



The Spontaneous Healing of Belief By Gregg Braden

The new-ager in me enjoyed this program. Because I study so extensively in this area, I wasn't getting many ahas out of it in the beginning. Fortunately, Braden does a good job tying it in together in the end. Understand this: This book raises far more questions than it provides answers. People looking for a to-do list will be largely disappointed. This is food for thought and it's up to you what to do with it.

I recently summarized a book by Marshall Goldsmith who stated that the most important characters of successful people are their beliefs. Braden reminds us what we believe is limited by our understanding of science and how it ties into ancient wisdom. He gives the "quantum explanation" behind the power of *The Secret*. Here are some pointers I got out of the program:

Just how limiting our belief systems really are. The fact is, science will never catch up to the mystery of the universe. We will never completely understand why we're supposed to be doing or where we're going next. Until Newton came along, people knew what gravity was, but hadn't defined it. Same thing here. Breakthroughs in science over the last ten years have been profound. As a result of those breakthroughs, the possibilities for our beliefs are greatly expanded.

Braden identifies Fifteen Keys to Conscious Creation:

1. A field of intelligent energy bathes the universe and connects all things.
2. Everything in the universe is connected to everything else.
3. In order to make a change, we have to see ourselves as part of the world, rather than separate.
4. Once something is physically joined, it's always connected.
5. The act of observation is an act of creation unto itself.
6. We have all the power we need, to create all of the change we choose.
7. The focus of our feelings, and our beliefs about our feelings, become the reality of our world.
8. To simply say that we choose our new reality isn't enough.
9. Feel as if your goal is already accomplished, your prayer already answered, your wish already fulfilled.
10. The feelings that create intentionally must be without judgment and ego.
11. We must become in our lives what we choose to experience in our world.
12. We are not limited by the laws of physics and biology as we know them today.
13. We are holographic beings in a holographic universe.
14. The instant you create your prayer, it is already at its destination.
15. The world is a mirror of what is within.

The questions I ask myself when I come across material like this is, How can it expand my belief system? What could I see that I don't see now? Do I hold my beliefs so strongly that they can impede change? Am I "open" enough to incorporating new information and expanding my beliefs? Am I proceeding with enough faith in my beliefs?

Next time you're going on a long drive, plug in this CD program and begin thinking about all the wonderful possibilities.