



Can We Really Create Our Own Reality?

Poor Salty. Yesterday I vented all of my RV frustration on her—which she needed like another brain tumor. (Thank you for listening and being patient with me, Salty!) As I started feeling better, I remembered what I know to be true for myself from decades of studying metaphysics. I wanted to share some of that with you in hopes that it will resonate and help us get to the finish line with our sanity intact.

Most of us have heard the expression “thoughts become things” and “we create our own reality,” but how does that happen—the physics behind it? I’ll start with the basics as the multi-dimensionality of it can be hard to wrap our brains around.

As humans having three-dimensional physical form along with a huge auric/energetic field around us, we encompass layers upon layers of what could best be described as holographic energy matrices, each one having a denser or finer/lighter quality of energy/vibratory rate than the previous matrix. Depending on the way you look at it—physicality would be the densest matrix while thoughts and emotions would comprise lighter matrices.

Our thoughts and emotions always exist at that lightest matrix and when more and more similar thoughts join it they become denser thought form. As more and more similar thoughts/emotions are added, that thought form becomes even denser (slower, heavier vibration) until it finally “descends” to the physical matrix and, for better or worse, becomes “stuck” there. One can sometimes even feel this “stuck” energy in certain parts of our bodies; if our thoughts and emotions are of a lighter/happier nature, it can feel like a swelling of the heart in a pleasing way. If our thoughts and emotions are more “negative” in nature, there may be uncomfortable or painful spots on the body. If the energy of our negative thoughts is strong enough, disease may even manifest. You might say that thoughts and emotions are magnetic.

Our including our own higher selves along with spirit guides and other non-physical helpers like angels are translators/transmuters of these vibrations. They introduce us to situations and people who match our vibrational signature on a particular subject. This backend, behind-the-scenes process happens outside of time, and strong desires, emotions or even simple requests are introduced immediately into our holographic matrices, in a layer somewhere between the thought layer and the physical layer. Our job, at this point, is to not interfere with the process of it coming into 3D by having conflicting thoughts and feelings, especially if it is something we desire. For example, “positive” and “negative” thoughts and emotions (i.e. wanting the something but not believing we can have it) tend to cancel each other out. What we refer to as a miracle happens when our vibratory signature is very strong, steady, and focused on the outcome. Because this process happens outside of time, we can manifest change immediately—such as a miracle. Miracles may also happen when we simply “give up” (and release all resistance that went with our “negative” thoughts and feelings) and decide to fully trust in the Universe. (Hence the expression: “Let go and let God.”)

Taking this to the next level, this creation process implies that our Universe is very malleable. Which it is! So much so that every thought we have can manifest in a different timeline. For example, there are timelines we are living based on all our different choices—marry this person or that person, go down this career path or another, have children or not, and so on and so on and so on. Though we are not consciously aware of it, these “other” choices literally become aspects of us that go on to experience all of what we conceive but cannot possibly do in one lifetime. (Note: this is not about reincarnation but concurrent timelines).

So, what does this have to do with the RV? In a nutshell, the RV will happen when we are a vibrational match to having unlimited abundance in our lives. It’s really that simple. (Sorry!) The reasons we may not be vibrational match to this experience are unique to each of us, however, here are some questions we may want to ask ourselves to see how close we are to being a vibrational match to the RV:

- Do I truly believe that much of a life change is possible? Am I ready to cope with that much change? Even positive change can be stressful and/or overwhelming. Additionally, many of us are over 60 and are probably fairly set in our ways and are fearful of what that much change would look like.
- Do I truly feel that I deserve to have that much abundance? Many of us grew up thinking we weren’t good enough to enjoy a full and prosperous life. Others grew up thinking that rich people are bad/greedy/selfish/self-important, etc. We also may have gotten the impression that there wasn’t enough for everyone—if our piece of pie is too big, someone else’s will be too small. And we want to be fair after all.
- Tying in with the above question, do I feel a bit guilty about having so much more than others, especially my friends and family who chose not to come along for the ride.
- Am I afraid my relationships to my friends and family will change too much? Will they constantly ask for money or expect me to take care of them?
- Do I really believe the RV is real? Is it possible I have been taken on an unending roller coaster ride of hope and disappointment only to have this never happen?

And whatever other questions we may want to ask ourselves.

Remember the thing about timelines? Guess what? Two or three or 100 timelines exist where the RV has already happened, where we are living our best lives ever and helping other people and animals, cleaning up our planet, etc.

So now that we have done some soul-searching, let’s see how we can jump timelines and be part of this amazing transfer of wealth NOW! Here’s a few ideas to help get us mentally headed in the right direction.

Meditate for 5 or 10 minutes several times a day. Strongly visualize life as a wealthy person. Visualize as if it has already happened and are currently living it. “Future” thoughts will always keep the RV in the future.

Remind ourselves that we deserve abundance. God did not put us in the position of having incredible abundance by accident. God does not make mistakes, so if we are part of the RV, we deserve to be!

Know that not everyone has chosen to live a life of abundance. We all came to Earth to learn, and we have our own unique paths. Do not feel guilt for having more than others.

Know that you can handle anything that comes your way, whether it’s relatives asking for help or which luxury car to buy.

The RV is real. One only has to read the articles on the Seeds of Wisdom website or its Telegram rooms to know this.

Lastly, if you are anything like me, you probably learned a whole lot about yourself along the way, so live in GRATITUDE for all of it, including the hard parts.