

## **Starting with the First Step: Seeing Your Client Whole and Complete and Healthy! The Echo**

Research questions: So how do we do that? Aren't they coming to us because they want a healing? What a paradox! How does this work in terms of energy and alignment for highest/best outcome?

As healers, so much of what we associate ourselves with is healing that which has been broken, misaligned, misunderstood, and traumatic in order to restore one to their true nature. Or in other words "disassembling the vibrational field that has known itself through fear so that it can be re-known as it truly is." (Selig, The Kingdom) This was necessary, however the next level of self awareness is calling us out to not only be healers as a vocation, but to BE the Divine, not wayshowers pointing to the Truth, but actually embodying the Divine that we are in thought, word and deed. Not hanging out our shingle or making a website but expressing in beauty, in love, in truth, and in alignment with that which is always true.

I feel this topic to be most important at this time whether we hold a client in their perfection or the world in its perfection, despite appearances. Yes, the world! It's learning to choose in every moment to hold frequency where we want it, knowing that we do influence outcomes, either adding to the chaos, or adding to the healing that is breaking through the superficial reality that surrounds us.

I have found it helpful to see/describe the world as an amusement park where we have forgotten who we are and experience extreme anxieties from feeling alone and separate from our Source. We have forgotten that there was an exit sign and have created even more labyrinths to get lost in. We keep going to different rides, games and the house of mirrors, eventually getting bored and looking for a way out. The exit sign has now been obscured by even more inventions/distractions/amusements/wayshowers and "good deals." We forget there was an exit and become part of the amusement park,

paying good money to understand it all, forgetting that separation was in fact a made up construct, not to be taken seriously.

I would say we are in an acceleration at the moment, to say the least, a point of making a different choice. But if we do not start with peace, we will continue to try to fix things, inevitably end up back in the ball park playing the same game of victimizer/victim, taking sides and drawing the next moment from past reaction patterns instead of a blank slate. We will continue to find fault, take sides, blame, name, protect, and criticize from what we have previously judged rather than leave room for a new outcome from a perspective we learn to achieve.

How do we find, hold and maintain our center where all possibilities exist?

I was raised a Christian Scientist, the religion whose members came to be known as the “people who don’t believe in doctors” by those who choose to agree with past perspectives and judgments about reality and not to resonate with other possibilities. I have only recently understood the principles set forth by Mary Baker Eddy, the founder of the church. She insisted that “God has and always will meet every human need” (outside the box of human beliefs.) Some of her writings describe “being consumed” by God much like people who have been sanctified as saints. She experienced herself that while vibrating in resonance (my words) with this realm of divine union she received healing and inspirations which she wrote about continually. Although her ideas were controversial at the time, she went on despite criticism, to found the Church of Christ Scientists in 1879 whose radical beliefs laid the groundwork for the science of mind systems that continue to this day.

Whether we call this vibration God, Divinity, Unity, Christ, Zero Point, Essence, Source, Peace, Heaven, Allah, The Force, Oneness, Higher Self, ..... unless we feel it and know it as ourselves, we only have faith, believe or hope or pray or call out or invoke or meditate or run or go on pilgrimages or praise or study or take classes..... and the path there has just as many distractions, side

trips, labels, sacred journeys, medicines and charlatans. I have tried them all, well, many. That is, until I entered the path of surrender. Little did I know how much I had, and still have, to surrender. I didn't have to spend any money either. All of my blocks, beliefs, labels, concepts, defenses, needs, unworthiness, resistances, confusion and avoidance mechanisms were all there, right inside me. I just needed a neutral attitude to observe them. Then I became my own research center. I would find peace and then be back at it again, me versus the world.

All of us have arrived at this powerful and profound place of peace in our lives at one time or another. Mine have come in times of need, crisis, and sometimes when I have had no other choice. Most recently it came while I was playing with sounds using my voice and my whole body started to hum. I got dizzy and had to lay down where I experienced what I thought was 0 point, nothingness, pure potential. Since this experience I can find Peace at will and it keeps getting stronger. Always under a night sky but also in the midst of chaos. It's having conscious choice of where I am willing to hold my frequency.

A few other experiences I have had include healing with my horse, Keiya, and working with special education children. It seems we were each other's catalyst for growth and expansion at different levels on our journeys.

After Keiya became lame from a fall, I called on vets, friends, and healers to help her. After seeing her laying down moaning, the vets said to put her down, my friends took one look and walked away, and the healers came and told me their problems! All good, because I ended up crying and giving up all hope one evening saying "Nobody cares! Nobody cares!" I then saw myself around 5 years old sitting alone in my closet with my blanket saying the same thing over and over on many occasions. I drove up to a STOP sign still sobbing and asked, "Do I still believe that? No! God, you care. Show up in the pasture tomorrow. We have a horse to heal." I entered the field of possibilities. She did heal and become sound again and one day while we were grazing a thought popped in my head and I asked

Keiya, “Did you do this all for me?” She nodded and snorted. I have detailed the story below.

Recently I have come across a website by a wonderful animal communicator, James French, called Trust-technique.com. I want to show one of his videos where the technique is used to first create a field of peace within ones self and then extend it to the animal whether it be horse, dog, lion or bear! He demonstrates in a very short period of time the changes that can take place when you do not have an agenda which all animals pick up on because you are projecting it. Their defense patterns are already in place and the feelings of peace emanating from you allows the animal to release their “thinking levels” and go into neutral in order for their nervous system to receive new input and “learn” something new. The healing that can take place by people learning that simple, powerful, first step is quite profound.

Simply focus on a point in the room and stay there until all thought settle. Concentrate on that feeling of being empty, peaceful, then extend it to others.

(If you enjoy his teachings, please email me at [eyeofnow@yahoo.com](mailto:eyeofnow@yahoo.com) and I can send you a link to get the first series of videos free. They usually cost about \$10. He has a promotion going to introduce people to this profound, practical, and needed *realization learning* experience that can help us all on so many levels to get through what we are going through as a collective. and arrive in a new field of possibilities.)

I always had to think outside the box when it came to my special ed students. They were very good teachers to open me to the Quantum Field but I didn't call it that at the time. One in particular who stuttered and had asthma realized he still had his second grade teacher inside his head telling him “You can't do anything right!” After he released himself from this cage in a dream, he found himself in the same position with his father. In the dream, and later in the physical with his father, he released the same words, “You can't treat me like this anymore!” The teacher, who had become a giant in his inner world, shrunk and Nick grew up from appearing as a dwarf. His dad retorted

by slamming his door as Nick shivered in fear of repercussions, but his dad returned an hour later to apologize and say that he, Nick, was right. “You’re not a little kid anymore.” Needless to say after his father left he jumped for joy! After this, his intelligence was ignited, his fear gave way, and he started doing things like Einstein, entering the quantum field at will and playing. His asthma disappeared and his stuttering almost stopped altogether. The details of his story and the development of his latent abilities are also highlighted below for further reading.

I didn’t know about the quantum field then. I didn’t have the words, only a feeling of anchoring a different outcome for what presented and allowing it to unfold. While working with Nick I had no idea of what he was holding inside, I just held the door open for him, as I had learned to do with Keiya.

So here we are in world events that appear as problems to be solved with everyone having their own point of view, pointing fingers, and some dictating reality step by step. What else is possible? A lot! But it is not based on fear and any step taken in that direction will loop us round and round with more of the same fear-based reality, ready made for us to act out, unless we open to the field of possibilities and choose differently.

In spite of what is dictated as true and valid facts, we can operate from a field of compassion, forgiveness, understanding, acceptance, valor and humility. This puts us in the Upper Room as Paul Selig has described in his latest channeled book, The Kingdom. I would like to invite you to read this most timely book, the ninth in his series because it shows us the way to influence what we see, hold back the judgments we quickly hand out, and enter an entirely new field. I have made some “quantum leaps” from this reading.

Here are some quotes:

*When it is claimed in dominion by one who knows who she is, from the upper room, or this level of equivalency, manifestation changes.*

*You limit yourself and you limit the possibilities, in your confusion of identity.*

The level of equivalency means that as I claim myself in the *upper room*, I also claim it for my client because we are the same. We are there together because it is the truth. I am not forcing my will on her, I simply know her as the same as me, in an undistorted field. *God is All in All*. This is the essence of Christian Science and was written over the podium in my Sunday school.

When I am in agreement with the whole, that wholeness is in all. We are the same. Extension. Radiance. Beingness.

*The one (me) is in agreement with the One In All.*

If you agree with the “rules” of separation, (which we all have, and thus our experiences) then we simply decide to change that agreement to

*in unity anything may be possible.*

We do not command healing. We are the healing. We allow healing because we are one with the field where there is no such thing as disease, no distortions, so no error in perception can exist. We are not even surprised by what happens next. “Reality” is the echo. We are the generators. Where we focus becomes the point of inception, conception, where the field can seed new possibilities through us rather than create more of the same from within the “amusement park” ~from the past thoughts that did not allow other possibilities to exist. When our little wills are in agreement with Divine Will, all heaven and earth rally to our call because we are in Truth.

I am re-remembering my experience with Keiya many moons ago. Then, it was from love that I knew what to do, but now the door has shut to anything other than what I *know* to be true. No more the doubter. I Am in agreement with Truth. The Truth and I are One.

*When something is revealed or seen or known anew, it is transformed.*

Looking out to the world from our place in unity things look different.

*You are singing the song of freedom, not through denying the old but because the old does not express here.*

Because we have changed, not the world. We have rejoined that which we thought ourselves to be separate from.

*And the lifting that occurs, not only for you but for all you encounter holds itself in alignment with the one note, the true note, the true note sung as all things.*

Keiya was connected to this field naturally. She would say to me, "I am doing the best I can and your worrying is not helping me a bit. I'd rather you stay home if you are going to worry." This is what she meant when she said she went through this for me.

*The level of oscillation of any encounter is altered by the one who has come at this level {and announced herself as such and claimed her True Self}*

Think of Nick who, at 14, strutted through the door after his dream with shoulders back, head squarely on his shoulders, announcing, "I got rid of her!" And then right before his family moved to the mainland from Hawaii, he wanted me to know, "You don't have to worry about me anymore. I know who I AM."

In other words,

*You cannot pretend to be here.  
"I know how to serve"*  
**is** the expression of Being in it and of it

Not hoping, thinking, or praying to an outside god.....

*Its manifestation may be well beyond what you may prescribe  
or assume could even be so.  
You understand that the waters may be stilled and the skies may  
open.  
You understand and comprehend the manifest world as vibration.  
And you are not superseding it.  
You are simply agreeing to it  
from the high accord (a chord)  
as the one who has come and now can claim  
his or her true inheritance.*

*The Kingdom, you see, is your right, being in right expression  
which does not make other things wrong.  
It simply means: agreed upon from this level of expression.*

Recently, the fires in Northern California had me worried and I thought, "What can little me do?" So with South Lake Tahoe evacuated I shifted levels and spoke from my knowing. I could feel myself elevate and become one with the air, the water and the fire and called for balance, harmony and temperance. I was no longer vibrating as little me, afraid of not only the elements of wind and fire but of the daily onslaught of governmental control that threatens our spiritual growth at this time, the forced V's and people turning against each other. I knew I had power to unchain my mind from the confusion and focus on the greater momentum of what is moving through me/us at this time. But back to the fire, I felt me as the air and spoke the words, "Be Still." They were expecting South Lake Tahoe to burn to the ground the next day, but the winds never showed up. I read where the fire chief actually spoke the words: "They never materialized." How many of us were in this prayer.....heaven knows!

Lesson: I had to become the power behind the words. I had to know myself as I Am. I had to place my consciousness there in the

frequency of stillness, the eye of the hurricane, the peace beyond what is appearing in my reality:

*The Peace that surpasses all understanding.*

## Conclusion

When we learn to enter 0 point, we realize the peace that always was, is and will be. We learn to start from there with our understanding of what is not only possible, but true, not being of the amusement park technology. Then extend this to others. Its a state of conscious awareness that calls all unto itself. AND we must slow down to catch ourselves acting from a place of separation, instilled in our subconsciousness.

*We must question the reality presented to us.* (Line from the movie, The Truman Show 1998)

Know that we have a choice. Know that at one time, for whatever reason, we chose separation and entered the amusement park. Remember ourselves as Source. We still have that choice in every moment. Chose unity with God because God Is, even in what appears as the amusement park. Be in the amusement park and know it for what it is, God. Call it out. We have the authority to see All is One.

A big step, yet a necessary one. To see as God sees.

I have since discovered that what I have been experiencing lately on many levels is the dismantling of my chakra system. Since these revelations, I have had what felt like a straight jacket removed from my back. A couple of weeks ago, my whole back went into a spasm

and ached from neck to tailbone, until I laid down and let go and “let God” and it lifted.

Now I know that this may sound strange to those of us who have studied this system as if it was a sacred and god-given arrangement of energies but at some point when we become whole and complete, by accepting our true inheritance, it disappears! We no longer have these separate compartments that seem to argue with each other and loop us back into dramas of separation and all that we have created therein. We are no longer “amused.” Our energy goes into feeding the Light that We Are. Many so called, myths, embody the story of separation, being torn into pieces, and then being put back together again by some mysterious force.

It took me a while to come to this realization but I can say with conviction,

*I Am free. I Am free. I Am free.*  
(from the idea of separation)

The remedy I have used for the mis-alignment from this operating system, is profoundly uncomplicated. I simply “see” myself as a pillar of white light and resonate with it, encompassing All that I Am with all that I have been through all time and space, and hum. And being one with all, I allow this that I Am to extend into all, amusement park, et al.

From an increasingly undistorted perception of what is dawning within us, no one speaks it into form better then Patricia Cota-Robles for the Fall Equinox 2021m <http://eraofpeace.com/>

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## Horse Sense



Animals and all of Nature are connected to the natural state because they do not have the free will to leave it. When I am on the back of my horse, I can feel my connection. It feels orgasmic to put it into words. I let out a big sigh and unintelligible exclamations that can only be summed up as such. As we connect, through caring and sharing, we heal. Animals, plants and even the minerals of the earth are our connection to that which is real, felt and alive in us. Everything, every crisis, every extinction, every abusive relationship is pointing to this moment when we awaken from a dream, much like Nick did when he realized he was much more than his second grade teacher pronounced him to be.

We are more, much more than what we have been told.

So there I was with my lame mare. I, too, had had a dream that Keiya, my beautiful

Arabian mare, had gotten injured and could not walk. As I awakened, I called my young friend to tell her not to ride but she had already left. Within the hour I had a call from her saying that Keiya was laying down out in the guava orchard and would not get up. When I asked what happened she said, "I don't know." I was out the door and on my way.

I spent the night with her out in the guava orchard. She would struggle to her feet, walk a few steps and collapse. Her skin was getting scraped and so I had a mattress hauled out that would catch her every time she went down. I had called the vet earlier that day who, after examining her, came to the conclusion she had broken her hip. He gave her acupuncture and left. I was distraught and no one was giving me any hope.

The next morning, she miraculously managed to get up and walk to within 100 feet of her pasture before collapsing, as I dragged the mattress on the ground behind her, hoping to catch her. The vet arrived within the hour, gave another acupuncture treatment and a pain shot and was gone, leaving me alone with my moaning horse. She eventually got up and walked the rest of the way, dragging one leg behind her. Her delight at accomplishing this goal came out in whinnies

and neighing as she greeted her pasture mate, Shaka. She walked right over to his fence, touched noses, turned in a circle and collapsed.

Rather than fret over this situation, there was a part of me that went to work figuring out how to keep her out of the rain that was forecast that night. I drove the 18 miles to the hardware store and bought a tarp and poles and bungees to hold it together while another friend arrived with four ten foot fence panels. I prayed, asking for help, as dusk was approaching and I could not do this by myself. My friend, Jack, appeared as if out of nowhere (quantum field) in his VW work van as I pulled out of the hardware store's parking lot. As I circled around, he had also turned and we met face to face, rolling down our windows to greet each other. He had a friend with him and within minutes we were both heading back up the road to Kilauea. As I explained the idea to Jack, he and his friend went to work and within an hour we constructed what to me looked like a manger, complete with straw on the ground as the moon came up over the point of the tarp, signaling to me, at some level of my being, that all would be well. I smiled as I mentioned to Jack that it looked like a manger. Thank you, Jack.

I didn't know about the quantum field then. All I knew is I needed a different outcome than the one that was presenting. I asked friends that were known as healers to come help. They came and offered me no advice at all and sat down and told me their problems. I was astonished how alone I felt. Robin, however gave me hope. She owned a horse in the next pasture and rode with me often. She told me to look in my horse's eye. Silence. I looked at my horse's eye then back at Robin, questioningly. "She's says she's not going anywhere." I was looking at my horse's 3D eye. She was looking into it.

I choose Robin's words over the thoughts of other people that came around, including another vet that was visiting from Oahu who was known for his expertise with horses. He also doubted that Keiya would ever be able to graze again with other horses. But while there, I asked him to check to see if she was pregnant. There was a slight chance as Shaka was found in her pasture months ago. Sure enough, she was pregnant and there was no way I was willing to put down two horses. We were just going to have to do the best we could.

I prayed, I blessed her food, and I hoped, but there was still the underlying fear that nothing would change and nothing did. She still laid down and moaned. Something anyone who came by would plead for mercy and beg me to put her out of her misery. But then she would get up, shake and look at you as if to say, "What are you looking at?" I was indeed split between two worlds, hope and

fear. I know now that I was projecting into the quantum field both of those outcomes and by canceling each other out, nothing happened.

One day I was at the breaking point. The fear overwhelmed me. I broke down and cried, threw Keiya her hay without a blessing and yelled out over and over, "Nobody cares! Nobody cares!"

I carried on as I got into my van and headed home. All of a sudden I came to a STOP sign and a picture surfaced in my mind of me in the closet when I was just a youngster saying over and over, "Nobody cares! Nobody cares!" Aha! A revelation came over me and I asked myself, "Do you still believe this?" And then a part of me spoke with such conviction, "God, you care. Show up in the horse pasture tomorrow. We have a horse to heal."

I didn't know what I was doing at that time. But I knew I was in touch with the power of my conviction and that I had a field of energy behind me. I changed after that, and so did my projection into the quantum field. I was calling on my own DNA to awaken and bring into my experience a different outcome. Almost immediately I was able to pick up on my horse's thoughts, as I mentioned earlier. She told me to take her off her bute, which is a pain killer for horses. She said she needed to feel her pain to heal herself. The moaning was her sending that healing current down into her hip. She was doing the best she could and my worrying wasn't helping her a bit. What's more she said, "You'd do better if you moaned a bit yourself!"

Animals are one with the quantum field. They do not have the choice. It is in them and of them and they must follow the course. Humans on the other hand, can choose to leave it and live as if they are not part of everything around them. We create our reality based on a lack of trust, fear of dying and sequestering a multitude of stuff to keep us safe from any pain life might throw our way and while doing so, making insurance companies incredibly rich. We make ourselves helpless and victims of the very system that we think will save us from life's needed lessons.

One night, I took Keiya's advice. I had a headache from hell, was vomiting and miserable. I decided to moan. Only instead, I OHM-ed. It's kind of like moan backwards. On the fifth *ohm* I felt myself drift off into space only to bring myself back and note that it worked. On the sixth *ohm* I was gone. In the morning the pain was gone and I felt amazingly peaceful.

Usually, it is moments like this when we enter the quantum realm, through crisis, pain or simply giving up. All possible outcomes have been tried and we have no

other choice than to let go. Through what many people would call *Grace*, spirit enters, bringing insight and inspiration beyond what we had been willing to see.

*Knock and the door shall be opened. Seek and ye shall find. Ask and it shall be given.*

These were the words written on a plack at the front of my Sunday School. I read them every Sunday, not knowing what they were suppose to convey. They often come back to me when I find that *Grace* has once again entered my life to teach me what is possible.

I am not a religious person, but I always believed there was a greater reality that I was part of. I just couldn't see it. To believe in such things was not looked upon as being very reliable in the society I grew up in yet people would continue to go to church to renew their hope but continue to act on their fears most days. I thought it very hypocritical and sought out different avenues to explore.

To me, it doesn't matter what you believe in, because the quantum field surrounds us and responds to our thoughts and emotions, not so much our beliefs. It beckons us to awaken to our true potential as human beings and challenges the contracted reality we have created for ourselves. We are in the solution, but know it not. We are like the fish who, when asked, "How's the water?" says, "What water?" It's invisible to him, something he takes for granted. Until we notice, until we pay attention, until we look into life rather than at it, as I did looking at Keiya's eye, instead of into it, we will not be able to hear, see and know from a deeper level. When *Grace* appears, we will continue to call it a miracle.

Children expect miracles, swimming in an uncontaminated field of imagination that comes alive for them to play in, that is until they learn too much. When we listen to them, we will once again enter the field of possible outcomes rather than the contracted and limited version we have come to believe in and project out onto the stage of life. Together, we will have the courage to live from the heart again, one with all of the natural world, and come home to ourselves.

I came to Keiya's pasture everyday to feed her joy and well-being. I danced and sang, called in angels and told them what to do. I put up a protective energetic field around the pastures to keep out unwanted thoughts of others. I studied horse anatomy and imagined the most perfect picture of horse hips going right into her from my heart. I brushed not only her body, but her aura, making sounds that came to me on the wind. I was definitely working with what I now call the quantum field. I listened to Keiya. She taught me to listen to the field.

Keiya recovered and in 6 weeks she was running astounding everyone. I stopped by the vet's office to pick up some herbs for her pregnancy. The vet asked if she was going to be able to stand up and have that baby. I replied that she was running! He looked at me stunned and then continued what he was doing. I was surprised he wasn't curious as to how that happened. But, it must have been too much for his mind to fathom given his professional prognosis. As a culture, we tend to ignore things that challenge what we think we know. This is all about to change.

I was walking her and Shaka one day up the road to get some fresh buffalo grass. As they stood eating grass next to me, I sat down with my back up against a tree. I pondered the last few months. I felt floaty and then an idea flashed through me. I looked at Keiya and asked, "Did you do this all for me?" She nodded and snorted and did that funny thing that horses do with their lips. She, in fact, had been healing me all along. In another month, she delivered a healthy paint filly, just what I ordered. I took the face of this pure being in my hands, looked *into* her eyes and asked, "Who are you?" Right out of the diamond on her forehead came the words,

"Never mind who I am, know who you are!"

## **The Story of Nick**

When Nick was 12, his mother brought him to me in my private practice, and said, "I just want him to be happy. He hates school. I don't care what you do. Although, you might want to work on his math." I love this kind of challenge. It gives me the freedom and opportunity to work right from the heart, sincere in my interest to find out what is going on, without expected outcomes. No expectations for academic performance on tests, so no pressure on me or Nick. For 2 years, Nick and I explored letting his curiosity lead the way. The 2 hours his parents paid for extended to 3 and sometimes 4. We sometimes lost track of time altogether as we delved into his dreams, psychology, ancient history, geography, physiology and of course, math. He had a definite block here and was convinced he could not do anything that had to do with numbers. I did not pressure him but was at a loss of what to do to get him to relax and allow his brain to work.

On several occasions one of his friends joined us. He was very good at math and one day as they were working on math tasks, his friend expressed his

confidence and excitement as he worked through the problems. Nick, on the other hand, had his head down and was mumbling to himself, “Dumb Nick, stupid Nick, can’t do anything Nick.” At first I thought to encourage him but managed to catch myself and instead asked, “Who is that in there, Nick?” He looked at me shocked. “It isn’t me?” “No, Nick, that isn’t you.” He looked at his friend. His friend shook his head and said, “No Nick. That’s not you!” Nick then asked, “Well then who is it?” I replied, “I don’t know. You figure it out.” He looked in wonderment at the situation in front of him with his mouth a gap. About 30 seconds went by and he opened his eyes wide and shouted, “It’s my second grade teacher!!!” I said, “Will you get rid of her? She is obnoxious!” “How do I do that? he inquired. “I don’t know. You’ll have to figure it out.”

How glad I was that I did not do what my sympathetic side would offer, but found new words of encouragement which came across at first as sharp and pointed. Nick was ready though and so was I, to find a way to break through his block, because it happened. He would come in each day with his head hanging low and mumble a few things, but he was somewhere else. I asked about his second grade teacher and he would say, “Yea, she’s still there.” Awareness is a great teacher because once you see something, you can’t pretend you don’t and it gives the mind some food for thought, that is, if you are willing to take responsibility for it and Nick did.

I want to mention here that Nick stuttered. He also had asthma. He often told me that he felt as if someone was choking him. But this was not something we worked on, at least not consciously. It was probably the 3<sup>rd</sup> or 4<sup>th</sup> day after the discovery when Nick came through the door, head up, shoulders back with a strut in his gait. He was grinning from ear to ear. “I got rid of her!” I laughed out loud at the change in him and congratulated him. But he said, “A-a-ask me how I d-d-did it!” “OK, how’d you do it?” He said, “I h-h-had a d-d-dream. N\_N\_Now y-y-you’re n-n-not going to th-th think this was a very scary dream, but I\_I\_I was t-t-t-errified. In it, I was a m-m-midget and my t-t-teacher was a g-g-giant. I-I-I looked up a-a-at her and said, ‘Y-y-you can’t tr-tr-treat me like th-th-this! And a-a-after that sh-sh-she sh-sh-shrunk and I became the g-g-giant!”

He was elated. It was as if a big burden, in the form of a cluster of self-sabotaging thoughts just got exorcised. He was a completely different person. So much energy and enthusiasm arose in him. The next day, he brought me his math paper and wanted me to check his answers. He never did that before. As I looked down his paper, I exclaimed that they were all right as I caught the gleam in his eye. He said, “Ask me how I did it!” “OK. How’d you do it?” “Well,” he boasted, “do you see those doodles in the margin?” “Yes.” “I just

went down inside those doodles I squiggled and there the answers were. I just wrote them down!"

Whoa. I couldn't speak. I trusted him because I had read where Einstein would go out under a tree and lay down. Filtering the rays of sun through the leaves, he would travel out into the cosmos and find his famous formulas. Then he would get up, go back into his lab, put on his lab coat and experiment to find out they worked. Other scientists had a hard time following him at first because what he was finding was not based on previous information but upon his own experimentation and experience. He was not following the logic of his peers. I mentioned this to Nick, asking him if he had heard of Einstein.

He had but he didn't know that he thought like this but it sure gave him confidence to continue his research into himself and that he did. The next few months were filled with astounding abilities that started to show up. He would come in and start explaining the 6<sup>th</sup> dimension and how our problems here on earth came from this level. He said there were many beings at this level that he could converse with that helped him. More and more pieces of his innate intelligence came forward and soon I told him the tables had turned and he now became my teacher. He just grinned.

There was one more hurdle that Nick had to overcome. I knew his mother was an artist but what I didn't know was that his father was an ex-green beret. Nick was sensitive like his mom, very loving and kind. One day he came in and said something had happened at home that he wanted to share. He had been downstairs in bed and his father stood over him berating him for something. All of a sudden he heard himself say, "You can't treat me like this anymore! I'm not a little kid!" Then he shuddered, fearing what would happen next. But his dad's face turned red, he walked out of the room and slammed the door. Nick lay there for about an hour with the blanket pulled up around his chin, his heart pounding out of his chest. But then he heard the footsteps of his father coming down the stairs. The door opened. His father came over to the bed, hung his head and said, "You're right, Nick, I can't treat you like this anymore. You're not a little kid." He walked out and closed the door. At that moment, Nick leaped out of the bed and shouted a resounding, "YES!" But it must have been a disappointment to the dad to have such a sweet, gentle boy come out of him, one that was here to teach him, reluctantly, about his other side. I know not what happened in the family after that because within a month or so the family moved to Massachusetts. I do remember though, having trouble collecting my last month's pay! Nick's final words to me were, "You don't have to worry about me anymore. I know who I am!" His stuttering was down to almost nothing and his asthma had totally disappeared.

More on Nick's discoveries to come.....

This experience has stayed with me for over 20 years. It marked a change in me where I knew I had the ability to bring out the best in children no matter what the circumstances. It led me to study our evolution and our humanity, our history from other points of view then how I was taught and take a stand for our children individuality and non-linear intelligent. They already know things, just like Einstein and our job is to help them access it. They are here to remind us who we are.

*Grown men may learn from very little children,  
for the hearts of little children are pure, and therefore,  
the Great Spirit may show to them many things  
which older people miss.*

Black Elk

## **Self-Reflection**

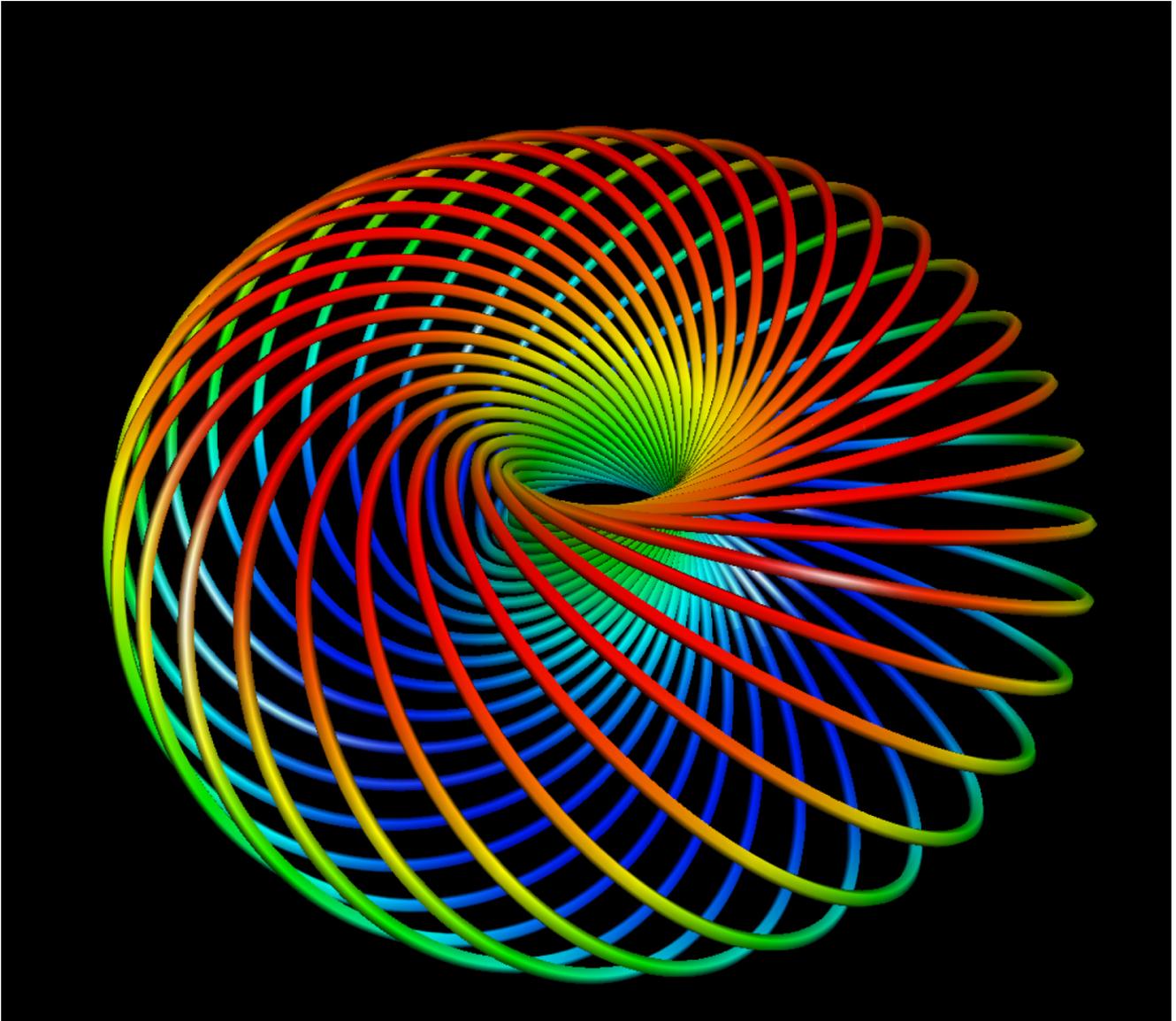
At some point of our being, we know. Its thinking we don't that gets us into a bind where we have to be told what to do. Most school systems have at their inception, the idea that children don't know and have to be told. Then if they mimic what they receive, we give our approval. If they don't, we give correction and remediation. We have a tendency to call this learning or schooling, when in fact they are just following directions and awarded to conform.

Einstein was not one to follow. How many Einsteins are thwarted by a system measuring intelligence under these assumptions? The innate knowing gets halted, doubted, repressed and we learn to look to others for answers, rather than learning to trust ourselves. Its risky to be vulnerable, to not say and do as others expect. If the answers don't come right away, there is that awkward moment where doubt enters in and then embarrassment. We learn never to risk enduring that moment again. I have witnessed many a high school student frozen, just like Nick, unable to be resourceful. These are learned behaviors, where children freeze instead of reaching into their own file, pondering the variables, and risking to be original. Most of the time, answers do not come right away. This is where we develop those neuro-pathways into our human potential and pull out something unknown, developing our individuality along the way and gaining confidence that those answers will come when we are ready.

If Nick had not been prompted to question that sabotaging voice within him, he would have continued to hold it to be an accurate identity. Given the outer stimulus, it would have triggered the same response pattern thus creating the same experience. Without learning the ability to self-reflect, these patterns and images wreak havoc in our lives, each reacting to some hidden emotion that lays hidden in the subconscious mind that makes one feel inadequate or incapable. If I had tried to console Nick, and had not confronted him, these self-sabotaging patterns would have stayed with him, controlling his future. How many of us have these same patterns?

Nick knew that I trusted him and so instead of feeling dumb, he started probing. He also knew that he could trust his friend's perceptions because they had shared some deep secrets together that I later found out about. This trumped his belief that he was dumb, engaging his curiosity into the matter. This is a pattern we need to teach. If you look into the education system that has been installed over the last 30 years, it teaches by the methods it employs, the opposite. But these methods are transparent. We label and judge the effects of this system but never see the cause. It is not the students, but the system that creates the many dysfunctions we see in the youth today.

Nick had been carrying his belief around for at least 7 years as if it were true. How many of our beliefs have we installed erroneously over our lifetime that get acted out on the stage of life where we are still hiding our truth? There is a part of us that always knows the truth. Forging a path to it, as Nick did, and accepting it is the underlying reality, instead of the inadequacy, is what is motivating us all at this time. Some of us want to keep it buried and keep ourselves safe and hidden, letting someone else dictate our reality and so the complaining continues. However, we must see it in order to change it. Seeing it in yourself so that you can mirror it to your children is the key as children copy not what you say, but what you do. They are constantly watching and learning! How do you feel about yourself in this moment? Powerful and resourceful or just surviving under the circumstances you find yourself in?



A native teacher showed me that a spiral shows a going within, movement into reflection, but always when the aha! moment is reached there needs to be a spiraling out, a time for integrating the new awareness into the outer personality.

Usually I stop telling the story of Nick at this point simply because of the blank stares I get and the disbelief in people's eyes. What happened next was outside of my teaching experience. I had to look inside and find my own limitations, my own dwarfness from letting outside influences put a cap on what I thought I was capable of. We often then project these limitations on others, walking away from that which does not fit into our preconceived notions of what it is like to be human. However, I had an open mind and I listened to Nick.

*Imagination is more important than knowledge  
because knowledge is limited by one someone already thinks  
and imagination encircles the world.* Albert Einstein

Now I feel people are ready for this. There are enough of children who are considered different and labeled as such with various names that just describe their deficiencies not their unique differences. Parents are learning to watch and observe their children instead of drugging them. They are listening to their gifted children rather than to a swarm of experts. Together we will teach each other what is possible. This is our collective future and we will get through the changes in our perceptions, freeing ourselves from a diminished sense of self-worth from comparing ourselves with others and forming a faulty image of ourselves that we then struggle with the rest of our lives. We have finally outgrown our desire to play small and are ready to put that diminished self to rest.

If you are familiar with the term, remote viewing, the following will not be surprising to you. Remote viewing was a secret government program that has now been declassified. The information is readily available online and at the Monroe Institute. This facility, located now in Faber, Virginia, was designed to allow civilians access to this kind of experience. In their courses you are lead into explorations where you can view people, places, events, and meetings without physically being there. These skills had been used to train men to enter closed, top secret meetings in Russia during the cold war. Russia was the first to train their men in these psychic capabilities. The trainings ended when both sides realized they could put up psychic barriers to stop the intrusions. Thus the declassification.

Nick came in one day excited and enthusiastically related an incident that took place the night before. He had been at a party at a friend's house but did not take his body. He described the setting, the mood, the conversation and giggled because no one knew he was there. He said anyone can do this. I had been reading when he walked in. He casually announced that he could go around behind me and read what I was reading without moving his body. He closed his eyes just to make sure he could do it and smiled that Nick smile and said, "Yep, I can." And he did, word for word.....

I really did wonder at this time, what I would say to his parents, but it never came up.

He could go between worlds, see things at energetic levels and have understanding from this holographic way of knowing/seeing/being. My question

is “Why, if our own government is aware of this kind of ability within us, are we continuing to teach children to continue isolating their experience in linear, logical, test oriented skill sets?” This isolates them in their left brain, waiting for direction, fertile for rebellion and rampant drug-use later on as well. As humans, we innately know there is more to life than what we were taught and struggle to find it. As Black Elk suggested, the 7<sup>th</sup> generation will find a way.

Are we waiting for permission?  
What more is there to discover inside?  
Are we being deliberately side-tracked?  
Or are we just scared, playing it safe?  
Or, just edgy about being different, like Nick?

Please send comments or questions to me at  
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Thank you for reading!!

Jan Quiett