

# DRIVING<sup>with</sup> the BRAKES ON

*How to recognize and renovate thought  
structures we create that steer us off our paths*



# **Driving With The Brakes On**

**How to recognize and renovate thought structures we create  
that steer us off our paths**

**By**

**William A. Murphy**

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## Driving With the Brakes On

### Introduction

This is not a scientific journal trying to prove anything or convince. It is intended to be a catalyst for us to expand our thoughts, concepts, and questions about what is possible, what actually exists, and what is an illusion. We have been taught to rule many things out, to disregard perceptions outside the five senses lest we be considered weird, unbalanced, or other such labels. We can rethink what's possible. The things in this book have happened. Many times the beliefs we've become comfortable with don't easily allow the expansion of our thoughts and abilities beyond what our society deems "normal." This model is the exact thing restricting us from considering broader possibilities and perceptions. There are fantastic things that have happened and are happening all the time. To expand your viewpoint of what is possible, reach into those areas you are curious about and do some reading about them. This will stretch your boundaries.

We frequently become tightly defined by our environments, material possessions, education, or family. But what if all that was incidental and contained a significant amount of misdirection and untruth? There are several main intentions of this book, and one of the first is to invite you to look beyond this physical plane and reconnect to your essence. It is an invitation to expand our concepts of who we are and where we're going.

The next part of this book will show how we are being steered in our daily lives and how we set up thought patterns that continue to steer us along paths we may not have selected. We can also be unaware that we are doing this or how these things came to be. This concept called

“thought structures” lays out how we can easily wind up “driving with the brakes on” in our lives, hence the title.

The thought structures concept will be woven throughout the book to give examples of these and how we can see them as they begin to happen. This makes it less likely we will become steered onto paths we don’t want as we go forward into our futures. We will see how we have set out on our own courses or paths in ways that may be entirely off what we had originally intended when we came into physical form.

Next, we will explore what science has discovered about how decisions and beliefs we create affect us and others on both microcosmic and macrocosmic levels. Also, we will look at how different types of energies and communications can impact the way in which we evolve on our life’s path.

Finally we will examine a few ways to get back on track and become more aligned with where we want to go, who we want to be, and become aware of how to get there. It’s a book about our voyage in the physical and how we can get more out of it.

Let’s start with this truth: *you are sacred and have incredible value.*

## Section One: Orientation to the Spirit

### Chapter 1 Our Spiritual Essence

#### Beginnings

I remember coming to this planet for this lifetime. I didn't remember this whole thing until much later in life. One day I just recalled it in its entirety. I recall seeing myself approach the Earth from far away, an awareness traveling through space. I was totally cognizant of this and my plan to become physical again. I remember seeing my parents. Then, as a small child, the memories of arriving here faded as the necessities of physical life and the demands of parents obscured the memory of my origins.

In the grand scheme of things, since there really is no death, everything just continues forward. Looking at it this way maintains the larger view, helping us all create a more meaningful life. The fact of the matter is you can be or do anything you can conceive of. You have everything it takes to be great. In fact, you are great already. Maybe you don't feel that way, but you are. All the wisdom needed concerning you and your path is within you. All the information is there. Many of the ideas in this book may seem different to you; then again they might feel somewhat familiar. Either way, my intent is to remind you of what abilities you have. Sometimes we have a tendency to steer ourselves away from where we want to go. However, we have frequent "help" from a variety of factors in our society in being steered away from our inner compass, so it's easy to get off track. Constant awareness of who we are, who we can be, and how to help ourselves get there, is the intent of this book.

We are light beings here in physical form—souls in the material world. We have always been here or somewhere else in one form or another. Consciousness and memories this life are



retained on a deeper level for the next life. It is possible to remember earlier lives, but usually we don't in everyday experience. We may periodically remember or sense traces of an earlier life. Sometimes we experience a knowing that we have been somewhere or known someone during another time. We can experience a familiarity in some environments and have lengthy memories of being there at some other time. I know more than one person who recalled roads and scenery they were driving through, describing what was around the next bend, even though they had never been in that particular location physically in this current lifetime. Hypnosis and other techniques have been used in helping people to remember earlier lifetimes. Edgar Cayce is well known for making predictions and communicating with other lifetimes while under hypnosis.

We are going through lives as Earth, and the planets go through time. Each day is filled with momentary things, but the greater picture is about where we and the universe are going. It's not about where we have been. That has become information and experience. We are on a continuous path. Our journeys, and the overall journey of the universe, occur simultaneously. We are evolving as spirits just as the mountains, streams, and land masses evolved by time experience, through interaction with other beings and other energies.

There is energy everywhere. We are composed of it, we contribute to it—and it to us—as it flows through us. It is awareness and experience. Energy recycles and continues, often changing into a different form. When a person or an animal dies, the life energy or spirit continues on and eventually returns to the physical bringing back what it has learned to the next life. This is the form of knowingness. This continues on and on through time.

There is no death, only transformation of state. Just as a mountain continues to shift over time, it is shaped and changes. Its essence is the same: there are the same elements and the same

energy, but it is constantly evolving. So, if death, loss, or “tragic” consequences happen, it is all part of the expansion, all part of the evolution of our universe. All is remembered and all moves forward. The experience is continued, the universe remembers, and we remember deep in our souls.

As humans in a highly developed world, many of us have tended to interact much more extensively with each other than with nature or the cosmos, even though we are part of both. This is to our detriment. Life here is not without interference or interaction from other planetary races, influences, and other beings. Yet we all are progressing through time—each of us on our own journey, albeit together with others, simultaneously.

The mountains evolve, driven up from upheavals in the Earth’s crust and then shaped by the elements through time. It takes millions or even billions of years for their form to develop. In fact mountains are always in flux, constantly changing, just as we are. We have awareness and abilities to perceive far beyond our five senses, yet we have frequently deprived ourselves of this potentiality by accepting the limiting beliefs forwarded in our society. As a result, we have experienced a lower development of ability than we should. All this has been part of our spiritual evolution. Though not optimum it is still experience and is bringing about more memory of the universe and building the data bank of the universe. We have many abilities we haven’t allowed ourselves to experience. That is beginning to change. We can all tap into the divine because we are part of the divine, the part that helps it continue to discover itself and expand.

There is a data bank of all that has occurred in the universe called the Akashic records. The term *Akasha* comes from a Sanskrit word that means sky, space or aether. The Akashic records are described as containing all the knowledge of human experience and the history of the

cosmos.<sup>1</sup> “The Akashic Records are understood to have existed since the beginning of The Creation and even before. Just as we have various specialty libraries (e.g., medical, law), there are said to exist various Akashic Records (e.g., human, animal, plant, mineral, etc.) encoding Universal lore. Most writings refer to the Akashic Records in the area of human experience but it is understood that all phenomenal experience as well as transcendental knowledge is encoded therein.”<sup>2</sup>

In this time, we as humanity are beginning to awaken from a state of unconsciousness and the energy in the universe is helping this happen. We have more tolerance and awareness of experiences involving spirituality. Recent work in quantum physics has opened ordinary awareness to the fact that there may be much more to us and our lives in physical form than previously thought. In general, many people have been searching for this type of data; there is a plethora of seminars, books, and movies addressing these subjects. With the celestial alignment that is occurring, we are physically receiving more light energy from the solar system. This is increased light energy coming to Earth, and is helping this awakening to occur.

As has been true throughout our history, those on the cutting edge of thought are often attacked or ridiculed for their unconventional beliefs. However, others follow in their footsteps, examine their beliefs, and add their own perceptions. The numbers of the aware are growing rapidly. Some are reaching out and bringing others along. This is a period of spiritual awakening and evolution unlike anything that has happened for a very long time. The number of books, movies, and TV shows dealing with spirituality, consciousness and the origins of life has been on the increase for quite some time. The awareness of the significance of the year 2012 and all the attention it has garnered has caused an unprecedented amount of interest on who we are and

where we are going. Values are changing for many of us as we move away from the acquiring of physical things as a priority.

All parts of the earth are constantly evolving yet, as we have established earlier, it is normally quite a slow process. You would be hard-pressed to see a change from year to year unless there was a volcano, fire, earthquake, flood, or other major event. As souls we are on a similar time frame. Considering that we and our universe are continually expanding, how much time would it take to experience all there is to experience? And new things to experience are being created all the time. Sometimes profound events can bring about a huge change in our perspective, personal desire, or necessity. These are the times we make faster progress on our path. We should be supportive of ourselves and others. Sometimes this seems impossible.

Being on our own path—learning, creating, experiencing, and getting our spiritual process straight—is the purpose of each life. Getting things straight and working through problems, letting things unfold, is what this universe does. It takes time but there is nothing but time in this universe.

Animals and plants as they are born, grow, and die just do what instinct tells them to do. When they are born no one tells them they have deficiencies; that they're not perfect, or are not well thought of. Neither are they taught they are superior or inferior to others in their kingdom, though some species may have natural fear of other species or compete with each other within their pack or group. This is why we can learn a great deal from being around animals if we pay attention. They are constantly in the moment and being themselves with no apologies. On the other hand we are often busy putting problems and artificial time constraints in the way of everything we do.

I often wonder where my life would have gone had I not began studying spirituality. This was a follow-up to my studies of religion in college— primarily looking at established religions. I became interested in learning more about my spiritual nature, origins, and potential in the 1970s. I began studying eastern religions, meditation, and other information I could find about the spirit. This search led me in many different directions. What I found were similarities in many concepts and these were the ideas closest to me as a spirit and resonated with me as most likely to be true. I began gaining more spiritual awareness and pursuing more spiritual studies as they became presented to me. I have been on this path since the late 1970s.

### Connections

Of all that is going on in this universe, many of us are not aware of the connections between things. For instance, there is space everywhere and it is present in everything. Any object is mostly space. The appearance is of solidity but that is not the actuality.

You may have heard the idea or the comments “everything is connected” or “we are all connected.” Let’s explore this idea. What exactly is connection? There are many ways we can be connected, physically, spiritually, or psychologically. If you consider yourself dependent on someone, there is a connection. If you are afraid of something or someone, there is a connection to that energy that changes your behavior or your decision process. If you were out somewhere in the jungle and happen upon a large tiger, there would be a connection of sorts there. It would

be a visual connection at first but the energy between you would be perceivable by both of you, as perhaps fear; if you knew this particular animal, it could be something other than fear, perhaps recognition and a feeling of reunion. But there would be a connection. You would be in each other's space, and there would be some sort of interaction between the two of you. Much of this would be outside the five senses of touch, sight, sound, smell or taste.

Sometimes you may get a feeling or mental vision of what someone close to you is doing. Or you think of them and they call shortly thereafter. There have been times I actually got a vision of something happening with a friend or relative and later discovered it was correct. I believe it is an ability that can be improved. It is just perception outside the five senses. Even detectives may use psychics to help them gain insight into crimes that have occurred. These things can be perceived.

In another example, if a child could never please a parent or live up to his or her expectations, there would be connection and most likely an influence on the child's behavior—even after the death of the parent and even after the child was an adult. This happens all the time. Emotional interaction is a connection of sorts, and it influences our perception and our thought process. It can add to thought structures or rearrange them.

I have done many workshops in energy healing technology. In one workshop we did exercises where we learned how to cross barriers of time and space to perceive things at a distance as well as among those of us in the room. We practiced actually perceiving what was going on in another person by observing from within that person—seeing and feeling what was going on with them. Without going in to how this was done, my point is that we do have the ability to perceive across “barriers” that are not really barriers to us as spirits and consciousness.

These are abilities you can develop, and it strengthens the connection to our spiritual essence. Some of these technologies or practices are Mindscape (part of the BodyTalk System), Matrix Energetics, Emotional Freedom Technique (EFT) and many others. You can attend workshops or seminars and discover many things about yourself and others. These activities can increase the connection we have with ourselves and our environment. They will increase your perception.

We can be connected via family or social interests, a team, a town, church, or through common experiences. There are many ways. The point is these connections are real yet we often do not consider them in this way. It is true that we are our own bodies and spirits, too, but there is a connection that is not commonly considered. We have all felt the influence on our emotional bodies of the laughing of a child, or of fear or violence. These types of events can be perceived by all present and even by those not physically present but there with attention. There have been times when I perceived a shift in my emotional body and found out later something had happened and I felt the same thing again. This is just perception and connection.

This would include circumstances like watching a game on TV and caring what goes on. Most people I have talked to have all felt momentum shifts, excitements or deflations about what was happening. Have you ever felt the shift in energy when someone who looks extremely upset or angry enters a space? How could we perceive this if we were not somehow connected? Is this due to the existence of what is called the “ether”? As spirits, we have no limits to what we can perceive, except for the boundaries we construct due to our beliefs.

Exploring the concept of ether (from the Greek word *aither* meaning “air”) is fascinating. It has been defined, argued, and talked about in scientific circles since Ancient Greece. In his excellent book called *The Divine Matrix*, author Greg Braden notes that Sir Isaac Newton

described *ether* as “an invisible substance that permeates the entire universe.”<sup>3</sup> Newton believed it to be responsible for gravity, and sensations of the body; he also considered it to be a living spirit. Many other scientists have discussed this phenomenon, and they make determinations about it through the years. It will undoubtedly continue. Something has made it possible for us to be connected to our world. This theme will also continue to weave its way throughout this book, and we will examine it in more depth soon.

### Spiritual Experiences, Out-of-Body Experiences

If you get the idea that there really is no death, just a transformation from physical to non-physical, it is easier to let go of negative emotions connected to death and the loss of a loved one. Missing the physical part of them is what is difficult. We are not physical in totality; we do change form but do not cease to exist. There are various interpretations of this among different religions but, essentially, we are energy and consciousness. Energy and consciousness can change form but it does not cease to exist, and its essence does not change. Knowing this can be a tremendous outlook changer.

We are all on a path, it is ours, and we need to remember it is our path, despite the structure and people and society around us who tend to make us feel differently. While it is true that we are all in this together, is it more like our paths are co-located at various times and we are all joined by a common energy, but we are still on our own paths and need to remember that. We are consciousness. We continue through time. When someone passes back into the non-physical state, they are still around, just in another place merely a veil away. You are capable of



communicating with them and they can communicate with you though it will be telepathic on their part. Feel it, maybe it is just an impression or a feeling of love. Sometimes it may be more, like a sensation that is familiar, or actually things happening in the physical realm, such as lights going on, the feeling that the person is close etc. It is usually very difficult emotionally when someone close passes away. When we are distraught, we may miss the subtle messages communicated to us. Keep this in mind, and try to quiet your mind at least for some time each day. Don't discount or dismiss what you perceive.

I had a very close relative who was a very spiritual person. She completely believed and understood the idea that there was no death—that she was a spirit moving through time and that she would remain herself after the death of her body. She had recently learned that she had an advanced stage of cancer, though she probably perceived things were not right months earlier. She did not want to go through treatment for it. She had decided she did not want to be a burden to anyone and did not want to continue with trying to survive in her lifetime given what she would have to go through. She expressed this openly to the family. She had basically decided it was time for her to depart; shortly after that she just collapsed. One of her daughters was there with her and called 9-1-1. The paramedics were able to restart her heart twice in the ambulance on the way to the hospital, but she never regained full consciousness. While still unconscious, she waited in the hospital long enough (a couple of days) for the whole family to arrive and say their good-byes. The whole family also believed that we as spirits leave the physical but eventually return again. Then she departed her body and passed into the next dimension, returning to non-physical form. Though she was non-physical, she was still around; we could all feel her there. It was a very peaceful feeling and she was there for us, so we could make the transition to life without her physical presence.

We all felt her presence distinctly for several days during the time of the funeral and for some time after. We would get thoughts of her, and feel things the way she had felt, her vibration was definitely there with all of us. After some time had passed, we had all become adjusted to her being gone from the physical. It seemed like she waited until we were all fine with it before she moved on. At times I still think of her and feel her presence. Souls have the ability to “check in” periodically and see how we are doing and sometimes they do.

I have had other experiences where I clearly perceived another spirit and was able to communicate with them telepathically. One night when going to bed, I clearly heard my cell phone ring, but knew it was turned off. I got up and went to the kitchen and confirmed it was off. Upon arriving into the kitchen I felt a presence. The hair on the back of my neck stood up and I got goose bumps. It was not hostile but was not welcoming either and it was not familiar. I just stood there for some time and was receptive to its communication but there was nothing really communicated other than to see if it could create an effect on me. I sent this presence the message that I could tell that it was there, and then sent it some affinity and appreciation. The energy in the space changed and it went away. It never came back. There have been numerous other times when I have perceived spirits. By just acknowledging them and sending them affinity, they usually moved on.

Another experience I had many years ago provided proof to me that I have perception and existence outside the body. I had worked outside all day in the heat. I was exhausted when I came home and it was very late. I was not hungry but was thirsty and drank a couple of beers. Shortly after that, I went to bed without eating. I was sleeping in the downstairs bedroom because we had young children and I needed to get up early each morning for work. Plus I was less likely to awaken them and my wife. In the middle of the night I needed to use the bathroom,

so I ran up the stairs. After arriving at the top of the stairs I felt lightheaded. I passed out but did not realize I had done so. Within moments, my wife was up and I could see her, and hear her talking to someone on the phone. I could hear what she was saying, discerning that she was talking to 9-1-1, and I could hear the kids crying and wondered what was going on. I was “standing” right behind her and I could see nothing wrong. The only thing was my body in the bathroom passed out! I was out in the hallway seeing and hearing my wife and hearing the kids but I was outside of my body. The combination of no food, beer, and running up the stairs had caused me to faint. But I had full perception. This experience was vivid and has stuck with me because it proved to me that perception exists outside the body and is independent of it. You will exist after the body is gone, just as you did before arriving in your present body.

I am always interested in the response when I hear people ask whether they believe in ghosts. Ghosts, for the most part, are just people who are non-physical. They are spiritual energy and consciousness. If they are really stuck in an event and unable to move on, they may haunt a house or create some other effect, but they are just people who have returned to non-physical. Sometimes they may not even realize it. In some cases, they may not want to move on.

Have you ever had a spiritual experience such as seeing yourself outside your body, feeling a strong sense of déjà vu, or getting an idea of something and then it happens? How about thinking of a person and they call or you run into them? When this happens oftentimes I hear someone say that is coincidence or spooky when actually it was just a moment of heightened perception. These experiences can and should be normal. It is a feature of us being connected. We have this ability but may have a thought structure in place that tends to dismiss things like this as mere coincidence. Instead this is something that should be happening all the time.

The reason I bring all this up is to remind us that we are spiritual beings, we have abilities beyond what we have come to accept and/or consider “normal.” It is sad that people who freely communicate this are thought of by many as a little weird or even mentally ill. I think about the movie, *The Sixth Sense*<sup>4</sup> and what Joel, the main character who was a child, went through. In this movie he has an ability that he does not understand because he is young and it is frightening to him. He sees people who have recently died in a violent or unexpected manner. They don’t know that they have died and they show up in his room or where he can see them. After he begins to understand this ability and what is going on, he is able to help these people and they don’t scare him anymore. But, in the meantime, he cannot speak of this to anyone, as they think he is severely disturbed. He has perceptions outside what is considered *normal* or *healthy*, and it is unsafe for him to talk to anyone about it, even his mother. No one believes him, so he has to deal with it himself. It is both conceivable to me how this would play out in our world and realistic that he could have those abilities.

Another movie, *Dragonfly*<sup>5</sup> with Kevin Costner also has perceptions he and others in his environment have difficulty dealing with. In this movie, he is a doctor and has just lost his wife who was also a doctor. She worked with terminally ill children and had recently traveled to South America to provide volunteer medical help there. She never returns and his life is turned upside down. He begins experiencing paranormal phenomena he cannot explain and tries to dismiss these events like all the staff around him. It is as if she is trying to communicate to him. (She is!) Finally he ignores his own conventional thought structures and those of his peers. He realizes there is something going on he cannot ignore or explain and begins to follow his heart. He begins to pay attention and is led into profound changes and actions that forever alter his perceptions and ideas about life.

Step one of realizing our potential is to first acknowledge that we can develop abilities and perceptions far beyond what is considered “normal.” It’s like we are stuck in this little game here on Earth and there are rules. If we start to bend them or disagree with them, we are ostracized, put on medication or, worse, locked up. I believe this is changing; and it is we the conscious and aware ones who will change this viewpoint by learning new things and expanding and acknowledging concepts of what is possible. Consciousness is expanding among all of us.

## Chapter 2 Using our Spiritual Abilities

### Visualization

There are many volumes written on visualization. Visualization is the technique of imagining something in your mind. Athletes do this all the time with their game plan, or to help them learn something new. It has been shown to be a tremendous supplement to practice. As a technique for creating things there is no question about the viability of visualization when used properly.

It is quite possible and often easy to visualize things you *don't* want. It works the same way. When you look around at man-made things in your environment, they all started out as a visualization in someone's mind first. You visualize yourself one way or another and create yourself as a result. I have worked with this for some time. It is a tool that can be tremendously helpful. I have had challenges with it many times and I have also used it successfully. It is all in being aware of your mindset when you practice it, being aware of any habits you may have concerning about *how* you look at things. There have been plenty of times I have looked at things with a negative viewpoint and through expectations without really realizing I was doing so. When continuing to do this, my *expectations* were realized regardless of being positive or negative. The beliefs underlying these visualizations matter! I will go into this in more detail shortly.

There's a great quote by Dr. Rob Gilbert, one of the world's leading experts on sports psychology. He says, "Losers visualize the penalties of failure; winners visualize the rewards of success." <sup>1</sup> Spending time visualizing success *is* a worthwhile activity. What's important to

remember is what YOU think and know. *This* is what determines what path you will eventually find yourself on. Act upon your own beliefs. Things don't happen overnight. Sorting out these habits and formulating new ones takes time, effort, and realizing what you are doing to create your next chapters in life. I am writing from having experienced these both positively and negatively and from seeing myself formulate my life. I am working on it constantly. Things have changed tremendously, and the fun is in seeing it becoming increasingly better and knowing I am getting help from the universe in making changes. I know that visualizing things eventually makes them happen and I believe the universe is constructed to allow us to create in this way. I know this to be true because I have had it happen many times, including things I *did not* want to happen. The key is to be aware of what we are visualizing and creating.

Here's a story about visualizing. I was young and didn't even realize what I was doing at the time. I was just visualizing something *without thinking* about *how* I could make it happen. I just wanted it to happen, knew someday it would, and let it go at that. Here's the story.

When I was growing up I wanted to ski more than anything else in the world. I was living in a place where there was limited skiing close by. My parents didn't ski, so there was not much time made for me to pursue it, since I was young and depended on them for transportation and money. I didn't get to go very often. I read the most popular skiing magazines. I kept every issue for years and would re-read them at night before going to sleep. I had re-read them so much that I managed to memorize extensive amounts of information about ski construction, ski resorts all over the US, Canada, and Europe, as well as information and statistics about equipment, the personalities, etc. I spent countless hours in my mind, skiing down mountains and experiencing the freedom of that experience. I never tried to figure out how it would happen; I just wanted it and enjoyed the idea of it.

I did get to go on a couple of ski trips, including one with my church group and the YMCA, but they were few and far between. Finally when I was in college, I had an opportunity to go to Jackson Hole, Wyoming over a Christmas break. I went with some friends and decided to stay once I got out there. I dropped out of college over the phone, and got a job during the time I was out there, and just didn't return home! My parents totally freaked! I was finally able to focus on skiing and did so every day. I was in heaven! All I did was ski every day. I had a season pass and was able to work part-time and ski the rest of the time.

I was young and had not absorbed the “practical training in life” viewpoint. I had severely upset my parents. I had not thought through most of what I did, but I was doing what I had envisioned for many years, and that was all that mattered. Just being out there every day was the biggest creator of happiness I had ever experienced. This began a long change on my life path. But the important part is that I had visualized myself doing this for so long and now it was happening. I skied basically five days a week every season for the next eight years and wound up on the professional freestyle skiing tour that was in the early stages of formation. I skied like this until deciding to move into the next phase of my life, which was flying.

At the time, I did not realize all that visualization had helped me create the scenario. It was just something I had endlessly dreamed about without thinking through how it would be possible. I just knew someday, when I was old enough, I would be able to make it happen and it did. I was not an adult looking for how to make it happen, it was just visualization with joy and imagination—no resistance to the idea. No practical, adult-oriented viewpoint of “but how would that be possible?” It was done from pure joy with no effort to make it work out; it was just visualization over and over and then the opportunity presented itself. I made the leap. I have looked back at this experience many times in many different ways. It taught me a lot about



myself, but also about how the universe works and how things unfold in the physical world. In our minds, they can unfold in an instant. But, with our *experience* pertaining to *how things work in the real world*, we can easily take the power out of our visualizations without realizing it. The universe works in miraculous ways.

### Another Visualization Story

Many years ago when I was a flight instructor, I was in the process of trying to build flight hours to move up in my career like most flight instructors do. I was not making much progress because the economy in 1981 was terrible and the aviation business was very slow. Several airlines had gone out of business which put many highly experienced pilots back in the job market competing with me for positions. This was demoralizing for me because I was young and impatient. Often there would be nothing on my schedule but I would have to be there in case somebody walked in and wanted a demo flight or lesson. Frequently I would have a student cancel. It was very disheartening. When this happened, I would go the sales department and get the keys to one of the many airplanes they had for sale. I usually picked one of two Beechcraft Barons. I would go down to the flight line and just sit in them and enjoy being in them, imagining how awesome it would be to fly one somewhere. I was qualified to fly them and the charter department used a couple of them. But I was not in the charter department yet, so I didn't get to fly them. Besides, with business the way it was, there were always other pilots available to fly them if needed. What was interesting about this in retrospect was the attitude I had when

sitting in these airplanes. I wasn't unhappy about not flying them, I sat there enjoying them and wanting and imagining what it would be like to be able to go somewhere in them with no students or charter clients—just me and the airplane—so I could purely enjoy the flight experience. I sat in these two specific airplanes frequently over a period of several months.

Here is the interesting development, though. During the next several months, on three different occasions, I turned out to be the only available pilot to fly these same airplanes to different locations by myself: exactly what I had visualized. It was amazing and a total joy! One time I flew from Salt Lake City to Denver. On a different occasion I flew the other one from Salt Lake to St. Paul, Minnesota. It was incredible. I was truly able to enjoy these flights, and it was totally the way circumstances lined up that made this happen. The universe works in mysterious ways! It winds up giving you what you are putting out there and not resisting. I was not resisting, or being sorry that it wasn't happening, I was just enjoying being in these airplanes and visualizing me flying them. This was the same type of visualizing I did for skiing. It was not done from a viewpoint of lack, or wondering how or if it could happen. I just repeated visualizing having the experience and loving it.

Using times like this help me put together strings of good moments to refer back to, those which remind me of what can happen when I am creating moment to moment. Do this enough and you will find ways to revise your thought structures to include more positive and miraculous things. Practice and don't worry about when those things will come. Imagine how it would feel to be experiencing them now. We will touch on some pointers for improving our skills at visualizing later.

## Difficult-to-Explain Phenomena

I had an experience when I was in the Boy Scouts on a camping trip. We were sleeping out under the stars. I clearly saw an object moving across the sky and making right-angle turns with no change in speed. It was far above the atmosphere where commercial jets fly. There is no way I can imagine it was anything from Earth. With how much evidence there has been on all aspects of extraterrestrial (ET) sightings and interactions with humans and the Earth, I find it impossible to believe all these accounts are false. Consider the Great Pyramids, the Nazca Lines, the Bermuda Triangle, and numerous other sites around the world that are beyond an earthly explanation. I have revised my viewpoint and continually try not to exclude *anything* from initial consideration. There's too much we don't know about. Keeping an open mind about things increases your perception about what is possible. The truth is often so far outside what we normally think that it may not be believed. Many credible people tell us there are in fact many ET races among us and have been for a long time.

Of course, the existence of UFOs is still a highly contentious debate among some. Those contending UFOs exist have detractors. This is a great area of debate! I'm not going to spend much time covering this other than to consider the number of stars and planets we can see from planet Earth on a clear dark night, especially in the clearer skies of the west, at altitudes well above sea level. How could anyone think there weren't other beings out there?! We can only see part of our galaxy, and there are more than *100 billion* more galaxies projected to exist, depending on the source. That number of galaxies makes it highly likely there are many other worlds with life.

The point to this is that there are many things that evoke a sense of wonder. Also, it is important to realize that our world is changing. We are the ones changing it largely with our thoughts and awareness. If things get better, it will be because we as individuals raise and improve our individual consciousness and become increasingly aware of more possibilities.

### Orbs and Other Phenomena

There are so many areas we know very little or nothing about yet. We are in a constant state of learning and discovery. That's our evolution. For example, there are phenomena in the environment that are often called orbs. No one I have found knows exactly what they are or why they are here. Explanations on what they are range from dust to energy sources, spiritual sentient beings to points of perception for some other civilization from elsewhere. Orbs seem to be drawn to loving positive energy. I have seen people attract them by having loving and playful energy. You can often see them at night by using digital cameras with a flash. Just take some pictures into the dark and see what's there.

There are many theories but this is an area that can open up your sense of wonder and begin to change your thought habits and structures. I have taken many pictures of these phenomena and they are pretty interesting; there are different sizes and shapes, though most are round. I have seen some inside a friend's house when looking at pictures from a birthday party and others I have seen in my house at different times. Others yet have been visible in pictures I or my friends have taken while hiking at sacred places in the mountains. These have been visible in pictures taken during the day though some of these look more like energy emanations than orbs.

There is a lot of information available on the Internet on these and it is worth checking out to see what you think. There is a documentary film available, entitled *Orbs, The Veil is Lifting*,<sup>2</sup> that has a great deal of information on these phenomena. Some detractors contend that these phenomena are most likely dust or mold particles clustered together. It's quite possible that could explain some, but that does not explain the varied locations where I have seen them on photos I've taken.

One night a friend and I were taking pictures outside to see if there were orbs around. We found them in some parts of the yard but not others. There were some over part of the roof of the house, and over the lake, but not in other parts of the yard. We saw a few near some ducks that were sleeping by the lake. We have taken pictures in the house and seen them in some places but then they were gone within the same hour. I have also seen other pictures taken by a friend that showed energy patterns far beyond those typical for orbs. These were taken by several different people in different locations and at different times of day. The "it's just dust" theory may explain some pictures, but it's not even close to explaining them all.

### Angels and Others outside the Physical Realm Looking In

Back in the day, when I was skiing regularly, I dabbled in "recreational" substances and spent time in the bars at night along with my peers. I have had some experiences that are noteworthy, which have confirmed my belief in guardian angels. I was coming home one winter night and should not have been driving. I lost track of quite a long span of time and "woke up" discovering I was driving up a snowy canyon road with no recollection of how I got there. This was a winding road in the winter and somehow I hadn't driven home as planned. When I "woke

up” I had no idea of where I was until driving by a sign that told me. I had driven quite a long distance out of my way. At that point, I turned around to go home. There was no way I could have done that drive in my condition without help. For me to be safely navigating a narrow canyon road, in a snow storm, unaware I was even there was not realistically something I could have done alone. Some being outside this realm was watching over me and made sure I was safe.

Here’s another story where I consider a guardian angel was watching over me. I was piloting a cargo charter flight from Salt Lake City to a town south of there on the other side of the Wasatch Mountains. It was a visual flight, not on instruments, because the weather was decent but with a high overcast. I took off and flew south to a canyon area where I could go through the mountains then make a course correction and proceed to my destination.

As I got through the canyon I could see the town I was flying to and it was being totally pounded by a huge and severe thunderstorm. There was lightning, hail, and a heavy rain shaft right over the airport. There was no way I would be able to land there. I was in an open valley so I began to circle in order to see if the storm would move off and allow me to complete the flight. Though the valley had good visibility there was an overcast layer of clouds above and I was surrounded by mountains, all much higher than my altitude. I had space but not much. The only way out was the canyon I had just come through, and the destination that was out of the question.

Suddenly I perceived an urgent intuitive communication: “You need to get out of here right now via the canyon and get back into the valley; you are in danger.” I immediately turned around and followed the instructions. As I exited the canyon into the valley, I looked back at where I had just been and it had completely turned into a cloud. Had I stayed even ten seconds

longer, I would have been inside a cloud with zero visibility and much higher terrain all around me. Not a good situation. Looking back at this time—I have done this often—I believe I had an angel looking out for me again.

There will be more on angels later.

### How the Universe Works (When We Let It)

There are countless stories of intervention such as these and they are real. The point of this is there is much going on that is unseen, but it is not necessarily outside our capacity to perceive. Rather, it is outside of what the “normal” viewpoint is here on Earth. We just need to get more perceptive, look wider and deeper. Little by little we can increase our perceptions and begin to utilize them. Step one is becoming aware of them. Don’t automatically dismiss things society tells us we should lest we be labeled crazy. We will talk about how we are steered into thought structures and address detractors in the next section.

“There are only two ways to live your life; one is as though nothing is a miracle. The other is as though everything is a miracle.”<sup>3</sup>

—Albert Einstein

The universe will look out for us if we let it and acknowledge it. Of course, if you don’t believe this, you will most certainly find confirmation of that. But developing the belief that the universe is looking out for you will be helpful. Here is an example of things working out in a pretty amazing way. Stories like these are plentiful.

A lady (I'll call her Karen) had lost her husband of many years and continued missing him and living in sorrow long after his death. She could not let go. She joined a group of others who had lost their mates also. Their function was to help those in the group to work through their grief so they could move on with their lives. This process was not working for Karen but during that time she met Beth, also a recent widow. Beth had managed to pick up and move on with her life. They met each other in this group, got along fairly well, and developed a friendship. Karen had bought tickets to a cruise that she was planning to go on with her husband before he became ill. His illness progressed and he passed away, and she never went on the cruise. Since she did not go because of the circumstances, the cruise company held her reservation for a period of time. That time was running out and she was going to have to use the cruise credit or forfeit it. This had been the case for some time. She did not feel she could go by herself, but the deadline was approaching. A friend of Karen's suggested she ask Beth to go with her before she forfeited the trip. Karen decided this might be a good idea and asked Beth if she wanted to go with her. Beth said yes and they booked a date before the expiration.

Karen and Beth had departed and were on the cruise; all was going well. There was a formal dinner night midway through the trip. Beth was excited to go but Karen had decided not to go because she did feel it would be too much for her, reminding her of the loss of her husband. Beth insisted she get dressed and go. Karen finally agreed and they went to the dinner.

They were seated at a table with several other people whom they did not know. They struck up a conversation with the people at their table. One couple at the table was there with their son. Karen discovered that this son knew an old high school sweetheart of hers named Stephen. Karen and Stephen had gone on to careers that took them away from their city. Stephen had gotten married and involved in his life. Karen had also met someone else and become a wife



and mother and proceeded with her life. Karen had more or less forgotten about Stephen but had always liked him. This son at the table had known Stephen for years as they had been working for the same organization in the same city.

He told Karen that Stephen had spoken of her several times through the years. Stephen had divorced and was living by himself. The whole time, another guest at the table (I will call her the “Angel”) kept pressing the son about Stephen. “What has he been doing?” “Where is he now?” The Angel continued, persisting pretty much to the point of politely nagging and *kept insisting* that the son write down Karen’s name and tell Stephen he had met Karen when he returned from the cruise. The Angel would not let up for some reason. If she had, the whole thing would have been dropped. The Angel really was an angel. They can come in all kinds of forms, I suppose, even a nagging and persistent individual!

The son also *promised* the Angel (and Karen) he would tell Stephen about their meeting at dinner. When the son returned from the cruise, he left a card on Stephen’s desk saying “I met Karen, an old friend of yours.” Stephen looked at the card and put it in his desk then promptly forgot about it. Nine months later he found the card and tried to find her but was unsuccessful. In the meantime Karen continued working through her grief and had begun to carry on with her life. It had taken some time. Shortly after that, Karen updated her information on her high school reunion website. Stephen thought he would try again and this time he was able to find her and wrote her a letter. She called him and they wound up talking on the phone for hours. This was two and a half years later! Stephen had put the card away and simply forgot about it for all that time. Karen was just not ready. When she was everything fell into place. To jump to the ending of this story, they started seeing each other, and now are in love. They eventually got engaged and now are married!

Looking at this true story demonstrates how the universe can take care of you if you let it and trust that it will. Look at the probabilities of Karen finding Stephen and what occurred to bring this about and the series of synchronistic events: That *particular* cruise date after many had passed; Karen not planning to go to the formal dinner but being persuaded by Beth to get dressed and go; and then sitting at a table *out of all the possible tables among several huge dining rooms*, with a person who had the card of Karen's high school sweetheart—not to mention a totally unrelated person (the Angel) who was interested for some reason and who pushed hard enough on the son to make this thing happen. What are the odds of all that happening? The universe knows when the time is right *and it will look out for you*. Don't get in the way!

There are so many stories like this that happen all the time. Life is a miracle. Let it be so! Imagine if you learned to not only let it happen, but engage with it so that it can do more with you! There is a scene in *Star Wars: The Empire Strikes Back* when Yoda has lifted Luke Skywalker's ship out of the swamp after Luke had failed in his attempt. Luke sees this happen and says in astonishment, "I don't believe it." Yoda responds with, "THAT is why you fail..." Belief is powerful. Don't discount it. Learn to form it into what you want. The rest will follow if you allow it. Things may unfold differently than you had planned, but trust that it will work as you believe, because it will. We will delve more deeply into beliefs soon, including how they form and how to recreate them into something useful to you. There are many ways to do this.

## Section Two: Thought Structures

## Chapter 3 How We Apply the Brakes to Ourselves

### Thought Structures

We are going to shift gears for a while with this next section. While we have the potential to experience and exercise higher perceptions, how come we often don't? How do we or did we get so far away from being who we really are? This section will get into why that is, and some of the reasons we developed habits that have brought us to where we may find ourselves. We *can* fix it.

Know this: we have infinite ability; we can tap into higher consciousness. We can perceive other dimensions and can see other things, but we're discouraged from doing so. We have forgotten how. We are primarily taught to think, not feel. There are rules, manners, etc. We may lose our ability to feel to the point of losing belief in ourselves. We are taught that certain things are "not real" and, if we persist in talking about them or perceiving them, we are in danger of being labeled and/or put on drugs like so many children today. Perception outside the five senses is not very well acknowledged, nor is discussion of certain things.

As I was growing up, I bought into these limitations without realizing it. Being young and impressionable, I believed what my parents taught me, but *they* were the prototypes of *their* parents and the indoctrinations that had formed *their* lives. This is passed on and we just learn and believe what we are taught until we are old enough and brave enough to observe for ourselves. But oftentimes we don't look, so we continue to filter all experiences through these frameworks.

I want to cover how this concept of thought structures works. We'll define them then show all kinds of variations and influences on how they are formed, how we have been steered

into believing certain things, operating in certain ways, and how ideas and beliefs expand and turn into thought structures. This section is in the book because I feel there is a level of awareness you can acquire that will not only help you dissolve things that are not helping you but also give you tools to rebuild thought structures which *will* help you. Much of the time we don't pay attention to how we have constructed things. Knowing this will help us deconstruct un-useful paradigms by seeing how we built them in the first place. This will also help us in the later sections to strengthen the new thought structures we will create. Being aware of how we created these patterns will be the tool to keep us from doing it on a continuing basis and wondering what's wrong.

After defining thought structures, we will explore them for a while and refer back to them occasionally. I will continue to weave this concept of thought structures throughout this book to show the many ways this concept occurs in our lives. Much of what we have come to know has to do with beliefs we have grown up with. Thought structures are ideas we have that define how we look at things that come along. They have beliefs as their foundation much like the foundation of a building. The structure gets built up around the belief as time goes on. These structures can change at different places along with different events in our lives. The universe itself changes as does our society—sometimes slowly and, at other times, more quickly.

Let's look a little closer at this concept of a thought structure. The dictionary defines *structure* as something built, anything composed of parts arranged together. The way parts are made or put together, the relation of the parts or elements of a thing, especially as it determines its particular nature or character. Therefore, a thought structure is something built from various thoughts mostly connected in some way. This creates the whole structure of the idea, the character and nature of the structure.

We all have a pretty good idea what thoughts are. They are ideas, concepts, or notions formed in the mind: what one thinks, the process of coming up with ideas from mental activity or reasoning. These are filtered by what we believe to be true about something unless we are following a rigid discipline that is customary in scientific research. Even then, we most likely have an idea of what we are expecting to find from our research. Often we may not have examined *why* we believe it to be true.

A thought structure is a basic set of ideas that become beliefs and have been received somewhere. Then, we build onto them by collecting more ideas that support the original idea.

It is like a house built onto a foundation. If the foundation is faulty, the house will not be sound either. The way to topple these foundations is to find a conflict related to it and see where the conflicts lead. This will usually show up with the dismissing of the data as unworkable or wrong. Examining this further will lead to a clarification of what the issues are, allowing you to begin the process of tearing it down and building one that is more beneficial to you.

I have found focusing on positive things and having positive affirmations is a great way to dismantle negative thought structures. When being positive becomes a regular habit, many of these thought structures will become visible, and you will suddenly see where some negative attitudes came from. You don't need to go back and try to undo them all. They will dissolve over time or be rendered null via positivity.

We tend to get an idea about something and then go about viewing our world through those reference points. Here's an example. Joe has an idea flying is unsafe. He has no experience with aviation in particular except what he has read in the papers or seen on TV. Of course, the only time this happens is when there's a crash of some sort. That doesn't happen very often so it

really is news when it does. He looks at airplanes, especially small ones, as dangerous. He supposes that if the engine quit, the thing would just fall out of the air. He is terrified every time he has to fly. He hasn't really thought of the fact that sailplanes or gliders fly for hours with no engine at all (i.e. the space shuttle when returning to Earth,). He does not know how this would even work. He spends years hating the fact he has to fly for work and resists it. He might suffer anxiety and wind up on medication that can present a whole new set of problems. *Since he is resisting it, by focusing on how much he hates it, he may find he has to fly for work more frequently.*

He then decides to be more positive about flying. Then one trip, he winds up sitting next to a flight instructor. As they talk, Joe brings up the fact that he has issues with flying. The flight instructor shows him how a wing creates lift. Then he shows him some other factors about what happens when that airplane turns, turbulence, the number of flights that occur each day with no incident, navigation, and so forth. Joe winds up understanding much more about flying. These new revelations begin to disassemble his negative and fearful ideas about flying.

We can easily build non-beneficial thought structures, and as a result put numerous barriers in our way. It is important to be able to see when that's happening. We need to see what's in the way, look within and be totally honest with what we see there. It's usually an idea or pattern of thought. Even if there is something there that seems to be legitimate, an idea may have been there first and be underlying it. By being aware of this, we can sort things out and make desired changes in ourselves. We will discuss this idea at much greater length soon, but see if you can start noticing thought structures you may have as we continue. We may have built thought structures defining for ourselves what we are capable and not capable of perceiving.

### ‘Reality-Based’ Beginnings to Thought Structures

Thought structures often start with a “real” circumstance that’s easy to simply adopt and build onto. For example, I was told at a rather young and impressionable age that I was not good in math. I had not been particularly *bad* at math until I got seriously behind one year. The reason for this was that the fact that our school had become one of the first to begin the government experiment of busing kids across town. This resulted in a dramatic demographic change in our school population and was very disruptive. There were kids in my classes that actually assaulted teachers, threatened smaller kids to take their lunch money, and so on. I did not go into the bathrooms anymore except during gym class as they were mostly unsupervised, and it was unsafe. This was in junior high school.

I was living in a constant state of fear because at the time, I was one of the smaller kids in my classes and the other reason was the viewpoint I was being raised with, one of scarcity and fear. This was fairly prevalent, and I just adopted these ideas as the way things were without examining them or deciding on them. They became part of my belief system. As a note, years later two of the students in my seventh and eighth grade math classes were convicted of armed robbery and served time in the state prison.

Needless to say, this was not a good environment for learning or asking questions, and I got behind. One teacher who was the head of the math department decided I needed to go into a different math class, one not as advanced. This was the origin and the reinforcement of my thought structure that I wasn't good at math. Of course, with math, everything is built on earlier concepts so if they're not understood, it's difficult or impossible to follow what comes next. Not knowing this at the time, I just believed this foolishness about my own abilities and went with it. I began building this thought structure. The structure began with an idea first, which became a belief and went from there.

At that age, I did not critically examine the input and quality of teachers. On top of this, because of my "lower ability at math," certain types of careers were automatically ruled out for me, such as being a pilot, engineer, or other careers with heavy utilization and need for math skills. For years I believed this, and added to this thought structure accordingly. I don't bring this up to excuse anything; it's just to show how easily conclusions can be made that become reinforcing and life changing. All because of someone's opinion, combined with my own believing what I had been told. It is possible some of these evaluations are somewhat valid, but we need to examine them for ourselves before deciding. I've found many of my ideas came from such origins. I just accepted them as true at the time without really thinking about it.

#### Another Example of Thought Structure Formation

My grandmother was critical of my mother both as child and later as an adult. My grandmother was from the era that believed "children should be seen and not heard." This was



the framework my mother grew up with. Though she formed her own ideas, they were built with this in mind. Her thought structures were constructed to filter things through a viewpoint that included other such thoughts: “watch your step”, “others probably know more than you,” “be careful,” “you can’t always get what you want,” “life isn’t fair,” “behave yourself,” “don’t get your hopes up,” “if you get divorced you’re a loser,” “money doesn’t grow on trees,” etc. It’s not hard to see what a child would begin to believe if a parent kept telling him or her this while growing up. While you are young, you tend to believe your parents!

I grew up with many of these feelings and ways of looking at things. I was not disappointed a lot as I brought about results that were always a result of my own thinking. My mom used to tell me not to get my hopes up, trying to protect me from the disappointments of life. *Not get my hopes up?! What else is there?* I had big dreams and visions of things I wanted to do, always tempered by this fact. I had thought structures that were interfering with my underlying viewpoint of what was possible. Thus, the things I was looking at were changing and flowing with what I was seeing as potential outcomes.

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## Chapter 1

<sup>1</sup> [http://en.wikipedia.org/wiki/Akashic\\_records#cite\\_note-0](http://en.wikipedia.org/wiki/Akashic_records#cite_note-0)

<sup>2</sup> <http://www.crystalinks.com/akashicrecords.html>

<sup>3</sup> Braden, Gregg. *The Divine Matrix: Bridging Time, Space, Miracles, and Belief*. Carlsbad, Calif.: Hay House Inc., 2007. Page 16.

<sup>4</sup> *The Sixth Sense*, Written and Directed by M. Night Shyamalan, Perf. Haley Joel Osment, Bruce Willis, Olivia Williams, Toni Collette. Walt Disney Studios Distribution, 1999

<sup>5</sup> *Dragonfly*, Directed by Tom Shadyac. Perf. Kevin Costner, Susanna Thompson, Joe Morton. Universal Pictures 2002.

## Chapter 2

<sup>1</sup> <http://www.quotecollection.com/quote/losers-visualize-the-penalties-of-failure/>

<sup>2</sup> *Orbs, The Veil is Lifting*. Produced by Hope Mead & Randy Mead. Beyond Words Publishing Inc & Merkabah Productions Copyright 2007.

<sup>3</sup> <http://www.goodreads.com/quotes/show/987>. Albert Einstein quote.

## Chapter 4