

The Nature Of Reality

Understanding the true nature of reality is a key in raising ones awareness and true potential

Consciousness: No one is really sure what consciousness is, though it is a living, breathing thing and is all around us and therefore it forms the fabric of our environment and ultimately, we are a part of consciousness

The Holographic Nature of Reality: The world around us is made up of patterns of interacting waveforms and is therefore holographic in nature

Altered States of Consciousness: If we raise or alter our state of consciousness, we therefore alter our state and perception of reality

(Everything is made up of frequencies, including consciousness; therefore in altering our frequencies, we alter our consciousness which in turn alters our reality. Any altering of consciousness can be done on an individual basis or on a collective as a whole)



The Brain is a Link: The brain is a link from ones physical self to consciousness, and since we are beings of frequency and vibration, we act like tuning forks, and by changing our frequency, we retune ourselves and affect our surroundings

To Alter Consciousness Requires a Trance Like State: There are many ways to achieve varying trance like states and can be attained through numerous methods including words, music, song, meditation, movement, touch or substances

To enter the playing zone is to go into a mild trance, through relaxation, to alter ones state of consciousness, to achieve an optimum performance

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