



This is Quantum Physics

Nothing is solid. It is proven that thoughts are what puts and holds together this ever changing energy field into the 'objects' that we see. This is what all objects are anyway.

Nobel Prize winning physicists have proven beyond doubt that the physical world is one large sea of energy that flashes into and out of being in milliseconds, over and over again.

You have 5 physical senses (sight, sound, touch, smell and taste). Each of these senses has a specific spectrum (for example, a dog hears a different range of sound than you do; a snake sees a different spectrum of light than you do; and so on).

In other words, your set of senses perceives the sea of energy from a certain limited standpoint and makes up an image from that. It is not complete, nor is it accurate. It is just an interpretation.

All of our interpretations are solely based on the 'internal map' of reality that we have, and are not the real Truth. Our 'map' is a result of our personal and collective life experiences.

Our thoughts are linked to this invisible energy and they determine the energy forms we perceive. Your thoughts literally mould the universe on a particle-by-particle basis to create your physical life experience.

Look around you. Everything you see in our physical world started as an idea, an idea that grew as it was shared and expressed, until it formed into a physical object through a number of steps.

You literally become what you think about most. Your life becomes what you have imagined and believed in most. The world is literally your mirror, enabling you to experience in the physical plane, what you hold as your truth!!! Until you change it!!!

Quantum physics shows us that the world is **not** the hard and unchangeable thing it may appear to be. Instead, it is a very fluid place continuously built up, using our individual and collective thoughts.

What we think is true is really an illusion, almost like a magic trick. Fortunately we have begun to uncover the illusion and how to change.

What is your body made of? Well, it is composed of nine systems, comprising of Circulatory, Digestive, Endocrine, Muscular, Nervous, Reproductive, Respiratory, Skeletal, and Urinary. What are those made up of? Tissues and organs. What are tissues and organs made of? Cells. What are cells made of? Molecules. What are molecules made of? Atoms. What are atoms made of? Subatomic particles. What are subatomic particles made of? Energy!

You and I are pure energy-light in its most beautiful and intelligent configuration. Energy that is constantly changing beneath the surface and we can control it all.

You are one great stellar and powerful Microcosmic Human Being. If you could see yourself under a powerful electron microscope and conduct experiments on yourself, you would see

that you are made up of a cluster of ever-changing energy in the form of electrons, neutrons, and photons, so is everything else around you. Quantum physics tells us, that it is the act of observing an object that causes it to be there where and how we observe it.

An object does not exist independently of its observer! So, as you can see, your observation, your attention to something, and your intention, literally creates that thing. This is scientific and proven. Our world is made of Spirit, mind and the body.

Each of those three, Spirit, Mind and the body, has a function that is unique to it and not shared with the other. What you see with your eyes and experience with your body is the physical world, which we shall call the body. The body is an effect, created by a cause, this cause is thought.

Body cannot create. It can only experience and be experienced ... that is its unique function.

Thought cannot experience. It can only make up, create and interpret. It needs a world of relativity (the physical world, the body) to experience itself.

Spirit, Consciousness is All That Is. That which gives life to thought and the body.

The body has no power to create, although it gives the illusion of power to do so. This illusion is the cause of much frustration. The body is purely an effect and has no power of itself.

Having said that! All three aspects BODY-MIND-SPIRIT are just as important as each other and are created to collaborate in unity.

The key with all of this information is, how do you learn to see the universe differently than you do now so that you can manifest everything you truly intend to have?