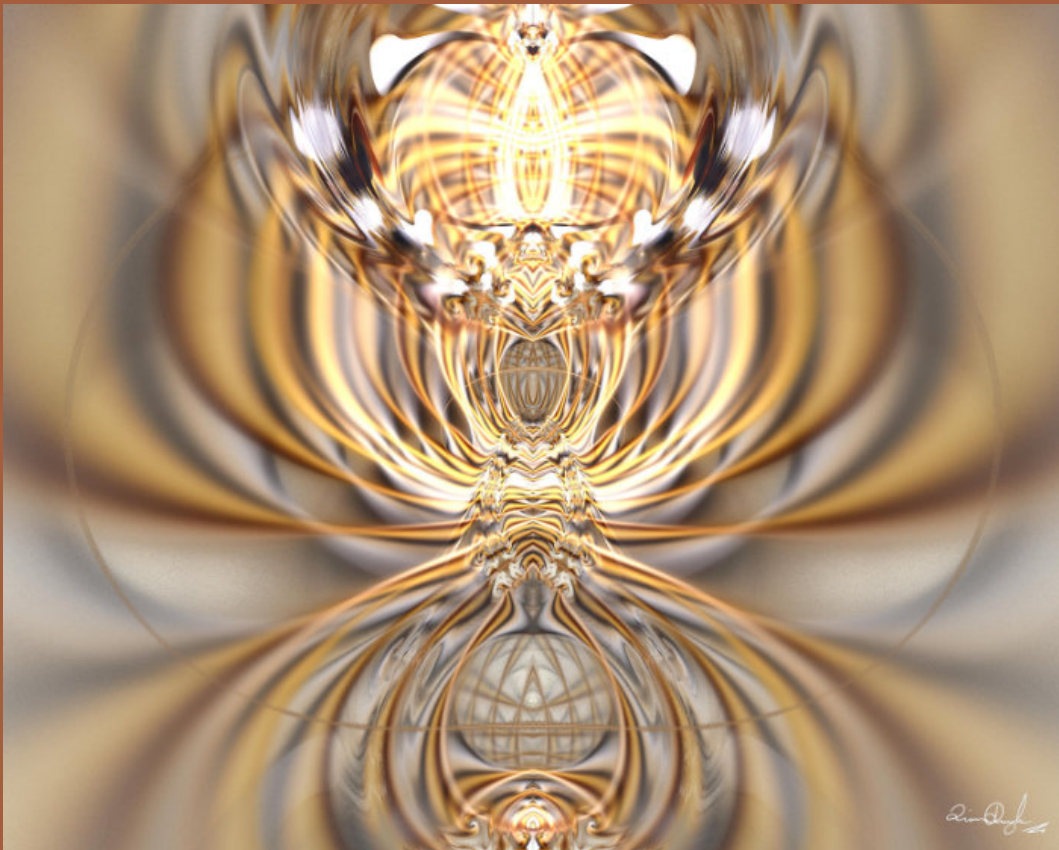


FUTURE VOICE[®]



HEAL

HUMAN RIGHTS | VOICES

MAGAZINE V - 09 | 2021

*"I believe that unarmed truth
and unconditional love
will have the final word in reality.*

*That is why right,
temporarily defeated,
is stronger
than evil triumphant."*

Martin Luther King Jr.

This is our second and complementary magazine on the topic **Quantum Physics**. It is packed with precious knowledge and shows ways of healing that lead to a higher consciousness.

This knowledge does not only want to be read and understood, but also to be experienced.

We ask you to spread this knowledge and the magazine as widely as possible. And we wish you a miraculous and illuminated journey.

FUTURE VOICE

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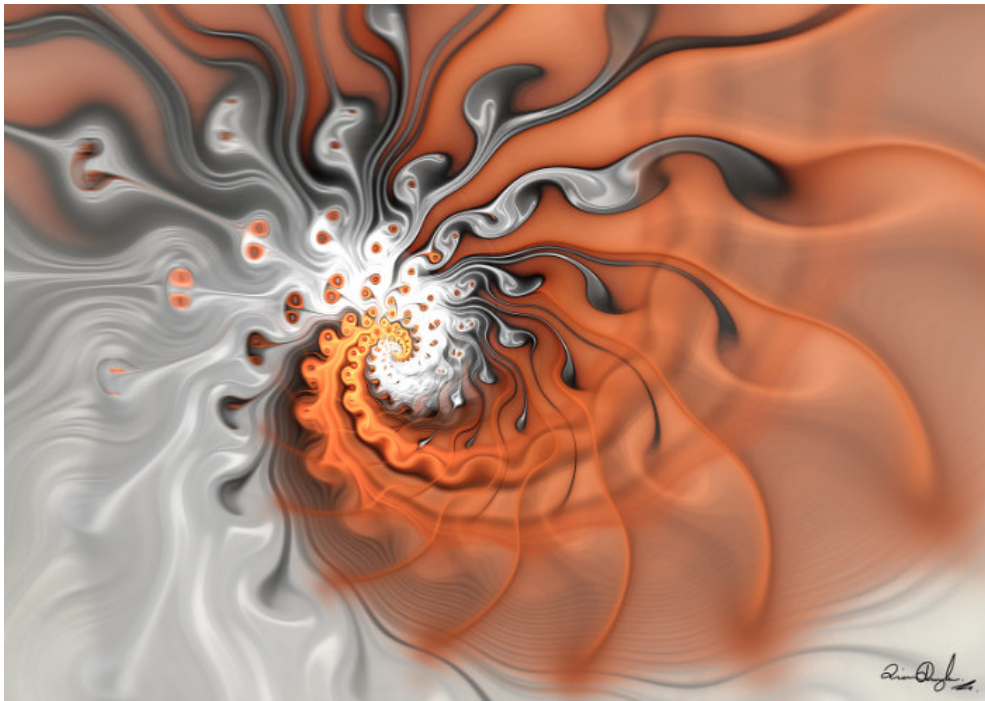
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ALL ARTWORK
BY
LIAM DONOGHUE

“When we think of things, then we make the reality more concrete than it is and that's why we become stuck.

We become stuck in the sameness of reality. Because if reality is concrete, obviously, I am insignificant. I cannot really change it.

But if reality is my possibility - possibility of consciousness itself - then immediately comes the question of how can I change it?

How can I make it better? How can I make it happier? You see how we are extending the image of ourselves.”

"In the old thinking, I cannot change anything because I don't have any role at all in reality. Reality is already there. It is material objects moving in their own way, from deterministic laws - and mathematics determines what they will do in a given situation.

I, the experiencer, have no role at all.

In the new view, yes, mathematics can give us something. It gives us the possibilities that all these movements can assume. But it cannot give us the actual experience that I'll be having in my consciousness.

I choose that experience. And therefore, literally, I create my own reality.

It may sound like a tremendous, bombastic claim by some New Agey without any understanding of physics whatsoever - but really quantum physics is telling us that."

Amit Goswami, Ph.D., Professor of Physics, University of Oregon,
Senior scholar in residence Institute of Noetic Sciences,
Author of several books.

SCIENTISTS SPEAK OF SPIRITUALITY

Edgar Mitchell, the sixth astronaut to walk on the moon, and founder of the Institute of Noetic Sciences, played a significant role in supporting the scientific investigation of consciousness. The view he had of the Earth from space gave him deep insights into the creative nature of consciousness in the universe:

“In one moment I realized that this universe is intelligent. It is proceeding in a direction, and we have something to do with that direction. And that creative spirit, the creative intent that has been the history of this planet, comes from within us, and it is out there – it is all the same.

Consciousness itself is what is fundamental, and energy-matter is the product of consciousness. If we change our heads about who we are – and can see ourselves as creative, eternal beings creating physical experience, joined at that level of existence we call consciousness – then, we start to see and create this world that we live in quite differently.”

Mitchell's mystical insights suggest that the creativity inherent in the universe is also within us. His vision suggests that we may play a vital role as participants in the creative process of the life of the whole Earth. Mitchell, not only a leader in humanity's exploration of outer space, is playing a key role in promoting a scientifically oriented exploration of inner space.

His insights into understanding our roles as co-creators within a creative cosmos were later echoed by the research of consciousness theorists and physicists Peter Russell and Amit Goswami.

Peter Russell describes how our view of ourselves and the cosmos, and the relationship between the two, takes on greater meaning when we experiment with a perspective in which science and spirituality converge. At this pivot point, says Russell, divine intention informs the physical manifestations.

Likewise, Amit Goswami proposes that the integration of the scientific with the spiritual enhances our ability to understand the creative nature of the cosmos. The way these two scientists understand consciousness as the fundamental basis of existence is echoed in the world's spiritual traditions (as Allah, Satguru, Spirit, the Godhead, the Omega Point, etc.). Goswami explains his personal cosmology on how consciousness creates the material world:

*"The new science says that the material part of the world does exist, but it is not the only part of reality. (The whole view), the integration of the spiritual and the scientific, was very important for me because I discovered the new way of doing science when I discovered spirit. Spirit was the natural basis of my being. **The material world of quantum physics is just possibility.**"*

Russell and Goswami suggest that the consciousness pervading the universe is immensely creative, that it decisively informs the material world, and that, because we are expressions of that consciousness, we have the opportunity to participate with it in manifesting events in our daily lives.

Edgar Mitchell, Peter Russell and Amit Goswami offer a view of how the whole universe at its most fundamental level is consciousness, and that the consciousness that permeates the universe dwells within each of us. There are many practices that can provide direct experiences of this consciousness. The practice of meditation, for example, helps us quiet the mind so we can see clearly into the nature of awareness.

With a still mind, it becomes possible to perceive that our true nature is awareness itself, the field from which all phenomena arise and are sustained. **We can consciously draw from this dimension of our nature that we share with all existence, direct it with intention, particularly when we are in a meditative state.**

Some of these scientists' views are not shared by mainstream physicists. Perhaps this is because many mainstream physicists aren't taught to care about the deeper ontological issues of what modern physics means. In addition, many people, including most quantum physicists and neuroscientists, believe that the appearances of our daily lives, including how our minds and bodies work, can be completely accounted for in classical physical terms. Strict materialism, while justifiably denying metaphysical assumptions unsupported by data, has its own share of assumptions that its adherents simply take for granted.

This includes systematically ignoring or excluding the evidence for psychic phenomena and mystical experiences. **The time has come to consider more integral views of the world; perspectives that include tested data from all arenas of existence, inner and outer, individual and collective.**

“To acknowledge the quantum self, to acknowledge the place where we really have choice, to acknowledge mind - when that shift of perspective takes place we say that somebody has been enlightened.”

Amit Goswami, Ph.D., Professor of Physics, University of Oregon,
Senior scholar in residence Institute of Noetic Sciences,
Author of several books.

PRACTICE

Signs of Intelligent Life

In the course of a day, entertain the possibility that everything you see is permeated with consciousness. Practice sensing yourself connected to this larger field of consciousness.

Become an investigator looking for signs of intelligent design permeating existence. What do you find? How do you feel as you look?



Clear intention with an elevated emotion - and matter response.

"Your thinking and feeling creating an electro-magnetic field. The thought is the electrical charge in the quantum field, and the feeling is the magnetic charge. And how you think and feel is the electro-magnetic field that you broadcast. That electro-magnetic field, that you broadcast all the time always connects with a future potential in the quantum field."

Dr. Joe Dispenza D.C., Doctor of Chiropractic Medicine,
Researcher, Lecturer, Author of several books.

THE POWER OF INTENTION

What if all thoughts, conscious or not, influence the world? How do we 'infect the quantum field' so that inexplicable things happen that are in alignment with our intentions?

How do our intentions shape our lives? Intentions continuously affect the world by guiding our actions. You intend to mow the lawn, eventually you mow the lawn, and the lawn is physically changed. So the real mystery is not whether intentions influence the world indirectly, but whether the human mind influences the physical world by an act of intention directly – without physical contact of any sort.

Intention is a long-standing puzzle in the study of human consciousness. Operationally defined, intention involves directing the mind, with purpose and efficacy, toward some object or outcome. Intention represents both challenges and opportunities for deepening our understanding of how we might create our days. Indeed, it draws our focus to some of the most interesting and perplexing questions about the connections among mind, body and spirit – leading us to explore the influence of consciousness both directly and indirectly on individual and collective well-being.

We can speak of three key areas of research on intention:

SELF-DIRECTED INTENTION

How our intentions, particularly visualizations, influence our bodies and minds. This area of research includes the neuroscience and biochemistry of emotions.

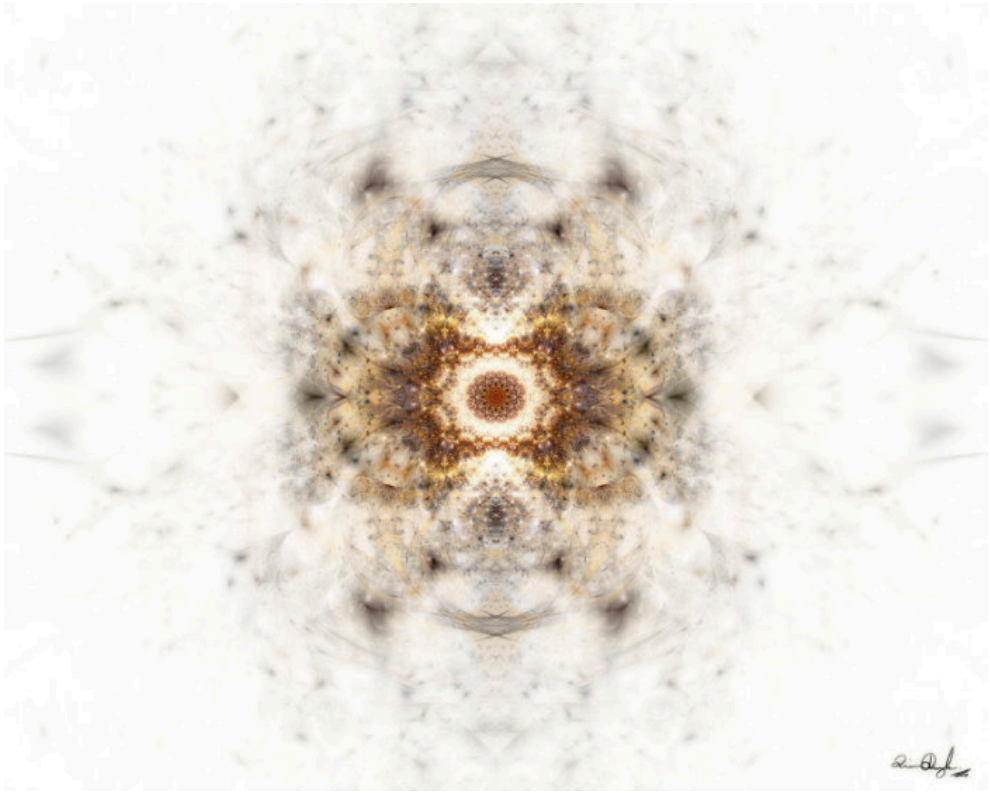
"I never hit a shot," Jack Nicklaus writes in 'Golf My Way', "without having a very sharp, in-focus picture of it in my head." For Lee Evans, four-hundred-meter Olympic champion and world-record holder, success in the 1968 Olympics involved "visualizing every stride of the race, correcting weaknesses in every step I took."

These are athletes who have discovered, often quite accidentally, the validity of psychologist and champion body builder Charles Garfield's maxim for athletic success: "Once the physical training is done, the difference between winning and not winning is in your head."

Since the publication thirty years ago of W. Timothy Gallwey's 'The Inner Game of Tennis', in fact, more and more professional competitors and weekend jocks alike are entertaining the possibility that the mind is the playing field on which the real game takes places.

There is a growing consensus that the next breakthroughs in athletic performance will come not so much from more muscle bulk and skeletal strength as from a skillful combination of physical training and the use of such largely neglected 'powers of the mind' as concentration, meditation, visualization, and inner sensing.

Researchers have been exploring what might be called the 'mental game' of fitness for many decades, and coming up with provocative findings. A 1946 study of suggestion and hypnosis by M. B. Arnold was among the first to suggest what modern-day physiologists now take for granted: that if one imagines throwing darts, the result is a small but measurable contraction of the muscles used in actually throwing darts.



INTENTION AND INTERACTIONS WITH THE WORLD

How our intentions influence others through direct or indirect communication. This area explores the possibility that the expectations of others may actually influence our health and well-being.

As we know just by looking around the world, there are a lot of other conscious beings participating in this creative process along with us. The philosopher Alfred North Whitehead put forward the view that everything in the universe, from particles to planets alike, is in constant contact, exerting varying degrees of creative influence on each other.

Social creativity researchers Alfonso Montuori and Ronald Pursuer (1996) describe additional factors that influence our creativity. These include the environment, economic and educational resources, cultural forces, political and organizational contexts, biological factors, psychological and personality issues, and interpersonal relationships.

We are not exclusively responsible for the outcome of our intentions, but we are part of a larger chorus of creativity that is constantly exerting influences on what manifests around us. We are participants in a creative process that is both originating within our own consciousness and interrelated to the whole universe.

How does intention that is communicated through interactions with others influence our minds and bodies? Interesting studies done on placebos provide clues. Traditionally, researchers use placebos in clinical tests to investigate the effects of a drug. As an inert substance, the placebo is not intended to have any benefit, but instead to provide a baseline by which to measure the effectiveness of the active drug. However, placebos do prove to have beneficial effects. How is this possible? What is the power of suggestion?

Every interaction between healthcare providers and their clients has at least some component of suggestion built in. Whether we know it or not, we are 'listening' to and interpreting the messages our healthcare provider unconsciously conveys through every gesture and vocal tone, facial expression and innuendo. In other words, we pick up on the practitioner's unconscious messages. These signals affect our own beliefs about our health, and our beliefs inform our healing.

This 'placebo effect', the powerful influence of a healer's intentions on the patient puzzles and disturbs many researchers. After all, it seems to prevent them from collecting reliable data on 'real' medicine. But, these placebos may in fact turn out to be a key to our understanding the connection between intention, belief, expectation and bodily responses.

While more research needs to be done to examine the nature of factors like rapport, anticipation and hope in everyday life, there is research showing that long-term states of distress, hopelessness and despair can cause serious disruptions to the healing process.

TRANSPERSONAL INTENTION AT A DISTANCE

Ways in which our intentions might influence others and the world through nonphysical and nonsensory means, for example, as reported claims of distant healing, intercessory prayer, or mind over matter. This area challenges core precepts of the Newtonian worldview's assumption of separation.

Can all aspects of intention be explained by conventional biological, psychological and social processes? Or can the human mind influence the physical world by an act of intention directly – that is, without physical contact of any sort? Does intentionality require force as conventional physics dictates? Or is there something more to consciousness than its physical properties? If intentionality is somehow causal rather than merely caused, then how can it be included, even potentially, in our usual concept of 'scientific laws'? The field that speaks most directly to these questions is experimental parapsychology (Radin, 1997; Broughton 1991).

Parapsychology is the scientific study of anomalous mind-matter interactions, including telepathy (mind to mind), clairvoyance (mind to object or event), precognition (knowledge of future events), and psychokinesis (mind over matter).

Dean Radin, author of *The Conscious Universe: The Scientific Truth of Psychic Phenomena* (Harper Collins, 1997) is Senior Scientist at the Institute of Noetic Sciences, where he and his colleagues study extended human capacities, including mind-matter interactions. Radin worked with Princeton University psychologist Roger Nelson, who in 1998 spearheaded a worldwide collaboration among 75 researchers, to create the Global Consciousness Project (GCP).

The goal of the GCP is to determine whether world events that tend to focus mass consciousness, like international sports events, natural disasters and acts of terrorism, might influence devices that randomly generate numbers based on quantum noise. The results of this experiment to date show strong overall evidence for some form of mass mind-matter interaction.

For example, during and immediately after the terrorist attacks of September 11, 2001 on the World Trade Centers and on the Russian school hostages in September 2004 in the city of Beslan, the random numbers being generated world-wide became unusually orderly. (Electronic random number generators are a kind of electronic coin-flippen.)

On days with nothing particularly interesting was happening, the random numbers reverted back to their expected random behavior. The scientists are hypothesizing that events that cause 'mass mind' to become coherent affect physical matter itself. Scientists are beginning to catch up with philosophers and mystics in acknowledging that the data does seem to show that mind and matter are somehow linked in fundamental ways, and that maybe thoughts do affect the world in subtle ways.

"I am much more than I think I am. I can be much more even than that.

I can influence my environment, the people. I can influence space itself. I can influence the future. I am responsible for all those things. I and the surround are not separate. They're part of one. I'm connected to it all. I'm not alone."

William A. Tiller, Ph.D., Professor Emeritus of Material Science
and Engineering at Stanford University,
Author of several books.



"We must be willing to get rid of the life we've planned, so as to have the life that is awaiting us. The old skin has to be shed before the new one is to come."

Joseph Campbell

Neural Nets

One of the remarkable things about how the human brain works is that we are able to function at high levels of complexity, react to numerous stimuli in our environment simultaneously, and make decisions on the fly about what things mean and what should be done about them. We don't have to make a new decision in each circumstance because with repeated experience, we form associations. In other words, we learn from our experiences, and what we learn colors our response to new situations.

The neural basis for this kind of learning can be understood through a process called 'long-term potentiation'. This means that connections between nerve cells are strengthened when stimulated repeatedly. So if a bell is rung, each time food is presented, you learn to salivate each time you hear the bell, even without the food (Remember Pavlov's dogs?). A neuronal pathway linking bell and food is established and strengthened through repetition.

This is classical conditioning. But there are many other forms of associative learning.

Problems develop when this otherwise adaptive and beneficial system is hijacked by negative responses to otherwise innocuous stimuli. It appears our brains can be programmed not only by repeated experiences (this is how we learn) but also by extreme circumstances.

For example, a single dose of cocaine can prime a system to react with strong craving when cocaine is presented on another occasion. Brain changes and associative learning can also result from traumatic experiences. Imaging technology makes it possible to observe the brain in action, revealing how trauma actually changes the structure and function of the brain.

A significant finding is that brain scans of people with relationship, learning, and/or social problems reveal structural and functional irregularities similar to those resulting from post-traumatic stress disorder (PTSD).

"There is a principle in neuroscience, and the principle says nerve cells that fire together wire together. So if you are thinking the same thoughts, making the same choices, demonstrating the same behaviors, reproducing the same experiences that stamped the same networks of neurons into the same patterns and then produce the same emotions you're going to hard-wire your brain into a very finite signature. Because as you fire and wire the same circuits in the same way, those circuits begin to become more connected.

And by the time you're 35 years old, this is science, we become a set of memorized behaviors, unconscious habits, automatic emotional reactions, beliefs and perceptions and even attitudes that function just like a computer program."

"If you do something over and over and over again - the repetition of those actions over time conditions your body to know how to do it well better than your mind.

And a habit is - your body knows better than your mind. Where you have done something so many times that the body now knows how to do it better than the brain.

So 95 % of most peoples behaviors, attitudes, thoughts, beliefs, emotional reactions are subconscious programs."

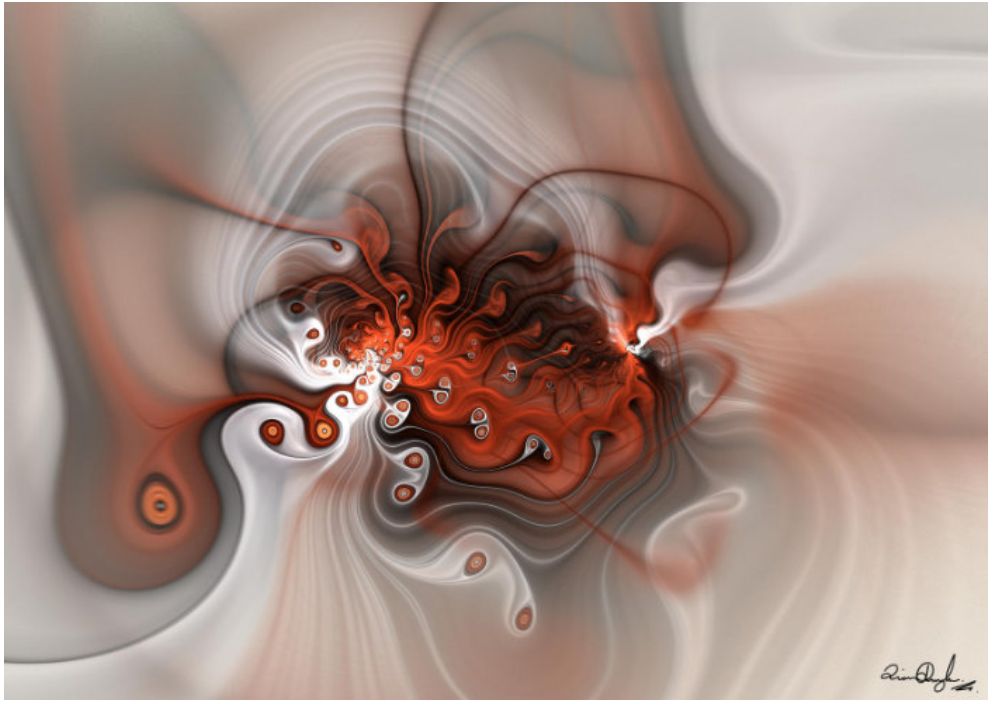
Dr. Joe Dispenza D.C., Doctor of Chiropractic Medicine,
Researcher, Lecturer, Author of several books.

“Well, the way our brain is wired up - we only see what we believe is possible. We match patterns that already exist within ourselves through conditioning.

So, a wonderful story that I believe is true is that when the Indians, the Native American Indians, on the Caribbean Islands saw Columbus's ships approaching - they couldn't see them at all.

Because it was so unlike anything they had ever seen before, they couldn't see it.”

Candace Pert, Ph.D., Neuroscientist and Pharmacologist,
Professor at Georgetown in the medical school,
Author of several books.



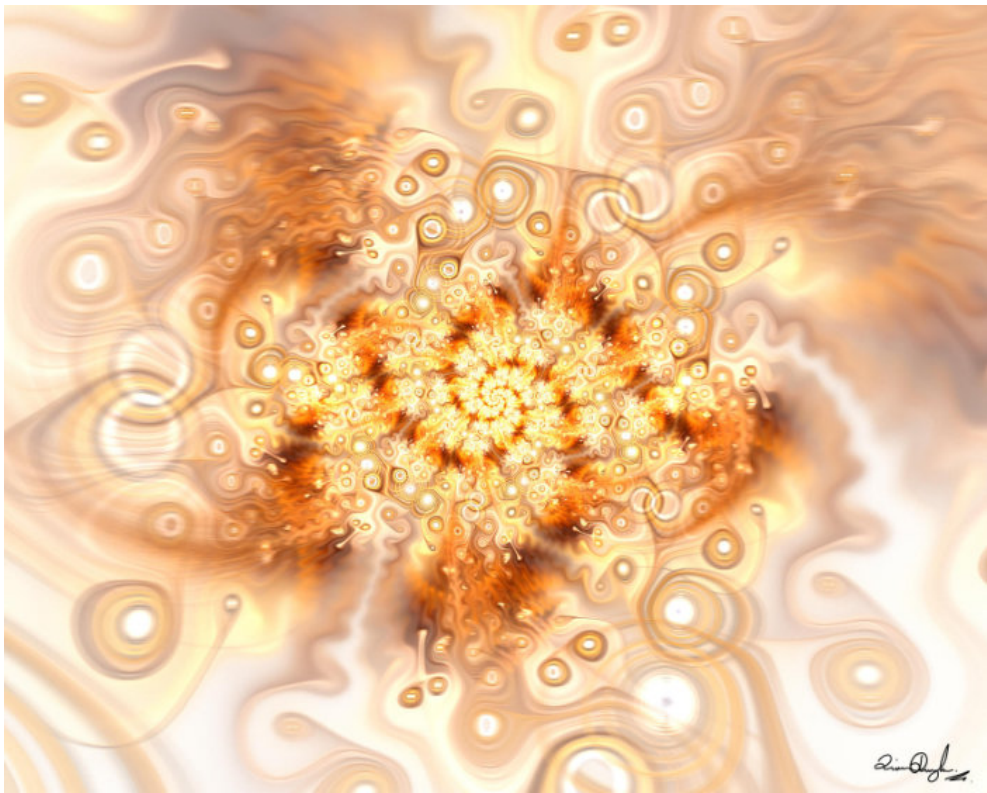
MOLECULES OF EMOTION

But there is more to our emotional response than just wiring. According to neurobiologist Candace Pert, every emotion we feel circulates through our bodies as chemicals called "neuropeptides," short-chain amino acids or proteins that talk to every cell of our body.

Pert's research suggests that these molecules of emotion play a significant role in guiding what we experience as perception and conscious choice. According to Pert, "Our emotions decide what is worth paying attention to. The decision about what becomes a thought rising to consciousness and what remains an undigested thought pattern buried at a deeper level in the body is mediated by the receptors (of our bodywide, biochemical, information network)."

Why do we keep getting into the same kinds of relationships, having the same kinds of arguments, encountering the same kinds of bosses? According to Pert, when receptor sites are repeatedly bombarded with peptides, they become less sensitive and require more peptides to be stimulated. Receptors actually begin to crave the neuropeptides they are designed to receive. In this sense, our bodies are addicted to emotional states.

When we have repeated experiences that generate the same emotional response, our bodies will develop an appetite for these types of experiences. Like addicts, we will draw experiences toward us that give us a fix.



“There's a part of the brain called the hypothalamus, and the hypothalamus is like a little mini-factory and it is a place that assembles certain chemicals that matches certain emotions that we experience.

And those particular chemicals are called ‘peptides’. They are small-chain amino acid sequences. The body is basically a carbon unit that makes about different amino acids altogether to formulate its physical structure. The body is a protein-producing machine.

In the hypothalamus, we take small-chain proteins called peptides, and we assemble them into certain neuropeptides or neurohormones that match the emotional states that we experience on a daily basis.”

“So, there are chemicals for anger, and there are chemicals for sadness and there are chemicals for victimization. There are chemicals for lust. There's a chemical that matches every emotional state that we experience.

And the moment that we experience that emotional state in our body or in our brain that hypothalamus will immediately assemble the peptide and then releases it through the pituitary into the bloodstream. The moment it makes it into the bloodstream it finds its way to different centers or different parts of the body. Now, every single cell in the body has these receptors on the outside.”

Dr. Joe Dispenza D.C., Doctor of Chiropractic Medicine,
Researcher, Lecturer, Author of several books.

“One of the things about receptors is they change in their sensitivity. If a given receptor for a given drug or internal juice is being bombarded for a long time at a high intensity it will literally shrink up.

There will be less of them. Or it will be hooked up in such a way that it is desensitized or downregulated.

So the same amount of drug or internal juice will elicit a much smaller response.”

Candace Pert, Ph.D., Neuroscientist and Pharmacologist,
Professor at Georgetown in the medical school,
Author of several books.



"If we are bombarding the cell with the same attitude and the same chemistry, over and over again on a daily basis, when that cell finally decides to divide. When it produces a sister cell or a daughter cell. That next cell will have more receptor sites for those particular emotional neuropeptides and less receptor sites for vitamins, minerals, nutrients, fluid exchange or even the release of waste products or toxins."

“Now, all aging is the result of improper protein production. What happens when we age? Our skin gets losing elasticity. Elastin is a protein. What happens to our enzymes? We don't digest as well. What happens to our synovial fluid? Those are proteins that become brittle and stiff. What happens to our bones? They become thin.

So all aging is a result of improper protein production. So then the question arises - does it really matter what we eat? And does nutrition really have an effect if the cell doesn't even have the receptor sites after years of emotional abuse to even receive, or to let in the nutrients that are necessary for its health?”

Dr. Joe Dispenza D.C., Doctor of Chiropractic Medicine,
Researcher, Lecturer, Author of several books.

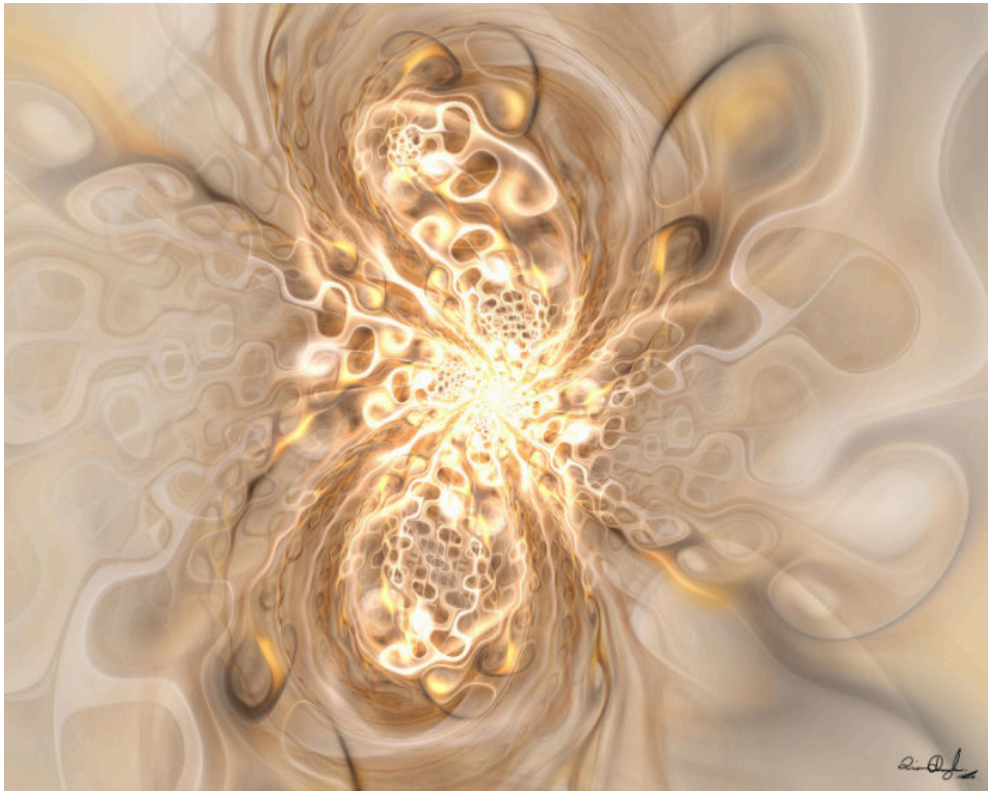
"So you ask if emotions are bad. Emotions are not bad. They are life. They color the richness of our experience. It's our addiction that's the problem.

The thing that most people don't realize is that when they understand that they are addicted to emotions, it's not just psychological. It is biochemical.

Think about this. Heroin uses the same receptor mechanisms on the cells that our emotional chemicals use.

It's easy to see then that if we can be addicted to heroin then we can be addicted to any neural peptide, any emotion."

Dr. Joe Dispenza D.C., Doctor of Chiropractic Medicine,
Researcher, Lecturer, Author of several books.



Are We Hard-Wired For Life?

It seems that we are neurologically conditioned through our experiences to see the world and relate to others in ways that are preprogrammed. Can we transcend this preprogramming? Can we shift our internal working models and remove our tendencies to see the world and relate to others in ways that are no longer adaptive? Can we actually rewire the brain – effectively 'metaprogramming' ourselves?

Considering how emotional patterns get locked in our brains, it is remarkable that we change as often as we do. A near-death experience, the birth of a child, an epiphany, a new intimate relationship, or religious conversion can catalyze profound changes of perception and identity.

People's lives can also be radically transformed through meditation, diet, exercise, and repeated corrective experiences in relationship to loved ones or in psychotherapy. Some are changed by taking medication, others by stopping the use of drugs. Some change for the better, and others change for the worse.

While the brain was previously thought to stop developing in early childhood, exciting new research shows that we continue to rearrange the connections between brain cells (neuroplasticity) throughout our lives. More exciting research shows that we are able to produce new brain cells (neurogenesis) throughout our lives as well. We can change because neurons are inherently flexible and regenerative.

Receptors for molecules of emotion also change in both sensitivity and arrangement with other proteins in the cell membrane. In the depth world of our biochemistry lies what Pert calls "our potential for change and growth." Various types of intention training, visualization for example, can help bring pertinent information to a level of self-aware consciousness.

But the wisdom of the body works in even more mysterious ways: "The unconscious mind of the body seems all-knowing and all-powerful and in some therapies can be harnessed for healing or change without the conscious mind ever figuring out what happened."

THE BIOCHEMISTRY OF HEALING

Our biochemistry confirms our capacity to choose and our potential to heal. While healing can happen without conscious effort, it appears that we can accelerate the process through conscious practices. New research suggests that various modalities of psychotherapy change not only one's state of mind but also the state of one's brain, including increased blood flow to normalized metabolism in the parts of the brain that regulate emotion, such as the amygdala and the prefrontal cortex. Exciting new research also shows that talk therapy changes the brain in ways similar to antidepressant medication.

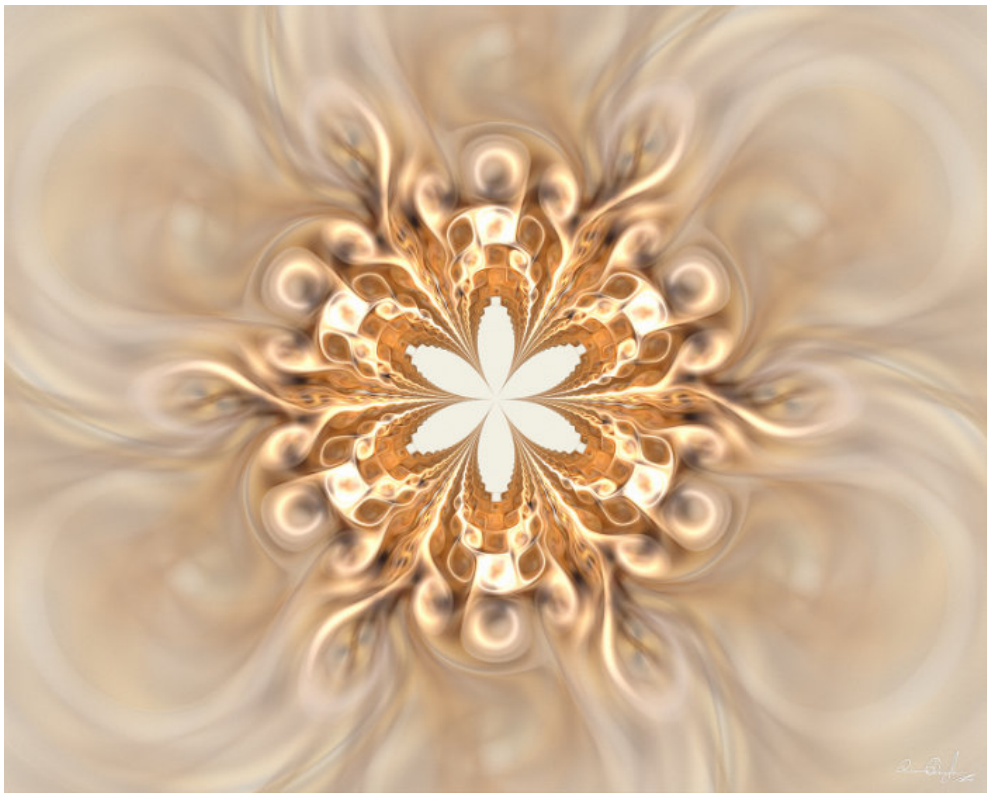
So it seems our wiring is less our destiny than the initial conditions of our existence. In the body's biochemical flow, there is an ocean of new patterns and possibilities waiting to be relearned to support our new goals. We can take action to reduce preprogrammed, mechanical responses to the world, increasing our capacity to meet the world as a fresh experience, moment to moment.

“So the brain is capable of millions of different things - that people just really should learn how incredible they actually are and how incredible their minds actually are. And that not only do they have this unbelievable thing within their head that can do so many things for them and can help us learn and can actually change and adapt. It can make us something better than what we actually are and it can actually help us to transcend ourselves.

There may be some way that it can actually take us to a higher level of our existence where we can actually understand the world in a deeper way. Where we can understand our relationship to things and people in a deeper way and we can ultimately make more meaning for ourselves in our world.

We can show that there’s a spiritual part of our brain, but it's a part that we all can have access to and it's something that we can all do.”

Andrew B. Newberg, M.D., Professor in the Department of Integrative Medicine and Nutritional Sciences, Director of Research at the Marcus Institute of Integrative Health at T. Jefferson University Hospital, Lecturer at the University of Pennsylvania, Author of several books.



“The most powerful force behind creation is described as the need of the creative principle to give love and receive love.”

Stanislav Grof

THE HEALING POWER OF LOVE

Contemporary science is moving towards an insight that parents have never doubted: Love heals. Everybody knows that when mom or dad kissed the scraped knee, it stopped hurting so much. When we were children, a loving embrace could make almost anything better. Love is so integral to the path of healing and transformation, it's impossible to separate it from any aspect of the process.

In their book, *A General Theory of Love* (Random House, 2001), Tom Lewis, Pari Amini, and Richard Lannon weave together evidence from such varied fields as cognitive neuroscience and evolutionary biology to suggest that a primordial area of the brain, far older than reason or thinking, creates both the capacity and the need for emotional intimacy that all humans share. *A General Theory of Love* describes the workings of this ancient, pivotal bond and reveals that our nervous systems are not self-contained.

Instead, our brains link together with those of the people close to us, in a silent rhythm that makes up the very life force of the body. These wordless and powerful ties determine our moods, stabilize and maintain our health and well-being, and change the structure of our brains. Consequently, who we are and who we become depend in great part on those we love.

OPENING THE HEART

Western and Eastern spiritual traditions teach that love is at the heart of every spiritual practice. William Tiller, Professor Emeritus of Stanford University's Department of Materials Science, has done extensive research into conscious acts of creation and has distilled several key factors.

He writes, "Elevated and loving human consciousness is a likely key requirement. We create our collective future via our thoughts, attitudes and actions (by) maintaining an uplifted spiritual/mental/heart-state.

It is the practitioner's love, compassion, devotion to service and intent that can elicit the 'unseen' assistance of the universe."

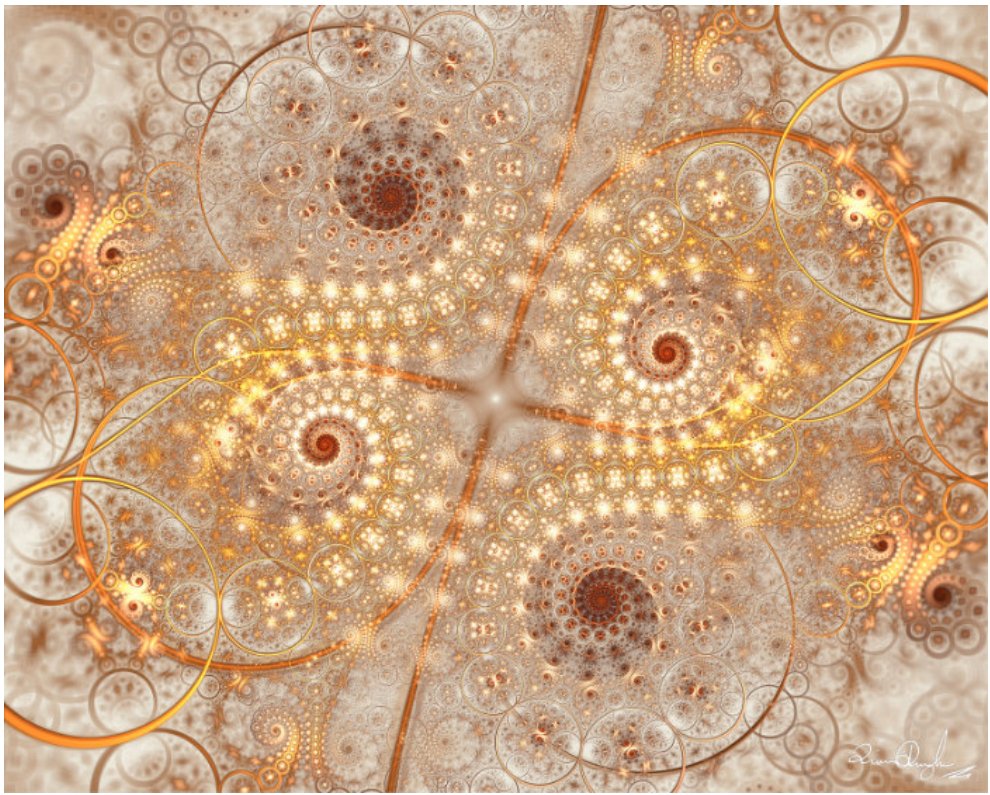
“There are different worlds in which we live. There's the macroscopic world that we see. There's the world of our cells. There's the world of our atoms. There's the world of our nuclei.

These are each totally different worlds. They have their own language. They have their own mathematics. They're not just smaller - each is totally different. But they're complementary, because I am my atoms but I am also my cells. I'm also my macroscopic physiology.

It's all true. They are just different levels of truth. The deepest level of truth uncovered by science and by philosophy is the fundamental truth of unity.

At that deepest subnuclear level of our reality, you and I are literally ONE.”

John Hagelin, Ph.D., Professor of Physics and Director of the Institute of Science, Technology and Public Policy at Maharishi University, Leader of the Transcendental Meditation Movement, Author of several books.



HOW DO WE HEAL

If healing means being free from conditioned, preprogrammed reactions to the world, then being healed begins to look like having the capacity to choose fresh, creative responses to each situation as it presents itself. Freedom may not be a new or better story, but the capacity to hold any story or identity lightly, shifting as needed.

A plethora of the world's spiritual traditions, psychologies, and philosophies address this issue. Philosophers from nondual traditions tell us that the essence of transformation is the shift from seeing the self as separate from God or Being, the creative force that animates manifestation, to an identification with that force. This healing thus encompasses the whole body, mind, and spirit in full integration with itself and the divine.

As you can see, this insight comes only with a great deal of work. It takes a long time to get to the point of seeing the totality of ego activity. To see it experientially and directly rather than from a disidentified or transcendent perspective is made possible by a deep exploration of the territory of personality from within.

When you see this completely, it is possible for the movement in you that connects you with the rest of society to stop. When it stops, you become pure, clarified personality, soul with no ego structure. For the first time, you can perceive the actual substance of the personality without the past.

Healing occurs when we remove the blocks to this natural process. It is accelerated when we can participate consciously in the process.

Easier said than done, though. Willingness does not come easily when we have spent a lifetime reinforcing our version of reality. Sometimes we have to hit bottom to fully appreciate how imprisoned we are.

We seldom change without discomfort. We don't even change our position in a chair without discomfort. We change our minds with the discomfort of cognitive dissonance (an inconsistency between our authentic beliefs and our actions).

We change our behaviors when we experience the discomfort of our desires being thwarted. We change our hearts when they are shattered by grief or joy. Suffering may not be required, but it is certainly a common impetus. We can also catch glimpses of our potential through peak experiences, an inspiring film, book, piece of art, or person. Myriad possibilities can open our imagination in ways we may least expect.

While healing and transformation can take many forms, they seem to move through consistent stages, with some essential human capacities getting developed along the way. The first step to healing the past and transcending conditioning is often simply noticing that you are, in fact, behaving in a way that is re-enacting past wounds.

Cultivation of awareness is an essential aspect of healing. In fact, scientific evidence suggests that training in contemplative practice can change your brain. Long-term meditators have demonstrated an ability to self-induce peaceful brain states.

Healing begins once we get to the root of our wounding. Psychodynamic psychologists believe that our preprogrammed hard-wired responses to the world are defenses against the actual pain of an original trauma, whether it was an overt single event, like an accident or even birth itself, or subtle forms of abuse and deprivation.

According to trauma expert Peter Levine, we replay the past because natural processes of releasing the energy of the trauma went awry. Levine posits that our rigidified responses to the world stem from "the frozen residue of energy that has not been resolved and discharged; this residue remains trapped in the nervous system where it can wreak havoc on our bodies and spirits."

As transpersonal theorist Stanislav Grof notes, "The full expression of a feeling is its funeral pyre." This suggests that when the energy is released, the trauma is released.

Myriad therapeutic modalities help to excavate and release the core energy locked in our body-minds. What they all share is a basic assumption that healing entails bringing love to aspects of experience that have been deprived of love. Love is understood to be our full attention and unconditional acceptance.



YOU are THE creator OF YOUR LIFE

Hi Everybody, Dr. Joe Dispenza here

I want to take a moment and teach you some basic tools to begin to change your Life. When you invest in yourself, you invest in your future.

Number one

Take some time out of your busy lives to disconnect from your world. Shut your cellphone off, turn the TV off, power down your computer. Sit your body down for a few minutes and close your eyes.

Number two

Take some breaths and center yourself. When you center your attention into the present moment, you have more energy to create with. When your mind wanders to the predictable future or the familiar past, that's normal. Just become aware of it, keep working on settling yourself back down into the present moment. When you're in the present moment, you're the most creative.

Number three

Ask yourself, 'Can I be defined by a vision of the future instead of the memories of the past? What do I want in my life?', and take the time to answer the question. As you begin to contemplate and think about the answer to the question, you're changing your brain.

When you make your brain fire in new sequences and new patterns and new combinations, that's the beginning steps of changing your mind.

Next

Decide on the emotions you'll feel when you begin to create that future and teach your body emotionally what that future is going to feel like. And don't get up until you begin to feel those emotions.

Step number four

Rehearse in your mind who you're going to be when you open your eyes. The things you have to do. The choices you have to make. The steps you have to take. Review them over and over again.

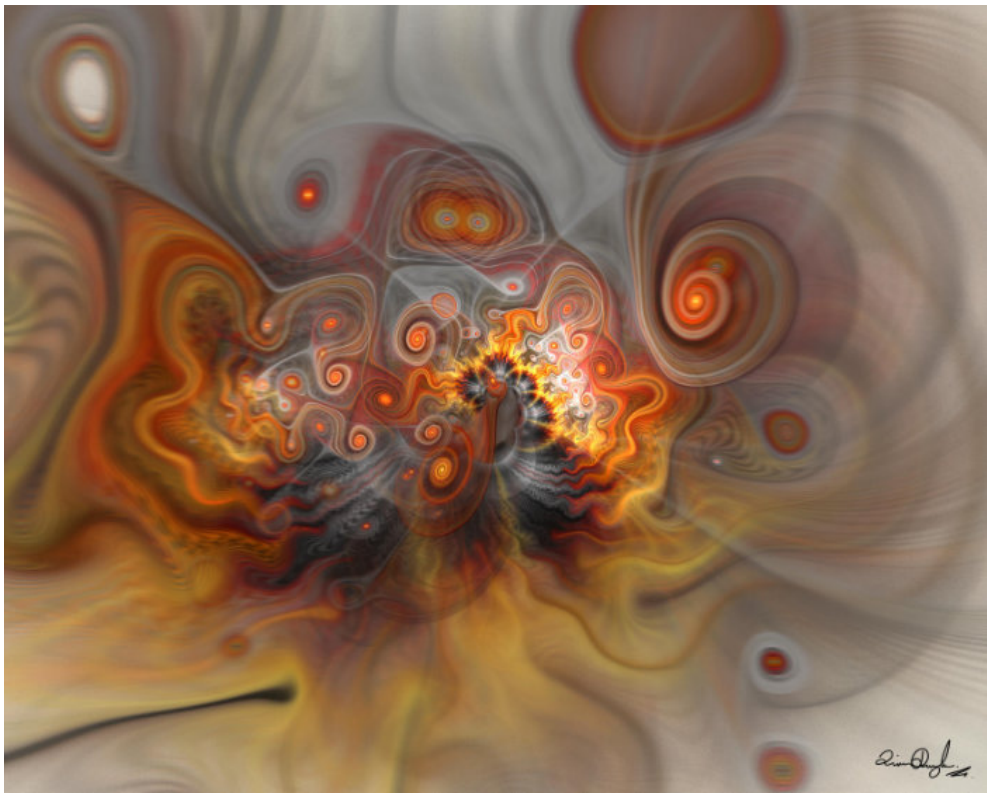
Number five

You can't go to the future holding on to the biology of your past. Decide what thoughts you can't bring to your future, write them down. Thoughts like 'I can't, It's too hard, I'll never change, I'll start tomorrow, What's wrong with me, Someone else's fault.' Decide what behaviors or actions or unconscious habits you have to change. 'How do you talk, you complain, do you blame, you make excuses, do you feel sorry for yourself.' Just become so conscious of those behaviors that you'll never go unconscious again.

And lastly

You have to decide what emotions no longer belong in your future. That means if you want to be wealthy you can take lack. If you want to be healthy, you can take insecurity or fear. You got to begin to condition your body to a new mind.

If you do this every single day, your personality creates your personal reality. And your personality is made up of how you think, how you act and how you feel. Change any one of those things and you change your life. And begin to measure the effects of you at cause, give it a shot.



Now, there is danger to be in the present moment. There is danger to express Love. There is danger to trust because if you're living in an environment where survival is the credo. You're not going to want to close your eyes and go within. You're not going to want to trust anybody. You know, this is not a time really to relax. This is a time to be vigilant.

So, people, they cannot intellectually understand it, but they can't get to that level because they're always perceiving their environment as the jungle.

When we begin to overcome those emotions of stress that are highly addictive, the body is no longer being tormented like an addict. That is when the body is liberating energy and that's when the heart starts to open. And that's when we start to believe in possibility again.

So, if our personality creates our personal reality, we make a decision. First we examine who we've been, and I call it crossing the river of change – from the old self to the new self.

Crossing that river is going to be uncomfortable. It's going to feel unfamiliar. And you are going to feel like it's unpredictable. Because the moment you're no longer thinking that way or acting that way or feeling that way you're going to feel like an unknown.

Now, this is biological the neurological, the chemical and even genetic death of the old self.

This is the pain that you experience because the body is looking for its familiar chemical state. That pain is normal and if you understand that – that void, that unknown is the perfect place to create it.

That's the place you want to create it and not to fear it, but to embrace it. And your body is craving the familiar chemicals that it is addicted to. Then you might want to say when you're in that place while the best way to predict my future is to create it. Not from the known but from the unknown.

Now this perfect place of creation is where people begin to do the uncommon. This is where their soul begins to speak to them. This is where they see a greater purpose for themselves in their lives. And they're no longer playing by the small-minded games any longer because they're connected to some bigger vision in the future.

I think Transformation is really the one thing that I'm more passionate about than anything else. And so, I think taking, number one, taking time out of our busy day for ourselves is the greatest service that we can do for ourselves, for our family, for the people we work with and for our community.

Now, most people's attention is on their external environment, on their body and on time. They wake up every morning and then get out of bed and they do the same thing they've been doing for the last 20 years. And their bodies already programmed into a predictable future, their bodies already on Autopilot. They have a thought of the coffee pot and the next thing, you know, they have coffee in their hand. They have a thought of the shower, the next thing, you know, they're in the shower. And they thought about going into work, the next thing, you know, they're in the car.

So, the body is following their mind. If they are living by the same emotions every single day then their body for the most part is in the past. Because emotions are a record of the past.

So, finding the sweet spot of the present moment in our meditation is so highly important, because the body has been trained to be in the future.

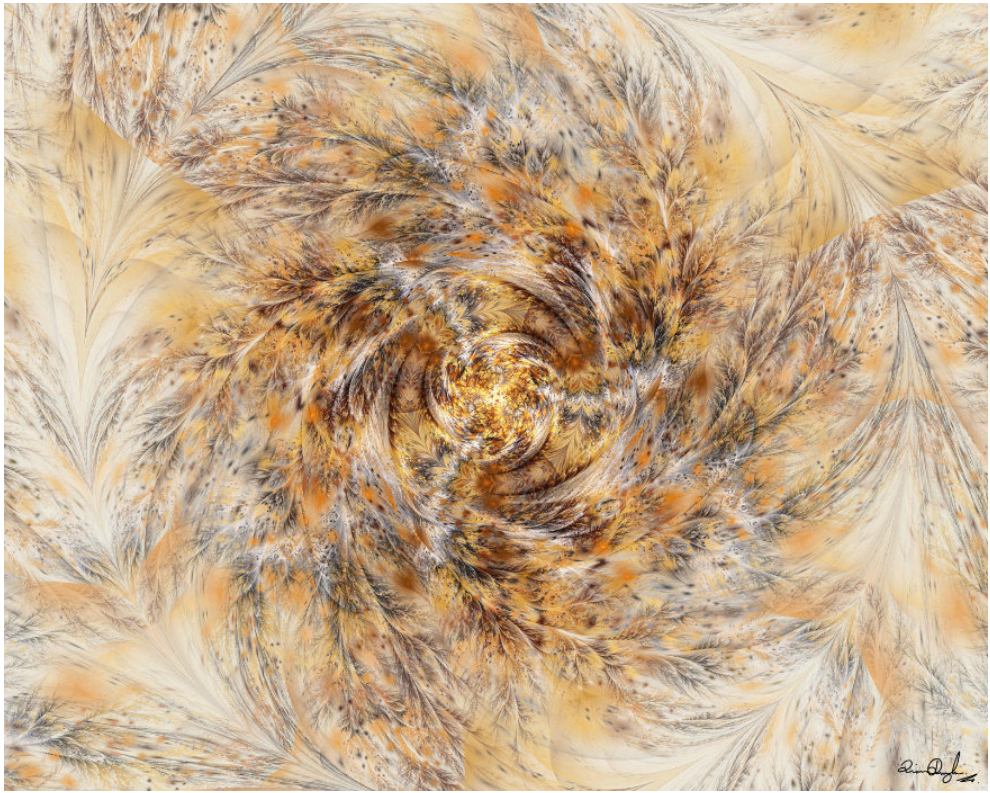
So, the most people when they take their meditation and they stick it in as another thing to do, so they don't have to feel guilty. That's not the answer either. Working with your body and understanding that it's the animal and we do this in our workshops. We ask people in their meditations to really get to that point where there are unfolding in that infinite field of potentials as thought alone.

In other words – if you are going to heal yourself by thought alone or create something in your life by thought alone then you have to become thought alone.

This is the key element where all of a sudden, when you keep practicing bringing your body back into the present moment, you become aware of that it is thinking about: 'What's about this thing I have to do. Or this plane I have to catch and this contract I have to sign. And that person I have to call'. That's a predictable future.

And you become aware that you're investing energy into that reality because where you place your attention is where you place your energy.

For your living by some emotion of impatience or frustration or vigilance then you are siphoning energy out of the present moment. And you have no energy to create with. So every time you become conscious that you're moving out of the present moment, and just like riding an unbridled stallion, every time you bring that body back into the present moment. And you relax it back down into the present moment and you surrender into nothing. Every time you do that you are reconditioning your body to a new mind. In other words – you're not allowing your body to become the mind.



Now, people will say: “Well that’s going to take a lot of work.” And I say to them: “Well, what’s the alternative? What do you want to do? Do you want to do drugs?” I mean nothing is going to help you get to the present moment, but you. And if you practice being present every single day in your meditations you will be more present in your life. And less preoccupied with that worst-case scenario of that moment where something could go wrong and living by those hormones of stress.

Your body then finally starts to trust you. And when your body finally starts to trust you, this is the moment it is not worried about the unknown. The unknown is no longer dangerous. The unknown is actually an adventure.

So, we teaching people how to find the present moment. And when they begin to distinguish between when they’re present and when they are not present. And when they are able to do that well enough, they all know the moment when it is time to create.

Now this funny thing happens if you really lock into the present moment. All the things you thought you wanted you no longer want because you feel so whole in that moment, it is impossible to want.

That's when duality begins to unify, and that's the moment now where you are no longer living in polarity. I call that the natural state of being. And so, finding the present moment is one of the key elements that we use. Once you find the present moment then, then the next step is to teach your brain and body emotionally what a new future is going to feel like. In order for you to do that, in order for us to do that, we have to become conscious about how unconscious we are. We've been talking about that.

And so, we do the work every day to present ourselves as a greater expression of ourselves every day. And in the beginning it will feel unnatural, will feel uncomfortable. But I swear there's been hundreds of people once they start seeing the effects and they find true joy within them because they are pleased with themselves and they got beyond themselves.

I mean, in the brain scans that we studied with people I can tell you that when people get beyond themselves, they are so incredibly powerful. So, getting people beyond their past and getting them into the present moment begins to liberate the most amount of energy.

I think people are beginning around the world to wake up to the idea that the illusion is becoming so obvious. I mean every single paradigm right now is collapsing whether it is the political model, the economic model, the religious model, the medical model to the educational model, environment. Everything is collapsing right now because it cannot function on the old laws, the old paradigm. Something new has to be created.

So then, how do we begin to become supernatural? We have to begin to do what is unnatural.

And if when everybody else is in lack and in poverty, that is the time to give. When everybody else is in fear and worried that is the time to demonstrate courage. And when everybody else is judging and warning that is the time to show love and compassion.

And if we keep doing the unnatural long enough sooner or later, we will begin to become supernatural. So our souls journey then is to really step out of the quagmire and the limited beliefs and perceptions that keep us playing in this limited realm. This limited density where we are matter trying to change matter.

Once we get a taste of the divine and that divine – again, we measured this over and over again – when you are that thought in the infinite space when the brain is perceiving space and no longer perceiving objects it gets very organized, it gets very coherent. And when the brain gets coherent, we get coherent. And when the heart gets coherent we love way more.

And that's when we begin to emulate the divine. So over and over again – as we begin to climb out of these limited states and we break free from those survival emotions that keep us feeling more like matter unless like energy, the side effect of all of that is becoming more energy and less matter. And that's when we start to demonstrate being a vibrational being.

The field around our bodies, when we are living in stress, is about 3/4 inch in size. Open your heart it can be up to nine meters wide, we measured. And so when you begin to open your heart, you feel connected to something greater.

That's the beginning. That's when the soul says 'Now I have infinite possibilities to experience. And I get the select as a free will individual where I want to place my attention'. That's when we are liberated.

So, I think it's a great time for us to begin to really embody this information. I think it's a great time for us to hit the low points - to see those illusions.

I mean, I had my own awakening – and you reach a point where you realize that the only time you feel like yourself is you need the external world to remind you of it. That's the sign.

When you can find an identity of yourself in the quietness and solitude of your own presence that's when you are no longer seduced by the external world and that's when you begin to experience true freedom.

Text © Dr. Joe Dispenza D.C., Doctor of Chiropractic Medicine,
Researcher, Lecturer, Author of several books.



FORGIVENESS

Many painful patterns from the past get locked into our system behind the bars of blame and shame. We might assume that if we are in pain, somebody, whether ourselves or another, must have done something wrong.

Forgiveness is an essential key to healing the past. Gerald Jampolsky, MD, author of 'Forgiveness: The Greatest Healer of All' says, "Forgiveness is the process of letting go of your negative judgments about other people and your negative judgments and self-condemnations about yourself. Forgiveness is the willingness to give all of your anguish and anger up to a higher power and trust that it can be transformed into love."

GRATITUDE

In recent years scientists have begun examining the links between religion and good health, both physical and mental. Two psychologists working to unlock the puzzle of how faith might promote happiness, Michael McCollough, of Southern Methodist University in Dallas, Texas, and Robert Emmons, of the University of California, Davis, say their initial scientific study indicates that gratitude plays a significant role in a person's sense of well-being.

"From the emptiness comes forth your dream, through the power of clear intention, through the wisdom of equanimity and compassion, through right action that builds and brings things to clear conclusion. These three building fires exist within each of us, as spirals of energy ever moving, ever bringing forth the fruits of our intention and desire."

Dhyani Ywahoo

AFFIRMATIONS

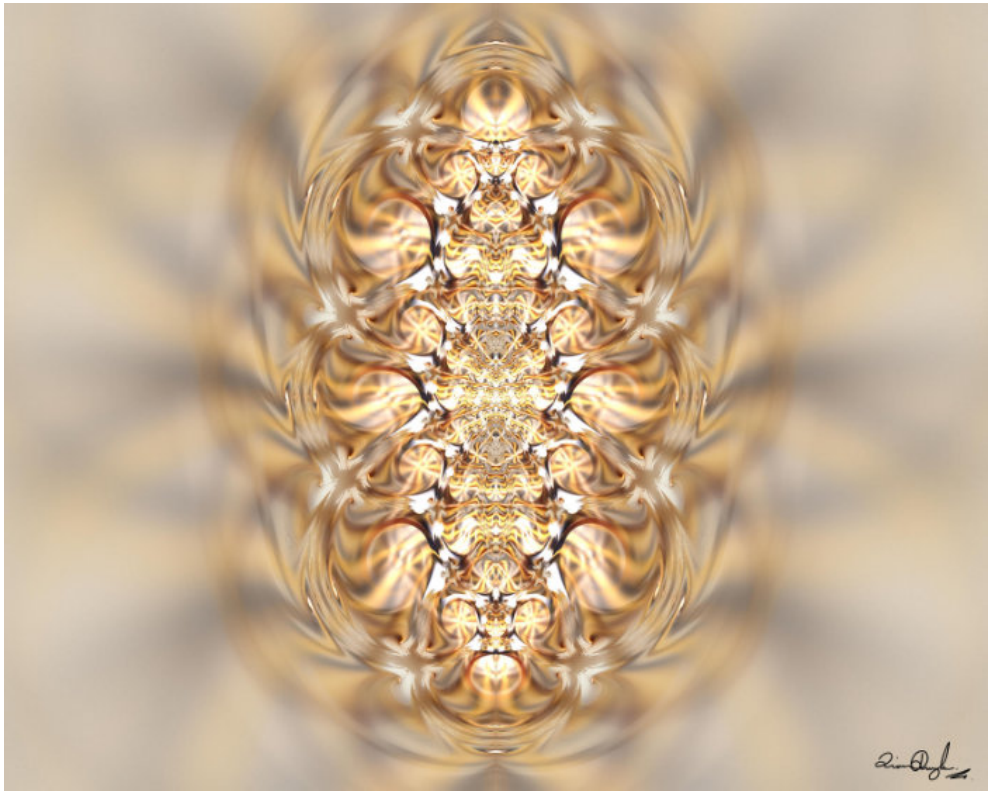
We can create positive intentions through affirming statements. According to Dhyani Ywahoo, “affirmation (using positive statements about oneself and the world) enables one’s unmanifest potential to become real.” The idea is not to bury or mask negativity, but to consciously open the mind and body simultaneously to life affirming thoughts and energy. Making your statements in the present tense as if they are a current reality can have a more immediate and direct impact.

VISUALIZATION

Close your eyes and see yourself as a child again, bounding out the front door on a warm spring day. Imagine yourself taking a deep, full breath, seeing the sky, feeling the fresh, clean air race through your body, then jumping down the steps into the brand-new world of morning.

Although we can change our bodies by changing our minds, it is not always an easy process. Putting new patterns in place requires us to dismantle old structures and to build new ones. It can be painful, but it can also be filled with grace and the sense of being intimately engaged in a miraculous process. Whatever our process, in the end we are fully capable of healing our past, changing our neural networks, recovering from emotional addictions, and living healthy, happy lives. More than at any other time in history, we have abundant resources available to support us.

Text excerpts 'Study Guide And Manual For Navigating Rabbit Holes',
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WALKING WITH THE DIVINE

Guided Meditation © Dr. Joe Dispenza

Now, close your eyes – and take your hands and place it over your beautiful heart – the seat of your soul – acknowledging the creative center where the energy of wholeness and the unity exists – your connection to the unified field.

Can you rest your attention in the space that your heart occupies in space – and can you feel the energy of space within this center – in the center of your chest.

And as you rest your awareness within this sacred place – allow your breath to flow in and to flow out – from this center – and feel your breath.

Begin to move – more slowly – more deeply – more completely – breathing in and breathing out – acknowledging this center with your breath – awakening it.

And as you breathe through this center – can you cultivate an elevated emotion, come on – in gratitude – in joy – falling in love with life – in care and kindness for all things.

Breathe – feel – profoundly. Enrich yourself – loving yourself into life.

Now radiate this energy beyond your body in space – broadcasting this energy into the field – and all of life be enriched by the intention of the greatest good of all that exists in the universe.

Breathe – feel – radiate into the big black space beyond your body in space.

And now, can you raise your attention to the space that your throat occupies in space – and can you feel the volume of space in the center of your throat in space.

And as you rest your consciousness within this center – within your throat in space – can you become aware of the space beyond this center – around your neck in space – and can you sense the energy of space of the big black space – beyond this center – in space.

And now, as you rest your awareness within this center and as you sense the space beyond your body – around your neck in space – let's walk into your future.

*Declare it – who you are – what you have – what you know.
Empowering your destiny through this energy center means – that
your words are law. And when you call on spirit it response. And as
you open this center – you are commanding matter to a new mind.*

*And speak with purpose through this center – and let your energy
move out through your throat – channeling it in to the field. And
embody your destiny – breathe it in and let that breath move up into
the fifth center – harmonizing your sound, resonating it into the
future, now.*

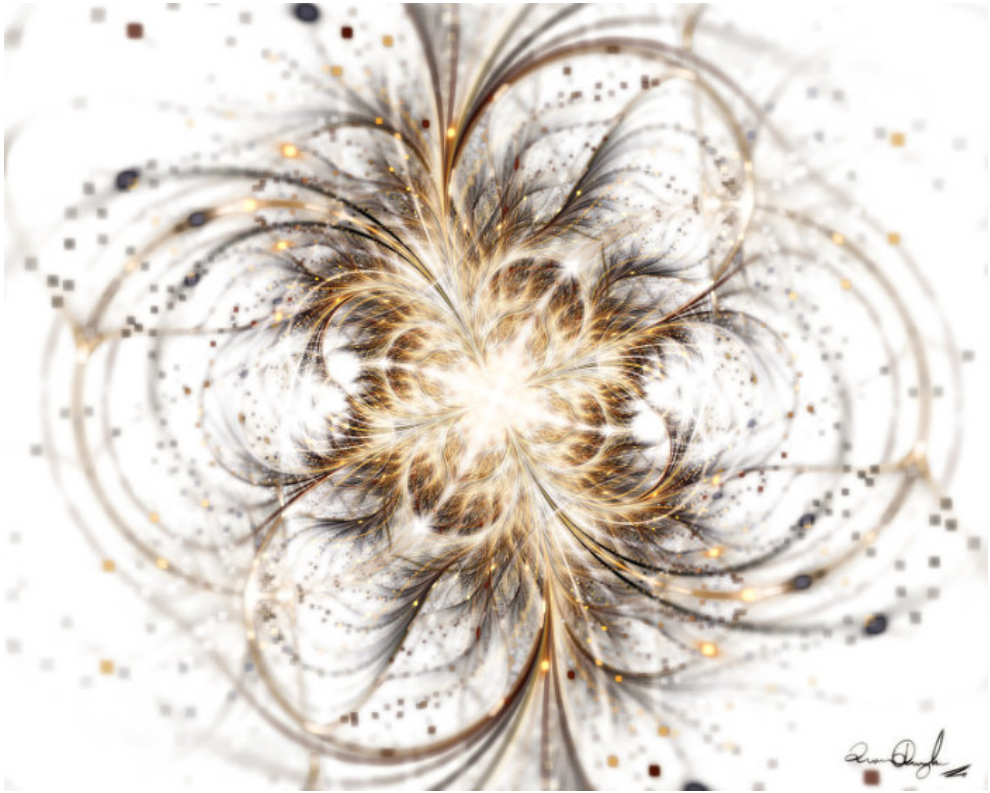
Declare it, because you feel it.

*Speak your truth. Empower your love into life. Express yourself
through this center – and keep your intention in the center of your
throat.*

*As you rest your intention in this center – open up your awareness to
the space beyond this center – in space. Let the sound of your voice
resonate to the frequency and the energy of a new life. Become the
adventure. Step in to the unknown.*

*Breathe – embody it – feel it – and let that feeling drive the sound of
your voice. Who are you – declare it – in to the space around you –
in space.*

*Speak your future, now. Let love be expressed through this center.
Your truth is your destiny. Move it out through this center and
empower it with new energy – a new consciousness.*



And hold it now, stop walking and close your eyes. And for a moment become aware of the big black space behind your eyes – in space.

And can you rest your awareness in the space between the back of your throat and the back of your head – in space. And can you feel the volume of space within this center – in the back of your brain – in space.

And as you rest your attention within this center – as a thought – can you move into the chamber of the room of this gland. And can you sense the space that the room of this center occupies in space – sensing the space – the volume of space within this room – in space.

And now, as you rest your attention within this center – and as a thought within the room of this chamber within your head – in space – can you raise your energy – your frequency in an elevated state – broadcasting your energy beyond this center – around your head – into space. Radiating your light into the big black space – beyond your head – in space.

And now, as you rest your attention within this center – and as a thought aware of the volume of space – of the chamber of this room and the space beyond this center – in space – open up and receive – tune in to light – to energy – to frequency – and feel – and aline to a coherent feed of information.

Feel it – sense it to this center – and receive it – activating and awakening this holy place. Let your body be filled with light.

And now, can you ascent your awareness to the space in the center of your head – in space. And can you feel the volume of space – in the center of your head – in space.

And as you rest your awareness within this center – within your head – in space – can you become aware of the space beyond this center – around your head – in space. Can you open up your awareness to the big black space – beyond this center – in space.

And now, open your eyes and fix your gaze on the horizon – and open your focus into the field. And as you rest attention – within this center – within your brain – and as you sense the space beyond your head – and as you become aware of the space around your head – in space – walk – as your future self, now.

Mastered elements of limitation – enlightened and wise – connected to the divine – that the christ within you is awakened. You are the true self – unlimited – conquered yourself – boundless in potential – feel it moving you.

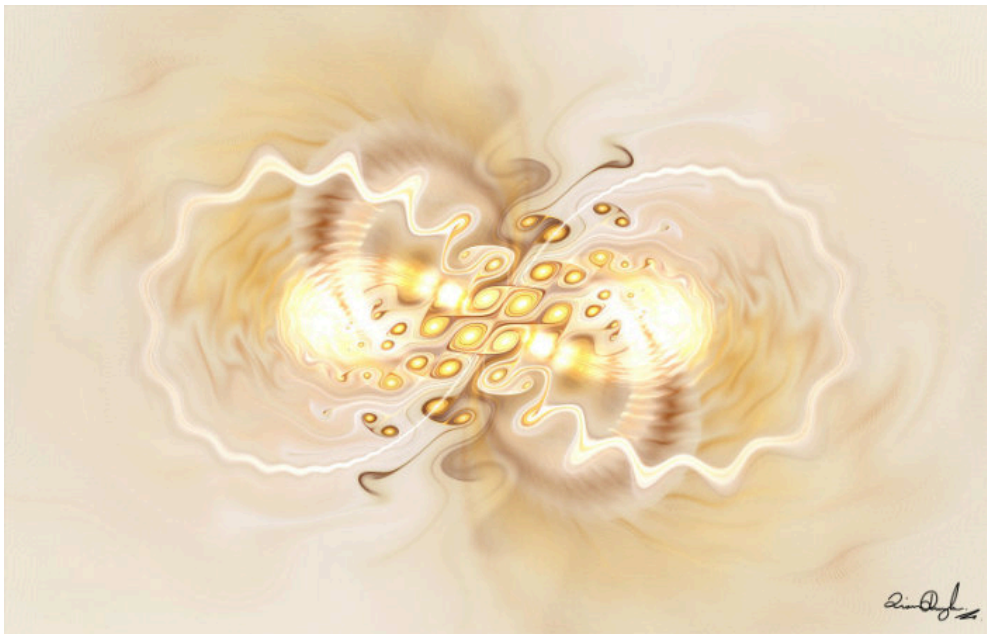
Come on, let it move through you. Oh my god, let it move all around you – presenting the greatest ideal of yourself to life.

And as you create from this holy center and as rest your attention and acknowledge this center, and as you are aware of the energy of space beyond this center in space – walk, as the master – remember who you are – embody the ultimate energy of the divine.

Feel it – let your body respond to your mind – one with everything – invited to the table of masters and avatars – that you are one with all things.

Come on, step into it – remember, where you came from – be the healer – be the resurrector – be the wise - man or woman. Your energy is in your head – this is where thoughts become matter – your thoughts matter.

Feel it – Into dimension – God like – Sainted – Empowered – Unlimited is who you are.



Hold it, stop for a moment and close your eyes – going within – and becoming aware of the big black space – that all of space occupies in space.

And can you become aware – of the volume of space above your head – in all of space. And can you feel the energy of space above your head – in space. And can you bless this space with the joy for existence – falling in love with life – thankful for this moment – worthy to receive that you've created.

Open up to the field. And in this state that you receive this energy – as it moves down to the center of your head in space – let it move into the sixth center in the back of your head – surrender, as it makes its way to your throat into the fifth center - from light into matter – from wave to particle. Let it consume you – as it makes its way into the space of your heart.

Feel it – open up and receive it – breathe it in to your being. Let the spirit move you – be worthy to receive – you are divine – a child of god.

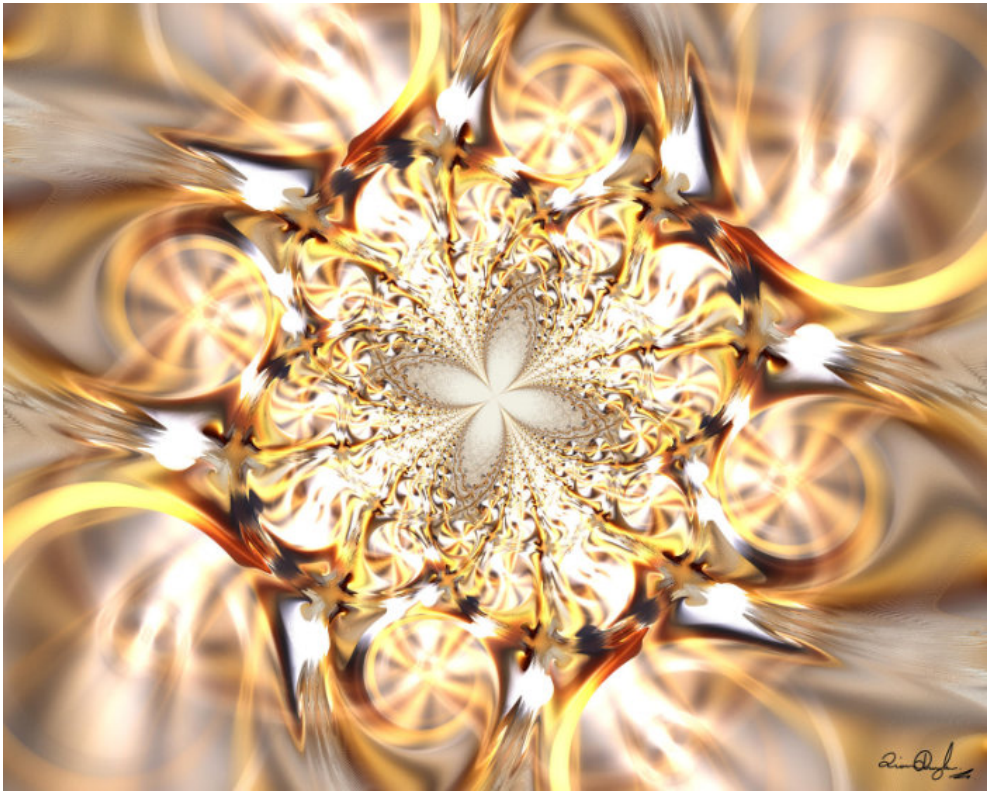
Be whole – and let your body be baptized in light. A new consciousness – a greater energy. Breathe and feel – and receive – in the space of your head – the center of your brain – to the back of your brain – into your throat – and all the way into your soul.

And for a moment – before you open your eyes – take a moment and float in possibility. Let your life be filled with wonder – in awe – for the events that you create coming a way that you least expect – that surprise and leave no doubt that they were gifts from the divine – and that those experiences create the energy – for you to create – again, again and again.

Breathe – feel – and when you smile – it's already yours. And when you ready – you can come back to your senses – and open your eyes – awaken into a new life.

Dr. Joe Dispenza D.C., Doctor of Chiropractic Medicine,
Researcher, Lecturer, Author of several books.

ALL ARTWORK



LIAM DONOGHUE

Liam Donoghue has been producing fractal art for well over 20 years now, from the early days of the psychedelic mandelbrots through the computer explosion to now, where advanced tools and processing power allows him to produce large format high detail images far removed from the early days.

"Inspiration comes from many places, I love the use of light found in Turner paintings and the colours found in the impressionists, but obviously there is a lot of the abstract in my work, along with themes of nature and beauty." – **Liam Donoghue**

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HUMAN RIGHTS



VOICES

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"It is my belief that our purpose here is to develop our gifts of intentionality and learn how to be effective creators."

William A. Tiller, Ph.D., Professor Emeritus of Material Science
and Engineering at Stanford University,
Author of several books.

