

HOW THE FORMULA WORKS

Metaphysics 101

Before we delve more deeply into The Mystic's Formula, we are going to spend some time exploring first, why and how it works. The underlying principles that express throughout the use of the formula are metaphysical. Rooted in the Greek language, *meta* means *after or beyond* and *physics* pertains to *nature, or the physical*, i.e., that which you can perceive through your five physical senses. Hence, when I refer to metaphysics, I mean *beyond the physical*. The inner workings of The Formula are beyond the physical, beyond the obvious. The Formula works because it harnesses and directs energy – something that is very real but cannot be seen. We will be looking at the source of things rather than the effect. We will be looking at problems rather than symptoms, at solutions rather than fixes.

There is much to learn in the world of metaphysics from the practical to the mystical, from the scientific to the mysterious. For our purposes, we are going to focus on a few fundamental principles as they apply to manifesting the life of your dreams. The principles are very simple but applying and integrating them into your consciousness and life can be a different story. Some people learn a few tools and are content to improve their lives a little. Other people put themselves on a life-long path, ever-expanding upon their experience of freedom, joy, growth, abundance, success and fulfillment. The tools and concepts of metaphysics deal with the unalterable laws of the universe. We are subjected to and affected by these laws every moment of our lives. To the degree we understand these concepts, we are able to become masters of our lives. To the degree we are unaware of these concepts, we may perceive ourselves to be at the mercy of circumstance or fate.

Fundamental Principles

There is Only ONE

- There is only one source for ALL that exists in the universe.

Since there is only ONE – the only, the every, the all of All That Is – then YOU, like everything else, are made up of this source energy.

- Hence you are the embodiment of this source energy and possess within you all of the properties and expressions of this energy.

The ONE is Love

- This source energy is, by nature, omnipotent (all powerful), omnipresent (everywhere), omniscient (all knowing), omni-beneficent (all goodness).

Consequently this energy is:

- Divine love, perfect health, limitless wealth and success, fulfillment in every way,
- Infinite (absolutely without limitation of any kind),
- Impersonal, non-judgmental, neutral,
- Unconditional (under all circumstances and conditions).

Like Attracts Like

- Whatever you offer the universe in thought and emotion, you attract back into your life as a manifested equivalent.

Proof or Faith?

The above fundamental principles are the basic assumptions upon which The Mystic's Formula is constructed. If these assumptions are already aligned with your belief systems, it will be easy for you to proceed with learning and practicing The Formula.

If, however, you just can't buy into these assumptions (perhaps they scare you, you may feel they are in direct conflict with your religious beliefs or your concept of reality, you might believe only in what you can see or touch, or you simply need proof), then I have a few things for you to ponder before you proceed.

There was a time, not too long ago, that the fundamental principles could only have been taken on faith or personal experience. If neither of these was accessible to you, you'd have been among those unlucky enough to miss out on an opportunity to tap into the great mystery of life.

Fortunately, we live in a time where our technology is now able to demonstrate some of these principles. Regarding the first principle, *There is only ONE*, I will offer you a beautiful summary of scientific findings as presented by Lynne McTaggart, in the prologue of her book, *The Field: The Quest for the Secret Force of the Universe*.

"For a number of decades respected scientists in a variety of disciplines all over the world have been carrying out well-designed experiments whose results fly in the face of current biology and physics. Together these studies offer us copious information about the central organizing force governing our bodies and the rest of the cosmos.

What they have discovered is nothing less than astonishing. At our most elemental, we are not a chemical reaction, but an energetic charge. Human beings and all living things are a coalescence of energy in a field of energy connected to every other thing in the world. This pulsating energy field is the central engine of our being and our consciousness, the alpha and the omega of our existence.

There is no 'me' and 'not-me' duality to our bodies in relation to the universe, but one underlying energy field. This field is responsible for our mind's highest functions, the information source guiding the growth of our bodies. It is our brain, our heart, our memory – indeed, a blueprint of the world for all time. The field is the force, rather than germs or genes, that finally determines whether we are healthy or ill, the force which must be tapped in order to heal. We are attached and engaged, indivisible from our world, and our only fundamental truth is our relationship with it. 'The field,' as Einstein once succinctly put it, 'is the only reality.'"

Science also presents support of the second principle: *Like Attracts Like*. It has been demonstrated that, at the sub-atomic level, reality is malleable to the consciousness of the observer. Quantum physics specifically teaches us that reality isn't what we thought it was. We used to think of reality as a physical, concrete dimension outside of ourselves. However, quantum physics is showing us that what we used to think of as tangible matter actually changes form – from particle to wave – depending on whether or not we are looking at it. In wave form, when we're not looking, there is only possibility. However, when we observe something, the wave collapses into a particle. Our consciousness, our choices and our expectations impact the form of reality.

One remarkable demonstration of this can be seen in the work of Dr. Masaru Emoto. In his book, *The Hidden Messages in Water*, Dr. Emoto describes his research of the effects of human thought and emotion on water. With high-speed photography, he has captured the crystal formations produced by water exposed to a wide variety of visual imagery, music, and written words. Thoughts and emotions, more joyful, loving and positive in nature, produced symmetrical, bright, snowflake-like crystals. The more fearful, angry or negative thoughts and emotions produced irregular, duller and darker formations.

As for the fundamental principle, *The ONE is Love*, we are harder-pressed to find scientific support here. There is plenty of debate over whether the Universe is finite or infinite. But, how does one measure love, at least scientifically speaking? At this juncture, we must leap to the realm of faith, or at very least, willingness.

If you are to learn and practice The Mystic's Formula with any success, you must, at the very least, be willing to consider that the fundamental principles are true. If you are not at least willing, it simply won't work.

This is because inherent in The Mystic's Formula is a "catch-22." The underlying assumption is that your consciousness creates your reality. But your consciousness must *believe* that your consciousness creates your reality. If your consciousness believes that you *don't* create your reality, then your consciousness will create *that* experience.

If you are convinced that we live in a horrible world of suffering, that God is judgmental and punishing, or that you are a victim in a random, chaotic Universe, this principle, will be a big, tough pill to swallow. You may be completely justified in your suffering. However, if you feel stuck and unable to conceive of the possibility of a benevolent Universe, could you at least consider the possibility that you're wrong? Haven't you been wrong at least once or twice in your life? And if you were wrong then, isn't it possible you're wrong now.

The Leap of Faith

"For what is faith unless it is to believe what you do not see?"

–St. Augustine (354-430)
Roman Catholic saint

The question to ask yourself is, "Would I rather continue to believe that I am right, or would I rather be happy?" If you'd rather be happy, you are going to have to be *willing* to be happy, which means that you will have to let go of the belief that your reality just

happens to you. You will have to be willing to believe you have control over your experience.

Even if you cannot fully embrace the fundamental principles, you *can* successfully proceed with The Mystic's Formula if you are open and willing to suspend judgment. So, if you want to give this a good, honest try – if you realize that what you've been doing up until now hasn't worked – then do this: While you're reading this book, or for the next 40 days (whichever is greater), anytime doubt or judgment comes into your mind, repeat this mantra with sincere intention:

**“I am WILLING to discover and experience
the highest possibility of good in my life.”**

If you do only this, you will experience positive changes in your life. Try it! You have nothing to lose but 40 days of being right about your misery and the cost of this book.

Using the Principles in Your Life

So now you know the fundamental principles and are in the right frame of mind for learning, let's talk about how it is that you create your reality. Here's what happens when you manifest something in your life:

You have a thought, an idea, which you think about. That thought may or may not trigger an emotional response within you. All emotion magnetizes, so to speak, that thought, drawing unto it similar thoughts (remember like attracts like). The more you think about that thought with emotion, the more powerful the magnetic quality is of that idea, or energy formation, until ultimately, you draw into your experience that idea in manifest form.

The emotional energy flowing through you and flowing through this thought determines two major conditions regarding how you experience your manifestation. These conditions are:

1. The speed with which this thought manifests into your experience, and
2. Whether or not the thought manifests in a positive way (aligned with your desires) or a negative way (contrary to your desires).

It follows then that if you could learn how to truly harness this powerful emotional energy, you would express tremendous power in manifesting what you desire.

This process of manifestation is 100% guaranteed, always, without condition. It is law. It is the Law of Attraction.

But, But, But...

I know, I know, I've thought it. 99% of the earthly population thinks it. How could that possibly be true? There are things in my life I've been thinking about forever that, to this day, have never come true. I have things that come into my life that I rarely, if ever think about, and do not want. The answer lies in the kinds of thoughts you entertain about a desire and the subsequent emotions you perpetuate. It is through understanding

these all important subtleties that you can become a master of the art and science of manifestation.

You Are a Sending and Receiving Station

Everything is energy – everything you see and everything you don't see. You are energy. The book in your hands is energy. Your body is energy. Your thoughts are energy. Your emotions are energy. In other words, everything is vibrating. And that which determines the unique qualities of any given thing – the aspects and qualities that make an apple an apple vs. an orange – is wavelength and frequency. This energy of All That Is is infinite. The essential substance of everything that has ever been or will ever be already exists as pure energy. Every thought that has ever been thought exists as an energy formation. So, everything you could ever want essentially already exists – as energy.

Then, if what I want already exists as energy, how do I bring what I want into my experience? Remember the fundamental principle – *like attracts like*. The way you bring what you desire into your life is to match its vibration. And you match its vibration through your thoughts and emotions. In other words, you could think of yourself as a living, breathing magnet, or a sending and receiving station. The vibration you radiate or emit through your thoughts and emotions is the vibration you magnetically draw into your life in the form of its manifested equivalent.

For example, when your attention is on money, the experience you draw into your life will depend on the thoughts and feelings you resonate with, or the vibration you emit regarding money. Although words are powerful, it is the emotional energy and the belief systems underneath that determine their magnetic quality. If you think or say *I want money*, you will attract into your experience *you wanting money*. Although you could think about, dream about, fantasize about and talk about having lots of money, if your underlying feelings and beliefs are *I never have enough money*, you manifest in your experience *you never having enough money*.

It is possible to articulate the same words *I want money* and be a very prosperous person because the underlying feelings and beliefs are those of *havingness, abundance* and *prosperity*. I can guarantee you that if Donald Trump said, "I want money!" ten million dollars would appear *poof* in a pile on the table in front of him. If a poor person declared those same words, chances are pretty good the table would remain bare. Yes, I'm kidding around a bit here, but the point I'm trying to make is that it's not the words themselves that are magnetic, but the underlying consciousness. Donald Trump's already existing prosperity consciousness (the thoughts and feelings of *I have lots of money*) is what would draw to him the experience of *having lots of money* – his next ten million as a matter of fact. It is the scarcity consciousness (the thoughts and feelings of *there is never enough, we're broke*) of the poor person that draws to him *not having enough and being broke*.

So there you have it, the first lesson of metaphysics. These energetic laws create your reality every day of your life. As you direct your thoughts and emotions, consciously or not, you set in motion the Law of Attraction. And thought by thought, emotion upon emotion, you choose among infinite possibilities the life experience that will unfold before you. The more you understand and practice The Mystic's Formula, the more you will develop the skills necessary to direct these energies exactly as you would choose. Now then, onto Step 1 of The Formula!