

It is the time now ... to consciously create your future (instead of just repeating your past)

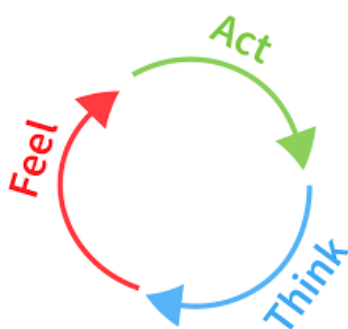
By Debbie Craig

Moving into the festive season usually means some downtime, reflecting time and playing time. It is an ideal opportunity to reflect on 2019 and start imagining what 2020 and beyond can bring. Many of us feel like we are hanging on by our finger-nails and are counting the “sleeps” until we can collapse in a heap on the beach or our couch and “recover” from the year. Once we have a bit of energy and our sense of humour back again, we then have a bit of space to think and create.

Having recently returned from a 7-day advanced retreat with Dr Joe Dispenza, one of the leading researchers and teachers on the power of human potential (and 2 months of on-line learning before that), I have been reminded of our awesome power to imagine and feel and act our way into a more empowered, energized and healthy state of being and body. There is amazing research being conducted in the “newer” sciences of quantum physics, neuroscience, neurochemistry, epi-genetics and meditation that demonstrates the power of our thoughts, emotions, imagination and physical action on our personal reality. Here is little recipe that I am playing with myself from my learning journey. It is of a course a highly simplified version of the real science.

Feel free to join me over the holidays and learn more through the resources below.

A little bit of neurochemistry: We now know that our thoughts create an electrical charge, which signals the brain to produce chemicals to communicate to the body which then releases relevant hormones so that we then feel the way we think - ie. Oxytocin (feel good hormone) = happy, generous, grateful; Cortisol (stress hormone) = overwhelmed, frustrated, angry. A chemical feedback mechanism then feeds back to the brain to encourage us to reinforce the thinking to match how we feel. A continuous virtuous or vicious cycle ensues. In other words: “Once you feel the way you think, you begin to think the way you feel.”



These cycles can become hardwired into our subconscious and runs automatically without conscious thought or effort and we forget all about their influence on our daily perceptions or moods. When we repeat our daily routines and habits, including reacting in a predictable ways to family members, social media activity, news, traffic, taxi drivers, colleagues and political antics or financial stress – we once again reinforce the person and state of being we have become. Our energy (electrical field in and around the body) gradually leaks out, our adrenal system is strained and we start to feel stressed, overwhelmed and exhausted. We in fact become addicted to these chemicals, hormones and emotions and require our “fix” just like a drug ... until we can kick the habit. If we run our lives on automatic we are 95% programmed to repeat our past.

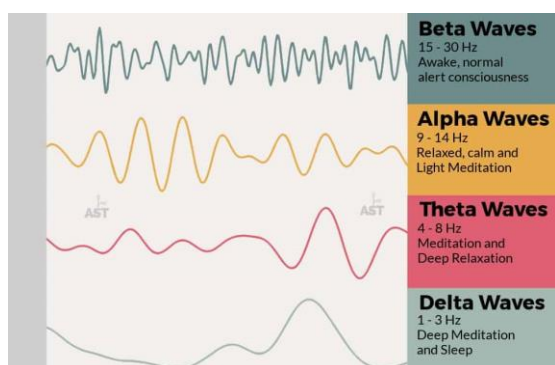
Only when we can think greater than we feel and start consistently thinking, feeling and behaving differently to align with our imagined future selves (where we are happy, energized, empowered and abundant) can we potentially shift our current reality. Our brain ultimately does not know the difference between imagination and reality (there are many studies to show this), so if we use our imagination and vision for our future, and then feel and act as if we are already that person, we are able to gradually shift our possibilities and potential.

A pinch of quantum physics: If we are made up of atoms and an atom is 0.00001% matter (particles that we can experience with our senses) and 99.99999% energy (waves that we cannot see - beyond the senses), we are more likely to influence our physical reality by working at an energy level. In the Quantum world, all potentiality exists at an energy or wave level, and merely our ability to observe can influence physical outcomes (collapse a wave of potential into a particle we can see and measure).

See Dr Quantum's Double Slit Experiment.

<https://www.youtube.com/watch?v=DfPeprQ7oGc>

Sounds like a mouthful, but is really cool stuff! We can choose to observe all the things that are wrong, difficult or negative (about life or ourselves) or we can choose to observe the beauty, intelligence and potential of life and us. When we are able to observe this in a calm headspace and an open heart, we are powerful beyond measure to attract and appreciate different outcomes in our lives.



A touch of neuroscience: To shift our automatic thinking, feeling, acting loops we need to tap into our subconscious programming and reprogram our brains and bodies through creating new neural paths (the gift of neuroplasticity).

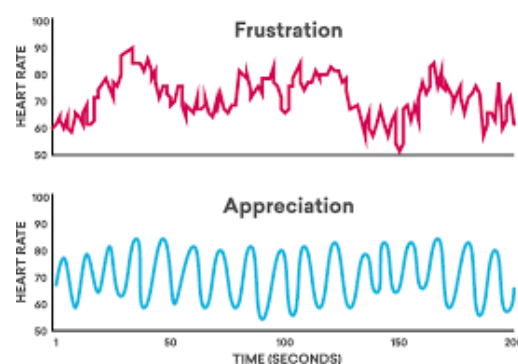
We can do this through various mindfulness activities to calm the brain into alpha or theta brainwave states and imagine building a new and improved you in these states.

This is creating brain coherence. For more resources, meditations and techniques see <https://drjoedispenza.com/>

Some essence of heart math: We also need to clear out our past baggage and buried difficult emotional memories, let go and forgive past mistakes (self and others) and current frustrations so that we can be truly "present" with an open heart to create with passion and belief in our potential and a positive future. This is creating heart coherence.

For more resources, meditations and techniques see

<https://www.heartmath.com/>



A dash of epi-genetics: It is myth that our genes create disease. In fact, 95% of all illnesses are related to lifestyle choices, chronic stress and toxic factors in the environment. It is our environment (in and outside of our cells) that activate or deactivate particular genes. By changing our internal states of being (thinking, feeling, chemical, hormones, habits) we CAN overcome the effects of a toxic or stressful environment so that certain genes are not activated. Understanding the emerging science behind this can be incredible empowering as we aim to gain control of our genetic destiny. For a great overview, see the book "Breaking the Habit of Being Yourself" or for more of the research "Becoming Supernatural" both by Dr Joe Dispenza. Another great resource with many research studies is Mind to Matter, by Dawson Church.

And then there is the magical mixing – meditation and mindfulness:

In order for us to develop the practice of brain and heart coherence and imagining our future selves it is good to practice meditation and mindfulness. Learn how to entrain your brain to calm down from beta to alpha state. Learn how to open your heart and raise your emotional frequency. Learn how your electro-magnetic energy field works to support your health. Utilize technology for feedback during training if required, ie. a Heart Math monitor or a Muse brain wave sensor. And above all, practice remembering that you *have a CHOICE at all times* to choose your thoughts, feelings and state of being. Like with learning most new things – the more you practice, the better (and luckier) you get!

My recipe for creating an exciting and empowered 2020 during the holiday period is as follows:

- Sleep till my body wakes me;
- On waking remember who I am becoming and think, feel and act that way;
- Be grateful who I am and what I have right now;
- Spend some quiet time tuning into my inner world, intuition, soul and spirit;
- Align thoughts, feelings and actions to who I want to be;
- Move, stretch or exercise to keep my body healthy and in tune;
- Then as often as possible during the day stop, pause, breathe and remember:
who I am, who I am becoming and that I have a CHOICE.

Happy Holidays Everyone!

Debbie

References and Resources:**Books:**

Breaking the habit of being yourself, Dr Joe Dispenza, 2013

Becoming Supernatural, Dr Joe Dispenza, 2018

Mind to Matter, Dawson Church, 2018

Videos:

Learn How To Control Your Mind

<https://www.youtube.com/watch?v=v7KQsS2kLM4>

How to Unlock the Full Potential of Your Mind

<https://www.youtube.com/watch?v=La9oLLoI5Rc>

Websites:

<https://www.heartmath.com/>

<https://drjoedispenza.com/>