

## **A Coherent Universe**

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The common definition of coherency is "logically coherent or connected; consistent and intelligible"; also, "logical, orderly and aesthetically consistent relationship among parts". It is the fixed or stable phase relationship that allows you to feel what coherency creates within your physiology, including the mental and emotional domains. It implies order and harmony.

Coherent people speak clearly, make sense in their statements and are easy to follow when explaining an idea. An incoherent person is usually unintelligible, disoriented (and disorienting) and confused in their speech patterns.

Coherence is the underlying principle of all systems within this dimension. The universe and all within it shares union within coherence. Resonance and harmony are the result. If we use two people as an example, the two bodies do not need to be in exactly the same frequency of vibration. They each do need to be in a *stable phase* relationship within themselves. This is where authenticity, integrity and personal truth come into the picture.

It is easy to feel a sense of well-being, harmony and resonance when you are in a group that is like-minded with one clear focus. Then you are reminded that every living creation is part of a larger whole that is then part of another larger whole, etc. All able to communicate instantaneously with each other through non-locality. During these times of harmony, your physiology is operating at its optimum and clear thinking, open-heartedness and compassion are easy attributes to embrace.

It is another aspect altogether to be surrounded by others who are *incoherent* (meaning out of personal, stable phase relationship, thus unconnected). No system, whether a romantic partnership, a family, a company, city, state, nation, globe, solar system, galaxy or universe is able to survive, far less thrive, if the individual constituent parts i.e. members are incoherent – out of phase and disconnected within themselves and thus from the whole.

Again, remember – this does not mean that the individual or the physiological systems within an individual have to be exactly the same frequency. Each of the bodies constituent parts (brain, heart, organs, muscles, etc.) rely on an entrained, synchronized participation. Since the

heart carries the strongest electromagnetic signal within the body, when it is coherent the remainder of the systems follow suit more easily, including the brain. This entrainment allows more biological systems to resonate within the same frequency.

Coherency is dependent upon a stable frequency, amplitude and shape in the oscillation of any given system. Increased coherence synchronizes any other system coupled to or with it creating functional efficiency. For instance, heart, blood-pressure and brain rhythms will synchronize in a coherent state.

When two or more physiological systems are entrained together, it is referred to as cross-coherence (heart rate and breathing, for instance). This is not to say that their various actions are simultaneous. The various systems of the body all participate in their various functions in the appropriate timing and harmony. Within this tidal wave of activity, energy conservation and efficiency is experienced when all systems are in optimal operation.

The inherent *standing wave* form of matter relies upon coherent frequencies to develop sustainable wavelengths. These waves carry information which equals energy which equals light. The coherency of your frequency exhibits itself through what some people call the aura, a natural effect radiating from the energy signature of every living system in known creation.

An authentic state of well-being felt throughout your system creates a state of coherency which floods your field with the coherent light that emits from you. A state of incoherency creates disruption within the phase of frequency. It is disconnected, out of alignment with the natural status of nature (hence, the word) and out of resonance with that which is coherent and thriving in your environment.

The heart, as the voice of your soul, is constantly emitting frequencies that are read by your autonomic nervous system as it adjusts your physiological status. Speaking for your soul, your heart knows what feeling, thought, word and action (or inaction) is best suited to your soul's expression on a moment-to-moment basis. This is the basis of your intuition and expansive cognitive understanding. It all relies on your coherence. When you resist the heart's urging, its intrinsic message, relying instead upon the conditioned patterns of your brain waves, you set up a stressful pattern within your body creating incoherency.

You know what it feels like to want to express from your heart and yet often fight the urge because the fear in your brain/mind complex is screaming at you out of its mass mind conditioning. And, since the mass conscious support is based upon fear and all that follows in its traumatic wake, it is easier to cave in to the brain's terror than to silence it by turning your attention and focus to the promptings of your sacred heart. Not only does this produce unwelcome results in the environment of what you call your life's circumstances, it also creates a great deal of stress within your physiology including high blood pressure, loss of sleep and general overall discomfort.

Your bodies, your life, and the divine mission of your soul are dependent upon your living in a coherent state. Your heart is constantly emitting rhythms described as love, compassion, appreciation and harmony promoting a state of coherent well-being. This powerful generator of rhythmic patterns is in constant communication with the brain and the body. It imparts information to your neural network, your chemistry (hormones/glands/immune system) and produces and promotes your energetic interactions within the electromagnetic field of life. It is the central point of your body's dynamic processes.

Some scientists refer to the sensitive memory, responses and interactions inherent within the heart as its "brain" – the "heart brain". It knows the body's state, remembers what the body is experiencing throughout and controls the cardiac system independent of the central nervous system. Beyond that experimental studies have shown that the heart has access to future events before they occur. Coupling this information with that of the paradigm-shifting scientific work revealing DNA acts as a superconducting wormhole for quantum vacuum information based upon coherent energy transfer, the desirability of coherency becomes apparent.

Your DNA relies on your coherency not only to create the necessary proteins as the building blocks of life it also requires a coherent oscillation within your systems in order to provide you with information from realms unseen. Your DNA acts as a wormhole among dimensions bringing information into your physical systems and transmitting it through the brain/mind complex through direct knowing. This information relies upon your coherent frequency within which to transmit its flow. When you are incoherent, you

are not only performing and responding in a state of cortical confusion, you are also creating additional chaos in the bodily systems of your physical vehicle.

Coherency is what activates the responses you desire within the Law of Attraction - the *Principle of Resonance*. It is the basic principle behind the optimal operation of PCAR – phase conjugate adaptive resonance. A state of physical coherence promotes health, well-being and longevity. When more and more people live within coherency, the earth and all life upon it benefits from this ever-flowing, over-flowing harmony.