



Thought Forms



As a unique Spark of Light, you have emanated from the Infinite Source of All and everything. As you gained awareness of all Creation, you became attracted to one portion more than another. In the infinite "electromagnetic" expanse of the All you found your spark of Light choosing to participate actively in human form. Quantum Physics has clearly demonstrated that matter is only frozen Light. An emanation or portion of your unique Spark of Light chose to "enter" the Earth plane. Your direct connection to Infinite Source remains intact and inviolate, regardless of the experiences that you have anywhere in the All. All your experiences have attached themselves to your original Spark of Light, allowing an ever-expanding awareness of Self. This Spark of Light (You) has all the awareness of Infinite Source. It has a direct and inviolate link to Infinite Source because it (You) is a portion of Infinite Source!

In this lifetime we all subject ourselves, knowingly and otherwise, to two sets of laws; the "Laws of Manipulation and Self-Gratification" and the "Metaphysical Laws of Manifestation". Since we are all familiar, only too well, with the Laws of Manipulation and Self-Gratification there is no need to review them.

The "Metaphysical Laws of Manifestation" include the following:

- ❑ **"All of creation is vibration"**.
- ❑ **"All manifestation begins as higher vibrational frequencies"**. Everything that you behold with your conscious five senses was first in existence on a higher vibrational field of energy.
- ❑ **"There are many possible realities that exist at higher frequency waiting to become probable realities, and then to become human experience"**.
- ❑ **"All thought exists at higher vibrational frequencies and then can create and manifest into physical reality"**. You see this every day in every way. Before you do anything, make any move, build or create anything, you first experience the thought of this. Without the thought, there is no creation. It is only due to the lack of discipline, that we are not aware of all of the thoughts that go into everything that we experience. Conveniently, and most often, we tend to blame everyone and everything for our regrettable experiences. Each of us chooses our experiences from our thoughts.
- ❑ **"Thoughts begin first as possible realities, then as probable realities, and finally as manifestation"**. First you thought of attending this workshop, then you decided to attend, and now here it is.
- ❑ **"Once a thought is created, as with all creation, it exists forever as an energy pattern, or vibrational frequency"**. The only change possible is from one vibrational frequency to another. But it will always exist. Nothing ever simply disappears, it only changes form.
- ❑ **"All of creation is subject to Karmic Law"**. You reap what you have sown. Karmic Law is subject to change, as is all of creation. For all creation is in a constant state of change. Creating change can be achieved through the positive use of "Thought Forms" and "Affirmations".



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"Thought Forms" are what you are continually thinking, whether you are aware of it or not. At all times there are ceaseless whisperings occurring in your mind that sometimes correlates to what is occurring in your life, and other times is merely the buzz of the conscious mind whirring in the background. Every thought becomes a form - an energy form. Subject only to the 'caliber' of the thought, it will assume a certain vibrational frequency (activating an "Attractor Field") that actually creates the form. Keep in mind that thoughts are things, that is, that thoughts are in fact matter. Your thoughts, unless otherwise dealt with, will become attached to you and the part of your auric field, the energy field that permeates and surrounds every being.

Every thought that you think contributes to the energetic field that surrounds and permeates your physical body. You know what this energy field is composed of, and so does everyone around you. Our mental thoughts influence our emotional body, which manifests and shapes our physical body. Pain in your physical body simply means that there is the fear in your Emotional body. Buddha stated: "You are what you think, having become what you thought".

By accepting the responsibility and understanding that you are what you think you will create thoughts that will transform and heal you. In so doing there must be a heartfelt desire to be of service to Self and others for the **Highest Good of All**.

You need to investigate all that you think and why. First, you must learn of and review your prevalent thought forms, next learn how to transform them to create healing and loving transformation in yourself and others.

Begin by writing down notes about your thoughts. How tall are you, are you old, young, fit, ugly, good-looking, healthy, your ethnicity, your skin color, are you fertile, lonely, angry, sad, doubtful, fearful, bound by your genetic code, wealthy, poor, intelligent, lazy, fat, skinny or buff, intelligent, industrious, busy, humorous, talented, sickly, considerate or inconsiderate, kind, certain, influential, do you experience seasonal allergies, what diseases or ailments are you experiencing, what are your limitations, what are your talents, are you loving, judgmental, educated, self made, opinionated, well read, generous, helpful, are you experiencing any fights or friction with family, friends or work mates, what are you afraid of - life, death, public speaking, the truth and so on.

As you begin to review the notes that you wrote about yourself you will very clearly see that you do have thought forms and programs about yourself that you literally created. In addition the thoughts of everyone around you are affecting you as well. These are the collective thoughts of your environment. That is where it is decided if you are intelligent or dumb, rich or poor, young or old, fat or healthy. And many, many other thoughts, which are in the collective mind that you have accepted as your own. You have been collectively defined by the society and social circles in which you choose to live, that decides then how you will perceive yourself. So, are you all the things that society deems you should be? It can be an insidious process to hold oneself to what society deems is



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perfection. Consider that society predominantly lives in the "Emergency Emotions" as demonstrated in "Attractor Field Dynamics", which are the realms of insanity. You must let go of the need to be what others think you should be, or what you think you should be, in your mind. These "thought forms" need to be released for transformation and healing.

If you discover a thought form, of yours, that enhances your well-being without serving ego gratification, then it is a thought to continue carrying as part of your auric field. For example the self-image that you have of yourself as you exercise or walk or meditate or paint or when you radiate Loving and Blessing thoughts to others, simply because you feel good in doing so. In short, you enjoy the effect or sense of well-being that you experience while engaging in these loving thought forms.

If on the other hand, as you engage the thought forms as noted above, you perceive yourself to be better than others who may or may not be doing the same thing - while you may still experience a happy feeling about yourself, you are no longer focused on your well-being. Now you are focused on how you perceive yourself in relation to others.

Going one step further, still using the thought forms as noted above, you are doing these activities to show others that you can do or perform these things. As soon as the focus shifts from doing or being for the sake of your own well-being to perceive yourself in comparison to others, or how you "wish" others to perceive you, the thought now becomes driven by the ego. The outcome will always be self-defeating while engaging such unloving thought forms. You will discover that others will not respond or be as impressed as you envisioned (projected) they would be because of your engaging of these activities. For they will be far too self-absorbed in their own lives to take the time to focus on you, and you may just end up no longer even desiring to participate in these activities that could have contributed to your well-being!

If receiving other people's approval is your motivation for participating in any undertaking, then you'll probably end up feeling that they are bad or wrong or even stupid for not noticing you, as you would wish them to. Expecting others to be as absorbed in your affairs, as you are, would be expecting more than you'll usually find. Through pain we all learn that it is best to not encourage any undertaking or activity for the sole purpose of pleasing or impressing another. It is the surest way to create disappointment in one's life. Putting it another way, ask yourself this: do you spend your days observing what others are doing simply so you can comment on the marvelous things that others are doing? Probably not.

People who berate themselves for not being all that they should be are doing so because they truly believe someone may be watching and judging their performance.

Note, that when others judge you, it is always in relation to how you are affecting the image they have of themselves and their fears regarding how others will perceive them. For example, one only needs to observe the desperate dialogue of teenagers and their need to fit into the fashion trend of the moment, to be cool, to be accepted.



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Thought forms that separate you from others will be a thought form that helps you to have sad, unhappy, unloving thoughts and experiences. Thought forms that keep your heart open to unconditional love of self or others, without judgment, is a thought form that is healing and creates well-being in one's self. Each of us is more than capable of carrying both kinds of thought forms. Naturally, you are now looking for those thoughts that you want to transform and release, so that you can carry more of the healing thoughts that create a sense of well-being.

Returning to the thought form of exercising or dieting, **you notice that you've become angry because no one has noticed or commented on your progress.** You will no doubt find that the original impetus for exercising or dieting is no longer there. It becomes increasingly difficult to find the time and energy necessary to conduct this activity, and so you are becoming distressed, because somewhere inside of you, you know that if you were to continue, it would be good for you. **You resent the response or lack thereof from others about you,** yet you know that it would be good to start or continue a behavior that would enhance your well-being.

As we become more aware of the effects of our thought forms it is natural for us to want to learn how to disengage the effects of unloving thoughts and to learn how to engage the effects of loving thoughts. As we have learned from the philosophy of Zen, the cup (mind) is overflowing; we need to learn how to empty the cup (our mind). To empty our mind we need to release our unloving thought forms to the Infinite Source for transformation and healing.

Returning to the review of the notes that wrote about yourself, you will observe the secret payoffs that are experienced by such thought forms that are manifested within your projections. You can discover the litany of grievances and woes, of those thought forms, by merely turning them around into their opposite. For example:

- “People hate me”: stems from one's own inner hatred's.
- “People do not care about me”: stems from one's narcissistic absorption with one's happiness and gain instead of that of others.
- “I don't get enough love”: stems from not giving love to others.
- “People are rude and abrasive to me”: stems from lack of cordiality to others.
- “People are jealous of me”: stems from inner jealousy of others

To initiate the release of these unloving thought forms begin by invoking the Violet Light Ray and then feel very deeply into each unloving thought form, thanking it for the lessons that it has brought you, as you release it to the light. Be very patient as you discover the different layers and emotions attached to each thought form, which you simply did not know that you were carrying. Be kind, gentle and loving towards yourself as you go through this process and allow yourself time and space in which to continue the process as the feelings become known to you. The more that you practice this process the stronger and more powerful your faith will become. “Enlightenment is but a recognition, not a change at all.” The stronger your faith, the more you practice releasing unloving thought forms.



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By being loving towards others, you soon discover that you are surrounded by love and lovingness. When you unreservedly support life without expecting gain, life supports you in return. Learn the difference between 'receiving' and 'taking'. The truth lies between understanding the exchange of energy, with one another, during our daily transactions and experiences with one another. When you abandon gain as a motive, life responds with unexpected generosity. "That what you give, you receive right now!"

**"You see what you expect, and expect what you invite.
Your perception is the result of your invitation, coming to you as you sent for it."**

**"The pathway to Enlightenment via radical truth is demanding and requires the
surrendering of all belief systems."**

**"I bless you, my brothers, with God's Love and Certainty,
which I would share with you."**