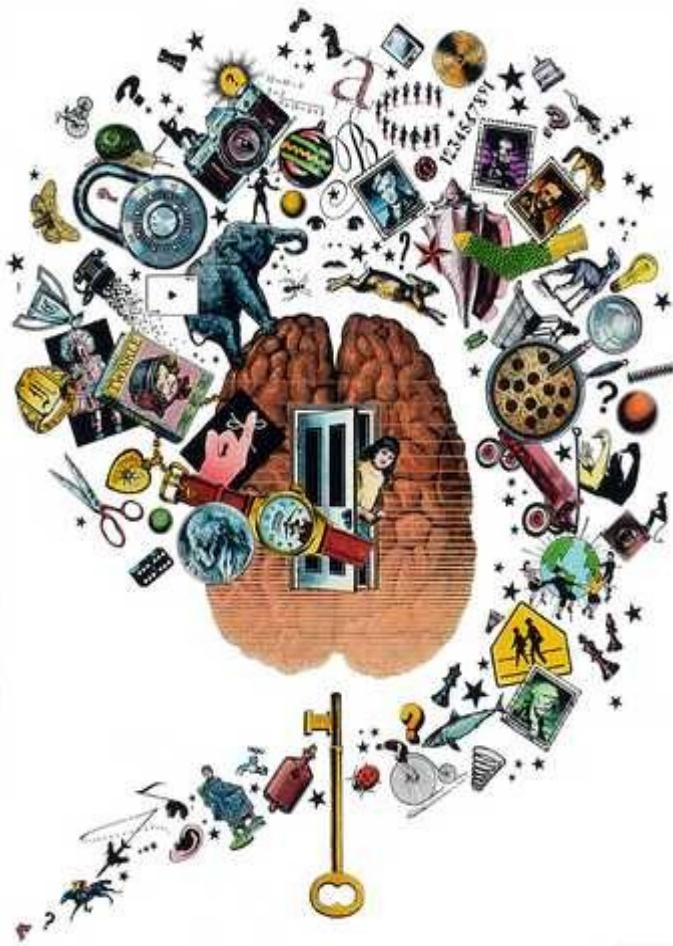


## The nature of consciousness and thought forms.

The following information comes from the transcript of a lecture by Matthew Greene, J.D., CEO of ITEM (Institute of Technical Energy Medicine) delivered in Moscow.



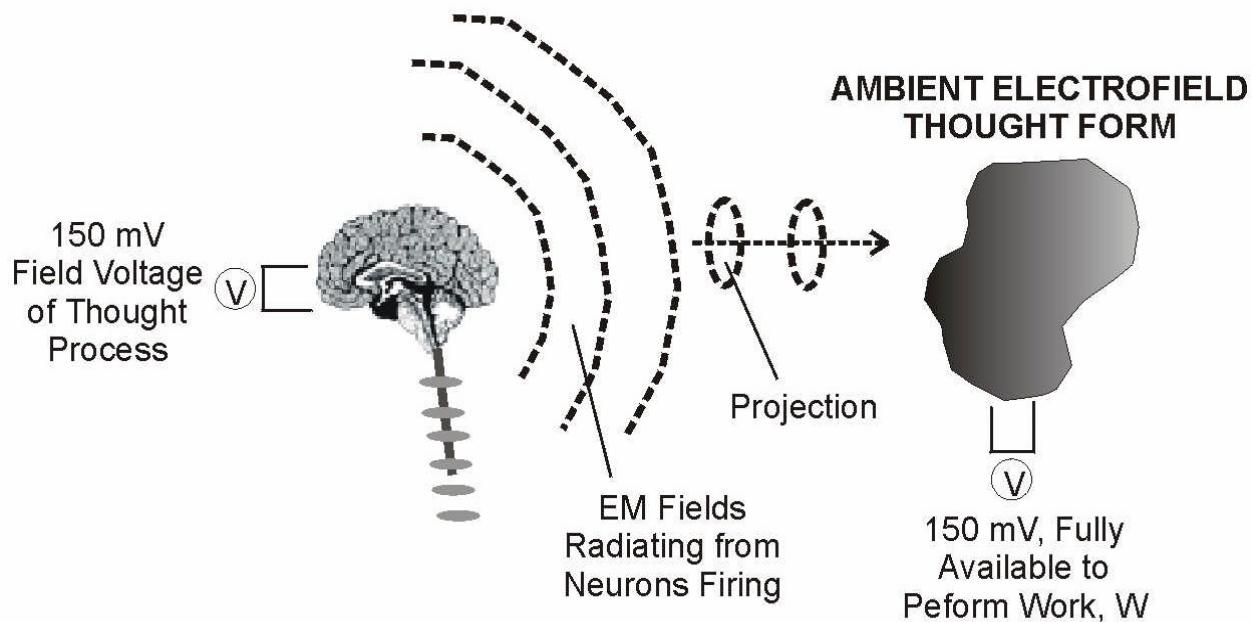
There is a tendency in metaphysics to use consciousness as kind of a judgement, like “higher” consciousness is good and spiritual, and “lower” consciousness is bad.

**Consciousness** actually has a concrete definition. Consciousness is the level of interaction with the environment, and it has two factors: (1) the range of sensitivity to possible stimulus, and (2) the range of possible responses to that stimulus. So if we’re trying to describe the consciousness of anything, whether it’s objects, plants, animals, even spiritual entities or even misguided energies; then we can describe the consciousness and even measure it using this definition. So, if the question is “does something have consciousness?” or “what level of consciousness does it have?” then the answer is how many pieces of evidence we have of its range of sensitivity to possible stimulus, and how many examples we can find of its range of possible responses. The more sensitivity and the more responses, the more conscious it is. A “higher” level of consciousness then, means having more sensitivity, and a greater range of responses.

The other definition of consciousness, more technical, is the inherent capacity to participate in energy information exchange with the environment, which gives rise to a third factor: (3) the range of possible environments, or the range of frequencies or levels of the same environment, with which the subject may interact. That is how we define higher consciousness or lower consciousness. There is a tendency in metaphysics to use consciousness as a kind of a judgement, like “higher” consciousness is good and spiritual, and “lower” consciousness is bad. That can be one way of describing that, but really it’s not a question of higher or lower. We can tune in to higher or lower frequencies. If you are a very skilled psychic, and you can tune into higher frequency planes of existence, and you can communicate with spiritual beings that have their own consciousness independent of any physical body. That can be a very spiritual experience, and that can be considered a higher level of consciousness, at least in the sense that it’s a higher frequency range that you’re interacting with. In other words, you are interacting with an environment that is at a higher frequency range. That doesn’t necessarily mean that it’s a higher consciousness, because what if you are very spiritual, and you can access the highest frequencies of the universe, and participate in energy information exchange with the most spiritual and pure and high-frequency beings. But what if that is the only thing you can do?

What if you are severely brain damaged, and you can't do anything in the physical world, and you can't even see your own family members trying to talk to you, but you can tune into these really high frequencies and have these very spiritual experiences? Should we say that you have a "higher" consciousness than somebody who maybe is totally non-spiritual and is totally unaware of the metaphysical world, but who has a Ph.D. and is very highly skilled and can play 21 musical instruments, and speaks 12 languages, and participates in philosophy discussion groups. Who can we really say who or what has a "higher" level of consciousness? It really is relative. But what we can do is classify the quality and quantity of consciousness, based on these objective factors, so that it's not a moral judgement about the character of a person, but it's a technical description of how they interact with their environment. So that's what consciousness is all about.

**Let's get into thought forms.** I think the key to this is defining brain waves. First of all, brain waves are defined as rhythmic fluctuations in voltage between related parts of the brain, that are produced by spontaneous firings of neurons in response to thought. Thus, a brain wave is this. You have a thought, the neurons fire, and it creates surrounding electromagnetic fields. According to the pulses and variations in vibrations of the neuron firings, the voltage will fluctuate and the shape and form of the field will fluctuate. That is brain waves. They're electromagnetic. So thought forms are electromagnetic fields formed by brain waves, which have properties that are characteristic of the neuro-electrical activity resulting from the thoughts which created them. In other words, every thought that you have generates a characteristic electromagnetic field. The electrical field, from your thought, has properties that are determined by the nature of the thought that you had. Thought forms can function, interact, and behave as either electrostatic or electromagnetic fields. So all of the physics that applies to electrical fields applies equally to thought forms. You can actually measure with an antenna the electrical fields from thought forms.



If you measure just above the head, around the brain, between about 1 to 18 inches away from the brain, you're going to get a good concentration of these thought forms being projected outwards. And when you measure that with an antenna, you can get an electrical field voltage of approximately 150 mV. That's the average. The neuron firings by the way, are about 55 mV in each neuron, and you have many neurons, so all these 55 millivolts firing at the same time add up. While the actual voltage could be quite high, in laboratory experiments, on the average, we are able to detect only about 150 mV. So if we have more voltage, we can deduce logically that there's more neurons firing, and more neurological structures in the brain that are active at that moment.

Therefore, if you have a very complex thought, involving lots of different parts of the brain, that's going to add more voltage. And then if you add to that with emotions, which activate different parts of the brain like the limbic system, then that adds even more voltage. And all electrical fields travel. So now you've created this 150 mV, and that's floating about as an electrical field of 150 mV, and that is available to perform work. Subtle energy is free energy that is free to interact with other energy, in energy-energy interactions, or interact with matter in energy-matter interactions. The energy's capacity to interact with and influence things in its environment is determined in part by its voltage. So a very strong thought can generate a lot of voltage, which can perform more work. That is how we get to the basis of telekinesis, how it is that thoughts can influence matter. That is also how we get to imprinting thought information into physical matter, retaining energy information imprints in matter. Because that 150 mV can perform work, it can go and use all of its energy in imprinting, displacing electrons in an atomic structure and making those imprints in the physical matter.

The duration, the longevity, of the thought form, depends on the strength and intensity of the thought that created it. In other words, it depends on the voltage. It's a fact that electromagnetic fields have a phenomenon of decay. They disintegrate over time, so they don't last forever. The decay takes a longer time when there is more voltage. A high voltage field will be stronger, and will last longer. It will take it longer to decay. So what happens is the electromagnetic field at the brain exists only at the moment of the thought, during the period in which the thought is generated. It begins to travel at the beginning of the thought, and continues to be formed throughout the development of the thought. In other words, when you have a thought, and it generates this field, it's projecting outwards, because electromagnetic fields travel. And it's developing its form and shape and properties at the same moment as it's travelling over a distance, from your brain along that distance, and it's being formed the whole time. So throughout the process of this thought, its wave is continually changing over the distance, and it continues to travel during the development of that thought.

Thus, the beginning of the thought creates what's called a "front wave," and the conclusion, or end, of one particular thought creates a back wave, called a "tail wave." The whole electromagnetic field, consisting of all the waves from front to back, contains all the information and frequencies, not only characterised by the thought, but also reflecting the chronological sequence and full structure, depth and detail of the thought, just as in a real-time radio transmission. Accordingly, all the subtleties of the thought, including the process of the thought over a period of time, is all perfectly contained and communicated by the electromagnetic field, so it's very precise.



Some people find it an outrageous idea that when you have a thought it can travel, and go places and do things. I want to just briefly explain why this is not only supported by physics, but in fact required by the undisputed fundamental physics. Thought forms are created by changing voltage potential in the brain, and are therefore electromagnetic fields consisting of electromagnetic waves. All electromagnetic waves travel at the speed of light. That's a law of electrical field physics. They must travel at the speed of light. Therefore, all thought forms must necessarily travel at the speed of light. So the conclusion then, is that it is not strange that thought forms can travel, but rather it is inevitable that they must travel. It is impossible, then, for a thought form to just stay still and stay around the person. It must continue travelling. So you have a thought, and it must travel for a certain period of time at the speed of light, but it decays fairly quickly. However, if it's a strong thought with a higher voltage, then it will decay slower, and travel further.

So the question is...when you're thinking of someone, and then the phone rings and it's that person, can that be related? That can be an exchange of energy information, that's telepathy. You had the thought, it was directed to that person so it travelled in their direction, and they were sensitive to receive it, and got a subconscious idea that they were thinking of you, so they decided to call. That's a very common phenomenon, and people talk about that all the time, even if they don't particularly believe in anything.

The shape of the field is determined somewhat by the shape of the antenna which transmits it. A circular, spherical field dissipates faster. In the case of 55 mV impulses from the brain, perhaps 100 impulses, probably exists only up to one second. That would be about 5,500 millivolts, or 5.5 volts. So a very strong thought, much stronger than usual, would probably last only about one second. That's not very long. Directional fields however, not a circular field, dissipates much slower. A directional field of 5.5 volts can exist up to about 60 seconds. When you have a thought, and it's not just a passive thought generated vaguely around your head as a circular field that would last one second, but if instead it is a directed thought, you are thinking about a person, or a place, or a person in a place and you are having emotions towards that person, or thoughts focused towards that person, you can actually create a directional field. As the wave must travel, if it is a circular field, it will travel by radiating outwards and dissipating quickly. Or, if it is a directional field, it will travel in one direction in a relatively straight line, with a front wave and tail wave, and all of the subtleties of the process of that thought contained in the middle along that field wave. That directional field, travelling in a focused direction, will dissipate much slower and last about 60 secs.

The brain is most likely to emit circular fields, because the shape of the field is determined by the shape of the transmitting antenna. However, since human beings can cause specific parts of the brain to emit impulses through wilful, conscious control; in other words we can control our thoughts, and control what information is projected. Therefore the shape of the antenna can be changed to create a directional field. Of course, the shape of the brain can not change, but by using different specific parts of the brain, the configuration of those parts in relation to each other can have a different shape that is not circular, such as linear. If those parts of the brain are the only parts transmitting at that moment, then they effectively constitute a transmitting antenna with a different shape.

So when we're thinking about a person in a certain place, and we're actually feeling the energy moving in that direction, we can be activating specific parts of our brain which can change the shape of the antenna. Because if it's just basically a passive thought, then it's just the whole brain all together generating a circular field, but if it's a very specific thought, directed in a certain way, it's going to be a directional field, and will most likely travel in a straight line. We have some degree of control over the direction that it's going to travel. In the practice of ceremonial magic, and making spells in occult practice, people actually use a sword or a ritual knife to point in a specific direction, and they give themselves the mental and emotional experience of feeling and visualising the energy actually moving in a straight line towards a direction which they have picked.

The result of that, how that affects the brain, can actually change the shape of the antenna, and cause the bioenergy to actually go in that direction. The directional field then, will dissipate in about 60 seconds. Circular fields from less specific thoughts will dissipate in only about 1 second. So it seems that a thought form can't get very far, but the electrical field physics tells us that the electrical fields have to travel at the speed of light. Thus, during that one second, the electromagnetic waves must travel at the speed of light, which requires them to travel over a distance of approximately 300,000 kilometres during its brief existence (the speed of light).

So it exists only for a short time, but it travels very far during that one second. Accordingly, during that one second of existence, the thought form can theoretically travel around the whole Earth several times. The phenomenon of telepathy, by the transmission and receiving of electromagnetic thought forms, within the range of 300,000 kilometres, is solidly supported by fundamental principles of physics. So there is no question, applying undisputed laws of physics, that telepathy can in fact happen over a great distance, even despite the fact that the fields dissipate.

You can change the shape of the antennae by using the pineal body to project the mental energy. So by using a specified part of your brain, and feeling it in your forehead, and moving in a straight line, it travels that way. Because it is a very focused thought, it has a higher voltage, and because you control the way your brain projects it, and you feel it projecting out in a certain direction, that makes it a directional field which dissipates in 60 seconds instead of one second, so by the time it reaches your target in a couple of milliseconds, it still has most of its original voltage left for maximum impact.

Now, the duration of a thought form depends on the strength and intensity of the thought, and its voltage. The sharpness and clarity of the thought form, how clear the information signal is, depends on the precision and the focus of the thought, and the complexity and discernibility of the information carried in the signal. There can be a difference. If you have a vague thought, even if it's a strong thought that's not very specific, the clarity is going to be low, and somebody can receive that, and say "I'm thinking of David now," but still not receive the subconscious suggestion to call him, because the sharpness and clarity of the thought form is poor. But when David is controlling the thought form, and giving it great precision and focus, and saying the words "call me" as he's projecting his mental energy, the sharpness and of the thought form is very clear, and when it's received at the other end it's received as a subconscious suggestion to actually call on the telephone. So that is the effect of the sharpness and clarity of the thought form.

Also, we talked about the complexity and discernibility of the information in the signal, in other words, whether you can discern, distinguish or identify certain parts of the signal as being different from other parts. For example, if David is thinking "call me" while he is equally strongly thinking that he has to send a fax to somebody, and then go have a meeting in 10 minutes to sign a contract, and he's thinking about all these different things, the thought is going to be more complex, containing different topics and messages, so it's going to be much harder for the person receiving it to distinguish between the different thoughts, and instead of deciding to call him, they might run out and sign a contract. So when you focus on just one thought, and wilfully project that, the sharpness and clarity is good, and the telepathy will be more successful.

**Let's talk about the colour of the thought form.** Colour is frequency. That's all it is. We saw the spectrum of the colours, and it's on a range of frequencies from lower to higher, from left to right, and at different frequencies things have different colour. Therefore, a thought form can also have colour. Sometimes psychics say "I see your thoughts," or your energies or emotions, and say that they are a certain colour. Well, that means that the psychic has identified them as being a certain frequency. So the colour of the thought form depends on the identity and the content of the thought. Going back to projecting your thoughts to somebody, then, what is the strongest colour? Can we use colour to strengthen the thought to be focused on a singular thought or idea?

What could the strongest colour be? Well, the frequency, under certain circumstances, can make the signal stronger. In that case, theoretically something at the higher end of the spectrum, with a higher frequency like purple, that could be stronger in terms of the power of the energy to perform work, or in terms of the stability of the signal avoiding external interference. But, on the other hand,

frequency is also the identity of the information, so instead of maximising the force of impact, we can maximise the clarity and accuracy of the information we are sending. If you're trying to communicate something emotional, the colour green would best carry that thought content. Thus, if you have a message about an emotional topic, and you project it as purple, which is more related to intellectual themes, you might compromise or confuse the emotional content of your information. So if the goal is maximum force of impact, the strongest colour is probably the colour at the highest frequency range of the optical spectrum. If the goal is maximum precision and accuracy of energy information exchange, then the "strongest" colour is probably the colour which is experimentally associated with the type and topic of the information which you need to communicate.

The texture of the thought form, how it "feels" when it's received, or the feelings that it magnetically induces, this texture is determined by the feelings and emotions which were put into the thought, and also the waveform of the signal. OK, so now we know how thought forms behave, and what characteristics they have. They have duration, sharpness and clarity, colour, and texture. All of which depend on the voltage, the precision of the thought, the frequency, and the waveform of the signal. So that is mostly everything about thought forms, and how they behave. Now, I think we'll just touch on sympathetic vibration, which is how channeling happens, how to channel energy information.

The strength, which is the amplitude of brain waves is determined by the intensity of concentration. Amplitude is the force that the signal has. Not just strength, in the general sense, but force, the actual impact it can have. That's amplitude, and that is determined by the intensity of concentration that is used in generating that thought. There is a word in physics called an "oscillator." An oscillator is defined as any system which vibrates at some frequency, or pattern of frequencies which is called a "complex frequency." So if there's just 5 Hz, or 5 times per second, that's just one frequency, but if there's an interference pattern of information at 5 Hz, and other information at 20 Hz, and some information at 50 Hz, they are all going to interfere with each other, and generate a more complex frequency. The complex frequency might even be irregular, it might not even be periodic as a certain number of cycles per second. It might be 3 times in one second and then 2 times in the next second, then once in the third second, and then repeat the whole cycle every 3 seconds. That would be a complex frequency. So it is possible for an oscillator to be a pattern of different frequencies constituting a complex frequency. The process of "channeling" information means establishing resonance by tuning in to the frequency of something.

Let me put it another way. When we, as human beings, want to channel subtle energy information from any part of the universe, we do this channeling by establishing a resonance. We establish this resonance by tuning in to something. One act of tuning in is Laura's example of holding an object that belongs to a person, and that helps you actually feel the energies that are characteristic of that person, and you're tuned in to the complex frequencies of that person. So you're tuning in, and then in the case of channeling, where you are not trying to project energy, but rather receive it, you then go into a passive mental state, which is relaxed.

You thereby are making yourself the weaker signal. Now, after you have tuned in, and made yourself the weaker signal, that stronger signal from the source which you are "reading" will carry the energy information by the resonance, through this mechanics of sympathetic vibration. Now you are on the receiving end of a sympathetic vibration, and you are channeling information. So, when you talk to psychic mediums, and they say "I'm channeling some spirit" or "I'm channeling some energy" from the universe, this is what they're trying to tell you that they are doing. They're saying "I established a resonance with something that I tuned in to, I became the weaker signal, and allowed the stronger signal from the source to carry the information to me."

So the act of channeling is the process of sympathetic vibration. And now I think we know just about everything about how thoughts are created, what they are, how they behave, how we can feel them with our hands, and how we can channel them using our mind to receive the information psychically. By the way, we can channel information from the universal hologram. Maybe if we don't tune in to a person, we instead tune into the frequency of the Akashic Record, now we establish resonance with the Akashic Record, we become the weaker signal, and the stronger signal from the universal hologram carries the information to us that way. So we can choose where we're getting the information from, based on what we are tuning in to. We can tune into the bioenergy structure of a person, the subtle energy structure of an object, the information energy structure of a mental entity of electro-field consciousness, or the energy information structure of the universal hologram. Therefore, we can effectively channel information from anything in the whole universe. We just have to know how to tune into it.