

# Edel O'Mahony



Knowledge

Epigenetics

Energetic Communication

Frequency

## A Course in Energetic Communications

MODULE 1

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# **A Course in Energetic Communications**

**A Step by Step Guide to Conscious Creating**

**by Edel O'Mahony**

**Where Science and Spirituality Meet**

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## **Synopsis:**

### **Module 1 – Components of Conscious Creating**

#### *Part 1 – The Basic Elements of Consciously Creating:*

An initial look at how your beliefs create your reality. Introducing you to the elemental principles to guide you in having an inner dialogue with your *personal preferences* by noticing how you feel. An introduction to the power of three in belief, trust and allow and how this is fundamental in conscious creating.

#### *Part 2 - The History behind Conscious Creating:*

This chapter guides you through history and the profoundly connected change makers, showing the diversity of each with the common connection of *conscious* creating. You will have an observation of literary writing through history and the authors who created profound insights and change, to the present day individuals getting the conscious message out.

#### *Part 3 — Quantum Physics and the Elemental Principles:*

This chapter gives an in-depth look at the science behind the long held ideas of universal laws. The evolvement of science theory shows how we are getting more in tune with energy and opening our awareness of the unlimited possibilities truly available.

#### *Part 4 – Understanding the Principles that Make Energetic Communication Work:*

In this chapter we take a look at the established *twelve universal laws*, what they constitute and how they are at work seamlessly in your life. This chapter looks at the processes to put in place to release resistance and move into higher frequency.

#### *Part 5 – Self-Actualisation Steps:*

Here the work already begins on taking a really honest look at where you are right now and using the information and tools in this chapter, begin to define who you are. In this chapter is the crucial information for your *personal emotional guidance system*, one of the key areas of understanding the body's resonating frequency.

### **Module 2 – Mind, Body and Spirit**

#### *Part 6 – Discovering Your Higher Self:*

This chapter takes a look at the history of wisdom to build an awareness of the synchronicity from every culture, every part of the world and every century. We then delve into the realm of the subconscious mind and explore ways to activate and fully engage the subconscious to take the lead over the conscious mind.

#### Part 7 – Inner Conversations:

Here the course starts to build on all the techniques required to begin making your *energetic communication*, with practical explanations as to why specific techniques are so important and their energetic significance.

#### Part 8 – Meditation Techniques:

This chapter works through the practical examples of grounding energy, bringing the energy of colours around you and the most important element of *deep breathing*. It explains how these techniques aid letting go of false perceptions and 'mind chatter'.

#### Part 9 – Raising Your Inner Frequency:

In this chapter we address how to recognise the energy within, with practical examples to apply to begin to work on the body frequency immediately. It brings in example of how energy is at work through emotions and healing.

#### Part 10 – Understanding Yourself through Dreams:

This chapter take a look at the fascinating world of dreams and the energetic reasons behind lucid dreaming, astral travel and remote viewing.

### **Module 3 – Energetic Communication**

#### Part 11 – Look with Eyes that See:

In the last of the 'foundation building' parts of the course, this chapter looks at the important ways to communicate with energy. It takes you through an in depth practical exercise of understanding and opening the *chakras*. We move onto the critical introduction of understanding energy frequency, not only in our surroundings, plants, soil and essential oils, it is also building the awareness of where the human body resonates and why the frequencies can change.

#### Part 12 - Awakening Your Consciousness Being:

In the foundation of creating abundance, the work begins with defining who you are and in this chapter we look at how belief in oneself causes the energetic results of who and what are created into your life.

#### Part 13 – Energetic Communication:

This chapter opens your awareness and perception to energy working all around you, how we witness this in nature and can replicate the powerful flow of abundance energetically in your own life. It shows practical ways to join in energy's communication.

#### Part 14 – Your Soul Journey:

With personal examples from me, this chapter helps you to begin to recognise the conscious coincidences in your experiences reflecting your resonating frequency and how to begin to recognise them. It goes further into the science behind the energy of the force that is love and the enormous energetic power of the human heart.

#### Part 15 – Energetic Emotional Release Technique:

In this chapter I share with you the extremely powerful technique I have created for releasing *trapped emotional memories* in and around the cells. The chapter goes through the history of emotional release techniques.

### **Module 4: Conscious Creating**

#### Part 16 – What is State?

From the foundations of recognising your energy and practical applications of beginning your energetic communications, we now move onto the strategies and techniques to apply in your day to day life. This is the first steps to begin building the energetic conversation and raise your frequency. This chapter covers the *psychological* reasons for being positive and the energetic impact that has.

#### Part 17 – Guidance and Mentoring

This chapter covers some of the success strategies used by highly successful people throughout time. The effectiveness of receiving integrity based guidance and consultation on your journey of evolution is so important in the foundation stages. This chapter goes on to more practical applications in understanding how to align and allow.

#### Part 18 – De-clutter Your Life:

With the foundation set in opening your awareness to the flow of energy in everything, this chapter helps to expand that awareness of your own environment and how important it is to have a clear uncluttered environment for your energy to flow and transmute.

### Part 19 – Reading the Signs:

In this chapter you will find very practical advice and examples of how to recognise conscious coincidences and synchronicity. It explains the importance of intuition and understanding situations and experiences by how they feel.

### Part 20 – Being the Message:

This chapter covers a further deepening of the concepts and science of how our physical universe came into being through energy and your own role in the conscious creation process.

## **Module 5 – Wealth and You**

### Part 21 – Truth about Wealth:

In this part of the course we move onto the ever popular subject of wealth and dispel some lifelong, ingrained myths about it. Through this chapter you will become aware of the conditioning people live through in relation to all forms of wealth and prosperity. This chapter is revealing the shift in perception away from social conditioning and misinformation to understand the truth about our banking systems.

### Part 22 – Social Conditioning:

This chapter covers where we witness conditioning all around us through media and newspapers, it explains the factual reasoning behind how and why this has grown over the centuries. The chapter gives very practical ways of letting go of the conditioning and starting to empower yourself by consciously choosing the information you are exposed to, with examples from people's own experiences.

### Part 23 – Aligning Wealth to You:

This chapter assists the practical application by showing how changing your beliefs can allow the flow of wealth. It gives very powerful exercises in helping to change your relation with financial wealth and the perceptions around debt.

### Part 24 – Creating Prosperity:

This chapter is full of information and practical steps to begin creating your own new perceptions of wealth and prosperity. It helps you to redefine your relationship with money and letting go of the resistance that stops its flow.

### Part 25 – Action-Based Prosperity:

This chapter covers more of the practical application of how you can change your perception around money and wealth. It brings fresh, insightful advice on how to look at *paying bills with appreciation* and creating *spending plans* for the abundance that is already coming to you.

## **Module 6: Creating Your Abundant Life:**

### Part 26 – Where am I Now?:

In this part of the course you will finely tune their awareness of what is going on in your life right now and the new actions that are being implemented from the wealth of information through the book. This chapter deals with a 'check list' of practical actions you need to be doing daily to begin creating the life you love.

### Part 27 – Stepping Up:

This chapter has personal examples of people who have already used the strategies and techniques set out in this course and how they have changed their lives since using them. What is also covered is important information on how to *release resistance*.

### Part 28 – Love the New You!:

This chapter helps to hone in the newly acquired skills and perceptions you are now developing, through examples it will help you to have the confidence in understanding all the 'little signs' that now becoming apparent as you recognise their energetic communications.

### Part 29 – What's Next?:

This chapter now begins to help you build your vision of living your passion and purpose. Enforcing all the processes you have been learning through the course, this chapter helps to embrace the unknown with confidence and expectation.

### Part 30 – Gratitude Statements:

This chapter is an absolute golden nugget. Here you are privy to an extraordinary powerful process I created. You will understand why being

grateful for what you have only flatlines your desires and understand how to create *gratitude statements around desires*, combined with a key process, that has seen people's desires begin to happen in under a week.

## **Module 7: The Alchemy of Epigenetics:**

Part 31 – How Epigenetics is dissolving the lines between Science and Spirituality:

With the building of facts and process through the course, this section is designed to bring everything full circle. It is in full understanding the epigenetic field of science that we come into owning our self power. In this chapter you are given detailed information around the epigenetic process and show how this reflects your own internal processes into your external environment.

Part 32 – What They Tried to Stop You Knowing About Meditation

Here we see how, over millennia, society and mainstream media has created misrepresentation for spiritual and energetic practices to divert the public's attention away from focus on internal work. The lid is lifted on the true power of meditation when used from an epigenetic perspective.

Part 33 – Living Without Food – My Personal Journey

This chapter takes you through the energetic events that led to me not eating food for 18 months. Through this experience it allowed me to have a much fuller comprehension of the functioning of the body cells and how the body uses the epigenetic processes to restore to natural health.

Part 34 – The Illusion of Illness

Following the previous chapter and recapping on scientific information from the course, this chapter shows a startling example of when fear based conditioning can lead to the most drastic decisions and explains how celebrities such as Angelina Jolie could have avoided them by understanding her epigenetic process.

## Part 35 – The Cycle of Consciousness

The full circle of all the guidance in this course comes together in this chapter. When we live through contribution and service, we are living conscious epigenetics and this chapter sets out the clear understanding of why and how this happens.

## Introduction

*'Follow your bliss and doors will open for you that you never knew existed. Follow your bliss and the universe will open doors for you where there were only walls.'*  
~Joseph Campbell

Remember the feeling when you were a child? Peeling back the gift-wrap of a present, catching a glimpse of something inside and realizing it's exactly what you were wishing for?

And do you remember that feeling of being the giver of a perfect gift, watching your *'someone special'* thrill in its discovery?

Do you desire to bring back that feeling? Well, during this course, I'm going to support you to do exactly that. You will learn the following:

- ⤴ Your life lessons, how to recognise them and make them work for you
- ⤴ How to create the right relationships
- ⤴ How to design your Personal Emotional Guidance System
- ⤴ Strategies for creating prosperity and wealth
- ⤴ Techniques to treat money well to create more
- ⤴ How you become a 'conscious' creator
- ⤴ The unique KEY to understanding the science behind our natural, energetic processes and how to consciously apply them.

Through a lifetime of personal and spiritual development, I have studied, researched and put into practice everything I will be guiding you in this course.

When you follow this step-by-step guide to applying the truthful strategies and actions for conscious creating within the recognized elemental principles that govern our physical universe, you will naturally bring about the desired changes.

When we allow ourselves to live from our higher consciousness, to awaken the values of honour, honesty and integrity that are our very essence, we begin to access natural latent abilities.

My aim in this course is to bring you *truth, knowledge and awareness*. For this I have set out the course, with the former parts covering fact based knowledge

with the history of science, wisdom and energy. This lays the foundation for the latter parts of the course that bring the practical applications and processes.

This is going to be an amazing journey of discovery, allowing you to tap into your natural, powerful abilities. Bringing the control of your life firmly back in your hands and creating massive change your life.

You *will* bring out your empowered magnificence.

Live with Passion and Purpose,

# Edel

# Module 1: Components of Conscious Creating

## Part 1 — Conscious Coincidences

*'Abundance is not something we acquire. It is something we tune into'.  
~ Wayne Dyer*

*'Here we have an initial look at how beliefs shape your reality. You will find that I come back again and again to this, in fact it is the essential concept within the field of epigenetics and yet little known in the mainstream self help*

*When I began my own journey of awakening and reclaiming my life, I came to understand that where I had solid belief in an area of where change was required from me, it would very quickly create the change in my external world.*

*I knew nothing of epigenetics at the time and as with this entire course, I was to personally experience the energetic processes and outcomes and then look for verified scientific research and results.*

*So in this chapter I share with you the very first small steps into beginning your inner dialogue by noticing how you feel. Using this as a guide in understanding your personal perceptions and becoming aware of the foundation to all conscious creating - **the power of three** in belief, trust and allowing. ~ Edel'*

### ***The Basic Elements of Consciously Creating***

Consider some of the familiar sayings you know, for example, *'Birds of a feather flock together', 'You get what you give', and 'Be careful what you wish for'.*

You see, in fact we already know and accept that we reflect events and situations in our lives. Whatever we do is connected to cellular frequency within us, much stronger than we realise. Our physical world is made up of 12 elemental principles; one of these is: *'That which is like unto itself is drawn'.* This happens without exception, a *reflective outcome* not a process.

The more focus and energy you put into your beliefs, the more powerful they become, and the same can be said when you believe in something you do *not* desire, as energy does not discriminate ... your beliefs, good or bad, will create the transmutation of the same frequency as your experiences.

Let me try to explain this. How often have you found yourself in a similar situation, time and time again?

How often in relationships have you found yourself with the *wrong* type of person?

This is because, as much as you don't like these situations, you still have created these experiences, which comes from your own place of belief or lack of belief in yourself. In doing so, you are resonating from lower frequency (we will go into detail with this later in the course) and transmute the reflection back to you in experiences and opportunities, on the same frequency you resonate out.

My friend Sylvie recently told me how by changing her beliefs, she attracted her partner:

*When I was single a few years ago, friends told me to enjoy dating and meet lots of different types of people. Being a bit shy about dating again after my separation, I decided to join an online dating site, and it didn't take long before emails from prospective dates started pouring in. (Apparently, there are a lot more men on the sites than there are women, so the mere fact that I was female was enough to generate many responses!)*

*I took the advice of my friends and went on a few coffee dates with different types of men but I never really clicked with anyone. After one particularly bad date, I came home and thought to myself, 'All right, Sylvie, what is really important to you in a partner?' Instantly, I realized that I desired someone I could laugh with. All the men I had met so far were either serious, nervous or not on my wavelength, and I craved someone with an easy laugh and a sense of humour similar to mine. So I decided to actually search the dating site myself. So far, I had been too shy to email men myself and only responded to those who sent me*

*messages first and wasn't really taking charge of my desire. I found a few guys who listed "comedy" as an interest. One in particular really struck me; he had a fun description for himself in this profile but he also included a funny list of attributes he was looking for in a partner. I was amazed to see that the list described me perfectly, right down to "likes to say crazy stuff to confuse people and laugh about it"!*

*That guy was Mario – my partner, and needless to say we hit it off right away! We've been sharing laughs ever since, and we've been amazed at all of the other similarities we share. What was interesting about this case was that we both seemed to apply principles from what we held in our beliefs. He had put together his list of attributes for a partner, and they were very honest and not typical at all. When I saw a lot of things I didn't desire in a partner, it made it much easier to see the contrast and what I did desire.*

### ***You Can Create What You Desire with Just 51% Belief***

I see the art of conscious creating as consisting of three parts:

- ♣ Getting very clear about your belief. Believing it is not only possible but that it has always been there is essential.
- ♣ Trust in the process. This helps to raise your energetic frequency, to reflect back experiences and opportunities of living your truth.
- ♣ Allowing what you desire to become the reflection of your internal involvement and letting go of resistance (any form of ego's doubt or uncertainty).

The good news is that you don't need 100% belief to begin the process. The power of your influence can work with just 51% belief to activate creating. So, two of the strongest statements, (we will cover more of this in the course) are:

#### ***Believe it is Possible and Trust in the Process***

Simply believing that what you desire is already here, in this moment of now, is enough to tip the scales slightly, and you will begin to notice small — or big — evidence in the reflection of your experiences.

It is *remembering* that we are energy first and foremost, you see, *energy does not hear words — energy feels frequency.*

The words are there for us to articulate and define our emotions. It is scientifically proven that your cells take their signal from your beliefs; these are transmitted through the body and determine the frequency you resonate out. Your resonating frequency is directly correlated to your self-worth and self esteem and we will look more closely at this in the following parts.

### ***Your Unique Personal Preference***

The elemental principles guide you to have an inner dialogue with your personal preferences by noticing how things feel. By asking yourself, 'Which feels better — how is each situation/experience/person making me feel?' and taking the time to observe your feelings, you can learn so much about yourself and your interaction with others, in a way that can lead to great personal freedom and happiness.

You may have believed that by conforming to what other people expect, you would become happy too. One day, though, the truth finally dawns, and you realise that only *you* can choose what is best for you. No one can say what is good for you, only you can know. And the way to tell is by observing how everything *feels*; here you will open to recognise what is in harmony with your core values and what is not.

Knowing and honouring your personal preferences causes you to fulfil *all* your life purposes, naturally.

What about you, how do you sense yourself? Are you prepared to discover and accept yourself and your preferences as being right for *you*?

## A Course in Energetic Communications

### Exercise 1

This is the point where you stop letting things happen to you and begin to take control of your creation!

To start the process of becoming a conscious creator, you first have to introduce yourself to *you* ... the real you! It is only when you have fully accepted yourself, with all your infinite possibilities, all your uniqueness that you will begin to have the confidence to create.

Take some time to look at what is going on in your life right now:

- ⤴ Is it what you desire?
- ⤴ Does it make you *feel* happy?
- ⤴ When you wake each morning, do you relish the day ahead or cringe at the thought of doing what you always do?
- ⤴ Are you constantly day-dreaming about how you desire your life to be?

Start to make a *blueprint* for how you desire your life and experiences to be, your vision based on your values. Write down everything you perceive is not in your life, no matter how farfetched you think it is! This is the first step to becoming the watcher to the artificial intelligence that is ego and the illusional time based thoughts it traps you with.

Start becoming aware of your emotions as you interact with people and situations throughout the day. Do certain people make you *feel* on edge? Do they make you *feel* exhilarated?

Same with your work or business, if you are contemplating a new venture, how do you feel about this? Do you feel anxious to the point of feeling ill? Do you feel anxious but excited?

Your day-to-day work, does it make you feel challenged to the point of being over whelmed? Or does it make you feel challenged to the point excitement about your development?

These are the very important steps to begin your connection with your emotions ... your intuitive energy. It is with this that you start to change what is reflected into your experience, once you learn to really sense your emotions in this very moment you begin the journey to moving into higher frequency.

## Part 2 — The History Behind Conscious Creating

*'What you have thought has determined what you have become'.  
~ Buddha*

*'It was important for me to dissolve the lines between science and spirituality and in this chapter I am helping to demystify many words used primarily in spirituality or standard religions by showing their route source and meaning.*

*We have all heard of those inspirational people who have gone before, such as Buddha quoted above and more often than not, many people get 'suck' on their own evolvment by believing such quotes as 'gospel' and not understanding that these people brought their awareness at that specific time within humanity's evolution.*

*If humanity is to evolve further, we must understand that conscious awareness also is evolving and be prepared to move with it.*

*For this reason I had detailed in this chapter many conscious creators, some very well known, some not well known, to assist is the expansion of conscious awareness and that each and every person has this inspirational guidance within them and in joining in their energetic communication, there is such a conversation to be had! '~ Edel*

### ***Looking at Conscious Creators through History***

You may have heard about the elemental principles from various sources, or you may be just beginning to learn about them. What you may not realise is that these principles have been around since the dawn of time.

It is probable that the first person to bring these laws and their principles to the attention of the populous outside of religious or spiritual study was the Buddha.

It is by no coincidence that profound historical teachers such as the Buddha understood the concepts of conscious creating, as it is our natural place of being when we truly let go of resistance and consciously appreciate and love from our consciousness essence. Human beings separated themselves from this true source of their being when they allowed fear and doubt to fill their minds and hearts. Through our evolution, man decided that the material world

was where abundance lay and sought to take ownership through greed, violence, force, and fear. Those who understood the true answer were either corrupted or silenced, for if the masses found out abundance was already within each and every one of them, that it was actually the free power of love, contribution, and generosity that would manifest more and more abundance, those in control would have no power left.

In understanding the source of high consciousness we need to understand terms used throughout history and those who mastered their connection.

For instance, the word *Avatar* comes from the word *Avatara*. In English, Avatar means an embodiment, or physical manifestation, of the Divine. The original meaning is a shade different, as it is a Sanskrit word translating as *the incarnation of God*. The interpretation is, however, different to what we in the West have been taught, in that incarnate means 'to become flesh'; rather, in the case of God, there is no distinction between the physical body and the energy behind it.

Taking the Sanskrit again, Buddha means *to wake up* and also *to know*, giving the title of the Buddha meaning *Enlightened One* or *Awakened One*.

In Hebrew, the word *Messiah* signifies *the coming saviour*, with the Greek translation being *Christ, the Anointed One*.

A *Bodhisattva* is a Buddhist word meaning *Enlightened Being*, who chooses a life on the earth to guide all beings toward enlightenment.

*Epic of Gilgamesh* written around the 22nd century B.C. tells of a hero seeking immortality and has led to a fascination with the subject. An *Immortal* is one who is outside the dimension of time, does not age, and can live on earth indefinitely.

The concept of *Karma* adopted its roots from the universal laws. Karma means *deed* or *act* and more broadly names the universal principle of cause and effect, action and reaction, which governs all life. It is widely known that the Eastern world has been familiar with this way of thinking for centuries, and it has become an integral part of their culture.

So let's look at those who understood and made their connection.

*Lord Krishna* appeared over 3000 years ago, along with his brother, Balarama. Krishna was an *Avatara*, an incarnation of Vishnu, one of the three faces of God in Hindu mythology.

*Lao Tzu* is estimated by scholars to have lived between 300 and 600 BC. It is not clearly known who Lao Tzu actually was; however, he was thought to have been a Great Sage who recorded the *Tao Te Ching*, one of China's most studied and oldest manuscripts of ancient wisdom.

*Buddha* was born Siddhartha Gautama in approximately 557 B.C. in northern India. His father was a King from the Sakya lineage. Buddha gave up his riches and royal status to travel, meditate, and seek enlightenment.

*Jesus of Nazareth* was born in what is now Palestine during the reign of Herod the Great. Jesus grew up in or around Nazareth, and it is likely he was raised the same as any other Jewish boy in this era. The earliest reference to his spiritual coming of age is his connection to John the Baptist, who heralded the coming of the Messiah and baptised followers as well as Jesus. After his baptism, Jesus retreated into the desert to seek God. Records say that he spent 40 days fasting in the desert, then emerged and began to teach. At the time of his teachings, his followers believed him to be the long-awaited Messiah, and many recorded his words and their personal experiences with him. The early church leaders, however, recognized only four such works, from disciples Matthew, Mark, Luke, and John. In actuality, there were many more purported records of his teachings, including those found in recent times, the Gospel of Thomas, and that of Mary Magdalene herself.

*Mowlana Jalaluddin Rumi* was born 1207 in Afghanistan to a wealthy Persian family. His family fled the invasion of the Mongol tribes, travelling widely in the Muslim lands, and made a pilgrimage to Mecca before finally settling in Anatolia. By age 24, he was already an accomplished scholar in spiritual sciences, having been instructed by his father first, and then by a close friend of his father. He was also schooled by the greatest religious minds of the time in Damascus. Following a life-changing experience, Rumi became an accomplished enlightened poet, pouring out words of love and divine realization. His disciples recorded his words, and he became the greatest and most prolific poet of Islam.

*Rudolf Steiner* was born in 1861 in the *Muraköz* region of Croatia. His childhood was spent in Austria, where his father was the station-master of a Southern Austrian railway station. He gained initial recognition as a literary critic and cultural philosopher. Then at the beginning of the 20th century, he founded a spiritual movement, *Anthroposophy*, Steiner attempted to find a

synthesis between science and mysticism; he referred to his philosophical work of the time as *spiritual science*, he sought to provide a connection and communication between the cognitive Western philosophy and the inner and spiritual needs of the human being. In 1919, Emil Molt invited Steiner to lecture on the topic of education to the workers at Molt's factory in Stuttgart. Out of this came a new school, the *Waldorf School*. In Steiner's lifetime, his educational principles were adopted in schools based in Hamburg, Essen, The Hague, and London; there are now more than 1000 Waldorf schools worldwide.

*Mohandas Karamchand Gandhi* was born on October 2, 1869. His place of birth was Porbandar, a small town on the western coast of India. At 13, he was married to Kasturbai, a young woman of the same age. Gandhi moved to England to study to become a barrister in order to be able to take the place of his father when the time came. During his time in England, he was introduced to an English translation of the Bhagavad-Gita by Sir Edward Arnold. In 1893 he travelled to South Africa to assist in the defence of the resident Indians there. Quickly he learned the British rule in South Africa was exceedingly unfair towards his countrymen. Though he had come to work for only a year, he ended up staying for 21 years, working tirelessly and diligently to secure basic rights for the Indian citizens. On January 13, 1948, at the age of 78, he began a fast with the purpose of stopping the bloodshed. After five days, the opposing leaders pledged to stop the fighting, and Gandhi broke his fast. Twelve days later, a Hindu fanatic, Nathuram Godse, who opposed his program of tolerance for all creeds and religions, assassinated Gandhi.

*Mother Teresa* was born on August 26, 1910, in Albania, Yugoslavia, she was named Agnes Bojaxhiu. Baptised Gonxha Agnes, she received her first communion at the age of 5 ½ and was confirmed in November 1916. On May 24, 1937, she made her final profession of vows, becoming the '*spouse of Jesus for all eternity*,' as she said in her own words. From that time on, she was called Mother Teresa. In the following years, she visited the slums of Calcutta, ministering to families, washing sores, caring for the elderly and sick, and feeding the hungry. Mother Teresa began receiving world-wide recognition, awards, and acclaim, and in 1979 she was given the Nobel Peace Prize.

*Thich Nhat Hahn* was born in 1926 and is a Vietnamese Buddhist monk. He worked tirelessly during the Vietnam War, teaching engaged Buddhism, which brought together traditional meditative practices with active nonviolent civil disobedience.

*Martin Luther King, Jr.*, born January 15, 1929, came from a family line of Baptist pastors. His grandfather was pastor of the Ebenezer Baptist Church in Atlanta, which his father took over. From 1960 until his death in 1968, King served as co-pastor with his father. He worked as an executive committee member of The National Association for the Advancement of Colored People, which was the leading organization of its kind. In December 1955, he led a Negro boycott of buses, the first mass nonviolent protest of the civil rights movement. The success of the boycott put King in the ranks of the great civil rights leaders. On April 4, 1968, on the eve of a protest march for striking garbage workers, he was assassinated.

*Lhamo Dhondup* was born on July 6, 1935, in the village of Taktser, in the Amdo region of Northeastern Tibet. At the age of six, he travelled to Lhasa, where he began his formal religious education. He was officially made head of state, His Holiness the 14<sup>th</sup> Dalai Lama at age 15.

*Hyemeyohsts Storm* was born in 1935 in Lame Deer, Montana. His mother was Pearl Eastman, and her clan was the Northern Cheyenne. He was raised on the Cheyenne and Crow reservations. Hyemeyohsts, or *Wolf Storm*, is the founder and director of the spiritual organization The Circle of the Earth Temple and Institute, as well as the founder and director of The International School of Metis Art. Along with his wife Swan Storm, he has travelled, lectured, and taught all over the world, bringing these sacred teachings to people

So you see, for as long as there has been recorded documentation, there have been those who have sought their true paths, reconnected with their consciousness essences, and evolved into true peaceful warriors. Many other proponents of understanding we are the fully integrated body and consciousness were the likes of Leonardo de Vinci, Raphael, and Albert Einstein used these concepts. Einstein said, '*Imagination is more important than knowledge. Knowledge is limited.*'

Time and time again we evidence the pattern that great leaders, warriors, visionaries, and prophets followed, and it is all based around open the knowing of these processes:

- ♣ Moving to a higher level of consciousness through present moment awareness
- ♣ Understanding that we are all connected
- ♣ Realising that everything is possible when you are passionate and *believe* in what you do and create
- ♣ Understanding that which you believe creates your external environment.

Did you realise so many of our great minds followed these principles?

### ***Inspirational Words***

In 1906, William Walter Atkinson wrote a book called *Thought-Force in Business and Everyday Life* – a series of lessons in personal magnetism, psychic influence, thought-force, concentration, will-power, and practical mental science.

Wallace D Wattle wrote *The Science of Getting Rich* in 1910 – in which he states all that is has been created through thought; man also has the power to create through his thoughts; e.g., by choosing wealth, the universe expands (which is its natural order); to manifest what you have expanded from the non-physical into the physical reality, you do so through internal mental techniques such as visualisation, vibrational alignment, faith, and gratitude.

Ernest Holmes wrote *The Science of Mind* in 1926 – in which he stresses the link between thoughts and thinking and Spirit as the Universal Mind that is the origin of all that exists.

Napoleon Hill wrote *Think and Grow Rich* in 1937 – a step-by-step wealth creation manual for any aspiring entrepreneur. Each page is filled with pearls of wisdom, and each chapter is dedicated to a necessary step toward riches.

Louise Hay wrote her first edition of *Heal Your Body* in 1976 – a reference guide detailing the mental causes of physical ailments – and developed positive thought patterns for reversing illness and creating health. She later went on to write the famous bestseller – *You Can Heal Your Life*.

In 1994, Stephen Hawking wrote his *Black Holes and Baby Universes*, a collection of his essays, insights and beliefs from 1976 to 1992. In these fascinating pages, he demystifies the perception that the universe cannot be explained or known, that our connection is far more than calculations and data.

What has now been proved is that it is not the thought mind that creates the transmutation; in fact the thought mind evolved the time based ego entity that is the cause of continued cycles of suffering. It is in the practice of present

moment awareness and the letting go of self definitions and false perceptions that all natural abundance flows.

### ***Elemental Principles in Evidence Today***

Since 2000, many articles and books have been written about aspects of universal principles and the crucial understanding of the scientific field of Epigenetics.

Better known is the work from Dr Bruce Lipton, a cellular biologist who went on to create his book 'The Biology of Belief', attracting the world's leading authorities in science and self help, showing the unquestionable connection between mind, body, spirit *and* science.

Even today, we can see celebrity figures openly talking about their belief in consciousness principles and laws: Will Smith, Jonny Depp, Madonna, Oprah, and Brad Pitt to name a few, have all spoken of their interpretation of the concept. The beauty of understanding our energetic consciousness is that the principles break down all boundaries in creed, colour, and religion.

These principles *are* the basis of everything and every religion. All followers of a spiritual path can relate to the elemental principles, as can scientific scholars, because anyone can understand we live in an 'energetic' universe, everything comes from and is made up of energy within the physical realm. This realization breaks down the communication barrier and shows we *are* all connected!

So the principles are not a new idea or marketing concepts. The notion that your beliefs are able to shape your reality or your destiny and that if changed, they can change your life; has been around since the dawn of time.

Unfortunately, for many centuries it was only the select few or those wielding power, aware of this powerful message, who kept it from the general public as a means of control.

As we enter a new paradigm, a time of awakening, the access to personal consciousness is now available to everyone. Now is your time to learn what

was so closely guarded for so long and use this to create total abundance and happiness in your life.

## **A Course in Energetic Communications**

### **Exercise 2**

Take time... expand your mind!

I am a true believer in continuous opening of our truth, knowledge and awareness and it is the false perception we need to learn, as awareness the knowing is already there, we just need to let go of the shadow ego's limitations to access it.

Make a conscious decision to get out to a library or book store and get yourself some of the books mentioned here ... read them ... devour every word ... commit them to memory.

Look for information, check out all the religious texts, and spot the comparisons. Re-look at information about the great philosophers and scientists; do you recognise the references to the conscious principles and energetic communications?

Listen to interviews, check out information. Let your mind and heart seek the answers your consciousness is giving you the questions to. This will allow you to become confident in your own discoveries, to know what you are now 'learning' is in fact all part of the *knowing* within you, the communication of your intuition, from consciousness to physical form, calling you to be the magnificent creator you are here to be!

## Part 3 — Quantum Physics and the Elemental Principles

*These principles are the laws and conditions of motions and of forces, which especially relate to philosophy.*

~ Sir Isaac Newton

*I couldn't have written another course on conscious dimensions and forces outside of us directing our fate, as this would make me incongruent with the awareness I have experienced through my own evolvement.*

*My journey has been a harrowing and challenging one that was caught up for decades in the belief I was a victim of my generations and fate.*

*It was actually through science, in particular quantum physics and epigenetics that I was able to reconcile the spiritual, scientific and energetic processes.*

*Through my own practical experiences of changing my beliefs, I had a burning desire to know why this could be, what was going on in my body and at cellular level for the changes in my beliefs to be consistently showing up in my reality.*

*It was therefore important to bring to you the information and awareness, researched in scientific fields that backed up what I had already physically and consciously experienced.*

*It is my desire that both the spiritual and scientific information will allow you to let go of some misconceptions and taboos so insidiously fed by social conditioning of the ego, that have been put into place to keep you from knowing where true change and power lie...within YOU. ~ Edel*

## ***The Science Behind the Principles***

I will now briefly touch on the science behind the theories, so that you can understand that the elemental principles – what have been labelled – “The Laws”, cover every aspect of our living world.

Newton's Theory describes the universe being composed of building blocks that are solid and static and therefore cannot be changed. In his theory of gravitation, Newton went further and proposed that gravity was a universal force, and that the Sun's gravity was what held planets in their orbits. He was then able to show that “Kepler's laws were a natural consequence of the inverse squares law”, and today all calculations of the orbits of planets and satellites follow in his footsteps.

An extract from his assistant's diary shows how Newton's energy essence was already communicating with him:

*In the year 1666 he retired again from Cambridge ... to his mother in Lincolnshire & while he was musing in a garden it came into his thought that the power of gravity (which brought an apple from a tree to the ground) was not limited to a certain distance from earth, but that this power must extend much further than was usually thought. Why not as high as the Moon thought he to himself & that if so, that must influence her motion & perhaps retain her in her orbit, whereupon he fell a-calculating what would be the effect of that superposition.... ( Keesing, R.G., The History of Newton's Apple Tree, *Contemporary Physics*, 39, 377-91, 1998)*

You see scientists do not ‘discover’ equations, theories...they awaken to what is already within your conscious awareness!

Newton's work was regarded at the time as definitive; however, with the growth of Quantum Physics, it has now been shown that there are no separate parts, that everything is fluid and always changing.

Classical physics described certain aspects of the impressions, but it cannot explain their origins. For such an explanation, we need *Quantum Theory*. In fact, we do discover that in life, *every type of pleasure* is an example of quantum motion.

Take any example of a pleasant situation: for example, a beautiful evening sky, a waterfall, a caress, or a happy child. Classical physics is not able to explain these ... the colours, shapes, and sizes involved remained mysterious.

In the early days of physics, this limitation was not seen as a shortcoming, because neither senses nor material properties were thought to be related to motion – and pleasure was not considered a serious subject of investigation for a respectable researcher!

However, we have since learned that our senses of touch, smell and sight are primarily *detectors of motion*. Without motion, there would be no senses. Furthermore, all detectors are made of matter.

During the exploration on electromagnetism, we began to understand that all properties of matter are due to motions of charged constituents.

Density, stiffness, colour, and all other material properties result from the electromagnetic behaviour of the building blocks of matter: namely, the molecules, the atoms and the electrons. Thus, the properties of matter are also consequences of motion, and motion is energy.

### ***What Physicists Say***

Einstein revolutionized the physics world in 1905 with his equation  $E=mc^2$  (Energy = Mass x Constant<sup>2</sup>), where energy and matter are *interchangeable*. This allowed scientists to realise that everything is energy. In physics, action is 'a measure of the *change* occurring in a system'.

Therefore, a minimum action implies that *there is a minimum change in nature*. Thus the quantum of action would perhaps be better named the *quantum of change*.

When two observations are compared, there will always be change between them. In every system, there is always *something* happening, so as a consequence, in nature *there is no rest*. Everything moves, all the time, at least a little bit.

True, these jumps are tiny and are too small to be observable by any of our senses. For example, the *quantum of action* implies that in a mountain – an archetypal 'system at rest' – all the atoms and electrons are continually moving around.

What happens on the inside determines what's happening on the outside. Our presence shapes our experiences.

### ***The String Theory***

Beliefs are a resonating frequency. Einstein unravelled the *string* theory not long before he died, showing that everything works through resonating energy frequency.

Modern physics confirms this concept and experiments performed with the particle accelerator at CERN in Geneva have shown that there are just twelve basic building blocks of matter. These are known as the *elementary particles*. Everything we've ever seen in any experiment, here or in distant stars is made of just these twelve elementary particles.

String theory asserts that the fundamental building blocks of nature are not like points, but like strings: they have extension, in other words they have length. And that length dictates the smallest scale at which we can see the world.

What possible advantage could this have? The answer is that strings can resonate.

In fact, they can resonate in an infinite number of different ways. This is a natural idea in music. We don't think that every single sound in a piece of music is produced by a different instrument; we know that a rich and varied set of sounds can be produced by just a single violin.

String theory is based on the same idea. The different particles and forces are just the fundamental strings resonating in a multitude of different ways. The mathematics behind string theory is long and complicated, and it has been worked out in detail.

But has anyone ever seen such strings? The honest answer is 'no'. The current estimate of the size of these strings is about  $10^{-34}$ m, far smaller than we can see today, even at CERN.

Still, string theory is so far the only known way to combine gravity and quantum mechanics, and its mathematical elegance is for many scientists sufficient reason to keep pursuing it. It puts the motion of atoms as a vibration. Your beliefs create a resonating frequency, which causes electrons around the atoms to move in a higher orbit.

## **The Field of Epigenetics**

Evolution can only happen when we allow ourselves to embrace change and let go of archaic methodology. We can see this most profoundly in the field of Epigenetics, it has expanded our understanding of the power of our internal environment, our beliefs and the nature of our cells and DNA. Epigenetics (which I will cover in more detail later in the course) has proved that the Darwinian theories were incorrect, that we are not the product of our external environment; instead we are the creators from our internal beliefs.

The power of belief energy has been shown in amazing research by Dr Masaru Emoto from the Yokohama Municipal University, where he photographed newly formed water crystals. The crystals formed in frozen water revealed changes when specific, concentrated *beliefs through focused intent* were directed towards them.

Dr Emoto found that water exposed to loving words or intent showed brilliant, complex, and colourful snowflake patterns. Water exposed to negative words or intent formed incomplete, asymmetrical patterns with dull colours. It has since been proven that water imprints memory, it can become 'distressed' when forced through treatment plants and sharp, ridged pipe work, or held for long periods in plastic containers.

So much of science now backs up what metaphysical philosophers have known for centuries. It has also paved the way for all of us on this planet to be the conscious creator of our own reality – how awesome is that!

## **A Course in Energetic Communications**

### **Exercise 3**

It is important that in your journey to being a conscious creator, you understand that everything has its basis in energy and its transmutation.

Just imagine, every object in your house is actually constantly moving! Every object contains atoms and molecules – just as our physical bodies do – and these are in constant vibrational frequency. Really begin to appreciate the quantum world that is moving and communicating all around you.

Again, take time to research events and experiments that help explain how energy reacts around us. The Cambridge physicist Dr Stephen Hawking has now published many books in this area as well as an outstanding DVD: *Stephen Hawking's Universe*.

Begin to be aware of energy around you. Not just when you plug in a kettle or switch on a light! There is moving energy constantly working all around you, every movement of a leaf, the wind blowing and running water. Even your car is made up of moving molecules!

Let yourself step out of your busy world and make space to be present in this moment to start appreciating the wondrous world around you.

More importantly, begin to realize that you are the creator of this amazing landscape of life.

## **Part 4 – Understanding the Principles that Make Energetic Communication Work**

*Physical concepts are free creations of the human mind, and are not, however it may seem, uniquely determined by the external world.*  
~ Albert Einstein

*I was very hesitant to refer to these principles as 'laws' as I have come to be aware that yet again, these terms are part of social ego conditioning.*

*That energetically any laws come from energetic contraction, set down by those would do not honour their own worth and value. 'Laws' conjure up perceptions of finite terms, which I have come to understand is not the case with energetic principles.*

*As you will come to understand through this course, energy is a by product of consciousness, organic, alive and transmutable. It follows that all principles describing energetic terms, must be viewed as transmutable also, not set in stone.*

*So in this chapter, it is my intention to bring to you as much information and awareness around energetic principles and how they are constantly at work in every aspect of your life. After all, knowledge is power and having this knowledge will allow you, like me, to consciously have them working for you.*  
~ Edel

### **The 12 Elemental Principles**

The scientists have come up with a myriad of calculations for the 12 basic building blocks of the physic world. I would like to give you a simple explanation of each so you can appreciate how energy works all around you, through you and in you.

## *Law of Compensation*

Ralph Waldo Emerson (1803-1882) explains compensation in clear terms: 'For everything you have missed, you have gained something else and for everything you gain, you lose something else.' Again, on January 8, 1826, he writes, 'The whole of what we know is a system of compensations. Every defect in one manner is made up in another. Every suffering is rewarded; every sacrifice is made up; every debt is paid.'

In the spiritual sense, compensation means both our actions and the consequences that flow from them. Yet another term used to describe the same thing is 'The Law of Action and Reaction': for every force, there is a counter force.

The purpose of the law is to bring to our consciousness the realization of our acts of omission and commission, the duality of our being in both positive and negative polarities.

Its main objective for us is to make compensation for the errors and wrongs we have committed and to gain from the good or benefits which we have provided for the lives of others. Once we have become conscious of these positive or negative attributes of our own lives, the law of compensation has been fulfilled.

## *Law of Action*

This is based on Newton's three laws of classical mechanics:

- ⤴ A body remains at rest or in motion with a constant velocity unless an external force acts on the body (first law of motion)
- ⤴ The sum of the forces acting on a body is equal to the product of the mass of the body and the acceleration produced by the forces, with motion in the direction of the resultant of the forces (second law of motion)
- ⤴ For every force acting on a body, the body exerts a force having equal magnitude and the opposite direction along the same line of action, as the original force (third law of motion or law of action and reaction)

In every interaction, there is a pair of forces acting on the two interacting objects. The size of the force on the first object equals the size of the force on the second object. Forces always come in pairs - equal and opposite action-reaction force pairs.

What was also discovered was that action is 'a measure of the change occurring in a system'. Therefore, a *minimum* action implies that there is a *minimum* change in nature. Thus the 'quantum of action' would perhaps be better named the 'quantum of change'.

So for anything to change – your experiences, your conditions – there has to be action.

Action is energy based on universal law.

### *Law of Correspondence*

What happens on the inside determines what happens on the outside  
'As within so without'. 'Our outer life will reflect our inner life'.

There is a *direct correspondence* between our experiences and our beliefs and attitudes. This law simply makes clear that problems don't exist as problems. Our minds and beliefs make them problems. That's why when we deeply believe that they are really opportunities, they become opportunities. It's important for us to have clear visions to make this law work better.

In itself, this law only allows us to understand why many people are poor and remain poor, and why those who are rich get richer.

Nothing in our outer lives can change without first making changes on the inside. In fact, the basis for all self-help is 'change from the inside out!' It does not matter what we change on the outside, if we haven't done the work to change on the inside.

Our reality will continue to evolve so that it is a reflection of our inner beliefs and world. Until you let go of trying to define who you are, you will continue to be controlled by the time based ego and reflect this as experiences. To become the change you wish to see requires present moment awareness which becomes the reflection in your life, you will always transmute exactly how you continue to be, believe, and feel.

### *Law of Resonance*

This universal law states that everything in the universe moves and resonates – everything is resonating at one speed or another. Nothing rests. Everything you see around you is resonating at a unique frequency, and so are you.

A table may look solid and still, but within the table are millions of millions of subatomic particles running around and 'resonating' with energy. The table is pure energy and movement.

Everything in this universe has its own unique resonating frequency. It is the law of resonance in action. However, we can't see it, so it appears separate and solid to us. This is actually an illusion.

Yet for each unique resonance, all energy coexists and communicates, because every living particle is all the same energy, as we are.

Everything and everyone is connected; we are one and the same.

### *Law of Transmutation*

The law of transmutation states that energy changes from one form to another. We see this clearly in nature when the seasons change; the leaves drop off the trees; the plants die and are absorbed into the ground. This is the release of energy.

In my published book, '7 Systems to Success', I explain 'Sex Transmutation', where the powerful energy used in making love can be transmuted into focused energy of action in other areas of your life and will create massive momentum and success.

Even when you see the sea and sand ... sand is eroded rock ... sand heated produces glass ... transmuted energy.

With energy transmutation, we all have within us the power to change the conditions in our lives.

Higher frequencies consume and transform lower ones; thus, each of us can change the energies in our lives by understanding the universal laws and applying the principles in such a way as to effect change.

### *Law of Polarity*

A polarity is a *singular* experience stretching in two opposing directions, toward positive and negative poles. Each of these polar elements contains the essence and characteristics of its opposite pole.

The spectrum of possibilities within that polarity includes all the variations of vibratory resonance between the two extremes. There are always opposites in the physical realm. The point of balance between each extreme of the polarity is neutral space.

What does the law of polarity have to do with you and how do you use it?

By understanding this law, that we are able to see the balance of our experiences, we turn a negative situation into a positive situation because we know there is polarity, just as we know there is light and dark, heat and cold – because we have experienced them.

It is in having our life experiences that the laws of the universe are so evident; our experiences bring us the polarity, the contrast to understand meaning and define what we truly desire.

### *Law of Rhythm*

With the Law of Rhythm, energy creates the cycles, phases and seasons. It is a great law hidden within nature and this physical world.

We see evidence of this in the movement of the tides, the effects of the lunar cycle, the sunrise and sunset. All our seasons in the year are based on the law of rhythm. You hear people look in awe and say, 'Isn't it amazing how nature knows when to change!' They are not aware that nature obeys the elemental principle of the law of rhythm.

Our own human life cycle is based on this law, from birth, to infant, to toddler, to teenager, to adult, to middle age, to old age, to death. This, of course, is the human body life cycle. The energy-being beyond all of this is immortal and at physical death, the law of transmutation applies itself; we transition back as pure conscious awareness.

This law is most evident in music; the harmonious coupling of resonating notes played, brings a natural harmony to our physical form. Music is the purest way to feel the energy within this law; it is uplifting, inspiring, and motivating.

As energy entities, we too, work and respond to the law of rhythm around us; we are aware by our emotional energy when experiences or situations 'feel' right, whether we are in harmony with them. It is for this reason that in my *Path of the Peaceful Warrior Meditation Experience*, I guide people to connect and recognise their energy frequency as part of the foundation of becoming a conscious creator.

## *Law of Attraction*

The Law of Attraction is the elemental principle of 'That which is like unto itself is drawn'. However we have seen this misinterpreted through mainstream spirituality as 'a force outside ourselves' so what is resonated as frequency will attract the same frequency back. There is a false perception the law of attraction will bring all wealth and success into our lives. This is not the case; always your experiences *reflect your internal place of resistance or presence*.

When the physical world is in the flow with all elemental principles, reflection is a natural process, and this also applies to people.

As human entities we are resonating the frequency of our beliefs, with our emotions being the gauge. Whatever is your dominant belief, it will create the reflection of this in your external world, through experiences and opportunities.

I have heard much discussion on the failure of the law of attraction when it comes to those who are victims of abuse, particularly children. How could they attract such things?

What people fail to take into account is this isn't anything to do with law of attraction. This is the natural epigenetic process at work and our conditioning and control through the artificial intelligence that is ego. It has been misinterpreted by many as a process, when in fact law of attraction is the *outcome*.

As energy entities we come into these physical bodies to have life experiences. However, many of us are hugely disconnected from our conscious awareness as wave on wave of social ego conditioning is forced upon us, brought through by generations of control, lack, and fear. This leaves many in severe self-limiting belief and a lack of confidence, leading to the need to control others.

Children are connected beings; they are closer to their conscious awareness because they live in the moment. When an experience is brought on them, forced on them by someone living in disconnection, lack, whose driving force is to control, they are subjected to an experience they do not desire.

Yes, we reflect what we believe and resonate, but we can also be affected by others' experiences and with children the conditioning begins within the home environment or by those who are influential in the child's development or narcissistic control.

Children, unfortunately, are as yet not taught how to move their conscious beliefs away from bad experiences, so their focus will be on why it happened, what they did wrong, or that they do not desire the experience to happen again. As an outcome their dominant, powerful frequency creates the reflection. It is also worth understanding that this is a journey of experiences we as conscious awareness are expressing. So often the experiences we create are bringing *meaning* to assist us to grow and evolve away from the ego and back to awareness.

Part of my guidance is to assist others to become the observer, watcher and witness to their thought mind, to realize what power their beliefs and emotions have on their physical environment. I guide them how to consciously change their beliefs, practice present moment awareness and understand the communication of their emotions allowing them to live and reflect the peace and freedom of their truth.

No, you don't attract wealth, success, well being, or love into your life. Your experiences are the *reflection* of your place of belief. So there is a lot more involved than just visualising or thinking about what you desire without having the belief in it.

### *Law of Gender*

The Law of Gender shows us there is feminine and masculine energy in every form in existence. In our human forms as physical male and females, but also within us – males have feminine energy and females have masculine energy. Much like the law of polarity, both ends of the spectrum must exist.

In nature, this law is witnessed in the male and female plants and flowers. Pollen is taken from one plant to fertilise another, the holly tree grows as male with just leaves and female with berries.

Within electricity there is female and male, positive and negative, gender manifests on all planes.

At the moment you were created, your division was two cells; one male and one female. Both are mirror images of the other; both are divine compliments of the other.

Both are identical in every way – the divine feminine and the divine masculine. One will not work without the other.

It is the realisation that through these elemental principles everything is connected, everything responds, resonates, vibrates because of the other principles.

All physical existence is connected ... is energy.

### *Law of Relativity*

The Law of Relativity states your perspective in observing something depends on where you are viewing it.

Briefly, time is an illusion. Time is affected by your view of time based thought; time is relative. How you see time depends on where you're viewing it. A minute on the moon goes faster than a minute on the earth. A minute on the sun goes slower. Time on the sun is actually stretched out; it moves more slowly. In fact as all physical existence is a projection, time is transitory, illusionary projections. Past and future are merely electrical impulses, they do not exist, what is alive is this moment of now, where the ego entity cannot survive in.

The same can be applied to material things – money, for instance, to someone with no money, \$100 would be perceived as a lot, but to a millionaire it is trivial.

Luxury for some could be living as close to the natural world as possible, while others see luxury in big houses, fast cars, jewellery, or possessions.

This law allows us to stop comparing our experiences with others, because everyone views from a different relative perspective. Our experiences are for us alone, to observe the reflection of our belief and become aware of the shadow ego working through time based thought.

### *Law of Cause and Effect*

The Law of Cause and Effect shows us that nothing happens without a reason. This is the evidence of our experiences bringing us meaning. Everything works through action to which we can react or be present to. The universe is always in motion and in continuous energetic communication.

I always refer back to nature, because there we see the elemental principles working so clearly. Look how the increase of pollution makes changes in the

atmosphere, the effects on the ice melting, and the increase in such things as tidal waves – all cause and effect.

In our own lives, we can witness this also. We choose to take a certain course of action, and we receive the reflective effect from that. Many people live their lives fighting fires because they react to or are trying to change the effects of situations rather than observing the reflection of their place of belief and where the internal change is required.

Once you consciously create your beliefs and perceptions, you will then see the corresponding effects/ reflections from them.

### *Law of Divine Oneness*

The Law of Divine Oneness is a bringing together of all elemental principles. It states that everything and everyone, physical or non physical, are connected through energetic communication.

Every one of us has his or her own interpretation of the divine, be it God, Buddha, Jehovah, Allah; but we are the divine conscious awareness.

We are not only connected to this energy, we *are* beyond energy, we are the special awareness in which everything exists.

In understanding the question 'why are we here?' we need to look at this law and allow our deeper connection beyond this to open up.

Energy is a by product of awareness, in its non-physical sense it is ethereal, no form. Energy is however, pure consciousness, and this consciousness desires to know its own magnificence. But without touch, taste, smell ... it had no means of expressing this.

Consciousness expresses through the projection of the physical realm and all elements of it. The by-product of energy created the energetic transmutation of every entity projection in what we call life.

As energy entities, we are here to create experiences that will open us to the knowledge we are pure conscious awareness. Intuition and our energy beings are always the indicators for when our physical entity are not in harmony with their true essence.

When we are led by the shadow ego in the illusion of being disconnected through experiences or situations, we 'feel' uncomfortable, restless, and this is our guidance that we need to become present, getting back to BEing connected, to be living as the power of life itself.

### *Applying conscious observation in any Situation*

Am I suggesting that these elemental principles are behind everything that happens in your life: success, failure, car crashes, stubbed toes, surprise birthday parties, great friendships, and rotten friendships?

Yes, I *am* saying *everything* you experience in your life is a result of the frequency (energy) you have created, reflecting through energetic transmutation.

So, if you desire to experience something different in your life, whether it's more money, more love, more freedom, more fun, or more adventure, then you need open the knowing within you of your wholeness and completeness. Any desire of wanting more is the illusion of lack, that you do not have, that somehow you are broken. Nothing could be further from the truth.

Feel good, be present and you will reflect more experiences that make you feel good. Feel bad, react through time based thought and you will reflect experiences perpetuating the cycle of feeling bad.

Choose happiness and joy – the higher resonating frequencies of present moment awareness – and you will be rewarded with more of the same. It's that simple!

No it is not!

*It is being able to observe the reflection of your place of belief in yourself in every situation and experience. It is about identifying and illuminating to ego entity leading you down paths of time based thought that do not exist that create negative beliefs within you and letting them go.*

In dedicating yourself to your internal work and evolvment you will naturally create the changes in your external experiences.

As you use *energetic communication* consciously in your life, you become fully present, in appreciation for all, in gratitude for all, the transmutation reflects the freedom of your truth.

Allow yourself to open into the deeper knowing within you. Let go of all self definitions that limit you to the sum of the body, you are not and never will be somebody; you are no-body and no-thing. You are the power of life itself beyond all projections and illusions.

### *It Is All About Allowing*

There is one thing most of us forget, one crucial step in the process: *Allowing*. Allowing is a *must* in the creation process, and it can be confusing if you haven't had much exposure to this concept. In fact you have, in any space where you have said to yourself 'I give up!' you have in fact energetically served the intent 'I let go'.

In generations past, struggle and effort was a way of life. For some, it was the *only* way of life. You were taught that nothing comes freely in life; if you desire something, then put nose to the grindstone and work for it.

There is another way; some would call it a better way. It simply is an alternative path to a similar destination.

What is this path? *Allowing = releasing resistance*.

Raise your frequency (through changing your current beliefs) by practicing present moment awareness, understand in this moment 'it is as it is', it cannot be changed, any focus on thoughts of the future or comparison of the past are the ego entity fuelling itself. In letting go and becoming fully present your purpose can energetically transmute in your life.

What many people do next is start taking further action to get their new circumstances to form physically. You might work harder to make more money, or you might join a dating service to meet the partner of your dreams.

However, so many people still hold and activate thoughts of anxiety and doubt, while expecting the new beliefs to work. Only when you let go of the ego's hold through the thought mind will you transmute change.

Okay, I'll let you in on some radical facts:

- ▲ Understand you do not need to *do* anything
- ▲ You never need to work out the *how* of your energetic transmutation
- ▲ It is your energetic reflection that transmutes *how* it will happen.

This is not the same as taking *action* when an opportunity presents itself; this is more on the *how* it will present itself. This is where allowing comes in.

### *Applying the Tools*

Okay, I'm going to knock your socks off with this one!

What if, after you've focused, and expressed your desires, you simply *let go*? What would happen then?

I guarantee most of us are under the impression that nothing would happen. I am going to let you in on one *big* secret to unleashing energetic communication; you can *allow* the power of this moment to open the abundance within you.

You don't have to make things happen; this actually causes energetic restriction, it is in present moment awareness that you open to the power of life itself.

Now if you're scratching your head, I'll break it down through the course, but for now, there are three key parts to allowing:

- ✦ First question is always *how*, how will everything come to me? And this is where people start from the wrong premise. You see it's not the how ... it's the *letting go* of the how.

Once you have put your desired outcome as your belief process. It's a done deal energetically. There is no need to control the situation, to beg, as this puts you in a position of lack, it's just not necessary; all this does is fuel the ego.

It's all about remembering to *let go* and trusting the process of energetic transmutation as the reflection of your beliefs, in the most beautiful and effortless way possible.

- ✦ Impatience is another area of resistance. Once you hold solid belief, it is expected to be transmuted immediately. Most people won't wait for the energetic process; they *want* it now and of course this is the ego at work, which moves them away from being fully present, so perpetuating the cycle of lack.

However, putting themselves in a place of *wanting* means the transmutation process is focused on the *want*, and as you reflect what

you give your belief to, you get more *wanting*.

To be in a place of no resistance, you need to be grateful for your desires as if they are already with you. In present moment awareness is the power of life itself, the flow of all abundance. Live and breathe being present. You need to focus on the conscious principles of trust and belief. Put yourself in a place of appreciation for what you have and gratitude for your desires already being here, which allows you to practice present moment awareness and let go of the *when*.

- ✦ Last but definitely not least, is the act of appreciating. It can be difficult to find appreciation if you are not happy with your life, but it comes back to what you focus on is what you reflect. Even in difficult situations, finding some aspect to appreciate raises your energetic frequency, while you work on the internal self enquiry and you begin to become fully present in this moment.

It can start with really small steps, from 'I appreciate my lovely cosy bed', to 'I appreciate the challenges in front of me are there for me to observe my place of belief while giving me the chance to work with amazing people'.

Over time, you will begin to acknowledge more and more things to appreciate. More often than not, those things continue to get bigger and bigger the more you keep the practice up.

Transmuted energy will provide *conscious coincidences* for you to notice, and in these instances; you will usually feel a nudge in a certain direction.

Johann Wolfgang Von Goethe said, '*In nature we never see anything isolated, but everything in connection with something else which is before it, beside it, under it and over it*'.

It might be your inspiration to start a business, to attend a certain event, to listen to a lecture, to read a particular book, or any number of other actions. If you put action to these nudges, synchronicity will kick in and opportunities transmute.

These opportunities are an opening that can help you to create your desires simply and easily – and more importantly, quickly.

Above all look for the good feeling, it should feel wonderful and inspiring. By feeling excited and eager to do something, you can be assured you are being inspired to take a particular action, rather than feeling as if you *have to* do it.

## A Course in Energetic Communications

### Exercise 4

So, now comes the point where you need to put some action in!

For many, it is going to be a challenge, stepping away from what you have been used to, what you have been convinced is the only way things should be done, this is just the artificial intelligence as ego in survival mode.

Take time to be aware of your beliefs. It may feel like you are monitoring them for a while but in time it will become an effortless process.

When you find yourself trying to analyse how your desires will happen, how you will get more money, that new job, write it down. You will be surprised by how often you allow these thoughts to creep in and scratch around; I know I did exactly the same when I first started my evolvment!

Take your mind away from the *how*; focus on being present and appreciating aspects of your current experiences.

Start to develop belief. Belief in yourself ... belief in the process.

All highly successful conscious people throughout history have applied this knowledge. Understand that when applied correctly, this works!

Bring yourself out of the *lack* mentality of time based thought; start to develop an *abundance* mentality by being present in this moment.

## **Part 5 – Self-Actualisation steps**

*'Find out who you are, what you are, what you like and don't like, what is good and what is bad for you, where you are going, what your mission is.'*

~ Abraham Maslow

*'I have always been a 'why' person, much to the annoyance of my physics teacher at school, who could not explain to me the fundamental reasoning behind equations. To be fair on him, not many people could or can, without accessing energetic consciousness, so this had to be and still is my life's quest, to fully understand energetic principles and their integration within our physical reality.*

*The same came about in my own evolvment as I began to understand that being and feeling positive seemed to create a better set of experiences, having fully understood the contrast of living and feeling negative and how that created such a prison for me.*

*In my analysis, it became clear that our emotions are very much tied into what then becomes reality; in fact it became very obvious they are our guide on so many different levels.*

*In this chapter I share with you the foundations of understanding your emotional scale, as you begin the journey of going inward and recognising the amazing communication that is always going on and how you interpret this through your body's messages.' ~ Edel*

### ***How to Create Tools to Make the Steps***

Psychologist Abraham Maslow came up with the term *Self-actualisation* to describe the ongoing process of fully developing your personal potential.

It should be noted that it is a process, not a goal; self-actualisation is not something you aspire to, it is something that you do.

Self-actualisation is not restricted to high-profile, high-achieving individuals, anyone can do it.

You will not turn into a self-actualiser overnight, but there are some steps that you can take right now that will get you moving in the right direction:

- ✧ *Are you really living?* Are you living a life that you find deeply rewarding and meaningful? It's a question you'll need to ask yourself regularly.
- ✧ *Face your fears.* Are you creating resistance because of fear? Life choices should be on a desire to grow, rather than as a reaction to fear.
- ✧ *Are you willing to change?* You need to be willing to change, willing to take *action* and carve out a new direction.
- ✧ *Take responsibility.* You are the creator of your own reality; don't wait for someone else to lead your life. It's your life, and it's up to you to make the changes so that your life holds greater fulfilment.
- ✧ *Revel in your uniqueness.* Be prepared to take the 'red pill'. Creativity is not following the herd. Enjoy being different. Remember to trust and to follow your impulses.

### ***Designing your Personal Emotional Guidance System***

Remember, you are always reflecting your experiences with people, things, situations which are a frequency match to your beliefs expressed as feelings.

At times along your journey, your emotions might fluctuate; this is fine because it's your indicator of resistance and knowing when you are not in harmony.

Your very emotions are your own personal Emotional Guidance System. Your internal navigation system if you like!

Just begin to be aware of your emotions; as Joseph Campbell said, '*Follow your bliss*'.

Below is a navigational scale. In order to be an emotional match for your beliefs to create the reflection of your inner harmony, in your external experiences, your emotions need to be between 1 and 5.

1. Bliss – total connection – presence – internal peace.
2. Joy – happiness – excitement.
3. Knowing – love – Freedom – calmness
4. Believing – faith – trust.

5. Hopefulness – relief – possibility
6. Worried – doubtful – discouragement
7. Overwhelming – pessimism - distraction
8. Irritation – impatience – agitation
9. Aggravation – confusion – irritation
10. Frustration – fear – blame
11. Disappointment – lack of belief – insecurity
12. Anger – rage – hate
13. Depression – procrastination – cynical
14. Powerlessness – isolation – illusion of separation – complete resistance

### ***Contrast to Clarity Creation***

There are three steps to the creative process:

*Step 1: Clarify your desires.*

By seeing contrast, you are already practicing awareness – what you appreciate as opposed to what you do not. Once you have the contrast, keep your focus only on that. The past does not exist except in thought and the ego will use this as a means of creating illusion as negative, cellular ‘memories’. What created the contrast, it is gone and was only there as an experience to learn from.

*Step 2: Be a frequency match to your desire.*

Once your belief is out there, it’s a ‘done deal’. Your epigenetic process will create the transmutation. What you have to do is bring your cellular frequency up to maintain higher frequencies. Work on your appreciation for yourself, on the practice of present moment awareness to open up your self love and worth.

*Step 3: Harmonizing Beliefs and Emotions.*

Wherever you are on your navigational scale, take time to allow yourself observation and reflection to move into a present moment awareness, which will automatically raise your frequency. When you focus on your truth, on staying true to your values, it will automatically bring in the energy of your emotions and increase your cellular frequency resonance.

***Observation to feel on:***

*I am changing my belief, and in so doing I am creating all good things to support and enhance my life.*

## A Course in Energetic Communications

### Exercise 5

So, where do you begin?

I'm sure part 1 has given you a great deal to *feel* on, and I will go into greater detail through the next sections.

By the time you have finished the course, you will be able to connect, let go of resistance, allowing the well-being and abundance in, and be a conscious creator of your reality.

In the meantime, take time to really look at what your desires are and write them down.

- ♣ Where is your passion?
- ♣ What self definitions are you holding onto?
- ♣ Where does your true happiness lie?
- ♣ Do your own personal 'stock take'. Here's where my accountant background creeps in! Draw up your double-entry table with two columns. On the left write, 'Things I don't desire in my life'; on the right, 'Things I do desire in my life'. Starting with the left column, write as many things as you can (at least 20). This is showing you the *contrast* to what you do not desire and will make it easier to identify what you do, which you will then write in the 'do desire' column.
- ♣ Start becoming observant of your emotions and beliefs. Take time to *feel* your internal dialogue, be aware of how you feel in every situation.

Introduce yourself to your energetic communication.

As you start to acknowledge your *inner* self and connect, you will automatically start to *see and feel* more and will become more in tune with your energetic communication.





Knowledge

Epigenetics

# A Course in Energetic Communications

Energetic Communication

Frequency