

Quantum-Level Transformation

By Avis A. Burnett, PhD

"How do I look today?"

A common enough question to ask as you glance in the mirror on your way out the door. But maybe that question has a deeper meaning...

I'm fascinated with the idea of Quantum Transformation. Inspired by Richard Bartlett's Matrix Energetics and my own experimentation, I'm more and more appreciating the power of OBSERVATION. First, I'm learning that "observing" is not as passive as I once thought. Quantum physicists tell us that THE ACT OF OBSERVATION CHANGES WHAT IS OBSERVED.

As I understand it, at the quantum level everything exists as waves of potential. When we observe something, the wave collapses to become a particle - the underpinnings of concrete reality. The nature of that particle reflects our level of consciousness, that is: the expectations, beliefs and "truths" that we hold when observing. This explains why raising our consciousness changes our reality. In a way, we look at things differently. That, in turn, collapses those waves into different particles.

When we see a tree, what we experience is based on our expectations of seeing a tree and what a tree is like. Richard apparently sees the world differently than most of us. He regales students with stories of dripping tables and melting ketchup bottles. I'm coming to understand that, with his non-conventional view of everything (such as a shoulder that is wavy and gooey) along with his playful, expectant, nonattached knowing that "transformations happen", it is very possible for a frozen shoulder to suddenly move effortlessly. Which it often does. Or a tumor to be "not there". Or a broken foot to heal...

He advises us not to use labels or diagnoses because we can easily get hooked into the morpheic fields of consensual reality associated with them. When we stop defining problems as concrete conditions (with their well-known symptoms and outcomes) and refer to them, instead, with nonspecific words having no charge (like "stuff"), then add playful expectation of a positive outcome, we have a good foundation upon which to change reality.

This makes sense from a counseling perspective. Lately, I've started to observe "patterns". Life patterns. Behavior patterns. Relationship patterns. It invites the concept of easily "shifting patterns".

This inspired me to buy some kaleidoscopes at a dollar store. They've become one of my favorite transformational tools! Here's an example of how they've been used: Mr. X had a desire to change the pattern of impatience in his life. I instructed him to use my magic kaleidoscope to find the pattern for "impatience". (Isn't it great that there are no ugly patterns?!) Having identified what that pattern looked like, he rotated the kaleidoscope to a new pattern which he associated with patience. I believe that his subconscious, responding well to images and ritual, really "got" that a shift was happening. When I encouraged him to go forward in time to experience a specific situation with patience instead of impatience, he was able to feel the difference and practice his new way of being. The new pattern was anchored into his reality. All from looking at a different pattern!

I'm understanding ever more clearly that our lives are a reflection of how we view them ~ our expectations, beliefs and feelings. If we see ourselves as victims ("I suffer from this"; "I'm attacked by that or them"), could it be that we are continually collapsing waves into certain victim realities? What would change if we observed our lives as our creations, and ourselves as potent creators? What would be different if we first looked at our lives with appreciation and gratitude, then focused on the circumstances which we'd like to transform ~ in a light, playful way?

So many questions. So many possibilities. So many opportunities.

Here's the question again: how do you look today?