

Meta yoU Introductory Sample

Beginning Concepts of Self Mastery

SELF MASTERY IS:

The truth of who you are and living it in your choices, your memories, your intentions and expressions of love. That means that you are always authentic in your expression. You do not compromise. You do not fear. You act as you truly desire to act. You speak as you truly desire to speak.

The original blueprint of your consciousness from your first breath to this moment sends what you believe you are out into the world. In that first breath, perception was born, the difference between the light as you knew it in your environment and your light as you truly are. When you allow yourself to settle into life, into the pattern of what you are, you can stop arguing for changes in what you are experiencing. When you accept what IS in your life, then you are able to create the changes you wish to experience rather than believing that something outside of yourself has to make the changes occur.

Remember, you are always a part of the interconnectedness. You can give up deciding what it means yet be in resonance with it. If you attempt to decide what the "wholeness" **means** you will always be seeing yourself outside of it. It is much like asking the mind to analyze itself. The mind would have to use itself to do the analyzing and it would, therefore, be totally subjective and unreliable. Ask your connectedness what it wants. Allow all to flow through it simultaneously.

When you allow yourself this depth of freedom from concepts, programming and belief structures, each moment becomes awareness; an understanding of consciousness, of being perfect. Moments of being different and the same coincide. Every action you take affects everything that is in resonance with All That Is in compassion for yourself and all others.

Re-member, light equals consciousness. Begin with your breath inside your consciousness and BE with the breath, that breath, each breath. Consciousness is a crystal of awareness. You are available in that consciousness.

When you are in motion, sitting or acting, be conscious of your body; be conscious of your breath, breathing it into the air around you; not so much learning as experiencing. This allows for a sharpening of your perception. When you sharpen your perception, you fine tune the focus of your interconnectedness.

YOU ARE:

99% space even though you appear to be physically solid. This scientific concept is easy to say and even easier to see under a microscope. Yet envisioning your body as no thing except space composed of dancing molecules of light (photon) is a bit more difficult to accomplish.

Between these molecules, even within the atoms that make up the molecules, are immense areas of space. Within these spaces, light's wavelengths infinitely flow carrying within their vibration your feelings, thoughts and actions. Do you realize that every feeling you experience, every thought you think, every word you say, every action you take is carried forth within this sea of light FOREVER. It "travels" omni-directionally without ever stopping.

The energy contained within the thought you are having right now while you are reading this material will impact a "being" in another galaxy billions of light years from now. A light year is the distance light will travel in a year which is about 5,878,630,000,000 international miles. Or you might want to consider that the feeling you are having in this moment is being experienced on some conscious level by a being in a dimensional frequency millions of times faster than the one in which you are now living (which, of course, would make that being invisible).

Yet, even while all of these feelings, thoughts, vibrations of sound and action multiply over and over again within you, they do not even begin to occupy the space within the atoms of your body. The protons and electrons are actually modes of potential awaiting a signal to collapse into a particularized state. That is when they "become something". You may envision this on a macrocosmic level as **you** in your wave state collapsing into the individuated particle that you call "yourself".

Your Electromagnetic Field

A field can be defined as a condition in space that has the potential of producing a force. Charges within the field create a condition in the space around it so that the other charge feels a force. The universe is filled with fields that create forces that interact with each other. Within these universal force fields reside space and time totally interdependent of each other.

A field is composed of energy that is a force or power manifesting in wavelengths of different frequency. The energy carries information that is a pattern, form or structure. The frequency of the information is created by how many times the energy oscillates in a given period (usually a second, measured in hertz). The form unfolds itself through a process of emergence creating a non-linear experience for all sharing the field. This is the teamwork of the soul (information) and the spirit (energy).

Constructive interference is a predominance of coherent waves. A majority of incoherent waves is known as destructive interference. The most harmonious experience is coherent waves which are slightly higher or lower than each other in frequency. This is usually what is experienced in a unified field since each person has a slight variance in his or her frequency and all are seeking a coherent field. As the various frequencies meet each other, the edges can be similar or uneven. Dissolving these edges creates a feeling and knowing of union. When union occurs, edges collapse and disappear fluidly in light.

The entire field is part of the Quantum Hologram of All That Is. In other words, each piece is an entire piece of the whole and non-local. Each portion of the Hologram impacts every other piece creating a unified experience for all. Each time an experience is shared, attention is brought to it. This enforces the experience for all and attracts more of the same vibration to the awareness of each person.

E-motion (energy in motion) is neutral (neither good nor bad) and contains only the positive or negative significance assigned to it by the individual. The brain/mind may look for that which is familiar and attempt to place all unfamiliar interactions into a more comfortable context through the energy of emotion. Emotion is personal and relative to the person experiencing them. There is no definition of “no” in the Universe. If attention is placed upon an interaction, more of the same will be created until the focus is shifted.

Since the heart's magnetic field is 5,000 times greater and the electrical field 60 times greater in strength than the field generated by the brain, the heart has the ability to entrain all organs of the body to its vibrational frequency. The brain relies on the wavelengths emitted by the heart to create cortical facilitation that allows the cortex of the brain to evaluate experiences and promote the appropriate responses. When the rhythms of the heart are jagged or irregular, the brain experiences cortical inhibition and cannot perceive, think and consequently act in a desirable manner. Vibrational entrainment with the heart's frequency is optimal to creating a coherent frequency wavelength.

The information that is transmitted in the body creating the experience of entrainment travels through the cells. The cellular information relies upon the heart and brain to communicate with the DNA and the genes to create the commands necessary for coherency. The Golden Ratio creates this perfect harmonic transmission.

This basic summary of how your body works, how nature re-creates itself continuously and how the omniverse manifests itself will assist you in a clearer perception of yourself. There is no significance attached to anything except that which you give it.



Sample Questions from Meta yoU Course Exercises:

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What is your passion?

What part of your life gives you the most inner satisfaction?

What do you feel is your biggest spiritual block?

What do you really want from this course?

What would you like to change the most about your spiritual life?

How do you express the grace of your integrity?

How does your fear of your Essential Self express itself?