

THE REAL MATRIX
AND HOW IT WORKS

A Book Excerpt from
No Passport Required
By Matthew Joyce

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Have you ever wondered how the Matrix really works? Read on to find out.

In 1999 filmmakers Andy and Larry Wachowski released a movie called *The Matrix*, starring Keanu Reeves and Laurence Fishburne. The movie is about a computer hacker who joins a group of guerrilla fighters who change his ideas about the true nature of reality and help him to discover unimagined powers as they struggle to tell others the truth.

The movie is not only a science fiction, kung fu classic, but also a pop culture primer on the underlying nature of reality as described by spiritual teachers for thousands of years. Its fast-paced action and CGI stunts reinforce the movie's message that the reality we experience on a daily basis is created by an underlying matrix of thought and energy that can be manipulated to expand and change the possibilities of human experience.

Some time ago I was fortunate enough to learn about the real matrix that underlies reality from an expert in the field. The fact that this expert doesn't live in a physical body on Earth made the lessons all the more compelling. In a sequence of out-of-body adventures over several days I attended a lecture series where he taught my fellow students and I about the matrix and how it works. Not surprisingly it is a bit different than the movie suggests.

Although the lectures occurred in a realm beyond physical reality, I was wide awake and as fully lucid as I am in everyday life. This made it possible for me to take notes to capture the conversations and demonstrations as they occurred.

What follows on the next few pages is an article based on my journal notes from those experiences. This article is an excerpt from a nonfiction book that I'm writing about my spiritual explorations in realms beyond physical reality.

I hope you enjoy what you read and I welcome your comments and feedback.

Many Blessings,

Matthew

Matthew Joyce
Boulder, Colorado, USA

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The Real Matrix and How It Works

In the hour before dawn I awoke from a dream in which I was looking at the energy matrix that underlies physical reality. Actually I was looking at a set of energy matrices that are parts of the greater whole. They were three-dimensional grids of thin neon green lines that looked like a three-dimensional histogram or a computer-generated representation of a mountain range.

In my dream I knew that they were energy signatures. I knew that each person, indeed each thing in physical form, had a unique energy signature that resulted in a particular three dimensional matrix.

These matrices are determined by a variety of different factors. First, all human matrices begin with a baseline energy frequency. Then differences begin to appear as other factors influence the signature. For instance, male and female patterns are different. After that other factors become influential, such as biological influences from our parents, the foods we eat, the exercise we get, geography, proximity to others socially, our previous life experiences, our psychological constitution, etc. Each of these factors and many others combine to make every human energy signature unique. Even more unique than a fingerprint.

In my dream I realized that it is these unique energy signatures that enable me to find someone in nonphysical reality. When I look for someone during a soul retrieval or send out my awareness to talk with my spirit guide Chien I am seeking their exact energy signatures. The concept may sound strange, but it's how we know people on all levels of reality.

We don't just know our friends by how they look. We know their voices when we hear them on the phone. We can often recognize them by the way they walk or move their bodies. We may even know their laughs well enough to identify them in the dark. We know them by a host of unique expressions that comprise their personalities. These are all attributes that contribute to their energy signatures.

But the message of the dream was more than just this observation. The message was that if you change the energy signature, you change the person—and the person's experience of reality.

I was so struck by these concepts that I rose from bed and went to my meditation chair. Then, wrapping myself in a blanket to ward off the predawn chill, I set out to learn more about these energy signatures. As I began to meditate I held the image of one of the energy signatures

in my mind and asked where I should go to learn more about it. The answer I received was "Go to the Observatory."

I couldn't recall visiting the Observatory before, but it seemed a reasonable destination so I took a breath and willed myself there. I arrived a moment later and found myself not in a planetarium like I'd expected, but rather in the doorway of college lecture hall with raised theater-style seating that resembled an ancient Roman or Greek amphitheater. I arrived in the middle of a class lecture being delivered by a grey-haired and bearded old man wearing a toga-like white robe. He looked a bit like Socrates.

The teacher was discussing an energy matrix like the one I had seen in my dream. Beside him a projection of an energy matrix rotated in the air like a hologram. Its thin neon green lines looked like a three-dimensional mountain range glowing in midair. I moved quietly from the side door and settled into a seat in the front row of the audience. Then I began to take notes on what I heard.

"The energy signature is composed of three dimensions," said the teacher. "The X axis represents energy. The Y axis represents matter. The Z axis represents mind consciousness. Energy and matter remain neutral and two dimensional unless acted upon by mind. It is the application of mind consciousness that causes energy and matter to manifest in the world of three-dimensional form that we call physical reality.

"Mind consciousness causes each of the ripples, ridges, and spikes that you see in the energy matrix. When seen from the side these energy and matter formations appear as three dimensional projections into physical reality. Although at this point the shape before us is without substance since the lines are merely graphical representations of points on our matrix. Yet when seen from directly overhead these same lines appear as inference patterns."

As the teacher spoke I watched the three dimensional energy matrix that hung in the air begin to rotate. Soon I was looking at it from the top down as if from a bird's eye or satellite eye view. When seen from this perspective the neon green lines no longer looked like mountains. Now their three dimensional form looked like a topographical map or, more accurately, an inference pattern.

Inference patterns resemble a photograph of a pool of water taken just after a handful of rocks has been tossed into it. The concentric ripples caused by each stone overlap the ripples caused by the other stones. Inference patterns are used to create simple holographic images like those that appear on credit cards and more complicated holographic images that resemble real life objects, such as cups or apples that appear to be so real that you can see unique details from any direction.

The energy matrix is the basis for the manifestation of consciousness at all levels of reality.



"The mind of the observer converts these inference patterns into the manifest forms in physical reality," said the teacher.

"Let me give you an example," he continued. "Let's look at some inference patterns of trees."

The pattern we had been looking at disappeared and two others appeared in its place.

"The pattern on the left is that of an apple tree. The one on the right is that of a pine tree. Note how they have similar patterns overall. This is representative of tree frequencies. But look closer and you'll see that different species have different patterns. The central spike on the pine tree is taller than that of the apple tree, which appears more rounded. But notice too the ripples around them. See the second band of ripples. Note how they are tightly formed around both energy signatures. This tells us that these trees both experienced similar biological constraints. In this case, probably a lack of water that stunted their growth. In physical reality this would manifest as tight growth rings on the trees probably due to a drought," he said.

"Now let's look at these patterns from the top down." As he spoke the patterns shifted to the satellite view. "Look at them both together and watch their forms emerge."

I stared at the inference patterns like I might stare at a picture of tiny colored dots in one of those special 3-D dot images where an airplane or a dinosaur emerges from the page of the book when you look at in the right way. In that same way, I saw two trees emerge from the energy matrix. One was an apple tree about 15 feet tall with small unripe green apples on it. The other was a ponderosa pine tree about 25 feet tall. I was amazed that just by staring at those rippled inference patterns that I could now see every leaf or needle, branch and twig on the trees.

"This is how your mind converts the energy matrix into what it perceives in physical reality," said the teacher.

I raised my hand. "But, sir, it seems to me that the energy matrix explains far more than just how we perceive reality."

"Indeed it does, my boy. The energy matrix is the basis for the manifestation of consciousness at all levels of reality," he said. "Let's go back and look at the human form again."

The trees vanished and the previous energy signature of a human was back in the air in front of the class.

The teacher gestured toward the glowing green lines and said, "Mind consciousness directly affects the manifestation of the human form. We spoke earlier about how what you eat, what you experience, and

what you think all influence the energy matrix that is uniquely your own."

As he said this I guessed that he was referring to the information I'd received in my dream. In any event, I didn't want to interrupt the lecture to ask to be brought up to speed after my late arrival in class.

"So now let's look at something more specific, such as physical illness. Physical illness can manifest in a great variety of ways. Mild illness often results in a feeling of discomfort or dis-ease, such as a cold or flu with a variety of symptoms but no specific focal point for the illness. Other more developed forms of physical illness take up specific residence in the body as tumors, cancers, and the like. But all illness, like all manifestation, begins in much more subtle fashion.

"Here we see a healthy human energy signature." The signature looked the same as it had when it first appeared a few moments before. "And now we see the first sign of illness. Can anyone pick it out?" he asked.

I stared at the matrix. It looked unchanged.

"Let me make it a bit easier. Compare a before and after image," he said as a second image appeared beside the first. The two images floated side by side like the pine tree and the apple tree. "The one on the left is the original. The one on the right shows signs of illness."

I compared the two but it was difficult to tell the difference. I looked around to see if anyone else was having more luck. Most of my fellow students were staring at the images as I had been.

"Can you see a difference?" I asked the woman sitting next me.

"Not yet, but I think it helps if you rotate the images," she said.

"How?"

"With your mind," she replied in a tone that made me think my question was so remedial that I was in the wrong class.

But once she suggested it, I found it was quite easy. I simply thought of how the images should turn or twist and they responded to my commands, at least from my perspective anyway.

I quickly realized that, unlike the teacher's mental manipulations of the images, my manipulations had no bearing on how others in the class saw them. So I began to look at them from different angles, comparing the images and trying to find the difference between them.

The twisting and turning gave me more to do, but it didn't make finding the distinction any easier. I even tried using the satellite view to look at the inference patterns, but I couldn't see anything from that perspective either.

*Consciousness is
what creates the
forms and energies
that you perceive in
your reality.*

Finally a guy several rows behind me called out and described a slight difference in a small set of ripples in the new energy pattern. Even after he pointed them out, I had a hard time seeing them. But when the teacher changed the color of the important area to yellow, I finally saw what he was looking at.

The bands around one of the spikes on the second image were tighter together and slightly higher than in the original. The difference was so small that you'd need to have been a trained observer to pick it out. I felt I had been asked to read an MRI without the benefit of years of medical school and residency training in radiology.

"Very good," said the teacher. "These changes are far too slight to manifest in physical form, but they already show the influence of consciousness on the energy signature. These were likely caused by negative feelings or repressed emotions. If they continued to develop they might result in stomach aches or ulcers or cancer.

"A sore throat might look like this." The image changed ever so slightly with a different band of ripples gathering and growing higher.

"And esophageal cancer might look like this," he said. Now the ripples took on a jagged look like rows of shark-teeth. You didn't need a keen eye to see the changes any more.

"The more advanced the illness, the more pronounced the influx of consciousness into the energy and matter fields," the teacher said. "Higher spikes and larger ridges represent higher concentrations of consciousness, which in turn displace more energy and matter."

"I understand your illness example," said someone from the other side of the room, "but what about injuries. Are they caused by our thinking as well?"

"Good question," said the teacher. "They're caused by our thinking but from the perspective of physical reality they appear to have an external cause. Let's take a closer look and see how our thinking influences external events."

The energy signature changed again.

"This image represents someone who is about to break his leg. Note the elongated pattern on the right side. See how it is different from the one on the left. The one on the right is erratic, while the one on the left is consistent and smooth. This person's thinking patterns have already disrupted his energy matrix, but the injury has not yet taken place. More than likely he is unaware of the irregularities in his energy field. Few humans are. At this point consciousness is merely waiting, poised to manifest at the slightest opportunity or disturbance. Chances are this person's weakened energy pattern will result in a trip, or slip, or

fall. It might occur in a skiing accident or on a sports field or simply walking across a parking lot."

The teacher glanced at me as he said the words "parking lot," and I knew it was a pointed reference to a time years before when I had broken a tiny bone in my foot while simply walking across a parking lot.

"Can we avoid injuries like that?" called out one of the students from the back of the class.

"Absolutely," said the teacher, "All it requires is a change in your thinking. Change your thinking and you change your energy pattern."

"Yes, but you said that most people are unaware of how their thinking influences their energy signatures," said someone else.

"That's why we're here," said the woman next to me. "To learn to pay attention to these things."

The teacher smiled momentarily at our class discussion and then went on with his lecture. "Now so far we've mostly discussed how consciousness manifests within the energy matrix of the self. And I hope by this you understand that these 'selves' that I am referring to are not just those of you in class or your fellow humans in physical reality. They are also all the trees and other living forms on your planet and across the universe.

"Consciousness manifests itself in the energy and matter matrix of all things in the physical world from subatomic particles to galaxies. And it manifests in living and non-living things. Consciousness is what creates the forms and energies that you perceive in your reality.

"But consciousness does not only manifest within the physical form. Consciousness can also manifest at a distance. You do this whenever you make something in physical reality whether it is making breakfast, creating art, or doing paperwork at the office. But you can also use consciousness to manifest events, outcomes, and opportunities. Many people call this prayer or the power of positive thinking. Whatever you call it, the underlying principles are the same."

The floating images of the energy signature of the human body changed. The healthy one got smaller, while the unhealthy one disappeared and in its place a new section of the grid extended as a flat and level plane. The flat section showed the x and y axes but nothing protruded upward, indicating that no consciousness had been applied to that area of energy and matter.

"When we manifest at a distance we apply our consciousness to the energy matter matrix and it begins to take shape," said the teacher, as a spike protruded from the flat section.

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"Our intentional application of consciousness creates the manifestation according to our will." As he spoke the spike grew shorter and wider and then taller again, demonstrating his manipulation of it.

"Does the distance matter?" I asked.

"No and yes," said the teacher. "Manifestation or the influencing of energy and matter requires the application of consciousness. Consciousness is not influenced by what you perceive to be distance in space or time. Those are merely constructs of physical reality that make linear experience and learning possible. So in the greater sense the answer is no. Consciousness can influence energy and matter at any point anywhere that it chooses to direct its influence. That is what makes prayer for others and distance healing possible.

"But from your perspective in the physical realm, applying your consciousness to deliberately create an outcome requires the application of effort, which you perceive to be energy applied over time. You perceive causality as the application of intention that causes a particular result. From this perspective, manifestation in time and space are influenced by distance. That is why your thinking patterns are more likely to impact your personal health than the health those around you. Others are only influenced on a secondary level as they interact with you.

"What about ideas, sir?" I asked. "They're consciousness but they don't manifest themselves on the energy matrix. I can see ideas having a great deal of energy but no matter. You can't graph that on the matrix since to apply mind consciousness to the z axis is to apply it to both the x and y axes at the same time."

"A good observation," said the teacher. "The easiest way to understand this is to realize that the energy matrix we're looking at exists on a certain frequency rather like a plane of existence. Ideas exist on another level of existence, much as if we layered a second energy plane under the one we've been looking at." As he spoke a second two dimensional grid with longitudinal and latitudinal axes appeared beneath the first matrix.

"If I have an idea, I invest it with consciousness and it manifests on this level of reality," said the teacher. A small bulge appeared in the lower matrix. "But it will not manifest in physical form on the upper matrix until someone applies their consciousness to give physical birth to the idea, which could be a ceramic pot or an idea for a movie. At that point, sufficient consciousness has been invested in the idea so it moves from the subplane to the physical plane of existence." As he spoke the spike in the lower plane protruded higher and higher until it touched and pushed its way through the upper matrix.

"I'd go on but I see that we've run out of time," said the teacher.

At that point the lecture wrapped up for the day. Many of the students walked out through the exits. A few just vanished directly from their seats. I did neither.

Instead I walked up to the teacher and introduced myself. "Thank you for the fantastic lesson today. I learned a great deal," I said. "By the way, my name is Matthew. It's a pleasure to meet you."

"Astromides," he said with the nod of his head and an odd furrow of his bushy eyebrows that made me think he already knew my name.

"Well thanks again," I said, feeling flustered. Then I bid him goodbye and hurried to my computer to write up my notes while they were fresh in my mind.

* * *

I thought that I'd heard the end of the lecture, but the following morning when I sat down to mediate again I discovered that I was due in class with Astromides. His lecture was about to start. So I returned to the Observatory and realized that what I had assumed to be a one-time presentation was part of a longer class.

I was the last to arrive again. As I sat down in my seat Astromides looked at me and said, "Now that we're all here I think we can get started."

"Yesterday we looked at the energy matrix and discussed how consciousness influences energy and matter through the process of manifestation. Today we're going to take a closer look at how energy fields are influenced by consciousness," he began.

"As you know energy is less dense than matter, and consequently it's more susceptible to thoughts than matter is. In this way the energy matrix we looked at yesterday was a bit misleading because the x and y axes were equally influenced by consciousness. That interaction is accurate when dealing with energy and matter on the physical plane. But as I am sure you are aware there are many planes of existence beyond the physical realm," said Astromides.

This brought a chuckle from my classmates, most of whom appreciated that the majority of humans in physical reality tend to doubt that any other level of reality exists despite the fact that they unknowingly interact with those other levels on a daily basis.

"Toward the end of yesterday's class we looked at a second energy matrix when we were examining the manifestation of an idea," said Astromides. He motioned with his hand and the three-dimensional neon green energy matrices from yesterday reappeared in the air beside him. "Today we're going to focus on some of the finer points of this second subtle energy matrix.

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"First I want you to notice that it still has the same three axes and that consciousness, energy and matter are still equally represented. But the underlying matrix represents a higher, and thus more subtle and thought-susceptible, frequency than the physical reality matrix above it.

"Do you recall yesterday when we looked at the pattern in the physical matrix that represented the broken leg?" he asked.

As he lectured the upper matrix that represented physical reality morphed to resume the pattern he'd spoken of the day before. Astromides pointed to the particular rippled pattern on the leg.

"This fracturing effect was caused by a persistent thought pattern that eventually resulted in a physical break in the bone. However, the physical realm is the least susceptible realm to thought patterns and consequently it takes a greater concentration of thought to impact it.

"This fact has many implications. We're going to talk about a few of them today. First of all, because the physical realm is less susceptible to thought influence, it's possible for physical humans to hide their true thoughts and intentions, at least as they are commonly expressed on the physical plane. In other words, people can lie. They can lie to others and they can lie to themselves.

"Of course, lying is a relative term. You have phrases like white lie, which presumably mean that the lies don't have harmful consequences. Can someone give me an example of white lie?" he asked.

"Santa Claus," I said.

"Why is that a white lie?"

"Because the idea behind it is to perpetuate the magic of Christmas for children. Parents do it to create a positive effect for their kids," I said.

"What if others lie for positive effect? Are those white lies too?"

"I suppose it depends on the circumstances. Politicians lie to get elected and to achieve legislative or political results," I answered.

"Other people might lie about marital infidelities. I wouldn't call those white lies."

"Why is that?"

"Because they tend to have negative consequences."

"Yes. Exactly. A lie in itself is not morally bad, per say. It is only a thought like any other thought. The negative effect of the lie is caused when it creates disharmony in the energy matrix.

"We saw yesterday how the persistent application of consciousness impacted the energy matrix in the physical realm. So now let's see how a lie impacts things on the more subtle level. I'll need a volunteer, please," he said. Then he pointed directly at me.

I stood up and walked to the front of the class.

"OK we're going to look at Matthew here and see what happens when he lies. You're going to look at him in three forms. As he appears in this

classroom, as a hologram like the trees yesterday, and on the energy matrix."

As Astromides spoke a holographic image of me appeared beside me, as did an energy matrix.

"Now Matthew I want you tell us a lie, but not any lie. Tell us a lie that you are not personally very attached to."

"I'm Santa Claus," I said.

"How many of you noticed a fluctuation in Matthew's energy field when he said that?"

A few hands went up.

"Say it again, please."

"I'm Santa Claus."

"The effect is subtle. But note the disturbance as he says it. What do you see?"

"I saw a ripple of energy on the energy matrix and then it was gone," said one student.

"I saw a ripple in the hologram. It went right down the center," said another.

"Did anyone see a change in Matthew's auric field?"

No one raised their hand.

"No matter, we'll come to that shortly. But please watch for that next time as well. OK now so far Matthew's lie held relatively little emotional impact for him and the disharmonious vibration was slight. Now we're going to have Matthew tell a lie that he feels more emotionally attached to. Matthew, please."

I thought for a moment and recalled a time when I stole some plastic milk crates from a grocery store as a young teenager. "I've never stolen anything in my life," I said.

"And what do you observe?" Astromides asked the class.

"The ripple was bigger," said a man in the front row.

The physical realm is the least susceptible realm to thought patterns. Consequently it takes a greater concentration of thought to impact it.

"It was wider," said the woman next to him.

I actually felt the difference myself. It took guts to discuss something that I had done wrong in front of the class. Even though the event was decades ago and I'd returned the milk cartons the next day, I was still embarrassed to admit my behavior. "I felt the difference too," I said.

"Yes. The lie had greater emotional impact and thus it created a proportionately greater disharmonious resonance in Matthew's energy field. Who noticed what happened to Matthew's auric field?" asked the teacher.

"It got darker. Or cloudy," said the woman sitting in the seat next to mine.

"It changed colors," agreed another.

"Indeed. Our thoughts radiate through our bodies and into our auric fields. The vibration rate of the thought impacts the color of the aura. The closer the thought is to unity the brighter and lighter the aura. The more disharmonious, the darker the color." He paused and then said, "This is an oversimplification, but it will work for today's lesson."

"It's kind of like how the Earth's electromagnetic field is illuminated by solar activity and it makes the Northern Lights," I said.

"Interesting analogy. You might use that in your explanation to others when we finish." He nodded to me and then added. "You can sit down now, thank you."

He waited for me to return to my seat before he continued.

"So we've seen how a disharmonious thought resonates through several different displays of the energy matrix. They're hardest to see on the physical level, but you can tell they're there if you pay attention. Experts at watching humans can tell when someone is lying by observing his or her facial expressions. Polygraph tests can interpret biological changes in your skin. Even untrained observers can often catch tell tale signs of body posture, vocal inflection or eye contact. You may not be able to tell if a trained spy is lying, but it's easier to tell if your child has been in the cookie jar. Disguising your intentions on the physical plane is a learned skill. But it's next to impossible to lie on higher planes of existence.

"Can anyone tell me why?" asked Astromides.

"Because the energy disruptions are more obvious," said a woman in the class.

"Yes. As we've just seen, if you know what to look for you can see the disharmony on a very subtle level.

"Lies are obvious examples of disharmonious thoughts, but the principle applies to all thought, positive or negative. The more you attune your consciousness toward unity the more harmony you'll experience in your energy fields and in your life. The less harmonious your thoughts, the more disharmony you create. Over time—or due to intensity of emotion—these thoughts accumulate power, which radiates first through the subtle energy matrix and later through the physical matrix.

"How many of you are familiar with your different energy bodies?" Astromides asked.

Most of the hands in the class went up. I didn't raise mine as I wasn't sure what he was referring to.

"You have several different energy bodies. Can anyone name them?"

"Your emotional, mental, and physical bodies," said someone.

"Your astral and etheric bodies," said another.

"Yes, there are different ways to conceptualize them, but we don't have time to go into that today. If you'd like some review materials on the subject, see me after class. For now let's suffice to say that you have multiple energy bodies of differing frequencies that surround your physical body. Each serves a different purpose. But all are connected to each other and your conscious mind influences all of them, albeit in slightly different ways. Consequently, as I've said before, the impact of your thoughts will show up in these subtle fields prior to showing up in your physical body.

"So how can we use this information to our advantage?" Astromides asked.

"We can be aware of how our thoughts and actions align with that sense of inner harmony," I said. "The more we pay attention and align ourselves at the subtle levels the smaller the corrections we'll need to maintain harmony and unity."

"Good. How else?"

I thought for a moment and let go of ideas about personal growth and thought of service to others instead. A person who had recently asked me for a psychic reading came to mind. "We can observe those subtle disturbances in others and help them pinpoint the sources of their own disharmony," I added.

The woman in the seat next to mine spoke next. "And that disharmony could be caused by conscious thoughts, unconscious beliefs, or the actions we take," she said. "We can use it to figure out the root cause of our behaviors or the negative thoughts that we have as do certain things like when I light up a cigarette and smoke even though I know it's bad for me. Or any other example you want to come up with."

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"How about manifesting things you desire in your life." said another student a few rows behind us.

"Yes, of course. We'll talk more about that in the future," said Astromides. "Now that you're starting to see how you can apply this lesson, your homework is to find different ways to use in your daily lives."

Then Astromides dismissed the class.

I returned to normal consciousness before I remembered to ask for the remedial homework on the energy bodies. I resolved to ask for it on my next visit. In the meantime, I began to work on identifying my own inner disturbances before they manifest themselves in physical reality. I also began to use my knowledge of the Matrix to create the reality I want to experience in my life.

Additional Resources

If you've read through some of our free articles or purchased a product from us in the past, you may want to know about other resources to help you.

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The **Exploration** module teaches you to use your I Am awareness to become aware of things beyond your physical senses through a skill called *bilocation*—becoming aware of more than one state of being at the same time. You’ll learn how to send your I Am awareness beyond your physical body, enabling you to access the still, small voice of inner guidance, make psychic observations, dip into past lives, and explore the afterlife.

Expanded Awareness



The **Realization** workshop helps you advance from shifted awareness to expanded awareness. In this module you learn about the two ways to achieve enlightenment—reduction and expansion. The reduction process enables you to merge your I Am awareness and your experience into One. The expansion process enables you to expand your awareness to encompass all that is—which is Unity. I can lead you to both points, but only you can make the final leap into the realization of your Higher Self.

Personal Mentoring



If you don’t feel comfortable sharing your personal experiences in a group or you want to accelerate specific areas of your growth, then consider personal mentoring. This process is an opportunity to work with me privately to help you with your unique interests and challenges as you strive to recognize your essential and inherent completeness, allowing you to stop the relentless seeking and celebrate *what you already are* in every moment.

About the Author

What would you do if you woke up and found yourself floating in midair with your nose pressed against the ceiling?

When it happened to me I thought I was dreaming. I reached out and felt the rough wood ceiling. It felt solid and cool to the touch. So I pushed off it like an astronaut floating inside a space capsule. I drifted backwards a foot or two and simply hovered there.

Then I rolled over in midair and looked around. Light filtered in from a street light outside the window. In its wan glow I could see my night stand with my lamp, notebook, and clock radio. The clock read 2:09.

Up to this point I might have accepted my circumstances as a very vivid dream, but what came next wiped that idea from my mind.

Upon my bed lay a body. My body. Eyes closed. Bare arms resting on top of my down quilt.

I knew immediately that this was no dream.

A Spiraling Journey

That initial spontaneous out of body experience changed my outlook on life. By the time the experience ended a few minutes later I knew there was far more to my existence than I'd previously considered. This new perspective started me on a 20-year spiritual journey of self-discovery that has spiraled back upon itself.

When the journey began I was fully immersed in my life, experiencing my day-to-day existence as a dream without waking. At 2:09 that night I awoke in more ways than one. I grew curious about who I am and why I'm here. I began seeking answers to these questions through direct experience and from teachers who'd traveled the path ahead of me.

I never found a single teacher or a particular path that spoke to me. Instead I treated my journey like an all-you-can eat buffet. I tasted small samples of many things, and heaped my plate with those I liked best. Over time I studied world religions, history, philosophy, and science, skimming the surface of topics like particle physics and delving deep into the practical applications of meditation, prayer, and astral travel.

In time I learned to send my awareness to realms far beyond this physical reality, finally attaining the ability to walk in other realities that are as real and fully-immersive as this one. In those realms I interact with spirit guides, angels, nonphysical friends, and spirits of the "deceased," from whom I've had the privilege of learning as much as I have from my living teachers.

Eventually I came to realize the distinction between teacher and student was not what I thought it was. This sense of commonality propelled my awareness into direct unity with all-things. There are many names for this ecstatic union with the divine, and yet words cannot describe that immersion in light and love.

Despite the all-encompassing nature of that ineffable experience, even this was not the end of my journey. After I learned to access that state of being at will, I had yet another realization—that there is



no need for seeking at all. I realized that divine awareness simply is, and our consciousness is its expression.

Even more importantly, I realized there is no better way to express yourself than to joyously immerse yourself in the processes of life—just as I'd done so long ago.

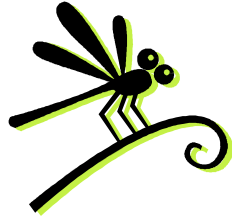
Thus my journey has come full circle. And having done so, it's my desire to help you to recognize that you too can be fully immersed in the joyous creation of daily life, while simultaneously enjoying an awareness of your unity with all that is.

I Want to Hear from You

While my spiritual explorations take me far and wide, my favorite stomping grounds are in the Rocky Mountains, just outside my door in Boulder, Colorado, where I live with my wife and two daughters.

At Higher Self Guides we believe Your Success Is Our Destination™. So if you have any questions, comments or suggestions please let me know. I'd love to hear from you.

Email: matthew@higherselfguides.com



Something bug you about this product?
If so, click on the bug to send us an email.
And if we can, we'll take care of it.
We always appreciate your suggestions and comments.



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