

A New Way of Living... Why Not?

By Avis A. Burnett, PhD

Matrix Energetics continues to be an inspiration. I am happily "two-pointing" all day and enjoying such "miracles" as: my lost pocketbook found in a store and returned intact, nonfunctional mechanical devices springing to life, as well as bumps, bruises and colds healing with amazing speed...

In the overall scheme of life, these seem like pleasant perks ~ but where is the real change? What is the important transformation?

For me, it's in the way I think. More and more, the world I live in is becoming a place of magic, miracles, and creative expression. I'm choosing to make it that way. Why not?

For example, in the fall I read a book by Jill Bolte Taylor entitled *A Stroke of Insight*. For her, it was literally a stroke which helped her better understand the functions of the right and left sides of the brain. For me, my "stroke of insight" was to create a Brain Machine a la Matrix Energetics! That's right - a machine which represents certain brain functions, which I can manipulate with on/off switches, knobs, and sliding gauges. Now, when I catch myself in looping thoughts of worry, I shut that switch off. Or I plug into the right side of my brain to better experience One-ness. Or I turn up the volume on my compassion knob. Or I make sure to turn on the "updating of old files" function in my right brain when I want to let go of old patterns and introduce new ones. You can see I've had fun with this. So have the people I've shared it with. Some have noted a decline in "worried, looping thinking". Others report a reduction in certain allergies. One creative soul told me that when she was in the midst of a debilitating depression and couldn't stop crying, she added a "cry meter" to her Brain Machine and simply turned it off! It worked! Well, why not?

If we can create Brain Machines to help us work with our minds more effectively... If we can "two-point" an uncomfortable or scary situation and know that it will somehow be better... If we can live each day with less fear, a greater sense of power, and a playful, positive outlook... We are not only changing our own lives, but the world around us. We are inspiring others to take heart, lighten up, and try new approaches to old problems. We are transforming patterns on this planet.

What a perfect time to make such a contribution! ... Why not?!