

The Voice

Inside of Your Mind.

Is the world becoming more conscious, or are you becoming more conscious of how unconscious everyone else is? For instance, I could sit here all day and tell you how to do things, but you will not do those things unless you believe they are true. You must believe it because what is true must also be true for you. When a large number of people agree on something, it becomes a belief. This belief is unaffected by anything other than a majority vote. Some beliefs have been passed down from generation to generation without question. Do you remember “Put on a coat, it’s cold outside, or you’ll get sick”? This is a great example of a belief that has since evolved into a cultural delusion. In this case, the delusion is wearing a coat outside. What I am talking about here is called _____ Method. Did that voice in your mind know how to fill in the blank? Here is where reality begins to change itself.

Our entire perception of reality is based on the frequencies we were exposed to as children. This is known as your family’s resonant energy. The space in which they exist, you exist. As adults, these thoughts that we have been taught to think do not always work. How many different ways can you do the same thing? If there are thousands of ways to consume sugar, which is the most effective? Now, what is the best time to consume this version of sugar we found? When we live off thoughts that we have been taught to think there is a high chance that we might ignore the truth. What you’re doing now may appear to be the best option, but what if it’s the worst option ever devised? How would you know the difference? You would have no idea until you were acted upon by an unbalanced force that invalidated your current understanding. This understanding we have is simply a current that flows through our minds like water. The most important thing about your inner voice is to realize that your outer body requires higher-vibration conversation. How many times have you considered doing something but never followed through? When the mind contracts itself into unbalance it will reject all versions of self-improvement. Thoughts will remain in a straight line unless acted upon by an unbalanced force. Have you ever thought how hard it would be to unlearn a thought that you have been thinking for the past 25 years?

Try to remember how to do something, why do you remember what you remember? We often only remember what works and what doesn’t work. We don’t question if our shoes work until our socks get wet. Did you think about not putting shoes on today when you went outside?

As we mentioned in the last document about anxiety, this thought cannot be created nor destroyed only perceived as different forms of the same thing. There is no difference in living off of incorrect answers as if they were correct.

Consider energy converting from one form to another in this manner. You've had a long relationship with someone and believe this was the most amazing experience you've ever had based on no prior comparisons. This will be the best experience in your life because you have nothing to compare it with. A wise soul once said that comparison is a thief of joy. You have no idea how good this was but you know it made you feel good. Emotional responses are not always accurate because they are based on the motion of your energy. There is no foundation for comparing and contrasting the various forms of the same thing that exist in this particular experience. So, imagine your next relationship revealing how much you were neglected in the first. Would this cause you to question yourself or them? I was convinced that my first relationship was the most amazing relationship I'd ever had until I met the next person. How do you know that love isn't neglect? They are different forms of the same thing in this case.

In order to obtain higher vibration conversation with ourselves our mind must go through 4 different stages. The "Huh?", "Ohh!", "Ahh.", and "Ahha!". If you've never heard of BDNF, you're probably thinking, "Huh, what's that?". We experience this when we do not have enough information to understand what something is. Ohh, that makes sense. When we learn more about a topic that seems true based on previous information. Many of us stop at ohh unless we have prior knowledge about a particular topic to engage our minds in learning more. Sufficient interest in an idea is required to make it further into understanding. Ahh, so all it takes is learning more about something to understand something? Once you reach the ahh phase in life you can now figure out if you should apply this new concept to your life. When we learn to turn an idea into an action we reach this Ahha moment. Finally realizing how this random word changes the entire way a human would live a life.

It is difficult to understand when a moment that makes you say huh is actually one of the most important things you will ever decide to learn. I never thought that reading a book about health would change every single food I ate. The first several books made me say huh, this is bad or that is wrong? The next set made me say oh, this is why it's bad. After I started eating some of the suggestions in the books I said, ah, this is why they say you should be living your life a specific way. After a few years of learning, I realized Ahha, my entire perspective was wrong. As you can see, what was once correct is now incorrect. What begins as confusion turns to clarity if you are seeking to understand your own thoughts. You're reading these words, right?

The classical definition of knowing is to be aware through observation, inquiry, and information. This means one must be aware of the observation, the reason for inquiry, and the actual use of information to know what it is they are supposed to know. We cannot expect someone to use something that doesn't exist in their reality because it simply doesn't exist. You have already started reading and observing the information as part of your inquiry to know more than you know now. What you choose to use will be what you know how to use. Everyone knows that more words will appear as we move our eyes across the page. What the eyes are looking for is all the eyes know how to see. You know something about these words that no one else knows which makes their meaning unique. This knowledge is one of the four phases. It's simple to know that you are reading words right now. What if you already missed a really important part? If you didn't see any words next to this one, that would probably mean the book has ended. When you learn something, how do you know it is true? How can you trust a statement without really knowing? You are aware of your knowledge and your ignorance, and if you are unsure about something, consider whether ignorance is ever preferable to knowledge. You may learn things that you wish to unlearn but life is all about learning.

Imagine thinking you know something about life, only to find out that you were experiencing the worst imaginable anguish every day and were completely numb to it. If you don't know anything else, what you're experiencing right now is all there is to experience. This is where the pursuit of knowing more becomes a risk and reward. You risk invalidating your own reality but the reward is a new one. I had no idea I was suffering until I learned what pain and suffering were. This writing is going to challenge you in ways you never imagined writing could. If you take on these challenges, your life will improve in ways you could never have imagined possible. I only ask that you give yourself over to the words that speak to you. I might be more like you than you realize, but with imagination, you are limitless and endless, and all things are possible. Pause when the words truly speak to you and consider why these random letters made you feel or think something. Every word in this writing is meaningless unless it means something to you. Simply put, consider whether you are seeking the secrets or they are seeking you. Just as one person's entire life is condensed into a sentence, another is recreated and lived in the present. Let my inner voice further validate yours. Is your life getting better or worse as you move your eyes across this page? You haven't learned anything yet, have you?

Now, when we speak of knowing, it all comes from within. People will only know what you are willing to tell them about yourself. It's no secret that internal dialogue occurs within our minds on a daily basis. This internal voice interprets everything we experience based on what we have experienced. Many of us feel crippled by the fear of judgment that never actually

comes. An experience taught us a thought and we continue to think this thought even if it prevents us from creating a better life. We learn in time that it's not what we see or hear that matters, it's what we know about what we see and hear that matters. Matter can only matter if it matters to you. What matters also creates feelings. We could both see and hear the same thing, but feel it in different ways. This is the interchangeability of matter based on our internal energies' understanding of matter. Einstein's observer effect which we speak of next. If you seem to be feeling something I am not feeling we are on different wavelengths of reality. When we are out of resonance with each other the question "what's the matter" comes up. What doesn't matter has no meaning and without meaning, no definition.

Does your mouth mumble these words, or do you just silently process them in your mind? We say these words together. I'm mumbling them to myself and writing them down on this page right now. This means that if you're reading these words, you've reached a point of energetic resonance outside of time. This is that pocket in spacetime where energy was stored. A moment where I ask you to pause and think about that statement. What moments happened in your past that is being used to define your present that ultimately create your future? How did you end up here reading this? Why are you reading this? Your internal energy is being used in this very moment for interpretation. We will talk about energetics and physics in a later chapter. The vibrational energy I hold now holds you. The ability to interpret this jumble of vibrational energy has given us a sense of whom, what, and where we are. Everyone is aware of the small things that help one another interface in a shared reality. You are aware of your age. You are aware of what you do for a "living." You are well-known and understood by yourself, right? When someone asks you who you are, you tell us about your life experiences. This knowledge is necessary, and there is little point in questioning these aspects of reality. To prove this, I ask you how many breaths have you taken since you started reading this. I sure don't know how many I have taken writing this.

Now, when you venture deeper into understanding why you think the thoughts you think, know that it's only you who thinks them. The most important part of this voice is knowing that while one person experiences fear, another is capable of experiencing happiness in the same situation. This would be Einstein's observer effect again & laws of motion, which we will speak of in a later chapter. One action can have a complete and opposite reaction that is dependent on the observer's internal energy. This opposing reaction comes from the opposite understanding of a situation, which is the expression of one's internal energy having resonated with a different source. If your voice has been trained with expectations given by others then your experience can be no more than the thoughts you have been taught to think. There is nothing wrong with the thoughts of others, however, this is where you have to ask yourself if

they work. As a small child, any information about the world is going to work. As an adult, this conversation you have had with yourself over the past 20 years might not serve you anymore. You can't be afraid to talk to strangers when strangers, give you everything. You were a stranger to yourself at one point in time. This strange reason why you ended up in this strange place you may not like. You decided to go there. You have to know the difference between your thoughts and the thoughts of others at this point in time. Is this voice your voice or someone else's? I know my mind is filled with the voices of others, but these voices were chosen. I decided to surrender myself to others because the thoughts I was taught didn't work for me anymore. When you go from making \$420 a week to more than \$800 in a 20 min conversation, reality doesn't seem real.

This thought we have been taught to think goes something like this. If we go out on a date to the movies and your expectation was that I pay and buy you popcorn, what happens when I don't? The expectation that you were taught about reality did not occur. This invalidated your internal voice, making you feel completely unheard even if you didn't say anything. As if reality wasn't exactly what you thought it was. This is an example of an internal voice speaking out of habit. It has either been told or has experienced enough scenarios to project thoughts forward and create its own future. Creating your own future is extremely important, but when this voice is creating expectations that set you up for a feeling of failure, You set yourself up for disappointment. This expectation has been created by what you know. We all expect the things we know about the world to happen. What you know could equally be as wrong as it is right. You hold an expectation and so do I. Some expectations like getting popcorn are not as important as treating someone with respect. We do not mind readers, but I am going to teach you how to read your own mind. Know the things you know because they know you better than you might know yourself. Why else would one person wake up today and have a great day while the others simply fall apart? My life used to fall apart and get worse every day until I decided to take control.

Try to start building a relationship with your internal voice like this. How many times have you thought something in your mind and never taken action on your thought? What if not taking action creates distrust in yourself? What happens when you no longer trust yourself? You wanted to compliment someone but decided not to out of hesitation or fear. More distrust. You felt unheard but never spoke up. More distrust. A cute person walks in and the dialogue in your mind says "Wow they are beautiful!", but you never told them. More distrust. Imagine that you have been living your life thinking these thoughts and never taking action on those thoughts because you can't trust yourself. This constant loss of trust in ourselves by ignoring our internal voice eventually completely disconnects the inner voice. We could never trust ourselves again,

could we? How far off track from the reality that you have wanted to create do you think you would be when you don't believe your own thoughts? My entire reality was based on the thoughts of others. All of my thoughts created nothing but suffering.

When we move into thought energy it is classified into two types: artificial and natural. Artificial energy is man-made energy, energy derived from feelings that you do not always need to identify with, such as anger or pain. Natural energy is energy derived from the flow of daily life. Artificial energy has negative consequences because it disrupts the natural cycle of coming and going. Natural energy is infinite because it is based on natural comings and goings. Artificial energy reduces creativity and focuses, while also limiting resources for the task at hand. Natural energy manifests itself as creativity and focuses on the task at hand. Choosing artificial energy implies rejecting reality and oneself. This artificial version of energy that no longer serves you is the only thing that stands in your way of natural energy.

Tapping into the energy feels natural when we think about something that makes us extremely excited, and effortlessly carry that excitement throughout the day. The goal is to teach you how to tap into natural energy, regardless of the circumstances. The process of tapping into natural energy opens our hearts. To open our hearts means to be able to feel, think, and act without shame. Self-awareness is the first step toward self-liberation. If we want to be able to feel without being limited by emotion, its intensity, or frequency, we must choose to feel rather than react. If we react without first listening, we are attempting to change our feelings without first understanding the entirety of what we are feeling. We rarely feel one emotion at a time, rarely feel without thinking, and even less frequently simply sit with those thoughts and feelings.

This immediate action is telling ourselves that we will try to change how we feel before fully understanding how we feel, which creates deep distrust. Imagine you were talking to a friend, and every time you started talking about your ex, he would interrupt you and change the subject. You'd get frustrated and stop trying to bring it up, even though you desperately needed to talk to someone. You try another friend, and once again, he changes the subject after two words. A third friend does the same thing until you realize that no one wants to talk about it, so I'll just have to figure it out myself. Do you know how to figure it out?

Imagine the roles were reversed: you tried to talk to yourself about your ex, and two words in, you distracted yourself. Consider how many times you tried until you gave up. Consider that the only person who will hear you is an outsider who will never fully comprehend the experience. There would always be some listening to do that only you could understand, but you would desperately try to avoid bringing it up. Maybe you got three words in and it was so

overwhelming that you just labeled it as pain instead of listening to what it really was. It got to the point where all you could say to someone else was, "I'm sorry. I'm not sure what it is, but I'm in a bad mood.", the circle is now complete. Someone may come along who has had a similar enough experience to provide some relief in knowing we are not alone, however, there is still a blockage in our heart, in the natural flow of things coming and going, that only proactive acceptance will solve. This is open-hearted. Words are truly powerful, and the ones you speak to yourself have all the power. You give power to the powerless thoughts in your mind.

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Enjoy the next document.

Sincerely,

Joshua

We hid text below this line and if you can find it, you deserve it.