

Eight Keys To The Ultimately Prosperous Business

Class 3 Study Guide

Recording for Class 3 on April 23rd: attendthisevent.com/?eventID=37659288

Password: Prosper

Theme: Quantum Physics and the Effects of Subtle Energy at Work

Tools: Daily meditation or spiritual practice

Forgiveness

Pivoting away from negative experiences

Tell a new story

Today's main points are:

Quantum Physics, the Subtle Laws of Energy

Classical or Newtonian physics basically deals with atoms and everything larger than an atom. Quantum physics tells us what's happening in everything that's smaller than atom. The parts we can't see, or what's underneath it all, are described by quantum physics. This is the part of physics that relates to prosperity and to what's happening day in and day out at your office. Quantum physics has opened up a whole new mind set for scientists and all of us.

We now know that EVERYTHING, no matter what it is, is made up of energy. This means that money, your desk, the walls of your office, your car, your house, your furniture, the pictures on the walls, everything you can see is made up of energy. It's the ENERGY behind what's happening at your office everyday that determines if you bring money to you or push it away.

Quantum physics gives us a paradigm of possibilities. There are many possibilities for where electrons can be in relation to the nucleus of an atom, but you can never be sure where they actually are. That is until you LOOK. The actual observation by YOU the observer is what determines WHERE the electron is. Until that moment in time, the electron's position is indeterminate.

The same thing is true in prosperity and your work situations as well. YOU determine the outcome of what you will find by looking with your beliefs, thoughts and feelings at the situation. We are literally creating what we find in each situation by the type of thoughts, feelings and beliefs with which we view it.

Notes:

2. Military Experiments

The military first took DNA from volunteer donors and placed it into a chamber so they could measure electrical changes in the DNA. Then they placed the DNA in a room separate from the donor. In another room they subjected the donor to “emotional stimulation” of different types. The DNA and the donor were both connected to equipment that measured their reactions. The electrical measurements for both the DNA and the donor reactions were **identical** and happened at the **SAME** time. That was important, since it meant that there was no transmission time.

They started these experiments with the DNA and donor separated by a room. Then they moved the donor to a different building and so forth until they reached 50 miles apart. At 50 miles apart they still had the same identical results. **Identical results occurred at the exact same time.** This experiment was repeated until the donor and the DNA were 300 miles apart and they had the exact same results. No time delay occurred. Both the DNA and the donor had identical results at exactly the same time.

This experiment shows that ***living cells communicate through a previously unrecognized form of energy. Time and distance has no effect on this energy.*** *This suggests the existence of non-local energy, energy that already exists everywhere, all the time* (instead of being created in one place at a given time).

Notes:

3. Institute of Heart Math: The report for this was titled **Local and Non-local Effects of Coherent Heart Frequencies on Conformational Changes of DNA.**

In this experiment, they placed some DNA from human placentas, which is the most pristine form, in a container that could be measured. 28 vials were given to researchers who received special training in feeling strong emotions. The real question was could a change in the emotions of the researcher change the shape of the DNA?

The results of this experiment found that when the researchers held the containers and felt GRATITUDE, LOVE, AND APPRECIATION, the DNA strands ***relaxed and unbound.*** The immune system was switched on when the DNA was in this state.

But when the researchers felt negative emotions such as FEAR, ANGER, ANXIETY, or FRUSTRATION, the DNA strands **tightened**. The immune system was switched off in this state.

The shape of the DNA switches on or off our DNA codes. HIV positive patients, found that love, gratitude and appreciation created 3000 times more resistance for their immune systems. This was verified with test results.

This experiment showed that Individuals trained in feeling deep love, can change the shape of their DNA. Emotional changes were beyond the effects of electro-magnetics.

Notes:

There appears to be a newly recognized form of energy that connects all of creation. It appears to be a **TIGHTLY WOVEN WEB THAT CONNECTS ALL MATTER**. This is referred to as the **Quantum Hologram or the Web of Creation**.

In a hologram each piece of the whole holds the entire pattern. All the information needed to create the whole is available in each piece. The Quantum Hologram is made up of VIBRATION.

The vibration or energy behind what's occurring at work is what's choosing what you're creating. Energy is constantly connected to what's occurring all the time. Everything that occurs in our physical world occurs in response to the energy that's behind it.

Notes:

How our Body and Mind Respond to our Thoughts and Feelings

Scientists and doctors such as Bruce Lipton, Dr. Candace Pert, Valerie Hunt, Lynne McTaggart and Dawson Church have written extensively about this topic.

From Dr. Candace Pert, author of The Molecules of Emotion and Everything You Need to Know to Feel Go(o)d:

- Our emotions are the key to understanding how we create our reality. Feelings are the physical demonstration of consciousness in the material world and they also link us to the Divine or our Source energy.
- Two components that make up the “bodymind” communication system: receptors and ligands.
- Every cell in the body contains thousands of tiny structures called receptors. The *receptors* receive a signal and transfer the information deep within the cell’s interior, kicking other processes into action.
- Ligands (Latin word “to bind”) are signals that tightly latch onto the cell’s surface receptors. We know ligands as hormones, neurotransmitters and peptides.
- In Everything You Need to Know to Feel Go(o)d, Pert explains that our *“emotions are the link between the physical body and nonphysical states of consciousness, and the receptors on every cell are where this happens! The attracting vibration is the emotion and the actual connection – peptide to receptor – is the manifestation of feeling in the physical world.”* (P. 31) That’s why Pert calls peptides the molecules of emotion.
- Consciousness is the movement of molecules ... the binding of receptors and ligands to our cells. The molecules of emotion, according to Pert, are consciousness.
- Our emotions are the bridge that span the material and immaterial worlds and also link the two. We think a thought and create a neural pathway. An emotion that is connected to each thought creates chemical reactions in our cells. The chemical reactions create physical sensations. Meanwhile the thoughts we think are creating neural nets or brain pathways.

Notes:

New research is showing that throughout our entire life our bodies create new brain cells. You can **create new patterns in your brain** by affirming what you want to create. This is also discussed in the movie, "What the Bleep Do We Know!"

Pert's work reinforces that any and all negative emotions keep our vibration low and prevent us from receiving prosperity and abundance.

- Release blame.
- Forgive yourself and others.
- A constant state of stress, anxiety, anger, holding grudges, or not forgiving people, creates antibodies that keep your body in a chronically inflamed state. This is part of your vibration.

Pert also reinforces that the patterns of our physical vibration come together in a coherent and synchronized pattern. Our bodies, minds and vibrations entrain (or become synchronized with) those around us. The patterns of our brains are known as neural pathways. The longer we think and feel something, the stronger the neural pathway becomes. The same goes for those around us. Whatever those around us are thinking and feeling goes into the collective consciousness and we pick up on the waves and vibration.

Notes:

The patterns of our brains are known as neural pathways. The more we repeat a neural pathway, the stronger it becomes. So whatever we are thinking and feeling, and

whatever those around us are thinking and feeling, it's catching! This is also how affirmations work. We repeat the pattern and it becomes stronger.

Neural pathways are part of the psychosomatic network and involve many parts of our bodies ...such as the heart, spinal cord, and many organs.

In summary, the body is always creating more and more receptors for our thoughts and feelings. According to Pert, "information carrying ligands are responsible for 98% of all data transfer in body and brain." It's a repetitive cycle. We think a thought and have an associated feeling. A chemical reaction occurs in the body that reinforces the thought through brain patterns and supports the feeling through cell communication of hormonal patterns and more.

The events in our lives end up being a match for the frequency of what is happening in our body! We attract what we are ready for, what we are a match to ... this is not necessarily what we want though.

Notes:

The Isaiah Effect

In the book *The Isaiah Effect*, Gregg Braden discusses some information from the Isaiah Dead Sea Scroll, which is the most complete Dead Sea scroll we have. Part of this scroll revealed a "lost form of prayer", which it turns out we are ALL doing, nearly ALL of the time. This lost mode of prayer is actually related to *creating what we are feeling*. Not just thinking, or saying, but FEELING.

Gregg Braden also discusses the concept that time is not just linear (past, present and future), but it also has depth to it. The depth of time turns out to be, (according to this Dead Sea scroll and other religious texts) all the possibilities that the Universe (God/Goddess, Source, Infinite Creator, or however you want to refer to that Higher Power) has for us. In actuality, the Universe has already created every possible timeline, answered every possible prayer and all of them exist in the depth of different timelines. WE get to CHOOSE the timeline we experience and we do this through our feelings, which Gregg Braden defines as BOTH our thoughts and emotions.

The lost mode of prayer found in the Isaiah Dead Sea scroll then is that we are literally CHOOSING which timeline we experience with our feelings. When you also realize that one of the major laws of the Universe is *like attracts like*, you suddenly begin to realize what we are creating and how.

Notes:

There are several religious and spiritual traditions, which say we are all one, and the scientific research that Gregg Braden has put together, which I discussed earlier, suggests this is actually true. That information, and other experiments, suggests that there is another form of energy that we haven't accounted for yet. This energy appears to always be in contact with everyone and everything in the Universe at the same time.

Gregg Braden refers to this as *The Web of Creation*. Other scientists call it *the Quantum Hologram*. No matter what we call this, whatever we're feeling, we're not just creating it for ourselves. We are creating it for everyone, because we're always connected to everyone and everything else in the Universe. Whatever we're feeling, we're creating more of that for everyone else.

Gregg Braden suggests that when you get enough stress in the Web of Creation, you get events like Sept 11th. There are now some scientists who believe the earth creates catastrophes (floods, fires, earthquakes, volcanoes etc) when there is too much stress in the web of creation. It's *our* stress Mother Earth is relieving herself of, not hers. For those of you who want to learn more about Gregg Braden, his web site is www.greggbraden.net.

Notes:

The Physics of Intention

Lynne McTaggart, author of The Field and most recently, The Intention Experiment, writes extensively about quantum physics, entanglement and how we can use our thoughts to change our lives and the world.

Science is demonstrating over and over that everything exists in relationship to everything else. Things do not exist in and of themselves. This is an important concept to remember when it comes to manifesting prosperity and attracting abundance. It does not happen in isolation and none of us *makes* it happen. The Universe is naturally abundant and we let it into our lives as we become a match to it. We co-create money and everything else with the Universe.

A number of studies indicate that intention manifests as both electrical and magnetic energy. It also turns out that manifesting is an acquired skill, you need to learn how to do it and some people do it better than others. In other words, it requires conscious practice and attention until it become second nature. You have to do more than know and understand it at an intellectual level. You have to practice it at a heart level.

McTaggart references the work being done at the HeartMath Institute in CA that indicates that the heart is a larger antenna than the brain because it actually receives information before the brain does. Dr. Rollin McCraty, a HeartMath VP and Director of Research, concludes that the heart is the largest brain in the body and the neurotransmitters in the heart signal and influence higher thought in the brain. In addition, touch and mental focus on the heart cause entrainment (heart coherence) between two people. Coherent heart rhythms, in turn, lead to brain entrainment.

Notes:

Further work reveals that our gut or intuition can become entrained as well. We can feel the emotional state of others deeply in our intestines ... the home of our gut instinct. (p. 55). Generating compassion or empathy for others is one way of understanding what others are going through without taking it on or being burdened by it. Sending positive, loving thoughts to others is an effective way to transform situations. Attention, belief, motivation and compassion are important factors for intention to work. Remember, attaining and maintaining a high vibrational state is key to attracting high vibrational experiences.

Meditation keeps coming up over and over again. When you meditate your brain slows down. McTaggart says that at least 25 studies of meditation have shown that, during meditation, EEG activity between the four regions of the brain synchronizes. (p. 71). In other words, it becomes more coherent. In 2000, Sara Lazar, a neuroscientist at Mass General Hospital in Boston, found evidence that meditation increases our ability to receive intuitive information as well as our conscious awareness of it. (p. 75)

As it relates to intention and the workplace, beginning each day with a brief meditation or quiet time and setting the intention for things to go well, for resolutions to come easily and prosperity to flow for all can be very effective.

McTaggart says that “The evidence convinced me that we can improve our health, enhance our performance in every area of our lives, and possibly even affect the future by consciously using intention. The intention should be a highly specific aim or goal, which you should visualize in your mind’s eye as having already occurred while you are in a state of concentrated focus and hyperawareness.” P. 143

Notes:

One very important aspect that McTaggart writes about is that negative intention can be more powerful than positive intention! (p. 146) Attention to this surfaced as a result of a 1993 plant study in Austria. Two scientists, Dick Blasband and Fritz-Albert Popp set an intention with seedlings for beneficial and harmful energy. Sending harmful energy proved to be much stronger!! **The thoughts to harm had the greater effect.** So bad

The Law of Attraction

The law of attraction is related to ENERGY. The law of attraction says that **Like Attracts Like**. The basic premise of this law is that we attract *more* of whatever we focus on. Whatever energy we project, is the type of energy that we attract. We do this from moment to moment via our thoughts, feelings and beliefs.

If we're focused on the economy being down, not having enough money to pay bills, or not being able to afford what we want, guess what? ... This is exactly what shows up on a daily basis. You can easily tell what you're thinking about and feeling related to money and other things, by what is showing up in your life. Whatever is showing up is telling you what you're thinking and feeling about money. It's the evidence of your thoughts, feelings, beliefs and energy related to money.

This is very empowering. If we don't like what we see, we can change our focus. "Focus" means: where you place your thoughts and feelings, and what you're discussing everyday. Focus also includes our beliefs. If we believe we must earn every dollar that comes to us, we'll never get money any other way. We can literally tie the Universe's hands with our beliefs. Focus is both conscious and unconscious ... thoughts and feelings on the surface as well as what's under the surface.

It's important to realize that the Universe does not distinguish between conscious and subconscious. It also does not distinguish between real and imagined. So even though you may not have what you desire right now, to the extent that you believe you will and to the extent that you can bring it into your energy field through beliefs, thoughts and feelings ... feeling what it would be like to have it ... the Universe tunes into your energy patterns and sends it to you. In fact, the Universe sends you more of whatever patterns you are projecting.

Notes:

Manifesting Your Intentions

Manifesting intentions regularly and deliberately is an art and science. It is a matter of aligning one's energy with the vibration of your desires on a consistent basis.

Listen to your own stories. What are you telling yourself? What are you telling others and what are you reinforcing in your own life? Whatever it is, you're creating more of it.

Focus on being in the NOW and being present as frequently as you can. Whenever we're in fear, anxiety, or anger, we're either focused on the past or the future. Stay in the present moment as often as possible. Focus on positive intentions and positive outcomes. At the same time, FEEL your feelings and acknowledge them.

When you find yourself thinking thoughts, telling stories, or writing information that is not aligned with the experiences you wish to have, change them. Create new thoughts and new neural networks.

Express positive feelings and think positive thoughts more often than the negative ones. Ideally you will choose to have at least three times as many positive thoughts as negative ones.

Feel what it would be like to really have the experience. Visualize the outcome. Meditate on it. These are the activities that will create new patterns and help you to manifest the essence of your desires.

Our families and our work environment are a great indicator of the energy in your life. If your experiences do not reflect where you want to be, focus on your intentions and energize them daily.

Setting intention and deliberately creating is a lifetime practice and skill. You learn from each experience and use it to fine tune future ones.

Remember that what is happening around you is a reflection of what is happening inside of you. Every one of us has life challenges. How we approach them and how we handle them is what makes the difference.

Notes:

Whatever you focus on *expands*. Whatever you resist *persists*.

When we are not in alignment with what we want, we might be in one of two patterns:

- a. Wanting something you do not have. (I am not in vibrational alignment with what I want.)
- b. Having something you do not want. (I am holding a vibrational pattern that is producing what I don't want.)

These are the same thing. You need to turn away from the pattern of what you don't want. You need to let go of your resistance and allow the flow of what you want to come to you.

In Situation A: You have desire. The resistance is not overwhelming.

In Situation B: You must first reduce your resistance and then get into vibrational alignment with what you DO want,

You can create by default and you can create deliberately.

When you create by default ... you get things by accident. You receive things automatically but not consistently or reliably. They arrive by chance.

When you create deliberately, you get predictable results. You are clear about what you want. You align your energy with it. You detach from the outcome and it, or something even better, arrives.

Notes:

TOOLS:

1. If you don't do so already, start a **daily spiritual practice, such as meditation**. Spend a few minutes every day being quiet and tuning into your inner self, your inner guide. Take the time to set your intention for the day and how it will go. This is one of the most effective ways to anchor yourself to your high consciousness and to begin to attract what you want. It is a practice of slowing down to speed up. You'll also experience much more synchronicity!
2. **Practice forgiveness**. Notice what happens in your day and release any feelings of anger, blame, shame, guilt, etc before you go to sleep each night. Also let go of anything you are holding onto from the past. The only one you are hurting is yourself and you are limiting your receipt of abundance because such feelings and emotions keep our vibration low.
3. **Pivot away from negative or low vibrational thoughts and actions by replacing them with positive thoughts and beneficial actions**. If you are unable to do so, strive for a feeling of relief ...anything that will bring you some relief from the current situation. From a feeling of relief, try to move to a neutral place and then improve from there. Moving from a low point to a high point can be too big of a step. Doing it in stages is helpful.
4. **Tell a New Story**. During the next week pay attention to the stories you're telling yourself and others. Notice whether they're about what you want in your life or what you don't want. When you find yourself talking about things you don't want in your life, consciously change your story and notice what changes. You can change your story about other people and how they behave toward you. You can change your story about what happens to you related to money. You can change your story about daily activities, such as traffic, people at work, etc. It's the words and the energy behind our stories that keep the same patterns occurring over and over again, even with other people. So change them!

Closing Quote:

From **Money and the Law of Attraction** by Esther and Jerry Hicks
(page 24)

“Perhaps the strongest resistance that people have to beginning to tell a different story about their own life is their belief that they should always “speak the truth” about where they are or that they should “tell it like it is.” But when you understand that the Law of Attraction is responding to you while you are telling your story of “how it is” – and therefore perpetuating more of whatever story you are telling – you may decide that it really is in your best interest to tell a different story, a story that more closely matches what you would *now* like to live. When you acknowledge what you do *not* want and then ask yourself, “What is it that I *do* want?” you begin a gradual shift into the telling of your new story and into a much-improved point of attraction.

“It’s always helpful to remember that you get the essence of what you think about – whether you want it or not – because the Law of Attraction works unerringly consistent. Therefore you are never only telling the story of “how it is”. You are also telling the story of the future experience that you are creating right now.”

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