

HOW DO THOUGHTS CREATE REALITY?

By Debbie Friedman, M.S., C.Ht.

Recently I've been asked to be a guest expert to discuss manifestation and, in particular, *how what we think creates the life we experience - our reality and results*. It occurred to me that I've talked about this idea over time in my newsletters, and that it was time to be really direct about it with all of you so that it's clear. This is not just "woo woo" or metaphysical stuff anymore.



Let's get to it. As many of you know, I am a scientist by background and training. Aside from the amazing results and transformations that I see daily in my work, one of the most exciting things about helping people remember how to manifest and create their lives is that the work that I've been doing is all being confirmed now by scientists! This is something we can all now understand.

More than that, it is essential that we not only recognize but take responsibility for the power of what we think, say, and do in creating life around us!

Most of you are clear on the idea that what you focus on is what you attract, or create, in your life. You probably all know that creation starts with your thoughts and the choices that you make. Your thoughts lead to your emotions, your emotions lead to your actions, and your actions lead to the results and reality that you experience. While it all begins with your thoughts, the key here is your emotional response.

Desire + Emotions = Creation. What you give emotional energy to is what is sparked into creation. Now, your question may be ***"WHAT MAKES THIS HAPPEN?"***

Here's the answer:

Quantum Physics has now shown that there is a field a energy, a measurable web, that permeates everything, that is intelligent, and that responds to human emotion. This field of energy has been called the "Mind of God" by some scientists, and is more commonly known as the "Quantum Hologram". All of creation is connected through this field of energy and this field, the Quantum Hologram, responds to human emotions.

Human thoughts, feelings, and emotions are vibrations that create patterns in the Quantum Hologram. Positive emotions have a higher vibration. Negative emotions have a lower vibration.

Some of the earlier studies on the Quantum Hologram focused on the way our DNA sets patterns in the field of energy. It's been shown in studies that

feelings of compassion, gratitude, understanding, appreciation, and love actually relax the strands of DNA in our bodies. Prolonged exposure to these positive emotions actually allows the DNA strands to unwind, which allows the individual access to all the genetic options or possibilities for health and life. On the other hand, anger and frustration tighten DNA coils, shutting down the body's ability to respond and heal.

Emotions, then, change the shape of your DNA and change the electromagnetic field of the Quantum Hologram, which is the fabric of our creation. These effects change our physical world.

We know, too, that the heart and brain are constantly communicating, and that the heart is more than just a physical pump for blood. The heart has an energy field of it's own that extends 5-8 feet from the body. This field of energy reflects what we "become" in our hearts as our choices produce feelings and emotions that produce effects in our physical world.

If you can FEEL the experience, you can manifest it. If you feel as if something has already occurred, you are creating! This is why it's so important in the manifesting process to be grateful for what you choose for your life – as grateful as you will be when it is physically present! The invisible Quantum Hologram is responding to your thoughts and feelings and changing the physical world around you each and every moment.

Remember, your mind does not know true from false, fact from fantasy, and it does not have a sense of humor.

Choose wisely, powerfully, and positively! Choose the life you desire and deserve!

YOU deserve it!

Debbie Friedman, C.Ht. is a gifted and inspiring *Certified Clinical Hypnotherapist* with more than twenty years in the field of personal growth and development. [Contact Debbie](#) to claim your two free audio CDs and the seven beginning steps to Living the Life You Love to Live. Debbie is also *Conscious Creation Mentor* for our [WS Team](#).