

## THOUGHTS ON REALITY

When I was studying and training to be a healer back in 1986, several things were said at the time of which I had little understanding, but which have since come home to roost in more recent years. One of these sayings was: “We create our own reality.” One can see this on several levels, one being that mentally, we (unconsciously or otherwise) choose to see things in certain ways. This will be very much affected by our upbringing, religious and societal conditioning, and personal experiences. I can remember being fairly gobsmacked at the idea of dowsing a `thought form`. A dowsing friend `drew` a line in the air with his hand, without me looking, and I then had to find out where in the air this thought form was. *My rods crossed when I hit upon it.*

This says to me, that everything starts with thought. We do nothing, create nothing, without it starting *as a thought*. A wise and extraordinary woman who was a family friend in my childhood, said that “thoughts are things.” I was also told, during my Healing training, that “we are co-creators with God.” I realise that everyone sees “God” in a very different way, and for the purposes of clarity in this article, I hope you will not mind my outlining my own very personal view of what “God” is.

I feel that *everything* that exists consists of energy, and also that *everything* that exists has a consciousness; perhaps that may be easily understood if one is thinking of people, or animals, but it may be a more difficult concept to take on board if one applies that to plants, trees, or even rocks, and the planet herself. To me, the `god` spark is within everything and everyone, and this `god` consciousness provides the `oneness` that is spoken of in many religious philosophies. This is why, when we damage ourselves, or each other, or any other creature or created `thought`, we actually do damage to the *whole* of creation, not just to ourselves, and not just to a part of it.

I also believe that the Universe itself is a giant thought form, and that *we* have created it - because we *are* god, part of god, co-creators with god. We have created our own reality on a truly cosmic level. How mind blowing is that? We have *thought* ourselves into physical manifestation, we *think* ourselves into incarnation. Previous lives and powerful past life experiences will impact upon the present life incarnation. We create our own bodies by thought - it's not all done by a man and a woman making love (or whatever artificial means which are now being used). They provide the physical `nest` in which to grow a human body, the rest is up to us. I do not agree with our scientists that it is the brain which gives rise

to thought, but that *life starts with thought*, that it is the divine spark within each one of us which creates life, and gives rise to a brain that processes our thoughts, and very probably filters out unwanted or overpowering knowledge, as well. How else could we cope with the world if we were always aware of *all that is, and was*? I think it would, quite literally, blow our minds, and we would not be able to bear the pain of being human. I feel we almost need to forget where we have come from, so that we can focus on what we need to do here whilst in physical incarnation.

So here I see `Mind` as the power behind the physical universe, the driving force which is able to manifest itself in whatsoever manner it chooses. It's an awesome responsibility, because *we are that mind*. As dowsers, we are sometimes able to access this higher level of reality, where *all is known*. Part of ourselves, the spiritual or god part, if you like, knows this. Not only do we have *access to all knowledge*, but we can also access the sum total of human existence, and perhaps even travel backwards and forwards through time itself. The only limitations we have are the ones that we impose upon ourselves.

Jung talked of a `collective unconscious` which again we can tap into intuitively and psychically. This can happen knowingly, or through dreams, meditation, or (sometimes, and not recommended!) through the use of drugs. It is interesting that there have been some remarkable `coincidences`, where a similar product has been invented at the same time, unknowingly, by someone else, in a completely different part of the world. Jung didn't believe in coincidences, he called it `synchronicity`. It's as though the great universal mind, with its overall wisdom and sense of timing, makes itself known to human endeavour - "OK, it's time to invent the wheel/internal combustion engine/etc. now." Synchronicity is what brings people, events, experiences, together, and is usually part of the pattern which as humans, we find sometimes difficult to make sense of, but the greater Mind - KNOWS!

Not only does everything start in thought, but everything leaves its *energetic imprint*. We often, as dowsers, are looking for things which apparently no longer exist. On another level, they do. Why else would we be able to find the walls of a building which is no longer there? Or trace forgotten trackways, find missing stones at stone circles, find the route that someone has walked? Because we are `tuning in`, tuning in to another level of reality, and because everything that is created carries a memory (which is how homeopathy works), and leaves an energetic imprint. Ancient religions speak of the `Akashic Records` where all that is, and has been, is kept for all time, and nothing is left out, or forgotten. Rather a

terrifying concept. As a small child, I had the fantasy that everything that had been said, all noise, sound, music, was somehow still around somewhere, and that one day we would be able to access it. Well, I can't access sound, some people do, I think, but I am able sometimes to access pictures, visions of the past or future. Sometimes I need a pendulum or rods to help me, at other times, no tools are necessary, I just seem to pick up on the memory.

To sum up, then, I think we can create anything we like. Sometimes we will be able to transmute the thought form into physical manifestation, at other times, it will remain just that, a thought. Peoples' emotions certainly affect their auric field, both in terms of colour (which boils down to being energy vibrating at a certain rate), and dimension. A kind of energy 'grid' exists within the human body, acupuncturists access this by way of tapping into nodal points, which affect the meridians, or grid, and thereby affecting the entire organism.

Standing stones, circles etc. are *perhaps* nodal points on the surface of the planet, and will affect the 'meridians' or energy lines in all directions. Many of us are fascinated by this extraordinary linkage of lines and grids; how many of us realise that another grid exists, in the etheric envelope surrounding our planet, and that this is constantly worked on, being kept in good repair, by beings in another reality or dimension. Bit like the Forth Bridge, this. Mankind is constantly damaging it, so it's a never ending repair job! But the line between what we see as physical normality, and what we tune into when we are dowsing, is finer than we think. All the different levels interpenetrate each other, making me wonder actually what is reality? Mine is different from yours, and yours is different from your neighbour, and his is different again. All this brings home to me that we are actually made of greater stuff than we give ourselves credit for, and have the potential to be or do whatever we want. This business of 'free choice', then, is an absolutely huge and humbling responsibility, and one which, as a race, we seem to have messed up on a grand scale. Only as individuals taking responsibility for our thoughts, words and actions, can we change our world, because change has to start from within ourselves, and then and only then, will our world change. Hooray! Change is much, much needed. *And soon!*

*Copyright Sally Cunis. 25/02/02*

*Addendum 23<sup>rd</sup> August 2020*

I was fortunate enough this afternoon to hear Nigel Twinn`s talk on our DD Zoom Meeting, on the subject matter of his new book: “Fraying at the Edges”, written by him and Bill Kenny. Much of what he spoke of resonated with me, and it is interesting to note that the scientific world is beginning to catch up with the esoteric – and I have deliberately put it that way round! Science is discovering that physical matter comprises a very small part of all that exists, that there are more “gaps” between physical particles, that “dark matter” exists, that “black holes” exist in the cosmos, and more besides but being no scientist, I am unable to describe or explain. It`s probably to do with quantum physics... But it brings to mind Hamlet`s phrase (William Shakespeare`s play of the same name): “There are more things in Heaven and Earth, Horatio, than are dreamed of in your philosophy...”

And a final note; last year my daughter and I cruised to the Arctic Circle, hoping to see the Northern Lights (we didn`t); the weather was very stormy, and when an engine failed on a similar cruise ship to our own, The Viking Sky, passengers had to be airlifted off in the dark. A terrifying experience for them, and we became quite nervous on our own little ship, the Marco Polo. I asked to tune in to the spirit of the storm, and I was shown a bubble, about 3” in diameter. Inside this bubble was an entity, a *conscious* entity, showing dark against the transparency of the bubble. It took me a while to work out what I was seeing, then I realised it was one drop of water, a water droplet, hugely magnified. Just think how many of those it takes to make up all the oceans and rivers of our world...but the point I`m getting to is that everything we see in our physical world is made up of cells, each of which knows exactly what it has to do. How does each cell know that? Is it because each one has a consciousness? Each and every cell in our bodies knows, from the moment of conception, what it has to do, and unless we mess up the process with our unhelpful or negative thoughts, will go on doing the job it came to do in order to keep us alive. Perhaps there is no limit to matter becoming smaller and smaller, as well as larger and larger, both to infinity.

Our beautiful planet is a living, conscious, and very aware, Being. We (the human race) have done a not-so-wonderful job of screwing things up on an unprecedented scale; perhaps this is why our wake up calls are getting more and more terrible and frightening, the corona virus being the latest in our Earth`s attempt to stop us in our tracks...

*Copyright Sally Cunis 23<sup>rd</sup> August 2020*