

Vibrational Creation of Reality: a Holographic Mind Model Explaining an Individual's Selection of Life Experiences, Repetitive Behaviors and Patterns, and the Manifestation of Physical Ailments

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For highly observational people, it's clear that there is a connection between the kinds of beliefs we hold, the kinds of life experiences we choose, the types of repetitive behaviors we employ, and the specific ailments we manifest. But what is the connection? Building on a holographic model of the mind and universe, this paper presents a new model for the interaction of unconscious beliefs in the creation of all aspects of an individual's life, and explores the mind and body as a holographic prism which sorts experiences, thoughts, beliefs, and physical ailments into seven distinct frequency bands. By identifying the frequency band which is programmed with problematic unconscious beliefs (something I call a "preset" [1]), an individual can shift the reality they choose in extremely significant, specific ways. In order to facilitate this process effectively, the core of this paper showcases the diagnostic assessment developed as part of this research. The diagnostic assessment, called the Flow Factor Test (FFT), pinpoints the specific preset mental frequencies which are causing the creation of undesirable outcomes in an individual's life and outlines a distinct process for the retuning of that frequency into one that allows for the creation of desirable outcomes. The working frequency bands are defined as following: (1) the Commanding Influence of Groups (CIG), which deals with all issues related to how the individual engages with the groups in life, from family to co-workers to society at large; (2) the Energy of Individual Dynamics and Creative Power (EID-CP), dealing with the individual's one-on-one relationships as well as their creative power, including creating businesses, manifesting income (or lack) or birthing physical children; (3) the Force of Positive Self-Image (FPSI), dealing with the individual's relationship to the self; (4) the Emotional Connection to Life (ECL), which deals with the individual's ability to feel and express emotions; (5) the Strength of Positive Communication (SPC), dealing with the individual's ability to express him- or her-self effectively as well as their ability to take actions in alignment with their goal; (6) the Power of Mental Creativity and Intuition (PMCI), which deals with the individual's ability to connect with mental intuition and solve problems from a mental perspective; (7) the Energy of a Higher Purpose (EHP), which deals with the individual's feeling of being connected to consciousness as a whole and to a higher power, however that individual defines that. FFT can also be used as a predictor for the types of life experiences and health issues an individual is likely to experience, if he or she does not retune the underlying preset frequency of unconscious belief. Included in this paper are specific case studies for individuals who have used the model and their outcomes

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For highly observational people, it's clear that there is a connection between the kinds of beliefs we hold, the kinds of life experiences we choose, the types of repetitive behaviors we employ, and the specific ailments we manifest. But what is the connection? And, if we can find the connection, how can we use that information to shift our lives, mental states, and health in desirable ways?

It turns out that a prism-like holographic mind and body model answers that question and provides a precise roadmap to transforming negative life patterns, shifting difficult triggers, and healing (or avoiding) specific pain and illness.

Thanks to the classic Davisson-Germer experiment (C. Davisson, L. H. Germer (1927)), scientists have long known that wave-particle duality exists. Because of this, we know that all light and matter are both wave and solid at the same time. This means that light and matter always have a wave frequency, regardless of whether we are experiencing it as solid or particle at that particular moment.

Further, we know from the Heisenberg uncertainty principle (Heisenberg, W. (1927)) (and numerous studies confirming it) that the simple act of observing (and the magnitude/level of expectations of the observer (Weizmann Institute Of Science, (1988)) impacts the outcome we experience. In essence, our individual perspective, composed of beliefs and past experiences, impacts the result we get in life, or "to observe is to disturb." Much like the act of turning on a particle detector in the experiments caused the waves to act like particles, the simple act of being alive and holding specific expectations affects the reality an individual experiences.

Beyond this, due to the concept of "non-locality," we know that every particle is connected to every other particle in the universe and knows instantly what is happening to all other particles (Bell (1964)). Of course, this reality contradicts the idea that nothing can travel faster than the speed of light (Einstein, 1905). But how can that be? And what impact does all of this have on the reality we experience?

In answer to this and other quandaries, David Bohm put forth the theory that although each of us experience life as a set of individual particles composing solid things, perhaps the reality is that there is actually nothing but wave, something he called "quantum potential" (Bohm (1952) and Bohm, Hiley (1993)). Maybe underneath it all, reality is one fluid system—like a big ocean with no beginning and no end—no separation between anything. This fluid, waving system has an order that is imperceptible because of each person's limited perspective, but order is there—an order that gives birth to the particles and everything else in the universe. We cannot see this deeper wave reality because by the time we are there to observe something, it has sprung into the solid forms of life (Heisenberg, W. (1927)). In essence, according to Bohm, our perception of reality is faulty, because it is impossible to look at anything without our perspective affecting it (but if we could, we'd only see waves).

There is not actually faster-than-the-speed-of-light communication, because everything is really a waving oneness. Two particles may seem to be breaking the speed of light by communicating

instantly, but in reality these particles are part of one whole, undivided system. The impression that we are separate from anything or anyone is, in actuality, only an illusion.

Basically, quantum potential is where all the wave information to produce any experience of life resides. There is a unique order that, while complex and difficult to understand, organizes and gives birth to everything in the entire universe—turning wave frequency into reality as we know it.

Quantum potential, shaken, with a twist of Jung

While this notion of a waving oneness creating reality seems strange (it is, actually), quantum physics isn't the only place where scholars talk about having a deeper reality that's a source of common creation. In fact, Transpersonal Psychology was founded on this concept.

Psychologist Carl Jung, founder of Transpersonal Psychology, coined the term "collective unconscious" to explain a deeper reality that all humans are tuned into, connecting us at all times to a collective world of symbols (Jung, C and Hull, R.F.C (1953 - 1981) . These symbols are unconsciously understood by every human, regardless of their cultural affiliation, gender, or race. He called these symbols "archetypes," and they run the entire gamut of emotions and situations—covering the best and the worst that humanity can dream up.

The idea of working with different archetypes is to go beyond your normal daily experience and connect directly with the deeper root reality. By understanding what archetypes an individual is pulling up, it is possible to understand why that individual is creating particular experiences. By consciously changing selected archetypes in the individual's life, the concept is that the individual's reality immediately shifts.

By combining Bohm's and Jung's theories, a new understanding of how each of us creates our lives emerges. Each person's perceptions and expectations pull up matching waves of reality out of this larger oneness. Each experience in life is a flowing "wave-archetype"—a specific frequency matching an individual's expectations. By identifying and understanding the wave-archetypes that the individual is working with in the present moment, it seems possible to choose to send them back into the deeper reality and start to select better wave-archetypes to experience.

While none of us may be able to see or experience the collective unconscious or quantum potential, we are connected to, and part of, absolutely everything the universe can create. We have direct access to these experiences through the mind, and if we change the wave-archetypes (frequencies) we are working with now, it's possible for our lives to immediately change.

The question becomes, then, how can we as individuals understand the unconscious frequencies that are selecting experiences from the quantum potential/collective unconscious? A holographic mind and body model provides the answers.

Holograms, collective consciousness, quantum potential, and reality creation

Thanks to the ground-breaking work of David Bohm (1980) we can think of the universe, and of quantum potential itself, as a hologram. Recent studies (Afshord, Niayesh; Corianò, Claudio; Delle Rose: Gould, Elizabeth; and Skenderis, Kostas (2017) have further shown the likelihood that the universe/quantum potential is holographic in nature.

This indicates that all the wave information necessary to create any experience of life, and indeed, anything in it, is contained in a wave interference pattern in this master hologram. By combining this with the groundbreaking work of neurophysicist Karl Pribram (1999, 2004), who theorized that the brain itself works in a holonomic way, we begin to see a clearer picture of how our consciousness might affect the reality we experience.

To do so, we consider the process of creating a hologram. Unlike regular film, where we can see an image of the item photographed on the negative, when we take a holographic picture, upon looking at the negative (film), we would see nothing but a bunch of concentric rings (an interference pattern); we do not see the image of whatever was photographed. What is captured instead is the *energetic signature* of the image. By interacting with the wave information correctly, we are able to see the photographed image in perfect 3-D detail; it is an exact replica of the photographed person or item, down to the smallest detail. It would be, to put it in the above language, the “wave-archetype” of the person or item as photographed.

In the same way, we cannot see quantum potential or all the wave information of all the potential experiences of life, but they are there, all captured as a hologram which, when interacted with in the right way, produces the particular reality which we experience, both individually and collectively.

What’s more interesting about holograms is that, if we cut a piece of holographic film in half, we wouldn’t just have half an image. So long as we cut the film in a large enough piece to contain the interference pattern of that which was photographed, then we would actually be able to interact with either piece of film in the right way and we would experience the full image.

If we consider the idea that we are all connected and part of the quantum potential at all times, and the idea that each individual brain is holographic in nature, then it makes sense that perhaps each person’s individual mind contains a piece of the hologram which contains the whole of quantum potential, meaning that each of us is connected to the wave information (“wave-archetype” or interference pattern) of every possible experience of life in our minds.

If this is the case, then every cell in our bodies would flow at an energetic frequency that creates that cell in that way in that place at that moment in time. Every thought, word, or action we experience or create would go into our minds and interact with the hologram by adding that frequency to the whole, creating new interference patterns and shining different

frequencies of experience at the hologram in such a way to pull up certain wave-archetypes of experience.

This also explains how we collectively create a current experience of life: Each of us is (mostly unconsciously) contributing our specific frequency to the whole, which then combines and creates a collective frequency which pulls matching-frequency experiences from the quantum potential.

This concept has several important implications, most especially in how we access the reality around us, how we keep choosing similar life experiences, and how we subconsciously communicate with our bodies in such a way as to manifest specific ailments.

Unconscious beliefs and expectations are a thinking person's remote control

To explain this concept, we can consider the example of a TV and the process of creating a TV show:

In order to create a TV show, a camera films the show, translating physical reality into waves. This wave information flows through a cable or via a satellite into the TV, which decodes this information back into the images we see on the screen. When we change channels, we are requesting that the TV tunes into a different frequency—and thus, a different channel.

The quantum potential hologram can be thought of as the waves of information flowing to the individual's TV. The TV itself is the brain—it acts as the tool that decodes the wave information in a way that the individual comprehends as reality. The mind is the remote control—tuning the individual into and out of experiences as the individual's thoughts and beliefs change. Each experience of life can be thought of as a different TV show, each with its individual frequency (wave-archetype).

People get repeat experiences in life due to individual "presets."

The wave interference patterns that represent an individual's unconscious beliefs, which are formed through beliefs a person accepts from authority figures (starting in childhood, when the conscious mind isn't fully developed and the subconscious is more easily accessed), along with experiences in life, mixed with all the sensory information experienced at the time of the coding of that belief, create something I call a "preset." I posit that these presets have distinct wave interference patterns which end up selecting matching frequency experiences from the quantum potential hologram, as well as experiences of positive or negative wellbeing.

How are these presets formed?

I believe they are formed by memory-holograms, and, based on the frequency of the interference pattern of the memory-hologram, selects matching-frequency experiences from the quantum hologram/ collective hologram.

The setting of a preset: memory-holograms and the experience of life

How does all this work?

The brain takes in all the wave information occurring around an individual and decodes it into that person's experience of reality. Every one of our individual senses is a construction of our brains which allows us to experience life in physical form. When we experience this physical reality, each moment is registered in our brains in the form of a memory— or rather, a "memory-hologram"—with its own frequency. The frequencies of all an individual's memory-holograms combine to create preset frequencies that seek similar experiences from the quantum-hologram.

This process begins with an individual's experience of his or her senses. No matter how real it all feels and looks, each of our senses is only wave information that is being *interpreted* by our brains. When we touch something, the sensations of texture or temperature that we "feel" are actually waves of electrons your brain uses to say, "Ah! I am feeling this!" to the rest of our bodies. Our eyes are simply tools that take in and send wave information through our nerves into our brains, where it's constructed into our visual experience of that moment. Likewise, our noses take in odor particles and, depending on their frequency, sends the wave information into our brains, where it is interpreted in such a way that we can experience that particular scent. Our sense of taste is exactly the same—the wave information of anything we eat is processed and sent on to our brains, where it is decoded and translated into the taste of chocolate or strawberry or potato chips.

Even emotions are created and processed by our brains in much the same way. While no one seems to agree on exactly how emotions are formed, there is much scientific evidence indicating that our individual emotional response to different experiences comes from a certain set of waves in the individual's brain that, through an individual's particular experience of life, have matched with a specific type of event to create the physical and emotional responses of a particular emotion. For instance, as we grow up, we learn that we should feel sadness upon being in certain kinds of situations. We also learn how we are supposed to express sadness. Once this preset is set, an individual's brain not only translates the frequency that identifies a situation as "sad," it also sends out the wave information that causes that individual to respond to sadness physically in his or her own preprogrammed way—be it with tears, silence, or whatever learned response that individual has.

Even more interesting, research has found that different emotions can be observed as unique activation patterns in your brainwaves, showing that emotions are waves as well (W.O.A.S. Wan Ismail, M. Hanif , S.B. Mohamed, Noraini Hamzah, Zairi Ismael Rizman (2013), Fu-Chien Kao, Shiping R. Wang, Yu-Jung Chang (2015)).

Likewise, every thought (conscious and subconscious) is a little wave criss-crossing through an individual's brain, making new neural pathways and contributing to new holograms by way of creating new interference patterns. There are different frequencies of waves for different

activities—for instance, slower waves for meditation and faster waves for active concentration—and these frequencies tune an individual's body into and out of memorized responses as necessary for the situation. In addition, each word or phrase an individual thinks or speaks is a unique wave pattern with its own specific frequency.

When an individual lives an experience (or learns new information), all the wave information associated with that moment - everything the individual thought, felt, or sensed - makes its way into the brain and bounces around, bumping into each other and creating memory-holograms for that event, new belief, or new piece of information. It's just like the process of making a photographic hologram, only the brain is the camera and the mind is the film. This interaction allows the unique wave-archetype of that particular experience to be written in the mind, allowing access to the memory or piece of information at will by accessing that particular frequency.

The Principle of Recognition: the creation of triggers, habits, and patterns of repeat life experiences

Presets tune a person into more than just similar experiences— an individual's mind also recognizes certain frequencies and tunes him or her automatically into favorite *responses* as well as repeat patterns of experiences. This is due to something I call the Principle of Recognition, and it explains what habits really are and why they are so hard to break.

The foundation of this Principle comes from the process of taking a holographic film as well. As is well known, if we take a holographic picture of two objects on the same piece of holographic film, anywhere that there is a similarity in the two objects, there will be a bright spot on the film. The holographic film actually recognizes similarities between two objects—it knows when there are matching frequencies.

Let's apply this to the mind. Let's say that an individual has a memory-hologram from childhood of his mom opening a box of perfume and spraying it in the air on Christmas morning. This memory-hologram was photographed onto his mind by the combination of the waves of sight, smell, sound, taste, touch, emotion, and thought that occurred during that experience—each with its own distinct frequency that combined to make the wave-archetype of that memory.

What would happen if that smelled that same perfume today? His mind would recognize the similarity between the smell waves of that memory-hologram and the smell waves of today's hologram, and that memory would be triggered, in all its sensory glory. Like the teddy bear and orange example above, his mind would have a bright spot illuminating the similarity between the two.

The frequency of just one wave—the smell of the perfume—is a trigger that causes the *entire memory* to be re-experienced. I put forth that, one similarity between two experiences in a person's life will light up a bright spot on his or her mental hologram, tuning that person into the matching memory-hologram—even if the two experiences were decades apart.

Any external input from any sense (a single wave of input) can trigger the whole memory to pop up, including all the physical sensations. Looking at our physical and emotional responses in this way has applications across the board.

For instance, many people are frustrated when they cannot break a habit, often beating themselves up relentlessly for being “weak” or “lacking willpower.” However, if we are simply being triggered in response to an outside stimuli which matches a preset frequency in a memory-hologram, then willpower has little to do with changing a habit. For instance, I had a client who came to me because she could not stop eating junk food, even though she had made many year’s worth (and thousands of dollars of programs) of earnest efforts to change the habit. In working with her, I was able to identify that the urge for junk food was the strongest at 3pm each day. Digging deeper, I found out that she had a habit of going to the vending machine at work at 3pm each day. Through the lens of a preset frequency, it became clear to me that the frequency of “3pm” was shining a light into her memory-hologram, which caused her entire body to react to the trigger with a deep, gnawing desire to go to the vending machine and eat junk food. Basically, we needed to change the mind’s association between “3pm” and “I go to the vending machine.” I had her begin to recognize that this was simple a programmed response, and then go do something different at 3 pm each day instead. In her case, we decided on getting up and taking a walk around the building while listening to music she loved. By doing this every day for 40 days, she eventually found herself with no desire for junk food, but a deep desire to take a healthy walk each day at 3pm.

Aside from a deep, unconscious longing for something such as junk food, our body can tune in to other physical responses in response to some input which has been programmed. Another client called me for help because her formerly independent 7-year-old daughter had started having severe separation anxiety, seeming without cause. Interestingly, she only had this in October each year for the prior two years. I asked my client if there was a major life change in the family in the October 3 years prior. She immediately responded that, yes, they had moved from the only home this little girl had known for her 5 years on Earth. It was clear that for this child, “October” was triggering a fear of being separated from something or someone she loved. In her case, there was a large rock in the backyard of their former home that the kids had named and were extremely sad about having to leave behind; leaving this rock was like leaving a member of the family for this little girl. I suggested that my client purchase a new rock for their new backyard, naming it after the old rock, and dedicating it with a big party where the whole family painted a symbol on the rock. It worked; for the rest of that October and the next one, there was no more separation anxiety.

Specific disease responses can be caused by outside triggers as well. I was doing a talk on the connection between the body and life experiences a couple years back when a woman asked for advice about a recent health scare. She explained that a few month’s prior, she had been out on her daily walk with her husband when she was suddenly completely out of breath to the point that an ambulance was called; they thought she was having a heart attack. However, after extensive testing, no cause could be determined for this issue. I asked if she had experience an

event that took her breath away in the months prior. She couldn't think of anything. I then explained that the other option might be if she's had an experience like that at about that same time the year prior. Her husband looked at her with shock, "Oh my God. You had that attack on the one-year anniversary of my cancer surgery." While her conscious mind did not remember, the memory-hologram of her subconscious mind reacted to the trigger of that date with a physical response of feeling like her breath was taken away, which, she described as precisely how she felt while waiting for the outcome of her husband's surgery. One wave - the calendar date - matched the memory-hologram frequency of the experience the year prior, and her body tuned in to a matching response.

While I have not personally worked with someone with PTSD, I believe this same approach could be very beneficial to someone suffering with this issue. The traumatic experience the individual suffered caused a memory-hologram that then causes a full body reliving of the moment in time in response to a same-frequency outside stimuli. For instance, the sound of helicopter blades or popping balloons has been known to trigger an intense fear response in those who have been in war. I believe that the same approach of retraining the mind to associate the outside trigger with a new sensory experience could rewrite the memory-hologram of the traumatic event in to a less intense (or even neutral) response to formerly stressful stimuli.

Regardless of the situation, when you encounter a recognized frequency, it becomes a trigger and your response is automatic and individual to your particular learned association of that frequency. One individual might have mentally decided she is going to say "no" the next time someone asks something unreasonable of her, but when her dad asks in "that tone" of voice, she gives in automatically, acting exactly as she did as a child. Or, another individual might be trying to quit smoking, but when the clock clicks 10 o'clock, he is unable to stop himself from taking his regularly scheduled smoke break.

This also accounts for our individual responses to different kinds of stimulus, or why one situation can cause one person to react with a stress response, while another finds it no big deal. For instance, one person might find airplane travel to be stressful due to a bad flight, while another person might find it the most relaxing way to travel. Someone else might find public speaking terrifying (perhaps due to a bad experience of being singled out in front of the class as a child), but another person might love public speaking, finding it an exciting experience.

Principle of Repetition: shift your presets through dedicated input

From my work, it appears that a preset (memory-hologram) is formed in one of two ways:

1. Through repeated exposure and association between two concepts
2. Through a traumatic/highly emotional experience

In the first method, new information (a memory) is written into the mind through repeated exposure of similar concepts. For instance, in school, the teacher might continuously repeat certain concepts, and then, when studying for the exam, the student studies the same material repeatedly, creating a memory-hologram that associated that information with that concept. This same process is at play when a child learns that the only way to succeed in life is to work hard, after watching her father work long hard hours and experiencing the emotions of him coming home exhausted from work, perhaps telling her, "Hard work is the only way to get ahead." This unconsciously is written into her mind, forming a wave-archetype of that concept. In both of these examples, the memory/learning isn't written into the mind automatically; instead, it is through repeated exposure to the specific frequency of that belief and those sensory and emotional experiences that a memory-hologram forms for that belief.

In the second method, extreme emotions at the moment of an experience create a memory-hologram. For instance, a person might be in a bad car accident. When it happened, a certain song was on the radio. From that point forth, the person experiences fear when hearing that song or encountering the smell of gas. In that moment, the highly-charged emotional waves combined with the sensory experiences of the sights, sounds, and smells in the moment and set a preset.

This is important to understand when we look at how to create a new association to an old trigger, and particularly important to understand as we seek to shift repetitive patterns of negative experiences or ill health.

The best way I have found to explain this is through the concept of a TV or radio. A TV or radio is connected to, and can tune in to, a wide range of different stations. Each station is found by using the remote control to tune the TV or radio into a specific frequency band. Once we do this, we are able to experience the programming on that radio or TV station, as the radio or TV decodes the wave information into something we can see and hear. If we choose to program the remote control to automatically tune in to our favorite stations, then, by pushing the right button, we instantly tune in to the desired station.

In the same way, if we imagine the brain as a TV or radio powerful enough to be connected to all the potential frequencies of the quantum hologram (and thus, all potential human experiences (physical, emotional, spiritual, and mental), and we imagine an individual's unconscious mind as his or her individual piece of the quantum hologram, then the frequencies of an individual's particular memory-holograms are the presets which repetitively tune into matching programming due to our set expectation. Again, this is happening at a deeply unconscious level, which is why it can be so difficult to make major changes in life.

What this indicates is that we need to be able to identify the problem programming in order to use the Principle of Repetition to change the preset which is tuning us into undesirable life experiences and shift into tuning into desirable life experiences.

This is where The Flow Stations comes in.

The Flow Stations: How vibration selects matching experiences in life, health, and spirit

For thousands of years, ancient healing traditions have talked about the effect our life energy has on our bodies, linking ailments to imbalances in our energetic system. From the ancient Veda teachings to modern teachers such as Dr. Carolyn Myss, many healing systems have talked about chakras, or energetic centers, and their connection to our health. In addition, visionaries such as Dr. Bernie Siegel and Louise Hay have taught about the connection of the mind to both the manifestation of disease and pain and the mind's ability to heal physical issues.

Combining all of this with all of the above results in The Flow Stations.

Much like visible light being separated into seven distinct colors when it flows through a prism, I believe that the remote control of our unconscious minds is constantly sorting all life experiences, including physical, emotional, spiritual, and mental, into seven distinct frequency bands, or, in Flow Method vernacular, Stations.

From my work, I believe the mechanism is:

The quantum hologram/quantum potential is the waves of information flowing to your brain—which acts as the tool that decodes the wave information in a way which we can comprehend and experience. The mind is the remote control—tuning us into and out of experiences as a person's thoughts, expectations, and beliefs change. Each experience of life can be thought of as a different TV show, each having its own individual frequency, or "wave-archetype," that represents that unique experience and no other. In the same way, every part of an individual's body is its own TV show, with its own "wave-archetype."

Just as the TV does, all the wave information of every experience in life is sorted out into separate frequency ranges, or Stations. Each Station is responsible for creating an individual's experience of a specific area of his or her life and corresponding parts of his or her body—showing us the critical link between a person's thoughts and feelings, experiences, and body.

If a person has negative beliefs and expectations in a certain Station, he or she will not only have negative experiences in that area of life, he or she will also have pain, illness, and disease in the corresponding areas of the body.

If a person has positive beliefs and expectations in a Station, you will have ease, prosperity, and health in that area.

Just as white light is actually made up of seven different frequency ranges of visible light (or colors), the Stations show the seven different frequency ranges of life *itself* which compose your individual experience of life, depending on how they are tuned. Much like a rainbow, they range from low to high frequencies—from the lower frequency survival and group issues found in Station 1, to the higher frequency spiritual issues found in Station 7. While we might be

tempted to judge lower frequencies to be of less value than higher, that's not the case—to live a truly flowing life, we need to set our presets to seek the best frequencies in **every** Station.

These Stations are as follows:

- (1) The Commanding Influence of Groups (CIG), which deals with all issues related to how the individual engages with the groups in life, from family to co-workers to society at large. It also deals with all health issues from the tailbone down.
- (2) The Energy of Individual Dynamics and Creative Power (EID-CP), dealing with the individual's one-on-one relationships as well as their creative power, including creating businesses, manifesting income (or lack) or birthing physical children
- (3) The Force of Positive Self-Image (FPSI), dealing with the individual's relationship to the self.
- (4) The Emotional Connection to Life (ECL), which deals with the individual's ability to feel and express emotions.
- (5) The Strength of Positive Communication (SPC), dealing with the individual's ability to express him- or her-self effectively as well as their ability to take actions in alignment with their goal.
- (6) The Power of Mental Creativity and Intuition (PMCI), which deals with the individual's ability to connect with mental intuition.
- (7) The Energy of a Higher Purpose (EHP), which deals with the individual's feeling of being connected to consciousness as a whole and to a higher power, however that individual defines that.

Moreover, from my work, I have found that within each Station (frequency band of life experience and physical health), an individual can be "tuned in" to positive programming (positive experiences and physical wellness in that Station) or negative programming (repeated difficult experiences and ill health). The mechanism of whether or not a person's preset is positive or negative in a certain Station appears to be the overall frequency of the memory-holograms (presets) in that frequency band.

This explains why we can observe that some areas of a person's life are filled with ease, good health, and many positive experiences, and other areas of the same person's life are difficult, with many health issues and patterns of negative experiences, all of which are similar.

A good example for this would be someone who keeps picking the exact same type of person to date, even if they consciously say (with great fervor), "I am *never* going to date someone like that again!" They may consciously intend that, but if their unconscious programming is flowing at a wavelength of "I only deserve a relationship filled with chaos, jealousy, and disfunction," (perhaps due to seeing a similar relationship dynamic as a child, and unconsciously believing that is how relationships must be), then their mental remote control is

preset to keep seeking the same frequency of experience, and that is what that person will get. In this case, it's likely that this individual has negative presets in Station 2 (individual relationships), but could have many positive presets in other areas, thus only Station 2 issues seem to repetitively problematic. This person is also likely to show disease issues that fall in Station 2 as well, such as low back pain or (if a woman) fibroids.

For more in-depth information on The Flow Stations, including specific life patterns and health issues in each, visit: <http://www.tarameyerrobson.com/healyourlife/>

The Flow Factor Test:

While it has been apparent for some time that subconscious beliefs do have a specific result on people's lives, the problem has been to be able to assess the unconscious presets in a person's mind in order to allow them to consciously retune every area of their mind, body, and life into a desired positive state. How can you identify things that are unconscious, and therefore, not consciously known?

To do this, I designed (and, through many case studies, fine-tuned) a diagnostic assessment called the Flow Factor Test. What this test does is allows people to bypass the conscious mind and get to the unconscious problem frequencies with remarkable specificity.

The test is structured in two parts. In Part 1, it is set up in such a way to allow individuals to, without much conscious thought, respond to their level of agreement to statements in each of the 7 Stations.

In Part 2, it allows the individual to assess any pain, illness, or malfunction in the body parts for each Station.

The combined total creates the individual's Flow Factor, which is the Stations with the top 3 highest results.

To view or download the entire Flow Factor Test, visit www.tarameyerrobson.com/s/Flow-Factor-Test-2017.pdf

Retuning a Preset: The Process

1. Add up totals from Part 1 and 2 of The Flow Factor Test. Stations with the top three totals compose the individual's Flow Factor (FF).
2. The individual starts work in the Station workbook section the highest test result.
3. Specific retuning statements are selected to counter problem unconscious beliefs.

4. The individual moves on to the Reality Type Test, which assesses what senses the individual uses most strongly to learn new information and experience reality. Their top 2 results compose their Reality Type (RT).
5. The individual is taken through a process of designing an action plan which combines his or her selected retuning statements with RT sensory exercises. This plan is designed to be 4 RT exercises to be done each day for 40 days.

CASE STUDIES:

Case Study #1:

Client: Woman, Age 56

Issues she presented: Loin pain hematuria, right side

Flow Factor: 3, 2, 5

Case detail: When she contacted me, the diagnosis was grim: the disease was terminal, and doctors gave her 6 months to live. I wasn't sure I could help her, so we did a 20 minute initial consultation. She presented with right-side kidney pain so severe that she would spend two weeks in bed at a time. Aside from pain, she also presented with swelling of the right kidney and blood in her urine. Because we always look at the function of the affected body part when healthy, it was quick to assess that the kidney removes toxins from the body, and thus, she likely was being overloaded with toxic words or actions in her life. In addition, the kidney is one of the areas on the body that is particularly sensitive to attacks, thus the reason that a "kidney punch" is illegal in boxing and can do incredible harm (even death) to someone. This tells us that the situation that is toxic is designed to debilitate her. In addition, only the right kidney is affected, and from my work, issues that show up on the right side of the body deal with a man or with the more male aspects of action. Coupled with the fact that her Flow Factor showed Station 3 (self-esteem, ability to protect self, ability to feel safe), Station 2 (personal relationships and individual creation), and Station 5 (ability to use your voice in an empowered way), it was simple to assess that there was a toxic male in her life who was, at the very least, verbally abusing her.

This assessment was correct; she was in a long-term relationship with a seriously verbally and emotionally abusive man.

From there, we needed to look at where she held beliefs that tuned her in to a relationship such as this. In her case, the presets we were able to identify were "I don't deserve better than him." (something her mother had repeatedly told her, also being a verbally abusive person. While it was clear that she needed to leave this man for her health and wellbeing, we also needed to work on her attachment to "the lifestyle" that being with him provided; basically, he was very wealthy and allowed her to live in a way that she desired. Underneath this, she didn't think that she could create (Station 2) such a lifestyle for herself, so the preset was, "I don't have the power to create abundance for myself."

Action plan: First, I gave her retuning statements to shift the underlying presets, namely, "I deserve a wonderful, loving, and kind love relationship in my life." "I am protected and safe. I am empowered to protect myself." "I can create the abundance I desire in my life; I have the power to create income and support."

From her Reality Type test, she was a Sight-Sound-Movement oriented learner. So, we chose 4 exercises that combined those elements (and some activities that she enjoyed, such as dance), to help retune this frequency. For instance, one of the exercises was to create a song of her retuning statements to the melody of a song she loved, while dancing as she sang it aloud (combined sound and movement).

Result: She had a healing crisis in the first 7 days where the pain flared up (when you get the underlying frequency right, this happens, and, while it appears to be a bad thing, is actually an indication that things are shifting in the right direction). We got her through that with meditation and coaching. After the first 7 days, she began to heal rapidly. The end result was that she completely healed the loin pain hematuria and was strong enough to leave the relationship. Now, 7 years later, she is still free of recurrence of this disease.

Case Study #2:

Client: Woman, Age 50

Issues she presented: Geographic tongue since she was a child, along with a pattern of relationships and experiences where she was not heard or supported.

Flow Factor: 5, 2, 1

Case detail: Geographic tongue is a condition where white, raised patches show up on the tongue, often moving all around the tongue surface. In her case, she also had some pain and cracking in the tongue with this. From her Flow Factor, as well as from the pattern of having relationships where she was not heard or able to speak up for herself, it was clear that there was some sort of underlying preset which told her that she did not have a right to fully speak up. In addition, the color of the patches on her tongue - white - told me that she had been taught to tamp down her voice, perhaps by a parent. Adding to that the fact that this started when she was about 7 years old, and the fact that Station 1 showed up in her Flow Factor (family/group/foundational issues), and it was clear that a parent had told her she shouldn't speak up.

Indeed, her mother had repeatedly told her "Children should be seen and not heard," effectively shutting down her vocal expression as a child. This underlying preset - "I don't have the right to be heard." - manifested not only in the geographic tongue, but also in the repeat pattern of finding herself in relationships where the other person overpowered her and did not listen to her wants, needs, or opinions.

Action plan: Her Reality Type Test revealed that she is a Touch-Visual oriented learner, so we designed actions which allowed her to use those primary senses. I asked her to identify textures which made her feel empowered; for her, the touch of silk and the sensation of steel

were the two she chose. Then, I designed some retuning statements for her: "I have a right to be heard." "I am empowered to use my voice." "I am supported when I speak up." "I have a right to be heard, respected, and supported in relationships." We combined the two aspects into actions to retune the underlying preset; for instance, I had her write down the retuning statements on pieces of paper, so that she could see the statements. Then, for one exercise, I had her rub a piece of silk between her fingers, call up a memory in her life when she felt most empowered (connecting the desired emotional state to the new belief), and then to read the statements over and over, connecting fully with this feeling inside her.

Result: Geographic tongue healed, empowered relationships

Case Study #3:

Client: Man, age 60

Issues he presented: Prostate cancer, stage 2

Flow Factor: 2, 3, 6

Case detail: Knowing this man's Flow Factor, it was obvious that he had some underlying problem presets around income production or relationships (Station 2), self-esteem or identity (Station 3), and being able to solve problems (and maybe control issues) (Station 6). The prostate's function in the body is to help propel semen out of the body during ejaculation. From a mind-body perspective, that metaphorically has a lot to do with a man feeling that they can push themselves out into the world; this told me that there was likely something going on that was making this man feel emasculated and unable to take empowered action. Next, the cancer staging told me a great deal as well. From my work with many cancer patients, a Stage 2 cancer generally indicates that the negative experiences or presets have happened in the last 6 months to year. So, putting this together, the picture became clear - there were some negative experiences (and with it, presets) that showed up in the last 6 months to year and which were making him feel a loss of masculine power, likely around creating income (Station 2), and which were making him feel stuck (Station 6) and like he was losing some aspect of his identity/self-esteem (Station 3).

All of this was affirmed when he indicated that he had been negotiating his business separating from another, larger business in the prior 8 months. His business was a big part of his identity (as it often is for men), and he felt completely stuck and afraid. He also was a very change-averse person, fearing that change meant "bad."

Action plan: In this case, the presets and life conditions were fairly recent, although some of the fears (such as fear of change and job as identity) were life-long. So, we first tackled the fear of change and the need to control how things happen with the retuning statements, "All change that happens in my life is for my best. I let go and trust." Next, we looked at shifting his preset that his job/business was his identity with the retuning statement, "I am who I am, regardless of my work." Finally, we looked at the prostate cancer and dealt with the fears around feeling that he was a victim in the situation, not able to move things forward in a powerful way: "I am

empowered in this situation. I take confident action for the best for my business." We combined all of these with RT exercises to help retune the frequencies. Because he was very stressed out and was also a Sound-Visual person, I created a guided meditation which combined stress relief with the retuning statements. All of this was also in support of the surgery he chose for prostate treatment, which were radiation implants.

Results: His prostate cancer went into remission, where it stays today. His negotiations ended up completely in his favor, and he was able to move his business in to a perfect office, where he was much happier. His stress levels went down significantly.

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