

# THE DIVINE MATRIX

BRIDGING TIME, SPACE, MIRACLES, AND BELIEF



**GREGG BRADEN**

*The best-selling author of *The God Code* and *Secrets of the Lost Mode of Prayer**

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# The Divine Matrix

Bridging Time, Space, Miracles, and Belief

By  
Gregg Braden

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### Books

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*I have one small drop  
of knowing in my soul.  
Let it dissolve in your ocean.*

—Rumi

*"All matter originates and exists only by virtue of a force.... We must assume behind this force the existence of a conscious and intelligent Mind. This Mind is the **matrix** of all matter."*

—Max Planck, 1944

With these words, Max Planck, the father of quantum theory, described a universal field of energy that connects everything in creation: *the Divine Matrix*.

The Divine Matrix is our world. It is also everything *in* our world. Living in the Divine Matrix, we are as artists expressing our innermost passions, fears, dreams, and desires through the essence of a mysterious quantum canvas. But *we are* the canvas, as well as the images upon the canvas. *We are* the paints, as well as the brushes.

In the Divine Matrix, we are the container within which all things exist, the bridge between the creations of our inner and outer worlds, and the mirror that shows us what we have created.

This book is written for those of you who long to awaken the power of your greatest passions and deepest aspirations. In the Divine Matrix, you are the seed of the miracle, as well as the miracle itself.

# WE ARE THE ARTISTS AS WELL AS THE ART

As far-fetched as this idea may sound to many people, it is precisely at the crux of some of the greatest controversies among some of the most brilliant minds in recent history. In a quote from his autobiographical notes, for example, Albert Einstein shared his belief that we're essentially passive observers living in a universe already in place, one in which we seem to have little influence: "Out yonder there was this huge world," he said, "which exists independently of us human beings and which stands before us like a great, eternal riddle, at least partially accessible to our inspection and thinking." [2]

In contrast to Einstein's perspective, which is still widely held by many scientists today, John Wheeler, a Princeton physicist and colleague of Einstein, offers a radically different view of our role in creation. In terms that are bold, clear, and graphic, Wheeler says, "We had this old idea, that there was a universe *out there*, [author's emphasis] and here is man, the observer, safely protected from the universe by a six-inch slab of plate glass." Referring to the late-20th-century experiments that show us how simply looking at something *changes* that something, Wheeler continues, "Now we learn from the quantum world that even to observe so minuscule an object as an electron we have to shatter that plate glass:

we have to reach in there.... So the old word *observer* simply has to be crossed off the books, and we must put in the new word *participator*.”[3]

What a shift! In a radically different interpretation of our relationship to the world we live in, Wheeler states that it’s impossible for us to simply watch the universe happen around us. Experiments in quantum physics, in fact, do show that simply looking at something as tiny as an electron—just focusing our awareness upon what it’s doing for even an instant in time—changes its properties while we’re watching it. The experiments suggest that the very act of observation is an act of creation, and that consciousness is doing the creating. These findings seem to support Wheeler’s proposition that we can no longer consider ourselves merely on-lookers who have no effect on the world that we’re observing.

To think of ourselves as participating in creation rather than simply passing through the universe during the brief period of a lifetime requires a new perception of what the cosmos is and how it works. The groundwork for such a radical worldview was the basis for a series of books and papers by another Princeton physicist and colleague of Einstein, David Bohm. Before his death in 1992, Bohm left us two pioneering theories that offer a very different—and in some ways, a nearly holistic—view of the universe and our role in it.



The first was an interpretation of quantum physics that set the stage for Bohm's meeting and subsequent friendship with Einstein. It was this theory that opened the door to what Bohm called the "creative operation of underlying ... levels of reality." [4] In other words, he believed that there are deeper or higher planes of creation that hold the template for what happens in our world. It's from these subtler levels of reality that our physical world originates.

His second theory was an explanation of the universe as a single unified system of nature, connected in ways that aren't always obvious. During his early work at the University of California's Lawrence Radiation Laboratory (now Lawrence Livermore National Laboratory), Bohm had the opportunity to observe small particles of atoms in a special gaseous state called *plasma*. Bohm found that when the particles were in this plasma state, they behaved less like the individual units that we typically think of and more like they were connected to one another as part of a greater existence. These experiments laid the foundation for the pioneering work for which Bohm is probably best remembered—his 1980 book, *Wholeness and the Implicate Order*.

In this paradigm-shifting volume, Bohm proposed that if we could see the universe in its entirety from a higher vantage point, the objects in our world would in fact appear as a projection of things happening in

another realm that we cannot observe. He viewed both the seen as well as the unseen as expressions of a greater, more universal order. To distinguish between them, he called these two realms “implicate” and “explicate.”

The things that we can see and touch and that appear separate in our world—such as rocks, oceans, forests, animals, and people—are examples of the *explicate order* of creation. However, as distinct as they may appear from one another, Bohm suggested that they’re linked in a deeper reality in ways that we simply cannot see from our place in creation. He viewed all of the things that look separate to us as part of a greater wholeness, which he called the *implicate order*.

To describe the difference between implicate and explicate, he gave the analogy of a flowing stream. Using the different ways we can see water flowing in the same stream as a metaphor, Bohm described the illusion of separateness: “On this stream, one may see an ever-changing pattern of vortices, ripples, waves, splashes, etc., which evidently have no independent existence as such.”[5] Although the water’s disturbances may look separate to us, Bohm viewed them as intimately linked and deeply connected to one another. “Such transitory subsistence as may be possessed by these abstracted forms *implies only a relative independence* [author’s emphasis]

rather than “absolutely independent existence,” he stated.[6] In other words, they’re all part of the same water.

Bohm used such examples to describe his sense that the universe and everything in it—including us—may, in fact, be part of a grand cosmic pattern where all portions are evenly shared by every other. Encapsulating this unified view of nature, Bohm simply stated, “The new form of insight can perhaps best be called *Undivided Wholeness in Flowing Movement*.”[7]

In the 1970s, Bohm offered an even clearer metaphor to describe how the universe may be thought of as a distributed yet undivided whole. Reflecting on the interrelated nature of creation, he became more convinced that the universe works like a grand cosmic hologram. In a hologram, every portion of whatever the object is contains that object in its entirety, only on a smaller scale. (For those who may be unfamiliar with the concept of a hologram, a detailed explanation is provided in Chapter 4.) From Bohm’s perspective, what we see as our world is actually the projection of something even more real that’s happening at a deeper level of creation. It is this deeper level that’s the original—the implicate. In this view of “As above, so below” and “As within, so without,” patterns are contained within patterns, complete in and of themselves and different only in scale.

an outer expression. Within the Divine Matrix, however, the separation between art and artist disappears: We *are* the canvas, as well as the images upon it; we *are* the tools, as well as the artist using them.

The very idea of us creating from within our own creation brings to mind one of those Walt Disney cartoons that were common on black-and-white television back in the '50s and '60s. We would first see the hand of an unidentified artist sketch a well-known cartoon character such as Mickey Mouse on a drawing pad. As the image was being formed, it would suddenly become animated and lifelike. Then Mickey would begin to create his own drawings of other cartoon characters *from within* the sketch itself. Suddenly, the original artist was no longer needed and out of the picture ... literally.

With the hand nowhere to be seen, Mickey and his friends would take on lives and personalities of their own. While everyone in the make-believe house was sleeping, the entire kitchen would become joyously animated. As the sugar bowl danced with the saltshaker and the teacup rocked the world of the butter dish, the characters no longer had any connection to the artist. While this may be an oversimplification of how we function in the Divine Matrix, it also helps anchor the subtle

and abstract idea of us as creators, creating from within our own creations.

Just as artists refine an image until it's exactly right in their minds, in many respects it appears that through the Divine Matrix we do the same thing with our life experiences. Through our palette of beliefs, judgments, emotions, and prayers, we find ourselves in relationships, jobs, and situations of support and betrayal that play out with different individuals in various places. At the same time, these people and situations often feel hauntingly familiar.

Both as individuals and together, we share our inner-life creations as a never-ending cycle of moment layered upon moment, day after day, and so on. What a beautiful, bizarre, and powerful concept! Just the way a painter uses the same canvas again and again while searching for the perfect expression of an idea, we may think of ourselves as perpetual artists, building a creation that's ever-changing and without end.

The implications of being surrounded by a malleable world of our own making are vast, powerful, and, to some, perhaps a little frightening. Our ability to use the Divine Matrix intentionally and creatively suddenly empowers us to alter everything about the way we see our role in the uni-

verse. At the very least, it suggests that there's much more to life than chance happenings and occasional synchronicities that we deal with the best we can.

Ultimately, our relationship to the quantum essence that connects us to everything else reminds us that we're creators ourselves. As such, we may express our deepest desires for healing, abundance, joy, and peace in everything from our bodies and lives to our relationships. And we may do so consciously, in the time and manner that we choose.

However, just as the initiates in Christopher Logue's poem at the beginning of this Introduction needed a little "nudge" to get them to fly, all of these possibilities require a subtle yet powerful shift in the way we think about our world and ourselves. In that shift, our secret desires, highest goals, and loftiest dreams suddenly appear within our grasp. As miraculous as such a reality may sound, all of these things—and much more—are possible within the realm of the Divine Matrix. The key is not only to understand how it works; we also need a language to communicate our desires that's recognizable to this ancient web of energy.

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Our oldest and most cherished wisdom traditions remind us that there is, in fact, a language that speaks to the Divine Matrix, one that has no words and doesn't involve the usual outward signs of communication we make with our hands or body. It comes in a form so simple that we all already know how to "speak" it fluently. In fact, we use it every day of our lives—it is the language of human emotion.

Modern science has discovered that through each emotion we experience in our bodies, we also undergo chemical changes of things such as pH and hormones that mirror our feelings.[9] Through the "positive" experiences of love, compassion, and forgiveness and the "negative" emotions of hate, judgment, and jealousy, we each possess the power to affirm or deny our existence at each moment of every day. Additionally, the same emotion that gives us such power *within* our bodies extends this force into the quantum world *beyond* our bodies.

It may be helpful to think of the Divine Matrix as a cosmic blanket that begins and ends in the realm of the unknown and spans everything between. This covering is many layers deep and is everywhere all the time, already in place. Our bodies, lives, and all that we know exist and take place within its fibers. From our watery creation



in our mother's womb to our marriages, divorces, friendships, and careers, all that we experience may be thought of as "wrinkles" in the blanket.

From a quantum perspective, everything from the atoms of matter and a blade of grass to our bodies, the planet, and beyond may be thought of as a "disturbance" in the smooth fabric of this space-time blanket. Perhaps it's no coincidence then that ancient spiritual and poetic traditions describe existence in much the same way. The Vedas, for example, speak of a unified field of "pure consciousness" that bathes and permeates all of creation.[10] In these traditions, our experiences of thought, feeling, emotion, and belief—and all the judgment that they create—are viewed as *disturbances*, interruptions in a field that is otherwise smooth and motionless.

In a similar fashion, the sixth-century *Hsin-Hsin Ming* (which translates to Faith-Mind Verses) describes the properties of an essence that is the blueprint for everything in creation. Called the Tao, it's ultimately beyond description, just as we see in the Vedic scriptures. It is all that is—the container of all experience, as well as the experience itself. The Tao is described as perfect, "like vast space where nothing is lacking and nothing is in excess."[11]

According to the *Hsin-Hsin Ming*, it's only when we disturb the tranquility of the Tao through our judg-



## ABOUT THIS BOOK

In many respects, our experience of the Divine Matrix may be compared to the software that runs a computer. In both, the instructions must use a language that the system understands. For the computer, this is a numerical code of 0s and 1s. For consciousness, a different kind of language is required, one that uses no numbers, alphabets, or even words. Because we're already part of the Divine Matrix, it makes perfect sense that we would already have everything we need to communicate with it, without the need for an instruction manual or special training. And we do.

The language of consciousness appears to be the universal experience of emotion. We already know how to love, hate, fear, and forgive. Recognizing that these feelings are actually the instructions that program the Divine Matrix, we can hone our skills to better understand how to bring joy, healing, and peace to our lives.

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This book isn't intended to be a definitive work on the history of science and the new physics. There are a number of other texts that have already done a wonderful job of bringing this kind of information to our awareness today. Some of them I have even

referenced here—Michio Kaku’s *Hyperspace*, for example, and David Bohm’s *Wholeness and the Implicate Order*. Each of these represents a powerful new way to see our world, and I recommend them all.

This book is intended to be a useful tool—a guide—that we can apply to the mysteries of our everyday lives. For this reason, there are places where I’ve chosen to focus more on the radical and unexpected results of the quantum experiments, rather than getting bogged down with too many technical details of the experiments themselves. For us to understand the power to manifest healing, peace, joy, romance, and partnership, as well as to survive our time in history, it’s important to emphasize what the results tell us about ourselves, rather than the fine points of how the studies were performed. For those who may be interested in the technical details, I’ve included the sources as endnotes.

For so many people, the breakthroughs in the world of quantum physics are little more than interesting facts—things to talk about at conferences or workshops or over a Starbucks latte. Yet, as deep as the implications go and as high as the philosophy carries us, the discoveries seem to have minimal relevance in our everyday lives. What good does it do, for example, to know that a particle of matter can be in two places at once or that electrons can travel faster than Einstein said they could if this knowledge doesn’t

add to our lives in some way? It's only when we can connect these mind-boggling discoveries to the healing of our bodies or to what we experience in the malls, living rooms, airports, and classrooms of our lives that they become important to us.

This apparent chasm between the mysteries of the quantum world and our everyday experiences is where *The Divine Matrix* offers a bridge. In addition to describing the findings, this book takes us one step further: It gives meaning to how those discoveries can help us become better people and build a better world together.

I've written this book for one reason: to offer a sense of hope, possibility, and empowerment in a world that often makes us feel small, ineffective, and helpless. And my goal is to do so in a conversational style that describes the awesome insights of the new science in a way that's easy to understand and interesting.

My experience with live presentations has shown that in order to reach an audience in a way that's meaningful, it's important to honor the way the listeners learn. Regardless of how "left-brained" we think we are or how "right-brained" we feel we are, the fact is that we all use both sides to make sense of the world. And while some people certainly do rely more on one hemisphere or the other, it's important to honor both our intuition as well as our logic when we

invite people to make a huge leap in how they see the world.

For this reason, *The Divine Matrix* is written in much the same way that the fabric of a tapestry is created. Throughout these pages, I've woven the "right-brain" descriptions of personal accounts and direct experience into the "left-brain" research and reports of discoveries that tell us why these stories are important. This way of sharing information makes the data seem less textbooklike, while still keeping enough of the leading-edge science to make it meaningful.

Just as all life is built from the four chemical bases that create our DNA, the universe appears to be founded upon four characteristics of the Divine Matrix that make things work in the way they do. The key to tapping the power of the Matrix lies in our ability to embrace the four landmark discoveries that link it to our lives in an unprecedented way:

**Discovery 1:** There is a field of energy that connects all of creation.

**Discovery 2:** This field plays the role of a container, a bridge, and a mirror for the beliefs within us.

**Discovery 3:** The field is nonlocal and holographic. Every part of it is connected to every other, and each piece mirrors the whole on a smaller scale.

**Discovery 4:** We communicate with the field through the language of emotion.

It's our power to recognize and apply these realities that determine everything from our healing to the success of our relationships and careers. Ultimately, our survival as a species may be directly linked to our ability and willingness to share life-affirming practices that come from a unified quantum worldview.

To do justice to the huge concepts implied by *The Divine Matrix*, I've written it in three parts, each covering one of the key implications of the field. Rather than creating a formal conclusion at the end of each part, I've highlighted the important concepts as an in-line summary, noting such an idea as a "Key" designated by number (as in Key 1, Key 2, and so forth). For quick reference, a listing of the 20 Keys may be found at the end of Chapter 8.

A brief description of each section will help in navigating the material and in finding the information that's useful for everything from important references to deep inspiration.

Part I, "Discovering the Divine Matrix: The Mystery That Connects All Things," explores the enduring human sense that we're united by a field of energy that connects everything. In Chapter 1, I describe the single experiment that set scientists back over 100

in a way that supports or depletes our lives; to breathe deep and life-affirming breaths or shallow, life-denying ones; and to think and speak about other people in a manner that is honoring or dishonoring.

Through the power of our nonlocal, holographic consciousness, each of these seemingly insignificant choices has consequences that extend well beyond the places and the moments of our lives. Our individual choices combine to become our collective reality—that's what makes the discoveries both exciting and frightening. Through these understandings, we see:

- Why our good wishes, thoughts, and prayers are already at their destination
- That we aren't limited by our bodies or the "laws" of physics
- How we support our loved ones everywhere from the battlefield to the boardroom—without ever leaving our home
- That we *do* have the potential to heal instantaneously
- That it *is* possible to see across time and space without ever opening our eyes

Part III, "Messages from the Divine Matrix: Living, Loving, and Healing in Quantum Awareness," delves directly into the practical aspects of what it means to live in a unified field of energy, along with how it affects the events of our lives. With examples of synchronicities and coincidences, powerful acts of intentional healing, and what our most intimate relationships are showing us, this section serves as a template to recognize what similar experiences may mean in our own lives.

Through a series of real case histories, I share the power, irony, and clarity of how seemingly insignificant events in our lives are actually "us" showing ourselves our truest and deepest beliefs. Among the examples used to describe this relationship, I include a case history of how our pets can show us with *their* bodies the physical conditions that have either gone unnoticed or are still developing in our own.

*The Divine Matrix* is the result of more than 20 years of research, as well as my personal journey to make sense of the great secret held in our most ancient, mystical, and cherished traditions. If you've always sought to answer the questions "Are we *really* connected, and if so, how deep does that connection go?" and "How much power do we really have to change our world?" then you'll like this book.

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*The Divine Matrix* is written for those of you whose lives bridge the reality of our past with the hope of our future. It is you who are being asked to forgive and find compassion in a world reeling from the scars of hurt, judgment, and fear. The key to surviving our time in history is to create a new way of thinking while we're still living in the conditions that threaten our existence.

Ultimately, we may discover that our ability to understand and apply the "rules" of the Divine Matrix holds the key to our deepest healing, our greatest joy, and our survival as a species.

**—Gregg Braden**  
Santa Fe, New Mexico



**PART I**

**DISCOVERING THE DIVINE  
MATRIX: THE MYSTERY  
THAT CONNECTS ALL  
THINGS**



The low sun created a glow that cast a deep shadow across the man's body. As I held my hand up to block the light from my eyes, I could see a few locks of shoulder-length hair blowing across his face.

He seemed as surprised to see me as I was to see him. The wind carried the sound of his voice toward me as he cupped his hands on either side of his mouth. "Hello!" he shouted.

"Hello," I called back. "I didn't expect to see anyone here this time of day." Stepping a little closer, I asked, "How long have you been watching me?"

"Not long," he replied. "I come here to listen to the voices of my ancestors in those caves," he said, as one arm pointed toward the other side of the canyon.

The path we were following wound through a series of archaeological sites built nearly 11 centuries before by a mysterious clan of people. No one knows where they came from or who they were. With no evidence of their skills evolving over time, the people that modern natives simply call "the ancient ones" showed up one day in history and brought with them the most advanced technology that would be seen in North America for another thousand years.

From the four-story-tall buildings and perfect stone kivas (round ceremonial structures) buried in the

ground to the vast irrigation systems and the sophisticated crops that sustained the people, this place seems to have just appeared one day. And then those who built it were suddenly gone—they just vanished.

The ancient ones left precious few clues to tell us who they were. With the exception of the rock art on the canyon walls, no written records have ever been found. There are no sites of mass burials or cremations, or weapons of war. Yet the evidence of their existence is there: hundreds of ancient dwellings in an 11-mile-long, 1-mile-wide canyon in the remote corner of a desolate canyon in northwestern New Mexico.

I've gone to this place often to walk, immerse myself in the strange beauty of the open desolation, and feel the past. On that late October afternoon, both the wisdom keeper and I had come to the high desert on the same day for the same reason. As we exchanged our beliefs about the secrets still held there, my new friend shared a story.

## A LONG TIME AGO...

"A long time ago, our world was very different from the way we see it today," the wisdom keeper began. "There were fewer people, and we lived closer to the land. People knew the language of the rain, the crops,

and the Great Creator. They even knew how to speak to the stars and the sky people. They were aware that life is sacred and comes from the marriage between Mother Earth and Father Sky. In this time, there was balance and people were happy.”

I felt something very ancient well up inside of me as I heard the man’s peaceful voice echo against the sandstone cliffs that surrounded us. Suddenly, his voice changed to a tone of sadness.

“Then something happened,” he said. “No one really knows why, but people started to forget who they were. In their forgetting, they began to feel separate—separate from the earth, from each other, and even from the one who created them. They were lost and wandered through life with no direction or connection. In their separation, they believed that they had to fight to survive in this world and defend themselves against the same forces that gave them the life they had learned to live in harmony with and trust. Soon all of their energy was used to protect themselves from the world around them, instead of making peace with the world within them.”

Immediately, the man’s story resonated with me. As I listened to what he was telling me, it sounded as if he were describing human beings today! With the few exceptions of isolated cultures and remote pockets of tradition that remain, our civilization certainly places

its focus more on the world *around* us and less on the world *within* us.

We spend hundreds of millions of dollars each year defending ourselves from disease and trying to control nature. In doing so, we have perhaps strayed further from our balance with the natural world than ever before. The wisdom keeper had my attention—now the question was, where was he going with his story?

“Even though they had forgotten who they were, somewhere inside of them the gift of their ancestors remained,” he continued. “There was still a memory that lived within them. In their dreams at night they knew that they held the power to heal their bodies, bring rain when they needed to, and speak with their ancestors. They knew that somehow they could find their place in the natural world once again.

“As they tried to remember who they were, they began to build the things *outside* of their bodies that reminded them of who they were on the *inside*. As time went on, they even built machines to do their healing, made chemicals to grow their crops, and stretched wires to communicate over long distances. The farther they wandered from their inner power, the more cluttered their outer lives became with the things that they believed would make them happy.”

As I listened, I saw the unmistakable parallels between the people I was hearing about and our civilization today. Our civilization has become steeped in feelings of being powerless to help ourselves or make a better world. So often we feel *helpless* as we watch our loved ones slip away from us into the clutches of pain and addictions. We think that we're *powerless* to ease the suffering from the horrible diseases that no living thing should ever have to endure. We can only *hope* for the peace that will bring those we care about safely from the terror of foreign battlefields. And together, we feel insignificant in the presence of a growing nuclear threat as the world aligns itself along the divisions of religious beliefs, bloodlines, and borders.

It seems that the farther we stray from our natural relationship with the earth, our bodies, one another, and God, the emptier we become. In our emptiness, we strive to fill our inner void with "things." When we look at the world from this perspective, I cannot help but think of a similar dilemma portrayed in the science-fiction movie *Contact*. The President's science advisor (played by Matthew McConaughey) explores the fundamental question that faces every technological society. During a television interview, he asks if we are a better society because of our technology—has it brought us closer together or made us feel more separate? The question is never really answered in the movie, and the topic could

the evidence of their technology?" the experts ask. "Where are their toasters, microwave ovens, and VCRs?" I find it very interesting that in interpreting the development of a civilization, so much could hinge on the *things* that the individuals built. What about the thinking that underlies what they made? While to the best of my knowledge, it's true that we've never found a TV or digital camera in the archaeological record of the American Southwest (or anywhere else for that matter), the question is why?

Is it possible that when we see the remains of advanced civilizations, such as those in Egypt, Peru, or the American Desert Southwest, we're actually witnessing the remnants of a technology *so advanced* that they didn't need toasters and VCRs? Maybe they outgrew the need for a cluttered and complex outer world. Perhaps they knew something about themselves that gave them the *inner technology* to live in a different way, knowledge that we've forgotten. That wisdom could have given them everything that they needed to sustain their lives and heal in a way that we're only beginning to understand.

If this is true, then perhaps we need look no further than nature to understand who we are and what our role in life really is. And maybe some of our most profound and empowering insights are already available in the mysterious discoveries of the quantum world. During the last century, physicists discovered



that the stuff that makes up our bodies and our universe doesn't always follow the neat and tidy laws of physics that have been held sacred for nearly three centuries. In fact, on the tiniest scales of our world, the very particles that we're made of break the rules that say we're separate from one another and limited in our existence. On the particle level, everything appears to be connected and infinite.

These discoveries suggest that there's something within each of us that isn't limited by time, space, or even death. The bottom line of these findings is that we appear to live in a "nonlocal" universe where everything is always connected.

Dean Radin, senior scientist for the Institute of Noetic Sciences, has been a pioneer in exploring just what it means for us to live in such a world. "Nonlocality," he explains, "means that there are ways in which things that appear to be separate are, in fact, not separate."<sup>[1]</sup> There are aspects of us, Radin suggests, that extend beyond the here-and-now and allow us to be spread throughout space and time. In other words, the "us" that lives in our physical selves isn't limited by the skin and hair that define our bodies.

Whatever we choose to call that mysterious "something," we all have it; and ours mingles with everyone else's as part of the field of energy that bathes all things. This field is believed to be the quantum net

that connects the universe, as well as the infinitely microscopic and energetic blueprint for everything from healing our bodies to forging world peace. To recognize our true power, we must understand what this field is and how it works.

If the ancient ones in that northern New Mexican canyon—or anywhere else in the world, for that matter—understood how this forgotten part of us works, then it makes tremendous sense for us to honor the knowledge of our ancestors and find a place for their wisdom in our time.

## ARE WE CONNECTED—REALLY CONNECTED?

Modern science is hot on the trail of solving one of the greatest mysteries of all time. You may not hear about it during the evening news, and you probably won't see it on the front page of *USA Today* or *The Wall Street Journal*. Yet nearly 70 years of research in an area of science known as the "new physics" is pointing to a conclusion that we can't escape.

**Key 2:** Everything in our world is connected to everything else.

That's it—really! That's the news that changes everything and is absolutely shaking the foundations of science as we know it today.

"Okay," you say, "we've heard this before. What makes *this* conclusion so different? What does it really mean to be so connected?" These are very good questions, and the answers may surprise you. The difference between the new discoveries and what we previously believed is that in the past we were simply *told* that the connection exists. Through technical phrases such as "sensitive dependence on initial conditions" (or "the butterfly effect") and theories suggesting that what we do "here" has an effect "there," we could vaguely observe the connection playing out in our lives. The new experiments, however, take us one step beyond.

In addition to proving that we're linked to everything, research now demonstrates that the connection exists *because* of us. Our connectedness gives us the power to stack the deck in our favor when it comes to the way our lives turn out. In everything from searching for romance and healing our loved ones to the fulfillment of our deepest aspirations, we are an integral part of all that we experience each day.

The fact that the discoveries show that we can use our connection consciously opens the door to nothing less than our opportunity to tap the same power that drives the entire universe. Through the oneness that lives inside of you, me, and all humans who walk the planet, we have a direct line to the same force that creates everything from atoms and stars to the DNA of life!

There's one small catch, however: Our power to do so is dormant until we awaken it. The key to awakening such an awesome power is to make a small shift in the way we see ourselves in the world. Just as Logue's initiates found that they could fly after receiving a little nudge off the cliff (from the poem in section entitled "INTRODUCTION"), with a small shift in perception we can tap the most powerful force in the universe in order to address even seemingly impossible situations. This happens when we allow ourselves a new way of seeing our role in the world.

Because the universe seems like a really big place—almost too vast for us to even think about—we can begin by seeing ourselves differently in our everyday lives. The "small shift" that we need is to see ourselves as *part of* the world rather than *separate from* it. The way to convince ourselves that we're truly one with everything that

Imagination, that is, God Himself.”[2] Philosopher and poet John Mackenzie further explained our relationship with the imagination, suggesting, “The distinction between what is real and what is imaginary is not one that can be finely maintained ... all existing things are ... imaginary.”[3] In both these descriptions, the concrete events of life must first be envisioned as possibilities before they can become a reality.

However, for the imaginary ideas of one moment in time to become the reality of another, there must be something that links them together. Somehow in the fabric of the universe there must be a connection between past imaginings and present and future realities. Einstein firmly believed that the past and the future are intimately entwined as the stuff of the fourth dimension, a reality that he called *space-time*. “The distinction between past, present, and future,” he said, “is only a stubbornly persistent illusion.”[4]

So, in ways that we are only beginning to understand, we find that we’re connected not only with everything that we see in our lives today, but also with everything that’s ever been, as well as with things that haven’t happened yet. And what we’re experiencing *now* is the outcome of events that have occurred (at least in part) in a realm of the universe that we can’t even see.

The implications of these relationships are huge. In a world where an intelligent field of energy connects everything from global peace to personal healing, what may have sounded like fantasy and miracles in the past suddenly becomes possible in our lives.

With these connections in mind, we must begin to think of the way that we relate to life, our families, and even our casual acquaintances from a powerful new perspective. Good or bad, right or wrong, everything from the lightest and most beautiful life experiences to the most horrible occasions of human suffering can no longer be written off as chance happenings. Clearly, the key to healing; peace; abundance; and the creation of experiences, careers, and relationships that bring us joy is to understand just how deeply we're connected to everything in our reality.

## SEARCHING FOR THE MATRIX

I remember the first time I relayed the news of our connectedness to my Native American friend from the canyon. During an unexpected meeting in a local market, I passionately shared information from a press release I'd just read about a "new" field of energy that had been discovered, a unifying field unlike any other energy known to exist.

"It's this field of energy," I blurted out, "that connects everything. It connects us with the world, one another, and even with the universe beyond Earth, just like you and I have talked about in the past."

In a way that was typical of my friend, he was quiet for a moment as he honored my excitement. After a few seconds, he took a breath and then replied with a directness that I'd seen many times before.

He was honest and to the point. "So!" he said. "You have found that everything is connected. That is what our people have been saying all along. It is good that your science has figured it out, too!"

If an intelligent field of energy really plays such a powerful role in how the universe works, then why didn't we know about it until recently? We've just emerged from the 20th century, a time historians may well come to regard as the most remarkable period in history. Within a single generation, we learned how to unleash the power of the atom, to store a library the size of a city block on a computer chip, and to read and engineer the DNA of life. How could we have accomplished all of these scientific marvels yet missed the single most important discovery of all, the one understanding



that gives us access to the power of creation itself? The answer may surprise you.

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There was a time in our not-so-distant past when scientists did, in fact, attempt to solve the mystery of whether or not we're connected through an intelligent field of energy by proving once and for all whether or not the field even exists. While the idea of the investigation was good, more than 100 years later we're still recovering from the way in which this famous experiment was interpreted. As a result, for most of the 20th century, if scientists dared to mention anything about a unifying field of energy that connects everything through what is otherwise empty space, they would be laughed out of the classroom or right off the university stage. With few exceptions, the idea wasn't one that was accepted, or even allowed, in serious scientific discussions. However, this hadn't always been the case.

Although our sense of precisely what it is that connects the universe has remained a mystery, there have been countless attempts to name it in order to acknowledge its existence. In the Buddhist Sutras, for example, the realm of the great god Indra is described as the place where the web that connects the entire universe originates: "Far away in the heavenly abode of the great god Indra, there is a wonderful



If it's really vacant, then there's a big question that must be answered: How can the waves of energy that transmit everything from our cell-phone calls to the reflected light bringing this page's words to your eyes travel from one place to another? Just as water carries ripples away from the place where a stone is tossed into a pond, something must exist that conveys the vibrations of life from one point to another. For this to be true, however, we must upset one of the key tenets of modern science: the belief that space is empty.

When we can at last resolve the mystery of what the space is made of, we will have taken a great step toward understanding ourselves and our relation to the world around us. This question, as we shall see, is as old as we humans are. And the answer, we'll also discover, has probably been with us all along.

Our sense that we're somehow connected to the universe, our world, and one another has been a constant, from the aboriginal history etched into the cliff walls of Australia (now believed to be more than 20,000 years old) to the temples of ancient Egypt and the rock art of the American Southwest. While that belief appears to be stronger than ever today, precisely what it is that joins us continues to be the subject of controversy and debate. For us to be connected, there must be something that does the connecting. From poets and philosophers to scientists

what we call it or how science and religion define it, it's clear that there's a field or presence that is the "great net" that connects everything in creation and links us to the higher power of a greater world.

Early in the 20th century, Einstein made reference to the mysterious force that he was certain exists in what we see as the universe around us. "Nature shows us only the tail of the lion," he stated, suggesting that there's something more to what we see as reality, even if we can't see it from our particular cosmic vantage point. With a beauty and eloquence that's typical of Einstein's view of the universe, he elaborated on his analogy of the cosmos: "I do not doubt that the lion belongs to it [the tail] even though he cannot at once reveal himself because of his enormous size." [16] In later writings, Einstein went on to say that regardless of who we are or what our role in the universe may be, we're all subject to a greater power: "Human beings, vegetables, or cosmic dust—we all dance to a mysterious tune, intoned in the distance by an invisible piper." [17]

With his declaration of an intelligence underlying creation, Planck had described the energy of Einstein's lion. By doing so, he ignited a flame of controversy that continues to burn more intensely than ever today. At the center of it, the old ideas about what our world is made of (and the reality of the universe, for that matter) have flown right out the window! More than