

Managing Your Existence in the New Millennium



By Vikki Watkins

Managing Your Existence in the New Millennium is a generalised handbook aimed towards young adults, intended to provide understanding about how our Mind works, so we can then consciously guide ourselves along our own learning path, while intentionally spending the maximum number of moments in the most content and balanced State of Mind possible.

Most of the ideas here are found in other places also, such as Buddhist Philosophies, but MYEINM aims to give an over-simplified Big Picture view of how we naturally work and grow, so we can each then Teach Our-self to intelligently create our own Life, so that it contains the highest levels of Happiness and Satisfaction.

MYEINM 1 ~ Preface

Life is a journey you designed for you.

Your purpose is to learn how to manage your existence, so that you can live the wonderful life you planned for yourself. You are at your happiest and LIVING when you're following your TRUE path. You helped to write your own path – the story of your life – and you included the lessons you needed to learn, in a way you knew you'd learn them best. You also included many, many opportunities to balance your consciousness and discover just how to bring your own sense of Heaven to Earth.

Sometimes the only problem is you wrote the story as a conceptual path, and things in your life are too MUDDY for you to see the path clearly.

Too often we make the simplistic mistake of judging our position in life, only with the 'facts' around us at that point, and in doing so, neglect the 'conceptual' truth of our situation. The difference is in the way of thinking. Let me give an example. Today, a 'chair' (a real life fact) has four legs and is made of wood. Its concept is 'an object to sit on'. Four thousand years ago, the same *concept* may have been realized as a well-shaped stone in *fact*. Neither 'fact' is likely to change the course of your life's conceptual path, but you should realize that your spirit self speaks most often in 'concepts' (understanding) rather than 'facts' (knowledge).

The TRUTH of your story is conceptual and as such may be realized in a multitude of factual ways. The realization of your conceptual story in whatever set of facts you choose is the 'gift of life'. When you can clear the MUD away and access the TRUTH of your life, it's much easier to plan a reality of *facts* that work together with your *conceptual* story.

So, when something tells you to "sit down", don't get upset because you can't see a chair... and so it is with this handbook. Explore, understand and reflect on the concepts until they're your own. Find the TRUTH about what is guiding your consciousness and your behaviour. Then use that TRUTH to set yourself free and LIVE the life you were born to Live.

Personal Note (2009):

Managing Your Existence in the New Millennium (2004) is a simplistic handbook describing how we grow to overcome the chemical responses of our nervous system, that impact on our personal creation of free and balanced consciousness. It also explores how we Share our life energy. The handbook uses a spiritual perspective to convey meaning.

Life Energy Philosophy has developed as a means to scientifically observe and measure the way we as human beings work, and as a consequence either prove or disprove the validity of the spiritual claims in the handbook. So far, we have found very supportive evidence surrounding the ideas in the MYEINM handbook, and have since created The Universal Mind. This text conveys the same meaning as the original MYEINM handbook, but maintains a scientific perspective rather than a spiritual perspective. The biggest difference seems to be at this point, the amount of words it takes to convey the same meaning.

The later version is for those with a more technical interest in life energy. We hope that one day biofeedback technology will be much more accessible so that everyone will have the chance to conduct their own personal research and begin to develop their own personal Life Energy Philosophy.

MYEINM 2 ~ Introduction

MYEINM ~ Learning about how our Thinking technically works and how our regular thinking style impacts our ability to live with free and Balanced Consciousness.

The Social Energy Environment of our newest millennium is more dense and mismanaged, than ever before. Learning to manage our existence; our Consciousness; and bring our own sense of Heaven to Earth today, takes more skill and vigilance than ever before.

From the time we are born, our life can be likened to a kind of computer game, in that we are constantly learning to play better, hopefully never losing that quiet motivation to find our way to play on an ultimate level – to find our Self; to be on our right path, exercising our capacity to freely bring our own sense of Heaven to Earth; LIVING.

In this book we explore a few of the basic concepts that affect our existence as human beings.

How do we Work?

We begin by first understanding how we as human beings work; why we think and behave the way we do. Our Consciousness and the way we create it each moment, is how we control the quality of our life. The consciousness we create originates from our different areas of self; our Body, Mind and Soul. The kind of energy (the amplitude and frequency) each area of our self uses to create consciousness is very different, and has very different impacts on our personal health and well-being. Learning about the effects of each type of life energy, helps us to choose the consciousness we create with wisdom. Needs are a key factor in the way we create our consciousness. We must use careful inner-self management when assigning our Needs, because our own consciousness listens only, to our own self when it comes to deciding just how (which kinds of energy to use) to create our consciousness each moment.

Needs

If we encounter communication that poses threat to a Need, our natural design will take control of our consciousness during the moments of threat, and fill it with energy dynamics (thoughts) about the problem continuously. This 'Red Alert' cautionary state is a natural mechanism, designed to help us keep ourselves safe. The natural production of reactive energy dynamics (thoughts) will continue until the situation is resolved, and the immediate environment is able to once again, satisfy our Needs. The moments spent creating consciousnesses in this cautionary state are not free, because we are not able to unreservedly choose all of our own thoughts. Our body is operating in a state of *watchfulness*, and as

such, naturally takes control of our consciousness. Many of us know this situation as 'Stress'.

Sharing Life Energy

We use our own life energy to create consciousness, and we also use this same energy to Share with others. We Share our life energy with everyone we encounter during the moments we are communicating.

There are many different styles of sharing our life energy with others. The ways we share our life energy impact on the ways we Perceive incoming communication energy, and also, on the ways our outgoing communication energy will be Perceived by others.

In order to allow our life energy to Resonate and ensure Truth, the pathway of our communication during that moment; represented by our Social Dynamic Scales; must be balanced. We can use our inner-self management to support Balance and ensure Truth, in all of our social communication.

Bringing our own Sense of Heaven to Earth

In this handbook, we look upon life as a journey, and LIVING as the satisfied state of being on the right path at the right time, for you.

Once we can identify all of the muddy, untrue social dynamics and chemical reactions, that impact on our behaviour and the way we choose to live our life daily, we will then be able to carefully remove those influences, and once again freely create consciousness of our choice.

When we explore our TRUE selves; that is, explore our Body, Mind and Soul, without irrelevant energy dynamics (thoughts) contaminating our creation; we can then begin to LIVE freely, the way we always knew deep down, we were supposed to.

True Living: *Balancing your body, mind and soul, to become able to freely create your own sense of Heaven on Earth.*

MYEINM 3 ~ What is a Human Being?

*An introductory exploration of the animal we are all most familiar with;
Human Beings.*

It is most impressive to realize that the vast potential for energy interactions between our mind, body, soul, environment and others, creates an intricate system of infinite opportunities, to generate the True energy of life; Consciousness.

A human being is an intricately designed animal. It is capable of effective, efficient survival and reproduction, as well as sensitive and intelligent creativity. Human beings are also energy generators, who are able to refine the life energy they generate with their heartbeat, into intricate patterns of Consciousness. Using the energy of consciousness, human beings also have the potential to maintain a continuous connection to energy activity in the sub-atomic layer; the Oneness of the spiritual realm. Human beings are able to maintain connection to a Soul.

It is important at this point, to realize that everything is an expression of energy. Human Beings are an expression of universal energy vibrating at a distinct variety of frequencies.

Some energy vibrating with tangible wavelengths, and some vibrating with such tiny amplitudes that we would never be able to see it with our eyes.

Our Consciousness; our own sense of existence; is itself, a form of energy activity existing only at this moment. The energy of our consciousness is the energy of our heartbeat, after it has been carefully refined with our body, and then directed into an area of energy activity. The energy activity of our consciousness is a range of energy dynamics (thoughts) combining and interacting. The energy activity of our immediate consciousness will fade after it has been observed by our brain. But don't worry, because before the energy fades completely, our heart will beat again, and provide more energy for us to create our next moment's consciousness with.

Why do we (Human Beings) “behave”?

The behaviour of Human Beings is initiated by a decision to pay heed to information. The decision to pay heed to incoming information is referenced by our consciousness initially through the satisfaction of NEEDS. If we receive an energy dynamic (communication) which threatens a NEED, we will immediately start refining (thinking) and sending our own self-made energy dynamics (thoughts) to the mind to report the problem. We don't stop sending thoughts (complaining) until we are satisfied, that the NEED is once again safe.

It is important that we are careful about which things we label as NEEDS, and which things instead, belong under the label WANTS. We listen to our own definition. It's never a good idea to let ourselves live through the repercussions of a bunch of chemical reactions, just because we did not get what we want. The consciousness we create during such moments is hardly pleasant. Think about for example, learning as a young child, when we thought we NEEDED the lollipop our mother did not buy for us. The energy activity of the consciousness we started creating at that time, began impacting on our own nervous system and initiating chemical reactions. At the time, we were probably trying to impose the same chemical reactions on our mother, but instead, the energy of our consciousness initiated the feelings into our own nervous system. It probably wasn't long before we learned that it's too hard to think freely and bring our own sense of Heaven to Earth feeling like that, and we learned that if we didn't think the lollipop was so important in the first place, we wouldn't have reacted in that uncomfortable manner. We move on and remember the lesson for the future.

There are three main areas of self from which human beings gather information to make decisions (both voluntary and reactive): The Body (Physical Self), the Mind (our Consciousness) and the Soul (our Eternal Self). Each of these areas operates by monitoring the immediate environment with every heartbeat, to ensure that the Needs of the area are satisfied. If the environment is safe, the energy can then be directed towards creating free energy dynamics (thoughts) to contribute to liberated consciousness.

Body

Our Body – skin, nervous system, tissues, organs, bones and blood stream. This is the most tangible part of our existence. It is the part that we use most, to sense the environment and each other. We use it to communicate and experience our life, and others use it to learn about us.

The most influential part of our body, on our consciousness and behaviour (and thus LIVING) is our nervous system. Our body's largest organ, the skin and the bloodstream, house the nervous system, which contains a chemical mix designed to inform the mind about the immediate state of our physical existence. This system also contains the chemical mix of emotion. How does emotion work? In simplest terms, energy dynamics (either our own thoughts or energy communicated from others) pass through our nervous system. The cells in the nervous system understand the meaning of the energy dynamic from its height and speed (vibration). If the energy dynamic describes a threat; that is, it describes conditions in the environment that do not support a defined Need; the cells will send messages to the brain, to release appropriate chemicals (Peptides) into the bloodstream. These peptides make the cells temporarily 'feel' a certain way. We feel the whole effect of the nervous system responding to the peptides, as our Emotions.

Abraham Maslow described the thoughts and consciousness (energy dynamics) that have the potential to initiate these chemical reactions in our nervous system, as Lower Deficiency Needs. He realized that, we all have to learn to manage these Needs in our own consciousness, because there is potential for us to initiate the

chemical reactions, in our own self. He realized that, self-intending the thoughts of the Lower Deficiency Needs, results in the mind becoming saturated with reactive (fight or flight) thoughts; the mind becomes closed and predictable.

During moments when there are thoughts about Lower Deficiency Needs in our own consciousness, caused by peptides in our nervous system, we are simply unable to create consciousness that is able to address the important Growth Needs of our life, much less continue on to achieve Self-Actualization. This growth obstructing feature is what makes these Needs of the Physical self, Deficient.

Mind

Our Mind or our Consciousness is our body's management system. A brain is the appendage which is responsible for reading our Consciousness, carrying out instructions, and storing our memories. Our brain is the computer; our Mind is us sitting behind the keyboard. A brain can construct intellectual thoughts (energy dynamics) to contribute to our Mind that are highly sophisticated, compared to those contributed by the physical body. Our Mind (Consciousness) develops and evolves opinions (thoughts we prefer to make) based on the most reliable information it can find. Intelligence is a mix of thinking speed and efficiency, and experience.

As we mature, our mind develops Growth Needs that encourage us to keep growing towards Transcendence. These needs concern the control of our environment, and the creation of valid things within it. These needs also create the fun of learning! There are many many more possible thoughts (energy dynamics) to be made with the energy of the Growth Needs, than there are with the energy of the Lower Deficiency Needs. Trying to discover them all is what makes our human lives so unique and wonderful.

Soul

Our soul, spirit or essence, is made of energy activity that's in a sub-atomic state (plasma) and is very real. It's our connection to our environment, our planet, our solar system, and the greater universe. Sub-atomic energy is part of everything. Our soul does not have a physical form. It is a portion of sub-atomic energy activity; a piece of sub-atomic consciousness. Our own regular mind (or our Consciousness) is also energy activity. When the energy activity of our soul intercepts and connects with the energy activity of our Mind, we have connection. When the energy dynamics resonate, we experience the phenomenon of *Just Knowing*.

Sub-atomic energy is very small, therefore, the thoughts offered by our soul self are tiny in amplitude, compared to the other usual thoughts from our body and mind. Sensing the thoughts from our soul self requires time when the thoughts from our body and mind (our individual self) are minimal. The thoughts from our soul self are like a whisper in our consciousness, we need the thoughts from the other areas to be quiet, in order to hear the whisper clearly. Meditation is the

technique that has been used for thousands of years to bring quiet to the consciousness, so that the thoughts of the soul self can be clearly heard.

Each area of our self; Body, Mind and Soul; has natural Needs. We grow through life learning to satisfy a Need, and then, once we can satisfy it with automaticity, we move on to the next Need. In our default state, our human self only has eight basic natural Needs. As we grow and explore the various areas of our-self, we must take care not to add in too many more ideas labelled as Needs, because they can easily become very difficult to manage.

MYEINM 4 ~ Our Motivation to Exist

*Abraham Maslow noticed that the origin of all human motivation towards consciousness and behaviour is ultimately, an attempt to satisfy a Need. A clear understanding of the levels of Need and the energy dynamics (thoughts) that surround each level, is essential when creating your own sense of Heaven on Earth –
REAL LIVING*

While exploring the origins of human motivation, Abraham Maslow (1971) developed a Hierarchy of Human Needs. After much intense research, he was able to objectively identify and discuss so many of the feelings and behaviours, we as human beings, know so intimately.

He described eight levels of NEED, each more sophisticated than the last, and asserted that most often, human beings behave with the intent of fulfilling a particular NEED. As we grow through life, we learn to satisfy our Needs with a level of automaticity; that is, we practice enough so that we can become able to satisfy the need without consciously thinking about it. After we learn to manage a Need automatically, we then move on to focus on learning to manage the next natural Need.

By identifying our own current position on the hierarchy, we can make informed choices about the consciousness and behaviour we create each day, and manage our-self so that we are always learning to control a new Need, while still maintaining the old ones, without too much effort.

Maslow's theory, which describes human motivation to exist as being based on a journey through the levels of deficiency and growth, to "transcendence", provides an ideal framework in which to look at managing our own existence as a Human Being, in this new millennium.

Maslow breaks Human Needs into two distinct sections, lower 'Deficiency' needs, and higher order 'Growth' needs. The Lower Deficiency Needs describe the mind's development through learning the energy (thoughts) refined by the physical body including the nervous system. The Growth Needs describe the mind's growth through energy refined by the brain, and then energy refined by the spirit.

Each prior Need must be fully explored, and a management plan for the automatic and consistent management and satisfaction of the needs on that level (automaticity) developed, before the next stage can begin to be addressed.

Lower Deficiency Needs

The lower 'Deficiency' needs are biological and on going. As such, mastery concerning control over the energy dynamics (thoughts) surrounding these Needs must be attained before any TRUE growth can occur. It is most interesting to note

that the Biological Deficiency Needs are also the origin of Emotion. Emotional Love, Esteem and the like, are Needs based on chemical reactions in the nervous system, and as such the TRUTH about the nature of our emotional selves is essential information, before we can sincerely explore the 'Growth' needs.

If we aren't careful, we can unknowingly fall into a state where the cells in our nervous system become physically addicted to the peptides being released by our own thoughts. The emotional feelings created by peptide releases, are only valid and useful if they are the result of an incoming energy dynamic from another real person, not from our own self. Emotion is intended to facilitate Sharing with others. Chemical responses in the nervous system generated for no other reason than the cells in the nervous system desire them, is not the ideal way to experience emotion. We need to be aware of what kind of emotions we prefer to feel, and ensure that we don't over use these emotions when we're on our own (no one to share with) to the point that the cells might acquire addiction. Knowing our self is the first step towards Growing our self.

The combined mix of thought energy from the Lower Deficiency Needs is most commonly described as the Ego.

Growth Needs

The 'Growth' needs are about learning. As we mature, we use higher levels of thinking to both understand, and then control, our behaviour and environment. The thoughts (energy dynamics) that concern the Growth Needs are too small in amplitude to affect the cells in the nervous system, and induce the feelings of peptide based emotion. This of course does not mean that the sensations of being alive aren't apparent when we explore the Growth Needs, just the opposite. The sensations are much more calm and centred, as the heartbeat's energy is used to create intricate patterns of consciousness. As a result of this difference between the energy of the growth needs and the energy of the deficiency needs, some of the most wonderful human feelings that are often described as our greatest emotions, are not peptide based emotions at all. They are in fact, intricate patterns of energy refined by our brains; feelings such as Compassion, Humility and Grace.

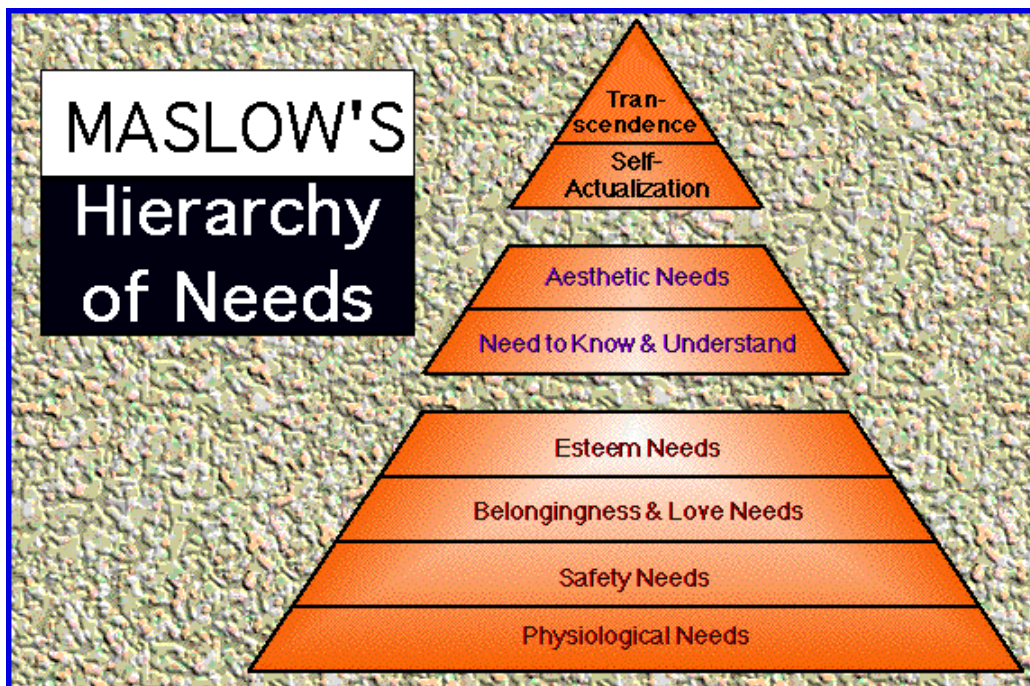
Spiritual Needs

Ideally, as so much of our existence becomes automatic, we have the luxury of being able to explore our spirit in an effort to discover its Needs; LIVE our TRUE path and Self-Actualize; before growing to the highest level of the hierarchy – Transcendence.

Maintaining connection to our soul self is possible through choice, during all moments of our life, it requires only Balanced Consciousness. We just need to remember that the energy dynamics (thoughts) of the soul self have a very small wavelength. In order to hear these thoughts in our immediate consciousness, it is often necessary to temporarily stop the specific energy dynamics coming from the other parts of our body. Meditation is the key technique for achieving such still circumstances.

The soul self maintains active consciousness (energy activity) in the sub-atomic Oneness, and therefore has the ability to see and understand far more than our physical self is able to. The soul self is our own personal counsellor whom we can trust, because it actually is 'us'.

The goal of the soul self is always for us to learn to create new energy dynamics (thoughts) of faster and faster frequency. We want ourselves to learn every possible thought a human body can make, so we can then Share the energy of our mind with others easily and Resonate. When energy sincerely resonates, new energy is formed which is shared among all who contributed the original energy dynamics (thoughts). We know this feeling of our life energy resonating with another as Love. Our soul self wants us to become able to choose to resonate with everyone we meet, so that we experience as much Love Energy as possible, during our lifetime. The Needs of the soul self will change regularly, to keep up to date with our learning, but the long term underpinning motivation for the Needs our soul communicates, will always be about growing to become an expert at *Resonating with Others*; making **Love Energy**.



*To learn more about your own position along the learning path, create your own Personal Self Profile. **Knowing** all about yourself, is the first step towards **Growing** yourself.*

MYEINM 5 ~ Aligning Maslow's Hierarchy

This chart aligns Maslow's Hierarchy with the energy of Physics, the Ancient Eastern study of Chakras and the phenomenon of Biorhythms.

The Life Energy of Consciousness - A Psychological Link			
Layer of Natural Energy	Energy Refinement Centre and Purpose	Psychology Link Maslow's Hierarchy of Human Needs	Biorhythmic Sensitivity
<p>Each Layer of Natural Energy contains energy of different amplitude. The principles and rules of each Layer of Natural Energy are also different. Our human body naturally refines Life Energy Dynamics from each Layer of Natural Energy to dedicate towards the creation of Consciousness.</p>	<p>Ancient Eastern Philosophies dedicated vast amounts of study towards the Life Energy we use to create Consciousness. They realized that we have energy centres that run along our spinal column which are designed to refine the life energy of our heartbeat into energy dynamics of certain amplitudes and frequencies. Each Life Energy Dynamic has a meaning which is determined by its amplitude and frequency.</p>	<p>Abraham Maslow dedicated a lifetime to describing our natural creation of Human Consciousness using the field of Psychology. Maslow's Hierarchy of Human Needs is a fundamental component of Western Education. The attitudes and thought processes described by each level of Maslow's Hierarchy align with the range of attitudes and thought processes coded into the Life Energy Dynamics potentially refined by each Chakra.</p>	<p>The Consciousness we create each day is affected mostly by the amount of Life Energy we have to refine Life Energy Dynamics (thoughts and attitudes) into. The Life Energy from the heartbeat which is dedicated to the creation of Consciousness flows in four different channels. To refine a Life Energy Dynamic using an energy centre (Chakra) we must use energy from the Channel of Life Energy which that chakra is designed to use. The channel an energy wave belongs to is determined by its wavelength/amplitude.</p>
<p>Sub-atomic Layer of Natural Energy</p> <p>Also thought of as the Zero Point Field and as the Spiritual Realm. Energy waves from this layer have amplitudes shorter than an atom; that is shorter than approximately 400nm. The part of the self that refines Life Energy Dynamics (thoughts and attitudes) to contribute to consciousness from this layer is commonly referred to as the Eternal Soul. Light is the most familiar form of energy from this layer.</p>	<p>Eighth Halo Chakra</p> <p>Natural Purpose: Well-Being of Others Related Element: Cosmos</p> <p>White Crown Chakra</p> <p>Natural Purpose: Totality of Self Related Element: White Light</p>	<p>Level Eight (growth need) Transcendence: To connect with something beyond the biological ego and help others find Self-fulfillment and realize their potential.</p> <p>Level Seven (growth need) Self-Actualization: To find fulfillment and realize one's potential.</p>	<p>The Intuition Biorhythm</p> <p>The Intuition Channel of Life Energy is the life energy that has wavelengths less than 400nm. The Intuition Biorhythm maps the levels our heartbeat will produce of this energy for every day of our life. The time it takes between when the heartbeat produces maximum levels of Intuition Life Energy to minimum and back to maximum, creates a 38 day cycle. This means, every 38 days the consciousness we create will include maximum levels of Life Energy Dynamics (thoughts and attitudes) refined by the White Crown Chakra and Eighth Halo Chakra.</p>
<p>Ionic Layer of Natural Energy</p> <p>Often thought of as the Ether. Energy waves from this layer have amplitudes shorter than molecules but longer than atoms; that is between approximately 400 and 500nm. The part of the self that refines Life Energy Dynamics (thoughts and attitudes) to contribute to consciousness from this layer is commonly referred to as the Intellect. Electricity is a familiar form of energy from this layer.</p>	<p>Violet Third-Eye Chakra</p> <p>Natural Purpose: Imagination Related Element: Ether</p> <p>Blue Throat Chakra</p> <p>Natural Purpose: Learning Related Element: Sky</p>	<p>Level Six (growth need) Aesthetic Control: To possess such understanding and skill with one's existence as to easily control the environment with reference to its level of comfort, beauty and order.</p> <p>Level Five (growth need) Cognitive Understanding: To know and understand one's environment and one's position in it, and to explore and adapt new information.</p>	<p>The Intellectual Biorhythm</p> <p>The Intellectual Channel of Life Energy is the life energy that has wavelengths approximately between 400 and 500nm. The Intellectual Biorhythm maps the levels our heartbeat will produce of this energy for every day of our life. The time it takes between when the heartbeat produces maximum levels of Intellectual Life Energy to minimum levels and back to maximum, creates a 33 day cycle. This means, every 33 days the consciousness we create will include maximum levels of Life Energy Dynamics (thoughts and attitudes) refined by the Blue Throat Chakra and the Violet Third-Eye Chakra.</p>
<p>Cellular Layer</p> <p>Often thought of as the Chemical Layer. Energy waves from this layer have amplitudes that are similar in length to the height of our biological cells; that is between approximately 500 and 580nm. The part of the self that refines Life Energy Dynamics (thoughts and attitudes) to contribute to consciousness from this layer is commonly referred to as Emotion. Social Life Energy is a familiar form of energy in this layer.</p>	<p>Green Heart Chakra</p> <p>Natural Purpose: Living with Social Connection Related Element: Air</p> <p>Yellow Solar Plexus Chakra</p> <p>Natural Purpose: Social Connection Related Element: Fire</p>	<p>Level Four (lower deficiency need) Esteem and Ego: To achieve, be competent and gain approval and recognition.</p> <p>Level Three (lower deficiency need) Belongingness and Emotional Love: To affiliate with others and be accepted.</p>	<p>The Emotional Biorhythm</p> <p>The Emotional Channel of Life Energy is the life energy that has wavelengths approximately between 500 and 580nm. The Emotional Biorhythm maps the levels our heartbeat will produce of this energy for every day of our life. The time it takes between when the heartbeat produces maximum levels of Emotional Life Energy to minimum levels and back to maximum, creates a 28 day cycle. This means, every 28 days the consciousness we create will include maximum levels of Life Energy Dynamics (thoughts and attitudes) refined by the Yellow Solar Plexus Chakra and the Green Heart Chakra.</p>
<p>Physical Layer</p> <p>Often thought of as the Tangible World. Energy waves in this layer have amplitudes longer than 580nm. Life Energy from this layer is between approximately 580 and 660nm. The part of the self that refines Life Energy Dynamics (thoughts and attitudes) to contribute to consciousness from this layer is commonly referred to as the Physical Self. Exercise is a familiar form of energy in this layer.</p>	<p>Orange Navel Chakra</p> <p>Natural Purpose: Safety Related Element: Water</p> <p>Red Base Chakra</p> <p>Natural Purpose: Survival Related Element: Earth</p>	<p>Level Two (lower deficiency need) Security: To be free from harm and our own definition of Danger.</p> <p>Level One (lower deficiency need) Survival: Honest recognition and mastery over the basic physical needs: hunger, thirst, bodily comfort.</p>	<p>The Physical Biorhythm</p> <p>The Physical Channel of Life Energy is the life energy that has wavelengths approximately between 580 and 660nm. The Physical Biorhythm maps the levels our heartbeat will produce of this energy for every day of our life. The time it takes between when the heartbeat produces maximum levels of Physical Life Energy to minimum levels and back to maximum, creates a 23 day cycle. This means, every 23 days the consciousness we create will include maximum levels of Life Energy Dynamics (thoughts and attitudes) refined by the Red Base Chakra and the Orange Navel Chakra.</p>

MYEINM 6 ~ Social Dynamic Energy

Many different kinds of energy can carry communication. Only one kind of energy– Life Energy – is the same as the actual energy we use to create our consciousness with; our existence. Life Energy is created by true Energy Generating Beings with heartbeats – like us!

In this latest millennium, we encounter many different kinds of Social Dynamic Energy that influence the consciousness we create, and therefore our sense of existence.

There are three main categories of Social Dynamic Energy that impact on our regular consciousness. Understanding the ways these different categories of energy affect our own personal Mind, is fundamental knowledge, if we are to begin to develop true mastery over our own creation of consciousness, and support ourselves as we create our own sense of Heaven on Earth.

The three main kinds of Social Dynamic Energy that impact on what we think and how we think it (our consciousness), are True Social Dynamics, Replica Social Dynamics and Memory Social Dynamics.

True Social Dynamic Energy

True Social Dynamics exist only in the moment they were refined. True Social Dynamic Energy is shared energy travelling between two people (at least). True Social Dynamic Energy is the real energy of life and consciousness. True Social Dynamics are the only kind of Social Dynamics that can resonate with other True Social Dynamics, to produce the most wonderful energy of life, **Love Energy**.

Resonating also allows us to establish Truth. When our energy dynamics (thoughts) resonate with another's energy dynamics, it is evidence that both energy dynamics vibrated with the same amplitude and frequency, and therefore the same meaning. When we sense resonance during our true social encounters, we know that we are using the same sincere thoughts and attitudes as the person we are with; during that moment, we understand each other.

True Social Dynamic Energy refined by one's Mind while it is being led by the energy of the body (the Physical self, or the Emotional self) are the only social dynamics which are naturally designed to impact our nervous system and initiate chemical (peptide) responses; feelings.

Social Dynamic Energy refined by one's Mind while it is being led by the Brain or the Spirit (the Intellectual self and the Soul self) have too short an amplitude to impact the physical nervous system, however, these Energy Dynamics do have the potential to resonate, and form new energy of very high frequency when they are shared. The sensations and 'feelings' generated in the nervous system by resonating Intellectual or Spiritual life energy, are far more pleasant than

anything we could potentially feel from the chemical reactions of the nervous system.

Replica Social Dynamic Energy

Replica Social Dynamics are the energy of media communication. Replica Social Dynamics are made from all kinds of energy, but are not accompanied by a line of true life energy. As such, Replica Social Dynamics present no opportunity to resonate with our own life energy, and create **Love Energy**. Nor do they have the ability to impact our nervous system and initiate chemical (peptide) responses; feelings. Replica Social Dynamics can however, convince us to our-self, recreate the message being conveyed, with our own energy dynamics (thoughts). Our own true energy dynamics can initiate chemical (peptide) responses into our nervous system (create feelings in the body) when self intended, but these self made individual thoughts will still provide no opportunity for resonance.

Memory Social Dynamic Energy

Memory Social Dynamics are all of the Social Energy Dynamics (thoughts) we have created during our previous moments. We often use Memory Social Dynamics to add to, and support our present creations of consciousness. We create Memory Social Dynamics from the energy of our own heartbeat, so they are made of true life energy. Memories therefore have the potential to impact our nervous system and initiate chemical (peptide) responses; feelings; when self-intended. Memory Social Dynamics are not however, shared with another, and therefore cannot become able to produce the resonating sensation known as **Love Energy**.

Memory Social Dynamics cause our consciousness to become self-focused because the memories are in truth, only part of our-self. This creates problems because it positions the focused energy activity of our consciousness inside our physical body. Dense patches of energy activity will block the natural flow of life energy from the heartbeat, and cause it to become unbalanced. In effect, the energy dynamics (thoughts) from the higher areas of our mind (intellectual self and soul self) may not be perceived, and therefore not added to our current creation of consciousness. The energy of that heartbeat did not make it through to the higher energy centres.

Spending time focusing on memories will unbalance our consciousness. Consciousness becomes unbalanced because all areas of our-self have not, been provided with essential opportunity to monitor the live environment, and ensure our natural Needs are satisfied during that moment. Balanced consciousness can only be created using energy dynamics from the immediate moment. We therefore need to limit the amount of time we dedicate to privately remembering, and ensure that we always return our consciousness to a balanced state, once we are done.

The energy dynamics we create every moment come from what we are thinking – our thoughts. Our Needs come from our own personal definition at that moment. The true definition of our Needs requires very careful inner-self management

because, if we find our-self in a moment when the conditions of the environment pose threat to the satisfaction of a Need, we are naturally premeditated to continuously create new automatic thoughts to address the situation, until such time the problem is resolved.

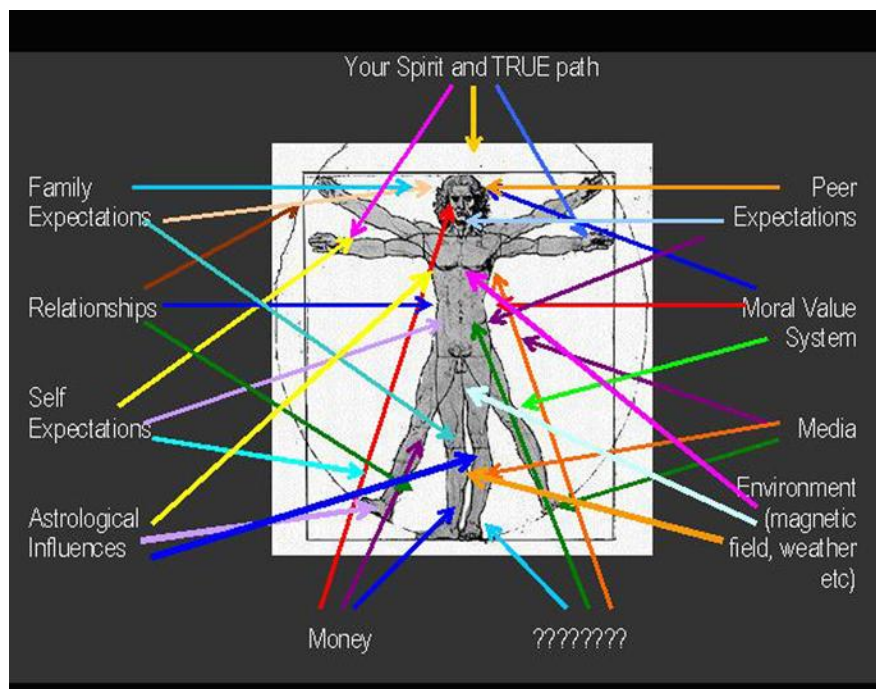
These thoughts are not a result of our personal choice, and are merely a reaction of our natural body. Enduring times filled with these thoughts, will block our natural flow of life energy, and unbalance our consciousness. This situation, described by many as 'stress', cannot support our efforts to bring our own sense of Heaven to Earth.

God created a world for us where, for as much time in our lives as possible, all of our true natural Needs, can be easily satisfied. This situation was created in an effort to prevent the occurrence of times when our personal consciousness could, inadvertently, become overrun with the reactive, automatically refined, self-directed thoughts, that are often caused by Memory Social Dynamics. He wanted us to be able to choose our own thoughts freely, every moment, with balance.

We should aim to maintain a careful management of the impact all kinds of Social Dynamic Energy has on our Needs, and ensure that we ourselves don't have any irrelevant Needs, impacting our own ability to freely create our consciousness, from moment to moment. The aim is to spend the maximum number of moments, using our heartbeat's energy to generously refine all the energy dynamics (thoughts) our balanced self desires.

MYEINM 7 ~ The MUD of Replica Social Energy

The thoughts and attitudes of our consciousness create energy dynamics that surround us every moment of our life. The environment of our latest millennium is filled with such life energy. The line of energy we send to another, along with our communication to them is called here, a Social Dynamic. We feel these incoming energies with our nervous system. Gratitude from others, complements from others, requests from others, expectations from others, judgments from others etc, all have social energy dynamics attached, that our nervous system senses. Even when we don't attach words to our feelings, these social energy dynamics still travel between us. The nervous system recognizes the meaning of each Social Dynamic, and then decides if any Needs are being threatened. If the nervous system decides a Need is being threatened, it will immediately inform the consciousness; the Mind; by sending multiple energy dynamics (thoughts) towards it. The brain is informed (whether there is threat or not) of the amplitude and frequency, and therefore the meaning, of all incoming Social Dynamics, and releases the appropriate peptides into the bloodstream to facilitate feelings. This process is very fast, and is not always obvious in our consciousness, because it will be quietly taking place in our sub-conscious mind.



As we feel the vibration of all of these social dynamics weigh upon us, we can at times, easily lose sight of what creating consciousness freely and bringing our own sense of Heaven to Earth, is truly like. We always know we're ultimately working towards it, because our life's purpose is to create a future time and space when we can freely create consciousness, and bring our own sense of Heaven to our life on Earth – that's why we work so hard – but, we forget that we actually do things better when we use both ideas together; that is, strive towards our life goals, as well as maintain balanced consciousness, at the same time.

Balanced consciousness includes energy dynamics (thoughts) refined by the Body, Mind and the Soul.

Many Social Dynamics of our newest millennium are not accompanied by a line of authentic life energy. Life Energy is the energy of a beating heart, in real time.

How then, do these Replica Social Dynamics, maintain an accompanying line of energy with the correct amplitude and frequency to impact our nervous system, and initiate a peptide response that can give us feelings? The short answer is, they don't.

When we encounter a communication that does not have an accompanying social dynamic made of real time life energy, we can ignore the replica social dynamic, or, we can choose to interpret the probable meaning of the communication, and then move to create our own energy dynamics to describe the incoming communication. We of course at this point, will only use the energy dynamics (thoughts) we would ourselves have chosen if we were conveying the message originally.

This means that, the true meaning of a message can potentially become lost with our personal perceptions and interpretations. The energy of the consciousness we do create at that moment however, is still enough to refine our own *copy* energy dynamics. These self-produced duplicate thoughts are likely to temporarily impact on our nervous system in some way, as if the communication energy truly was from another real person, in real time and space. This is important, because it helps us to remember that so many of the uncomfortable thoughts in our mind, can be caused by enduring chemical reactions that we our-self, initiated in our nervous system (like times of extended depression) with our own life energy – we do it to ourselves.

Think of watching a movie. During these moments we choose to recreate the consciousness being directed to us, for our self – we believe in it. The thoughts in the consciousness we are now creating as directed by the movie, are able to interact with our own nervous system, and initiate the temporary chemical reactions of emotion. This is how we are able to jump with fright, or cry in sadness during the story, and yet retain no lasting concern or thought for the characters, once the movie has ended. This wonderful human technique of duplicating thoughts has been the foundation of entertainment, since the beginning of time.

We can sometimes fall into the trap, of using this same technique unknowingly, with Replica Social Dynamics that do not have the purpose of entertainment; social dynamic messages of advertising, opinion or advice, for example. In many cases, we can find ourselves maintaining belief in many ideas strongly, even after the communication itself is over. In some cases, we think about it and think about it, and these energy dynamics (thoughts) can begin to flood our Mind constantly; we can't sleep at night, all because of thoughts we are making by ourselves. What is happening here?

Our nervous system will refine many energy dynamics (thoughts) to send to the Mind, to inform it of a situation in the current environment that is threatening a Need. The thoughts will continue to be refined until the Need is satisfied. The problem is, somewhere along the way we have informed our nervous system of a

new Need. It is likely that this happened while we were, in some way, engaged with Replica Social Dynamics. As we re-created the communication with our own creation of consciousness, one of the energy dynamics (thoughts) in the re-construction of the message was, "I Need such and such". The energy dynamic of this thought is remembered by the nervous system, because one of the most significant purposes of the nervous system is to inform our Mind; our Consciousness; about the potential the current environment has to satisfy our true Needs. The nervous system however, is simplistic; it only requires us to create an energy dynamic (thought) that assigns something as a Need, in order to adopt the new idea as an accurate Need, indefinitely. It will not check the true validity of the Need. Fortunately, the self-assigned Needs are just as simple to remove, as they are to impose. All that is required is for our-self to create a new energy dynamic; a new thought; to instruct the nervous system to re-identify the Need in question, as a simple Want, instead of a Need. A 'Want' requires no continuous monitoring by the biological nervous system. Threats to mere Wants can be easily thought about with balanced consciousness.

Our latest social environment can become difficult to navigate; Muddy; very easily, if we don't maintain a vigilant management over the consciousness we choose to create regularly. We need to be consciously aware, of just what is really on the list of Needs our own nervous system has, at all times. If we develop an Inner-self Management System, we can easily set aside regular moments (perhaps before we sleep) where we review our latest creations of consciousness; our thoughts for the day; and check to see that the nervous system has not adopted any new Needs. The natural needs of our nervous system are very simple, things like Oxygen and Sustenance. If we find any other ideas that we may have inadvertently labelled as a Need (perhaps only a simple idea such as a particular kind of fast food), then we simply just instruct ourselves to move the idea off the nervous system's list of Needs, and transfer it instead, to our personal list of Wants – Desires. Maintaining regular inner-self management is the best way to keep our consciousness clear and balanced, and our nervous system free of excess peptide activity. Inner-self management strategies such as this, therefore, support us in learning to bring our own sense of Heaven to Earth.

MYEINM 8 ~ Our Personal World View

Our Personal World View is made up of the parameters and boundaries we place on ourselves about how to create consciousness; that is, some energy dynamics (thoughts) we will prefer to refine more than others, and some energy dynamics (thoughts) have amplitudes and frequencies we simply won't allow ourselves to refine (blocks).

Our personal world view also contains the things in our life we currently have labelled as Needs. Our personal world view has profound affect on the consciousness we create, and our perception at any particular moment, also because it gives us a static reference point from which to judge and make decisions.

Our Personal World View requires vigilant inner-self management. Our Personal World View is only truly needed during times of important physical world decision. During times when our moments are free, we need to allow ourselves to be able to think (not necessarily 'behave') outside our world view boundaries, as we desire. If we maintain our boundaries constantly, we can find ourselves in a situation where we stop learning to refine some entire frequency ranges of energy dynamics (thoughts). This situation is not good. Once we stop learning, and create our regular consciousness with only a limited collection of amplitudes and frequencies, we stray further and further from the Needs of our soul-self. We spend less and less time with balanced consciousness. This of course is the time in our life when our soul-self has to enlist *outside* help (perhaps in the form of positive or negative 'luck') to help refocus our learning. We often see such times as 'life tests'.

We should spend time regularly evaluating our most current personal world view to ensure also, that it does not ever contain irrelevant Needs. To evaluate our world view, we need to ask questions of our-self, and make efforts to find valid answers to our questions (there's always more than one *correct* answer to every question). We need to do things like 'walk in other people's shoes', in an effort to truly understand HOW they can create the consciousness they do. None of us initially sets out to 'do the wrong thing', and we can all always reasonably justify our own thinking to our-self. By reflecting on our experience, we can learn to ask the right questions, and find our way comfortably.

Our human bodies each have the potential to make all of the different styles of consciousness. It makes sense to spend time experiencing just how others think, because it helps us to grow and experience creating consciousness that we may not otherwise find opportunity to experience, in our current life time. Meditation is the key technique for evaluating our current personal world view. Without this process, we can find ourselves making decisions based on invalid information, from time and circumstances that no longer exist. This situation will of course then base much of our thinking just on simple memories, and in doing so, unbalance our consciousness indefinitely. Good decisions, decisions that support

our future ability to think openly and bring our own sense of Heaven to Earth, are always made with in the moment, balanced consciousness.

Think for example about an important decision such as moving home. When we spend time addressing the issue with balanced consciousness, we are able to include thoughts from our physical self, emotional self, intellectual self and soul-self. The soul-self's energy dynamics are made with the energy centres (chakras) furthest from the source of the energy (the heartbeat) and as a result, the soul-self, or conscience, is always the first part of us to miss out on contributing to thinking, in times of distress. When we make effort to address a problem in a balanced way, we may for example, sense that our soul-self (in the moving home example) favours the northern option. We are probably unable to sense the exact reasoning behind the opinion at that time, but it will be there and become evident in time. Perhaps the northern option provides circumstances for us to meet someone who'll become special to us, or any of a multitude of reasons that we couldn't possibly foresee with the perceptions of only our mind and body. Our soul-self is the eternal part of us, and as such, we can always trust that it has our best interests at heart. Balanced decisions include the soul-self's point of view.

Persistent boundaries on our regular and consistent creation of consciousness are a problem that has been noticed throughout history most often by the spiritual community.

The simple description of how these spiritual ideas work is very interesting and useful. The entities of the spiritual realm observe our life energy activity; our light; as a means of understanding us. Many spiritual philosophers will assure us that the entities of the Divine spiritual realm are trying to give us the true life we desire. This means, they observe our consciousness, and assume that we will naturally spend as many moments as possible freely exploring our deepest desires, in an effort to bring them to fruition. When we spend much of our time creating consciousness only within the boundaries and parameters of a static personal world view, the entities of the spiritual realm assume that this restricted consciousness is our desire, and move to support the continuation of our ability to create such consciousness. They support the continuation of the life we are already living with their influence over the physical world. This idea about entities in the higher dimensions, only being able to reflect or mirror the light we our-self make, can inadvertently lead to dreadful repercussions if we spend much of our time for example, in a state of distress. This spiritual reasoning may well be a contributing factor, as to why so many of us repeat the same distressing cycles of consciousness and behaviour, over and over again during our lifetime.

Spiritual philosophers have also always used the terms 'Light' and 'Dark'. To most of us, these terms are no more than those used in story books to describe 'Good' and 'Evil'. To the spiritual philosopher however, these terms carry far more intricate description. The consciousness we create is energy activity originally from our heartbeat. This energy activity (what we are thinking) appears to entities in the spiritual realm as 'Light'. When our consciousness is balanced, the energy activity of our thoughts; our Light; is positioned above our head. This places our Light in plain view to the entities of the spiritual realm. This phenomenon has

also been recorded by artists from throughout history with a 'halo'. When our consciousness is unbalanced and self-focused, the energy activity of our consciousness; our Light; is instead positioned somewhere inside our physical self, making it much more difficult to see. To the entities of the spiritual realm, we become Dark.

Placing boundaries and parameters on our consciousness to develop our personal world view, needs to be done with care. The boundaries and parameters we set need only be observed during times of important physical world decision. During our free thinking moments, it is best to allow our consciousness to remain free, to support balance and growth. We all spend time with both balanced and unbalanced consciousness; light and dark. We can use our inner-self management to ensure that we remember to spend as much time as we can with balanced consciousness; Light; if for no other reason than the repercussions of becoming too Dark never sound pleasant.

MYEINM 9 ~ The Nature of Sins

To this point we have looked at life happily, as a wonderful journey towards understanding the Laws of Creation. Unfortunately, although we can make that true for the majority of our moments, times will come where we will interact with others, whose intent is anywhere towards polar opposite of the sweet journey towards enlightenment. We know this is so, because sometimes our own intent is far from graceful, and we are all, at the most basic level, very much the same.

After realizing that we can choose to be just as 'Bad' as we can be 'Good', the journey through life then becomes a little bit trickier to navigate. We must aim to create lives that involve more moments which support our ability to create consciousness freely with balance, and fewer moments that will cause us to bear the chemical reactions caused by enduring negative true social energy dynamics in our nervous system; anger, fear, resentment, greed, false pride, jealousy, and so on. These emotions are all traditionally recognized as Sins, not only because of the impact these energy dynamics (thoughts) have on others, but primarily because these thoughts effectively unbalance the consciousness of our-self.

When we create our consciousness to include energy dynamics (thoughts) which are traditionally recognised as Sins, the entire flow of our energy activity becomes blocked; darkened. The energy dynamics created by the attitudes described as Sins, have much longer amplitude than the majority of energy dynamics (thoughts) our human selves can naturally refine. The longer amplitude of these waves makes them quite slow, and very easy in effort to refine. The energy of our consciousness when it contains these long energy dynamics, creates a large area of slow energy activity inside our physical body.

This large area of slow energy activity obstructs the flow of life energy from the heartbeat as it travels through the body. The wave of life energy from the latest heartbeat is then unable to reach the energy centres that refine the thoughts of the higher self. In effect, we starve our intellectual and spiritual selves, so that they become unable to contribute energy dynamics (thoughts) to our immediate creation of consciousness; our creation of consciousness becomes Unbalanced.

When our consciousness is unbalanced, our Perception energy becomes turbulent, and unable to sense the environment; Perceive; clearly. With unreliable perception information, our Mind will turn to memories and our personal world view for information. Of course in the unbalanced state, we can only consciously access the memories and parameters from the physical self and the emotional self (the lower deficiency needs). Within only a few heartbeats, the energy activity of our immediate consciousness becomes comprised only of energy dynamics (thoughts) from the body. In this state, we become unable to create free and balanced consciousness, because no live life energy is reaching over half of our true self. The energy dynamics (thoughts) we can create with our physical and emotional self, cause chemical responses in our own nervous system, and our

Mind then creates more energy dynamics (thoughts) to respond to the feelings. With the heartbeat's energy only reaching the physical and emotional centres, the thoughts we create in response, also have potential to self initiate more peptide chemical responses. A perpetual cycle of unbalanced consciousness begins to form.

Once this cycle of self-perpetuating unbalanced consciousness begins, it requires strong inner-self management to stop again. We literally have to send in our voice of inner-self management (our self-control) and demand all of the activity (thought making) to stop so we can once again, clear the pathway for the heartbeat's energy to aptly reach the intellectual and spiritual centres, and re-balance our consciousness. Only then can we clearly perceive our environment, and begin making fresh decisions that will truly support the health and well-being of our own future moments.

If we spend too long in a perpetual cycle of unbalanced consciousness, we run the risk of the cells in our nervous system becoming addicted to the chemical peptides that are initiated by certain self-created energy dynamics (thoughts). This presents an enormous problem because, once we first find the strength and effort it now takes to balance our consciousness, it won't be long before the cells of the nervous system, will once again begin to require more chemicals. The intense effort to balance then, seems almost wasted.

Our consciousness cannot balance when we are refining energy dynamics (thoughts) designed to initiate emotional peptide responses in our own nervous system (sins), but the cells' need for the chemicals is strong, so we often choose to unbalance, and create again, just a few of the thoughts that will satisfy cells. This of course, once again initiates a perpetual unbalanced cycle that will require just as much effort, as we attempt again to use our inner-self management to bring balance. At this point, using our consciousness to bring our own sense of Heaven to Earth seems to be an unattainable dream, as we tolerate the chemical (peptide) responses and unreliable perceptions, through to some form of balance, and then back again, to the predictable consciousness which is not entirely of our own free creation.

Like all chemical addictions, there is at this point only one way to cure ourselves; fierce inner-self management. We must somehow take the chemical peptides of emotion entirely out of our nervous system for a long enough period of time, that our cells can regenerate naturally, and create new form. The regenerated cell needs to contain none of the specific docks that attract the chemical peptides we were addicted to. This means that for perhaps a week or so, we must find a space where we can force ourselves not to use the thoughts that will initiate chemical peptide responses in our nervous system, nor receive such energy dynamics from others that may initiate such responses. Only once we endure this 'cold turkey' approach, can we once again regain control of our own creation of balanced consciousness. This is of course one of the most difficult things we will ever do, and as such we will often avoid it, and often make the perpetual unbalanced cycle even stronger.

When we do finally find the courage to endure the healing, it can often be remembered as a nervous breakdown. But as time moves on, and we learn once again how to use the balanced consciousness of our body, mind and soul, to bring our own sense of Heaven to our life here on Earth, the entire event is recognized as a learning experience. We develop the inner-self management strategies to ensure that our nervous system does not, once again, become addicted to chemical peptides of the body (including emotion), and we continue on through life, to grow and learn how to use our balanced consciousness to bring our own sense of Heaven to Earth with more skill than ever!

MYEINM 10 ~ Social Dynamic Scales

Whenever we communicate with another, the True Social Dynamic Energy of our Consciousness flows. We create a conceptual set of Social Dynamic Scales with everyone we encounter. When our set of social dynamic scales is balanced, communication flows cleanly with Truth. Each person understands exactly what the other person means and the energy dynamics (thoughts) shared will combine and resonate easily. Learning to observe and affect the balance of all of the sets of Social Dynamic Scales in our life, and thus the flow of honest True Social Dynamic Energy between ourselves and others, is essential when managing our own moment to moment creation of Consciousness.

Social Dynamic Energy is refined primarily by the Emotional Self; the nervous system; the true purpose of Emotional Energy is to Share with others. As such, Social Dynamic Energy also has the potential to cause us to become susceptible to the effect of chemical (peptide) reactions in our nervous system. These chemical reactions; our lower 'feelings'; require vigilant management. When first learning to control our feelings, we often find ourselves having to 'stop for a moment' to let the physical sensations subside, before we can once again perceive clearly, and continue freely creating balanced consciousness and sharing our life energy truthfully. Balanced consciousness; that is, consciousness with equal levels of energy dynamics (thoughts) representing our Physical, Emotional, Intellectual and Spiritual Selves; cannot occur when we are using our own self-made energy dynamics (thoughts) to initiate peptide chemical responses (feelings) in our own nervous system; when the energy travels towards our-self, it is going backwards. We can however, easily create balanced consciousness when the peptide chemical responses are being initiated by social dynamic energy (communication) from another person.

The Social Dynamic Scales between us exist to help us teach ourselves about honest and sincere Sharing with others; agreeable sharing of thoughts that increases the potential for Resonance. We all understand the conceptual set of Social Dynamic Scales as part of the wider concept of 'Justice'. Our rules and laws are based on 'balancing the scales'; when someone does something wrong, we all agree they should compensate for their actions, and give effort to make amends until the scales are balanced once again.

The Social Dynamic Scales between us behave in the same way. When we offer another person life energy refined by our own heartbeat (our thoughts), that person then has extra energy to create their consciousness with during that moment, and we have a little less energy than we did before to create our own consciousness with. They then offer us some life energy refined by their next heartbeat in return, and we then have more to dedicate to creating our consciousness during that moment. The Social Dynamic Scales between two people remain balanced when both offer the same amount of life energy

(thoughts) towards their communication efforts. When one person gives out more life energy than they receive back from another, the scales become unbalanced. When the other person gives extra to make up for the short comings of previous moments, the scales become once again, balanced.

The same idea is often used with children to help resolve tensions between friends. The simple balance beam scales are placed between the two children and each is given a jar of marbles. The children take turns in truthfully describing one action from the dispute that they performed, and the other person is then able to respond. It is then the second person's turn to describe an action in the dispute that they performed, and so it continues. When the action one describes is 'nice' they add a marble into the basket on their own side of the scales, when the action was 'mean', they place a marble in the other person's basket. The conversation might be like this:

Child A puts forth: "I put your pencil shavings in the rubbish bin for you," and places a marble in the basket on their own side.

Child B responds: "I said "thank you," nicely, I meant it," and places a marble in the basket on their own side.

Child B puts forth: "I washed out your paintbrush jar and you didn't care," and places a marble in the basket on their own side.

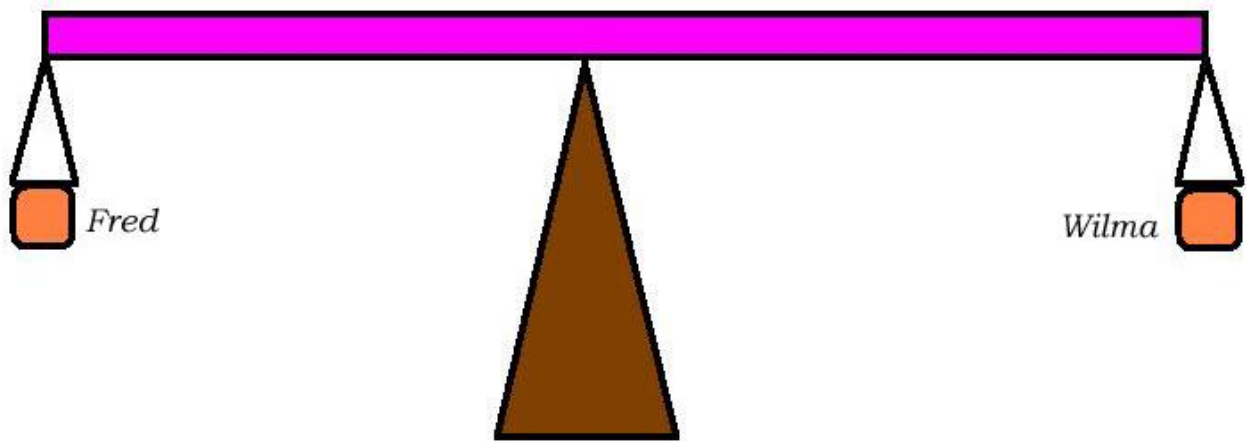
The scales are now unbalanced. The sloping gradient of the balance beam represents how the friends are **unable** to share happily.

Child A responds: "I am sorry, thank you for washing my paintbrush jar," and places another marble in the basket on their own side. The scales balance once again.

This simple exercise helps children break down, and observe the way they share the energy of their thoughts and actions. As we grow up, the energy of our thoughts (our consciousness) and our behaviours becomes far more intricate and involved; the energy of the marbles would have many different weights for example; and the commitment to taking the time and effort to responsibly reflect and observe the situation together, is often compromised. We do, however, always subtly feel the effect of the social dynamic scales between us. When we interact with those close to us, we should remember to include effort to observe our own thoughts and behaviours, and realize the true effect our thoughts and behaviours have, on the Social Dynamic Scales between ourselves and those close to us, and upon our ability to Resonate with one another.

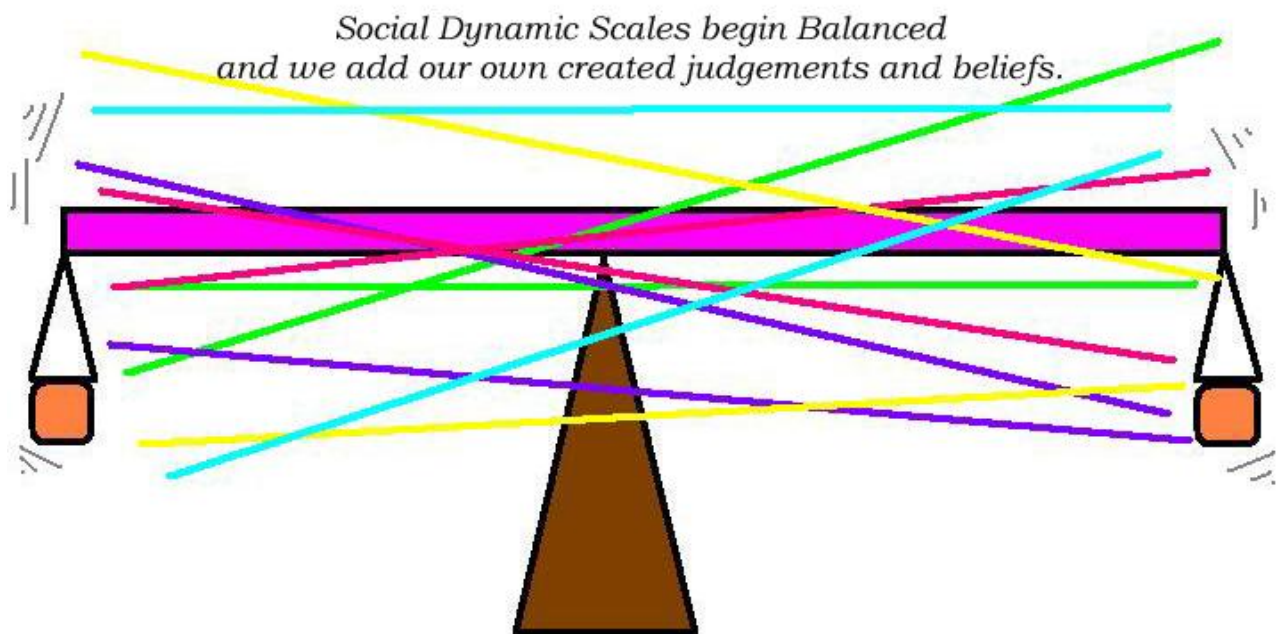
Let's use basic graphics to help us understand the flow of life energy through the Social Dynamic Scales. When we meet someone for the very first time, balanced social dynamic scales are created.

Balanced Social Dynamic Scales
Honest and untainted flow of Social Dynamic Energy



Sharing between Fred and Wilma is optimal at this time.

When our relationship with another is balanced, we are able to Share our social dynamics sincerely and truthfully. Our meaning and intentions will be clearly understood by the other person, and we will clearly understand the meaning of their communications.

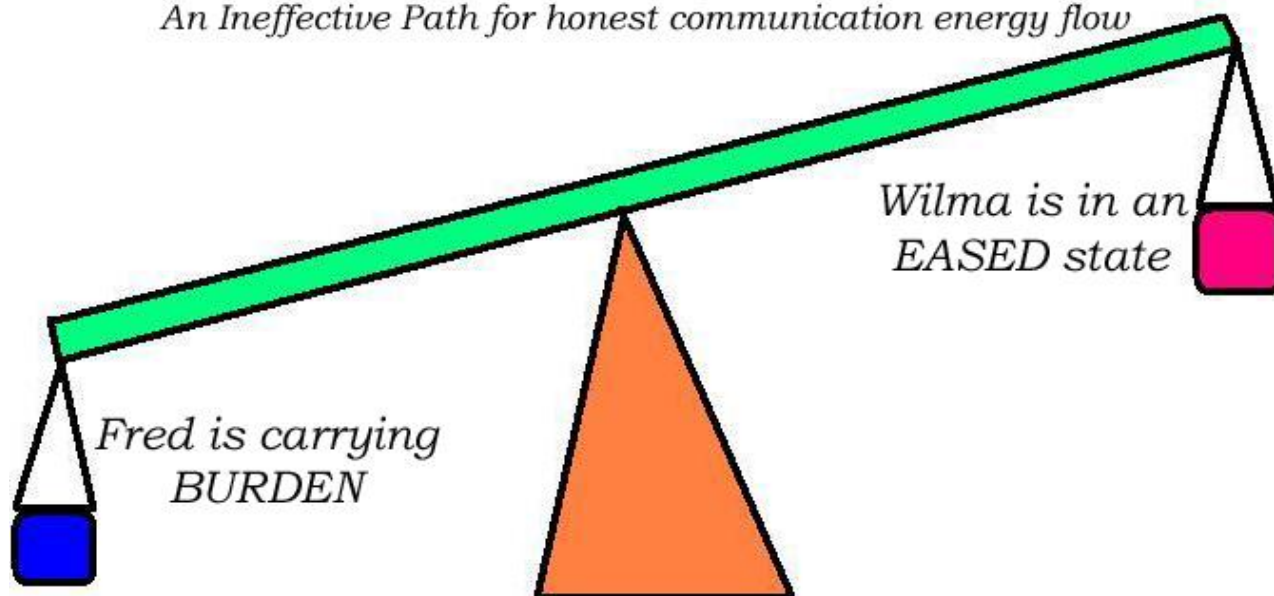


As we begin to place parameters and judgments on the value of the communication from the other person, we are adding slow energy dynamics (thoughts) to the other person's side of the scales; we begin to tip the scales, and in doing so, make our own position lighter. It is important to realize here, that just as we our-self apply evaluating thoughts, the other person is also likely to be doing the same thing. Our combined feelings and judgments (energy dynamics) switch and change rapidly, during the first moments of a relationship. The energy of this initial evaluating process causes the conceptual set of scales between our-self and the other person, to shift.

If the scales settle into an unbalanced position, the path for the natural flow of social dynamic energy is affected; the gradient of the arm. The Social Dynamic Scales behave in the same way as simple physical scales. The weight in the

basket is representative of the level of effort (energy dynamics) being expended. When one person's side of the scales is heavier than the other person's side, that lowered person requires more effort; energy dynamics (thoughts); in order to send truthful messages of communication, to the raised person.

Unbalanced Social Dynamic Scales
An Ineffective Path for honest communication energy flow



*Fred needs to give extra REAL energy if his TRUTH is to be heard.
Wilma will judge Fred's REAL energy as unworthy.*

The person in the lower position; Fred; carries BURDEN (slow energy dynamics; thoughts) from Wilma. When we communicate with another, and the Scales of Social Dynamics between us place us in the position of BURDEN, the effect is, it will cost us more effort to send energy dynamics (communication) towards the person at EASE. We will have to try very hard to make them understand what we are saying. On the other hand, as the BURDENED person, we will very easily be able to understand the meaning of the communications (energy dynamics) sent forth from the person at EASE; we will hear the true meaning of their consciousness, loudly and clearly.

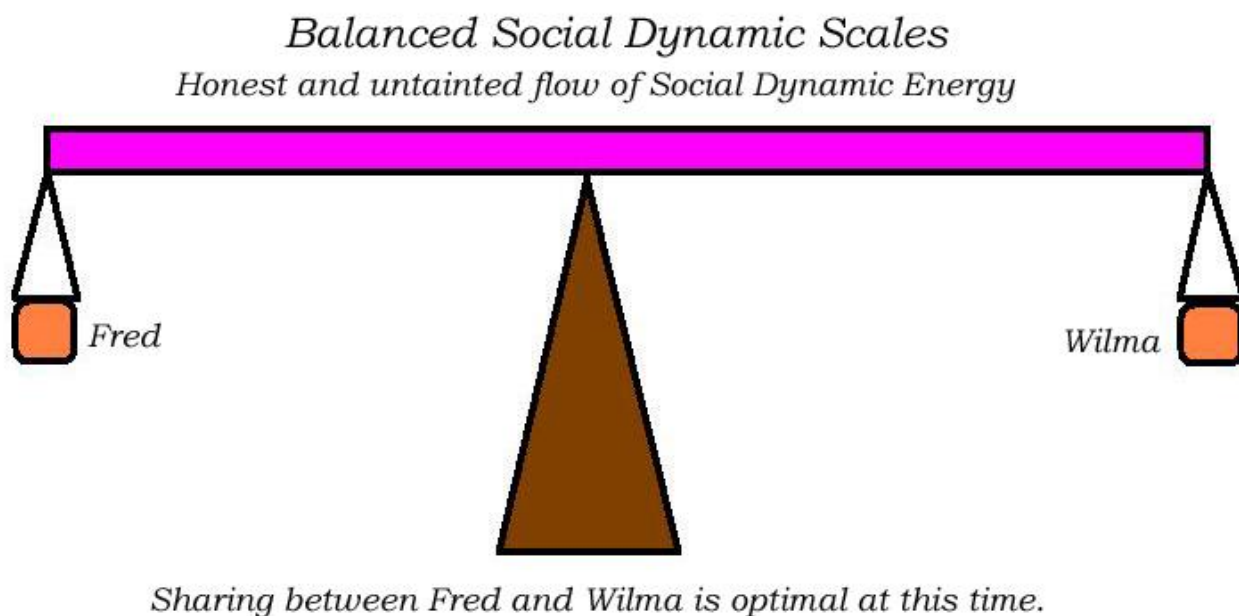
If we find ourselves on the EASED side of the Social Dynamic Scales, the amount of effort we need to use in order to send social dynamics (communication) to the other person, is far less than we would need to use even during times of Balanced Social Dynamic Scales; that is, we Save lots of energy (effort). It takes Wilma very little effort to request Fred 'take out the garbage'. While in the position of EASE, we will simply be unable to perceive the social dynamics (communications) from the other person easily; their 'volume' will be turned down. It will require much thought and effort for us to perceive the true meaning of the BURDENED person's communication. The BURDENED person, on the other hand will always understand us with intense clarity.

The thoughts and experiences (the metaphoric stones in the basket – the energy) causing the one-sided weight, may be a result of Social Dynamics originally from the EASED person, or the BURDENED person. Either way, there is a significant chance that the BURDENED person will experience Fear as they begin to lack the

life energy required to satisfy their biological lower 'deficiency' needs. The BURDENED person needs to always over-use energy dynamics (thoughts) when trying to achieve effective communication with a person in the state of EASE.

It is also likely that the EASED person will experience social Power. During moments of EASE, a person will have excessive amounts of the life energy required to satisfy their lower 'deficiency' needs; extra energy to use to create energy dynamics (thoughts) that will initiate a desired chemical response in their own nervous system. We feel, for example, 'proud' when we are in a Powerful social position.

Clear, effective and honest communication between the Bodies, Minds and Souls of the people in any unbalanced relationship, is impossible. In order to assure that we spend the maximum number of moments exercising our ability to bring our own sense of Heaven to Earth, we need to be aware of the state of the Social Dynamic Scales between ourselves, and every other person we encounter. Once we understand how these Social Dynamic Scales influence our ability to 1) understand the other person, and 2) strongly influence our own personal well-being, we can then use our own inner-self management, and choice to thoroughly ensure that all of the life energy we Share with others, always has the true potential to travel cleanly along balanced social dynamics scales, and to then Resonate.



MYEINM 11 ~ Affecting the Scales of Social Dynamics

Whenever we communicate with another, True Social Dynamic Energy of our consciousness and theirs flows. We create a conceptual set of Social Dynamic Scales with everyone we encounter. Learning to affect the balance and thus the flow of honest True Social Dynamic Energy; consciousness; is essential when successfully managing our own social consciousness and behaviour; our own social Existence.

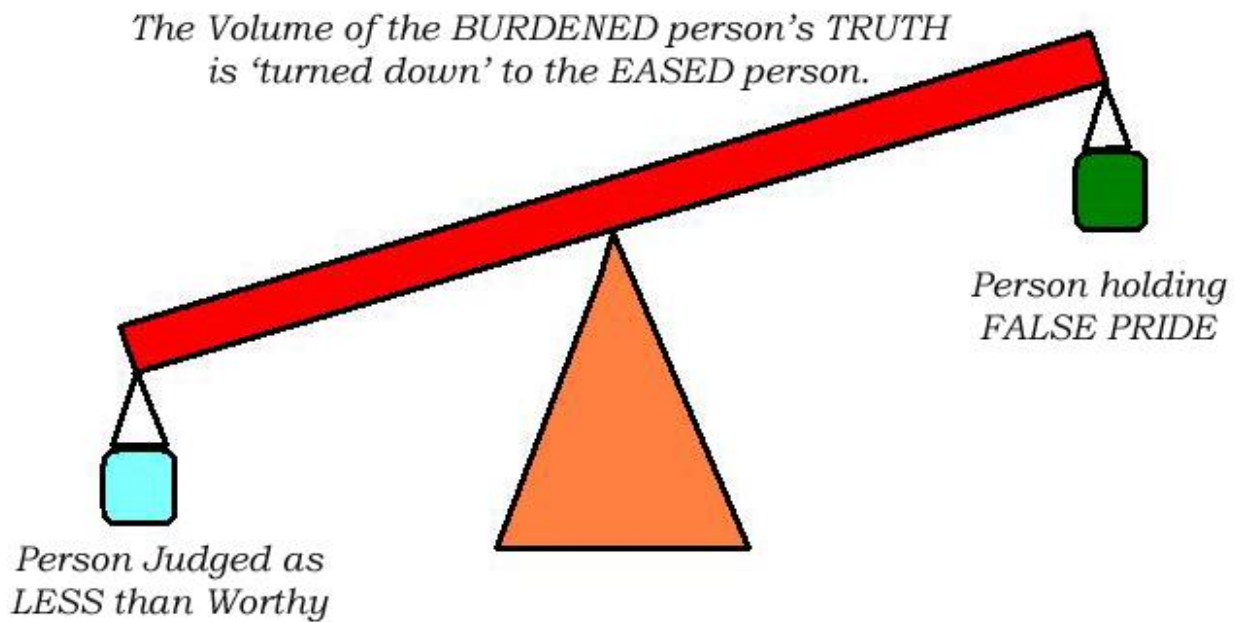
Once we develop a relationship of any kind, with another, and commit to its maintenance, it's important to understand that we our-self, affect the balance of the metaphoric Social Dynamic Scales, and therefore, we our-self influence the flow of True Life Energy communication travelling between us. When the scales are balanced, we are able to Share our energy dynamics (thoughts) clearly. We will be able to choose to Resonate our energy dynamics with the other person's to understand their truth, and form the new energy of resonance; **Love Energy**. When we maintain conscientious observation regarding the position of the Social Dynamic Scales, between our-self and each of those we are close to, we become able to then make careful choices about the behaviour and consciousness we will try to use when exchanging communication with them, and in doing so, maintain social balance and harmony.

The behaviour and consciousness we choose during moments of communication, devise the parameters that affect the Social Dynamic Scales. We can, at any time, add BURDEN to another person's side of the scales, by including slow frequency energy dynamics (thoughts) along with our communication to them. Slow frequency attitudes include things like Anger, Judgment and Ridicule; anything that has the potential to initiate a Fear Response in the nervous system.

The dangers of adding BURDEN to another's basket, and preserving our own position of EASE, include all of the general repercussions of unbalanced consciousness (hormone addiction, temporary loss of soul-self connection, for example), as well as, the misinterpretation of actual truth for our own understanding, due to our unbalanced perception.

We can add EASE to the other person's side of the scales, by projecting energy dynamics (thoughts) of a higher frequency (lighter) along with our communication. Higher frequency attitudes include things such as Manners and Respect. We can also affect the balance of the social dynamic scales, by adding BURDEN to our own side of the scales, perhaps by spending effort to empathize; 'walk in their shoes'; along with the BURDENED person.

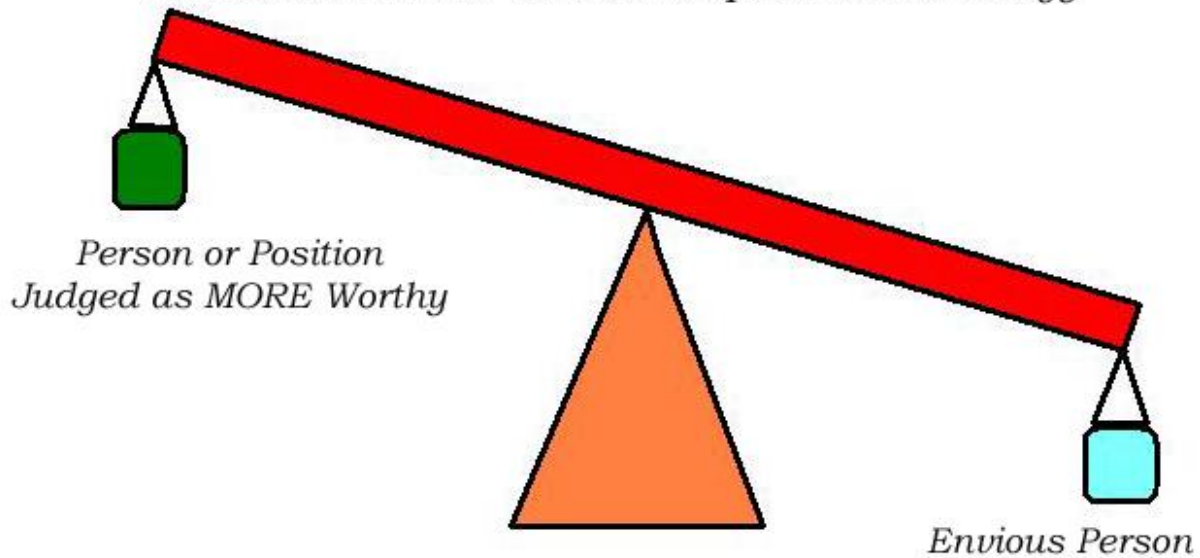
The variety of behaviours and thoughts traditionally described as Sins, also have an immediate effect on the balance of our social dynamic scales. The first two 'Deadly Sins' PRIDE and ENVY, describe states in which we our-self have chosen to tip our own scales, and thus close any opportunity for clear and honest communication.



False Pride and Vanity are mind states where there are excessive levels of belief in one's own ability (support and encouragement are positive, but of course must always be based on truth, in order to work). False Pride and Vanity may result in one being in a position of EASE during many social situations. The EASED state feels temporarily positive from the perspective of the nervous system, because the extra energy dynamics (thoughts) truly directed from others, initiate pleasant chemical responses into the bloodstream. During moments when there are no true energy dynamics coming in from others however, the nervous system will likely cause us to create our own energy dynamics; thoughts; and try to initiate the desired chemical responses. These self-directed thoughts will do no more than unbalance our consciousness, and potentially cause a perpetual cycle of unbalanced consciousness.

False Pride and Vanity are attitudes seen as somewhat useful during times when we find our-self trapped in a perpetual cycle of unbalanced consciousness. This can be because, in the unbalanced state, we may find ourselves not desiring more true connection with others for a time (for many reasons). The thoughts of others may not fit in with the parameters of our personal consciousness, for example. Not hearing a BURDENED person's truth, allows us our-self to remain temporarily secure, within our proud, unbalanced mind state.

The Envious Persons Chooses to Spend Excess Energy



Envy is the desire for a different situation. Desire focuses more energy dynamics (thoughts) towards another person who is not choosing to return the effort, and therefore, not sending thought energy back to us. Perhaps we might choose to use excessive amounts of energy dynamics, to somehow communicate with another, and as a result, tire and become unbalanced. The other person may simply find it unreasonable to put forth the same volume of energy dynamics we are, so then, the scales begin to tip them into a position of EASE. From this position, they may also choose thoughts of judgment, in an effort to *turn our envious volume down*.

The other problem with Envy is of course, it often involves the envious person giving true social dynamic energy, to non-real phenomena, in the hope of facilitating balanced honest communication. Non-real phenomena cannot generate the energy of true social dynamics; the energy of consciousness; so there is clearly no opportunity for the resonating energy of truth, in the first place, during such a situation.

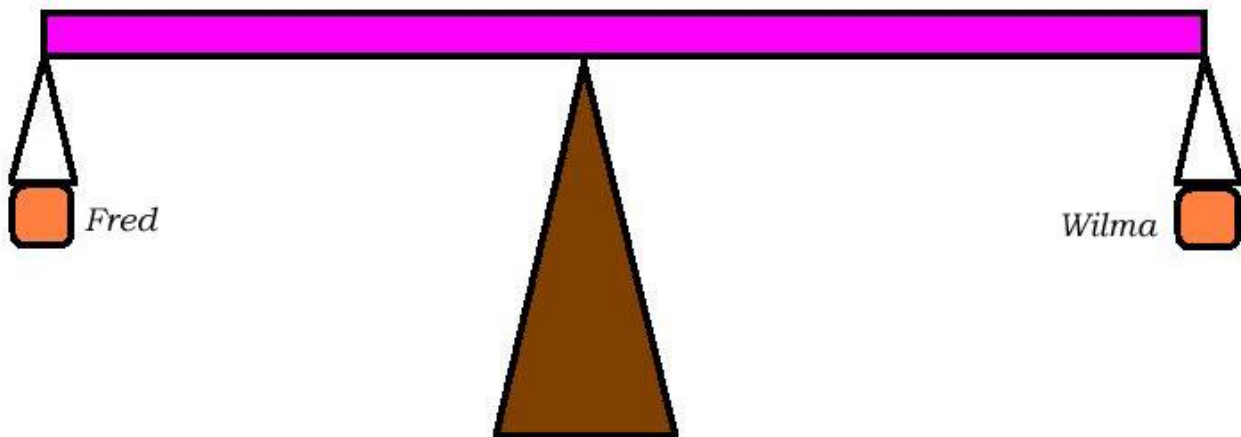
Once again, it is the effect of tiring, due to carelessly offering effort (thoughts) towards ends that can provide no potential balancing return, that causes our flow of energy to Unbalance. We all use our own private perception and consciousness (worldview) to create our own observations of all the social dynamic scales in our life. It is important, when intending to influence the balance of the social dynamic scales between our-self and another person, to remember that we our-self created our own version of the scales. It is entirely possible (even probable if we are, at the time, stuck in a perpetual cycle of unbalanced consciousness) that the other person has them-self, constructed a very different view of the social dynamic scales between you both. During such times, we must choose to both work together honestly, in order to discover the absolute truth about the actual energy dynamics (thoughts) that have been exchanged. Only then, with re-balanced social dynamic scales, will we both be able to put forth the energy dynamics (thoughts) required to create harmony, once again. Interestingly, the energy

dynamics required most often will likely be from the range of sincere ideas that include thoughts such as, **Thank You**, or, **I'm sorry**.

Only once a balanced scale and free sharing is established, will we become able to truly GIVE to another person, the gift of sincerely agreeing, and resonating to create the sensation of **LOVE ENERGY**. Until the time and circumstances arrive to support genuine communications however, the most loving gift you can hope to give, is to sincerely try to support the establishment of a truly balanced set of social dynamics scales between you (be aware that this may also require some *space*). It can take a great deal of time and patience to wait for opportunities that will truly affect the scales of social dynamics, markedly. It is sensible in the shorter term, to find those companions whom you can balance with easily, today, to share regular communication with. Intending to independently cause a particular set of social dynamic scales to shift in the short term, will not ever work in a durable way.

Balanced Social Dynamic Scales

Honest and untainted flow of Social Dynamic Energy

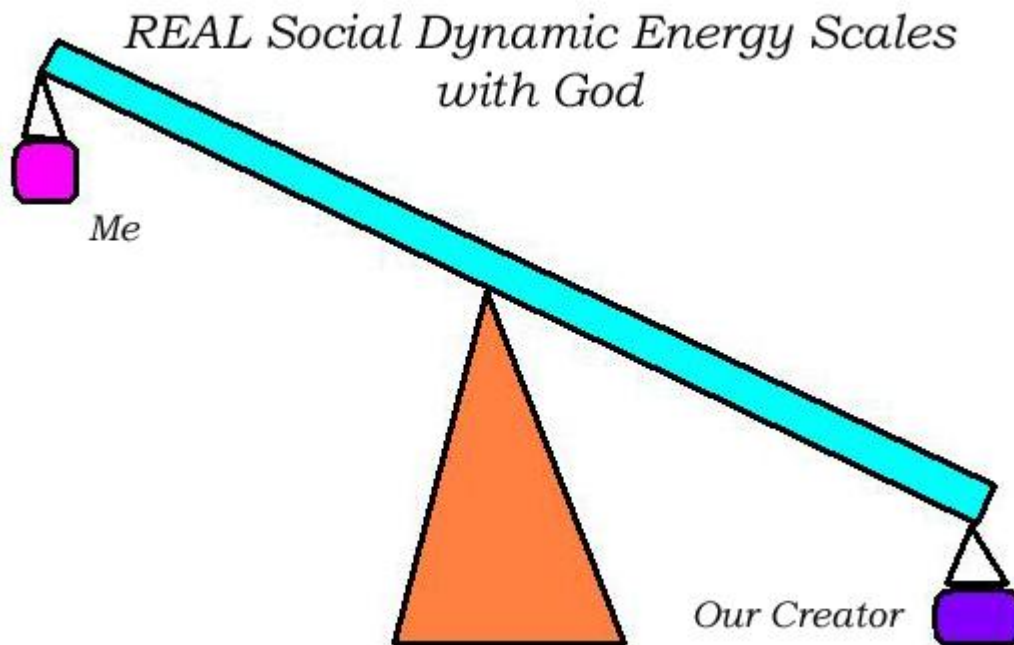


Sharing between Fred and Wilma is optimal at this time.

MYEINM 12 ~ Our Social Dynamic Scales with God

The energy of our existence; our Consciousness; is the same as all of the energy vibrating in the universe. When we think and create energy dynamics, those energy dynamics will travel through the environment and intercept our own physical self, others' physical selves and also, other energy dynamics.

Our own energy dynamics (thoughts) will have the same Meaning (amplitude and frequency) everywhere in the universe.



As we grow through life, we learn to create more and more different energy dynamics (thoughts), through learning to master the satisfaction of our Needs. The patterns we create using all of the different energy dynamics (thoughts) is our consciousness; our Mind. These energy dynamics create, and indeed are, our Existence.

There are many more possible energy dynamics (thoughts) in the universe than our human selves could ever be able to refine. The consciousness that created us is constructed with energy dynamics (thoughts) far smaller in amplitude, and far stronger in frequency, than we can possibly imagine in our lifetime. We know this creator consciousness most commonly as God.

When we realize that our own consciousness is, actually made of the same energy as our Creator, simply vibrating at much longer amplitude and much slower frequency, we realize that we are indeed connected to Him.

When we observe our relationship with God using a conceptual set of social dynamic scales, we begin to realize the absolute truth about the amount of energy dynamics (thoughts) He has truly given to us (the marbles in His jar). This

immense amount of sincere energy dynamics, far outweighs the possible energy dynamics (thoughts), we could individually, offer back to Him in our lifetime. God is in a position of BURDEN, and we are in a position of EASE. This means, we remember, that He is able to hear and understand us clearly and easily, but, we are unable to understand His true meaning. To encourage the social dynamic scales to move towards balance, and make his energy dynamics (thoughts) become clearer to us, we must offer effort.

By growing through life, and learning to create more and more energy dynamics (thoughts) of smaller and smaller amplitude (adding more and more tiny marbles to our jar), so that one day we will become able to easily Share and Resonate with the thoughts of Him, is how we can offer our own effort towards re-balancing our social dynamic scales with God.

Learning to develop our own Inner-self Management skills, so that we can easily satisfy our own Needs of Growth, automatically, and then easily dedicate the maximum number of moments towards learning more and more new thoughts, is an invaluable life skill. It is also the most difficult thing we will ever learn to do.

Our human selves comprise of many different areas; our Physical self, our Emotional self, our Intellectual self, and our Spiritual self; and each of these areas have natural Needs. As we grow through life, we learn how to make the consciousness and behaviour we create, become better and better at automatically satisfying these natural Needs. Every time we learn to automatically satisfy a Need, and learn to refine our life energy to a new amplitude and frequency; a new thought; there is always another slightly harder energy dynamic (thought) ready for us to learn, on the horizon. This is life as a human being.

When we choose to live our life as suggested by our Balanced Consciousness, we follow the most ideal path through the learning, that we originally planned. We also then, have the opportunity to make the learning experiences enjoyable and fun.

The quality of the existence; the consciousness; we create every moment, is only of our own choosing. When we choose to apply our efforts, and apply the regular time needed to maintain our Inner-self Management (usually through Meditation), we can then use our regular practice, to also ensure that we spend the maximum amount of time, creating free and Balanced Consciousness.

We best support our personal ability to bring our own sense of Heaven to Earth, by authentically continuing to master the vast range of ways we can our-self, create Balanced Consciousness, during our lifetime.

Personal Note:

MYEINM was my first spiritual attempt to describe the information and ideas that have now developed into Life Energy Philosophy. I'm sure you can see the way the same themes are described with different style and language. We can also see how the big picture result, or conclusion, is also the same. Controlling and mastering our own personal life energy; our thoughts; is the beginning of our evolution.

Thank you ☺