

The background of the cover is a deep blue gradient. On the left side, there is a curved horizon of the Earth, showing white clouds and dark landmasses. A bright, glowing light source, likely the sun, is positioned in the center-left, creating a lens flare effect that radiates across the scene. The overall mood is serene and expansive.

# Infinite You

*A Journey to Your Greater Self and Beyond*

PAMALA OSLIE

**INFINITE YOU**

---

**A Journey to Your Greater Self and Beyond**

**Pamala Oslie**

OSLIE  
*OP*  
PRESS

---

**Santa Barbara, California**



---

Copyright © 2013 by Pamala Oslie. All rights reserved. This book may not be reproduced in whole or in part, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, or other—without written permission from the publisher, except by a reviewer, who may quote brief passages in a review. For permissions contact [auracolors@auracolors.com](mailto:auracolors@auracolors.com).

*Pamala Oslie is not a doctor, professional health care practitioner, or licensed therapist. Her information, advice, and suggestions are not intended to replace professional guidance from your licensed practitioners. Please seek professional advice from your medical doctors, health care practitioners, and licensed therapists.*

*Every effort has been made to ensure that the websites mentioned in this book are accurate as of the time of original publication. However, neither the publisher nor the author can guarantee the continued existence or accuracy.*

Oslie Press

Website: [www.LifeColorsCity.com](http://www.LifeColorsCity.com)

Editing: Stephanie Gunning

Cover design: Christine Kutzer

ISBN 978-0-9849375-1-6 (paperback)

ISBN 978-0-9849375-2-3 (ebook)



---

To Life,  
in all of its beautiful expressions



---

# Contents

[Introduction](#)

[Chapter One: You Are Greater](#)

[Chapter Two: Your Natural Abilities](#)

[Chapter Three: Creating from Energy](#)

[Chapter Four: Intuition, Telepathy, and Psychic Abilities](#)

[Chapter Five: Energy Fields and Auras](#)

[Chapter Six: Parallel Universes](#)

[Chapter Seven: Other Lives](#)

[Chapter Eight: Talking to the Other Side](#)

[\*\*Chapter Nine: Exploring Further\*\*](#)

[Conclusion](#)

[Acknowledgments](#)

[Resources](#)

[End Notes](#)

[About the Author](#)



---

## Introduction

*“Reality is merely an illusion, albeit a very persistent one.”*

—**Albert Einstein (1879–1955), Nobel Prize-winning physicist**

Imagine for a moment that you are a one-dimensional being living in a one-dimensional world. This means you are just a point on a line. You can only move back and forth on a straight line, and you don't perceive anything outside of your one-dimensional existence.

Now imagine you are a two-dimensional being living in a two-dimensional world. You are now a flat dot on a flat piece of paper. In this two-dimensional world, you are able to move back and forth side to side, and around in circles on the flat piece of paper. You have more freedom than a one-dimensional being, which is more fun . . . but still you can only go back and forth, side to side, and around in circles on a flat piece of paper.

Suppose that one day one of the two-dimensional dots gets bored with just moving back and forth side to side on this one piece of paper. He senses there is more to life, so he gathers up his courage and decides to take a risk. He pauses . . . wonders whether or not what he's about to do is even possible . . . and suddenly leaps up above the flat piece of paper. Then he falls back down. Excitedly, he does it again. Then he does it once more.

Filled with joy, the dot rushes over to the other dots and shares his incredible news. “There's more! We aren't stuck to this one piece of paper. We're not limited to back and forth and side to side,” he says. “I've seen more. We can go up and down! There's another dimension!”

The other two-dimensional beings ignore him and go about their business of moving back and forth, side to side, and around in circles. Although the excited dot tells them again and again how they are not limited to a simple existence on a flat piece of paper and that they can have a fuller life, the other dots don't understand what he's saying. They don't understand the concept of “up and down.” It's not part of their reality. They have never heard of such a thing, nor have they ever experienced it. And truthfully, they aren't really interested in knowing about it: Going up and down sounds strange and too complicated. Plus, they are too busy moving back and forth on the piece of paper. Everything they know exists in their flat, two-dimensional world.

But the dot doesn't give up. He wants others to have the same experience and taste the same freedom so he continues to share his story. Some of the dots finally become so irritated by him that they declare him a delusional troublemaker and send him off to the far side of the paper, hoping he will no longer be a bother.

A few of the other dots, however, become curious. They too have grown restless and dissatisfied with their limitations; they sense that possibly there is more to existence. Soon another two-



dimensional dot decides to take a risk. She pauses for a moment and then leaps up and off the paper. Then another dot leaps . . . and another. ~~The first dot was right, there is another dimension, and there more to life!~~ They can now leap up and down. They excitedly rush to share their experiences with the others. But the other two-dimensional dots still refuse to listen as they continue on with their lives.

One day, as the first dot leaps up off the paper, he pauses for a moment and looks down. He realizes he's not just jumping up and down, he *is* up and down. He has height! He has height and depth and an inside and an outside. He's not just a flat two-dimensional being. He's not just a dot on a piece of paper jumping into a three-dimensional world. He is a three-dimensional *being* that exists in a three-dimensional world. He realizes that he had always been that and he had only been experiencing a portion of who he truly was. He now had a whole new world to explore as a liberated three-dimensional being.



Today, we perceive ourselves as three-dimensional beings. We've been taught that reality is three-dimensional—and in fact, this fits with what our physical senses tell us so usually we have no reason to question it. Everything we see in our world appears three-dimensional: with height, width, and depth. We can move back and forth, side to side, up and down, in and out. But . . . are we actually more than this? Do we have a limited perception of reality?

*The astonishing truth is that you are not just a three-dimensional being.*

*You are an infinite and multidimensional being!*

You are far grander than you realize. Being an infinite being doesn't just mean you will have greater freedom and enhanced abilities once you escape your *physical* body at the end of your life. You are an unlimited being *now*, someone with amazing abilities that extend beyond the known, beyond the limited three dimensions we are so familiar with. These inherent skills exceed what most people believe is possible, and some would say they are *impossible*. Many of us are living proof, however, that these abilities are real. Like the first few dots to jump off of the paper, we've already been experiencing life beyond the accepted three-dimensional boundaries. And if some of us have these expansive talents, *everyone* has them.

Albert Einstein introduced the *special theory of relativity*, which led to the conclusion that the fabric of spacetime is a component of the fourth dimension.<sup>1</sup> All of us do experience time. However, we only experience *some* of the fourth dimension. Based on appearances, we might think time only moves forward. But interestingly, some physicists have theorized that time may also go backward and *sideways*.<sup>2</sup> *And some theorize that time doesn't exist at all.*<sup>3</sup> But we don't *appear* to live that way . . . yet.

I believe we are evolving into a more highly developed species, one with a superior level of awareness and greater abilities. Or it may be that we are finally *waking up* to our true nature and

realizing that we are exceptional beings. We've lived too long thinking we're just little pawns on the chessboard—and acting as if we have little or no power. It's time to see that we are much more. Because so many people have been demonstrating unusual and advanced abilities, it's time to reassess our definition of *human being* and live our greater potential here and now.

## A Special Note to You

My sincere desire is to know that you are happy, healthy, filled with love and joy, and living your greatest dreams. I believe that we are experiencing a positive shift on the planet. Many people claim that we are in the midst of a consciousness evolution and I agree with them. I am witnessing this firsthand. I see more and more people embracing spiritual and metaphysical concepts, wanting to learn about natural and holistic ways to heal, showing an interest in advanced abilities, and demonstrating many unusual skills.

I honor your chosen beliefs and personal life path, just as I honor every person's choices. I absolutely believe in free will. I know that you have a specific purpose for being on the planet. I acknowledge that everyone has different beliefs, perspectives, and experiences; no two people anywhere in the world share the exact same ideas about life. So I am not sharing the information in this book to challenge your chosen life direction or your philosophical, moral, ethical, religious, or spiritual beliefs. If what you believe brings you a sense of inner peace and contentment, your beliefs are obviously aligned with your true self. I trust that you will follow your own inner guidance and sense of truth as I share my information and experiences with you.

My goal in writing *Infinite You* is to *enhance* your life experiences and to add more joy and enrichment to the world by sharing news of what is possible for all of us. I choose to believe in love-based principles and empowering beliefs that can help us experience more trust, self-sovereignty, and fulfillment. After decades of living with enhanced abilities, exploring spiritual principles, and delving into quantum physics, I've discovered that there is more to reality and who we are. I've also experienced much more freedom, love, and joy in my life because I've developed these advanced abilities. So I'm sharing this information with you in the hope that it will inspire you to leap off the page and live a more amazing life.

[back to top](#)



---

## CHAPTER ONE

### You Are Greater

*“The day science begins to study non-physical phenomena, it will make more progress in one decade than it has in all the previous centuries of its existence.”*

—**Nikola Tesla (1856–1943), futurist, inventor, engineer**

As babies, when we had developed enough to become mobile, we began crawling. Soon after something inside us urged us to stand upright and walk. Why would we go from the stability of hands and knees, firmly supported on the ground, to balancing precariously on wobbly legs and two tiny feet? Intuitively we must have known that it was time for more: We sensed that walking would ultimately give us more freedom, more fulfillment, and greater experiences than crawling. We somehow knew that walking would improve and expand our lives.

Actually, all our advances seem to have the same goal: more freedom, more ease, and more fulfilling experiences. But are we done evolving? Have we reached the pinnacle of our potential?

Once again, we appear to be transforming. Just as the ability to stand and walk was always within us, and we eventually reached the stage when it was time for that ability to surface, our greater selves are now emerging. Just like the oak tree is contained within the acorn and it slowly emerges to live in its full grandness, so too are we transforming and allowing a more expansive self to appear. Many people aren't aware that there is something profound happening with humankind. However, many others have sensed that it's time to evolve and go beyond our currently accepted limitations. In addition, along with this inner evolution, very significant information is being revealed in science that could ultimately have a powerful and positive impact on our lives as well.

## **My Story: An Example That Reveals How a New Consciousness Is Emerging**

One evening in the 1980s, I began my adventures into expanded consciousness. No, drugs were not involved. I was at an event to hear the late English shaman Reverend Michael Bromley speak. I was stunned when he pulled me up in front of the group and told me I had special abilities. He informed me that I had been asking to go to the next level in my life (he was right) and said it was now time to develop my skills. He threw me in the proverbial “deep end” and instructed me to start sharing the *intuitive* information I was sensing about people.

~~That evening I was shocked to discover that I did know accurate and very detailed information~~ about complete strangers. When I focused my attention on different people in the room, I would sense a connection with them. Feelings or images would emerge in my awareness. I would suddenly feel sad or lonely when I focused on someone and I knew those weren't my own personal feelings. Other times, a picture or short movie would appear in my inner vision and I sensed I was watching something about a person's life. Sometimes thoughts would pop into my mind, as if people were telepathically sharing information about their lives with me. Each time I focused on someone specifically I experienced a subtle knowingness about him or her. I felt compassion for everyone I focused on, as if I had known each my entire life.

I knew a woman in the room was pregnant because in my inner vision (in my mind) I saw the spirit of a little girl standing next to her. The woman didn't know she was pregnant. Days later, I heard through a mutual friend that the woman went to her doctor and found out she was in fact pregnant; a few months later she did have a baby girl.

When I turned my attention to another woman in the room, I had a vision of her being frustrated and struggling with an old green car. She verified that she had borrowed a neighbor's dilapidated green car to come to that evening's event because her car wouldn't start. She had been stressed and upset because she couldn't figure out how to operate that car.

It was an interesting evening of *seeing* one detailed vision after another, each proving to be accurate. That night, I discovered I had a sixth sense. I was psychic and telepathic!

The next few months were like a whirlwind as I uncovered more and more remarkable abilities. During those months, I opened up my ability to see energy fields (auras), and today I know important information about people based on the colors in their auras. Also, I discovered how to intentionally use energy, thoughts, and feelings to create my heart's desires.

A short time later, I learned of the existence of parallel universes and discovered that I could deliberately move in and out of them to change my life. Also I developed my ability to talk to people who have crossed over—meaning, those who have died. In addition, I realized I was able to see people's other lives (often referred to as *past* lives.) It has been a remarkable journey.

The most important point to all of this is that if I have these amazing abilities it means we *all* do. These are natural skills that every human being has. Most people just aren't aware of it yet.



Why should we be interested in this?

Developing any of these abilities can dramatically improve the quality of your life. On a personal level, it can make you more insightful, compassionate, and empowered, and better able to trust yourself. Globally, it can improve our relations with one another and help us create better, life-enhancing solutions for the world. To paraphrase Albert Einstein, we cannot solve a problem from the same level of thinking, with the same mind, that created the problem in the first place. He also said, "A new type of thinking is essential if mankind is to survive and move toward higher levels."<sup>1</sup>

~~So according to Einstein, in order to change our lives and our world, we need to change our thinking. Our understanding of who we are, our capabilities, how we interact with each other, and what we can accomplish have to evolve.~~

To help us with this shift in our thinking, quantum physicists also have important information that can contribute to the process. Quantum physics is the study of particles at the smallest levels, the subatomic levels. These physicists are revealing new, life-altering concepts and reexamining *everything* we've believed about reality. They have evidence that reality is not what we believe it is. They have made remarkable discoveries that could radically change our lives—forever.

Unfortunately, most of us are not living this new model or acting on this advanced knowledge yet. We haven't been taught these new possibilities. Most people are still living with old ideas about the world, as if nothing profound is occurring.

Imagine that experts inform you aerodynamics is a natural law and therefore flight is possible. You discover that you could fly across the country in a matter of hours. You thank the experts, but you travel across the country in a horse-drawn covered wagon instead. We're doing something similar today: We're not taking advantage of the newest findings. Our limited understanding of reality has been preventing us from living our greatest potential. For that reason, we'll be exploring some of these remarkable discoveries to help us understand what is truly possible.

These exciting and powerful discoveries will make life easier, provide more freedom, and appear just as magical as flying across the country would have seemed to those who lived centuries ago. Quantum physics has already altered our lives by giving us most of our new technologies (personal computers, smartphones, iPods, and more)<sup>2</sup>, but now it's time to see what it reveals about us.

If enough of us were to courageously step beyond our familiar boundaries, embrace this new information about the nature of reality, and fully activate our own advanced capabilities, we would open the way for others to do the same, which could lead to a vastly different understanding of the world and an entirely new way of life. This is the way transformation has happened throughout history: brave explorers and mavericks are always the ones who break through old thinking and reveal what's possible for the rest. Are you ready to metaphorically leap up off the page now, too?

[back to top](#)



---

## CHAPTER TWO

### Your Natural Abilities

*“The only way of discovering the limits of the possible is to venture a little way past them into the impossible.”*

—**Sir Arthur C. Clarke (1917–2008), futurist, science fiction author, inventor**

Some might call the following talents *gifts*. For myself, I consider *life* to be a gift and view the abilities as natural and inherent in each of us. You can activate any of these abilities at any time. Some people may be more proficient with some of these skills, just as some are more adept at being musicians, singers, or athletes. But all of us have the capacity to learn each one. If we all support one another in developing these advanced, but natural skills, we can create a better life for everyone.

### **Your Abilities**

What are your natural abilities and why are they important? Among other things:

- You have the ability to use thought and energy to affect physical objects, manifest your desires, heal your body, influence the weather, and more.
- You have intuitive, telepathic, and psychic abilities. You can see outside of time and space to know the past, present, and future.
- You can sense energy fields, or auras, and know significant information about people based on the frequencies or colors in their energy fields.
- You can intentionally move into parallel universes to change your life.
- You can see other lives, also called “past” lives by some.
- You can talk to people who have died and crossed over to the other side.

Because there are thousands of people stepping forward now with these same unusual abilities, we can no longer ignore them or declare them flukes and aberrations. If even one person can demonstrate these advanced skills, don't we have a responsibility, an obligation, to see what is going on? Isn't it possible that humanity could benefit by exploring these abilities more closely and discovering what is truly possible?

---

The fact that many of us experience these abilities proves that there is more to us than we've been taught, and the fact that many of us use these skills to benefit others as well as ourselves shows there are good reasons to develop them.

## The Benefits of Developing These Abilities

Why is it a good idea to explore our potential and develop these superior skills?

If we have these valuable talents and we don't develop them, we are like birds trapped in a cage whose beautiful wings are useless. We yearn for a better life, all the while ignoring what we are fully capable of accomplishing. Now we have the keys to move beyond the cage and create a more wondrous life for ourselves. These abilities can help us:

- **Change our lives.** We can use them to go beyond our perceived limitations and become happier, more loving, and more empowered beings. We have limited our self-expression and life experience by believing we are incapable or helpless. We are capable of more.

- **Make life easier.** Once we understand how the universe really works and learn about the true principles of creation, we can design our lives and create with little or no effort.

- **Reduce fear and eventually stop pain and suffering altogether.** Once we tap into our deep guidance and use these abilities, we can become more trusting, self-confident, and joyful. Once fear melts away, hopelessness and suffering can also dissolve.

- **Create more compassion, love, and understanding in the world.** Once we understand and experience our connection, we will know that there is no need to judge anyone, including ourselves, and love and acceptance can flow more freely.

- **Improve our health and wellbeing.** Once we trust our true connection with life, once we tap into our inner guidance and learn to follow it, fear and stress diminish. Living stress-free lives can prevent illnesses and accidents.

- **Improve the world and live with global abundance rather than hunger, poverty, and scarcity.** Once we understand the natural, creative principles of the universe, we can create with a sense of inner power and infinite possibilities rather than constrict in fear and limited thinking.

- **Create with unbounded freedom and joy.**

Cultivating these abilities often generates deeper love, a stronger sense of connection, greater trust, and inner peace. I know that has been my experience. Other people have reported similar feelings.

As we went from crawling to walking to riding bicycles to driving cars to flying planes, each method gave us more freedom. Developing these enhanced abilities promises to do the same.

However, just as some people will never choose to learn to drive a car and most will never learn to pilot a plane, even though developing those skills could result in having more freedom, no one *needs* to learn any of these expanded abilities. You can always choose the abilities that interest you and ignore the others. This information is being offered as an alternative to our old and restrictive thinking. Being able to activate these abilities is an option few people know they have.

## Magic

Some may claim that the abilities we discuss in this book sound like “magical thinking.” Based on our current understanding of *reality* and our definition of *human*, these abilities can certainly seem magical. But many things once classified as magic are now considered commonplace and real.

So first, let’s define the term *magic*. According to [Merriam-Webster.com](https://www.merriam-webster.com/dictionary/magic), it is:

*An extraordinary power or influence, seemingly from a supernatural source.*

The only reason people may think these powers are supernatural is that they haven’t understood them or used them—until now.

Many ideas throughout history were judged to be magical thinking or fantasy until we understood the natural principles behind them. For example, going to the moon was once thought to be unrealistic something that was relegated to science fiction novels, until we understood the natural laws that could make that real. Then science fiction became science fact.

Many items that we accept as normal today would have been considered magical thinking or science fiction centuries ago, or even a few decades ago: smartphones, computers, television, satellites, and the list continues. So what are we disregarding today because it seems unrealistic or too fantastic to believe?

You may doubt that *you* have these “magical” capabilities. But the abilities we’ll be discussing are *natural* aspects of the human experience, as so many people are now proving, which means that you do have them. As a child, you may have known you had these special skills, but then you were taught to stop believing in them. Do you remember enjoying stories of fairy godmothers, magic wands, the flying Peter Pan, or the wizardly Harry Potter? The reason these stories are so popular is because there’s something inside us that resonates with them. We sense—not just wish—that the *magical* abilities these characters demonstrate are real and part of our true nature.

To show you there is logic and science behind these skills, and to show you this book is not just based on “woo-woo” thinking, in the chapters that follow we’ll discuss the physics and the technology that supports their existence. Understanding some of the basic scientific principles may help you truly



they are, in fact, real and make you better able to develop your own abilities.

---

*“When a distinguished but elderly scientist states that something is possible, he is almost certainly right. When he states that something is impossible, he is very probably wrong.”<sup>1</sup>*

—Arthur C. Clarke

There will always be those who cling adamantly and defiantly to old paradigms and traditional belief systems. However, there are also those who sense something significant is emerging, something life changing is happening.

While some physicists want to dismiss these extraordinary abilities as unimportant anomalies and label them as *delusions*, other physicists are looking into these capabilities more seriously. These physicists know historically how often accepted scientific “facts” have eventually been proven wrong and they are therefore more willing to research these previously discounted areas attributed to consciousness. They know quantum physics offers radically different and counterintuitive information about the nature of reality.

*“The transition from classical to quantum physics marks a genuine revolution in our understanding of the physical world.”<sup>2</sup>*

—*Stanford Encyclopedia of Philosophy*

That is a profound statement. Physicists continue to question what we’ve believed about reality. Beginning to implement what these physicists have been uncovering can change everything.

If you’re ready to develop more of your potential, we’ll look closely at these abilities, explore what they could be helpful, look at the science behind them, and discuss how you can develop them to improve your own life and the lives of others. Since many people learn best by example, I will also share some of my own personal experiences to show how these skills are possible and are available to you.

[back to top](#)



---

## CHAPTER THREE

### Creating from Energy

*“You create the world that you know. You have been given perhaps the most awesome gift of all: the ability to project your thoughts outward into physical form.”*

—Jane Roberts, *Seth Speaks*

To state it simply and boldly, you can use thought and pure energy to influence matter, create the things that you want, heal your body, influence the weather, and more. In this chapter, I will share my experiences and some different exercises to help you develop your own abilities. Maybe the same similar techniques will work for you. And then in order to fully comprehend how this is all possible we'll explore some of the scientific principles, especially those that reveal everything is energy. Understanding that everything is made of energy is paramount to being able to perform all of the following skills.

### **Affecting Matter**

A basic example of how the power of thought can affect matter is the ability to bend spoons. My first experience with this ability was in a class at the International Association on New Science.<sup>1</sup> The instructor was an aerospace engineer. He taught us about the nature of *matter*: that everything is energy, nothing is actually solid, and therefore “matter” is pliable and subject to our thoughts and commands.

Some people have learned to fear their own power, so the thought of *commanding* anything brings up fear that they could abuse or misuse power. Certainly we've seen enough movies that tout the horrors of abusing power to make us fear that possibility. But once you know how truly loving and magnificent you are, you will no longer fear your own power. Until then, if *commanding* is too strong a word, then politely *ask* something to take a certain form for you.

You can use the following example to experiment with this ability yourself.

In the class I attended, we were told to hold a spoon. We were to focus on the spoon and ask it to bend, while we imagined it gently folding over. We focused on bending our spoons for 10–15 minutes but nothing was happening. Suddenly a woman in the back of the room yelled excitedly. We turned to see her spoon slowly folding over. As soon as we saw that, my spoon and many other people's spoons bent over, too. Apparently seeing that it was possible shifted our beliefs, which allowed our spoons to bend. Unfortunately, the maxim “I'll believe it when I see it” was holding true for some of us.

~~I've noticed this phenomenon before. People tend to be more successful with a particular ability when they see others doing it. When they see proof that it's possible, it helps them believe.~~

In my second attempt, I gently held a spoon by two fingers at the very tip of the bowl and two fingers at the bottom tip of the handle. We were told to imagine the spoon becoming liquid. I became quiet and envisioned that in my mind. Within moments, I actually felt it turn into a gel-like liquid and quickly bent the bowl of this previously very rigid, sterling silver spoon.

The instant I realized I was damaging the spoon, it froze in my hands. This was one of the strangest sensations I've ever experienced. One minute the item was solid, then it was a gel-like liquid, then it was a twisted solid—right in my hand. This experience once again proved to me that *physical* reality is not what we believe it is.

I bent three more spoons after that and I haven't done so since. I sense that's because I've been taught not to damage or destroy things and this belief is deeply ingrained in my subconscious. I seem to be better at affecting matter when I'm creating something positive rather than damaging something. Many of my students have been able to bend spoons, however. This phenomenon deserves to be researched since we ordinary laypeople are able to achieve something that is supposedly scientifically impossible—at least according to the classical model of physics. It wasn't a "trick." We didn't repeatedly rub the handle until it got hot enough to bend, nor did we forcefully bend the spoon back and forth to weaken the handle, as some skeptics claim. The spoon actually became a thick liquid in my hands, which allowed me to change its form.

Since there isn't much value in owning bent spoons, the point of this exercise is to reveal that consciousness can affect matter. But what if you were to use this knowledge on something else that actually mattered to you? For example, what if you were able to change your body? Since it's made of energy that should work. Would that mean no more stressful dieting?

You have the ability to change the shape and form of your body once you truly realize the power of your thoughts and imagination. No more worrying about what you eat, since everything, including food, is made of energy. It's more important what you believe about your food than what you're actually eating. But you have to really *know* that everything is energy for this to be an effective way for you to change your body.

Or maybe the next time you find yourself cursing your wrinkles as you apply anti-aging face cream, you could imagine instead that all the cells in your body are made of light, then see them glowing with vitality. Feel your whole body glow with light. Continue this experiment for several days or weeks in a row and see if people perceive you as younger and more vibrant.

Or what about creating money from energy?

## **Creating Money**

Often we block prosperity from our lives because we believe in scarcity. We're taught there are

limited number of pieces to the pie and if we get more, others will have less. But everything is energy and the universe is infinitely abundant with energy, so there are no real limits to what can be created.

All the exercises or visualizations I offer are to help you stimulate your imagination and shift your thinking. They're to get you out of old, stuck ways of looking at life. If you can expand your mind and be playful, you can change your thoughts and therefore your experiences. What we believe and imagine will become so.

Here is a fun visualization for manifesting abundance. Imagine money floating down from the sky and landing in big piles all around you. See money in any denomination you want forming out of pure energy and falling from the sky. Every element in the natural world is at its core composed of subatomic particles and space, which are ultimately composed of pure energy. So just envision the energy taking the form of money. Then, see it flowing down around you. This way, you're not using your thoughts against you by imagining you have to work hard for money or that you are taking away from someone else; you're creating this money out of pure energy.

Every time I do this exercise, cash or something similar shows up in my life. One remarkable example of this occurred a few years ago. A man who I'd never met read one of my books and enjoyed it so much he sent me 100,000 shares of his new company. Those shares ended up being worth \$10,000,000 dollars. This generous gift came to me from a complete stranger right after I did this visualization exercise.

A couple decided to experiment with this same visualization. Every night for five minutes, the couple playfully imagined money floating down from the sky and landing in huge piles all around them. A few weeks later, the wife was invited to be a contestant on a game show. She loves game shows. She won \$25,000 dollars during her one-hour appearance on that show. She allowed the money to come from wherever it was at the time and didn't have expectations of where it might, or should come from. She was open to altering her belief about how the universe works—and that made all the difference.

Some may believe these examples are just coincidences. And that's okay. Others will recognize that quantum physics supports this process, as we'll see later, and they will be able to create what they want more easily.

It may take a while before you retrain yourself to believe money could be created in different ways or that abundance could come to you from anywhere and in any form. We've been taught that money comes from physical printing machines and we must do something to earn that money, and furthermore, according to the mechanistic laws of classical physics, this is how it *appears* the world works, so we believe it. But our beliefs have created that reality. Learning to use the principles of quantum physics instead so we can create differently may take some getting used to, but it's a valuable endeavor and the outcome will be worth the effort.

Until we really understand and accept the new physics, we at least can start moving in that new direction. We can begin taking small steps. We might begin by believing that, even if money is printed on machines, it can show up in ways that don't require hard work. And also that it could come from anywhere.

You'll need to believe that this is possible, however. You can't fool yourself and pretend you

believe it could happen when you really don't believe that. If you envision one thing but subconsciously believe something else, that conflicting energy will act like a riptide. The positive energy will flow in the direction of your desire, but your doubtful energy will act like an undercurrent and pull you back the other way. The conflicting thoughts create a tug of war. Your desire and your beliefs must be aligned.

*You won't always get what you want, but you'll always get what you believe.*

Also, if you subconsciously believe that you don't deserve money, or that you are incapable of having much, or that money is the root of all evil and causes trouble, then you will probably block future prosperity from coming to you. This process applies to everything else you desire as well—not just money. Your beliefs must align with your desires.



Do you want to create something else? For instance, do you want to travel? Do you want a new job, a healthier body, or a loving relationship? This process applies to anything and everything. There are no limits to what you can create. There are no degrees of ease or difficulty to what you can create. The only limitations we have are those we believe in. If you believe it's easy to create a job, but challenging to find love, you will experience that outcome.

It's just as easy to create a million dollars as one hundred dollars; both amounts of money are created using exactly the same principle. The only difference in what we manifest is our belief about what is easy and possible, and what is difficult or impossible.

Years ago, I had a strong desire to travel. At that time, I didn't have the funds to travel, so I spent a lot of time working hard, trying to make enough money to go somewhere. Eventually I realized it wasn't the money I wanted. My desire was to visit other places. So rather than just focusing on making money, I envisioned myself traveling. I felt the experience in my physical body. I felt the joy of being in other places. I kept imagining this until it felt real and I *knew* it would happen.

Within two weeks of envisioning myself traveling, I received phone calls from three different friends. They all wanted me to come visit them and each wanted to pay my airfare. I had manifested trips to Hawaii, Florida, and Oregon by understanding that everything is energy and that imagination directs the form that energy takes. For anyone who feels bad that my *poor* friends had to pay for my trips, one of the greatest gifts I can give my friends is envisioning them as abundant and prosperous. Imagining someone as impoverished or unable to afford something does not benefit that person. Energy can take any form and come to me from anywhere. Infinite energy also flows freely from me as I share abundance with my friends, family, and others. This helps all of us feel abundant and prosperous.



~~One day, I had a passing thought that it would be interesting to visit Brazil. I had never been there and thought it could be fun. I didn't share that idea with anyone. Actually, I didn't give it a second thought. So even though I only imagined it once briefly, I didn't doubt or resist the idea.~~

Fear and doubt can counteract your visions. If you struggle and keep *trying* to create something, you're reaffirming that it's not already a reality. You're holding the vision that it's not happening, which will result in it not happening or in its arrival being delayed.

Within a week of this one thought of a trip, my cousin called and asked if I wanted to go with her to Brazil. One of her clients had given her two round-trip, business class tickets to Rio. Needless to say, I wasn't going to turn down that incredible manifestation.

This example shows that you don't need to work hard to visualize something happening; you just need not to doubt it could happen. Doubt works against you.



After I sold my home in Santa Barbara, I decided to rent for a while to simplify my life. At the time, two different friends shared horror stories about their desperate search for rentals. Santa Barbara is historically not an easy place to find houses to rent. First, I panicked. I bought into their beliefs that there was little available, and that those rentals that did exist were outrageously expensive. Once I realized that I was focused on fear and scarcity, I calmed down. Rather than envision a problem, I wrote down a clear description of the home I would live in: the exact view, the number of bedrooms, the rent I would pay, and more.

My friends scoffed at me and declared I was never going to find a rental that fit my “unrealistic” descriptions. But within three days, I was led to the perfect place. It wasn't even on the market yet. I had the impulse to visit past neighbors of mine and followed through on that thought. “Coincidentally” they knew about an upcoming rental right next door to them. And it had everything on my list, including the specific view I had envisioned, the street I had desired, the number of rooms, and the exact rental price I had listed. I moved in a short time later.

Once my friends learned what had happened, they followed my example. Within days of writing down precise details and holding a clear vision, both found their perfect rentals. After months of searching in fear and desperation, they got what they wanted just days after shifting their focus.

Coincidence? Maybe. Or maybe it's evidence that our thoughts, feelings, and imagination can create our reality. I've experienced too many of these same types of situations to chalk it up to mere chance.

You don't have to believe you have the power to create what you want in your life. Your thoughts and beliefs will still create your reality. Many people believe that God or a loving force is directing their lives, so they just relax and go with the flow. They accept whatever shows up. That works, too. Some believe life is unpredictable and they have little or no control over what happens to them. That belief is fine, if that's what people prefer and it's working for them. Their experiences will still reflect their beliefs about how life works.

~~Do whatever feels right and works for you. You're an awesome being. The point is that your beliefs create your experiences. The goal here is to help you *easily* create happiness and fulfillment in your life. We're exploring many different ways you can do that. You have amazing powers that can set you free if you choose to use them.~~

## Healing

One powerful example that shows we have a limited perception of who we are and how life works is the story of Anita Moorjani, author of *Dying to Be Me*. In her book, she describes how cancer ravished her body so completely that her organs finally shut down and she went into a coma. During her near-death experience, Anita learned it was her fear and lack of self-love that had created her cancer. She was shown who she really was and what her life was really about. She was given the choice to return to her body or to continue on to another realm. She chose to return to this realm.<sup>2</sup>

Anita woke up from her coma and a few days later there was no trace of cancer in her body! She was completely healed. Doctors are at a loss to explain this phenomenon. Her near-death experience and her remarkable recovery don't fit into traditional medical doctrine. Anita's experience does, however, offer more evidence that we don't have a full grasp on the nature of reality and that beliefs have more power to create our reality than we've previously understood. Anita discovered the impact her thoughts and emotions had on her body.

Discovering from quantum physics that everything is energy and that my thoughts and beliefs play an inexplicable role in creating my personal reality, I have used that knowledge to heal my body, too. In much less serious circumstances than Anita's, whenever I've experienced a stomachache or another pain, I focus my attention on that area of my body and remember that it's all just energy. I envision my body relaxing and being perfect, and within moments the pain is gone.

There's one more thing I do. I also ask my body why it wanted my attention, so I can discover if there's any emotional cause behind that pain. The body is the physical expression of our thoughts and beliefs. The body is our barometer. It will reveal what is going on inside of us. I've learned that if I don't deal with the core mental or emotional reason for any *disease* or discomfort I'm feeling then another physical issue will arise to get my attention.

Many in the medical community know about the power of the mind. They have experimented with the placebo effect and the opposite, the nocebo effect. They have seen how people's thoughts and beliefs impact their physical condition, positively reducing pain and illness (*placebo*) or negatively creating illnesses (*nocebo*).<sup>3</sup>

Since everything is made of energy, we can use our imaginations to heal and shape our bodies. Energy takes the form that we imagine. Cultural beliefs about what affects our health and our bodies have changed throughout history. Currently, we believe that we must eat certain foods and exercise to maintain a healthy body, but that's still a belief. There are many people who have lived to an old age even though they drank and smoked. Centenarian George Burns is an example. And there are many examples of people focused on eating healthy and exercising who have died at a young age from



- [read online \*The Frugal Paleo Cookbook: Affordable, Easy & Delicious Paleo Cooking.pdf\*, azw \(kindle\)](#)
- [The 21-Day Big Muscle Plan: The No-BS Training and Nutrition Program for Rapid Muscle Growth! online](#)
- [\*Attachment, Trauma and Multiplicity: Working with Dissociative Identity Disorder \(2nd Edition\).pdf\*](#)
- [Vegas Pro 11 Editing Workshop for free](#)
  
- <http://test.markblaustein.com/library/The-Frugal-Paleo-Cookbook--Affordable--Easy---Delicious-Paleo-Cooking.pdf>
- <http://paulczajak.com/?library/Gnostic-Mysteries-of-Sex--Sophia-the-Wild-One-and-Erotic-Christianity.pdf>
- <http://damianfoster.com/books/Attachment--Trauma-and-Multiplicity--Working-with-Dissociative-Identity-Disorder--2nd-Edition-.pdf>
- <http://korplast.gr/lib/Vegas-Pro-11-Editing-Workshop.pdf>