have chosen to live as successfully as we can with our physical, mental and emotional resources as separate human beings with our ego consciousness to guide us, and then we die. This is our condition and our chosen predicament. What more is there? Many beliefs about an after-life are offered to us, but until we actually experience this, how are we to know any for sure?

Ultimately, we must be our own teachers. We must learn how life works and how to expand our own conscious awareness to encompass everything we want to know, and we must train ourselves to live according to the highest and best ways that we can know.

From the perspective of material reality, quantum physics has given us the knowledge of the energetic basis of everything that exists. It has shown that everything arises from universal consciousness in a perfectly designed cosmos that operates according to intricate patterns of interacting energy waves. Everything participates in universal consciousness, from the tiniest sub-atomic particles and waves to the greatest genius of humanity and galactic star systems.

Humanity has a unique status, in that we have the self-motivated option to think, feel and behave in ways that detract from the cosmic design. We can live in ignorance of universal truth or in intentional delusion, if we choose or allow ourselves to be trained to do so. This is the reason we live in fear, suffer and feel unfulfilled.

We are designed to live in harmony with all that is and to feel fulfilled in every way, but we have chosen to experience what happens when we become gremlins in the grand design. Now we know this experience, and we have the opportunity to become self-aware of our true being. We can use our own awareness to expand itself, because all of our limitations are self-imposed, even if we are born into challenging situations. They are fear-based. They enclose us in time and space in a contrived dimension that we share with humanity.

Occasionally we have glimpses of a higher realm of joy and deepest love. These glimpses can be the key to our escape from dire situations. It is our realization of our expansive inner knowing that can raise our energy signature and take us into our freedom and the true expression of our Being. By focusing on our feelings of love and compassion for ourselves and others, we attract the energies that resonate with those feelings, and our life situation becomes more beautiful and fulfilling. This is how we call miracles into our lives and rise above all sense of poverty and enslavement. We can become aware of our true presence as an eternal self-aware Being of deepest love and joy submerged in and arising out of universal consciousness that penetrates and enforms everything. We extend our consciousness into our physical presence, and we continue to live in dimensions beyond the empirical. All we need is our recognition and realization of our true Being.

### **We Are Transformational Beings**

Because we are of the same essence as our Creator, every moment of our lives is a moment of creation. Most of us, however, are largely unconscious creators. We can begin to recognize what our consciousness is capable of and how we're currently using it.

When we move through life reacting emotionally to every situation we find ourselves in, we are recreating the quality of that situation in our experience. We can recognize what is happening, and what our conscious self is doing. Do we feel attacked? Do we feel shamed, insulted, angry, depressed, robbed, anxious or afraid? All of that arises from a pretended self-image. We're here to know deeply how all of that feels, so that we can forever compare it to our true self and not be led back into the dark side.

By now many of us have had enough of the low-vibration dark experience, and it's clear that we prefer the light. Once we know that we are responsible for creating every moment of our lives, we pay attention to how everything feels. If there's a tinge of fear, we can change our attention to higher-vibration feelings and thoughts. Our true self has no fear. We know deep within, that we are sovereign eternal beings. We cannot be hurt or threatened, because we are eternal beings expressing ourselves as patterns of quantum energy. A portion of us is embodied and has many false limitations within our conscious awareness. Our present awareness usually resides in this false self that is completely identified with the physical body.

By paying attention to our feelings, we can let ourselves feel our way into the emotions that we most love and want to live in. We can expand our imagination exponentially to experience a realm of peace, love, abundance, compassion and joy. Going into this space a few times every day clears the path to alignment with the divine Self. Our experience at this point is changing to a higher-frequency spectrum of life, and we are becoming more radiant with much deeper understanding.

### **Observation and Recognition Create Experiences**

What we experience as our reality has been shown by quantum physicists to be non-existent apart from our recognition of it. It

is continually coming into recognition and dissolving into unperceived energy in the quantum field of all potentialities. We have the free will to decide what to recognize. Whatever we do recognize immediately expresses itself in our reality. What we do not pay attention to returns to the quantum realm of all potentiality.

There are as many versions of our experienced reality as there are individuals recognizing them. We experience our reality by what we recognize. We are free to choose to recognize anything we can imagine, because the energetic field that we live in has infinite potential worlds of experience. Our imagination can consciously change the forms of our experiences. The quality of our lives is determined by our personal energy signature, which we can also intentionally change. We can have myriads of different beliefs and ways of being, all in the same world, when these energies all vibrate with their resonant frequencies within a spectrum of energies that we experience as empirical. Within this energy spectrum there are low-frequency experiences that feel fearful in some way, and high-frequency experiences that feel elevating, loving, kind and joyous. By expressing our higher-frequency emotions, we elevate our energy signature, raising the quality of our experiences. By imagining ourselves in situations where those emotions are felt, we can recognize experiences that we are attracted to by the energy of our heart-mind, the intelligence of our heart. The deeper we journey into this way of being, the more expansive our awareness becomes, as we realize that unconditional creative love enlivens every experience.

By changing what we intentionally believe and recognize, we change our life experiences accordingly.

### **Mastery of Life**

Because everything that exists is held in consciousness at created frequencies, some conscious director must create the frequencies. Let's call this universal self-realized consciousness the Creator. Everything the Creator has imagined and felt into existence is in a resonant frequency with its originator. From our human perspective, this is a very high frequency of being. This is the natural state of everything.

We are the potentially anomalous energy creators, because our consciousness is free to create experiences for ourselves of any polarity, frequency and density we can imagine and feel. All we have to do is realize and believe that we truly have this ability, because we do. We have the ability to perceive far beyond the frequency range of the empirical world and to create the experiences our hearts desire. There is no karma in this quest, because it is a journey of the heart. It is prompted through our emotions and intuition, and it goes beyond the ability of the conscious mind, which must wait with patience and observe. We are training our ego with great love and assurance.

Our consciousness modulates the vibrations in the quantum field of unlimited energy waves and patterns surrounding us with the quality of our predominant thoughts and emotions. This creates our experience and is expressed in our energy signature, which radiates its frequency spectrum into the quantum field.

If we just keep feeling for the unconditional love that constantly flows through us as the energy of our heart, we can totally change our situation and transform our consciousness into its naturally divine essence. If we can truly realize who we are as eternal Beings, we can live in a world of peace, abundance, joy and unconditional love flowing constantly from our Creator, and we can do this now. It immediately sets us on the path toward higher consciousness.

## **How Is It Possible for Us to Love Unconditionally?**

What keeps us from being able to do so?

Fear is our great undoing. Without fear, however, we could not have survived as ego-based beings on this planet, because for thousands of years we have been threatened and intimidated to be fearful, lest we be tortured and killed, if we did not allow ourselves to be subjected to the dictates of our rulers. This energy is still present. In order to survive, we are made to submit voluntarily to medical treatments, military conscription and political decisions against our better judgment. We are slaves. This is far from an environment of any kind of love. How can we overcome this negative, low-vibratory situation?

In terms of quantum energetics, low-vibratory energy patterns, when in the presence of high-frequency energies, tend to either go through a period of chaos and change their vibration to resonate with the higher frequencies, or their frequency patterns get interrupted by the higher frequencies and become unstable and dissolve.

In our experience of these enslaving situations, the path of transformation is to imagine our present situation from a perspective of deepest love and compassion, which aligns us with our inner knowing. We can feel what that is and observe everything from the perspective of love and compassion, no matter how challenging. This perspective keeps us in a dimension of vibrations that is beyond the reach of negative, low-frequency situations. We just disappear from them into another dimension.

The empirical world is our conscious interpretation of a spectrum of electromagnetic waves in the quantum field. There are other worlds of other frequency patterns. Sometimes they encounter each other, and if there's an exchange of energy, the frequency patterns may destabilize and then return to

resonance in the high frequencies. For us to experience this, we need a constant intention to maintain a perspective of true love and compassion and other high-frequency emotions and intuitive understanding. We no longer give low-vibratory energy patterns any of our life force through our attention and emotional hookup. We become disconnected. This is how we disappear from the negative vibrational world and live in the realm of love and compassion. This becomes our experience and entry into a new world of beauty and unconditional love everywhere.