

Introduction:

When we recently published our volunteer correspondent's article entitled "**Supreme Knowledge Yearns to be Revealed**", which may be found at this link: <http://www.naturalgod.com/56KnowledgeYearnstobeRevealed.pdf> , we received several inquiries from various people involved with the "**Noetic Sciences**", in particular from a group called "**Institute of Noetic Sciences**", or "**IONS**" for short: found at this link: <http://noetic.org/>

"Noetic" scientists purport to be of the highest and most advanced thinkers of the scientific community.

The following information has been selected from several of our responses to inquiries we received from those scientists:

Human Life 101: "Noetic" Experiences:

Life implies a certain knowledge, which knowledge requires a comprehension of itself, leading to a requisite combination of intelligence and consciousness, embodied within some aspect of a mind capable of creating, or at least capable of processing both thought and emotion, to the extent that it is also capable of expressing and of directing the power of both, as it does so in exercising an apparently inherent free will to do, or to cause to be done, whatsoever it can imagine could be done by it, within an only known limit imposed upon it, of not being able to create more life (or to create anything for that matter.)

Life as we experience it, merely has capacity to experiment with re-arrangement of what already deliberately, or accidentally co-exists within it's known existence. Clearly then, this elementary thing that we are; this form of "human life", is not at all a very capable being.

In spite of our lofty desires, our noble efforts, and our otherwise feeble attempts to

associate the life within us to a greater knowledge, to higher intelligence, to an innate/universal consciousness, or to absolute creativity, we are in truth, only minimally capable of two simple things; that of expressing, and that of directing the power of thought and emotion, and even that is limited to our perception of how those thoughts or emotions relate to what already exists.

An innate desire, almost an insatiable need - an emotion, resides in each of us, to increase, or to be increased, by the power associated with or inherent to, our expression, and to our direction of our remaining thoughts and emotions.

Whether we desire increase in knowledge, in wisdom, in abilities to help, or to be helped, to heal or to be healed, to influence or to be influenced, or to manifest, we all desire.

To fulfil our desire, there is no secret. We do not need to 'find the key', or to 'unlock the door', or to gain 'special' or 'unique skills'. There remains no scientific discoveries to be made, or researching yet to be done with regard to fulfilling our desire.

We need only to learn how to implement our uniquely pre-existing capability, which is to accept that which is already known within each of us. Then, if we desire to convert that inherent knowledge into the awesome power that is its potential, we simply and appropriately express and direct our acceptance of the power of that inherent knowledge, through our thoughts and emotions. This is how we all - each and every one of us, already manifests the realities of our life, each and every day of our life - whether we know we are doing it or not.

Thus what most often appears to many as a "noetic" experience, is merely their occasional recognition of an accidental implementation of their natural, but otherwise

latent potential. They, by being a'live', have simply perchance noticed doing, what they, and everyone else, is capable of always doing with the life that is in them.

As opposed to waiting for the next accidental or noetic experience to occur, we favour learning to do this with deliberation and consistency inasmuch as it applies to all things we choose daily to do.

Human Life 101: Practical Applications:

Learning how we manifest our daily reality is fun and easy, if tackled with an open mind. Innate wisdom will enable us to manifest and accomplish most anything we want. Many such things would seem to be "noetic" experiences, if another explanation was not readily available.

For example, in studying memory related to reading retention, academics using conventional reading methods, were found they could barely retain 30% to 40% of what they read at conventional reading rates of about 150 to 170 words per minute.

Advanced traditional speed-readers retained about 35% to 55% of what they read at a rate of up to about 4,500 words per minute. But believe it or not, your mind is capable of easily learning how to retain nearly 80% of what it can read at rates close to 65,000 words per minute. This is simple to explain, and equally simple to understand. (See our Meta-Skills article on advanced photo-reading found at this link:

<http://www.naturalgod.com/86MetaSkillsPhotoReading.pdf>)

Or, you can quickly learn to be a successful healer, by which you can effectively help your body heal itself, or help others to help their bodies heal themselves of virtually any disease or affliction, so long as you are not seeking or attempting to gain some extraordinary or unique powers to heal. (See

our Library section on Health & Healing Issues.)

Likewise, if you desire to train horses or dogs for example, you can easily learn how to become a horse or dog whisperer, so long as you do not expect to be able to 'make' a horse or dog do anything. You will not succeed by asking either. Rather the truth is in simply allowing the animal to serve you in precisely the manner it was designed to do, and by allowing it to do exactly the things that you most desire it to do, for this privilege to be of service, is the animals' purpose and greatest desire as well.

Evidence abounds that these things too, are simple to explain and easy to do.

Or if you wish simply to increase your awareness of knowledge, or to experience the memories of past lives, this also is easy to learn. (*Not that you or anyone has lived in the past, but science has proven that cellular memory of events can survive several generations, and communing at the cellular level happens automatically at a sub-conscious level, so learning to do it consciously is the key.*)

You may choose to think of these types of experience as "noetic" or otherwise inexplicable, and you may choose to wait for your next "noetic" experience to accidentally occur, or you may accept the reality that such an experience will merely be a recognition of your natural, but otherwise latent potential, or you may choose to accept being a'live', and commence doing what you and everyone else, is capable of always doing with the life that is in them.

If you can imagine what you desire to learn, or what you desire to manifest, then you can easily learn what you need to fulfil those desires. What appears to many now as a "noetic" experience, will with modest learning, become your everyday norm.

Misc. "Noetic" Inquiries:

What conclusions have you drawn from your search for inner wisdom?

We have concluded that one does not need to search for inner wisdom, but acquire learning to accept it.

If indeed what is sought, is wisdom of the "inner" self, or of the inner being, then such wisdom is by virtue of the very question, known already to exist there.

Hence the ability to achieve acceptance of what is known within us, is the substance of the things and of the knowledge we search and hope for.

We have also concluded that this inner wisdom is universally constant and universally available to everyone, yet we each have a unique need to reach out to commune with others, which communion is among other things, the catalyst enabling each of us, to discover and to learn our equally unique and individual means, whereby we are able to accept that inner wisdom.

Whether we commune with known or unknown gods, with ancient writings, with friends or alleged gurus, or some combination thereof, there is no higher purpose for our communion, than to achieve our own acceptance of this inner knowledge. It is our inherent curiosity satisfied.

Have you had a Noetic Experience? (An "event" that you knew was real, to the very core of your being, but could not prove? These are examples of the 'inner knowing' that can be defined as a 'noetic' experience.)

If everyone were to pay clear attention to their own experiences, it would scarcely seem possible to us, that anyone could be found without 'noetic' experiences among them.

If, as your question postulates, these "noetic" experiences stem from an "inner

knowing" of something, then perhaps our communion would be better rewarded by our mutual focus on how to know more of that actual inner self, as opposed to knowing more about the experiences that emanate from within and because of that inner self.

Is your tax money getting to IONS? (Should we concern ourselves with having political oversight for scientific & military research regarding the ethical ramifications of artificial intelligence, mind control and mind enhancing technologies?)

It is difficult to imagine how "science", "military", and "ethics" could be merged into an intelligent sentence, whether it be question or statement.

I once was privately entertained by an audience of 3 physicists, actively engaged in a publicly funded particle acceleration project in France. A part of the conversation that has always baffled me, was that each day these men went to work attempting to accomplish a non-specific limited set of objectives. Two distinct possible objectives within the limited parameters they were working, were that the experiment would accomplish "nothing", or that under certain circumstances, it would accomplish instantaneous and absolute fusion of everything - literally the entire planet. Yet, in some conscience, they went to work each day attempting to achieve among others, these very two objectives.

To hypothesize ways or means to externally influence or manipulate that inner wisdom of a mind; a mind which we know we do not yet fully understand, is obviously just another "scientific" fiction-reality.

On available evidence, one might safely conclude, that if an idiot disguised as a scientist can speculate a thing, he will undoubtedly attempt to do that thing, in spite of all potential dangers or risks to humanity.

It is my hope that some in an audience such as this, will endeavour to have our communion aid in our first learning of the mind, and in our acceptance of what knowledge lies within it, before embracing childlike attempts to externally enhance, influence or manipulate it.

What are the biggest mysteries of human consciousness?

Whether it be the biggest mystery, it certainly is a mystery to us, why humans have allowed their collective senses to be dulled to the point of being thereby unable to accept what should by all accounts be obvious to all.

An awareness of knowledge, including knowing the origins and attributes of mind and consciousness resides within each of us. Consciousness is not part of us, or part of the human equation, so much as the human equation is merely a temporal introduction to the gift of that eternal consciousness, which consciousness by all accounts, also proves itself, to be the fount of all knowledge.

When we learn to embrace that most precious gift of being able to experience communion with this all-knowing consciousness within each of us, we find it holds no mystery that it does not want to reveal to us. It resides within each of us for this very purpose - so that we may get to know it, and to know all things about it, intimately.

Consciousness is life, and that life essence is within us, and within many living things on this planet. Of all things, that life essence, or consciousness that we are incapable of re-creating, is the most obvious. It is the only thing created, or that exists with inherent intelligence, yet humans continually seek elsewhere for knowledge.

Our hope lies in finding communion with like minded conscious beings, willing to share means and manners of learning to accept that which, if we are fully awakened, we must

already know where to find. I'll help you, if you'll help me. A fulfillment of our mutual purpose.

Do our thoughts have the power to heal?

It is well known that sufficient intelligence resides within each living cell to replicate the entire human being, intelligence and all, and in multiple copies if desired. Surely if one cell can do so much, the multi-billion cell human construct can do exponentially more, like for example, to maintain perfect health, or to enable perfect healing.

It is not "my" thoughts therefore that are capable of healing me, it is the innate intelligence implanted within me, that holds such awesome power.

This wisdom to "heal" then, resides within us, but is not because of us. It is not some special, unique, or exclusive power to seek or to search for, or to gain or to master and be proud of, nor is it obscured by some mystical division of conscious and sub-conscious concepts of mind. This inner wisdom is universally constant to each of us and universally available to all of us. It is, because we are all endowed with it. It is also called life.

The harmonic resonance of this intelligence that resides in each of us, is multiplied exponentially upon physical communion, not simply because "touching" is nice, rather because we are social creatures by design. (*We know this, so explanations either in favour or against it are futile.*)

The point of communion in matters of healing is this; when implementing our innate ability to heal, that ability, like all inherent intelligence, is multiplied exponentially by physical communion. This applies when healing one's self, or when helping others to heal themselves.

When we learn to embrace our innate ability to heal, it shall be because we have

already learned to embrace our mutual experience of communion with this all-knowing and omni-capable intelligence existing within us, that merely awaits our request for the healing we need from it.

Fortunately for us, we are not burdened with learning so much wisdom as to be able to "think ourselves healthy", we simply need to learn to ask of the wisdom already implanted within us, for the healing we perceive is needed.

The language of symbols is as old as can be unearthed. (The oldest symbols known to man, as far as can be proven, are the Swastika, Yin-Yang, Ankh, Pentagram, Star Tetrahedron, Solar Cross, Circumpunct, Vesica Piscis, Flower of Life and Metatron's Cube, Oroubus, Celtic knot, Triquetra, Ennead, Squared Circle etc.) The purpose of this thread is to discuss THESE symbols in detail to assist modern perspectives in understanding concepts beyond the reach of the human cognitive mind.

Your question confuses us, inasmuch as if there are, as you imply there is, "concepts beyond the reach of the human cognitive mind", then we humbly ask, who do you anticipate an answer from?

Forgive use if our previous comment was offensive in any way - it was not intended to be.

Would you suggest we are to presume that these ancient symbols, created by equally ancient man, are some indication that modern man has regressed intellectually, because allegedly, we may not fully comprehend the actual or the alleged esoteric meanings of these ancient symbols?

Or have we simply learned more efficient and or perhaps more exacting methods of recording and sharing our thoughts and communications?

We postulate that mankind has always enjoyed a contemporary familiarity with his means and modes of communications, we still do. It would seem highly probable, that if we were able to present a modern English written communication to our ancient forefathers, that perhaps they would have been inclined to perceive such as "futuristic symbols", and to them it may well appear just as mystifying and perhaps mythical, as some of us now see theirs.

Ancient stories allude to many symbols and pictographs being created simply by gazing at the stars and imagining inter-connecting different combinations of them with lines. Modern Astrology continues as one of many examples of this ancient activity.

There are conceivably multi-trillions of possible shapes and configurations of symbols that could find their origins in such "star-gazing", including those you have mentioned, such as the swastika, yin-yang, Ankh, Pentagram, Star Tetrahedron, Solar Cross, Circumpunct, Vesica Piscis, Flower of Life, Metatron's Cube, Oroubus, Celtic knot, Triquetra, Ennead, the Squared Circle etc.

It is highly unlikely that anything more profound than learning to recognize a very limited relative placement of the subject stars can be learned through such activity, but one is certainly free to wonder, which was undoubtedly the original purpose of the activity in the first place.

Do our thoughts have the power to heal?

Let us first understand what it is, that we refer to as the "thoughts" that may or may not have power to heal.

Do we create thoughts or do we recognize them? If we create them, from what do we derive our creation? When will a thought that we have created or recognized, come to an end? If we create it, why can we not

quantify it? Will we run out of the components to make more thoughts?

It is universally held that thoughts are energy, and that they have power that may be expressed or directed to useful purpose. This energy and this power then, must originate as intelligence. This intelligence is limitless. It does not depend upon us, and it pre-exists and supersedes our comprehension of it.

We cannot create this limitless intelligence, or even any aspect of the energy or power that it is comprised of. We must also conclude that our thoughts and the power of our thoughts originate from that which we do not comprehend, and therefore cannot create.

Therefore we are merely capable, and then only barely able to recognize useful thoughts from within the pre-existing and superseding intelligence residing within, or otherwise accessible to us. Then we must learn to express these thoughts as we are able to recognize them, while directing the power of these thoughts, to useful purposes, such as healing.

Neither the thought, nor the power of the thought, is capable of healing of itself, notwithstanding they both pre-exist and supersede us, within this limitless intelligence.

Healing is possible because we first recognize it as a possibility from within the limitless intelligence we perceive. We call that recognition, a "thought", which when we "have it", we then express it, while directing its inherent power to the healing, or to such other useful purpose as we may determine.

Certain yogis have remarkable—and proven—abilities. Why does mainstream science remain skeptical?

I do not personally know any Yogis, so my thoughts on their perceived abilities are not worthy. I did spend some time with a Monk that meditated religiously for nearly 40 years, and

then abruptly stopped the practice. When I asked him what his most valuable lesson learned from his meditation might be, he quickly replied that he had learned 2 valuable lessons:

First, he finally learned during the last few minutes of his final meditation, that he had always possessed the one thing he had believed for all that time he must search for. And second, his time spent meditating had robbed him of 40 years he could have spent, actually using and benefiting from that thing he now realized he had all along. What he sought, turned out not to be the mystical mystery his brothers had led him to believe.

Then perchance we met, and he found me willing, so he graciously took a few moments and shared what he learned in his final few minutes of meditation with me, and so I have done with many who have been willing since then.

Thus being humbled into such an acceptance of what is, we were all enabled to continually enjoy what many others would perceive as a "Yogi's special abilities", or perhaps as "noetic" experiences, yet we merely learned to experience the fullness of the joy and of the knowledge, that is the experience of the life that was always within each of us.

Some of those are blessed with healing or being able to heal, some with powers to influence or to manifest, some able to move or alter shapes of objects, some with wisdom and understanding of the great mysteries, others with the knowledge to solve great difficulties, to end conflicts, or to balance inequalities, but none of them have been called Yogi, notwithstanding many Yogis may have also learned to do these similar things.

The greatest ability of all, is not just when we learn to share these abilities, rather it is when we learn to share the benefits of these abilities. Then we are capable of the joyous

fulfillment of our temporal purpose, for we will be doing that which is our collective temporal purpose to do - that is, to share.

*Do our thoughts have the power to heal?
(There are problems in conveying what exactly a thought is, and how our bodies interact with thousands of micro-organisms living within us.)*

You speak of the "problem", as if the problem were not merely another thought construct. It may or may not be significant to know how thoughts become whatever it is they are, or where this occurs, but it is known at least by both of us, that thoughts simply are.

Thus this problem you mention cannot itself be anything but a construct of thought. You have expressed it as one of your thoughts herein.

You reference micro-organisms that "enter your body at their own risk". Is it that these microbes actually assess the risk, or make a choice, as you imply, or is their entering in, simply an unfortunate accident?

And are these microbes distinct from those several billion living microbes that dwell safely within your temporal body? Your temporal body, like all others, hosts nearly ten (10) interdependently living micro-organisms, for each living human cell, meaning if your normally healthy body is made up of roughly 8 Billion human cells, then it hosts about 80 Billion micro-organisms that enable it to remain healthy, and in fact are essential to its good health.

If you and I can share thoughts and ideas with each other, and we can, because here we are doing just that, then surely we are sufficiently more capable than any of these micro-organisms living within us. Yet how do we explain that they possess sufficient knowledge to work harmoniously, and in near perfect unison with each of our living cells, and with an uncanny ability to aid and enable our

whole body to maintain its good health? Could we, the greater being-construct, not also know these things?

These individual human cells and near single-cell micro-entities possess immense intelligence, and hold the capacity to communicate amongst themselves and with our individual calls, and to engage collectively in mutually beneficial activities.

We humans on the other hand, are multi-billion cell constructs, with each cell containing this vast intelligence, yet our perceived human intelligence, is obviously distinct from theirs, and in at least in most perceived ways, far inferior to theirs.

My mind and yours, can learn to communicate with these mini-entities within us.

Our intelligence, masked as our mind, can ask of the intelligence of our cells, and receive information from them, about many things, such as memory of past lives, for example. Our intelligence masked as our mind, can also ask our cells and they will obey our requests for healing.

We can also have our intelligence ask the intelligence of the micro-organisms within us, to increase their performance, and they will, because it is their purpose to serve us. Our cells and the micro-organisms residing within us, are obedient to our will.

When we experience poor health, it is simply because we do not properly express and direct our will to our obedient servants. We confuse them further by not consistently distinguishing and directing the conscious and the sub-conscious wills, both of which they are bound to obey. This is not difficult to learn if one is willing.

Simultaneous duality and non-duality:

We do not need to guess or speculate about our duality. Simply ask of the intelligence within us. We are material human beings

imparted with temporal life, having been animated so to speak, by that Spirit of intelligence that dwells within us. It, is life, and we have been endowed by It, with a unique proportionate aspect of It, for a time.

The physical things of the temporal man are known by that man; scientists never cease in proclaiming this. The Spiritual things of the Spirit within us, are known by that Spirit, and that Spirit within us, continually yearns to proclaim these things to us. It sounds nicer to many to speak of Spirit, as if it were merely intelligence, yet if you are willing to ask, it will reveal being so much more than just that.

Scientists have yet to seriously stretch themselves beyond investigating the material, or otherwise quantitative reality. The Spirit within us, is beyond such primitive physical analysis. We know Life exists, this is not difficult to accept, because we experience It. And scientists have themselves proven It exists, by virtue of their inability to explain It, and by not being able to re-create It, from the confines of their limited material reality.

Life is in us, this we also know. We are not Life, because Life can be taken away from our temporal physical entity. Therefore when Life is in us, It remains Life that is distinct from us, because it may leave us at any time.

Therefore we do not need to seek It, simply learn to listen to It. It, being this Life within us, holds all of what we consider to be "mind", and "intelligence", and "conscience", and "emotion"; therefore this Life within us, is where we find all of our answers.

Have you heard; "seek and you shall find", or "ask and you shall receive". In truth, the mystery lies in why it seems so difficult for so many to realize where these answers reside, and to simply ask.

You need only be willing to do this thing. Ask, of your Spiritual nature, and it will answer always, because you also have heard, that

"nothing is hidden that will not be revealed" - so ask.

Briefly back to your duality. You are your duality. You cannot be Life without that Life dwelling within you, but while it indeed dwells within you, It also remains separate and separable from you. This we know, because when that Life leaves you, what remains is not living. If you wish to know "why" this Life resides within you, and why it can remove itself from you, again just ask. It, has a plan for you, and It desires you to know these things. And happy you will be, if you do them.

Is there a place in education for a child's inner wisdom?

The inner wisdom of a child cannot be different than the inner wisdom of an adult, save perhaps the child may hold an innocence enabling a more potent ability to accept and commune with that inner wisdom.

It is this very ability to commune with one's inner wisdom, that the child is born with, which the traditional education syllabus diligently attempts to stifle, regardless of how noble their efforts to dissuade otherwise may be.

Thus an adult with any residual, or recovered ability to commune with his or her own inner wisdom, will not subject that beloved child to the destructive workings of this traditional education system, where the most consistent and probable result will be the artificial internal dividing of that child; a "division and conquering" if you will, separating his "scientific", or rational thinking ability, from that of his naturally inherent ability to commune with his inner wisdom.

The higher the degree of traditional education, the lesser the ability of the graduate to commune with his inner wisdom and the greater the graduate's dependence upon the material sciences will be. Such that the child

that has been thoroughly educated, must then typically spend the greater portion of its post-educational life, re-establishing its ability to commune with its inner wisdom.

These facts are clearly demonstrated within the very pages of these discussions. Virtually all threads emanate from the expressed desires to learn more; either to learn of, or to learn from, the "inner wisdom".

If this had not been lost to you through your education, your search would have never begun, and your discussions about it would reflect your knowing it, and your desire to share that knowing, rather than to remember it.

The Illusion of Separateness:

To overcome the illusion of separateness, we need to learn to think like ducks.

Humans tend to misunderstand the one little characteristic they possess that holds the potential for elevating them above the ducks. Ducks, like people, have natural rights and liberties pursuant to the most fundamental and natural laws.

They also have limiting instinct, whereas we humans have been blessed with free will, but unfortunately, not with sufficient intelligence to utilize it properly.

Our free will has caused us to lose sight of all of our natural rights, liberties, freedoms and natural laws - the ones still enjoyed by ducks. Instead, we have changed our focus, and elevated our perspective toward a myriad of man-made rules, regulations and fiction laws, not to mention fiction values and equally artificial commercial activities.

Through these artificial fiction creations, we teach our children to strive for financial and other forms of independence, while knowing of course, that any form of independence is a characteristic totally contrary to our natural make up.

We were designed and made as social and communal creatures, like ducks, yet contrary to our inherent and natural nature, we teach and learn that it is good to live and behave independently, and to be self-reliant in many ways. It was an interesting, but failed experiment.

Mankind has deliberately, perhaps unwittingly, but deliberately nonetheless, created an artificial culture of separateness within virtually every known society, and nurtured the fictional values of those multi-cultured societies with delusional expectations of achieving satisfaction through this un-natural independence.

We must first admit we have been wrong. Then accept our admission, and simply choose to revert to the original, natural plan of natural rights, freedoms, liberties and laws, that naturally foster a communal and social structure within our species - like ducks do.

Natural laws, like gravity, are timeless and do no harm, Equally timeless are the naturally inherent laws that we each know from within our very nature, such as we know not to harm others, and we know not to harm the property of others, even when we know we have never been told these things. Because these natural things are naturally a part of us. We did not need to attempt to improve on nature, yet without even fully understanding it, we erroneously chose to try and one up it.

We were free of course to make such un-natural choices, just as we remain free to admit these choices have been made in error. Yet we find an ego within the human construct, that makes it difficult to the point of near impossibility for us to collectively admit we have been wrong. We will achieve a sense of community that will overcome the illusion of separateness, when we decide to truly exercise our collective free will once again.

The Illusion of Separateness:

We will say it with the nicest of intentions; your comments are self-defeating. You are indeed capable of understanding and interpreting what "it" is, meaning of course, the "separateness" referenced within the original discussion thread. And you are correct, if it exists, and it does, then it simply "IS".

But your conclusion that simply because it IS, it therefore must always be, is erroneous. In its current state of existence, separateness does not preclude the possibility of it not always being, what it now IS.

If it is indeed "we" that experience the current separateness, then even if we temporarily accept it as you suggest, we have no choice but to accept it is being a result of our own doing. We know of no rule or law that established us having been made or brought into existence to remain in this separateness. Such would only be conjecture and imaginary supposition at best.

Therefore, being that we are the creators of this separateness, we also remain capable of re-creating, or changing it, which is simply another way of saying, we can overcome what we have thus far imperfectly administered. To suggest otherwise is to suggest we possess no free will whatsoever, thus we would of all creations, be the most pitiful.

The Illusion of Separateness:

You are a visual artist. If others are to enjoy and comprehend your artistic expressions, then your expression is contingent upon their seeing it.

Your art becomes a medium of inter-connectivity between beings, much like the more primitive tools of words or speech do, but with a more subjective objectivity.

All such tools are extensions of thoughts, which when converted by the chosen

tool of the originator, may then be perceived by others.

All that exists, has either already been so converted or expressed by its creative originator, or is being converted, or awaits such conversion, and is as you say, inter-connected, so as to enable all of us to perceive it in our own time, and in our own way.

Thus all that is thought, whether offered outwardly from its creative originator, or whether perceived and accepted inwardly by its equally creative recipient, is "expression". Life is expression, and expression is Life - they are contingent realities.

Expression is all that is. It is the essence of Life itself. It is the essence of the Love, that is of the Life, that is the expression of itself. Without expression, "we" would not be. We could not experience Love. We would have no communion, nor would we have any possible way of knowing anything.

Anything and everything including Love, exists, yet no single thing can be experienced without our first being made aware of it through its form of expression.

Expression is contingent upon at least two comprehending beings. Love, like our very Lives, and like the very knowledge of these things, is contingent upon an omni-directional capacity to be expressed.

You are correct, we do not have to "see it" to believe it, yet if we were not able to express it, we would not even be able to know of it, let alone be able to experience it.

To be of the essence of the Love that is Life, that Love must first be expressible. Likewise knowledge. To be of the fullness of the knowledge that is of Life, that knowledge must first be expressed by its Originator, otherwise we could not possibly come to know it, let alone to experience the fullness or the joy of it.

This is our hope, that we may not forget our first Love, the inner source of all knowledge. For it yearns within us, that we may have the knowledge of both Love and Life, and each more abundantly.

Religion and Science Unification:

Conventional Science is most often an attempt to express what is known rationally, within the limits of what knowledge has already been accepted as rational.

Traditional Religion is most often an attempt to express a faith in a set of beliefs, that is limited to believing they are believing that which is most beneficial and more correct than what others believe.

In this context, neither science nor religion are capable of learning from the other, hence any attempt at unification might be considered the marriage of the "dumb" with the "dumber".

There is no rational way to justify traditional religion. An honest Spiritualist will remain open to believing all that is, not just all that is nice to believe. There is no need to merge, or to unify true Spirituality with traditional science, any scientific truth is already within the Spiritualist's reality.

Likewise there is no rational way to justify traditional science's self-imposed limitations. Simply put, there is no need for such science at all, let alone a need to merge or unify it with anything else.

What is needed by both scientists and religionists, is a renewal of mind. A new mind that is open to the most rational reality of all, which is, that all that exists, exists whether we can explain it or quantify it or not, or whether we believe it without proof or not. It is, therefore our faith in whatever it is, must be absolute, if we are to perceive ourselves as being even a tiny bit rational.

What can we learn from Children?

Not to grow up! This should be the first lesson we learn from children, followed by imitating their out-of-the-box thinking ability.

I attended an old fashioned one room, eight grade school-house with about 30 pupils, where one of them in my grade was, to use his own words, "retarded".

Billy's mentally maturity at that time was about the age of 6 or 7 years. We were blessed with a wonderful teacher that was in her late 60's at the time, and who I was to learn much later, taught us all of our subjects in a rather unconventional, or "non-conformist" manner.

In grade three for example, all of us could add four column numbers in our heads without "carrying" or writing down anything for unlimited column lengths! Even Billy could do it! For all of us, it was "normal".

When a visiting substitute teacher jokingly asked our class the old question, "Which came first, the chicken or the egg?", Billy immediately answered out load, "That's easy, neither one! There had to be a hen and a rooster first, or else the first egg wouldn't hatch".

Trying to stump us, she asked another question which involved a statement about the speed scientists say our galaxy is moving within the universe. Billy interrupted with his own question: "How did they [*the scientists*] find the still [*stationary or static point*] spot in the universe?"

Well, you can see who was stumped! And to top it all off, the substitute then asked Billy how he was able to think of all of these answers so quickly, and he simply replied with his standard "non-conformist" comment; "Oh that's easy. I'm a retard, but I'm not stupid!"

Although Billy never mentally matured beyond about age 12, he went on to become a successful businessman with over 40 employees. He still claims to be a retard, but

not stupid!

His childlike thinking has been his greatest blessing. Because he was not smart enough to learn how to disengage it, he has never lost it.

He remains able to think out of the box, because he is not able to clutter his mind with the unnecessary "smart" thoughts we all find so easy to do. This mind clutter, is easy for us, because that is precisely what the traditional education syllabus teaches us to do.

The Language of Symbols:

We find we are extremely limited by the original question, and would ask that "frequencytuner" please expand or amend the wording. Obviously you could not have meant to be asking humans to discuss their understanding of what is beyond their capacity (*human cognitive mind*).

Whether words or symbols, or pictographs, all have been used by humans as a means of expression of thought. Many of them have been used to express the concept of hiding a thought within a thought, commonly when one such word, or picture may have a surface meaning while holding a secondary, mythical or quasi-secret meaning.

Yet if we look to astronomical "signs" or symbols, with true objectivity, as opposed to the very common and extremely subjective manner of "astrology", we will quickly realize that the inter-connective possibilities of the stars and other entities within the universe, are not limited to the three dimensional perspective seen only from this planet, but may indeed be perceived from an unlimited quantity of perspectives from within the universe itself.

Therefore to conclude that what we can perceive is anything at all related to what may actually be perceived, is as futile as attempting to explain the perception of the Divine, assuming we could agree what the Divine is.

What was THE WORD at the beginning of the universe? How does it resonate in us, eternally?

We really don't know that the universe had an "in the beginning moment", we only truly know the universe exists. We also don't know if it started with a big bang or small pop, or maybe a fizzle.

And we only presume it started. What we don't know for certain is that we do not know this: If the universe started or began at such and such a time, then what pre-existed it to enable that start or beginning?

We also don't know if the universe is expanding or just changing shape. Surely if all things that exist are to be considered as part of the universe as scientists purport, then so also must the space, place, or void that the universe is alleged to be expanding into, be already a part of the universe, because it obviously already exists (*or is being perpetually created, which opens a whole new discussion*).

We don't know, but more importantly, we are unable to comprehend or even imagine, the beginning of our own life, let alone the beginning of the universe.

Try as you may to determine your first thought, and you will always remain in wonder as to what you must have been thinking just before that moment. Also, try as you might to imagine your last thought, and you will always remain in wonder as to what your next thought will be, just after that moment, and so on, and so on.

It is the human condition. We are incapable of truly imagining either the beginning or the end of our thoughts, or of our ability to think.

In this sense our individual thoughts hold many eternal qualities of their own. When you first "have" a thought, does it ever die? Was it an original thought, or has it always existed and just now "came" to your mind? Can

you stop a thought from existing? Can you un'think any thought or anything? Can you prevent yourself from thinking? Thus individually, thoughts possess an eternal quality and energy of their own.

We cannot recall having ever not having thought, nor can we truly imagine our thoughts coming to an end, thus our minds are programmed so to speak, with an inherent quality of thought, that regardless of reasoning, is eternal.

We have this eternity planted within us, as part of us at a level much deeper than our ability to truly comprehend or explain, yet we know absolutely it exists. It is our very nature to resonate eternal.

What was THE WORD at the beginning of the universe? How does it resonate in us, eternally?

For sake of expediency, the original Hebrew words as they were actually written, were meant to convey a time relevant to "the beginning of all things related to mankind being created as a part of this planet earth", which is a far distance from the presumption that it means the beginning of the universe, or the beginning of "all things" literally.

Even this does not reflect the real dilemma. Scientists proclaim that "all things" are indeed the universe, and that the "universe" comprises all things, yet these same absolutists, offer not the slightest answer as to what to call that thing we refer to as the space, place, or void into which the known universe is alleged by them to be expanding into.

By the scientific definition, this "space", or "place", or "void" that the universe is expanding into, should by all accounts be part of the existing universe, because it is indeed a part of the otherwise real things that we know must already exist.

Thus if this space, place or void already

exists, and is therefore already a part of "all things" - it is already part of the universe, then equally as obviously, the universe cannot be found to be expanding, unless of course, we revert to a never-ending form of creation being the only plausible explanation for the existence and essential continuing growth of this alleged space, place or void that the universe is alleged to be expanding into.

Therefore we are back to the most fundamental of questions; that being "how did the first egg hatch?", or "whether the chicken or the egg came first", while ignoring the obvious reality that both a hen and a rooster were an absolute prerequisite for that first egg to hatch. Oh sure, a scientist may postulate that the first egg was capable of fertilizing itself. But then what hatched out of it? A rooster, a hen, male and female twins, or an animal that could fertilize itself and lay fertilized eggs too?

Or curiously, what kind of animal laid that first egg - or did it just materialize, and thankfully all things that happened by accident since, were accidentally done in an order and fashion that accidentally worked out okay?

There is an element of reason often omitted when attempting to comprehend terms that may or may not have Biblical origins, but that are generally accepted as such. For example, when speaking of "the beginning", it is often presumed we mean to speak of the beginning of the universe.

Yet nowhere in an actual Bible is this fact stated or even implied. Yes, almost every available version speaks of "the beginning", either in reference to creation, or in reference to the "WORD" that apparently was at that time, but we seem generally determined to forget to ask "the beginning of WHAT", and we rather simply presume the "what" that is currently written, is meant to be the universe.

Science, or scientists in particular, seem excessively persistent in this regard, inasmuch

as the "scientific beginning" always implies the inception of the entire universe.

Religionists may be worse. They also presume the beginning as stated in their coveted books, refers to the inception of all that is; i.e., the universe, yet again, this is not what their Bibles state or imply, it is merely a presumption, supported by poorly translated language, and bolstered by blind faith sufficient to exclude any real investigation.

Perhaps consideration should be given to opening one's mind to allow a scientific investigation of the available Biblical facts. This would require a serious look at what we know was originally written, or what we can determine was originally written, not just a look at what happens to be conveniently available in modern copy-written versions of multi-layered, successive translations, of what may have originally been written. *(To qualify for "copyright", as virtually all available versions of the religionists' "Bible" now do, such a work must be found to be "considerably different than, and at variance with any original work of the same or similar nature", yet this very in-your-face legal requirement, is effectively veiled by the very blind faith these same religionists wish to proclaim as virtuous.)*

What was THE WORD at the beginning of the universe? How does it resonate in us, eternally? (This question appears to be unanswerable.)

If a question is unanswerable, then asking it is futile. The answer to the seemingly unanswerable, may simply be that we are not currently capable of comprehending the matter in question. Then, also I agree with you that some answers, or comments often evoke emotional responses as to whether we do, or do not "like" them.

As to "why" we do or do not like certain thoughts, comments, or answers, that issue

may be difficult, but we do not believe, it is unanswerable. On reading many of these discussions threads, it becomes clear that a majority of participants are not only emotionally attached to various perceptions; they are quite willing and enthusiastic about expressing their attachments.

And it seems that even when some of these participants express their agreement to a thought, comment, or answer that may be new to them, they often do so while concurrently offering an explanation of how that new idea merges with their emotionally charged pre-existing perception, presumably as some means of justification.

If we are attempting to learn of, or to express any truth, or to learn of anything that is absolute, then our learning is necessarily contingent upon our being emotionally removed from the matter, which is extremely challenging for many.

So even when we read or hear of new things that we instantly comprehend as being true and absolute, we may experience some moments of emotional dislike of our new realizations.

Our solace then, rests in the hope that our zeal to learn the truth, will always remain greater than our emotional attachments to what we would merely like the truth to be.

Religion and Science Unification: Agreed. There is nothing more subjective, than pure objectivity.

What is needed more than unification or merging of various disciplines, is unification of the minds from within all disciplines. We need a new mind, in the sense of a re-newed way of thinking. The old mind, the old mindset and way of thinking has finally become aware that it is obsolete, or incapable of keeping up with the times.

In the spirit of renewed thinking, we

need to learn to remain open to the most objective reality of all, which is that all that exists, exists whether we can explain it or quantify it or not, or whether we believe it without proof or not.

All that is, is. Therefore our faith in whatever is, must be absolute, if we are to perceive ourselves as being even a tiny bit objective. We may each hold our unique perspective on what is, but to put forth that any one perspective regarding what is, is more correct or right than any other one, is the current subjectivity that we must get beyond.

Simultaneous duality and non-duality:

To know the One, we must first accept we possess the ability to know anything.

We know we are aware of the One, therefore we know our awareness is contingent upon us being concurrent with the One, even though we are of that One, and we know we are not that One, because we also know we are lesser than it.

All awareness and all knowing are of the One, and are contingent upon our being of the One. Thus there exists a manner of expression within the One, that according to its will, is utilized by it to express a thing, so that we may perceive that thing, as the One intends us to.

Therefore all is indeed of the One, yet the One that is all, is contingent upon it being more than that. The One is not merely a duality; it is omni-divisional, because we, being many, are also of that One. We are an expression of the One, and each of us is a duality, yet we would not know ourselves, unless the One was able to express itself as each of us individually.

As the One is omni-divisional, each of us is only a single duality. The One can express its thoughts omni-directionally, we can perceive them individually. We can express our

thoughts individually, and the One can perceive them collectively.

Our individuality is contingent upon the simple duality of our ability to express - either to offer expression, or to perceive expression that has been offered.

We are of the One, and our duality is of us, thus our duality is of the One also. If our duality was not, then neither would we be the individuals we perceive ourselves to be.

The One that is the singular is the One that expresses itself as us in our individual forms. The One's individuality is contingent upon the plurality of its expression of itself as each of us. If the One's plurality were not, then neither would it be the individual One we perceive it to be.

Our "individual duality" and the "individual plurality" of the One, are the simultaneous duality of the One, as it has expressed itself. We are of the singular expressions of the One, and we are the duality of the One expressed individually. Therefore, all there is, is One. This also, is not difficult to understand.

Do your Thoughts have Power to Heal?

We agree with you. We have nurtured an absolute faith in the creation, and as such, we have long ago forsaken any quest for "how" or "why" something that is obvious, is so. ESP is obvious in and of itself, so too are the potential "good" or "bad" applications of it.

Likewise we agree that we have been blessed with being able to call upon, or to at least experience, some portion of that intelligence that you reference as governing all of creation (*nature*).

The ambition we speak of, is not to simply be as "smart" as the intelligence implanted within each cell, or in the microbes within us, but to learn to communicate with that intelligence, at even that level.

If we start at the least of these, we will then learn much while shortening our journey to the greater. Even at the cellular and microbial level, existing intelligence yearns to express itself to us, and earnestly yearns to do our will, if we would only express ourselves to it.

We hear of many Yogis, Monks, spiritualist gurus, and other so-called "enlightened" peoples, that spend entire lifetimes on a race or quest to connect to a "higher" intelligence, or to the "inner wisdom", through various forms of expression, yet we rarely hear of those humble individuals that were willing to start at the bottom and work up.

Learning to trust the least of these constructs of intelligence - the intelligence expressed within our very own cells for example, begins a powerful training that enables us to dispense with all fears, which fears otherwise remain the only obstacles to communion with the higher levels of intelligence.

Our tiny little cells are the portal to all other intelligence. Communion with the "highest intelligence" - that place where we can indeed learn of all knowledge, begins with expression through this portal of inner wisdom.

This we can know, without knowing the how or the why of it. And this we can all do, without the unnecessary pretence that wisdom may only befall "special" individuals, or be the result of a lifelong burden for the rest of us.

This wisdom is ours for the asking. Ask through the least, and the greatest will respond, because the least has been given to us, for this very purpose.

Can we think our way out of Extinction?

We may possess sufficient cognitive power to implement programs to cause extinction of some forms of life, or perhaps even all of life on this planet. But it is hard to

imagine this actually happening, considering the majority must surely prefer it would not be allowed.

We are incapable of knowing whether or not any such "extinction" would actually extinguish life, as we do not know where the life within us, originates from, nor how, or if it persists, if it is removed from us.

Therefore to speculate on whether or not we could conceive of means to avoid that which we do not even know if we could accomplish, is a fascinating matter, albeit questionably practical.

On reading many of these discussions threads, it becomes clear that a majority of participants even in this audience, where it would be hoped that we would find more enlightened thinking, hold dearly to the very ideas that have created the potentiality of extinction.

The ability to act collectively, cooperatively and collaboratively is admirable, but it is not new, nor to our knowledge, is it found properly articulated herein. The desire is discussed admirably, but the ability appears widely overlooked.

Thinking our way to a means of preventing extinction, is an ideal that does not yet hold the power to cause the needed change, without first our being able to change ourselves individually. History proves this.

If we individually desire communion through a sense of community with each other, then we must first seek communion with the inner intelligence within each of our selves. We would then collectively be capable of virtually anything, including eliminating any possibility of our extinction.

But most will not do this. Most, as history has also proven, will rather wait for, or point to an expert, a guide, a guru, a "someone else" to be their teacher and their leader. Sadly,

our teachers and our leaders have so far also proven incapable, or at best, incompetent.

This propensity for the majority to be such followers rather than collective doers, is a formidable obstacle. Until competent leaders are found that will choose to selflessly teach these followers the true simplicity of life, their self-imagined and otherwise misguided false-complexities, will continue to instill that fear which first disables them from knowing themselves, and also from becoming an active part of their community, with capacity of truly helping the collective.

And until these followers truly sense the simplicity of life, and of what little involvement the community would really require of them, they will continue to be content with passively following the current incompetence. This traditional choice requires no thinking, while the hopeful and proper choice remains easily veiled by a great many available distractions.

So yes, it is possible for the collective to change its thinking, possibly even to do so with the open intent of preventing extinction. First, we would need to find willing and capable teachers, and second, these would have to nurture a willingness within the masses to accept the true simplicity of life, and to thereby renew, or inspire a desire to experience that life for the common goal.

Do your Thoughts have Power to Heal?

The power to heal is nothing more than one expression of energy. All is energy. Energy exists and is expressed in myriad forms.

Whether a thing is perceived as innate or living, it is merely a different expression of original energy. There is no thing, including "power" that is not made up of this same original energy that comprises all things, including thoughts that heal, and thoughts that disable.

The unique characteristic of the human

construct within the creation of all things, is that humans have been endowed with free will.

Free will simply means we have a conscious mind, that is capable of making limited free will decisions, regarding the organization of this same energy.

The conscience mind is also just another expression of the original energy. The original energy can express itself as innate, or as living things, or as living things with conscious minds endowed with free will, because the original energy has the free will to express itself according to its will - all things provide proof of this, because all these things exist.

We can use our own free will, organize our thoughts and keep them secret, or we can share them. The thought, as we give birth to it, becomes a very specifically organized pattern of original energy. Yet only when we express that thought, does the energy become a "thing" unto itself, and only as it is being expressed, does it have the power to influence other organizations of energy.

The power inherent to a thought, is not in using our free will to organize the energy to create the thought, nor is there any power in simply recognizing or knowing of the thought (*or idea*).

The power comes as a result of using our free will, to express the thought conceived or stumbled upon. For example, let's pretend I know your loved one has been harmed in an accident. I have already organized the original energy within my conscious mind, formulating this information into a thought, yet it has no impact upon you, until I express it to you, then it has the power to drastically affect the way you feel, think, and act.

Likewise healing. The energy organized and embodied as each cell of the human construct, contains sufficient knowledge to re-create the entire human being, including

replicating that vast knowledge innumerable times. That amount of knowledge is sufficient to heal the human construct and to maintain perfect health. Yet these cells are made obedient to our sub-conscious will.

Science has established this - it is no great mystery. Deliberately concentrated thoughts, like constantly repeated thoughts or behaviour over time, can drastically alter the individual's cellular vibration, either positively, or negatively.

When you lose the science long enough to think about it, you quickly realize that when you change the vibration of your cells by "thinking", whether deliberately concentrating, or by accidental repetitive behaviour, it is because they are responding to the expression of your own free will. You are communicating with them. Humans communicate, and everything humans do originates in the knowledge contained in each little cell.

To heal then, is simply to do more of that communication with a purpose. Then to live and behave harmoniously and with good health, simply requires we do more of that, with a purpose.

Billions of our cells work harmoniously together and are capable of communing with each other and with us, yet it is our own lack of acceptance of this simple reality, that restricts us, and instils fear within us, so that we hesitate to ask them (*our inner self*) what they yearn for us to know.

Know thyself individually, and this is easy to do, for it is not far from you, then living in good health and harmoniously with others will become the collective reality.

The Illusion of Separateness:

We have been expressed as separate entities, of a common origin. This is not an illusion, it is the reality we exist as. Therefore resistance of this separateness that we are, is

futile. Acceptance of it, because it is, is inevitable, and desirable, if we are to learn to behave beneficially as one group of inter-dependant, communal beings.

The unique characteristic of the human construct within the creation of all things, is that humans have been endowed with free will. Free will simply means we have a conscious mind that is capable of making limited free will decisions regarding the organization of this same energy, we are expressed of. We can of our own free will, organize our thoughts and express them for selfish gain, or for the collective benefit.

The thought, as we give birth to it, becomes a very specifically organized pattern of original energy. Yet only when we express that thought, does the energy become a "thing" unto itself, and only as it is being expressed, does it have the power to influence other organizations of energy, such as our collective selves.

The energy organized and embodied as each cell of the human construct contains sufficient knowledge to create the entire human being, including replicating that knowledge innumerable times. An incomprehensible amount of inter-communication between these cells enables this phenomenal, near incomprehensible harmonious capacity.

These cells, capable of so very much harmonious activity are made obedient to our sub-conscious will. To live and behave harmoniously then, simply requires we do more of that, at the collective-cellular, or individual level. Then living harmoniously with others will become the collective reality.

Do your Thoughts have Power to Heal?

Healing in a physical sense is pre-programmed into each of our cells; we can do very little to change the program. For example, we slip and cut ourselves, the damaged cells

automatically initiate a healing process. We can aid this process with intervention to clean and dress the wound, and if we accept it, we can stimulate a faster healing process with the proper expression of our conscious thoughts and beliefs.

Thoughts are simply a specifically organized pattern of energy; that energy which is the essence of all that exists. Beliefs are nothing more than a slightly more complex grouping of thoughts, meaning beliefs too, are simply specifically organized patterns of the same energy. Neither thoughts nor beliefs hold any power, simply because they exist as thoughts or beliefs. Power, is merely another name for that same energy that is the essence of both the thought, and the belief pattern.

When the energy pattern(s) that is the thought or the belief, is expressed, by being stated, written or even visualized, it then has the ability to change or to alter other things. (*Things being energy patterns also.*)

It is by this "communication", or expressed communion of organized energy, that we can cause things to be changed, influenced, improved or enhanced, whether for good or for bad, and whether individually or collectively.

Each human cell is sufficiently intelligent, at least so far as we are able to perceive intelligence, to create an entire human construct of billions of inter-connected cells, wherein those billions of cells communicate with an efficiency that enables the host construct to remain operational and in good health, while that host construct does not even fully comprehend how this can be.

Obviously, the human construct is less intelligently aware, than a single human cell, let alone the entire collection of billions of cells that reside within it.

Therefore the elusive "power" that humans erroneously seek to heal themselves

with, is not found within the awareness of their puny little conscious minds, it is found already existing within the superior intelligence of each tiny little cell. Thus learning to commune with this source of virtually unlimited knowledge is key, and quite simple actually.

These cells commune with one another continually, harmoniously administering thousands of essential functions concurrently, and they also yearn to commune with us at our conscious level.

In fact they exist in a manner that is not just contingent upon our behaviour, they are obedient to our conscious behaviour in recognition of their being solely purposed to commune with, and serve us, otherwise they would use that near infinite intelligence to do something other than to serve us.

We are each free to commune with our cells' collective; our inner self, yet most are unwilling to accept this simple and easy reality, and rather persist with futile beliefs in struggling to learn "unique" abilities held only by the mystique of a "special" few.

Basics of Noetics:

We find English language to be limited. In this discourse, we have used the word "energy" to denote whatever it is, that is all things.

For example, we know that "mass", virtually regardless of what the substance is, has a root component of energy, nothing more, nothing less - just energy. And this energy that is the mass, like the mass itself, because it is the mass, cannot be created or destroyed, but only transformed from form to form.

The energy obviously preceded the mass, because the mass in its various forms, is comprised of it, not the other way round. The perceived mass of everything that is, is speculatively perceived as having its beginning as a concentration of energy, yet there are

many possible forms of this energy that we do not yet fully perceive, notwithstanding that whatever these forms may be, they also have their beginnings from that same concentration of energy.

Thoughts and beliefs are constructs of this same energy. Consciousness is also a specific construct of this same energy. In the strictest sense, the energy that is all things, could be labelled intelligence, and this intelligence, simply expresses itself through myriad forms of organized energy.

If the original energy is not intelligence, then the energy itself is sufficiently intelligent to express itself as all things.

Thoughts are not randomly generated, nor do they randomly "pop" into existence. A thought is nothing more than one expression of deliberately patterned energy.

All is energy. Energy exists and is expressed in myriad forms. There is no thing, including "thought" that is not made up of this same original energy.

Expression of this energy in the form of thought, may be made by voluntary, or involuntary intent, meaning that once you organize certain energy into a specific thought pattern, you can then articulate that thought as a mental visualization - an expression that can be perceived by others. This is precisely what horse and dog whisperers do all the time, for example.

You or your friend can organize a thought, and then express it verbally, in writing, or simply be visualizing it. Likewise, the other party can perceive that thought by hearing, reading, or simply by mentally perceiving what has already been "visualized", a process often referred to as telepathy, which really should hold no mystery.

Once you realize this skill is inherently operable within each of us, and become familiar with applying it, you can for example,

watch a movie for the first time, and continuously and consistently perceive the already created and visualized thoughts - the images, and "foretell" what is going to happen to your friends, moments before it actually appears on the screen.

Once any thought has been expressed that thought then exists as a fixed energy pattern, available for anyone to perceive. Because thought is organized of the original energy that all things emanate from, which energy is eternal, it is this eternal quality that enables such things as remote viewing or influencing.

These things do not enable the mind to bridge time and space, rather time and space are relative aspects of the knowledge, which is the energy from which that time and space originate.

Do your Thoughts have Power to Heal?

We agree with you, that the power to heal does not lie in the thoughts per se, and there is a field of energy and intelligence that is moved by thought.

We would simply add that the influence of thought, or the ability of thought to cause a positive influence on health, is contingent upon the thought being expressed or visualized with a proper intent.

As you also rightly stated, thoughts (*or even actions*) that are negative, can often block the body's ability to maintain healthy "energy fields". This is because the negative thought energy causes a harmonic interference with the body's collective cellular energy, which is typically expressed and measurable in multiple energy fields within a whole.

Likewise the energy of positive thoughts can help maintain a harmonious balance of these same energy fields.

The same negative (*or positive*) influence of the harmonic balance of the body's

energy fields, is most often unwittingly accomplished by repetitive (+ or -) thinking patterns, or repetitive (+ or -) actions, which can and do lead to many common dis-eases.

This influence of our body's energy harmonics by the nature of our thoughts and actions occurs automatically, thus learning to pay attention to ourselves is paramount.

What mind-body practices have had the most beneficial effect on your well being?

Seemingly limitless intelligence resides equally within each of us. That innate wisdom is the sum of exponentially compounding by several billion times, the intelligence of each cell.

Since each cell is sufficiently intelligent to replicate the entire human construct, living intelligence and all, that is a truly grand total amount of intelligence within each of us.

By means of specifically organized patterns of energy, all things are expressed by this intelligence. We are an expression of that energy. Consciousness is also a specific construct and expression of that same energy. If the original energy is not intelligence, then the energy itself is sufficiently intelligent to express itself as all things.

Learning to commune with this limitless intelligence within, brings inner peace, joy and fulfillment, which enables the body to experience a harmonically balanced energy field, as it was perfectly designed to do, promoting near perfect health and well being.

We do not know what to call this body-mind practice, aside from communion with self. The elusive "power" that humans erroneously seek to heal themselves with, is not found within their puny little minds, it is found already existing within the intelligence of each tiny little cell. Thus learning to commune with this source of virtually unlimited knowledge is key, and quite simple actually.

Without any conscious input from us, and quite frankly, in spite of us, our individual cells commune with each other consistently, in order to maintain and facilitate us.

We, whatever we perceive ourselves to be, are the result of the super-efficient communal efforts of each of these tiny cells within us.

They communicate with each other extremely efficiently, and they diligently yearn to commune with us, just as effectively, both for our sake and theirs. They are not far, we need only ask of them.