

Chapter Four

FUNDAMENTAL CONCEPTS FOR FINDING FIRST ROOT CAUSES

The Process in Brief

The unconscious expresses our hidden feelings in many ways. A nod of the head, movement of eyes, physical aversions, and pain are just a few of the ways. The unconscious not only expresses, but also receives information. This is used in the “Learning Path Integrated Technique”.

Crystalline Thought Forms

Crystalline thought forms are groups of feelings, ideas, thoughts, attitudes, desires, denials and many other ideas for which there seem to be no label. Imagine a glass of water that has salt dissolved in it. Its ions are scattered about, interacting freely. Let us assume that salt is the thought form, in variation. When dissolved in water, the ideas and feelings etc. flow with complete cooperation, a sense of rightness. The water is fluid in its movement. All interactions can flow with ease.

Let us label the water as “learning.” When we choose to learn the highest and best good learning for our beings, there are no barriers to thoughts, to feelings, to ideas and attitudes etc. One thought moves with another forming new ones. Feelings are harmonious. Ideas are creative and wholesome. Attitudes are tempered with reason and intuition. Desires are limited to only that which serves us in the best possible way. Most of all, we do not allow denial to hamper us.

When the water evaporates, the salt crystallizes, becomes hard, inflexible and unworkable. When we refuse to learn, it appears that the ‘water’ evaporates and these crystals remain, frozen in time. Stubbornness, frustration, unhappiness, unsatisfactory life patterns result. We make one wrong choice after another.

Conversely, when we add water (learning), the crystals dissolve, allowing for the free movement of thoughts, feelings and emotions. No more denial. The mind/body/soul now can reach the perfect blueprint upon which we base our being. Our true natures of joy, delight, creativity, cooperation, and especially love emerge again.

Thought forms are organizations of energy created by humans or any beings who can think. Thought forms are just a group of ideas that take on a cohesive form, or cohesive identity. For example, with parts of our right-hand side of the brain, we can create fantasies, (sometimes negative) that take on a sort of reality in our minds. Illusions are real to us if we choose to view them that way. Personalities are essentially thought forms. Thought forms can be profound, deep, shallow and/or mundane.

Sometimes the thought form is so well established that it becomes part of what we think of as reality. When faced with the need for change, one can recognize this thought form for what it really is and eliminate it. The learning path teaches us that if it is for our highest and best good, to eliminate it or to retain it. Then we do so naturally and easily by accepting the highest and the best learning, as it is then more truly part of our lesson for now.

However, if this thought form seems like a natural part of us, so that we think of it as an aspect of our being, then it has become crystalline. What do we mean by crystalline? The thought form has become solidified into our natures, inflexible and rigid. When salt water evaporates, the salt returns to its crystalline form, hard, brittle and solid. When we add water (learning) the salt dissolves again. In the fluid state, salt can flow and be modified. Now we can deal with these thought forms, good or bad.

Crystalline thought forms can occur in our bodies, minds, emotions and even souls. This freezing, solidifying of our complexity can prevent us from growing, from loving, from being successful in our lives. In this “living in illusion,” we get away from the Truth. Free will no longer exists. How do we know that crystalline thought forms are not good for us? They disappear when we do the learning. Ideas flow; emotions become balanced; mental and physical health improves. Only the Highest and Best Good remains. Our natural heritage of mind, body, soul and spirit merge to create our natural individualized perfection.

A decision to be angry can become crystallized into a thought form. What do we mean by crystalline? It means that the anger has become solid, frozen, as well as entrenched in our body, mind and souls.

When we accept the learning, the crystalline aspect dissolves and the natural tendency toward health on all levels emerges.

Particles That Cause a Cascade

The crystalline thought forms are those frozen aspects that do not allow for the free flow of growth. However, our reactions to external conditions require special attention. The “particle that causes a cascade” is our entrance to all that affects us, including wars, natural disasters and those interferences in our lives that prevent our growth and healing.

The term, “a particle that causes a cascade” originated in scientific experiments in the DNA. These foreign particles interfere with the energy flow of the DNA. In fact, disruption following the particle is so severe that in particular cases it can cause colon cancer and more. In experiments, scientists found that when they removed the particles, colon cancer disappeared. Further experiments suggested that other forms of cancer, such as breast cancer, also disappeared.

In terms of our lives, a particle can be losing one’s job. We have a choice. We can go into a “poor me” attitude. We can feel discouraged. Our attitudes can adversely affect our relationship with others. The other choice is to take this loss of a job as an adventure. We can look forward to the change, the opportunities for growth. Our relationships can grow closer. What is the difference? By learning what we should have learned originally, that a positive choice of response to the job loss would be beneficial, we uncreated the negative cascade.

We have a perfect blueprint that underlies our being, deep below the ‘quantum’. When we make these positive choices in response (instead of reaction), the pathway to the perfect blueprint becomes unfettered, healing our lives.

The Perfect Blueprint and the Genes

In each of us, our bodies have a self-healing modality. For example, when one cuts oneself, the body immediately sets forth its self healing mechanism and the wound heals. We seldom speak of this modality. We say that doctors cure us. No. Doctors do not cure us. They enable us to cure ourselves. *We cure ourselves.*

If we cure ourselves, how do we do it? There must be some guideline, some aspect of us that knows how to repair ourselves. Sadly, we take it so much for granted.

The body is a self healing mechanism. Yet people often deteriorate rather than improve. Cells become cancerous. Wounds do not always heal.

If the mind intends health, the body finds it easier to bring the perfect blueprint into manifestation.

The genes have been so damaged in humans that it seems that it is impossible for us really to have a completely healthy mind, healthy body, and healthy emotions. Impossible? Not really. Scientists are starting on gene therapy on a physical basis with some success. The question remains: are we playing God, tampering with the genes without full knowledge of the total implications?

A better way would be to find a way to have the genes mend themselves, just as the rest of the body does, by finding their essential perfect coding. If we could find a way to direct the attention of the genes to its own self healing modality, the genes may be able to reach the perfect blueprint, where their own creation was planned. Then the genes could repair themselves just as the skin repairs itself when cut.

Will the repair of the gene throw the systems of the body out of balance? Since the intention is only for the Highest and Best Good, the results do not depend on any conscious thought, The perfect blueprint is perfect. If we allow it to manifest, harmony and health results.

The perfect blueprint underlies each person, just at or below the quantum level. The perfect blueprint is the original intent for the organization of the energy that makes up what we are. How do we contact this blueprint?

Some people may be able to direct their minds to find the perfect blueprint. However, not all of us have that talent. Since we can bypass the conscious aspect of ourselves by using physical movement language, we can use a hand transfer technique (described below) to zero into the genes by way of going from the large to the small. We could go from the person to the body, to the cells, to the protein around the DNA, to the DNA, to the genes, the perfect blueprint. In this manner we could draw the attention of our minds to go deep within us to that which is so small, our conscious minds could not even imagine. The hand transfer technique allows us to bypass the conscious mind in this pathway to our perfect blueprint.