

DOES THOUGHT AND ITS ENERGY AFFECT OUR LIFE'S EXPERIENCES

By

Timothy M. Daly

A thesis submitted in partial fulfillment of the requirements
for the degree of Master of Metaphysical Science in the Department of
Graduate Studies the University of Metaphysics.

November 23, 2011

Department of Graduate Studies

CERTIFICATE OF APPROVAL

M.Msc. THESIS

This is to certify that the M.Msc. thesis of

Timothy M. Daly

has been approved by the Examining Committee for
the thesis requirements for the Master of Metaphysical
Science degree of the University of Metaphysics.

Thesis Committee: _____

Thesis Supervisor

Member

Member

TABLE OF CONTENTS

1. Introduction	1
2. Review of Literature	6
3. Methods (n/a)	14
4. Findings	15
5. Discussion	22
6. Summary and Conclusion	26
Bibliography	29

INTRODUCTION-CHAPTER 1

What are thoughts? What kind of impact does our thoughts and thought patterns have on our everyday experiences? In this thesis I would like to examine the essence of thought and the impact that thoughts have on every aspect of our lives. In this essay I would like to take an investigative look from the origin of thought, to its' effects and its' influence on the manifestation of experiences in our lives. I chose the subject of thought for this thesis in order to gain a greater conscious awareness of my own thoughts and thought patterns. I also hope to consciously create experiences, in my life, that I desire. As well as, gain greater pleasure in the everyday experiences of my life by thinking and having thought patterns that are in harmony with the laws of the universe.

In order to completely understand and grasp the concept of thought, its energy and how it effects our lives, I had to start at the beginning. It states in the Bible that we were created in God's own image, mind, body and soul. It has also been stated by many spiritual leaders, philosophers, and meta-physicist, like Ernest Holmes, that our mind, which harbors our thoughts, is our Spirit. Spirit is defined by Holmes as "the intelligence conceived entirely apart from physical embodiment, an essence, force, or energy, as distinct from matter." It has been taught that the Soul is the universal medium in which the Spirit operates through and the body is the objective manifestation of the subjective mind and consciousness. The Bible explains that God is above us, in us, and through us. That being true, it would only make sense that if we were created in His own image, then we must be just as much a part of God as He is a part of us. God is the Spirit and we are a spirit. As we begin to understand the origin of thought, I realize that our individuality

comes from our ability to choose our own thoughts from an infinite possibility.

Physics teaches us that everything in the Universe has energy. If all things in the Universe have energy, then it would only make sense that our thoughts have energy as well. Science also teaches us that all things have matter and matter has weight. If thoughts are things, things have matter, matter has weight, and matter has energy, then one could conclude that are thoughts matter. The effectiveness of a thought could only then be judged by the amount of “weight” one gives to a particular thought. It would seem to reason that the more weight, or energy, that one gives to a particular thought, the greater the effectiveness that thought would have.

Physics also explains that everything, even on a molecular level, has energy that gives off certain vibrational frequencies. Therefore, our thoughts must produce certain energies within, and around us. This would then set an emotional stage of energy in accordance with our thoughts. Those energies must give off like vibrations of our emotional energy of thought. Physics also teaches us that, on a molecular level, we are made up of the same substances as the universe. We also know that things of the same nature, or likes, are attracted to each other. If we look at ourselves as a beacon that radiates out vibrations of energies, then the energies we emit must attract like energies.

When thinking about the successes and pleasurable experiences I’ve had in my life, I wanted to reflect on what my thoughts were at that given moment. We know that thought is inner movement within the mind and our mind has the power to consciously choose our thoughts. Which then leads us to how our minds work? Traditionally, in the field of Psychology, science has learned that we have a conscious and a subconscious mind. The

conscious being objective and the subconscious being subjective. We are also taught that our subconscious controls ninety percent of our actions, and that our subconscious is subjective to the direction from our conscious mind. The subconscious, or subjective mind, does not question the direction it is given from the objective mind, or conscious mind.

In the field of metaphysics, we believe that the mind is much deeper than just two levels. We believe that there is a conscious mind, subconscious, a level of personal psychic exchange, a collective unconscious, and a pure mind, infinite mind, or God-mind. Metaphysically speaking, the innermost God-mind is our cosmic connection to the Universal God-mind. The Bible teaches us that God, the Universal Intelligence, created the Universe and all Its' content from thought. Let's ponder on that for a second. On some level or another, could we conceive that we too could create from thought as well? I think we can and do.

Having gained such knowledge in the field of Metaphysics we could certainly deduce that each and every one of us has the power to choose our thoughts. Furthermore, we would also have the choice as to how much energy we will give to any one thought. We would also have the choice to focus on the thoughts of that which we desire. It should also be clear to us that the thoughts we focus on can be changed, if they are thoughts of that which we do not desire.

Once we realize the power of our thoughts and the effects they can have on our experiences, the more pleasure we could gain from all of our experiences, through choice of thought. If our thoughts are congruent with that which we desire, such rumination

would set the emotional energetic vibrations at a higher note than that of an undesired thought. We would then be admitting vibrations in order to attract that which we desire. Thus, attracting like vibrations of other Universal substances in which to help us create desired experiences.

How we perceive the Universe in front of, and all around us, is the same way we perceive our relationship to it. Example: big or small, tall or short, hot or cold, good or bad, desirable or undesirable. It has also been said that projection is perception. Meaning, that which we project is how we actually perceive ourselves. I know that after I heard that for the first time, it made me stop to think about what I was saying and thinking. What would happen if we were to have an undesired experience? How easily could that experience be changed into a more pleasurable one? Could it be as simple as changing our thought of that experience? Could it change an undesired experience into an experience that wasn't as bad as we perceived it to be? Better yet, could we change it to a desired experience? I believe that we can. This would certainly help us when it came to the subject of problem solving. Maybe, that is what Einstein meant when he said, "...a problem cannot be solved on the same level of thinking in which it was created."

How we look at, or think about our experiences has a great deal to do with the level of pleasure we gain from an experience. If we look for the good in all things, rather than the negative, we could elevate our Spirit and our energetic emotional vibrations to new heights.

What if we could create our desired experiences? What if we could gain more pleasure in all of our experiences? It is my belief that through our thoughts we can gain

more pleasure in our experiences, as well as, change undesired experiences into desirable ones. I also believe that we have the capabilities, and do create our experiences.

REVIEW OF LITERATURE-CHAPTER 2

Sciences deal with a broad range of study concerning the mind, and energy. When it comes to these two topics of science, their respective fields can get quite extensive. For the purpose of this thesis, let's tap into some essentials of Physics, Psychology, Neuro-Linguistics Programing, Spiritual, Inspirational, Religious, Philosophy, Theology, and Metaphysical studies as they pertain to thought and energy. All of these fields have certainly contributed a great deal to the topic of thought and its relationship to energy. Metaphysics, as we will see, simplifies it all by the use of evidence and knowledge gained from both science and religion.

It is my opinion, that we could certainly improve our present everyday experiences. I am also a firm believer in the fact that we can make the difference in the manifestations of our future experiences. Whether they are desirable, undesirable, or somewhere in between is entirely up to us, our thoughts, and the energetic vibrations that we give off and receive from our cognizance.

When researching the topic of this thesis, I consulted with numerous books, past education, and experiences. The science of physics offered a complete understanding of the topics of matter and energy. Isaac McPhee (2010) and his book, "Physics-Everyday Science at the Speed of Light", offered plenty of input. This book covered the basic understanding on the realm of physics that would be easy to follow even if one had no previous knowledge of the subject. The book also explains how the science of physics came to be and contributions that scientists like Albert Einstein, Galileo Galilei, Isaac Newton, and Stephen Hawking made in the field of physics.

This led me to a couple of Stephen Hawking's books "The Illustrated, a Brief History of Time"(1998), and "The Universe in a Nutshell" (2001). Sure, Einstein, Galilei, Newton, as well as others, made considerable break throughs in the field. However, our most recent intellectual giant on the subject is Professor Hawking. His afore mentioned books, lent a clear and more in depth look at theoretical physics and, scientifically, the nature of how the universe works. These books also gave a clear understanding of how the study of physics came to be and its' history. What was really important, for the purpose of this paper, was Stephen's discussion about an unformed medium in our universe that scientist call "ether".

When it came to the study of the mind, it was all I could do to try to keep the list as concise as possible. There is a plethora of well written books about the study of the mind and how science, theology and philosophy explain the inner workings of the mind. There is, also, plenty of literature and experiments using theology and philosophy to back the findings on the inner workings of the mind. After reading this essay, hopefully you will be able to reflect upon some of your own experiences to see exactly how powerful our thoughts can be.

James Allen (1992), in his book "As Man Thinketh", expounds on what Jesus said, "He who thinketh in his heart, so is he." James' book is really an excellent starting point for beginning to understand thought factors such as their effects on circumstance, character, health, achievement, and the body. James explains in this book how individuals, by virtue of the thoughts that they choose and encourage, are makers of themselves. Mr. Allen investigates how the mind's thoughts become the master

constructor of one's inner and outer circumstances. Once this is realized, one could use this knowledge to reconstruct an undesired experience or construct a desired experience.

On the other end of the spectrum, Ernest Holmes (1998) goes into great depths of the science of thought in his book, "The Science of Mind". This is one of the most influential books on thought that everyone should read in their life time. In his writings, as stated in the title, Ernest covers an intense look at the science of the mind, its' inner workings, and the infinite possibilities of its' creation. He also relates all of his findings to religious scriptures and beliefs. Ernest takes a close look at the most profound wisdom of many eras of history, along with an in depth investigation of the Original Creative Genius of the Universe, God. This brilliantly written piece of literature explains how the Universal motor was started, how it is maintained, and how it is continuously being fueled. It is my shared opinion that the knowledge gained from these writings alone, can help individuals in the creation of a more fulfilling life. One of the in depth points of this book, was the exploration of the power of thought and its' capabilities in healing the ailments of the physical body. Needless to say, this literary masterpiece also covers the healing of the mind.

After expanding my own knowledge on the effects that thoughts can have on everything in one's life, I took some time to ponder on my own thoughts and their relationship to the events that have transpired thus far in my own life. Being completely honest with findings about myself, I discovered all of the new found knowledge to be true. Not only did this knowledge open my eyes to my own thoughts at specific times, I also realized that I had some thought patterns that needed some attention of their own.

Having become aware of these thought patterns, new questions came to mind. Why did they occur? Where did they come from? How did I acquire these thoughts and thought patterns?

It says in the Bible, “The Word was with God and God was the Word.” The Bible also points out that “The word is nigh thee, even in thine own mouth that thou shouldst know it and do it.” If a word can have power, then any word could have power. The Bible teaches that man has power to influence and create in his own life and world as he claims to God. Having said that, one could conclude that every word one hears, says, and thinks must have power. How much power though? To aid in understanding the power and influence of a word, I turned to the science of Neuro-Linguistic Programing. If one looks into the teachings of Dr. Tad and Dr. Adriana James (2008), one will find that we become conditioned, from a very young age, by the words our family, friends, teachers and peers use. The James’ teach the studies of the effects language has on our conscious and subconscious minds. They teach of the value found in NLP, Hypnosis, Time Line Therapy, and Metaphysics for the purpose of healing the mind. Drs. Tad and Adriana James demonstrate that our words of our thoughts have the power to mentally imprison us, or to set us free.

Anthony Robbins (1991) is a well-known author and self-help guru. He also uses NLP in his teachings. Anthony has been recognized as one of the most amazing personal coaches of our time. In his book, “Awaken the Giant Within”, He discusses the importance of vocabulary and how the words we choose to use play a rather large part in the formation of our thought patterns. Mr. Robbins expresses the amount of impact that

our language and communication abilities have on our thoughts, thought patterns, beliefs, energies, and our emotional states. This, of course, affects the experiences that manifest in our everyday lives and ultimately, our destiny. If one studies his writings, one would find that his message is that of self-awareness and self-mastery. In essence, the cause and effect of our thoughts in relation to our actions.

Once I had broadened my own awareness, of the attention that I give to any word, phrase, or particular thought, I began to realize that the amount of “weight” given to a thought, directly affected the effectiveness of that thought. It also made me aware of the effects that the thought had on my own inner energies that effected the vibrational energies that radiated out into my own aura. This brought up more questions to mind. What would be the purpose of directing thought? Can one direct the power of thought towards the effective purpose of a desired thought? If this could be done, then couldn't one have a direct effect on their own purpose? Couldn't one purposely affect the outcome of the events that manifest in one's life? I believe it is very possible. Without a doubt, this would certainly effect one's life's purpose.

“The Power of Purpose”, written by Richard J. Leider (2010), discusses the importance of living one's life with purpose in all of one's daily activities. Leider is considered one of the top life and executive coaches in the world. He is also a leader and pioneer in the field of helping people find their calling in work and life through spiritual and psychological counseling. Mr. Leider explains that the biggest factor in the way we choose to live our lives is in our conscious choice of thought. This conscious choice of thought is what leads one down life's spiritual evolution to wholeness and wisdom.

Howard Falco (2010) expands on this same thought process in his book “I Am”. Mr. Falco is a speaker and teacher of the nature of consciousness and the workings of the mind. Falco examines the journey of self-awareness and self-creation. He takes an in-depth look at how one thinks of oneself and every “thing” one comes in contact with. The thought basis of this book is based on how one defines oneself as a being of matter and energy. That definition is formulated by how one relates and reacts to events and people that one has an experience with. Falco goes on to explain that one’s experiences are the sum total of one’s beliefs. These beliefs are created by one’s thoughts, which create one’s state of mind, which create one’s energy, and then creates the way one experiences life. How one reacts to his or her environment, is exactly how the environment will react as an experience in one’s life. One’s beliefs, created by one’s thoughts, forms an interpretation of an event. This interpretation sets the state of mind and one’s state of energy. As Falco (2010:51) would say, “How you process what you experience is the key to your state of mind.” He goes on to explain that “your state of mind, at any moment, is what really matters when it comes to the value one receives from any experience of life.”

Sandra Anne Taylor (2006) takes the ideas about one’s state of mind to deeper levels yet. Taylor is an international spiritual, inspirational, and motivational speaker. She is also a private psychological counselor and best-selling author. She explains in her book, “QuantumSuccess”, that she was introduced to quantum physics about twenty years earlier. She tells that this would change her life forever. Expanding on one’s state of mind, Taylor discusses the relationship **between** quantum physics and the Universal laws of attraction and manifestation. She covers the energetic patterns in the physical world

and the powerful effects that they have on humankind. She believes that the two most important factors that affect the outcomes of our experiences are personal energy and our conscious mechanics of thought.

Dr. Norman Vincent Peale (2003) is the author of the International bestseller “The Power of Positive Thinking”. Dr. Peale is one of the most influential clergymen of his time. He has written over forty-six books and continues to help millions of people achieve fulfilling lives through his writings and through the Peale Center for Christian Living, the Outreach Division of Guideposts in New York. In this book, Dr. Peale covers the effects that positive thinking and positive thought patterns can have on creating one’s own happiness. He also discusses how having positive thoughts can have a huge impact on one’s beliefs and faith. Peale elaborates on how to use beliefs and faith in the process of healing. Dr. Peale closes this book with his teachings of how to draw upon the Higher Power.

“The Holy Bible” is the world’s best-selling book of all time. Millions of Bibles are sold or given away each day. By the same token, it is also the most misunderstood. The Bible contains the truths; from the directions in life to the answers in life, that is, when it is interpreted properly. The Holy Bible has been written in many different languages so that many may reap the wisdom from Its’ pages. To interpret the Bible correctly one must look inside Its’ very pages. The Bible is a historic book that of which, much, is backed by archeology. It is said that the Bible is God’s letter to humanity. It is a collection of sixty-six books that have been written over a 1500 year time span by forty divinely inspired writers. These divinely inspired writers came from all walks of life, ranging from

fisherman to kings.

METHODS-CHAPTER 3

NOT APPLICABLE

FINDINGS-CHAPTER 4

In my research on the topic of thought, through the fields of science and religion, I have found that all of our life's experiences are directly related to our thoughts. How we interpret these experiences is directly related to our thoughts. What we wish to experience in our lives, is also directly related to our thoughts. I have found that our thoughts are things, things have matter, and matter has energy. Therefore, our thoughts must matter. Not only does our cogitation and cogitative patterns have the power to improve our experiences, they also have the power to create our experiences. Having said that, I found that our experiences are defined by our beliefs, which are in turn, defined by our thoughts. My research has also led me to the discovery that we define ourselves by our experiences. Everything in our lives, including our life itself, is directly affected and shaped by our thoughts.

The Bible explains to us that, in the beginning, God created the universe and all its contents from His own intelligent thought. It goes on to explain that He created man in His own image, mind, body and soul. The Bible also clearly states that God is above us, in us, and through us. According to the Bible, God is Spirit, Universal Intelligence, and all that is. Interpreted, this means that all of His creation was formed from thought, through the use of His Universal Intelligence. If God is above all, in all, and through all, and we were created in His own image, then certainly we could deduce that God is in us, works through us, and governs over life through the Universal Laws of Nature. If we look to the stories in the Bible, of Jesus' teachings, we can clearly understand that God is the Spirit and we are a spirit.

God works through us in the form of spirit. Our spirit is part of the Universal Spirit, our intelligence is part of the Universal Intelligence, and our Creator is a part of us. He has the power to create anything from intelligent thought and the power to be anything and everything. This must mean, since we were created in His' own image, that we must have at least some ability to create, if He is in us and works through us. God's Universal Intelligence, or thought, works through our part of Universal Intelligence in order to create manifestations for us to experience.

The science of physics has proven that all things are made up of matter that have measurable weight and measurable energy. Steven Hawking (2001), explains of an unformed universal substance in which all matter is formed from. Scientist call this unformed substance ether. Hawking writes about how science has discovered that all matter possesses energy. This energy radiates measurable energetic vibrational frequencies. Isaac McPhee (2010) explains of the relationship between these energetic frequencies and the Universal Law of Attraction. We know that likes are attracted to things of like or similar nature. This would mean that certain things possess certain energies which attract things or energies of like nature. Therefore, certain thoughts would attract like thoughts and certain frequencies of energies must attract frequencies of like energy.

Sandra Anne Taylor (2006) discusses the importance of quantum physics and its relation to the physical world. Quantum physic is the study of physics on a molecular level. From the physical aspect, all things start formation from a molecular level. Taylor informs us how modern science explores that every event, condition, and thing must first

be a conscious creation of mind. She discusses that our world is far too complex to have achieved its' stage of development through random coincidental events. Taylor goes on to examine quantum-physical theories of how one's consciousness creates one's reality. From a quantum physical aspect, all particles and waves of energy are measurable. She explores how these particles and waves are directed by conscious thought. Since things of like nature are attracted to one another, She also describes how to use this Universal Law of Attraction to one's advantage in the conscious creation of one's experiences and destiny.

James Allen (1992) discusses that what a man believes in and of himself is exactly what he is and becomes. He relates our thoughts to a seed of a plant. Just as a plant grows from a seed, so does a man's character erupt forth from his thoughts. Allen defines character as the sum total of one's thoughts. He also writes that one is not shaped by his circumstance. Instead, one shapes one's own circumstance by the inner world of his or her thoughts. With a heightened awareness of such knowledge, we can learn from our own circumstances. What is meant by this is that one's circumstances will reveal one to oneself. Circumstances do not shape the man, but rather man shapes his circumstances through his thoughts. Undesired circumstances are brought into manifested experiences via thought patterns that are the result of mental disharmony. Likewise, desirable experiences are the direct result of thought patterns of mental harmony. Whether desired or undesired, consistent thought patterns cannot help but to produce themselves into experiences. Many are anxious to improve their circumstances but are unwilling to improve themselves. "As man thinks so is he; as he continues to think so he remains",

Allen (1992:57).

This would prove to be particularly important when it comes to the health of an individual. Ernest Holmes (1998) discusses the relationship between what one thinks and one's health. As Holmes explains, the body is the servant of the mind. Just like our circumstances, our health or our sicknesses is an externalized form of our dominate thoughts and thought patterns. Thoughts of sickness will keep a man sick and thoughts of perfect health can heal a man. Holmes illustrates that health is just as much a mental state as it is a physical state. He writes about two specific ways that thoughts have on the effect of healing. Holmes first gives an explanation of how the Universal Law of Mind works. We must first understand that we are all intelligent life that was created from the Universal Intelligence or God. He also writes that our intelligence is a part of the Universal Intelligence. Every one of us has a connection and the ability to connect to this Universal Intelligence which is the creator of all. Understanding this helps to understand that the Universal Intelligence takes an impress of our thought and then acts upon it.

So, how does thought affect our health? If we think of ourselves as having an ailment, the ailment becomes manifested into our experience. Now let's focus on this a bit closer. Can our thoughts cause us to be ill? According to Ernest Holmes, they certainly can. Remember that Conscious Mind is the Actor of the Universe, and in man. Also, remember that the subconscious mind will only accept what the conscious mind suggests. Let us not forget that the body and conditions never move, they are moved upon.

It would seem that no other organ in the body is more quickly disturbed by one's mental condition than the stomach. Certainly we have all met or known an individual

who learns of a disease, looks up the symptoms, and then thinks that they have all or most of the same symptoms. As a self-diagnosis, that individual starts to think that that is what he has, and by the time he makes it to a Doctor's office, those thoughts have become a reality. Is it not a coincidence that the number one day of the week kids become ill for school and grown-ups become too ill to make it to work is Monday? I think not. It has been stated that seventy percent of all diseases are the result of suppressed emotions.

Mr. Holmes teaches that thoughts are things and certain thoughts will have certain effects on the body. We also know the body is controlled by the mind. We have the freedom to choose how we think and the freedom to have thought patterns that are positive or negative. He explicates that disease is neither person, place, nor thing. The condition exists as experience operating through us because we allow it to. Holmes explains that with the proper mental treatments and attitude, one could rid him or herself of the false belief in the ailment. Thus, removing it from one's experience. This change of perception, attitude, and mental state is very much how a Metaphysician might possibly treat a patient.

The Metaphysician speaks to the Universal Intelligence affirming that the ailment does not and cannot operate in or through the patient. The Metaphysician sees the patient as a whole and healthy creation of God, denying the falsehoods of the patient's ailment. Disease is neither person, place, nor thing. Disease is recognized as a fact of existence of falsehood in the experience of the patient. The Metaphysician, through spiritual thought, attacks the physical condition of the patient with the knowledge that he is dealing with the purified power of the Word of God within him. This power, which first created, has

the power to recreate by the power of the Word of God and the Law of God working through him. It is believed that a person with an ill body is a person with an ill thought. The Metaphysician does not treat the condition. He treats the ill thought knowing that there is only One Power which only knows perfection.

Dr. Tad and Dr. Adriana James (2008) have written and teach of the power of words. They believe that one's thoughts are directly related to the language patterns one uses and hears. Through the science of Neuro-Linguistics Programing, Tad and Adriana James teach the importance of how our thought shaped choice of language helps in the creation of our experiences. Just as Anthony Robbins teaches, both Dr. James' embellish on the power of one's thoughts and beliefs as they are directly related to the formation of one's experiences. The conscious choice of words and language patterns one chooses can assist in the construction or destruction of barriers in one's life's experiences. From an early age we, as humans, become conditioned by the belief and value we place on the words of others. For example, we are told by relatives, teachers, peers, religious figures and others that we can or that we cannot. These words, that others speak, we place value on. The amount of value determines the effectiveness it has on our experiences. The Bible teaches us of the power of the Word. Remember, if a word can have power, then any word can have power. Collectively, they all explain the process of over-coming obstacles through the conscious choice of words and language patterns. Affirmations, meditation, and the awareness of self-thought are the major vehicles used in said processes.

Richard J. Leider (2010) instructs on the benefits of living one's life with purpose. Leider's personal research, and the research done with Met Life Mature Market Institute,

found that eighty-four percent of people who led their life with purpose reported “living the good life”. Living life with purpose led to better health, vitality, happiness, focus, drive and direction in their lives. This focus or purpose in leading “the good life” begins and is maintained through thought. Finding and living one’s purpose in life is the essence of mindset of the individual. We also find that directing one’s purpose of thought dramatically affects the purpose of that thought. Mr. Leider interprets that purpose is an expression of our deepest core of sense of self. It also satisfies the basic human needs to feel worthy, acceptance, and that what we contribute matters. Again, we find that controlling one’s thought will give control over one’s life.

Howard Falco (2010) takes a profound look at expanding one’s awareness to the age old question of “Who am I”? His focus is of the creative power of the mind and how each of us chooses to create in every moment of our life’s experience. It starts with the understanding of the fact that we are all individual pieces of matter. In order for matter to exist, there must be a force which maintains its’ existence. Energy is the back of matter which sustains its’ existence and for energy to hold something as matter, there must be a force willing it to be. This force is the intention of conscious thought.

Falco illustrates that we consciously create our experience of life through our five senses. From the sense of sight, smell, taste, touch, and sound we form meaning to any given experience. Your conscious perception of any event defines the meaning it has to you. Your interpretation of your perception of the event determines the quality you receive from the experience. The impact the interpretation has on you is defined by how much it matters to you in life. These interpretations begin in your beliefs about yourself

and your beliefs are formed from your thoughts. Who you believe you are gives life to the matter in front of and around you. What you give attention and intention to is what matters in your experience. The affect that matter has on you depends upon the amount of “weight” that you give to matter. In other words, anything of matter will only have an impact on you as long as it has importance to you.

Your experiences are based on your state of mind and your state of mind is based on your last thought. If you desire to change your experiences you must begin by changing your thought. Everything that has formed into matter originated from the intention of thought. Therefore, if you wish to create an experience in your life, you must focus your intention and attention to the thoughts and thought patterns of that which you desire to experience. To summarize Mr. Falco’s writings, observation produces awareness, awareness is consciousness, and consciousness is thought. Thought, intention, and attention create matter.

DISCUSSION-CHAPTER 5

Through the findings done in preparation of this thesis, it should be clear as to how much our thoughts and the energy associated with them impacts every aspect of our lives. Our thoughts play the most important part in our experiences, from the conception of a thought, all the way through to its' manifestation of experience in life. As we can clearly see, this knowledge of how the Universe operates could certainly be beneficial to anyone looking to improve their life's experience. By sharing this knowledge one could obviously see what an incredible impact this could have on us as individuals, as well as humanity as a whole.

When talking about who we are and what we want to become, both religion and science provide evidence and wisdom which demonstrate that our very being begins and is maintained through thought. Knowledge gained from science and the teachings of Jesus, we come to the understanding that thought is conscious intelligence. Through our conscious thought we have the capability to both create and/or recreate our experiences. We also find that this is accomplished through the proper use of the Universal Laws of Nature. Law is something that is found to be scientifically true. It is known to be unbiased, unwavering, and consistent in its' nature. It does not matter who or why the Law is used, the Law will always respond to its' use.

With the conscious understanding of Universal Law, we can begin to understand the effects of our thoughts and how to direct their purpose in the manifestation of desired experiences. This must begin with the understanding that in order for Creative Energy to

produce, the mind must first conceive.

There is but one Universal Intelligence which operates through our intelligence. We are all surrounded by conscious intelligent energy and substance from which all things are manifested into form. This conscious energy and substance expresses itself through our consciousness of it. Our subconscious, or subjective mind, is set into motion as a creative thing by our conscious, or objective mind. Conscious mind, which is thought, is said to be Spirit. Subconscious mind, which is creative, is Law and mechanical order. One is the complement of the other working in harmony. It is the conscious mind of thought that discovers and utilizes the mechanics of Law of the subjective, or subconscious mind.

If we were to look at this from the Spiritual learning's of religion we would find that there is but One First Cause. We are taught that this First Cause is God, the Father, the Son, and the Holy Ghost. This is not referring to three God's, rather it is referring to the Trinity of God being Spirit, Soul, and Body. Spirit is Conscious Mind or Self-Conscious Intelligence. Soul, also referred to as the Subjective or Subconscious Mind, is the Medium in which the Spirit operates through. The Body is the objective manifestation of the Spirit. The physical universe, on all planes, is the Body of God. The Father, the Son, and the Holy Ghost- Spirit, Soul, Body- Conscious, Subconscious, Manifestation- Objective, Subjective, Being- and Cause, Medium, and Effect, are different terms used to describe the same thing.

What science and religion are teaching us about here is the Universal Law of Cause and Effect. These teachings describe to us that for every action there is a reaction of like

kind. This is what is meant by the saying, “We reap what we sow”, found in the Bible. If happiness is what we desire, then must learn to sow seeds of happiness. We know that body is controlled by mind and that mind is controlled by thought. We also know that every event and circumstance that we experience today is the effect of some choice, or cause, we made in the past. Likewise, the conscious choices we make today, will have a like effect on our tomorrow.

Generally speaking, most of us have predictable and repetitive reactions to certain stimuli in our experiences. Throughout our lives we become conditioned by words, beliefs, and thought patterns of others. It does not matter if these are conscious choices or subconscious choices, they are still our choices. To overcome this conditioning, the first question one should ask oneself is, “Is the action, or reaction, I choose going to aid in a desired experience?”

If one desires to make changes in their life, they must start by making changes from within. Since all of our experiences are the effects, or results, of our previous actions, then one would need to change the way one thinks of today in order to experience a more desired tomorrow. All of our experiences, and our relationship to the experiences, begin in our thought. To effectively change experiences, it must begin with a higher conscious awareness of one’s thought. Changing ones thoughts and focus to that which is desired will attract things of like substance.

The Law of Attraction is based on the quantum-physical field of energy. Scientist have revealed that the Universe is filled with vibrations of energy they call “strings”. This energy is constantly moving in us, through us, and around us, in every moment of

every day, via our emotional energy, physical energy, and cognitive thought energy. The

Law simply states that these energies will attract like energies.

SUMMARY AND CONCLUSION-CHAPTER 6

To obtain an understanding of the effects of thought one should examine the wisdom and knowledge gained from both science and religion. Through this examination, it becomes clear to us the enormous role that our thoughts have in our lives. It has been said that if one wishes to take control of their life and destiny, one must first take control of their thought. To take control of one's thought, one must first begin with a heightened awareness of their thoughts. It is also extremely beneficial to understand the process of thought and its' relationship to the manifestations in one's life. Let's take a metaphysical look at this process by marrying both science and religion as our guides to form some logical answers to some of life's most difficult questions; "How do we effectively improve our lives?".

We must first come to the realization that there is but one God and that God is Universal Consciousness, and Creator of all. He created us in His own image from His own Consciousness, which is intelligence, which is thought. God is above us, in us, and through us. Therefore, we can safely say that we are not Gods, but similar to God in our powers to create. Since we share God-like properties, as beings of His image, then we must have the power to create on some level.

We live in an ever expanding complex universe filled with energy. Consciousness is the creative force, or cause, of the universe and all its' matter. Matter is the effect of cause, or consciousness. In order for matter to take form, there must be a force that makes it so. This force is energy. For energy to create and hold something as matter there must

be some force that wills it to be. This force is thought. By examining energy, the formation of matter, and how thought puts the process in motion, we can come to a conclusion of its' importance.

Scientists have taught us that the atom is the building block of all matter. They have also taught us that the Universe is filled with energetic vibrations they call "strings". These "strings" of energy move in, around, and through all matter, including us. Ether is the unformed substance that occupies the space between atoms. It is believed that ether is the cement of matter. It has been said that ether penetrates everything and is more solid than matter itself. Ether is also believed to be the medium of the mind and Universal Subjectivity. It is the invisible that is sole cause of that which becomes visible. The Bible states, "...things which are seen are not made from things which do appear."

If ether is the cement of matter and the medium of mind, then it must take the impress of thought as its' basic blueprint of what atoms it will bind to create. If energy is the force to hold something as matter and things of like nature are attracted to each other, then energy must attract and form substances of likeness. The more energy it is given, the greater its' possibility of manifestation. Once atoms have manifested into form, there must be a flow of energy maintaining the form. Since atoms are in a constant state of flow, there is the possibility for manifestations to change form.

This information is extremely important to undesired experiences. We should take great comfort in the fact that if we have subconsciously created such a circumstance, it is well within our power to change it. Here again we find that if we desire change, it must start from within. We must gain a higher consciousness of the attention and intention of

our thoughts and thought patterns. What we choose to give consciousness and energy to, is what we will keep in front of and around us as experience. The combined thoughts of our experiences is what we believe of the experiences as a definition of ourselves.

Change may seem like a daunting or next to impossible task. However, it is my belief that it is as simple as changing one's thought and thought patterns.

What we know about Spirit is that It exists as an eternal force with infinite possibilities. Spirit is constantly looking to express Itself through our Soul which operates through our mind of thought. Universal Spirit takes the impress of thought we give energy to. The amount and frequency of that energy is determined by the amount of our attention and intention we give to it. It then uses the energetic frequencies, or "strings", to attract "strings" of like frequencies flowing through unformed matter, or ether, to arrange atoms into form.

Atoms and our thoughts are in a constant state of flow, much like electricity. To change the flow of electricity we simply change or break its' current. Likewise, to change the arrangement of atoms we are manifesting, we simply need to change our thought which changes the energetic frequencies we emit. This changes the energies we are attracting to aid us in manifestations of our experiences. Having a heightened awareness of what we are thinking and saying is the key to the self-mastery of what we are experiencing in life. So I ask, "What are you consciously creating?"

BIBLIOGRAPHY:

- Allen, James 1992
As a Man Thinketh. New York: Fall River Press
- Falco, Howard 2010
I Am, New York: Penguin Group
- Hawking, Stephen 1996
The Illustrated a Brief History of Time. U.K.: Moonrunner Design
- Hawking, Stephen 2001
The Universe in a Nutshell. U.K.: Moonrunner Design and The Book Laboratory Inc.
- Holmes, Ernest 1998
The Science of Mind. New York: Peguin Putnam Inc.
- James, King 1892
The Holy Bible. New York: Van Cleve-Andrews Publishing Co.
- James, Dr. Tad and Dr. Adriana 2008
The Neuro-Linguistic Programming Practitioner Certification Training. Las Vegas:
The Tad James Co.
- Leider, Richard 2010
The Power of Purpose. San Francisco: Berret-Koehler Publishers, Inc.
- McPhee, Isaac 2010
Physics: Everyday Science at the Speed of Light. New York: Metro Books
- Peale, Norman 2003
The Power of Positive Thinking. New York: Fireside
- Robbins, Anthony 1991
Awaken The Giant Within. New York: Free Press
- Taylor, Sandra 2006
Quantum Success. Canada: Hay House Inc.

