

GAUFH'INTRODUCTION-WHAT QUANTUM PHYSICS REVEALS

Quantum Physics has revealed that our thoughts are energies that are living just like you and me. In fact, not only does each of our cells have their own consciousness, but there are even smaller units within the cell that have their own consciousness as well. It may seem hard to imagine for some, but quantum research has shown that this is the case. These living thoughts that are smaller units within the microtubules of our cells are called Thought-Forms or Images and every thought that we've ever had is stored in our cells as cellular memory. But not only do we have our own thoughts stored in our cells, but we have also inherited certain thoughts from our ancestors through our DNA. If you want to experience exactly what I'm referring to, all you have to do is close your eyes and think of someone you know well...like your mother or your father. Picture them in your minds eye. The reason that we are able to bring a complete picture of someone into our head is because a memory of them is stored in our body, and we simply are calling upon that memory.

The fact that thoughts are living things has a significant impact on our lives. This is because we are motivated to do certain things, or not do certain things based on our memory of our experiences. For example if a child touches an iron and burns himself...it is unlikely that he will ever purposefully touch an iron again. The memory of his experience creates a fear of getting burned that will impact his future behavior. The fact that we are also susceptible to the memories of our distant relatives means that we spend a lot of our time doing things based on underlying fears that we may not even be aware of. For instance, if you have a great-great-great grandfather who survived a plane crash and went on to have a family...thus passing on that memory, it may explain why you have an "unexplainable" fear of flying.

With this basic understanding of how thoughts are stored in our cells as memories that influence our behavior, we can now look at how we can identify which of our thoughts are controlling our behaviors.

“Your subconscious mind is like a bed of soil that accepts any kind of seed, good or bad. Your thoughts are active; they are the seeds. Negative, destructive thoughts continue to work negatively in your subconscious mind. Sooner or later, they will emerge and take shape as an outer experience that corresponds to their content.”

**Dr. Joseph Murphy-author
The Power of Your Subconscious Mind**

There are two ways that the mind is fed information...consciously and subconsciously. The information that we consciously or purposefully put in our

mind comes from many sources such as, books, seminars, educational audio/visual programs, formal education, etc. The information that has been fed to our minds at an unconscious level since birth also comes from a variety of sources. Some of these include our parents or guardians, our teachers, and society at large. We are constantly bombarded with messages from our environment that are actually creating our belief systems. You can hold these beliefs at a conscious or subconscious level. The ones that you have at a conscious level are ones that you can articulate and you are aware of how they motivate your actions. For example, you may have a conscious belief that if you work hard and save money, you will have a comfortable retirement. You know this is what you believe and you work hard and try to save money to support this belief.

The beliefs that you have at a subconscious level are also a motivating force, influencing what you do or do not do, but you are not aware of these beliefs and therefore are not aware of the impact they are having in your life. An example of a subconscious belief may be "I don't have what it takes to be wealthy because my family never had money and they didn't teach me about money." Because you are unaware of this belief, you diligently pursue wealth. You read all the right books, attend the right workshops, but for some reason there's a cap on how much money you've been able to generate in your pursuit. What's even more frustrating is that you may see others around you, putting in the same effort as you are (or maybe even less) and they are yielding tremendous financial results. What you don't know is that they may have been programmed with the subconscious belief that it's easy to make money, and that money is abundant.

This is just an example of how our beliefs create our reality. But it demonstrates how important it is to know what you have been subconsciously programmed to believe so that you can build upon the empowering beliefs and transform the limiting ones.

PART I- INTRO TO THE UNDEQP UEKQWU'O R F "TGRTQI TCO O R I TECHNIQUE

TRANSFORM YOUR LIMITING THOUGHTS AND BELIEFS

We have the amazing privilege of sharing a technique with you which has been developed using a combination of teachings from some brilliant teachers such as Dr. Vernon J. Lipton, Dr. Wayne Dyer, Deepak Chopra, Masaru Emoto, and others. Go through the twelve steps of transforming a thought-form.

STEP 1: YOUR PLACE OF PEACE

The first step is to learn to go to a place of peace in your mind. For people who have meditated before or who have just simply sat quietly anywhere at anytime and just been at a real place of peace, this exercise might be easier. But, if you have never done that, then it's just time to go to a place where you are at complete peace, what does that place look like? It could be a physical place that you've been to or it could just be a creation of your imagination. Identifying this place of peace is the first step in transforming you limiting beliefs. So, we're going to take some time to go there now. At this time, imagine yourself in a place that brings you to a complete state of peace. I want you to imagine a place, and imagine yourself there at this time.

In the following space, I want you to write down and describe what your place of peace looked like.

Exercise 1-1A

STEP 2: YOUR INFINITE POTENTIAL SELF

Step two is inviting your Infinite Potential Self to join you in that place of peace. Now, who's your infinite potential self? Your infinite potential self is your connection to infinite intelligence, to the source of creation. Our infinite potential is all loving and all wise. Your Infinite Potential Self knows who it is. It's a part of you. It will recognize whom you're calling on.

When you invite your infinite potential self to join you in your place of peace, there are many different experiences that can be had or felt. In your mind, you may see someone joining you or you may see some thing joining you in your place of peace. You may just have a feeling or a sense, or a vibrational shift. Just be open to whatever you feel.

Now I want you to return to your place of peace and say silently in your mind “I invite my Infinite Potential Self to join me in this place of peace.” Be open to what is going to happen. Once you feel your Infinite Potential Self join you, I want you to slowly open your eyes.

How was that for you? How did that feel? What happened? I want you to record these feelings and thoughts by journaling into the workbook any revelations that you may have had, and interesting insights. This is a journal entry for the workbook. Take some time now to write down your thoughts.

Exercise 1-2A

STEP 3-CHOOSE A THOUGHT-FORM TO TRANSFORM

This is a good time to go into a little more detail about what a thought-form is and what they have the potential to do. Many teachers and professionals have different terminologies for a Thought-Form Dr. Vernon Woolf Calls them holodynes, Dr. Bruce Lipton calls them Belief Systems, Bob Proctor calls them Paradigms. Below is an example from Dr. Vernon Woolf.

Holodynes have power. They can cause things to happen. Roger Sperry won the Nobel Prize in 1978 in part for identifying how thought-forms within the mind develop “causal potency,” the power to cause things to happen. According to Sperry, causal potency is created in the mind as a bioelectrical buildup, like a charge in a battery. The more you charge the battery, the more power it develops. This is one rational way to explain how holodynes can develop power.

Another way to explain how holodynes develop power is to look at how your conscious focus affects someone’s behavior. If you choose to focus on the negative aspects of a person’s behavior, you actually create more power for the holodynes, which are causing the negative behavior: the person behaves *more* negatively, not less. Your being negative about someone else’s negative behavior simply multiplies the power that the negative holodynes have. It sets up a negative “field.” It gives off negative “vibes.”

It's important to know that the Thought-Forms/Images that we are interested in transforming are **immature Thought-Forms**. These are Thought-Forms that are not at their Infinite Potential. Once you have transformed a Thought-Form to its Infinite Potential, we call that a **fully matured Thought-Form**. With more clarity about what a Thought-Form is, we can identify and choose which Thought-Form to transform first. What I find to be extremely successful is when I go to my Place of Peace and invite my Infinite Potential Self (IPS) to join me there. Then I ask my IPS to guide me to the most appropriate limiting belief to transform first, or I ask my IPS to show me the source of a certain feeling or situation that has occurred. We can simply ask our IPS, "What Thought-Form can I transform to make the greatest and most positive change in my life?" One of the reasons I like to ask my IPS to guide me in this step is because I find that when I get to one limiting belief and transform it, often it will resolve some of the other things on the list and they are no longer an issue.

Whether you already have a list of things to work on or not, it is always more effective to ask your IPS, what is the most appropriate issue, belief, doubt, fear, etc. for me to transform right now? That way you are not allowing your limited mind to interject its agenda when the IPS knows something else would be better to transform first.

STEP 4: IDENTIFYING THE FEELING

After you've been guided as to what to transform first, it's time to tune in to how that limiting thought makes you feel. It is a good idea to re-experience the conditions and situations that are causing the limiting thought. This will activate or re-create the resonating energy field of the Thought-Form involved. Once you can see the situation and condition clearly in your mind's eye, ask yourself "What am I feeling?" How does that make me feel?

It is very important to tune into a **feeling** and not an explanation of a feeling such as; "It makes me feel like I am not loved". How does not being loved make you feel? In most cases it will make you feel one of the emotions in the list below. That is what you want to tune into--the core feeling; Fear, Anger, and Sadness.

The Fear Family

fear, threat, terror
anxiety, doubt, caution, suspicion

The Anger Family

anger, rage, frustration
hatred, hostility, envy, jealousy
disgust, contempt, annoyance, indignation

The Sadness Family

sadness, sorrow, depression
anguish, despair, grief, loneliness
shame, embarrassment, humiliation
guilt, remorse, regret

So now let's practice this. Take out your list and following the instructions above, ask your IPS to help you choose the first limiting thought for you to transform. Once you have identified it, re-experience the conditions and situations in your life that bring up that thought and tune into how it makes you feel. For example, if you have a problem with losing your temper, think of situations that cause you to lose your temper, such as a driver pulling out in front of you on the freeway and then slowing down. Go into the exact feelings you have as you're cursing out the driver, or whatever you do to express your emotion. Get into that emotion and feel it completely and in detail so that all of your senses are involved.

Now, write down what item you chose from your list and the feelings that came up when you re-experienced the conditions and/or situations that cause that feeling. We will be working with this first item to take it to its fully transformed, or mature state.

Exercise 1- 4A

STEP 5: ASK YOUR IPS TO SHOW YOU THE SOURCE OF THAT FEELING

In order to *trans-form* something, we must first give it a form to *trans*, or change. You do this by asking yourself what you see in your mind's eye in relation to the limiting thought or belief. What does it look like? Let me give you an example. I have a client who had a limiting belief that –there's never enough to go around. When they did this exercise, a picture that showed up for them was a woman begging with children behind her on the street. Now, where did

that image come from? Did she grow up begging, or had she ever seen anyone in her family beg? Absolutely not, it had never happened in her life, but that was her subconscious mind giving her a symbol that represented the energy of her limiting belief. A very common thing is for people to see a vivid memory of something that has happened in their distant or recent past.

Sometimes what you may see in your mind is not a vivid image like that. Sometimes it can just be an array of light, or a shape with color. So let's do that now. I want you to close your eyes and visualize what that feeling that you identified and re-experience what it looks like. What picture comes up? What do you see in your mind's eye? Sometimes you'll ask yourself this question and you may not see anything at first, but you may have other things that will come up; thoughts, feelings or words may come up. That's OK. Identify those thoughts and those feelings. And sometimes when you are paying attention to those thoughts or feelings, you may see ultimately what that memory looks like or what that picture looks like.

Using the same Thought-Form as in Step 3, follow the above instructions for Step 5 and write down or draw the image that you see in your mind's eye.

Exercise 1-5 A

STEP 6: SURROUND THE IMAGE WITH A FIELD OF LOVE

What does a field of love look like? It looks like whatever you imagine it to look like. So, when you surround an image in a field of love you could visualize that as a light. You could visualize that as an invisible shield that represents love. The important thing is for you to send your love. Imagine the love you have for the person you love the most or the people you love the most and surround the picture that you saw in Step 5 in this love. This field of love is also the field of infinite intelligence. So by surrounding the image in a field of love, you are also giving it access to the answers it will need to provide us so that we can transform it.

STEP 7: - ASK THE IMAGE WHAT IT WANTS

Once you have that image surrounded in a field of love, we are going to begin a dialogue with the image. This may seem like a foreign concept to some of you, however it's important to remember at your thoughts are communicating with you constantly. Every time you consciously hear a thought in your head, it is coming from a Thought-Form talking to you. Now we just want you to talk back. I want you to ask the image "If you could have anything, what would it be? What do you really want?" It's important to compartmentalize as much as possible so that you can ask the Thought-Form/Image and then just wait for it to answer you. Remember, the Thought-Form has a complete consciousness and mind of its own. It can think and speak for itself. In fact, it is thinking and speaking for you all of the time...often with less than desirable outcomes. So don't think or answer for it. Don't say what you want. Don't say what you would want if you were it, just keep your mind quiet and ask this energy that showed up like this picture, that is now encapsulated in a field of love, "If you could have anything what would it be?" and let it tell you. Don't ask anything else. Don't say, "why" or "how", or "how come". Don't get into the story just ask the question and receive the answer.

Exercise 1-7 A

Write down the response of the Thought-Form/Image. What does it really want?

Remember, the image is in a field of love; a field of infinite intelligence and possibilities. It has just communicated to you its clear desire. The causal power of that field of love and infinite possibilities, also known as the Quantum Field, is immeasurable. So, the Thought-Form/Image will often begin to change as soon as it is surrounded in the field of love. After it tells you what it wants, sometimes it will just begin to shift into what it wants to be.

STEP 8: ASK THE THOUGHT-FORM HOW IT WOULD TRANSFORM

Below are three steps to follow after the Thought-Form/Image has expressed what it really wants. Complete each step and write down the answers/experiences in the spaces provided.

1. "If you had _____ (fill in the blank here with whatever the Image said it really wanted), how would you transform, what would you change into?" Record the answer below.

2. Usually at this point you see, or feel the Image transform.

How did the Image change? What does it look like now?

STEP 9: ASK THE IMAGE; IS THIS YOUR INFINITE POTENTIAL?

Remember that you are asking the Image if that's **its** Infinite Potential. You are not asking the Image if that is **your** (you the person having the session) Infinite Potential

If the newly transformed Thought-Form/Image answers an Affirmative "YES", move on to Step 10. This is when it is really obvious that the Thought-Form/Image is at its full potential.

If the Thought-Form/Image answers "No" or hesitates, or says "I think so" or anything else less than an obvious and affirmative YES! Then repeat the

process starting from Step 6 surrounding it in a field of love and light, then moving on to the next step until the Image has reached its Infinite Potential

Repeat steps 6 to 8 until you get an affirmative YES! In answer to Step 9.

Please note: the exercises in the book are for practice during the workshop. For best results, when you are transforming yourself, I recommend not taking notes until after you've finished all of the steps for the Quantum Transformation Technique.

STEP 10: GETTING A MESSAGE

Now that you have transformed the Thought-Form to its infinite Potential, the next step is to ask the newly matured THOUGHT-FORM :

“What message do you have for me to assist me in my life?”

In the thousands of THOUGHT-FORM that I have Transformed and assisted people in transforming, I have never found a fully mature THOUGHT-FORM that didn't have a clear message. I myself have received profound insights and advice from these newly transformed parts of me.

Use the space below to record the message.

Exercise 1-10A

STEP 11: BELIEVING OR AGREEING WITH THE MESSAGE

Often the message from a mature Thought-Form will be quite inspirational or motivational in nature. For example they may have a message telling you that “you are a beautiful soul and you should radiate this light in the world” or “what you want already exists and you are on the right path. “ When the mature THOUGHT-FORM gives you these messages, this is the time to ask the person being transformed

“Do you **believe** that message?”

Sometimes the message from the mature Thought-Form involves giving some practical instructions to the person being transformed, for example- “Meditate more often so you can get closer to Source,” or “Stop procrastinating and putting off...just do it.” When this happens, a good question to ask is-

“Do you **agree** to do that?”

Again here we are looking for an affirmative Yes answer, If you/they hesitate in answering, then a part of you/them still does not believe it, or is not willing to agree to do what’s being advised by this newly transformed higher part of them. This is when we have an opportunity to uncover another limiting Thought-Form or belief that is not fully ready to cooperate with this new energy.

If the answer was anything less than an affirmative YES, repeat the process starting from step 5: Ask your IPS to show you the source of the part of you that does not believe or agree with the message? And your IPS will show you the next THOUGHT-FORM to transform.

STEP 12: THANK THE NEWLY TRANSFORMED PART OF YOU FOR TRANSFORMING INTO ITS INFINITE POTENTIAL AND BRINGING YOU ITS MESSAGE

Now that the Thought-Form is transformed to its infinite potential, it's easy to see how it is serving you. The truth is, it has been serving you all along to get you to this point and can now serve you in a positive and powerful way.

So these are the twelve steps of transforming a limiting belief. What you just did was you took that belief and you gave it form. You then *transformed* it to its infinite potential and now the immature Thought-Form that was working against you is now utilizing its INFINITE POTENTIAL to work for you, and has agreed to do so on an ongoing basis.

CONGRATULATIONS!!!

Peace and Blessings as your Q-ã~Á Potential Unfolds,
Raven Majia