

Master Class Week 1 Notes

UNDERSTAND WHO YOU ARE

NEUROLOGY OF THE BRAIN & HOW IT WORKS

Neuroscientist Alvaro Pascual-Leone, Harvard University 1995 experiments;
He took a number of pianists and gave them a new piano concerto to play and wired them up to watch the neurons and how they were working in the motor cortex.

He found that new neurons, new synapses are formed in the brain as a result of any new activity. **Even when you imagine the activity new neurons and new synapses are being formed in the brain** exactly as if you are actually doing the activity.

The possibilities of what the mind is capable of are just now being discovered. We're nowhere near to understanding our potential. What we do know is that **the brain has been hardwired for maximum potential and effectiveness.**

NEUROPLASTICITY

The ability of the brain to rewire itself in any way that the brain chooses, in any way that we choose according to our thoughts, according to our actions, according to our input.

In the last 20 years, scientists have discovered that the brain changes and rewires itself at every stage of our life. Most of this happens unconsciously without us even realizing it's going on.

But from this point on, **We are going to take responsibility for rewiring our brains in very effective ways, very dramatic ways, because we understand the power of consciousness.**

Summary:

We have the ability to rewire the circuitry of our brain with conscious intention, and the **implications of this are extraordinary.** The human brain is often described as the most complex known object in the universe. **There's every reason to believe that many of its functions are still to be discovered.**

QUANTUM REALITY

*"Anybody who is not shocked by quantum theory doesn't understand it."
- Niels Bohr*

Dimension of time and space

The way that we experience the world is through our five senses and that everything is separate and independent from one another. This is how we experience reality because this is what reality is in the dimension of time and space.

Dimension of quantum reality

In quantum reality, everything is vibrating energy and everything is connected. There is no separation between anything. Everything is interacting with everything else.

It's important for us to understand that at the deepest level of our reality, **we are connected to everything**, that there are only two realities that are happening to us; **consciousness and energy**.

When you understand how consciousness and energy form the fabric of all reality, you can be very effective in creating and choosing the circumstances that happen to you.

Science for the longest time thought that consciousness had nothing to do with reality. The old Newtonian model is very simple: everything is made up of molecules, everything is made up of energy and everything is separate and independent from one another. It works like a mechanical universe with one thing leading to another.

We now understand is that this model is false. Everything is not separate from everything else. And yet we still live our lives as if we're living in the Newtonian model.

Science now understands that consciousness works with the energy web and has an influence on particles. They discovered this through, a very famous experiment called the double slit experiment.

They shot electrons through a double slit and then watched the patterns that formed on the other side. They noticed something very interesting. When they were observing the experiment, the electrons became particles but when they didn't observe it and they only looked at results, the electrons behaved as waves.

Summary:

Energy is both particles and waves, and it can be either one of them. The only time that energy shows up as particles is when we're observing it. Somehow in the act of observation, there's some alchemical process through consciousness that turns energy from waves into particles.

That actually it's consciousness that is creating the reality that we experience.

Robert Jahn at Princeton University was very intrigued with this and questioned, "What is the effect of consciousness?" He designed an experiment using the random event generator, which would create binary numbers of either ones or zeros. He had participants come in and imagine influencing the random event generator. One group, he would have them imagine more ones than zeros for 30 minutes. In the second group, they would imagine more zeros than ones. And then in a third group they would imagine them being equal.

What he noticed is that when people imagined more ones than zeros, more ones showed up. When participants imagined more zeros than ones, more zeros showed up. And when participants imagined it being equal, then it was equal. **The participant's consciousness and intention on what was going to happen in the random event generator affected what happened.**

Summary:

Consciousness directs Energy. With consciousness we have the ability to create our reality.

THE ENERGY WEB

In science, the energy web is called the quantum vacuum. I think it is a misnomer because the quantum vacuum is not a vacuum. Although this is the scientific term, I think a better name that explains it much more clearly and **allows you to have a concept of it in your mind, is the energy web. It is filled with energy, it is filled with consciousness.**

Everything in the universe, whether they be trees, cars, houses, people, planets, solar systems, **everything in the universe is contained in the energy web and everything is connected.** This is what science calls entanglement or interconnectivity or coherence. These are all synonymous words meaning the exact same thing. It means that **everything is connected and everything is affecting everything else. Everything is one.**

Summary:

1/ Everything is connected.

2/ Consciousness weaves and directs energy.

Everything is consciousness and energy. And consciousness weaves and directs energy. And through choice, we direct consciousness.

Understand at the very deepest level not only who you are, but what your thoughts are, and how reality happens. It is consciousness interacting with the energy web that is creating all the things that happen to us.

That's it. It's that simple. **When you understand consciousness and energy you can do anything.**

SYNCRONICITY

Carl Jung was a protege of Freud and an extraordinarily brilliant man.

Jung used the term synchronicity to explain unexpected coincidental events that happen in a way that is so unusual and so fortuitous that they are unlikely to have happened simply by chance, that there's something deeper to it, there's something synchronistic about it.

I explained to you about quantum physics, where everything is connected and everything is contained in the energy web.

A way to help understand the energy web is to think of it as if the energy web was like a giant spider's web. A spider builds the web and he builds the web because he wants to catch something because that's how he feeds himself. He builds the web and then he waits for something to happen. If a leaf blows into it, he can tell that it's just a leaf, that there is no movement. But when an insect goes into it, **he can tell by the vibration** that something is there and he will go and investigate and if he's lucky, there's dinner.

And it's exactly like that in the energy web. The energy web is intimately connected to us and the web feels us, sees us, knows what we're thinking, knows our hopes and is connected to our vibrations.

You might ask, how does it know it? Because it **communicates in the secret language of the universe, which are vibrations.** And **we are intimately connected to everything in the universe by our vibration.**

Another scientific term is the 'energy signature.' What science has discovered is that everything in the universe is oscillating, vibrating energy, and that this vibration is its energy signature.

Everything is different and has a different vibration. A rock is different from a tree and a tree is different from a car. We are different from every other person that exists in the world because we all have our own unique energy signature, our vibration, which is made up of our thoughts, our beliefs, our hopes, our desires and our fears.

Every thought that we think, everything that we believe creates our energy and vibration. And so we are vibrating this at all times within the energy web, attracting the people, the circumstances, the events, the synchronicity that matches our energy and vibration. We are connected to everything and we must never forget that.

When you have this understanding and trust how it works, incredible things happen. Believed that these types of occurrences could and should happen. Become so in tune with the energy web that you can become able to attract things into your life.

Summary

Invoking synchronicity into your life is actually easy. Let's come down to fundamentals: You are connected to everything. You are embedded into the energy web and your vibration and your energy is what is attracting things to you.

So you can enhance synchronicity by contemplating and reminding yourself over and over again that you do indeed live in an energy web where everything is connected.

Synchronicity will be awakened, enhanced, set in motion by your understanding and believing in it. Not a naive belief or a hope but a deep knowing. And this knowing is based upon your understanding of your connection to everything and your ability to weave the energy web with your thoughts and intentions and your beliefs that you hold within.

"A thousand unseen helping hands will come to be with you and help you and guide you and bring you the things that you desire in your life."

-Joseph Campbell

THE MYTHIC TITLES

Giving these functions mythic titles help us to contemplate the functions.

THE MYTHIC TITLES OF THE CONSCIOUS MIND

The Mind is the Weaver of Patterns

Thoughts are real forces, thoughts are patterns of energy and the mind is the weaver or creator of these patterns of energy.

Guardian to the Gates of the Subconscious

It is guardian to the gates of the subconscious because any thought that is repeated over and over and over again will find an imprint into the subconscious.

Your conscious mind should be on lookout for any negative thoughts, any time you are critical of yourself or someone else, every time that you are thinking defeatist, every time that you are not thinking the highest quality thoughts, inform your mind of it's new role; that it is the guardian to the gates of the subconscious.

Custodian of the Will

Willpower is a very powerful force and the subconscious has no will at all. The subconscious has no volition, no preferences, the subconscious simply vibrates energetically the patterns that it holds within. This is its function and mandate.

THE MYTHIC TITLES OF THE SUBCONSCIOUS MIND

Holder of the Patterns

The subconscious mind is the "holder of the patterns." So that any pattern, any thought, any image, any new belief that you wish to imprint, if it is repeated in the conscious mind over and over and over again, these patterns will then take a hold into the subconscious and then the subconscious will hold those patterns. They will become imprinted into the subconscious.

Communicator with the Energy Web

Anything that is imprinted into the subconscious will be vibrating day and night that energetic vibration throughout the entire energy web, attracting the people, the circumstances, the events, the synchronicity that matches the patterns that you have in the subconscious.

This is why we need a Guardian to the Gates of the Subconscious. We need a guardian because if fears or thoughts of things that you don't want to have happen to you or dysfunctional beliefs are repeated in the conscious mind over and over and over again, that is what's going to take an imprint in the subconscious. And because the subconscious is Communicator with the Energy Web, that's going to attract those things to you.

Engine of our Success

Our subconscious is our engine of manifesting.

I like to call it our engine of success because that is what I want to program into it, "SUCCESS." Our success helps many people, our failure helps nobody. It is our duty and responsibility to succeed. We can also call it the engine of our failure, if that is what we program into it.

Summary:

By understanding these mythic titles, it gives us a deeper understanding of how the conscious mind and the subconscious mind work together. This is a sacred marriage. And the more that we can understand how this amazing connection between the conscious and the subconscious minds work together, the more effective we are going to be in practicing Mind Power.

CONSCIOUS | SUBCONSCIOUS CONNECTION

Three features of the conscious mind:

- 1/ It is in constant motion.
- 2/ It is the great trickster.
- 3/ It has a lot of useless thought.

Let's look at how this works with the subconscious:

1/ The subconscious is also in constant motion. It is constantly vibrating the imprints and patterns that have been imprinted into it. You have either consciously imprinted these patterns or it's picked them up without you even realizing it. **You reach the subconscious with repetition.**

2/ The subconscious can also have a lot of very false and limited imprints. If the useless thoughts, the worry, the fear, the negatives - if these thoughts are repeated over and over again, then they too will find themselves in the subconscious.

Conscious Mind

- Weaver of the Patterns
- Guardian to the Gates of the Subconscious
- Custodian of the Will

Subconscious Mind

- Holder of the Patterns
- Communicator with the Web
(needs a guardian so only the highest thoughts get in).
- The subconscious has no will, but it is extraordinarily receptive to instruction and is the
ENGINE OF OUR SUCCESS

CONTROLLING THE NARRATIVE

The mind is a storyteller and it likes to tell stories.

It will create narratives about every aspect of our life. If you're having problems making money and getting ahead financially, you can be assured your mind will have a narrative, a story around that, reinforcing that dysfunction. The same with your health or relationships, the mind is a storyteller and it creates narratives.

It's important for us to know and understand the stories that we're telling ourselves, to realize that these stories are probably finding themselves imprinted into the subconscious. Because the subconscious is receptive to any patterns, any images, any beliefs, whether they be constructive or destructive, whether they be positive or negative, whether they be true or false if they're repeated with repetition over and over again they will find themselves in the subconscious.

Our conscious mind is limited to our own experiences; the experiences that we've had in our life, all the books we've read, all the movies we've watched, all the conversations we've had. Through these interactions we've gathered our body of knowledge and understanding. This is what the conscious mind has access to.

The conscious mind has a desire to know and understand everything and that's why it makes up stories. If we're having a problem in our relationship, we make up a story that explains that situation to us. Or if we're having financial difficulty or we have a health issue, you make up stories and narratives that support that because it is the desire of the mind to know and understand everything. It will come up with solutions and conclusions and create a narrative that explains what's going on in our life that may or may not be true.

Our subconscious mind has access to everything. Our subconscious mind is connected to everything. And what this means is that the subconscious mind and the energy web are very intimately connected with one another. In fact, they ARE one another on a different dimension. And so while we are limited to our own personal experiences, the subconscious mind, because it's connected to the energy web of all things, has access to all information.

The many chambered subconscious

There is the chamber of getting information, as the subconscious is connected to everything.

The subconscious and the energy web are bonded together, and we can draw to us, through dreams, through synchronicity, through the still small voice, through gut feelings and hunches, that we can always know and understand what we have to do and that the universe wants to support us.

The universe wants you to succeed! Success is programmed into our being.

LIGHT AND DARK SHADOW

We begin to look at our life in a different way so that we can understand what's going on; what is causing the experiences that are happening to us, especially when we have some type of misfortune or challenge.

You are vibrating messages and patterns all the time and most of this is on a subconscious level. We have all kinds of subconscious imprints and patterns that we are not aware of. And some of these patterns are dysfunctional, patterns that are holding us back, patterns that are limiting us and these patterns are what we call the dark shadow.

If you look closely at your life, you'll see that we quite often will have reoccurring patterns in certain areas of our life. Maybe we're great at making money, but we just can't seem to get our relationships together. Or maybe your relationships are great, but no matter what you do, you can't seem to get your financial situation together. Or maybe you have re-occurring health problems, and that it seems to be one health issue after another.

Any time that you see reoccurring patterns in your life, that is what I call 'footprints of the subconscious.' Any time that we have a pattern in our life that is not working for us, we can suspect that there is a subconscious belief, a subconscious image, a subconscious dynamic that is drawing these things to us.

If they happen once or twice, that's fine, but if they consistently happen to you, then you have to take notice of it. This inner work is what we call **personal archaeology**.

As you're willing to take the journey deep into yourself, you will find extraordinary patterns; you will find the dark and light shadow. We will explore the light shadow, our undiscovered potentials and possibilities in our next session.

TWO INNER WORLDS & TWO OUTER WORLDS

Basic:

The inner world; the world of our thoughts or conscious mind.

The outer world; the world of circumstances and situations that happen to us or the dimension of time & space.

These two worlds are connected with each other.

Advanced:

The two inner worlds are;

- 1/ The world of our thoughts or conscious mind.
- 2/ The subconscious mind

The two outer worlds are;

- 1/ The world of circumstances and situations that happen to us or the dimension of time & space where everything is separate and independent from everything else.
- 2/ The quantum reality, a dimension beyond our five senses where everything is connected, everything is one.