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Why Do Personal Development?

Part of the nature of humans is to be constantly developing, growing and moving toward a balanced and mature way of being. Our present personality is determined by both who and what we have been and by the person we strive to become. The goal of personal development is to learn and apply that which enables us to attain emotional wellbeing, understanding and effectiveness, and to share this knowledge with others.

Personal development is the conscious evolution of human nature, and yet throughout history it has been sorely lacking! Although it is in our nature to learn and grow, we are held back by our culture, which is predominantly focused on survival needs, each of us in competition with others, and our spiritual inner nature is repressed. The animal rules. We make no room for unconditional love.

Even though the culture may have evolved with technological advancement and administrative complexity, human nature has not moved forward as it might. We are now paying the price for human selfishness and inconsideration. Going forward, the quality of our lives on this planet - even our survival - now depends on each of us taking responsibility for our personal growth.

The human being needs to awaken to the soul that inhabits each body and is our true self and source of inner knowing. Awaken through a process of self-discovery, leading to one's own, self-directed spirituality. We need to become mindfully conscious instead of ruled by the dictates of instincts, past habits and fixed beliefs. We need to throw away dogma, open our minds and reconsider. Instead of fear about our survival and competitive angst, we will then be motivated by compassionate understanding and creative love.

For those that do move forward, the next epoch - that is almost upon us as we move into 2012 - will be a celebration of human cooperation and shared love. It's our best hope for the future - and it's in our hands.

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Introduction

We're all aware of the economic problems caused by corrupt governments, and greedy financial institutions. However, by living in worry or fear we are attracting more things to worry about. Peace, freedom and happiness all start in your mind. You need to shut out the negativity in the mainstream media (and much of the negative disinformation in the alternative media) and focus on what you want out of life...

...Instead of what you don't want ...and it starts with the power of your subconscious mind.

Control this power and you'll make amazing changes in your life - and collectively our thoughts shape our world. If enough of us are in a higher state of consciousness working together with positive intentions, maybe it could make a difference ...as you'll soon discover.

The power of your thoughts is not new age mumbo jumbo, scientists even have machines that can monitor the energy created by thought. Your subconscious mind also connects you to the morphogenetic field.

...and not only that, every single one of us, with all our thoughts and emotions, program this larger mind. It contains all the thoughts and emotions of every human that has ever lived. In this short report, you'll discover what this field is, and what its main purpose could be.

By raising our vibrational energy individually, we help raise the vibrations of those around us, which could help raise the overall consciousness level of humanity. This can lead to new insights and new levels of awareness and perception. There is already a shift occurring, and if this shift continues to grow, ultimately, like the 100th monkey theory in today's report, we will create a permanent positive shift in the evolution of humanity.

...This is all explained in more detail in today's report.

The consciousness revolution has begun...

Nothing in our universe is quite what it seems

The more the scientific world delves into the strangeness of Quantum Physics, the weirder are the things being discovered.

It basically started out with the aperture test whereby a stream of light is shone through a narrow slit on to a screen. The light either showed up as a particle image on the screen or as a waveform, depending on what the experimenter expected! And there is now a line of thought that wonders if the normal state of events is the waveform, which materializes into particle form only when consciously examined.

When one considers the vast empty spaces inside supposedly solid matter, there may be some merit in this particle materialization concept. If you think about all the planets in our solar system and the vast distances between them, then reduce the size of our solar system down to that of an atom, it becomes easier to comprehend the spaces inside each atom.

In fact, 99.9999999999.....% of a supposedly solid object is space. It has been estimated that if all the "spaces" in the known universe were removed and only "solid" material left, then you could hold this in the palm of your hand.

The video monitor you are currently looking at is made up of mainly blank space. It consists of subatomic particles with vast spaces around them. In fact the whole known universe ...and everything in it... is made up of the same material ...subatomic particles. If you raise your eyes from your screen and look around you, everything you see is made of subatomic particles, even your pet cat, which is mainly empty space. (Something you've always suspected!) Everything is the same...

... except Human Consciousness !!

Conscious awareness is a "stand-alone" event in the entire universe.

It is an anomaly.

Obviously this consciousness is a superior event compared to all the mundane subatomic sameness surrounding it. No wonder that controlled consciousness

can influence the lifeless brethren we call inert matter! That is, there is no reason whatsoever why a human mind cannot influence matter.

The main reason we can't do it, is because we don't expect to!

The same as the scientists with the aperture test..... they get what they expect in the way of results. It takes a major change in the mental operating process to be able to influence matter to the point where you can cause psychokinetic effects with mind-power alone, but it happens!

If you think deeply about this, you will probably conclude that there is no reason why the superior stand-alone event of consciousness should not be able to directly influence the atomic structure of lifeless matter.

Einstein has proven that energy and mass are interchangeable (as in a nuclear reaction) and various universities and laboratories have been able to either measure or calculate the force generated by a human mind (as in psychokinetic experiments).

The obvious conclusion here is that, as mass and energy are interchangeable, the energy generated by human consciousness can be converted into its mass equivalent, the format of which is controlled and directed by the most extraordinary of higher-consciousness processes...

..... VISUALIZATION !!!

When a human mind clearly and continually visualizes an end result, with deep emotion and concentrated intent, then the formatted energy generated is converted into its mass equivalent - ie. the result desired. As strange as this may sound, it is scientifically feasible and generally accepted as truth among the mind power people and top motivators.

In our universe..... nothing is what it seems!!

When we are born we are totally unprogrammed. We are like a computer without the software. Each developing individual slowly slips into a reality frame that is he or she finds comfortable. As we grow we are trained to recognize a common reality so that we can interact with others. We usually learn this via peer pressure at school and from social groups and parental influence.

That is, every sane human being adopts a "common denominator" when it comes to reality. This "window of reality" is basically the same for the entire human race. Your reality training teaches you that mankind cannot walk on white hot coals with a temperature 5 times that of boiling water! Yet it is done! The same training tells you that you cannot influence matter with your mind.

Yet it happens!

Everybody "knows" that you cannot sit in a chair, relax, and clearly visualize some distant scene, in past, present or future time, with approximately the same degree of accuracy as produced by your other 5 senses.

Yet the Australian Aboriginal race has always had this "gift" and considers it normal.

And there are a number of European people who have taken the trouble to learn this Remote Viewing process and some even practice it for a living!

Major corporations employ them to fill in information gaps.

The reality window, as we have accepted it for generations, is no longer valid.

Too many people are finding how to step outside it.

Under certain conditions, your mind can "escape" from the restriction of this universal window. And as an increasing number of individuals experience these "impossible" alternatives, universal human consciousness changes. When a critical number of people can achieve these alternative realities, then, like the 100th monkey theory, everyone will suddenly "know" that these things can be done. Sheldrake's Morphogenic Field theory explains how this is achieved in real life.

There are even advanced mind power techniques available that allow you to tap into the morphogenetic field to connect with other minds of specific people, or groups of people to help create win/win (such as *Subjective Communication in [The Super Mind Evolution System](#)*)

Nothing is what it seems !!!

For the past 100 years or so western civilization has been technology orientated. The higher the technology, the better we like it. But technology is logic based.

And our logic is based on our reality window.

If we become aware of a different form of technology which is not only outside our logic base, but also can't be replicated reliably and worse still, cannot be measured on conventional instruments, then we panic!

It is outside our reality window.

But such technologies already exist. They are the science of the 21st century!

The Consciousness Revolution

The human brain has an estimated 100 billion neurons. Each neuron consists of a vast collection of atoms and even vaster collection of sub-atomic particles. It operates like a computer but is much more powerful. Most office computers have the capacity to communicate with outside computers such as vast data banks, through a modem connected to a telephone line. The human mind, under certain circumstances, appears to have this same capacity. It appears that it can be triggered to interact with other minds and universal forces.

Famed psychologist Carl Jung called this the 'Universal Consciousness'. World famous biologist Rupert Sheldrake refers to it as the 'morphogenetic field'.

All living creatures appear to have their own distinctive energy field. As far back as 1940 Harold Burr, a neuroanatomist at Yale University, conducted a study of energy fields around living plants and animals. He discovered that a young salamander exhibited an energy field approximately the same shape as the adult it would eventually become. Also he found that the axis of the field could even be detected in the egg stage. When he studied seedlings he found that the electrical field around the sprouts resembled the adult plant. But it wasn't until the Russians discovered Kirlian Photography that these energy fields around living objects could be photographed.

A Russian experimenter, Kirlian, discovered accidentally that photographs taken in the presence of high voltage fields contained an aura around the living object being photographed. Kirlian was an electrician of some renown and lived in a small cramped flat with his wife. He had no credibility at all in the scientific world and it wasn't for many years that the significance of his discovery was realized.

He persevered with this unusual photography for many years until it caught the attention of the Russian Agricultural Department. One day, a senior official visited the Kirlians with two identical plants and asked Kirlian to photograph them both to see if there was any noticeable difference. Both plants looked exactly the same. The resultant photographs indicated that one plant had a normal healthy aura while the other was very sickly. The Agricultural man reportedly leapt up and down with delight because some disease had been destroying vast areas of crops and up until that point they had no way of telling

which crops were affected. Now they had a method, via this new advance warning, of finding out which crops were going to fail if not treated promptly.

Kirlian found that the same thing applied to human beings. A person about to go down with a disease exhibited a sickly aura. In fact at one point when asked to demonstrate his equipment to high ranking government officials, his stress level upset his equipment. He used to check its operation on his own hand to make sure it was functioning properly. The equipment starting giving blurred and false readings. He thought it was the equipment itself until he realized that it was his stress level that was at fault. This alerted him to the potential of reading human auras.

Intelligence and Energy Fields

This concept of intelligence existing outside the physical confines of the living organism has been hard for the scientific community to accept. But over the past 5-10 years, hard evidence has been produced which is having its effect on the scientific skeptics. Dr. Karl Pribram, a prominent American brain surgeon, sees the brain's neurons —outpicturing the physical universe, similar to the holographic process. He suggests that our brains are exposed to the entire concept of the universe in the same way that any minute part of a hologram contains basically the same information as the whole. British scientist David Bohm came up with the same Holographic Theory and had it published in a prominent scientific journal.

But probably most amazing of all is the theory that British physicist Rupert Sheldrake has proffered. If his theory is proven correct, it will rival Charles Darwin's Theory of Evolution in its magnitude. Basically he has proven repeatedly through laboratory controlled experiments that different species of animals appear to be plugged into a dedicated intelligence field which is universal to that particular species. For example, when enough mice in a group have learned a maze, they ALL suddenly know the maze - whether they have run it or not! It now appears, after a BBC television experiment, that if enough humans have learned something, then it becomes easier for all humans to learn it. Sheldrake calls this shared intelligence the MORPHOGENETIC FIELD.

There is an interesting parable about his called the 100th monkey relating to an apparent observation made on a remote Japanese Island. A very bright female monkey on a small island was taught to wash sweet potatoes in the seawater. She then taught other members of the tribe to do this. When approximately 100 monkeys had learned this procedure, many other remote monkey tribes started washing potatoes in the same manner. But the interesting thing is that these other tribes were situated on other remote islands and also on the mainland. That is, they had no possible way of acquiring this knowledge, other than by some form of intuitive universal sharing.

The BBC in London tried out Sheldrake's Theory on 8 million of their viewers. They showed on prime time TV a difficult puzzle that only a very small percentage of their viewers were able to solve. Then the correct answer was

also given on prime time TV. Shortly after, the same experiment was repeated by a TV network in another country. A far higher percentage of these foreign viewers were able to get the puzzle right the first time. As the puzzle was in the form of a universal pictorial concept, language and customs were not considered to be a factor. The BBC and Sheldrake concluded that as the correct answer now exists within the human morphogenetic field then the human race now knows the answer.

Basically Sheldrake's Theory explains intuitive functioning to a degree. What Sheldrake is saying is that there is a larger mind for each life-form and each individual life-form programs that larger mind. The theory might be laughable except for Sheldrake's acceptance in the scientific community and also the BBC experiment.

But probably the most startling (and easily repeatable) experiments came from Cleve Backster, a polygraph (lie detector) expert. Operating from his San Diego, Californian laboratory he found that plants react - at a distance - to human thought. He initially connected his polygraph equipment to a Dragon Plant to test for possible plant stress. He decided to generate stress by burning the plant's leaves and sure enough the polygraph machine registered a strong reaction. But he hadn't actually burnt the leaves - he had only intended to do so! He had thought about it with emotion and intent! Skeptics who tried the same experiment without genuine intent couldn't get it to work.

Backster went a step further and totally shocked the scientific world. He scraped human cells from a volunteer's mouth and connected these to his polygraph and medical EEG equipment. He found to his utter amazement that these cells reacted instantaneously to the donor's emotions, even when they were geographically separated 300 miles apart! White blood cells were found to be particularly susceptible to emotion. (This may explain for the first time why people with strong positive emotions have better health.)

So what does Backster's experiment really mean? How can your cells react when they are 300 miles away, if your consciousness just remains in your body? It can't. You have a consciousness that projects out into your environment. We are all connected. And we're not just talking about people. As Backster found out when he connected the polygraph to plants, he

discovered they are aware of emotions and intent from people too. (Don't forget to water your plants!)

The Holographic Theory of the Mind

I guess everyone is familiar with what a hologram is. It looks like a photographic negative but is covered in swirls and patterns. However, when a white coherent light is shone at it a third dimensional image suddenly leaps out. A hologram is produced from multiple reference points and sets of images of the object to be photographed.

It contains different viewpoints and perspectives of that object. When triggered by a light source all these reference points coalesce into a discernible 3D image.

When you cut a hologram in half each half still contains the full picture (with a slight loss of spatial definition), unlike a photographic negative. And if you cut the hologram into very small pieces you will still obtain a recognizable picture of the whole object from any one of the small pieces. The clarity depends on the original quality of the hologram.

One of the leading researchers, Dr. Karl Pribram of Stanford University, feels that the brain probably records information in the same holographic manner. That is, the information is stored over a family of brain neurons, not in any one particular small group of neurons. This would clearly explain why the brain has such incredible storage ability. That is, the brain might well be storing information spatially rather than in the standard three dimensional patterns that we currently believe it is working in. Likewise, if the theories of universal consciousness and the morphogenetic field are correct, then each individual human brain is acting as a tiny holographic part of a total hologram. That is, your brain is part of a whole! It logically follows that your brain has access to the universal brain via this morphogenetic field - if you can figure out how to tap into it!

Putting together the pieces

Is it possible that the energy field surrounding a living creature is programmed into its DNA - a kind of blueprint or design for its life? At its very inception, it knows at a cellular level how it will grow and what it will become - this would explain why the energy field of the young salamander was identical to a fully formed salamander.

And where does the DNA get this information from? ...the morphogenetic field of that species. The morphogenetic field could be likened to The Akashic Records or Hall of Records in other cultures, which are said to store all the information from previous and current lives of that species.

Maybe the main purpose of collecting this information is to help the species become smarter, to help it evolve...

The experiments with the rats in the maze, the BBC puzzle experiment and the 100th Monkey, would all point to this.

And if our mind is like a hologram where every individual human mind is connected to the whole, and everyone is sending, and receiving thoughts from the field ...if a powerful new thoughtform or intention started to show in the human morphogenetic field that was beneficial to the human race, it should start to show across humanity.

At a deeper level, if all the morphogenetic fields or collective minds of every living thing in the universe were connected, would they create the mind of the universe, of God? - This would explain how people who have experienced fleeting moments of pure enlightenment have felt the connection to every living thing in the universe - they have experienced the mind of the universe.

And maybe to push your thinking even more - If each morphogenetic field's purpose is to aid evolution, by connecting to all the morphogenetic fields in the universe, is this how the universe also evolves?

Is evolution the ultimate divine purpose of the universe?

If so, it is ours also. Individually and collectively.

...as above, so below.

So if we're all connected, if there was a large collection of people sending out powerful intentions, such as peace and love, theoretically this could have an effect on the whole world. Let's have a look at an example of this in real life...

During seven different peace creating assemblies, in a two-year study of the nearly continuous fighting in Lebanon during the 1980s, war deaths decreased by an average of 71%. Some of these assemblies were large (7-8,000 peace-creating experts) and distant (as far away as Fairfield, Iowa, USA) - indicating that the peace-creating effect can radiate worldwide.

One conclusion from this research is that even a relative handful of peace-creating experts, as they become fully attuned to the unified field of natural law, can create an indomitable influence of unity and coherence in the collective consciousness of any nation. This internal coherence resists invasion from external enemies.

A second conclusion from this research is that if the peace-creating group is large enough, stress and negativity can be dissolved all around the world.

So would it be possible to help humanity through this field in other ways?

Could liberation come from a joint intention?

As you're about to learn, as you raise your vibration, the effectiveness of your thoughts and intentions will grow. This will help you create the life you want, quicker and easier.

Levels of consciousness

In his book *Power vs. Force*, David Hawkins calibrates people's emotions from levels 20 up to 1000. 20 being Shame which is perilously proximate to death. It's destructive to emotional and psychological health, and makes us prone to physical illness. At the other end of the scale at 700- 1000 is enlightenment.

It is the peak of the evolutionary consciousness in the human realm. All levels (which could be classed as vibration levels) below 200 are said to be energy draining, and below integrity. These vary from Guilt (30), Grief (75), Fear (100) up to Pride (175). People feel positive as they reach Pride level. However, Pride feels good only in contrast to the lower levels. Pride is defensive and vulnerable because it's dependent upon external conditions, without which it can suddenly revert to a lower level.

At the 200 level, power first appears. Courage (200) is the zone of exploration, accomplishment, fortitude and determination. People at this level put back into the world as much energy as they take; at the lower levels, populations as well as individuals drain energy from society without reciprocating. Further levels include Willingness (310), Acceptance (350) and Love (500). This level is characterized by the development of a Love that is unconditional, unchanging and permanent. It doesn't fluctuate – its source isn't dependent on external factors. Loving is a state of being. This is the level of true happiness.

Interesting facts from the book -

- The concept and theories behind these experiments were conducted over a 20 year period using a variety of Kinesiology tests and examinations.
- Kinesiology has an almost certain 100% accuracy reading every time. It will always reveal Yes, No, True and False answers.
- Collective Consciousness: These experiments reveal that there is a higher power that connects everything and everyone.
- Everything calibrates at certain levels from weak to high including books, food, water, clothes, people, animals, buildings, cars, movies, sports, music etc.
- 85% of the human race calibrates below the critical level of 200.

- The overall average level of human consciousness stands at 207.
- The power of the few individuals at the top counterbalances the weakness of the masses.
- 1 individual at level 300 counterbalances 90,000 individuals below level 200.
- 1 individual at level 500 counterbalances 750,000 individuals below level 200.
- 1 individual at level 700 counterbalances 70 million individuals below level 200.

Whilst it is possible to go from a state of consciousness of fear (100) to a state of peace (700) almost instantly, through meditation and such technologies as brainwave entrainment, this peace is not everlasting ...unfortunately! (but the more time you spend in higher frequencies, the more your overall level of consciousness should rise.)

The permanent ascension through consciousness, (the true ascension?), is not an event, it's a journey up the consciousness ladder. It's about being consciously aware of things on a higher level. It's about discovering new insights and opening up new pathways to personal and spiritual growth. It's about becoming more.

For example, only by finding courage (200), or sometimes getting angry (150), can you overcome your fears.

Only by willingness (310) to make changes can you start to make a difference in your life.

Only by reason (400) can you start to make the right changes.

Only through love (500) can you see those changes from a new perspective, perhaps realigning your ambitions in a new direction to benefit the whole.

As individuals we'll make mistakes on our journey. But it's learning from our mistakes that will help us grow.

...and as individuals, once we remove the limiting beliefs in our lives that are holding us back, we can advance to a new level of consciousness, and a better life.

Likewise, humanity must learn the lessons from its mistakes to grow, and remove its limiting beliefs so it can advance to a new level of consciousness, and a better world.

Raising Consciousness Levels

Many prophecies in the indigenous world speak of this time in human history as a period of great transformation. Individually and collectively. We're not talking about humans suddenly being born with wings, it's a mental and spiritual transformation, rather than physical. An evolution in consciousness i.e. conscious awareness.

Maybe when enough of humanity reaches and sustains certain plateaus of consciousness, our overall conscious awareness jumps.

Maybe one day we'll become aware of our connection with the planet, with animals, and with each other on real conscious level. How would that effect the way we treat each other? Could that transform our world?

Maybe one day our minds will become closer connected on a conscious level and a new humanity starts to be able to read each other's thoughts better ...and detect lies instantly...

...that would definitely transform the world!

...why do we have this desire to improve our life and the world?

Each one of us contains a divine spark, our inner light. Every living thing contains this inner light.

It is the will to become all we can be. To discover our full potential.

So maybe the indigenous people are correct about our current time of change...

Maybe humanity is about to reach a new plateau of consciousness that will affect us all. With human's built-in desire to grow and evolve, transformation, in a natural and positive way, at some point is not just possible...

...It's inevitable.

So why not now?

Where do we go from here?

Make 2012 a year of personal transformation. *Know* that you can create the life you really want ...in a world you really want...

As you raise your vibrations on a consistent level, you'll increase your level of conscious awareness. This will open up new ideas, insights and opportunities for you.

Your connection to the universe will deepen and your psychic abilities will be strengthened.

As you raise your vibrations on a consistent level, your thoughts, emotions and behaviour will change in a positive way. Your life will improve.

You will make a difference in the world.

Here are some FREE resources to help you -

- To move beyond fear (which resonates at just 100 - and is the main weapon of the 1%) Download and use our ebook [**22 Powerful Tools to Transform your Fear**](#)
- To experience love and compassion (which resonates at 500), check out our [**Sacred Love video**](#) which works on opening your heart chakra - The energy point of love and the connection between the lower and higher minds.
- To experience peace (600), sample the powerful free audios available at MindPowerMp3.com in the [**Sound Transformation Starter Kit**](#), which includes the *Sacred Love* track and a powerful guided meditation - *Sacred Love: A Better World* (as well as the rejuvenating Schumann Resonance - also known as Earth's heartbeat and 2 other mp3s)
- Plus of course our free weekly newsletter [**Evolution Ezine**](#) which is filled with inspirational, educational motivational articles, videos and free gifts

TOP TIP - Whilst experiencing these higher states of consciousness, imagine in detail how you want your life to be - how you want your world to be...

RECOMMENDED - You can progress further by using the wide range of powerful audio experiences available at our MindPowerMp3.com store, including –

[Click Here to Check out the Top 10 Transformational Audio Experiences](#)

Plus for fast track knowledge in exploring the full potential of your mind, check out the revolutionary **[The Super Mind Evolution System](#)**. Taken from 10 years of advanced mind power research, it includes incredible programs for accessing the collective consciousness of humanity, for the highest good...

Want to become a jedi?! - Be sure to also check out the **[Super Mind VIP Club](#)**

So where do we go from here?

Decide to make 2012 your best year ever. Use the tools we provide to help you and raise your vibration.

Become more.

You'll improve your life, and you'll help others. Your vibrations will light up the world. You could even be the 100th monkey...

The future is ours.

It's inevitable ☺

Please help by spreading this message... The easiest way is by taking a minute to rate, comment or share our [Youtube video – 12 Ways to Raise Your Vibrations in 2012](#)

Spread the video via facebook, twitter, blogs or emails.

Or share this special report – It comes with free giveaway rights. Thank you.

In Love, Light and Liberation,

Iain, Cyndi and Phil

Please let us know your ideas for raising your vibrations in the comment section [on this page](#). We'd also love to hear your feedback on the ideas in this report...