REALITY SHIFTS

Most of us make changes in the world by finding something we can physically DO since we understand how our actions affect the world. When we feel a burning need to transcend our physical limitations, we pray... hoping to shift reality with our thoughts and prayers. But how does prayer work? How can we change the world without lifting a finger? A closer look at physics helps us understand how our thoughts and feelings can change the world.

Classical scientists laid the foundation for our western view of reality when they proposed four fundamental assumptions as the basis for science in the seventeenth century These four assumptions (causality, locality, material monism, and objectivity) seemed inviolable until recent quantum physics experiments showed their inaccuracy in the realm of the very small.

At the quantum level, there is no such thing as an objective, uninvolved observer. Every measurement we take affects the behavior of what we observe. This means that it's not possible to separate us from the quantum particles we observe. Each time we observe a quantum particle, all possibilities for its momentum and position collapse into a particle we can see and measure.

When physicists sought the smallest possible building blocks, the last thing they expected to discover was something that behaved like both energy (a wave) and matter (a particle). Thomas Young designed the experiment at the heart of quantum physics' central mystery in the early nineteenth century Young's double-slit experiment involved the observation of a stream of subatomic particles directed toward a particle sensitive screen with a barrier in front of it. Particles passed through one of two parallel slits in the barrier before they hit the screen. The resulting pattern that developed on the screen showed the interference pattern of particles passing through the slits at the same time, much like the rings of two stones dropped in a pond at the same time interfere with one another. Each slit in the barrier could be opened or closed independently and the tiny quantum particles could be directed towards the screen in a trickle, so only one particle passed through the slits at a time, showing a spot every time a particle hit the screen.

The really surprising thing about Young's double-slit experiment is that when one particle at a time was fired through the double-slits, a pattern developed that looked like particles had passed through BOTH slits at once! This would be like having the double ring effect in the pond when only one stone was dropped at a time. When the apparatus was modified to include particle detectors behind each slit, scientists found two blobs of light on the screen behind the two slits with NO interference patterns! Somehow every quantum particle knew exactly how these experiments were being conducted, and adjusted their behavior accordingly

by Cynthia Sue Larson

Since everything in this universe is made of these quantum wave/particles, we also consist of both energy and matter at our very core. Just as all our quantum particles give us relatively large mass, all the energy from them give us relatively large energy fields as well. Have you noticed things go more your way on high-energy days when you feel loving than on days when you feel worried or angry?

Quantum physicists Alain Aspect and his colleagues were astonished in 1982 to discover how the measurements they took for quantum particles affect the spin on their twins located some distance away. Twin particle pairs maintain a combined spin of zero between the two of them, with one particle spinning in the "up" direction, and the other "down." Aspect separated twin particles as far as 12 meters from one another, and found that even with such great separation, a particle still simultaneously selected its spin as soon as its twin was observed. Observation caused one particle's spin to be set as either up or down... and at precisely the same moment, the distant twin particle selected the opposite spin. This simultaneous, synchronous communication between particles had been referred to by Albert Einstein as "spooky action at a distance."

These findings would be impressive enough if they were confined only to pairs of quantum particles, but more recent studies indicate there seems to be NO LIMIT to how many quantum particles can be entangled! Physicists Noah Linden and

Sandu Popescu and their colleagues are finding that most of the connections between quantum particles in the larger groups of particles they study are nonlocal.

Everything in our universe appears to be intimately interconnected on a very fundamental level. Many of us feel this kind of instantaneous nonlocal connectedness in our lives as synchronicities and coincidences, as well as telepathic communications, or knowing who's phoning us and whether we've got mail. One practical application of these new concepts is in healing, where patients now pray or meditate to visualize and make quantum leaps in improved health.

Four interpretations of quantum physics can accurately predict quantum behavior, and each has different implications for the nature of reality. Regardless which interpretation we prefer, quantum physics strongly suggests that we are creating our lives in every moment.

Niels Bohr presented the Copenhagen interpretation of quantum physics in Italy in 1927, stating that quantum particles exist as waves which might be anywhere until the wave function is collapsed. As long as nobody looks, each quantum particle is equally distributed in a series of overlapping probability waves,

in a superposition of states. In 1935, Erwin Schrodinger designed a thought only exercise in which a cat sits in an enclosed chamber with sufficient air, some radioactive material whose decay can release poison gas, and a monitoring device. There is a fifty percent chance we'll find the cat dead when we open the box, and a fifty percent chance it'll be alive. The cat's fate is determined at the moment when an observer opens the box and looks in.

In the 1950s, Hugh Everett III proposed that every possibility inherent in each wave function is real, and that ALL of them occur. Possibilities become actualities with each measurement that is made, so infinite slightly different realities come into existence as each quantum event is observed. In Everett's many worlds interpretation, both possibilities for Schrodinger's cat are equally real. We see one reality where the cat is alive, and know that another reality exists in which the cat is dead. The many worlds model can be interpreted to mean that our universe seems to behave classically because there are many universes we don't know about.

John Cramer's transactional interpretation of quantum physics suggests that "handshakes" take place between quantum particles in different points in time and space. In Cramer's interpretation, a particle here and now on Earth instantaneously communicates with particles light-years away in time and space, as one particle sends an "offer" wave and another responds with a "confirmation" wave.

Physicist David Bohm and neurophysiologist Karl Pribram proposed that the universe may be like a giant hologram, containing both matter and consciousness as a single field. This model suggests that the objective world "out there" is a vast ocean of waves and frequencies which appears solid to us only because our brains convert that enfolded hologram into an unfolded sense of material we can perceive with our senses.

As we examine our assumptions about the nature of reality, an extraordinary thing happens. We discover we can experience reality shift when we:

• FEEL ENERGIZED by feeling love instead of anger or worry, in order to expand our energy fields.

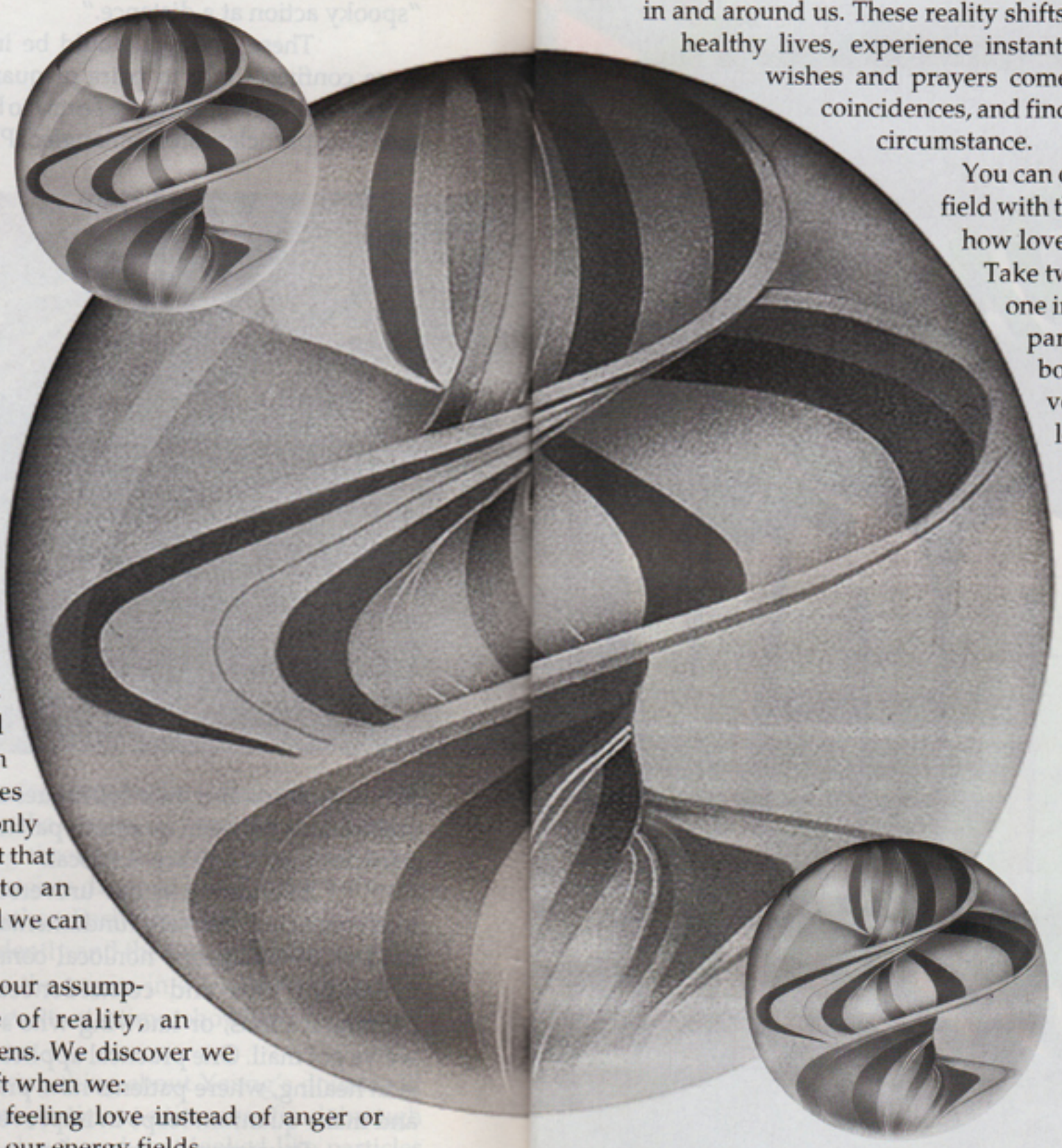
• VISUALIZE WHAT WE WISH TO OBSERVE, knowing that we actively create reality as we observe it. Our observations have far-reaching impact, since our quantum particles are intimately interconnected with twin particles everywhere else.

• LET GO OF WISHES to give them the degrees of freedom required to exist unobserved as pure energy waves, before our observation collapses the wave functions and one possibility materializes.

We all witness random shifts in reality, whether or not we are consciously aware of them. Most of us have set down our purse, wallet, or keys and later found them inexplicably moved, or lost a sock somewhere between the washing and drying machines.

Reading this magazine can be an example of witnessing reality shift. Shut your eyes for a moment and remember some part of this magazine that you examined closely Recall as many details from memory as you can, and then open your eyes and return to that section. Do you notice any changes? Discuss this magazine with another reader and ask for their observations to compare with your experiences. The more you focus your attention on how reality shifts with every observation, the more reality shifts you can notice.

A better understanding of our quantum nature helps us realize our potential to change synchronously with others, experience reality shift more harmoniously around us, and affect changes far from us in time and space. We can experience physically observable changes occurring without any direct physical intervention, such as: material appearances, disappearances, transformations, and transportations occurring in and around us. These reality shifts can help us live long and healthy lives, experience instantaneous healings, see our wishes and prayers come true, notice remarkable coincidences, and find our needs fulfilled in any circumstance.



You can observe the human energy field with the help of a friend, and see how love, anger, and fear affect it Take two wire hangers, and hold one in each hand so the hooked parts face away from your body Position your hangers vertically, and hold them loosely so you can see and feel the hangers sway gently to the left and then to the right with each slow step forward you take. Begin walking slowly toward your friend. When you encounter your friend's energy field, your coat hangers will respond by moving out (like barn doors opening wide) or in together (like doors shutting), or they both may go left or right. Now step back about ten feet away and ask your friend to think of something upsetting or frightening. How big is the energy field now? Next, ask your friend to imagine something he or she loves very much. Watch your dowsing rods move as your friend's human energy field increases in size... you are witnessing the power of emotions on the energy body! •

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