

What is meant by the term “You create your reality?” (or should be).

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The paradox is that you cannot change anything or anyone in your reality. But at each moment (each split second) everything in your reality, your entire universe changes.

Introduction - I often get clients coming to me that have serious trauma in childhood or have near-normal childhood experiences but still find they are blocked in their goals in various aspects of their lives. They are prevented from achieving their goals in life, which can entail, for example, not finding a loving partner, not being successful in business or profession, or not finding other fulfillment and happiness. Often, surprisingly to some, the first talk we have is about quantum mechanics. Why? It explains to the client, and sometimes this takes more than one discussion of the underlying principles, how easy it is to change any aspect of their reality. I mean this literally and that change can be any aspect of their very personal lives or mass consciousness as it represents itself in their lives. Mass consciousness is the cultural or world milieu expressed in media and other mass communication systems, which forms the backdrop of our individual lives. The science and the transpersonal principles surrounding an important aspect of quantum physics follows.

The Science – This is my understanding of what is really meant (or should be) when we say “you create your reality.” The answer, surprisingly, lies in the understanding of quantum mechanics (QM). This explanation will start a little (actually, a lot) left-brained but the implications are powerful and will explain how you can create most any reality you want. That reality creation includes your environment, your experiences and the experience of your body.

From the time quantum mechanics was first formulated¹ and the revelation of the wave/particle duality of light as first described by Thomas Young in 1803², quantum theorists attempted to explain the nature of the shift from a wave action of the quantum particles to the particle action, also called the quantum wave collapse.

Ever since the discovery of the mystery that surrounds the so-called collapse of the quantum wave (QW) of all possibilities³ to a single event, it was hotly debated by quantum theorists and the likes of Einstein who didn't like it and tried to prove it wrong or incomplete.⁴ It appears that looking, making a measurement, collapsed the wave into one instance, one outcome from many.⁵ This has disturbed physicists because the conclusion

¹ See <http://en.wikipedia.org/wiki/File:Doubleslit3Dspectrum.gif> for a moving model example of the quantum wave and the tell tale interference pattern it produces.

² http://en.wikipedia.org/wiki/Young%27s_interference_experiment#Young.27s_work_on_wave_theory

³ The QW is a wave not like an ocean wave nor of a frequency wave but of probabilities.

⁴ Einstein, A., Podolsky, B., & Rosen, N. (1935). Can quantum-mechanical description of physical reality be considered complete? *Physical Review* 47, 777.

⁵ For a very nice cartoon showing this effect go to: <http://www.youtube.com/watch?v=Q1YqgPAzho> This is produced by Fred Alan Wolf who was one of the physicists in *What the Bleep?*

appears to be, consciousness collapses the wave of all possibilities. And the disturbing thing for science is, many scientists don't even agree that consciousness exists and those that do, can't define what it is. Then in 1957 came a different way to look at the problem.

In 1957, working under the mentorship of a famous quantum theorist, John Wheeler, his doctoral student in physics, Hugh Everett, proposed a novel solution to this dilemma. He proposed that it is not that the quantum wave, the probability function of all possibilities, collapses into one event; it is that we correlate with one manifested outcome and all the rest—this is crucial—are manifested in separate, parallel realities.⁶ For example, this happens on the smallest scale. When we see a flower for example, there are other versions of that flower, all possible versions, each in separate realities. And it works on the largest possible scale, the universe, as noted by Stephen Hawking, the famous physicist and cosmologist. He says that our universe started as a quantum event and as such there is a wave function of the universe which requires an infinity of universes, each with its own unique physics.⁷

Our logical minds may recoil from this description of reality especially if we are rooted in the old Newtonian-Cartesian view of reality that says it is all fixed, material, and 'real.' But what if it is really, mostly 'mental.' Even Einstein (who, I think wanted to believe in a material reality), said, "...time and space are modes by which we think and not conditions in which we live."⁸ I understand this to mean our minds create time and space. The famous astrophysicist, Sir Arthur Eddington, says exactly that, "The ultimate stuff of the universe is mind-stuff."⁹ More recently Johns Hopkins University physics professor, Richard Henry echoes those thoughts, "Get over it...The universe is immaterial-mental and spiritual."¹⁰ So, if it is mostly mental, there is plenty of 'space' in which to have the dizzying numbers of parallel realities that split off at every decision point and there is a version of you, that takes the alternative, the you in this reality, didn't take.

Stem cell researcher Robert Lanza, M.D., is an example of another key discipline embracing the many worlds theory.

One mainstream explanation, the "many-worlds" interpretation, states that each of these possible observations corresponds to a different universe (the 'multiverse'). A new scientific theory – called biocentrism – refines these ideas. There are an infinite number of universes, and everything that could possibly happen occurs in some universe. Death does not exist in any real sense in these scenarios.

⁶ Everett III, H. (1957). 'Relative state' formulation of quantum mechanics. *Reviews of Modern Physics*, 29, 454–462. See a digital version at; <http://www.univer.omsk.su/omsk/Sci/Everett/paper1957.html>

⁷ This came about when Hawking had a bet with a colleague whether a black hole ingests information that is then lost to our universe (at that time Hawking believed that information is lost in a black hole). At one point Hawking asked for time at a world physics conference. There he announced that he had reversed positions because he concluded that the universe started as a quantum event, therefore there are an infinity of universes and the information from the black hole passes into a different universe and is not lost.

⁸ As quoted by Forsee, A. (1963) in: *Albert Einstein, Theoretical Physicist*. McMillan.

⁹ Eddington, A.S. (1928). *The Nature of the Physical World*, McMillan. Pp. 276-81.

¹⁰ In Henry, R.C. "The Mental Universe"; *Nature* 436:29,2005.

All possible universes exist simultaneously, regardless of what happens in any of them. Although individual bodies are destined to self-destruct, the alive feeling – the ‘Who am I?’ – is just a 20-watt fountain of energy operating in the brain. But this energy doesn’t go away at death. One of the surest axioms of science is that energy never dies; it can neither be created nor destroyed. But does this energy transcend from one world to the other?¹¹

The transpersonal extension of the Many Worlds Theory -- There is an important nuance here. You correlate with one of an infinite number of probable results contained in the QW of all possible outcomes. The question then is, can someone else collapse the QW for you¹² or force you to correlate with a specific instance of the quantum wave? The answer is a resounding no! Someone else cannot force on anyone else, a correlation of a specific outcome in the quantum wave of all possibilities. This means, among other important conclusions, there are no victims.

Interestingly, no two correlations are exactly alike. For example, two people (or any number) seeing a particular coffee table do not see exactly the same coffee table. Remember no one can collapse the wave for anyone else. We can choose to correlate our collapse with someone else but that is not mandatory. Thus, an artist looking at a coffee table may see one that is more ornate or artistically interesting than a non-artist. Get it—there is no one fixed reality. We assume when two people describe an accident, for example, that the two saw ‘the same accident’, the fact is they didn’t and therefore describe that accident (normally) in slightly different terms. Sometimes the descriptions vary by a lot—each is real to that individual. I’ll expand on this in a moment. Now, this example is important because I’m saying that the many worlds theory also applies to events as well as objects (including our bodies).

By the way, at the time he proposed his theory, Everett was severely criticized and he was so affected by the criticism that he never published a scientific paper again. But, today it is gaining traction and we are rapidly moving to a majority of quantum physicists supporting this theory, such as physicist David Deutsch. He explains it by describing the light as it shines from a flashlight and concludes that there is no other interpretation other than the many worlds theory to explain the interference pattern seen in the beam of a flashlight.¹³ This whole issue, along with the fundamental experiment in quantum physics, the double slit experiment, is such that Nobel Prize winner Richard Feynman says no one understands quantum physics (even though he won the prize for his contribution to the field).

¹¹ Robert, L. Does Death Exist? New Theory Says ‘No’ in; <http://www.robertlanza.com/does-death-exist-new-theory-says-no-2/> I like that other disciplines are embracing this idea. Lanza’s 2009 book *Biocentrism* is described as, “The Biocentric Universe Theory: Life Creates Time, Space, and the Cosmos Itself.”

¹² For ease of discussion I will use the term wave function collapse but will mean correlation of one instant of all possibilities on the quantum wave.

¹³ Deutsch, D. (1997). *The Fabric of reality; the science of parallel universes-and its implications*. New York: Penguin Books.

There are some additional not so minor nuances that come with this theory. One is that particles can move from the future to the past as easily as they move from the past to the present. Quantum particles that move from the future to the past (or present to the past) are called antimatter.¹⁴ One of the unique contributions of Feynman was his way of graphically depicting the paths of particles forward and backward in time.

Getting back to the collapse of the wave function, correlating with one outcome, an additional point; how often does this happen? How often do you correlate with one outcome of all possibilities? Theoretical physicists say that it is collapsed at the Plank time interval, which is $5.39106(32) \times 10^{-44}$ s.¹⁵ To state this in shorthand it is 10^{-44} seconds, or approximately every, decimal followed by 44 zeros in seconds. We are talking many, many billions of times a second. QM says this is a basic feature of our reality.

The evidence from a broad palate of sources -- So what is the evidence that reality is 'really' structured this way? It comes from several sources including physics, quantum physics, remote viewing, other life regression, and some quality channeled material.

- Physics – Richard Feynman and others have stated that the quantum mechanical theory is the most accurate theory physics has devised to date. Feynman says it is so accurate, by analogy, if we were to measure the distance from the west coast of the United States to the east coast, it would be accurate to within the width of a human hair. So in spite of our seeming inability to understand it in the old Newtonian-Cartesian terms, QM is the most successful theory and the many worlds theory of the wave collapse one of the prominent explanations of the wave of all possibilities collapsing to one outcome.
- Remote Viewing – In essence remote viewing is letting the mind travel to a time and place to answer questions, to describe what is there, and is not limited to a physical description. This process has been tested scientifically many times and shown to be highly successful and results published in respected journals.¹⁶ What this research shows, similarly to the results of QM, that the mind is non-local, meaning that it exists everywhere and everywhen. Everywhen means that it can go backward in time to get an answer, geographically anywhere in physical space (this is the everywhere aspect, present time), and forward in time. It has been shown that the ability to do so is not mitigated by distance or time. I believe that remote viewing is possible

¹⁴ Feynman, R. P. (1998) *QED: The strange theory of light and matter*. Princeton, NJ: Princeton University Press.

¹⁵ $t_p = \sqrt{\text{of the product } hG/c^5} \approx 5.39106(32) \times 10^{-44}$ s. By the way this is derived by calculating the time it takes light to travel the Plank length in a vacuum. The Plank length is $\approx 1.616\ 199(97) \times 10^{-35}$ m.

¹⁶ For example, Puthoff & Targ, 1976. A perceptual channel for information transfer over kilometer distances: Historical perspective and recent research, Proceedings of the IEEE, March 1976, Volume: 64 Issue:3, page(s): 329–354. And, H. E. Puthoff, R. Targ and E. C. May, "Experimental Psi Research: Implications for Physics," in *The Role of Consciousness in the Physical World*, edited by R. G. Jahn, AAAS Selected Symposium 57, Westview Press, Boulder, 1981.

because time and space either do not exist outside our minds, or do not do so in the way we think of them.

- Past life regression — The other source is so-called past-life regression. I say, so called, because if the many worlds theory of QM is true, then all lives, past, present and future, are available and are all happening ‘now.’ If you are asking, “How could that be?” then you have to entertain the possibility that the conventional view of reality is simply not the way it is and that linear time is our creation. ‘Real time’ is something else entirely. My experience (and other professionals) with clients’ regression experiences is that what comes up in therapy is consistent with the QM description of reality.
- Channeled material – Again, based on your worldview, you either entertain the possibility of channeled material or you do not. A worldview that posits something beyond physical reality—physical reality is not what the senses reveal it to be and there are other dimensions or other universes out there as indicated by cosmology and string theory—can accommodate non-physical beings that are intelligent and can communicate with humans. If you can go that far, or if you simply take the channeled material for what it expresses, that is, the quality of ideas, then you may find a fertile source of information about reality.
 - One such set of channeled material is the Seth material. This is interesting material in its own right but it is so because many prominent physicists, and other thinkers have read this material (and some also spoke with Seth). Some admit it and some do not, but it is obvious by the terminology they use, they have read the material. The material has been around since the ‘60s and ‘70s and has, in fact, had a significant effect on our culture. The Seth material endorses the many worlds theory of reality, not by calling it that but the way personal reality is described.¹⁷
 - The second set of channeled material that is very current and is still being added to is the Bashar material channeled by Daryl Anka. Many clips can be found on U-tube. Bashar does an excellent job at describing the impact of the many worlds theory and how to use that information in a very practical sense to alter the probable reality in which you live, if it is not to your liking.¹⁸
- Quantum physics - Of course the scientific side of the equation describes our reality in these terms, which is inexorably becoming mainstream.

What this means to you -- So what does this all mean to you personally? Physicists, those that believe in the many worlds interpretation, are very reluctant to venture beyond physics and its mathematical description to talk about individual reality, although some of

¹⁷ Roberts, J. (1972). *Seth speaks: The Eternal validity of the soul*. San Rafael CA: Amber-Allen Publishing, see the chapter on probable realities.

¹⁸ For example, see; <http://www.youtube.com/watch?v=im8hl87za28> & <http://www.youtube.com/watch?v=3PEnQkHGZOg> & <http://www.youtube.com/watch?v=im8hl87za28>

them have (like Deutsch). Although this transpersonal psychologist (me) does not have formal training in physics, the transpersonal perspective may be exactly right to understand what this means on a personal level. Many quantum theorists and particle physicists, particularly those that contributed the most to the theory, have written very philosophical descriptions of life that is almost mystical in content. Therefore, some of them do get it. Combining all the above into practical conclusions and workable guidelines, what does it say?

OK, so much for the left brain stuff. What does it mean to say “You create your reality.” Or “Your thoughts create your reality.” What does this mean to you?—actually plenty.

- As stated above, you shift probable realities (collapse the quantum wave) many times a second. This means the following:
 - At every split second you have an opportunity to radically change your reality. Specifically, you have a chance to radically change the probable reality you are in. A nuance here, your reality does not really change, (except as indicated below), you change the probable reality (one of the infinite realities in the quantum wave) that you correlate to. The change is you living in, perceiving, a different probable reality, which, then, is no longer probable to you but the one you live in.
 - Normally the shift is really small and like individual frames of a analog movie, the switch between frames is so fast you are unaware that they are unique and not continuous. You don’t perceive the movement, the shift and assume that it is the same reality.¹⁹ But, it isn’t.
 - Most people don’t make dramatic shifts because the ego can’t handle it – it wants to maintain the illusion of being in control and that may require a stable reality. Therefore, the shifts will appear small—except for the adventuresome or those who have a true epiphany.
- An important aspect of the QW is that all alternatives that are not selected, made manifest in your reality, are made manifest in another, parallel reality (with another version of you).
 - If you are unhappy with what appears in your reality, then the alternate reality where you are satisfied with the events or outcomes, that being, for example, relationships, good or bad luck, accidents, abundance, whatever; you can change realities at each split second
 - So if you can change your reality at every split second, how do you do that? The first thing to understand is that your thoughts, beliefs, and worldview all determine where your QW collapses, that is, which of the infinity of possible outcomes become real for you. They drive which probable reality is yours.

¹⁹ Some have said that it is this movement of consciousness through probable realities that produces the experience of time.

- For example, this is verified by science through the experimenter effect, that is, two scientist conducting identical experiments, following the same protocol, get different results, one set turns out statistically significant and the other does not. Normally, one will find that the results align with the experimenter's expectations. To understand this in QM terms each aligned with a different probable reality. With this paradigm it makes no sense to ask, "which result is real." The placebo effect may be a characteristic of the same dynamic. Channeled material (Seth and Bashar) also verifies this effect.
- Therefore, if there is something not to your liking in your reality, discover the belief or set of beliefs that drove that correlation with a specific outcome and change that belief. You will correlate with a new outcome.
- Normally beliefs and worldviews come from childhood, the values of your dominant social group and broader cultural values and beliefs. Investigate these ideas and beliefs to see what is driving your selection of realities. Often it is a constellation of ideas that drives an outcome. Sometimes this is difficult to uncover and change depending on the strength of the beliefs associated with the outcome.
- Understand that the popular notion of manifesting or drawing a reality toward you misses the mark. You are not trying to draw a future to you; you are not trying to create a manifestation. You are simply working to perceive a reality that is already there. It is one of the 'real' outcomes of the QW that exists in a parallel reality and what you want is to make the shift, call it a vibrational shift, so you perceive that reality. You do that by changing beliefs.
- Core beliefs - We have a set of core beliefs that derive from early childhood and are the dominant beliefs in our culture. These rarely get examined but they are a powerful determiner of where the QW collapses. Some of these beliefs:
 - The belief in a material reality — This is rarely challenged and some in the scientific community behave as if it is proven, but it is not. QM and particle physics tell us there is no material reality as we popularly think of it.
 - Belief in scarcity — We will run out of water, oil, food, clean air, etc. If I don't make sure I get mine, I will be lacking in one of these. For reality to work this way, you have to believe in one fixed reality. The QM many worlds theory says this is not so. The other problem with this belief is that if someone else gets more of something, water, oil, etc, then they take that away from someone else. This is the notion of the zero sum game; if I win on Wall Street then someone else loses. In a QM reality this is not possible because I would be taking alternatives away from someone else's quantum wave. It can't be done. There is no zero sum game in any quality of existence—unless, of course, you believe there is, in which case you will align with that reality. This is not to say one person cannot affect another. However, this happens because of the belief system. If I believe in scarcity of some quality, then I will

correlate with that event in the QW and my reality will reflect the outcome of that belief.

- Darwinian survival of the fittest — The idea of the survival of fittest is based on the assumption that resources are limited and the toughest, most adapted to the environment, get the biggest share and therefore thrive. This is a variation of the zero sum game, which does not fit with QM.
- An example, winning the lottery – There is a typical response when I explain these concepts and the question is, “Why doesn’t everyone win the lottery if QM works the way I have described in this article? Here is why.

“The National Endowment for Financial Education cautions those who receive a financial windfall—whether from lottery winnings, divorce settlements, cashed-out stock options or family inheritances—to plan for their psychological needs as well as their financial strategies. The Denver-based nonprofit estimates that as many as 70 percent of people who land sudden windfalls lose that money within several years.”²⁰

“Far more often, it seems, money doesn’t buy happiness in this context any more than it does in others. Take the case of Evelyn Adams. She beat the odds by winning the New Jersey lottery twice – in 1985 and 1986, collecting a total of \$5.4 million. But she totally blew through the money with her own spending, bad investments, gifts to family and gambling. Today she lives in a trailer.”²¹

“William “Bud” Post, a 1988 lottery winner, died broke in 2006. What happened to his \$16.2 million Pennsylvania lottery winnings? He spent it on houses, cars, boats, an unsuccessful family company and a twin-engine airplane (even though he didn’t have a pilot’s license). Within a year, he was \$1 million in debt. His former girlfriend successfully sued him for part of winnings, his brother tried to hire a hit man to kill him.”²²

- How do we interpret these data?

A working example -These examples all center around core beliefs about abundance. Abundance can be many things including, resources, time, creativity, love, happiness. In this case, we are dealing with abundance of certain resources, money. Remember we are looking for beliefs learned in childhood and/or from the individual’s dominant social group. Normally the issue revolves around scripts learned in childhood. By scripts I mean beliefs, one or more of the beliefs that go like this.

- You have to work hard for your money.
- If you don’t earn it, it won’t come to you.

²⁰ <http://www.usatoday.com/story/news/nation/2012/11/28/winner-lottery-bankrupt/1731367/>

²¹ <http://www.forbes.com/sites/deborahljacobs/2012/11/28/winning-the-lottery-isnt-always-a-happy-ending/>

²² Ibid.

- Being rich is not spiritual.
- The wealthy got that way by stepping on the little man.
- Don't waste and manage your money carefully to get ahead.
- They call it work because it isn't pleasurable.
- If I didn't have bad luck, I wouldn't have any luck at all.
- I don't deserve happiness.
- I was told I would never be successful and I believe it.

Many would not articulate their scripts using these words as written but if you talk with them, it becomes rapidly obvious that these are the statements they are making to themselves. Let's take our lottery situation. The wealthy tend not to engage in lotteries because they know the odds are against them. They got wealthy by following high probability payoff situations such as smart investment, smart business decision, etc. So our lottery winners are likely to be people that operate one or more of the scripts above. If you carry one of these beliefs and those associated with it, and you have some kind of windfall like winning the lottery, you enter a state called cognitive dissonance.

Cognitive dissonance means that something in your reality is in discordance, in conflict, with your established belief. The phrase was coined by Leon Festinger, a social psychologist in 1956. It is a powerful concept.

Cognitive dissonance is the distressing mental state that people feel when they "find themselves doing things that don't fit with what they know, or having opinions that do not fit with other opinions they hold." A key assumption is that people want their expectations to meet reality, creating a sense of equilibrium. Likewise, another assumption is that a person will avoid situations or information sources that give rise to feelings of uneasiness, or dissonance.²³

For the average lottery winner, reality has provided them with a form of abundance that they neither feel they 'deserve' nor fits with their core beliefs. They will unconsciously make decision to eliminate the cognitive dissonance by making bad decisions, which inevitably eliminates the windfall situation and often, as seen above, make their abundance condition worse. There is almost a self-punishment going on here for having violated the scripts.

They key here is this, this principle also behaves in reverse. Change the belief, and where the QW collapses will coincide with the belief. This applies to everything in your life and remember—that opportunity comes up every 10^{-44} seconds. What are you waiting for?

Talk to me if you want help shifting where your QW collapses.

To understand how startling the conclusions drawn from quantum mechanics can be, the following table compares classical physics (one fixed reality) with the many worlds theory of QM.

²³ See http://en.wikipedia.org/wiki/Cognitive_dissonance for more information and original sources.

**Table of Characteristics of Reality,
as Described by Classical Physics and Quantum Mechanics**

Item	Newtonian-Cartesian Reality	Quantum Mechanical Reality	Notes
Time	Flows inexorably from past to future and is segmented into equal intervals	All time is available now—past, present and future - human consciousness connects moments in a linear string. Time is created by consciousness moving through probable realities	Einstein proved that time is not fixed but arises out of the frame of reference
Motion	Movement occurs and is measured by fixed intervals of time and space	There is no such thing - apparent movement occurs by stringing together frames of probable realities analogous to frames of an analog film	
Material Reality	There is only one and it is real. Personal reality may interpret the real events differently but at any moment only one real event takes place	An infinite number of realities are available in every split second and that choice is completely individual and subjective. Group reality occurs by mental agreement and common thoughts and beliefs	
Free will	Not possible in a fixed material reality	Free will is total with consciousness able to choose realities and outcomes at every split second (but normally this is unconscious)	
Cause & Effect	Every effect is preceded by a cause locally transmitted by a force or object	There is no cause and effect except as that generated by belief in an outcome and selection of a probable reality with that outcome	
Local vs. nonlocal effects	Non-local effects are not possible. Non-local effects are causal connections that occur without the direct effect of an object or force.	Since, in QM there is no direct cause and effect, non-local effects may be the way all effects occur, even so-called direct causal effects	Einstein didn't like non-locality and called it "spooky action at a distance."
Mind as a cause	Not possible	Mind creates all by selecting an outcome from infinite choices in the quantum wave	
Psychic abilities, paranormal psychology	Not possible	Mandatory	

Channels' take on this

Seth Those given to...constant examination of the past in order to discover what is wrong in the present, too often miss the point. Instead, they constantly reinforce the negative experience from which they are trying to escape. Their initial problems were caused precisely as a result of the same kind of thinking.

A great many unsatisfactory conditions result because individuals become frightened at various periods in their lives, doubt themselves, and begin to concentrate upon (past) 'negative' aspects.²⁴

My translation: What Seth is saying here is that many of us live in the past and the past we live in often contains negative experiences. We focus on that past and by doing that, collapse the QW to an outcome that contains similar negative energy in our present. Therefore, our focus on past negative events perpetuates that reality for us in the future, that is the part of the QW that we correlate with.

Bashar: The idea is that everyone is their own energy and the only way you can experience anything else is to match that frequency. If you no longer agree to match that frequency of fear, [for example] then you will no longer experience the effect of fear in your life. You will become invisible to that frequency. Even if someone actually has a negative intention toward you, you will become invisible to that frequency. You will become transparent to that frequency by changing your frequency to something more representative of the reality you prefer. And, therefore, you will no longer feel any effect of that negative nature because you no longer agree to mirror or match those vibrations. . . .

[However, if you do have the negative effects in your life.] You could change in the blink of an eye. . .

Every change is actually instantaneous and total but you can create the illusion that change is slow and small. But, every single time you change anything you are actually changing everything. But when you change, you are changing everything to such a similar version of the last thing that you barely think anything has changed, when, in fact, the entire universe has changed. So when you begin to see yourself and change in a different way, know that you are a completely, literally, a different person every single time you change anything. Then you can decide to define who you are as that person and whatever definition you decide is true, will be the way you experience your reality. Even if you can still observe others doing what you do not prefer, doesn't mean they have to have any effect on you whatsoever if you don't choose to be affected. . .

²⁴ *The Nature of Personal Reality*, Session 657

[When you decide there is nothing to fear and only positives can manifest for you, it] Will allow you to experience anything in life in the most positive way possible. So why would you care what happens if the only effect it can have on your life is a positive one? I don't mean this in a negative way but you get to the point where you don't care what happens. It doesn't matter what happens because you know that anything that happens will only have a positive effect in your life. Why? Because that is what you choose. There is no one to contradict you. No one in existence can contradict what you say is true for you. That is the power you have for creation.

Understand, I don't mean this in a negative way. The greatest gift you have been given is that life is fundamentally meaningless. It doesn't have built in automatic meaning. You were created, you were designed to give meaning to life so the meaning you give it is the effect you get from it. Without you giving meaning into it, there will be absolutely no automatic meaning at all. It will be a neutral prop, a neutral experience, a neutral environment. The second, the instant, you give it meaning consciously or unconsciously, positive or negative, that is exactly what gets reflected. It is just a mirror, a neutral mirror. If you look into a mirror you see your reflection in the mirror and you see your face, and see a frown, you don't go into the mirror to try to change the reflection in the mirror to a smile. It doesn't work that way. There is nothing there. All the light is bouncing back to you. But if you decide to smile, the mirror will smile back because it doesn't have a choice. It doesn't have a mind of its own. . . .²⁵

My translation: When Bashar states everyone is their own energy, he is saying that we each collapse our own wave. The rest of the paragraph says that you decide on your collapse of the wave based on beliefs (there are no fears and all events are positive). Others cannot collapse the wave for you and their negative intentions for you will not show up in your reality if you believe that all events in your life will have a positive/beneficial outcome.

The original question that Bashar answered was whether evil entities could attach to your energy (paraphrased). His answer, of course, is that you can mirror their evil intentions in your reality, but they cannot force their way into your reality. If you have mirrored something or someone negative, you can change it (get rid of it) "in the blink of an eye."

The next paragraph is important. When you step into a new probable reality you are stepping into an entirely new reality and a new you. Everything can change totally each instant – the tricky part is you have to change your beliefs. It says you are (can be) in total control. Typically, the ego does not want that drastic change so it appears gradual.

The next paragraph is powerful. The canvas of our physical existence is blank, it has no value judgments. We not only give it meaning but it has no meaning unless we do. That says, if we are experiencing negative meaning in our lives, it is up to us. It is up to us to find

²⁵ Excerpts from: U tube video of Bashar answering the question of a workshop participant at: <https://www.youtube.com/watch?v=pX5CmJw0QTM>

the reason for the negative beliefs creating the negative meaning and change it. The analogy of the mirror is brilliant; we determine what is reflected in our environment. The problem is that most of us are in a somnambulistic trance believing that we are at the mercy of our environment rather than the other way around.

We create our reality by correlating (and we do it routinely all the time) with one of infinite possibilities in the QW.