



CONTEMPLATION

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CHANGE YOUR RULE SET

The effect of looking into the world of quantum physics collapses possibility into actuality. Unless you change your rule set, what you get is the actuality that there is no possibility that things will change.

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FOCUS YOUR INTENT

When you try to do something and focus your intent, what you are doing is focusing your conscious mind. This does not give you access to the unconscious or collective unconscious. The less you think, the more powerful the outcome.



RESISTANCE TO THE FLOW

Every concept that we have about healing and disease creates resistance to the flow.

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ENLIGHTENED BEINGS

The principles of Matrix Energetics are entirely congruent with universal truths and ideas espoused by many so-called enlightened beings. I think it is far too late in our history as a planet to have just a few enlightened beings. We need to do better than that.



A UNIFIED FIELD

The energy in the vacuum, that negative time/negative space, coheres and concentrates energy. That is where the miracles are. You cannot get there by consciously trying to access it. But you can get there through the feeling state. Then, if you take the mind and direct it into the feeling state and those two merge, you have a unified field of consciousness.



SILLINESS

Part of the secret is silliness. When you can generate enough silliness in the moment, your conscious mind moves out of the way. When the conscious mind lets go of the threshold of awareness, you move into non-awareness or Zero Point Field. That's where the quantum potential is, and you can structure that with your will, your desire, and your focused intent. Then you have to let go.



THERE IS NO TIME

There is no time. The passage of time is really an illusion. When we take time to observe a condition or problem as being different, it simply means our individual rules define exactly how long or how much something has to change in order to notice it. You can create a reality where you say “even if I don’t notice anything changing in this moment, change always occurs.”



LET LOOSE

Let go of the need to see healing or not healing. Wobble that reality. Let loose your hold on classical reality—then it can lock into a different outcome.



ZERO LIMITS

You do not have to be able to see anything.
You don't have to be able to do anything. It
is even preferable if you don't know anything.
With zero limits, anything becomes possible!

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INSTANTANEOUS CHANGE

If you set up your rules to be in rapport with the possibility of instantaneous change, you will find that there is very little to do. You've set it up where already things are tipped in the favor of transformation.

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CONFUSED AND AMUSED

When you are confused, you are learning something. If you're amused, it often means you're learning something. Remember that the "a-ha" moment has a "ha" attached to it.

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CREATING REALITY

Weird stuff breaks the rules. The rules are just sitting around waiting to be broken because they're not real. They are simply a laboratory frame of reference. They're only one possible reference out of many outcomes, and quantum physics says the act of choosing how you observe creates the reality you're observing.

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POWER OF FEELINGS

Feelings are oscillating possibilities for change.

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NOTHING & EVERYTHING

My rule is that nothing is real, and everything is real as well. Your focus or field of awareness dictates what happens when you seek to manifest or change anything.



HONOR YOUR SPACE

It is the way that you honor and show up in a particular space that makes it sacred. If you show up with all your preconceptions, you're not in the moment; you're in the past.



SEA OF ENERGY

The Zero Point Field represents huge amounts of potential that don't have a fixed polarity or charge. This is a boiling sea of energy in a continual state of transformation. When you attach conditions to this energy, you can actually structure this quantum potential. When it builds up enough of a charge, it pops from a ghost form into an actual form and becomes a manifested thing.



BECOMING

Imagining will get you nowhere.
Visualizing will get you nowhere.
Becoming will get you everywhere.



HIDDEN POTENTIAL

Scientists can only account for 10 percent of the universe, and we can only account for a maximum of 10 percent of what our brains are doing. Ninety percent of the universe is hidden somewhere, and we cannot find it. So the power of that which is hidden is very powerful indeed.

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SPACE OF MIRACLES

Get into that space of miracles where things are possible and then miracles become more likely. We do not care if something happens 99 times out of 100. We care about that 100th time—that's the time that makes the difference.



SIN

Once you name something, you own it and identify with it. My guides told me that a useful definition for the concept of SIN is Separate, Identify, and Name. You separate out from a unified field of consciousness, then you identify the fact that you have separated out (already you have separated into duality), and then you name the condition.



FREQUENCY



FREQUENCY ONE

Color: Red-gold

Attributes: This frequency enhances the energy of the body and vitalizes the body as a whole. It brings information into cellular structures; streamlines the flow of information in the energetic matrix; and also brings energy and enthusiasm to your thoughts, emotions, or situations. Frequency one is warm or hot and often intense in nature.



FREQUENCY TWO

Color: Electric blue or blue-white

Attributes: Electrical in nature, this frequency governs anything having to do with the nervous system and/or the adaptations made because of it. This works through the nervous system and the polarities and dualities of experience. By inverting the frequency, excess energy can be reversed or cancelled out. Inverted, this is useful for insomnia and ADD.



FREQUENCY THREE

Color: Rose/pink/scarlet

Attributes: This frequency feels very enveloping and loving, with a magnetic or emanating quality. It is harmonizing and balancing, and it gives a sense of a rotation of energy. Its energy is perpendicular to the energy of frequency two, and together they join in a figure-eight relationship, creating electromagnetism.

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FREQUENCY FOUR

Color: Brown/black

Attributes: This frequency aids in the physical restructuring of muscle, bone, tendons, joints, and fascia. It can be applied to aches and pains like a salve, and it is also grounding. The color may manifest as dark and crystalline, like instant coffee granules.



FREQUENCY FIVE

Color: Rose pink

Attributes: This frequency is a universal love essence, warm and personal like a mother's love. It affects intercellular communication, interacting with all the systems in your body, as well as your activities, thoughts, and feelings.



FREQUENCY SIX

Color: Clear with highlights of blue and green; also emerald green

Attributes: This frequency is related to the womb of creation, and it works on issues of ancestral healing as well as our own in-utero patterns and experiences. Comforting and soothing, watery and gel-like in appearance, this frequency is useful for dissolving long-standing emotional and mental traumas. It has been used to heal tumors, which are essentially embryonic tissue.



FREQUENCY SEVEN

Color: Burnt orange/earth tones

Attributes: This frequency can be thought of as a life-force battery for depleted states. It is both grounding and detoxifying, and it affects the relationship between the physical body and the emotions. Useful for endocrine adaptations to emotion and regulation of hormones, and in transforming cellular memory of deep emotion, particularly fear. Related to kidney chi; warming.



FREQUENCY EIGHT

Color: Iridescent/mother-of-pearl

Attributes: Eight represents the integration of the previous seven frequencies. On a personal level, it brings integration to experiences, activities, and understanding. Unity, balance, and flow are the keywords. This frequency moves long-term habits, personality, and emotional structures as they relate to soul evolution.



FREQUENCY NINE

Color: Translucent

Attributes: Distinctly different from all other frequencies, frequency nine can be thought of as a “spiritual cleanser.” It cleans the spiritual essence of the body and defrags the spiritual hard drive. This energy is a fast moving, intense, animated intelligence that clears the body of accumulated energetic interference patterns. It is used for clearing entities, aberrant mental thought forms, curses, and interpersonal energetic interactions.



FREQUENCY TEN

Color: Translucent or metallic red

Attributes: This frequency is the mirror image of frequency five, representing protective father energy. The warrior aspect of love, it is discriminating and dividing, and its love is like a shield. A powerful yet surprisingly gentle energy which gives strength and resolve, it permeates the aura, physical body, emotions, and mental body.

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FREQUENCY ELEVEN

Color: Woodland green

Attributes: Mothering and nurturing, like a tropical rain forest, this frequency is the antidote to living in a concrete jungle. It has the energy of a nurturing earth mother, and it helps drop blood pressure, regulate heart beat, and bring warmth to the body.



FREQUENCY TWELVE

Color: Oily black

Attributes: This frequency governs the repair of the body's energy centers, swirling into these vortexes to cleanse the chakras and remove debris from energetic patterns. It often appears as a thick, viscous fluid.



FREQUENCY THIRTEEN

Color: Crystalline, like quartz

Attributes: Crystalline in color and feel, this frequency is a component of the DNA morphogenetic field surrounding organisms and species, with the DNA serving as the antennae that patterns information from the field into physical expression. This energy interfaces with a template just beyond the physical and restructures the fields that influence our genetic template.



FREQUENCY FOURTEEN

Color: Obsidian black, moss green

Attributes: This cooling, soothing frequency is almost homeopathic in its effect, detoxifying the energy field and changing the vibrations of the physical cellular template. It works on the “basement” of the cellular matrix, evoking change from the bottom up.

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FREQUENCY FIFTEEN

Color: Vibrant emerald or teal

Attribute: This frequency governs the flow of information through hormonal and circulatory systems, and it rearranges the magnetic, electrical, and biochemical strategies of the body. Interfacing with circulation, the endocrine system, and cellular communication, frequency fifteen clears the physical circuitry and can be very useful for balancing hormones and the states they produce.



FREQUENCY SIXTEEN

Color: No color

Attributes: This is the frequency of unconditional love. When it manifests, it often involves the experience of dolphins and whales. It sometimes carries ocean shades of gray, blue, and green. This frequency is joyful, playful, non-judgmental, relaxing, calming, and grounding. It is useful for clearing inappropriate emotions and for working with emotional states, including depression and loss. Comforting, loving, and funny, it brings new perspectives and awareness.



FREQUENCY SEVENTEEN

Color: Golden, grid-like

Attributes: This frequency is used in the functional physiology, anatomical, and the biochemical processes of the body. It affects systemic processes of the body, and it appears as self-intelligent lattices of interlocking grids. This frequency moves the assemblage point. It may appear as self-intelligent, golden interlocking grids.



FREQUENCY EIGHTEEN

Color: Red-brown

Attributes: This frequency can awaken involuntary yoga or T'ai Chi types of movements and contortions. It is linked to trance states, the rising of the kundalini, and crown chakra expansion. This pre-physical, primordial consciousness induces involuntary motions and recalibrates the physical body. Frequency eighteen often interacts with frequency seventeen.



FREQUENCY NINETEEN

Color: Luminescent gold or yellow

Attributes: Nineteen is useful for reigniting the divine spark and accessing soul communion. It brings profound inner rest and stillness, and it allows you to experience deep meditative states without the practice of meditation. It allows you to experience the unified field, inverts pathological patterns of information, and re-establishes divinity within patterns of disease.



FREQUENCY TWENTY

Color: Quartz white

Attributes: Crystalline in nature, this frequency contains quantum states of information. It cleanses chakras, meridians, spaces, and emotions, and it heals the crystal matrices of the body, reconnecting the heart and mind. It can instantly transform so-called negative vibrations. Programmable, with an independent intelligence, it may also be able to magnify other frequencies.

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FREQUENCY TWENTY-ONE

Color: White

Attributes: Useful in exploring inner space, this frequency can bring instantaneous journeys, including lucid dreaming and travel to shamanic worlds. It is associated with multidimensional layers of consciousness, parallel universes, soul retrieval, and space/time travel. This frequency is helpful for retrieving information from the field and for communing with spirit entities.