

THE WORLD IS (Y)OURS

THE AWAKENING

THE SECRETS BEHIND "THE SECRET"

SECOND EDITION

Kurtis Lee Thomas

KURTIS LEE THOMAS

THE **WORLD** **IS**
(Y) **OURS**
THE AWAKENING
THE SECRETS BEHIND *"THE SECRET"*

SECOND EDITION

Kurtis Lee Thomas

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ON THE COVER

“A birth certificate shows that we were born, a death certificate shows that we died, images show that we lived!”

—Gerry Curry

On the cover of this book you will see an image of what seems to be (y)OUR world. Although this is (y)OUR Mother Earth, this image is composed of hundreds of smaller pictures of my friends and family members, as well as my-self. This image of Earth, seen from outer space, illustrates viewing our world as a whole, made up of all the beautiful souls that personify it. As human beings we are all related and we are all divinely connected to ONE another. There-fore, we represent the Earth at this time, because we are the Earth! A picture captures a moment, cherishes a memory, and is said to be worth a thousand words. So when we col-lectively compile hundreds of pictures into ONE global image, what does it say? It says...THE WORLD IS (y)OURS!

COVER CONTEST!

Would you like to win tickets to my next workshop or seminar? Would you like to be on the mosaic cover of my next book? Then submit a picture of yourself showing the world your uniqueness; and don't be shy! Top 100 photos are chosen (must own copyrights to your image).

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Dedication

This book is dedicated to my dear brother, the late and great Kevin L. Thomas. I cannot thank you enough for assisting in my awakening and helping guide me through a world filled with illusions and deception. I wrote this book for you, big brother! Thank you.

Special Thanks

To the true loves of my life, my beautiful daughter Kaila, and my Mother, Linda J. Cole, an extraordinary lady filled with great wisdom. A mother who single-handedly accomplished a woman's greatest feat by teaching a boy how to become a man. I thank you, mother, for believing in me at such a young age and teaching me *how* to think, and not *what* to think.

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Namaste!

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UNDERSTANDING THE LAWS OF THE UNIVERSE

Glossary < Universal Laws

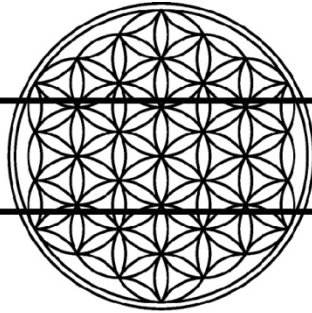
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PREFACE | THE AWAKENING...

You might have heard that 90 percent of an iceberg exists below the surface of the water while only 10 percent protrudes above the water's surface. Just like an iceberg, the universe is showing you that something is here, but it's not allowing you to see it all at once. The universe is merely showing you the "tip of the iceberg"; in other words, "What you see is what you get." However, there is much more to discover in life, if you choose to take that leap of faith into uncharted waters.

Many are afraid to explore the unknown because they fear what they may discover. It's finally time to venture out of those shallow comfortable waters and explore greater depths of truth. It's time to dive into a deeper level of conscious-ness and discover all the secrets about the human race and our universe, once and for all. The time has finally come to reclaim the secret treasures hidden deep below the surface, and for the world to find out WHY these secrets and treasures have been kept from us in the first place.

Enjoy the ride!



THE INTRODUCTION YOU SHOULD NOT SKIP

A big shift is taking place as you read this. This change is in the air, and you can feel it resonating deep within your soul. It's subtle because it's a change of awareness, a change of consciousness, and the unveiling of long-awaited truths. You can feel in your bones that there is more to life than just what you have been experiencing or have been told: go to school, get a job, get married, have kids, and die. This planet is filled with ancient wisdom, hidden knowledge, and many amazing truths that are right here for us to discover if we just take the time to look.

What To Expect...

This book will be a dynamic tool for anything you are trying to obtain: money, empowerment, confidence, love, forgiveness, success, hidden knowledge, universal truths, and much more. This is the dawn of uncovering all of life's secrets and tools—the same tools and abilities we've always had but just didn't know how to tap into. We all have them and they are ready for us to start using. Once you start to *awaken* and unveil all of the astounding hidden secrets I describe, I promise you'll never want to go back to sleep!



Your new journey begins right here, right now! It's time to wake up and take hold of the reins in your own life and start co-creating your own outcomes instead of just accept-ing what's presented to you. Learn how to manipulate energy and use the laws of the universe to your advantage. You're using them anyway, right now, whether you like it, know it, believe it, or not, so it's time to know and harness the power of co-creation that you possess within. If you change the way you think and feel, you can change your life any way you want, and attain all that you've ever desired. How do you do this?

In our broken system of education, we aren't being taught our true abilities as human beings or how powerful the human mind, body, and spirit really are. Unfortunately, we must discover this on our own and begin asking ourselves questions such as: Is this really it? Is there more to life than I know? You can start right now by answering this simple question for yourself, "BESIDES MY NAME, WHO AM I?" You should try asking that question to family, friends and co-workers as well, just to see what they say. You will notice that many will hesitate or even get stumped by this simple question because most people tend to define themselves by their name or by their occupation. This is mainly because most people don't know who they are or why they are really here. Others may attempt to answer this question by stating that they are a mother, a wife, a father, a sister, etc. How-ever, no other person can define who you are but YOU.

We have been living in a state of oblivion for far too long, and it's time for us to reclaim our powers and remember who we really are and why we are here. As soon as you start to ask questions such as "Why am I here? What is the purpose of my life, and life itself?" It usually marks the begin-ning of your greatest discovery... YOU!



You Don't Know What You Don't Know

You must believe that there are no coincidences in life and that you have manifested this book into your hands somehow, someway. *How* you did this is irrelevant at this moment, what matters is “Why?”. So without further ado, let me tell you why you are here...

“You’re here because you know something. What you know you can’t explain, but you feel it. You’ve felt it your entire life, that there’s something wrong with the world. You don’t know what it is, but it’s there, like a splinter in your mind, driving you mad. It is this feeling that has brought you to me. Do you know what I’m talking about?”
~ Morpheus (Laurence Fishburne), The Matrix 1999 film

They say when the student is ready, the teacher will appear. So, per your request, let this book become your new guide for the time being. Of course all authors want their readers to read through to the very last chapter. However, I am only recommending you do so because if you have this book in the grasp of your hands, and are reading this very sentence right now, then you must trust me when I tell you it’s for a greater purpose than what you’re imagining at the moment.

You will only discover what this greater purpose is after you have completed the first half of this book (chapters 1-9), revealing your true powers while simultaneously preparing you for the second portion of the book (chapters 10-19), where the real story begins to unfold as I tell you how and when to use your new powers.

Consider what you are about to read to the comparison of going into surgery, eye surgery let’s say. You wouldn’t just get up in the middle of surgery and go home, would you? Of course not! You must wait until the entire process is



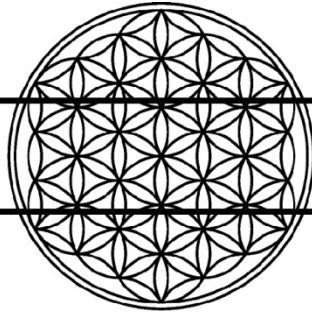
complete and trust that when all is said and done, you will see with much better clarity and wonder why you didn't get it over with sooner. This "consciousness surgery" that you are about to undergo is no different. You will soon view the world with an entirely new perspective, as a new pair of eyes awaits you as well!

Before We Begin

Take a moment and allow your mind to open up. Free it from any worry, stress, or bothersome thoughts. Take this time to temporarily neutralize all your current beliefs, assumptions, and previous knowledge just for the duration of this book. Allow what you read to sink deep within your subconscious where the truth always resides and will never steer you wrong.

You are about to quench your thirst, satisfy your hunger, and indulge in some profound food for thought that your being has longed for. Now, prepare yourself for a five-course meal of some real "soul food," and enjoy the buffet...

Bon appétit!



CONSCIOUSNESS

“Consciousness, in some sense, is the most precious commodity in the multiverse of universes.” ~ Dr. Michio Kaku

In baseball they say leadoff hitters are the most well-rounded and reliable players on the team. So, why lead off with the first chapter of this book discussing consciousness? Because the understanding of human consciousness is the only prerequisite to getting the most from this book. As an intelligent businessman would understand the difference between being rich and being wealthy, truly understanding consciousness would be the equivalent to knowing the difference between knowledge and wisdom.

Consciousness: What is it exactly? Consciousness is the state of being conscious, aware, and awakened to your environment. It's the perception of one's own personal existence or collective identity of an external object or situation. Consciousness is being inwardly attentive to your attitudes, beliefs, thoughts, and surroundings. It's your ability to pay attention to the subtle signs in life while perceiving places,



people, or events in order to understand what's really being said or done. There's always a bigger picture in life that we cannot see until we reevaluate things, or see those things from a higher perspective.

“Any fool can know, the point is to understand.”

~ Albert Einstein

Can you recall watching a particular Disney movie as a kid that you considered your favorite movie? You loved it so much that you watched it over and over again until you knew all the lines and could even act out the scenes. Maybe now you have a little brother or sister, or even your own children that you can watch your favorite movie with for old times' sake. But this time when you watch your favorite movie, you notice that the script includes adult content and there are certain lines and gestures that a kid couldn't even understand. Of course you never noticed this while you were a kid, but it sure sticks out like a sore thumb now that you're an adult.

It's not that the movie changed; it's that your awareness has been raised to the point that your consciousness' capacity for understanding the movie has increased. Since your level of awareness is solely contingent upon your consciousness level at that time, you will always have a deeper understanding the more you watch any movie or read any book than the previous time.

In his groundbreaking speech “Consciousness, Creativity and the Brain,” American filmmaker David Lynch explains consciousness in the following way:

“If you have a golf-ball-sized consciousness, when you read a book, you will have a golf-ball-sized understanding...when you wake up in the morning, a golf-ball-sized wakefulness...But if you can expand that consciousness,



make it grow, then when you read that book, you'll have more understanding; when you look out, more awareness; when you wake up, more wakefulness...It's conscious-ness, and there's an ocean of pure vibrant consciousness inside each one of us and it's right at the source and base of mind, right at the source of thought, and it's also at the source of all matter."

As Lynch explains, consciousness is purely our perspective and understanding of the things that our conscious minds have the ability to comprehend. Our consciousness is limited by how we perceive our world and what we understand of it. But our consciousness also has the ability to grow and expand once we develop better instincts, intuition, and awareness of the goings-on around us.

"Once you realize that there's something to be realized, then your realization has begun." ~ 3 Magic Words Documentary

The more you develop your awareness, the more you'll be able to start processing deeper levels of truth and understand what's really going on around you; something that I like to call your *Consciousness Net*. As your awareness grows and your perception enhances, your net gets larger and your holes get tighter, allowing you to *catch* things that would have normally gone under or over your head, or through your net!

Alcohol is a substance that lowers our level of consciousness, while cannabis, also known as marijuana, is a drug that raises ones level of consciousness. This is why when people smoke marijuana they seem to notice the most intricate details in things they normally wouldn't be conscious of (including objects, people, and situations). They look at life with a completely different perspective while under the influence. This rapid influx in consciousness can sometimes result in deep spiritual insight, revelations and epiphanies.



While at other times, smoking marijuana can result in para-noia because the person tends to “overthink” and look too deeply into a situation. This paranoia is caused by something I like to call “Consciousness Overload”. Our consciousness will allow itself to stretch and bend, but will never break. One thing I must say is that although smoking marijuana may raise our level of consciousness temporarily, there are other significant side effects besides ‘couch-lock’ and ‘the munchies’ that are rarely talked about. The key is to remain in higher levels of consciousness at all times, but how so?

Some might think our consciousness expands automatically as we grow older and “smarter,” but this is not completely true. One must understand that intelligence and higher levels of consciousness are like apples and oranges, a bit similar, but mostly different. Brain surgeons may tend to be what one might call smart, but this doesn’t necessarily mean that they have higher levels of consciousness as well. In fact, the more training and conditioning one might have in a particular field or specialty, the more it can limit or constrain the expansion of their overall consciousness, if they don’t maintain an open mind. Whatever socio-economic status or level of consciousness you currently hold, the one thing you can count on is that your perception of the world will change by the time you turn the final page of this work.

Test Your Consciousness

“We don’t see things the way they are, we see things the way we are.” ~ Anaïs Nin

Naturally, humans are extremely tactile beings. We need to “see it to believe it.” I, too, was once like this. In fact, I was the epitome of this type, living by the phrase “Believe none of what you hear and only half of what you see.” If you’re one of those people who need to see it to believe it, consider this: What if I told you that you have been seeing



it without seeing it this whole time? What if I told you that everything has been right at the tips of your fingers, right under your nose, staring you right in the face the entire time but you just haven't been able to see it yet? Just because we have eyes doesn't mean we see everything, and just because we don't see something for what it really is doesn't mean it was never there all along.

“Even with our eyes open, we tend to still be blind.”

~ The World is (y)ours

Look at the famous FedEx logo for example. You must have seen this logo a thousand times. But were you always aware of the blatant pointing arrow inside of the logo? Take a look at this logo if you're not familiar with this arrow.



If you don't see this arrow at first glance, look for the white arrow in between the bottom half of the E and the X. Did you know that this arrow was there all along? This logo is seen all over the world, yet why are so few able to spot this arrow or even become aware it's there in the first place?

Once we are “aware” that this arrow exists, it sticks out like a sore thumb and it's pretty hard to believe that we've never seen it before. Now that you know where the arrow is, I guarantee that every time you see this logo, it will be the first thing you will notice. The same experience is true once you find yourself awakening to the real world in which you live. But what the arrow-in-the-logo example really does is make you think, “I wonder how many other examples like this are out there that no one ever catches?” The “signs” and



“arrows” that have always been there and have always been pointing you in the right direction will begin to seem more obvious now. As you raise your awareness and consciousness levels you will realize there is an entirely new language out there for you to decode and discover. You will look at everything with a new perspective and start to see things you never noticed before, yet seem so evident once they are exposed to you. In later chapters you will see far more mind-blowing examples on a much larger scale that will really make you shake your head in disbelief.

Some of the hardest things to see are the things in plain sight. We tend to overlook many of the things we believe, see, do, or say without much thought. For instance, the majority of people in this country grew up singing the famous ABC Alphabet song like myself. However, most people have no clue they’ve actually been singing along to the tune of Twinkle Twinkle Little Star their entire lives. You can go ahead and sing both tunes in your head right now and see for yourself if you’re not aware of this. Point being made, some of the most common things in life are where we fail to connect the dots. We tend to overlook so many things in life, big and small, but when these things are finally pointed out to us we can’t seem to understand how we never caught it on our own.

There is plenty of ancient wisdom, suppressed knowledge, and undisclosed truths right under our noses just ready for us to discover. However, “the truth” is something that we must find first, it will not find us. Not because it is not looking for us, but because it has already found us. We just haven’t acknowledged it. Even if the truth did find us per se, we would not recognize it nor would we accept it as our truth. We would either immediately dismiss it or ridicule it as we have in the past. However, once our consciousness levels rise high enough to see things from a new perspective, we will realize these truths have been tapping us on the shoul-

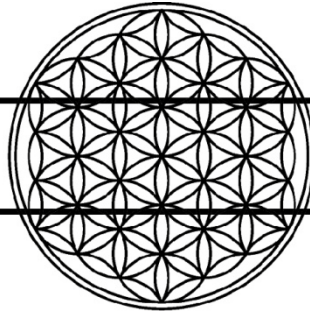


der and were here for us to discover the entire time.

It might seem like a catch-22 if you feel you must see something to believe it. The real truth is that it's the other way around; you must first believe it, in order to see it. Although we feel we need to see something to believe it, we actually don't. We can't see oxygen, but we know it's there. We can't see God, but most people have faith that He/She/It exists. We've never actually seen a dinosaur with our own eyes, but we've seen bone fossils that prove their existence. Well, just like those dinosaur bones, if you continue to dig, you will eventually find your proof too!

Understanding consciousness, how to expand it, and the awakening of humanity, is not just the basis of this book, it is crucial to the world in which you live. You will see how elevating your consciousness not only has the ability to change your reality, but humanity's as a whole. This conscious awareness is essential to the forthcoming mass awakening that's near. It is a powerful tool, and when collectively unified with humanity, this can and will change life on this planet forever! But before we travel down that rabbit hole, we must first explore where the seeds of consciousness originate, and understand how powerful these seeds can be!

[But the full \(complete\) book here](#)



THE POWER OF THOUGHT

“Whatever the mind can conceive and believe, it can achieve.” ~ Napoleon Hill

The power of the word is said to be the most powerful tool given to humankind. However, aren't words just thoughts said out loud? Don't we need to have the thought before we make the word? When we pray aren't we sending out thought? When we meditate aren't we looking to receive that life-changing “thought”? Everything in this universe started with a thought. Intention and thought are the most powerful tools given to humans, yet the most unheeded. But why haven't we learned the significance and the power of a thought? Why aren't we being taught how to utilize these powerful building blocks of life while in school?

Although you can't see your thoughts, it doesn't mean your thoughts aren't physically manifesting themselves around you this very second. We already know science can measure the energy emitted from our thoughts, and just because we can't physically see this energy, doesn't mean that something amazing isn't happening right before our eyes.



Living in a Wireless World

“Our entire biological system, the brain and the earth itself, work on the same frequencies.” —Nikola Tesla

Albert Einstein is by far one of the most ingenious minds I enjoy studying. When Albert Einstein was famously asked, “So how does it feel to be the smartest man in the world?” Do you know what Einstein said to that person? He replied by stating, “I don’t know, ask Nikola Tesla.” Tesla was an awakened genius to the fullest degree; he invented wireless electricity by understanding the language of the universe and coming to the realization that everything in this world is energy comprised of various vibrational frequencies.

If you look at where technology is taking us today, everything is becoming wireless. The whole world, including us, is now operating on wireless signals. These invisible signals are everywhere and travel within the same space. We can-not see these signals or frequencies, but they are there and they are communicating/interacting with one another even though we can’t see this happening. You don’t have to be somewhere to read something, know something, or even feel something anymore.

Similarly, our brain waves emit frequencies created by our thoughts, and those frequencies communicate to the universe through “wireless” signals. These thoughts and frequencies we emit create the world in which we live. Although actual wireless technology is relatively new to humankind, we have had these internal abilities since creation. We are all operating on wireless signals: sending, receiving, trans-mitting, and encoding every second of every day. If some of these devices that we’ve created are advanced enough to have the ability to wirelessly communicate with one another, is it so hard to believe that we humans have these same abilities as well?



Thoughts Create

“We are precious; every single one of us. We are magnificent human beings who have been given an almighty gift—the ability to create our own lives, without limits.”

~ *The Secret*, by Rhonda Byrne

Look around you. Everything in the room you’re in right now was created with a thought. This book you’re reading, the chair you’re sitting in, or the bed you’re lying in, EVERYTHING started with a thought! Every embryonic idea in the world was conceived by a single thought. Humans create with tools, thoughts, and imagination!

Even if you’re riding in an airplane or in a car right now, or in a home or some sort of massive building, it can all be traced back to just a thought from one person who acted on what she or he called an idea. Somewhere, someone, sometime had a single thought of inventing that car you’re driving, computer you’re using, or phone that you’re texting with. In order for something to be made, it first needs to be invented. So before it’s invented, it doesn’t exist. Therefore, in order for that item to exist, someone, somewhere, at some point in time had an “aha” moment from a single thought, and eventually created what you see before you. It all emerged from an invisible thought that manifested into the tangible item you see today. They say energy can neither be created nor destroyed. But, if humans can create something with just a single thought, then where are these thoughts and that energy coming from? This should lead us to think, either energy can be created (because we are the creators), or this is proof that our thoughts are indeed energy!

If you’re having a hard time grasping the concept that your thoughts shape your reality, or the fact that you emit certain frequencies and energies that communicate to the universe, then let’s make a comparison. Today, most of us



in the world use a computer or cell phone in our daily lives. These devices send out wireless signals, or frequencies, that we cannot see, but we know they are there. When these signals are emitted, they travel through the atmosphere and communicate with a satellite or some sort of wireless router; which in turn, encodes this invisible message, then sends a signal back allowing our device to unlock all the wonderful gadgets, widgets, apps, and features of the World Wide Web. This is just proof that cell phones and satellites, which we created, have the ability to send out an invisible signal to let another device know that it needs something. If one can understand this, then why would it be so hard to believe that humans have these same abilities to communicate with the universe from which they were created? Aren't we the geniuses that created all these wonderful gadgets and technologies in the first place?

We put too much faith in technology and attach such mystery to it; we forget that we are the ones who invented it. When I say the true power of thought is underestimated, that statement in itself is an understatement. I wouldn't just consider it to be something we take for granted. I think it's something that we forget was granted to us in the first place. Even if you feel you've landed right where you would like to be in life, just know that the power of your thoughts is what got you there. We must understand the power of our thoughts and how they not only affect us, but the entire world around us. We must finally realize that "we" (not the things that we create), are the most intelligent and amazing biomechanical machines on this planet.

Your Thoughts Affect Your Physical World

"I admit thoughts influence the body." ~ Albert Einstein

The placebo effect has been used in many studies in which researchers take one or more groups of people with similar physical conditions and give them "the cure" to fix



their ailments. However, this cure is not really the cure; it's only a sugar pill, or something natural and noninvasive, ir-relevant to their symptoms.

At the end of the study, the subjects have measurable, observable results. The majority of the subjects feel improvement in health or behavior that is not attributable to the medication or treatment that has been administered to them. So why is this? How is it possible that they feel so much better after just taking a pill filled with sugar?

It's because the mind creates the medicine, not the pill. So, by believing and expecting something to work, it actually does. These simple studies blatantly demonstrate how effective our thoughts can be and the effects they have on our bodies. A single thought about our favorite dessert can make a hungry person salivate, just as a single thought is so powerful it can give a man an erection.

Take a polygraph (lie detector test) for example. It's obvious that our body reacts to our thoughts and that they directly affect one another. Just one thought can increase our heart rate, change our temperature, elevate our blood pressure, make us perspire, tense our muscles, and change our breathing patterns. When you tell a lie while strapped to one of these machines, it will pick up on all of the telltale signs of you articulating that lie without you even noticing. That's because your heart rate and blood pressure begin to rise, your breathing becomes faster, your hands start to sweat, and your body temperature begins to change. These kinds of physiological reactions in the body occur in relation to every thought you have, not just when you're lying.

When I Became a Believer

When I was in fifth grade, my neighbor and I had this plan to fake sickness to our parents so that we could cut



school and play with our new Christmas toys. I woke up that morning and should have won an Oscar for my performance. However, the plan backfired. I did such a good job at playing sick that my mom actually decided to take the day off work and take care of me. This wasn't good news. I felt perfectly fine, but for the entire day I had to play ill so that my mom wouldn't know that I was just trying to play hooky. What happened next is something I'll never forget.

The next morning I woke up ready to go to school and soon found that I was deathly ill. I had actually made myself sick by acting sick that whole day. All those thoughts, emotions, words, stomach grunts, whines and cries I was faking really tricked my body into thinking I was sick. Normally, I can feel when I'm about to get sick. The day before I was in perfect health, but by the next morning I had become probably the most sick I've ever been in my life. So from this personal experience, I gained a lifelong understanding of how the power of constant thought with intense matching emotions can create anything, good or bad, if I put my mind to it.

Thoughts Can Grow!

I remember watching Leonardo DiCaprio's movie, Inception. In the movie, a technology exists that enables people to enter the human mind through dream invasion. DiCaprio's character is a highly skilled thief that is in the "sub-conscious security" business. In the very early minutes of this movie, he explains the power of a thought or an idea. He explains that an idea can spread like a virus or cancer until it takes over a person so much that it comes to define that person. He suggests that a single thought from the human mind has the power to build cities, transform our world, and rewrite the rules by which we live.



“You really can change your own reality based on the way that you think.” ~ Oprah Winfrey

In this sense, a thought is like a virus. It grows and grows. The more energy you give it, the more it will eventually become your reality. We must understand that our outer world is directly created by our inner world...our thoughts, emotions, and inspired actions create our reality! Take the talented celebrities Mariah Carey, Britney Spears, and Tiger Woods as examples. The whole world knew of their marriage struggles, which consequently affected their careers. This was quite obvious to anyone who attended one of their tournaments or concerts during this time. These examples are the epitome of how someone's outer world is a direct reflection of their inner world. If your inner world (thoughts and emotions) is a mess, your outer world will reciprocally manifest.

The power of thought can be life changing. The first step to changing the way we are and the way we live is to change the way we think. There is nothing miraculous about any of this. Once you know how your thoughts affect the way you live, it's up to you to make those changes happen. Thoughts without action are useless. For example, if you tend to be a negative person and you find yourself constantly thinking about how bad your life is, yet you do nothing about it, not much will change. In fact, you will just attract more negativity to you. This is what Einstein meant when he said, “Insanity is doing the same thing over and over again but expecting different results.”

But can our thoughts consume us to a point where we can lose ourselves during this journey? If we have enough of the same thoughts, can we slowly transform our identity into someone or something we are not?

[But the full \(complete\) book here](#)

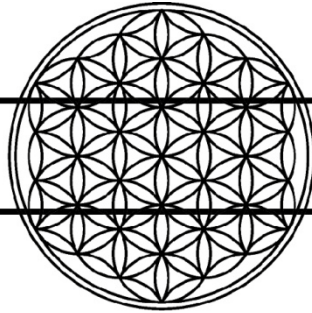


Becoming Our Thoughts

“All that we are is the result of what we have thought. The mind is everything. What we think, we become.” ~ Buddha

Few people take notice of the fact that our reality is merely a materialization of our thoughts. Hollywood actors and actresses are well aware of how much their thoughts affect them. In fact, they are trained to completely change their normal thinking patterns to something they aren't used to in order to “get into character” for a movie role. I've watched many interviews with actors discussing how they prepare for a tough role. They diligently study their character day in and day out and try to become that person by getting into that character's mind-set. In some cases, actors' or actresses' spouses have urged them to get counseling after the filming has ended because they have become so wrapped up in the character that they've actually lost a sense of themselves and undergone a complete personality change. The actor Heath Ledger is a perfect example. After playing the role as *The Joker* in *Batman*, it was said that Ledger started to lose touch of reality, eventually leading to his fatal drug overdose in 2008. This is another prime example of how the power of thought and visualization can change any outcome, or even any person, for that matter.

I remember watching an episode of the comedy series *Seinfeld* in which Jerry was searching for a way to beat a lie detector test and realized that he had access to the master of all liars, George Costanza. When Jerry asks for George's advice, George turns to Jerry with a most serious face and says, “Jerry, it's not a lie, if you believe it.” I always remembered that episode and laughed because I felt that George was right. If you truly believe it, then that's your reality. So, who can tell you differently? But what's more powerful; your beliefs/thoughts, or the images you visualize in your mind most?



THE POWER OF VISUALIZATION

“When you visualize, then you materialize. If you’ve been there in the mind you’ll go there in the body.”

~ Dr. Denis Waitley

Only you are responsible for the thoughts and images that you project in your mind. Your brain can’t distinguish whether the images you project in your mind are real or imaginary, and doesn’t know the difference between the two. How is this?

Scientific experiments have proven that when we hook a person’s brain up to computer technology that monitors her or his neurons and receptors, we can track the activity within the brain.

In 2004, there was an interesting documentary titled What the Bleep Do we Know!?. The documentary hypothesizes a spiritual connection between consciousness and quantum physics through unique narratives, interviews, and computer-animated graphics. The film cites a scientific study in which a subject was asked to stare at a certain object.



Scientists would then watch specific areas of the subject's brain light up. The object was then taken away and the scientists asked the subject to close his eyes and envision that same object he was just looking at. The results showed the same areas of the brain lighting up in the exact same patterns as when the person was physically looking at the object. So this poses the question, do we really see with our eyes, or do we see with our minds?

I posed this very same question to one of my business partners who is a high-ranking military officer. He told me this is how they train their men in the military for combat situations. Troops are trained to play out a variety of different scenarios in their minds so that when the real scenario happens they already know how to respond because they've already envisioned it. The power of visualization is the reason why vision boards are so effective for manifesting and why police detectives use similar boards as an essential tool for their investigations.

Another study, done with Olympic track runners, was highlighted in the movie The Secret. During a race, the runners were hooked up to machines that monitored the biofeedback brain activity and recorded the results. After the race, the runners were then put in a room and asked to run that same race, except this time only in their minds. The results were similar. The same parts of the brain were triggered in the exact same sequence as when the runners were physically running the race.

This means that the daily thoughts and visions you hold in your mind most, end up becoming your reality. Ultimately, your thoughts and your visions make up your inner reality of what your brain believes, eventually making your inner reality manifest into your physical reality. This is proof that you "create" your reality using your thoughts and visions. To your brain, these thoughts and visions ARE your reality,



because it cannot tell the difference between the two.

The brain or subconscious can't tell the difference between real experiences, a dream, or what is being visualized or imagined. Therefore, remembering, pretending, imagining, or actually doing something, are all one in the same to the brain. Try this visualization exercise for an example and see what happens. As you read this, it's important to read the words slowly, and equally important to vividly imagine doing this word for word, step by step, as described.

The Lemon Visualization Exercise

Picture yourself somewhere in your kitchen. Imagine wherever you are sitting or standing there is a big bowl of freshly picked lemons in front of you. You look at a few lemons and choose the yellowest, ripest, and best-looking lemon in the basket. As you pick it up you can feel the weight of the lemon in your hand, the dimples on the outer skin, and the smooth waxy skin texture as you slide your fingers across it. You raise the lemon to your nose and smell that faint lemon scent.

You then grab a sharp kitchen knife from the drawer, place that lemon on the table, and cut into the lemon. As the knife slices through the lemon the juices squirt out like a bright yellow flash and lightly hit your skin. An attractive and familiar lemony aroma fills the room. You cut a smaller slice from one half and the citrus smell gets stronger and stronger as the lemon nears your mouth. As you put it in your mouth, you bite down on it and the juice runs all over and under your tongue as it seeps deep into your taste buds and the bottom of your tongue. Your mouth fills with the taste of lemon juice and your eyes almost begin to water and your mouth puck-ers. So, how does it taste?

If you vividly imagined yourself eating this lemon then



you most likely found yourself beginning to salivate and felt your mouth or eyes start to water. This visualization exercise of eating a lemon is something that creates powerful physical reactions in the body like an involuntary reflex.

Images, whether you see them through your eyes, or project them in your mind, both stimulate your emotions in the same way. These visual images and pictures that we project in the mind are even more powerful than a thought; hence, “a picture is worth a thousand words.” You could have merely read the lemon visualization exercise and not visual-ized it and nothing would have happened. However, when you visualize those words with vivid thoughts, they create images in your brain that can trigger a physical response.

Our ability to visualize and mentally believe in something seems to make it our reality. Not just mentally—but physically, not just imaginary—but in reality, with real physical reactions. The way we think influences our health and well-being beyond belief. If merely thinking about a lemon can make your mouth water, then just imagine what thinking positive thoughts can do to the rest of your body and your well-being? The way we think, feel, and act have been proven to have a direct influence on our physical bodies. Our thoughts alone have the remarkable ability to make us sick and enough power to make us well. It’s all a matter of our perception of life. So take full responsibility, be conscious of your thoughts, and don’t allow negative images to fill your mind.

We have been taught to believe that our external world (our reality) is more real than our internal world. However, what we create within us—our thoughts, visions, and emotions—dictate what we create outside of us. If you continue to dedicate time and energy to playing out the worst-case scenarios in your mind, then you are automatically emotionally and physically responding to those images and



attracting those outcomes into your life. Be aware of the thoughts you create, images you project, and emotions you conjure up. Stay positive by having positive thoughts and visualizing positive images and outcomes.

You must remember that this is your movie; you are the actor, editor, producer, and director. If you choose to create a horror film in your mind and play out the worst-case scenarios, this is what you'll invite. If you choose to create a great story with a happy ending, then that's what you'll attract. Always be aware of your current state and remember, these are your thoughts, your visions. If you don't like the way a scene is playing out, you can "edit" your movie whenever you choose and flip the script by changing your thoughts and visions, because ultimately your thoughts are your visions.

In Dr. Michio Kaku's most recent book, *The Future of the Mind*, he explains this in the following:

"In the future we will have the ability to have a motion picture of your thoughts, and in fact, a motion picture of your dreams. At the University of California at Berkeley, I went to the laboratory there where they have an MRI machine that takes all of your thoughts and breaks them up into thirty thousand dots, then there's a computer program that interprets the 30,000 dots and creates an image of what you're looking at."

This is just additional scientific proof that our thoughts indeed create images within our mind; images that spark visualizations, which spark our imagination!

Throughout the journey of my awakening, I must say I was most upset when I discovered that I have been fooled into throwing out the most powerful tool in my toolbox. In the next chapter, I will attempt to revive the power and signifi-



cance of this very tool that is the most disvalued and
mis-used magical tool we ever possessed!

[But the full \(complete\) book here](#)