



# Science of Thoughts, Beliefs, Emotions and Subtle Energy

Science of Spiritual Beings of Light Lectures

Presented at Unity Church of Dallas

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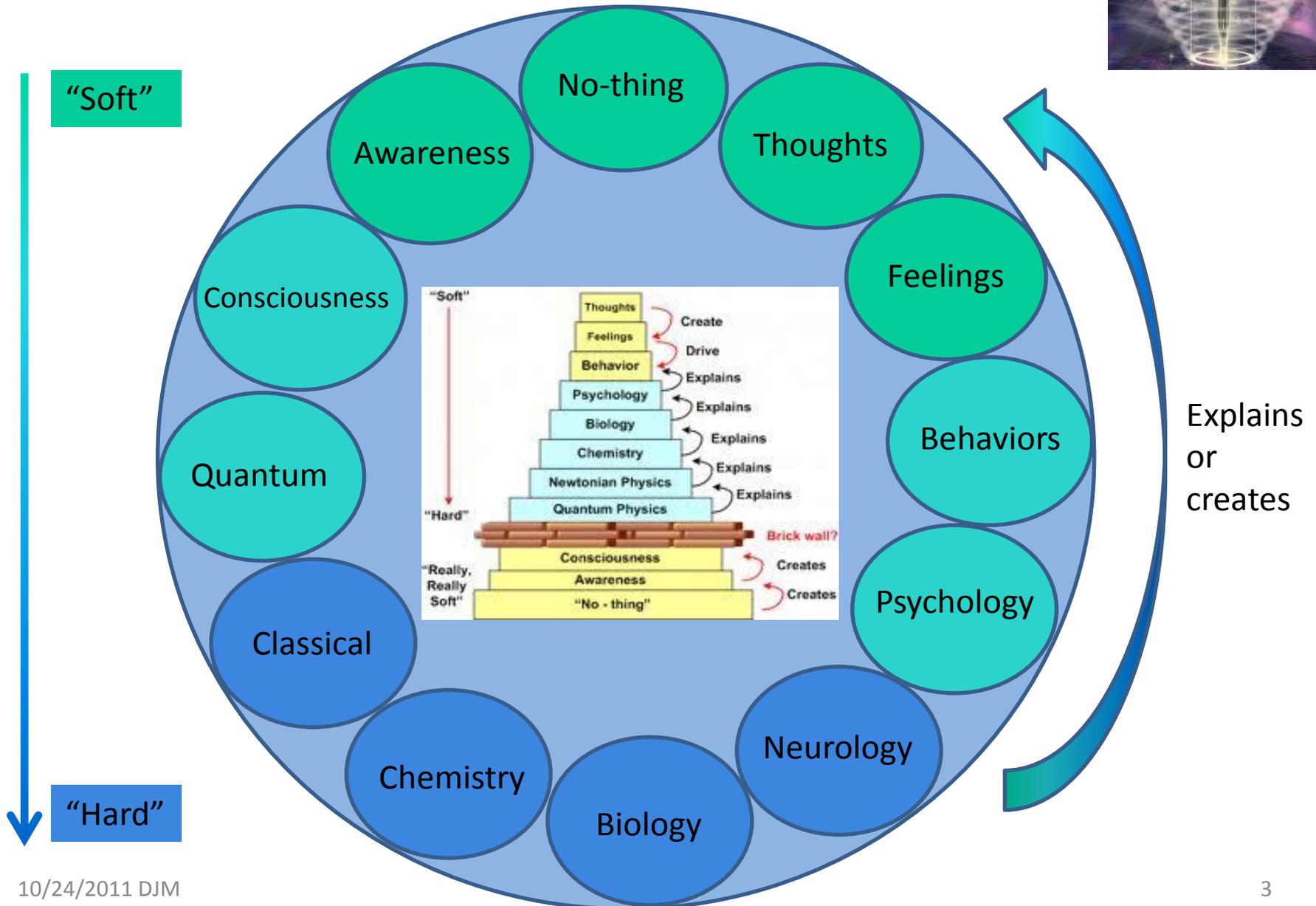
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# Related Topics and Models

- Information, memory and quantum speedup (1)
- Protophysics spacetime and quantum models (1)
- Metaphysics abilities and research (1)
- Law of Attraction, inclusion based and vortex (2)
- Meditation, Spiritual Experiences and Channels (2)
- Thoughts, attention, consciousness and qualia (3)
- Emotions and feelings (3)
- Brains, neurons, heart intelligence and NLP (3)
- Breathing and breathwork (3)
- Chakras, Chi and Subtle energy (3)
- Clearing, grounding, balancing and alignment (3)

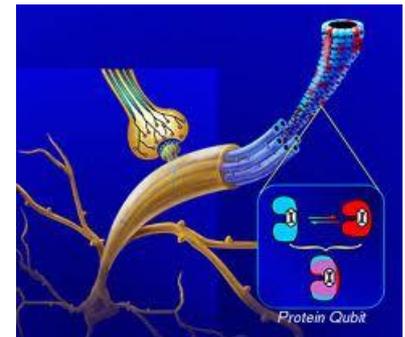
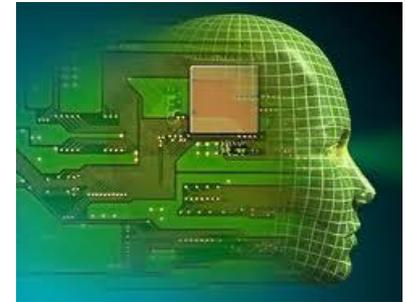
# Meta Models Transcend Levels



# Models of Thoughts



1. Classical: Thought as brain states/computation
  - Thoughts as nerve firing (leading to motion)
  - Thoughts as nerve frequency
  - Thought as brain connections/resonance
  - Combinations of above
2. Quantum: Thoughts as quantum states
  - Thoughts as microtubules coherency/collapse
  - Thoughts as quantum tunneling at synapse
  - Thoughts as high dimensional vibrations
  - Combinations of all above
3. Spirit: Thoughts separate from body/brain
  - Thoughts are pure vibrational energy (quantum things)
  - Thoughts as source energy outside spacetime
  - No thought and Void
  - Combinations of all above



# Thought and Attention



- Energy flows where attention goes
- Attention includes light dimensions of object
- Thought in mind is amplified by emotion in body
- Law of Attraction works on these principles
- Aka chords persist after emotional attention
- Emotional events persist in the body till cleared
- Energetically sensitive people avoid crowds
- Remote staring experiments



# Remote Thoughts/Attention



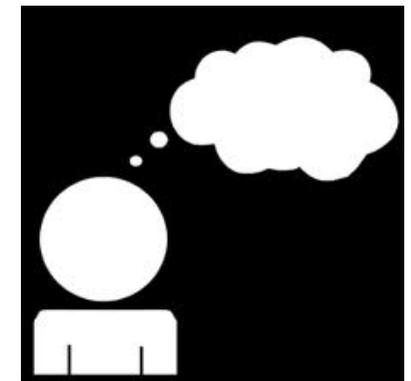
- Twins Studies
- Lucid and shared Dreams
- Remote Staring
- Remote Viewing
- Orbs as consciousness
- Out of Body Experiences (astral travel) & NDE
- Remote Healing and Distance Reiki II
- Bilocation and teleportation
- Telepathy/Attention Experiment



# Thought Development



- Thought Control
  - Observe & remember (stay awake)
  - Let thoughts pass by/through
  - Rate will slow over time
- Thought Discipline
  - Maintain one thought for longer periods of time
  - Don't let other thoughts intrude
  - Extend time for one thought
- Thought Mastery
  - No thought – the Void
  - Extend time for no thought



# Beliefs are Persistent Thoughts



- Beliefs are stable thoughts (think over & over)
- Most beliefs are formed before 7 years old
- Most beliefs are unconscious
- Your language reveals your beliefs
- Beliefs have an encoding in your brain/mind
- You can change your beliefs and thoughts
- Emotional events imprint thoughts/beliefs
  - Examples are phobias, multiple personality, combat



# Models of Emotions



## Classical: Emotion as body/brain

- Emotions as chemicals, drugs, hormones, glands
- Emotions as nervous system (autonomic , evoked response)
- Emotions as flight or fight response (biofeedback, homeostasis)
- Emotions starting from thoughts (fear, sex, love, dreams)
- Combinations of above



## Quantum: Emotion as shared response

- Emotions as crowd response and global consciousness affect
- Emotions as shared emotional bonds (lovers, animals)
- Emotions affected by treatments: anchors, clearing, & grounding
- Emotions as non-local, precognitive, clairvoyance, NDE & 10k pictures
- Combinations of all above

## Spirit: Emotion as non-physical energy

- Emotions due to meditation, emotional, astral & mental bodies
- Emotions due to alignment, Reiki, EFT, healing, prayer & chakras
- Combinations of all above



# Emotional Memory Loops



- Emotions affects Memory
  - Biases your neurochemistry affecting memory
  - Easy to remember ‘like’ memories since are ‘near’
- Memory affects Thoughts/decisions
  - Hard to remember other emotional memories
  - Make bad decisions due to memory barricades
- Thoughts affects Emotions
  - Closed loop feeds back into emotional rut
  - Break negative emotional loops by choosing ‘relief’

# Models of Memory

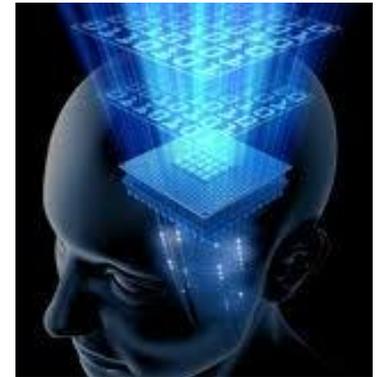


## Memory vs. Communication

- Communication moves information thru space
- Memory moves of information thru time

## People exhibit non-ordinary spacetime

- Based on thought representation model
- People 'remember' things in past/future
- People 'remember' things from afar



## Akashic Records

- Representation of all information thru time

# Emotions vs. Feelings



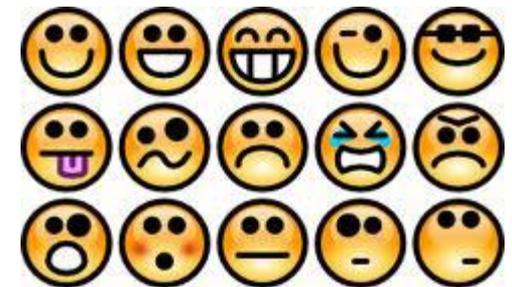
## Feelings are internal awareness of emotional state

- More psychological in the mind (mental body)
- Feelings are used for communication (intuition)
- Feeling is the language of the soul
- Most magnificent feeling available is Love
- If you want to know your truth about something,
  - quiet your mind and look at how you're feeling about it



## Emotions are created by your thoughts

- More physical in the now body (emotional body)
- Emotion is the power which amplifies/attracts thoughts
- Emotions are used for creation (manifestation)
- The essence/power behind the Law of Attraction
- E-motion is energy in motion.
- You can choose your Emotions
- You'll then have thoughts based upon feelings
  - which produce emotions such as happiness etc



# Feeling Good vs. Feeling Bad



## Emotional Guidance Scale

1. Joy / Knowledge  
Empowerment / Love  
Freedom / Appreciation
2. Passion
3. Enthusiasm
4. Positive Expectation  
Belief
5. Optimism
6. Hopefulness
7. Contentment
8. Boredom (neutral)
9. Pessimism
10. Frustration  
Irritation / Impatience
11. Being Overwhelmed
12. Disappointment
13. Doubt
14. Worry
15. Blame
16. Resentment  
Discouragement
17. Anger
18. Revenge
19. Hatred / Rage
20. Jealousy
21. Insecurity / Guilt  
Unworthiness
22. Fear / Grief  
Depression / Despair  
Powerlessness

From: Ask and it is Given  
by Abraham-Hicks pg.114

“Light” with less mass & time (Light Like or space like & not causal)

## Dense vs. light emotions

- Stuck energy is dense & not moving
- Dense emotions pinch off energy
- Light emotions let energy flow



## Align emotional body with higher self

- Grounding & clearing emotional body
- Love & joy feels good, fear feels bad

## Goal is to ‘enlighten’ yourself

- Relief is choosing ‘lighter’ emotions

“Dense” with more mass & time (time like & causal)

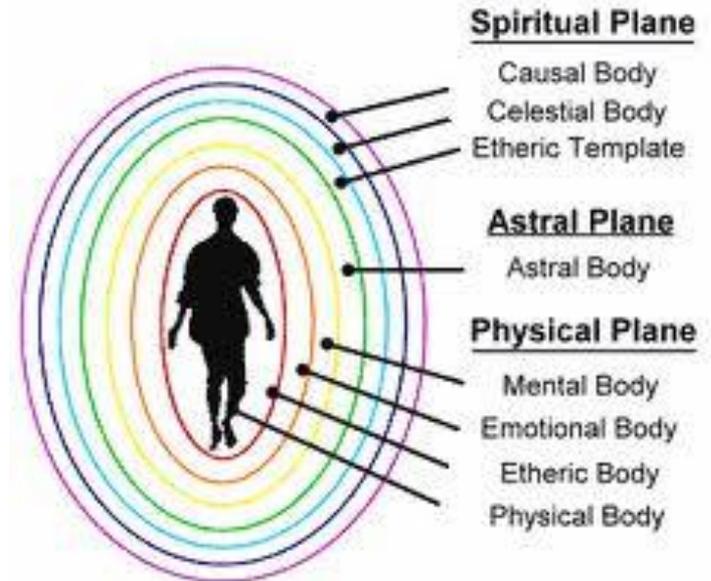
# Emotional and Mental Bodies



“Light” with less mass & time

- Spiritual/Celestial Body
- Astral Body (soul)
- Mental Body
- Emotional Body
- Etheric Body
- Physical Body

“Dense” with more mass & time

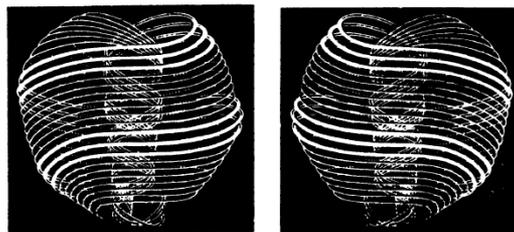
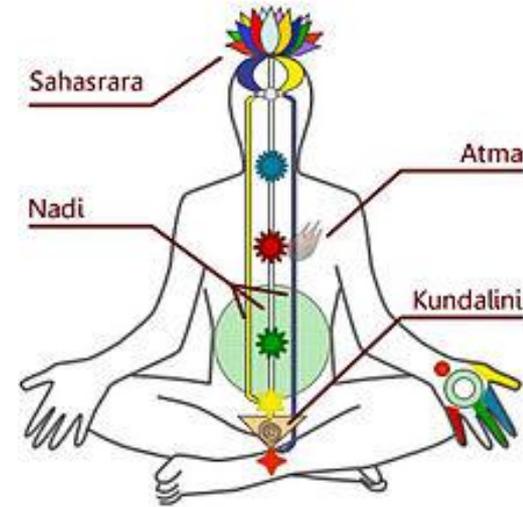


# Thoughts and Subtle Energy



Thoughts and Subtle energy are the same

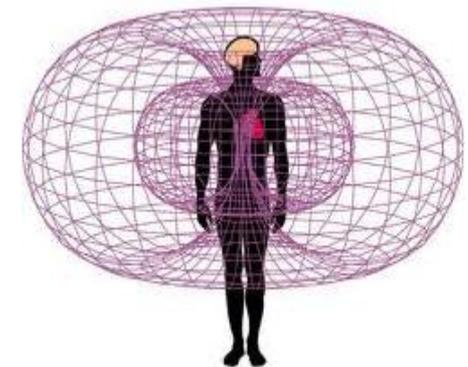
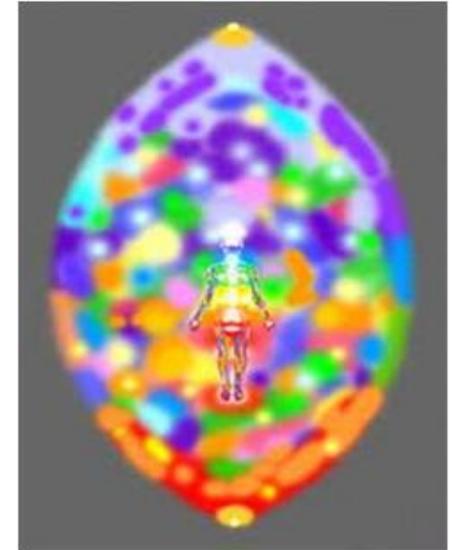
- Both high dimensional source strands
- Inclusion based vibrational clusters
- Intelligent and ubiquitous
- Thought directs subtle energy
- Subtle energies have a feeling
- Thought clusters are called rotes
- Chi, Ki, Prana, Mana, chakras, Anu, Kundalini



# Clearing, Grounding & Alignment



- Grounding, clearing & balancing (EFT, QCS)
- Meditation and Gridding
- Massage, walking and exercise
- Breathing and Breathwork
- Anchoring and timeline (NLP)
- Reframing and energy reframe
- Get in the vortex and alignment
- Rampage of Appreciation
- Energy work & energy combing
- Chakras and Heart Intelligence
- Acupuncture & Reiki



# Awakening and Enlightenment



- Spiritual Beings of 'Light'
  - No dense/stuck emotional energy
  - Observation without judgment
  - Deprogram emotional buttons & triggers
- Vortex of positive emotional all the time
  - Better decisions using positive memories
  - More joyful, intuitive and spontaneous
  - Become more sensitive as cleared
  - Emotion amplifies focused thoughts
- Heaven on Earth
  - Awakened supermind to include all of higher self
  - Spiritual being living joyfully on physical earth

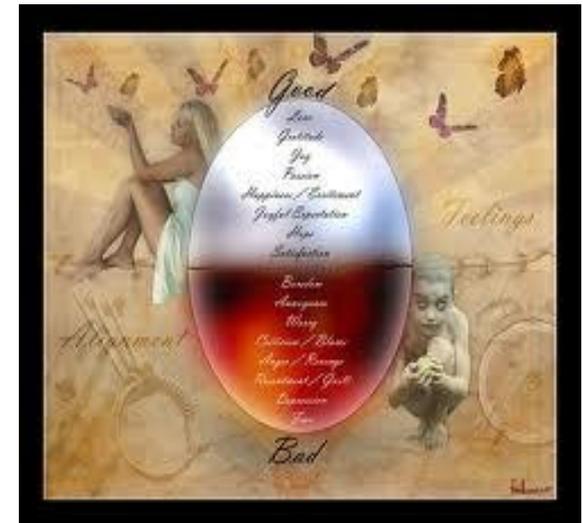


# Questions and Discussion



## Possible Discussion Topics:

- Pinwheel Meditation
- Thought forms & rites
- Emotional Ladder
- Anchoring
- Subtle Energy techniques
- Clearing & grounding
- Infinite Intelligence



# Science of Spiritual Beings Series



1. **Oct 24:** Introduction to Science of Spiritual Beings
2. **Oct 31:** Science of Law of Attraction
3. **Nov 7:** Science of Thoughts, Beliefs, Emotions and Subtle Energy
4. **Nov 14:** Science of Daily Living as Spiritual Beings both now and in the future

