



Realms of Joy – Time of Light

How You Can Master Holographic Time to Gain Extreme Wealth and Peace

By

Christopher Westra

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About Christopher Westra

Christopher is also the author of

- [How to do the Raw Food Diet With Joy](#)
- [I Create Reality – Beyond Visualization](#) - How to Use Holographic Creation to Manifest Your Dreams
- [How to Potty Train Your Child in Five Hours](#)

He holds a Degree in Psychology from Brigham Young University. He has studied mental and physical health for over 20 years. He received his Doctor of Naturopathy Degree from the Clayton School of Natural Healing.

He holds a Black Belt Degree in the Martial Art of Kyukido.

He lives in Gunnison Utah with his wife and four boys. He enjoys gardening, running, reading, and writing.

One of his very favorite books is “The Science of Getting Rich”, by Wallace Wattles. It was this book (nearly a century old) that Christopher used to generate his motto “Increased Life to All”.

He first became interested in the power of visualization by reading Psycho Cybernetics. This was recommended reading for the High School Wrestling Team that Christopher was on.

In college, his world was opened up by reading another book nearly a century old, called “Time and Free Will” by Henri Bergson.

Christopher started experimenting with time and consciousness after reading this book. He has used what he has learned about time in his personal life and also in his counseling work.

As a counselor, he came up with a “Ten Years in the Future” exercise in which people visualized in detail their daily life ten years from now. He did this exercise with hundreds of adolescents, and later with prison inmates.

Chris wrote out his future vision along with the others, and over the years became convinced that there was a guiding power at work. Item by item the detailed images became reality (life in the country, a house built into a hill, his own business, a black belt degree, knowledge, books, promotions, bonuses, mentors, opportunities, amazing health).

Chris invites you to take this journey with him into time.

Introduction

Chapter Layout

You will find the short chapters in this book laid out in a very easy-follow manner. Each chapter will have the following six sections, in this order:

- Chapter Number and Title
- A Relevant Quote (the quote will be in italics)
- Content of Chapter (divided with subheadings)
- Review Question
- Practical Exercise
- Answer to the Review Question

How to Read This Book

Some of the ideas in the book will challenge your traditional thinking. I encourage you to suspend your usual thinking about time and human consciousness and really consider the picture of the universe that I present here.

The text is a little larger and the chapters are kept short. If you choose to read the book online rather than printing it out, you will find this a great benefit. When reading online, don't read too much at one time – just a chapter or two.

About the Review Questions

The questions are multiple choice, and pretty straightforward. Don't stress, it's not an exam. The questions and answers will just help you to know whether you are catching the major idea of each chapter.

Really read the question, and pick which answer you think is right. Then you can jump ahead to the end of the chapter and check. If you aren't getting some answers right, then you may want to read those chapters again.

About the Practical Exercises

The exercises at the end of each chapter will help you to grasp and put into practice the ideas in the book. Acting brings about change!

Resist the temptation to skip the exercises and read on ahead. It doesn't matter how fast you finish the book! Take the energy to focus and complete the exercise. Some are mental exercises, and others require some writing – but never very much. All the exercises are quite short.

You will find some exercises more meaningful and useful than others. The exercises that you are drawn to are the ones that will be helpful to you. Expand on your favorite exercises if you wish. Allow them to become daily rituals at certain occasions during every day.

Many of the mental exercises can easily become positive habits. You can do them in the shower, while driving to and from work, or right before or after meal times and sleep times.

As you understand more and more about holographic time, go back and try some of your less favorite exercises again. You may find more meaning and usefulness in them based on your current view of the universe.

Chapter 1. Why Should I Care About Holographic Time?

“You can never plan the future by the past.”

Edmund Burke – British Statesman

Mastering Holographic Time will Change Your Conscious Experience

The real reason to care about holographic time is that you will get more of what you want in life. This book isn't really about time, it's about you! It's about getting what you want, being who you want, and fulfilling your mission on earth.

The next two chapters explain exactly what holographic time is, but first you need to care. Your perception of time is the foundation for how you see yourself in your world.

Your entire life will be improved by Mastering Holographic Time because you will literally change your conscious experience.

You can also help transform the entire world to Holographic Time! Millions are discovering the benefits of moving away from linear thinking into this powerful new mind-set.

Near the end of the book we will talk more about how switching to holographic time can improve the entire world.

Eight Specific Benefits of Mastering Holographic Time

By Mastering Holographic Time, You will

1. Gain extreme centeredness, patience, and focus.
2. Achieve clarity in your desires, motives, and behaviors.
3. Manifest the wealth you desire.
4. Create emotional states at will.
5. Develop a deep purpose to your life.

6. Be confident and competent in achieving all your goals.
7. Feel the freshness and excitement of vibrant life again.
8. Take part in a massive beneficial shift in the world's experience of time.

Six Ineffective Behaviors You Can Eliminate With Holographic Time

When you Master Holographic Time, You will stop:

1. Creating illusions and limitations that hold you back from really enjoying life.
2. Sabatoging your goals because you don't think you deserve success and happiness.
3. Using your energy to fragment your self and create problems.
4. Being a victim and blaming others for your circumstances.
5. Worrying about tomorrow.
6. Visualizing possible disasters that bring you fear.

Review Question

I should care about holographic time because?

- a) I will get much more of what I want in life.
- b) I will experience my self as whole rather than fragmented.
- c) I will be able to create emotional states at will.
- d) My confidence in my abilities will soar.
- e) All of the above.

Practical Exercise – Favorite Activities (Part 1)

Think of three of your favorite activities in life, and list them on a piece of paper.

Do you have three activities written down? Read on only after you have thought of three of the most enjoyable activities you engage in.

For nearly everyone, favorite activities are those that bring them into the present. Is that true for you? Are the activities you love those that fully engage you in life?

During your favorite activities you are not thinking of the past or worrying about the future. You are acting as a whole person, and not fragmenting your reality.

You experience the energy and renewal that you get from favorite activities because you are living in holographic time.

Practical Exercise – Favorite Activities (Part 2)

Your assignment for today is to enjoy all of your favorite activities. Yes, you deserve it! Decide right now to spend energy on your own renewal and the living of life.

Why are you spending 95 percent of your experience fragmented into a past self, present self, and future self? That only leaves a few moments each week to live life to its fullest.

By the end of this book you will understand so much more about what I'm talking about here. You will be able to enjoy your favorite activities even more than you do now! You will also learn how to be present during much more of your life.

Every one of my favorite activities (writing, reading, running, gardening, eating) brings me into the present, but I increase my enjoyment by mastering holographic time.

Answer to the Review Question

The answer is e. You should care about holographic time because of all the reasons listed.

You will find dozens of side benefits in your life also due to your increased awareness and focus.

Chapter 2. What is Holographic Time?

“If we try to take apart something constructed holographically, we will not get the pieces of which it is made, we will only get smaller wholes.”

Michael Talbot – The Holographic Universe

What Exactly is Holographic about Holographic Time?

The most basic way that Holographic Time is Holographic is because of its wholeness.

A hologram is a three dimensional photograph made with the help of a laser. A hologram is unique because all parts of the image contain the entire image. Michael Talbot, author of *The Holographic Universe*, says it this way.

“If a hologram of a rose is cut in half and then illuminated by a laser, each half will still be found to contain the entire image of the rose.

Indeed, even if the halves are divided again, each snippet of film will always be found to contain a smaller but intact version of the original image. Unlike normal photographs, every part of a hologram contains all the information possessed by the whole.

The "whole in every part" nature of a hologram provides us with an entirely new way of understanding organization and order. For most of its history, Western science has labored under the bias that the best way to understand a physical phenomenon, whether a frog or an atom, is to dissect it and study its respective parts.

A hologram teaches us that some things in the universe may not lend themselves to this approach.”

The Wholeness of Our Conscious Awareness

Our consciousness, like a hologram, is an organic whole that refuses to be divided. As Michael says, a picture is very different. If you tear a picture in half, you only have half a picture. When we tear our awareness of reality into pieces, is it any wonder that we don't have an accurate picture?

Linear time is divided into parts. It is fragmented into past, present, and future. Time is not meant to be fragmented in this way. When you choose to experience Linear Time, your consciousness is fragmented also. Many illusions and problems occur in our lives because we divide and fragment ourselves.

Holographic time is whole. There is only now, which can never be divided or fragmented. The meanings of the past, and the implications of the future, are all now. When you choose to experience Holographic time, your consciousness is wonderfully whole. Incredible benefits result from the awareness, focus, and connection of Holographic time.

By the way, I highly recommend Michael Talbot's book *The Holographic Universe*. Read it with an open mind, it will challenge your views of the universe.

Review Question

Holographic time is holographic because?

- a) It's made with a laser.
- b) It's whole like a hologram, and is not meant to be divided.
- c) It's like a photograph.
- d) It's your choice to experience linear or holographic time.

Practical Exercise – The Powerful Indivisible Sphere of the Present

Close your eyes (after reading this, of course), and sit for 60 seconds quietly doing the following.

1) – First, say out loud “My consciousness is one, and cannot be divided.”

2) – Visualize linear time (past, present, and future) as a line and see the past and future lines being rolled up into the present. The present point becomes a sphere which cannot be fragmented or divided!

3) – See the sphere of the present as your powerful new symbol for time consciousness. If you wish, see the sphere pulsating or glowing with power and life.

4) – Feel the feelings of connectedness, wholeness, focus, and power that the sphere of the present creates for you!

This exercise may take longer than 60 seconds at first but you will improve with practice. As you go about your day and week use this exercise whenever you need to regain the present.

If you are faithful, you will likely be using it several thousand times over the next few weeks. Fragmenting our consciousness has become a deep habit for most of us. In fact, we actually believed that reality was fragmented.

Holographic Time is worth the work. When you are through with this book, you will see and feel all the benefits!

Answer to the Review Question

The answer is b. Time is holographic because it is whole like a hologram, and not meant to be divided.

It is true that we choose to experience linear time or holographic time, but this isn't why holographic time is holographic. We will talk more later about how to choose holographic time.

Chapter 3. What is Linear Time?

“Oh, do not attack me with your watch. A watch is always too fast or too slow. I cannot be dictated to by a watch.”

Jane Austen – Mansfield Park

What Exactly is Linear about Linear Time?

The word linear comes from the word line. The only way you can think of a line is in space. Linear time comes from confusing time with space. Linear time is thinking of time as a string of identical “moments” just like points on a line.

We don’t have to model our conscious experience after a “linear” model, but for most cultures this has become a bad habit. Unfortunately, our language encourages us to construct our experience in this way. The use of “time” language is one area we will explore in depth later.

Time Does not Exist

I’m sorry to break it to you, but there is no such “thing” as time. It simply does not exist. Yes, you can go ahead and believe in Santa Claus and the Tooth Fairy and even the Easter Bunny.

Just because you see the hands on a clock go round and round, it doesn’t mean that it is measuring anything. The hands just go round and round. Don’t worry, you can still use clocks – you will just think about them differently.

Your goals, desires, and happiness will be better served by giving up your belief that time exists. The rest of this book will show you how and why!

While I’m breaking up your traditional thinking, I also have to say that there is no such thing as Holographic Time. If time doesn’t exist, then there can’t be a “thing” called holographic time, can there?

Yet our conscious awareness can be holographic, or linear, and this is what we really mean. The word time is in our vocabulary so I'll try and make the best use of it in this book.

Some Definitions of Time for Practical Use

All we have is our consciousness.

When we construct our consciousness as if we lived in identical moments placed beside each other like a line, we call this linear time.

When we construct our consciousness as if we lived in whole conscious energy states which cannot be fragmented, we will call this holographic time.

So it's not really time that is holographic, it is our consciousness. Understanding this one basic idea will transform your life all by itself.

You can have an "experience" of linear time, with it's accompanying fragmentation. You can also choose to "experience" holographic time, with it's many benefits.

Review Question

Linear time is called linear time because?

- a) It constructs a past, present, and future as if on a line.
- b) It imagines that our experience is made up of moments.
- c) It is based on our idea of space, where lines can exist.
- d) All of the above.

Practical Exercise – Find a Present Oriented Friend

1) Think of someone you know who always seems to be living in the present. Identify this one individual who has the peace, centeredness, and focus that you want for yourself.

2) For two minutes, imagine yourself being, feeling, and acting like that person. Imagine the details, and feel the emotions. What is it like having the beliefs of that person, and the full engagement in life every present moment? See yourself going about your day, and even handling challenges, with your friend's orientation to the present.

Answer to the Review Question

The answer is d. Time is linear because of all those reasons.

If you want to explore more about Time being modeled after points on a line, get the book *Time and Free Will*, by Henri Bergson.

I read this book in college and it has altered my conception of time ever since. Until writing this book, I didn't realize how much the book impacted my life.

The book is very philosophical, and not an easy book to read. It talks about why viewing time as linear will lead to a loss of freedom, because in the linear model all conditions are "caused" by the previous circumstances!

The reason people believe in determinism (that their life is caused) is because of the illusions of linear time. Henri saw that removing the illusion of linear time and restoring pure conscious awareness would make people free. I agree.

His book was written in French so you have to get a translation. It's an excellent book but you don't need all his philosophical arguments to understand this book. I will convey the important points.

Chapter 4. Ending Addictions with Holographic Time

“Immerse yourself in the living stream of experience. Put broken fragments of reality behind you, and find your difficulties swept away in its resistless flow.”

Henri Bergson – Time and Free Will

Addictions Are Confused Attempts to Restore Wholeness

All addictive behaviors are attempts to restore the wholeness of the self. Therefore the cause of all addiction is the fragmentation of the self into different parts. When your consciousness is already whole and fully present, you have no need to seek ineffective shortcuts to wholeness through addictive behaviors.

In my Substance Abuse Counseling work over the years, I've learned a lot about addiction. I've worked with hundreds and hundreds of substance addicts both inside and outside of prison.

People who get addicted to substance abuse or any other short term fix are actually very spiritual people. They crave wholeness and the wonderful feeling of total connection with all things.

They are uncomfortable with being fragmented beings, and simply don't know how to get to wholeness in any other way. So they find a way of feeling whole and connected that seems to work temporarily, but with terrible long term consequences.

Will power has nothing to do with addiction. If you are craving, you are already fragmented and separate. You are seeing and thinking in fragmented parts, and this results in confusion and lack of clarity.

How We Fragment Ourselves

The most basic way we fragment our thinking and our lives is through our conception of linear time. The parolees I worked with had a part of themselves that wanted so much to be free from their addiction. Yet they also had a part of themselves that really desired to use drugs because of the temporary feelings of elation, wholeness, and connection.

These different parts of themselves are related to time – a present self and a future self. They refuse to be aware of the implications of an act, and assign it to “the future”. They don’t see the whole picture, only present gratification and future consequences.

So they set up this struggle within themselves – because they were already divided into parts. Some tried to identify with one part of themselves and make it stronger than the other through willpower. This can work temporarily but not for long, as anyone who has tried to diet through willpower can testify to.

How to Restore Wholeness with Holographic Time

When wholeness is restored, addiction disappears because the cause is eliminated. Will power still has nothing to do with it. Healing has to do with wholeness and clarity (seeing things as they really are), and not with will power!

The most basic way that we restore wholeness to our lives and our thinking is through holographic time. When you fully embrace the present moment as all that is, you see all meanings, possibilities, and implications wrapped up in it.

When you are already whole and present, you see destructive and addictive behaviors as very unappealing, even if you craved them before. I can tell you from personal experience that this complete “change of desires” is a wonderful experience.

Clarity through wholeness is an easy and comfortable and energetic experience. Struggling with will power between different parts of yourself is not a fun experience, as we all

know. We have all done it, because we are all addicted to something.

This chapter is for everybody (including me), and not just for substance abuse addicts. The cause of all addiction is the same no matter what the particular problem, and the remedy is always to restore wholeness. Whole people cannot be addicted, and the best way to become whole is through learning and practicing holographic time!

Review Question

We develop addictions because?

- a) We lack will power and are weak people.
- b) We want to be happy.
- c) We are fragmented, and are seeking to become whole.
- d) Peer pressure makes us do it.

Practical Exercise – Wrapping Up All Meanings in the Present

Most of us are conditioned to separate the present consequences of a behavior from the future consequences.

Some simple examples are:

“Eating this junk food is enjoyable in the present, but the long-term consequences are not enjoyable.”

“Exercise is hard and not fun to do in the present, but the benefits down the road are really what I want.”

In reality, all the implications and consequences of any action are already contained within the present. In Holographic Thinking, we are aware of this and make much better decisions. We reach our goals in life through seeing this reality, not through willpower.

This division into present meanings and future meanings allows us to become unaware of the meanings we don't want to see. Our wholeness will be restored when we see things in their wholeness and totality, and not divided into parts.

List five areas that you typically divide into present and future. Just think of addictions, compulsive behaviors, or areas in which you try and use willpower.

Remember that only the present exists. Anything that you think is in the future exists right now in the form of a possibility. Let's bring the future back into the present.

For each of your items listed above, do the following visual exercise. Just think of pulling those consequences you assign to the future back to the present and wrap them up in the present.

One image I use is casting a fishing line into the (linear) future and reeling it back into the present. Then wrap it up tight and keep it there. For any behavior or action you are considering, see it in this whole way. You will come to see the entire world more accurately and more effectively.

Answer to the Review Question

The answer is c. We develop addictions because we are fragmented and are seeking to become whole.

Chapter 5. Holographic Time and Jesus Christ

“Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand.”

Jesus Christ – Matthew 12:25

Christ’s Example of Wholeness and Centeredness

Paul asks “Is Christ Divided?” in 1 Corinthians 1:13.

No, certainly Christ was not divided within himself. He is the ultimate example of wholeness and clarity.

Jesus was also centered and focused in the present in all of his daily activities. He was never hurried or rushed. Even when he cleansed the temple, he took the time to sit and braid the whip. He knew what he was doing.

He answered difficult questions quickly not out of impulse, but from his heart because of his whole understanding.

Jesus was a master of time, in the sense that he saw time clearly, and didn’t submit to false views of time. To accomplish his purpose, he needed to remain whole and present.

Of course he didn’t call this holographic time, but that is what Jesus lived in. He certainly showed in his life, teachings, and miracles that dividing oneself is destructive. He taught that the path to healing, both physically and spiritually, is connectedness and wholeness.

The Miracles of Jesus

Many of the miracles Jesus did involve instantly manifesting something that usually takes time.

He changed water into wine. In California they water grape vineyards and eventually get wine, but it does take a few years.

He made a small amount of food multiply to feed thousands. We have fields today in Canada that grow wheat enough to feed millions, but it does take a season of growth.

He healed people instantly from all kinds of diseases and conditions. We can see people healed today of many different diseases, but it usually takes a “process of time”.

Miracles show us that instantaneous change from one state to another is possible. We don't see this very often only because we don't believe it is possible.

I believe in miracles. I believe in instant change. I believe in instant transformation from one condition to another. With holographic time this is possible. The present is all there is. The present is not caused by the past, and we will explore this more in another chapter.

When you really know that instant change is possible, then you will start to have all kinds of miracles in your life. You are no longer a slave to the past. You are free and it feels wonderful!

The Atonement of Jesus

I don't claim to fully understand the atonement of Jesus Christ, yet it is still a reality in my life. I don't fully understand this computer I'm typing these words into either, but I can still use it effectively.

The word at-one-ment does come from the phrase “at-one”. Unfortunately, the way we pronounce the word disguises its true meaning for most people. If we pronounced the word at-one-ment then it would remind us to be one, both within ourselves and with each other.

Jesus brings into “one” anything that is fragmented or divided. Restoring wholeness from division is his specialty, and his message, and was his mission on earth.

He brings into “one” the nation divided against itself, the house divided against itself, and the personality divided against itself. Jesus is the extreme example of wholeness in a world of fragmentation and division.

John 1:16 says, “And of his fullness have all we received, and grace for grace”. Jesus showed us in his life, his teachings, and yes, even in his commandments, how to be whole people! What would this world look like if we all used the lessons of fullness and wholeness from Jesus?

Review Question

What does the life of Jesus Christ teach about holographic time?

- a) That instant change is possible.
- b) That wholeness is the goal of all healing and growth.
- c) That no person divided against himself can stand.
- d) That the word atonement means making “at-one”.
- e) All of the above.

Practical Exercise – Instantaneous Change

You now know that instant change is possible! Let’s put it into practice. The first place to apply instant change is within yourself, with your thoughts and your emotions.

Think back to a time when you were very content and relaxed. Imagine in detail the surroundings, and the thoughts you had at that time. Allow the feelings of contentment and relaxation to surround you. Relish in the positive feelings.

No, don’t read any more until you slow down for a minute and do the exercise above. OK, now that you have instantly changed your present emotion, you can read on.

There – You just instantly changed thoughts and feelings! You may not think a change in thought to be incredibly important, but that is where all instant change starts, even for Jesus.

My book on holographic creation explains this process in great detail. The daily holocreation sheet is a focusing tool that helps keep you on track with thoughts and emotions when your mind wants to wander.

Your thoughts and your emotions are energies that make up the real you. The real you exists outside of time. Only a small part of who you really are is here playing this time and space game.

You are a tremendously powerful being of light and glory. What you do learn while in this dimension (this school) will benefit the real you.

Answer to the Review Question

The answer to the review question is d) all of the above.

Chapter 6. How to Overcome Fear With Holographic Time!

A man who fears suffering is already suffering from what he fears.

Michel de Montaigne

What is Fear and How Is Fear Linked to Linear Time?

A useful description for F.E.A.R. is -

Future
Envisionings
Appearing
Real

Whenever we are experiencing fear, we are using our imaginations very powerfully. I always laugh when people tell me they aren't able to visualize. Everyone visualizes very effectively when they are in a state of fear. We envision all kinds of scary things, hunger, war, losing our job, and then pretend that these things are happening now.

Fear is the energy we feel when we imagine negative scenarios in great detail and believe these events or situations will come to pass. Our inner selves know there is no time, so for the real you, the things you are imagining and feeling are coming to pass! You aren't "visualizing", you are creating.

Most people have a lot of faith in their fear, in the sense that they really believe their imaginings are real.

Faith, Fear, and Time

Look closely at the following definitions.

Faith is believing that what you cannot see will come to pass!
Fear is believing that what you cannot see will come to pass!

Faith and Fear are simply different manifestations of the same process. Hope is the energy we feel when we imagine positive scenarios in great detail and believe that these events will come to pass!

Hope is a full expectation of desirable things to come.
Despair is a full expectation of undesirable things to come.

Since there is no such thing as the future, what are we doing when we imagine “future” situations? The answer is: We are engaged in the present activity of giving the universe images of exactly what we desire to come to pass. This is why we attract to us the very things we fear.

Why Do People Engage in the “Fear Activity”?

If Fear is something we are doing (and it is), then why do we do it? The answer is simply that we don’t know any better. We haven’t been taught how the universe works, and what faith and fear really are.

I want to make a difference in people’s lives and in the world. That’s why I’m writing this book, and I’m putting my best energy into it. Even if this is the only chapter you understand in this book, your life will be transformed. Please do the exercises throughout the book and make these ideas real in your life!

The world has way too much fear! Choose now to make a contribution to Hope in the world by holographically creating what you really want to come to pass rather than what you fear. Proverbs 3:25 says, “Be not afraid of sudden fear.”

An insightful quote about fear by Howard Lancet is, “How much do we lose when we fear to lose anything?” We lose the vitality of our lives through fear – but no longer for you if you choose the reality of the present. Those imaginings that appear real, those envisionings that appear real, are merely phantoms and traitors that deserve to be treated as such.

Most of the angels who visit the earth say the same two first words, which are, “Fear Not”! This must be an important message if it’s the first thing given to us when we receive direct communication from outside our dimension.

Review Questions

Question 1. Fear is actually?

- a) An energy we create by imagining negative situations, and then believing they will come to pass.
- b) Created in us by fearful situations. We are the victims of fear.
- c) A sign of danger that we had better heed.
- d) A warning that we shouldn’t do the thing that we fear.
- e) A protective function that can never be overcome.

Question 2. Holographic time overcomes fear because?

- a) You know that the future does not exist. You are safe now, and now is all that is real.
- b) You realize that future scenarios appear real, but are not real unless you make them real by giving them energy.
- c) You constantly envision what you want, rather than what you don’t want.
- d) You have a useful creative activity to engage in instead of fear.
- e) All of the above.

Practical Exercise - Holographic Fear Replacement

When trying to stop a behavior that is ineffective for you, always replace it with something else. You can't just "not do" something if you don't have something to do instead.

Over the next week or so you may (out of habit) create fear energy perhaps 200 times. Each time you will catch yourself imagining something that you don't want to happen. When you catch yourself, you will do two things.

1) Just calmly say to yourself, "I was imagining something I don't want to happen, and I'm not going to do this anymore." Don't get upset or down on yourself, or try to resist the situation. That just gives more energy to what you don't want. Just stop, and then go to step two.

2) Imagine the situation as you want it to be. This will be difficult for some because you aren't used to thinking in these terms. Some of you don't even know what you want, because you have been focusing for decades on what you don't want.

This will help. Think, "If the Universe will give me exactly what I envision, which it does of course, then what do I want to imagine in great detail?" Feel the emotion you would feel if you were experiencing the situation just as you want it.

You will gain more understanding about this exercise by reading the complete book on the subject, "I Create Reality – Beyond Visualization."

Answers to the Review Questions

1. The answer is a, fear is an energy that we create.
2. The answer is e. Holographic time overcomes fear because of all the answers listed.

Chapter 7. How to Create Your Desires in Holographic Time

This thing that we call Time is only an illusion. The only moment is now.

Waiting is a state of mind. Basically it means that you want the future and don't want the present. The key is to break the old patterns of present moment denial and present moment resistance.

Robert Anthony – Know How To Be Rich

Ten Ways that Holographic Creation is More Powerful than Visualization

Creating reality in the moment is holographic creation. You can also call it manifesting in holographic time. You create what you want on a spiritual level (quantum level), and then it grows until it becomes crystallized into physical reality.

All these ten comparisons between holographic creation and visualization are based in the fact that there is no such thing as time. As Robert Anthony said in the quote at the start of this chapter, “The only moment is now”.

Note – Some people who are skilled at visualization are actually doing holographic creation without knowing it. Visualization (seeing detailed images) is part of holographic creation. This chapter fully explains the differences between the two.

So when I speak of visualization, I'm talking about the limited version of visualization as traditionally taught. Visualization is very powerful for some people precisely because they understand the deeper laws of holographic creation!

Now you have these keys to manifestation also!

1. Present vs. Future

Holographic creation is a present activity. You build your creations in the present, not in the future. Your focus is truly in the eternal now.

Visualization is future-based. Visualization is focused on a desired future, not on creating something in the present.

2. Actual Creation vs. Pictures

Holographic creation is really creating something. Holographic Creations are real entities. They are made of matter (just a more refined matter – not visible to us now).

Visualization works with pictures. Visualizations are images, and are not usually considered as having a real “existence”.

3. Permanent vs. Short Lived

A properly constructed holographic creation has the power of permanence. They have continued existence after they are created. They grow independently while you go on to do other things.

A visualization is short-lived. If all you are doing is visualizing, your visualizations stop living and existing when you stop visualizing. The picture disappears.

4. Multi-Dimensional vs. Two Dimensional

Holographic creation is at least four-dimensional. It is actually a multi-dimensional process (more than four) but four is about all we can understand while in this current time and space game.

Visualizations are two-dimensional. Visual images are merely representations in our mind.

5. Inner World vs. Outer World

Holographic creation is focused on creation in the inner world of thought, light, energy, and sound. In reality, it's all energy. You

know that the outer manifestation of your thought creations are simply a natural result of the inner manifestation.

Visualization is focused on outer reality. The focus in visualization is on the physical world, with little or no emphasis on spiritual pre-creation.

6. Emotional Power vs. Detailed Images Only

Holographic creation uses emotion. You can only do holographic creation if you properly use your emotions. You actually feel the emotions you want to feel. The holographic creation sheet helps because you have to actually write down the name of the emotion.

You have to decide what emotion you want to feel – confident, joyful, connected, and energetic, and feel the emotion in the present moment!

Visualization doesn't include emotion. Note - many promoters of visualization have discovered the power of emotions and added this to their visualizing program, which is a great plus.

Again – Millions of people have found visualization powerful, and it can be. But millions of others have found no benefit. By itself, visualization doesn't include all the steps. Some find the keys to effectiveness on their own, and some don't.

Holographic creation contains all the elements, and that's why it's so effective at creating what you want in life!

7. Gratitude vs. Grasping

Holographic creation uses gratitude to align your energies. Proper gratitude is an inherent part of holographic creation. Gratitude aligns your energies with the inner world and allows you to manifest in an easy manner.

When you decide to create something good in your life, you must be grateful for what you already have in that area of your

life. Trying to manifest from a state of total dissatisfaction with your life (ingratitude) is not effective. It also doesn't reflect the reality of the many blessings you do have.

In visualization there is no emphasis on gratitude. Most often in visualization there is simply wanting, craving, and grasping with no thankfulness for present blessings.

You can find things to be grateful for in any area of your life. The holographic creation sheet makes you find these areas because you have to write it down!

8. Hope vs. Doubt

Holographic creation generates amazing hope and confidence. When your energies are aligned, and you absolutely know you are creating in the inner reality, you feel so good! You can feel your creations growing and crystallizing into the "denser" physical reality.

Hope is a full expectation of desirable things to come. With holographic creation, you have this full expectation.

Visualization works somewhere between doubt and hope. Most people who practice visualization hardly have that "full expectation" that the things they are visualizing will really become reality.

9. Welcoming vs. Needing

Holographic creation leads to a relaxed welcoming of desires. There is a divine unconcern that is an integral part of manifesting.

HoloCreation naturally produces this mental state. You have confidence because you know the reality of inner creation. This relaxed state leads to peace, oneness, patience, and effective action.

Visualization usually stems from a needing, grasping desire. Because there is no work in inner reality, there is often a fear that what one desires will not come to pass. This fearful needing leads to discontent, impatience, hurry, and frantic action.

10. Always Works vs. Sometimes Works

Holographic creation always works. The laws of manifesting physical creation through prior holographic (spiritual) creation always work. You just have to learn the laws and practice the methods. Learn more at www.ICreateReality.com.

Visualization sometimes has great results. When visualization “works”, it’s because the individual is naturally and intuitively including many of the elements of holographic creation. Their results will improve by understanding the principles in a conscious way.

Review Question

Holographic creation is more powerful than visualization because?

- a) Visualization uses only part of the brain.
- b) Visualization can’t be done by some people.
- c) Holographic creation is a present, creative process.
- d) Holographic creation uses technology.
- e) Visualization uses ten dimensions.

Practical Exercise – Manifesting in Holographic Time

On the following page is my Daily Holographic Creation Sheet, taken from my book, “I Create Reality – Beyond Visualization”. Please refer to that book for a complete description of how to fill out the sheet.

The daily sheet is easy to do yet extremely effective at focusing our mind on the images and emotions in the present moment! First you think of an area in which you want to manifest something (the category). Then you think of what you are grateful for in that area.

Then come up with very detailed images of what you want, and write them down. Decide what emotions you want to feel. Actually feel each emotion as you write the emotion words down. You can use more than one emotion word for each detailed image. I often write two or three on a line!

Print out the HoloCreation sheet and make as many copies as you wish. Fill out one sheet per day. You are also welcome to share copies of the HoloCreation sheet with as many people as you would like.

Daily HoloCreation Sheet

Date _____ Time Started _____ Time Completed _____

Note – This sheet may be copied, used, and given to others, if source is left intact.

1 HoloCreation Category _____ Thanks For _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Action Items _____

Notes

2 HoloCreation Category _____ Thanks For _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Action Items _____

Notes

3 Others - HoloCreation Category _____ Thanks For _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Action Items _____

Notes

4 Extreme HoloCreation Category _____ Thanks For _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Image Detail _____ Emotion _____

Action Items _____

Notes

Answer to the Review Question

The answer is c. Holographic creation is a present, creative process. You create a real entity (hologram) out of light and sound. Visualization is usually thought of as working with mere images.

Some people actually create holograms naturally when they visualize – and those are the people who get results from visualization. They will get even more results by understanding holographic creation.

Chapter 8. Creating Emotions at Will in Holographic Time

Life is love in action, whereas time is just structure in action, attempting to survive. The illusion of time will continue to prevail as long as we are the servants of structure.

Time has no beingness.

Glenda Green – Love Without End, Jesus Speaks

*Many people cave in to emotional drains, offering the popular excuse that "they just can't help it." It's time now that we learn both how and why to "help it" — or at least become open to the fact that *we can.**

Doc Childre and Howard Martin, The HeartMath Solution

The Purpose of Emotions

Our sensations of physical well-being or physical pain help us to live wisely in our physical world. The warning signs of pain help us to know that we are living in an ineffective way, whether it be pressing on a sharp object too hard, getting sunburned, or overeating.

Our emotions serve us in exactly the same way – to live wisely in our inner world of thought. We feel emotional well being when we are thinking and being in an effective way, and we feel emotional pain as a warning that the way we are currently going about our reality is ineffective.

Whether you are experiencing sadness, joy, fear, hope, or depression, you create all your emotions absolutely. Emotions are states of energy you create when thinking about your world in particular ways.

When you think you are a victim, you will feel the energy we call blame. When you think you live a charmed life, you feel the energy we might call blessed. When you have a full expectation of desirable things to come, you feel the energy we

call hope. If you fully expect undesirable things in your future, you feel despair.

That's just the way it works, but it's disguised because of the illusion of linear time.

Holographic Time and Responsibility for Emotional States

The illusion of linear time results in the illusion of causality. We think that our emotional states are caused in us by the situation we are in, or by other people. When we think we aren't responsible for our emotions, then it's very difficult to change them, or to create the emotions we want.

Holographic time, on the other hand, frees us from these illusions. We are fully aware that we create every emotion we feel. When we know we are responsible for our emotions, then we can change them into more desirable emotions.

After years and years of counseling experience, I realize that knowing we can create our emotions and actually doing it are two different things. But those who work on it get better and better at it.

Awareness is the key, and there are concrete life benefits from being a responsible emotion creator! The feeling of being a victim isn't a very pleasant or effective way of thinking or feeling. Why choose to spend so much of your life in that mode, especially when that view doesn't reflect reality?

Holographic Time and Natural Happiness

Living in the present in holographic time just naturally creates flow, joy, radiance, freedom, pleasure, harmony, clarity, and vitality. Look at little children and see how often they laugh and smile. They haven't been trained yet into the emotions of linear time.

The fruits of linear time are hurry, fear, guilt, anxiety, uncertainty, inferiority, and doubt. You absolutely cannot

experience these unless you live in a linear consciousness and fragment yourself into past, present, and future.

The Monday Gloom Disappears

Most people in the western world experience Mondays differently. Because they think of the entire work week ahead, they live in a “cloudy gloom” that affects their perception.

I didn’t realize that I did this too until it disappeared! When I started using these exercises and living in holographic time, I got rid of the Monday gloom. I also got rid of many other negative “emotional tones” that result from dreading and fearing things in the “future”.

If you have a planned event one week from now that you really don’t look forward to – it doesn’t need to affect you all week! You are creating the experience of dreading the event – and it’s something you are doing right now. Do some of the exercises in this book to bring you back to the present.

It’s wonderful and freeing to experience life in its fresh and real state. Do you remember the freedom you felt on the last day of school? Somehow the whole world looked brighter and enthusiasm was “in the air” for the summer ahead. This is a feeling you can have any time you want!

Review Question

Holographic time allows us to enjoy more positive emotional states because?

- a) We know that our emotions are not caused in us.
- b) We take responsibility for all our present emotions.
- c) We are whole and complete and not fragmented.
- d) We avoid the negative traps of linear time.

e) All of the above.

Practical Exercise – Feel the Emotion, Let Go of the Story

I learned about letting go of the story in a conscious creation workshop I attended with my friends Tom and Ambre from Hawaii. See their website <http://www.dimensionsinhealing.com> for more info about their work.

Your emotions are very real. If you are feeling angry, you are really feeling that energy. But the reason you think you are angry isn't the real reason.

You know that you have times when almost nothing can bother you, and that you have other times when every little thing is irritating you and stirring up anger and blame. What we feel depends on us, and not the situation.

The linear mind looks for causes. So when we already feel out of sorts, it searches for all kinds of "reasonable" stories for why we feel that way. It must be because of your spouse not picking you up on time, or your child being disrespectful, or the dog barking, etc.

Today, when you catch yourself in a negative emotion, do the following.

- 1) Write down the emotion – learn to identify and name it.
- 2) Write down the very brief story, and then let it go.

I put down a couple of simple examples to get you started.

Emotion	Story
Humiliated	Steve is thinking I don't know anything about computers.
Hurt & Angry	He must not care about me – he didn't call me.

Just identifying the supposed reason for your emotion as a “Story” is so helpful. All of a sudden it’s not necessarily the truth, but just a story.

I’ve had hundreds of people start thought and emotion journals. We learn by seeing our “stories” written down in black and white. When we write them down, we see the exaggerations and distortions that come with linear time and causality. Allow this exercise to become a ritual in your life and I promise that you will be a more effective and a happier person.

Truly living in holographic time makes it easy to let go of the story. If the present is all there is, then my emotions cannot be caused in me by something in the past or future. We create our emotions moment by moment.

Answer to the Review Question

The answer is e, all of the above. Holographic time helps us to enjoy more positive emotions for all of those reasons.

Chapter 9. Holographic Time and the Desire for Increased Wealth

The desire for increase is inherent in all nature; it is the fundamental impulse of the universe.

Man instinctively knows this, and therefore he is always seeking more. This law of perpetual increase is set forth by Jesus in the parable of the talents: Only those who gain more retain any; from him who has not shall be taken away even that which he has.

The normal desire for increased wealth is not an evil or a reprehensible thing. It is simply the desire for more abundant life. It is aspiration.

And because it is the deepest instinct of their natures, all men and women are attracted to those who can give them more of the means of life.

Wallace Wattles – The Science of Getting Rich

The Natural Desire for Increase

We all desire to have more of the good things of life. When you accept this truth, wonderful blessings will flow into your world.

Many of us have been taught to deny this desire, and thus we fight inside ourselves. A part of us wants increased life and wealth, and yet a part of us tells us this is wrong and bad. When fragmented in this way, we can't manifest the abundance that is possible for us.

The universe wants to manifest wealth for us as much as we want wealth for ourselves and our loved ones. We have to believe in an abundant universe and not a universe of scarcity!

Jesus said in John 10:10 that he came to earth that we might have life, and that we might have it more abundantly. In addition to the Science of Getting Rich, Wallace Wattles wrote

some other books also, including a book about Jesus Christ and the abundant life.

The Teachings of Jesus and the Natural Desire for Wealth

Tony Mase is a friend who has, like myself, found great benefit in the books by Wallace Wattles. In fact, he has taken it upon himself to search out some of his “forgotten” books and bring them to the world. After many years, he found a copy of his book about Jesus.

Here is a link to [Jesus, The Man and His Work](#). I bought the book and read it and it definitely helped me overcome some of my religious misunderstandings about increased wealth.

Here is what Tony says about the book:

“If you're confused by what you've read or heard about Jesus and His teachings... or if your heart is telling you one thing while orthodox churches and organized religions are telling you another... or if you're having trouble reconciling your desire for wealth and success with your religious beliefs... then please read this message very carefully. It might be the most important information you read all year. It may well be the most important information you'll ever read!”

How Holographic Time Brings Increase Into Our Lives

The lack of abundance in our life is only a result of our belief in scarcity. Our belief in scarcity results from our belief in a future in which there will never be enough. Our belief in a scarce and fearful future results from our belief in linear time.

Did Jesus teach us to fear for the future? No, he taught that we should trust and that all would be taken care of. So let's turn around the paragraph above – until it reads:

The abundance in our life is a result of our belief in an infinitely abundant universe. Our belief in infinite abundance goes hand in hand with the belief that this infinite abundance exists right

now. Our belief in an abundant and giving universe results from our belief in holographic time.

Remember that we live in holographic time when we experience holographic consciousness – whole and complete at all times! A hologram is always whole and complete and cannot be fragmented.

One side benefit of living in holographic consciousness is the feeling of complete safety and security. You can't fear the future when it doesn't exist!

I never realized how much fear I lived in until I truly came to understand holographic time, and the power of the present moment. It feels good not to worry and fear about tomorrow.

Increased Life and Abundance for All People

In this infinitely abundant universe, there is enough for all. You never need to take away from another in order to get what you want for yourself or your family. Manifesting abundance doesn't work for those who try to take from others.

Move away from the competitive model and into the creative model of wealth creation. There is literally no scarcity of any good thing in the universe.

The very idea of scarcity and competition for scarce resources is a function of living in linear time. Be whole and complete in each holographic moment and let the infinitely abundant universe manifest in your life!

Review Question

The natural desire for increase is?

- a) Evil and should be trained out of oneself.
- b) The root of fear in your life.

- c) A healthy desire for a more abundant life.
- d) Only seen in certain people.
- e) Contrary to spiritual goals in your life.

Practical Exercise – Ten Things You Really Want

To get the message across that it's OK to desire more in life, make a list right now. On the lines below, write down ten things that you want to be, do, or have. You can include emotions, relationships, and situations that you want as well as material items.

If you are reading this on your computer – just grab a piece of paper and write them down.

If you haven't written your items yet, I would encourage you to do it. Remember that the time to act is now. Get in the habit of doing things right now.

By the way, we all desire basically the same things. Check out the list below and see whether your ten items don't fit into these basic categories.

List of What Everybody Really Wants

- *Have Financial Abundance - Make Money or Save Money*
- *Live Your Dream - Freedom to do what you want to do when you want to do it.*
- *Be Happy - Have peace of mind, joy.*
- *Save Time - Have more real time for life.*
- *Develop Talent or Skill - Feel competent in the many areas of your life.*
- *Obtain Increased Health - Have more energy, less pain, more vitality.*
- *Have Comfort and Leisure and Recreation - Avoid overwork and frenzied lifestyle.*
- *Increase Sense of Purpose - Meaningful work, Connection to the Universe*
- *Live in a Clean, Beautiful Environment - Have a neat, ordered living space.*
- *Be Honored and Respected - Gain praise, popularity and admiration.*
- *Gain Control Over Your Life - Be the captain of your ship, guide your life.*
- *Feel Good About Yourself - Know who you really are, confident in abilities.*

- *Develop Your Full Potential - Grow in knowledge and ability.*
- *Enjoy Loving Relationships - Sexual satisfaction, close family and friends.*
- *Create Beauty - Be involved in art, crafts, dance, hobbies, etc.*
- *Have Hope in the Future - Have a full expectation of desirable things to come.*

There you go - That's what people want. Did all of your ten items fit into those categories?

Living in holographic time will help you create what you want in all these areas, and any others you have that I didn't include here!

Answer to the Review Question

The answer is c. The natural desire for increase is a healthy desire for a more abundant life. With the material abundance that money can provide, we can bless the lives of millions and better accomplish our mission on earth.

We can use wealth to bring increased life to all people.

Chapter 10. Wealth Creation, Effective Action, and Holographic Time

This is the crucial point in the science of getting rich; right here, where thought and personal action must be combined... By thought, the thing you want is brought to you; by action you receive it.

Whatever your action is to be, it is evident that you must act NOW. You cannot act in the past, and it is essential to the clearness of your mental vision that you dismiss the past from your mind. You cannot act in the future, for the future is not here yet.

Wallace Wattles – The Science of Getting Rich

The Science of Getting Rich

When I first read *The Science of Getting Rich*, I knew my life was going to change. In fact, in the inner world, it had changed already, and that was the source of my confidence!

I actually felt a “shift” or an “opening” in the universe. I’ve had several more of these experiences since then, at moments when I take massive action or make bold decisions.

I’ve provided *The Science of Getting Rich* for you along with this book and encourage you to read it diligently. Read it over and over. The book is simply written yet contains so much depth and meaning that you will continually pull out gems from additional readings.

This book is so powerful because it transforms who you are. How much money you make is determined by who you believe you are.

Millionaire T. Harv Eker said –

“Your income can only grow to the extent that you do.”

Harv Eker understands that your current financial situation came about because of your current way of believing and acting. If you want to change your income, you have to change!

You have to change your beliefs and the way you act. This leads us to the Certain Way of acting that Wallace Wattles talks about in the Science of Getting Rich.

The Certain Way – How to Act in Holographic Time

I'm now going to tell you about another fantastic resource. This is my friend Rebecca Fine. She has started an entire business centered around the book *The Science of Getting Rich*. She gives the book away for free, and then sells the audio version on tape or CD.

I listened to my tape so often that I wore it out. I told her about it and she sent me another copy for free! Now that's customer service.

I still remember the first time I read *The Science of Getting Rich*. In fact, it was through her website! Her Certain Way website has changed my life.

You can access her website at [The Certain Way](#).

The very first time I read the book I had shivers run up and down my spine due to the possibilities the words created for me. I knew what it was saying was true, and that it was just a matter of time before I would be a very different person.

I read the book at one sitting, wrapped up in my own sphere of rising consciousness. The book was written nearly 100 years ago but the words are just as applicable to success and wealth in any field as they were when written.

The principles cut through my limiting beliefs about myself and inspired hope and enthusiasm for the future.

I started following the practices in the book, and certain hobbies, activities, and interests fell out of my life. These were replaced by new activities, new focuses, and new interests. I was led, like I was along for the ride. I was certainly doing the acting, but I was led in the actions to take.

It's only been a matter of months and I am an extremely different person, manifesting my dreams in every area of my life. I'm more bold, more creative, and I know I can help millions of people to live a more abundant life.

There really is a certain way of acting that leads to success. You must act with vision and purpose, and this comes much more easily when you know the power of holographic time.

There are those who have developed this focused effective action on their own, but they all understand the power of the present moment!

Rebecca also offers a Science of Getting Rich for Practical Geniuses™ Online Course!

She says it's the first and only online course where you set your own tuition! Join hundreds of students in this global, interactive, self-paced class that gives you step-by-step help in applying SOGR principles to your life.

You can link through to her site at [The Certain Way](#).

Effective Action and Making Money

The shortest way to do many things is to do only one thing at once.

Richard Cecil

The quote above is pasted onto a cabinet right above my computer. I use it as a reminder to stay in the present, using effective action in my work.

The reason rich people are rich is that they do the actions that bring them wealth. They are focused on the end result – and they imagine these results in great detail before they achieve them.

Most people are extremely unfocused and scattered, and they don't use effective action. These people may be very busy, but they lack the power and purpose behind their action. The reason they are unfocused is because they are fragmented due to their belief in linear time.

There are only certain actions you need to take to get what you want. You can get what you want without following every “to do” impulse that comes your way. In fact you must selectively choose not to do many things in order to have the energy for what you must do.

How do you know which actions to do and which not to do? You must start with the end in mind, and you will be guided into just the right actions.

Review Question

Effective action results from living in holographic time because?

- a) You are easily able to dismiss the past, and don't try to act in the past.
- b) You know the future is not here yet, so you can't act in the future.
- c) It is evident that you must act now.
- d) The whole awareness of holographic time adds the power and purpose to every action.
- e) All of the above.

Practical Exercise – Holographic Guidance

This is an exercise you can do anytime, and is specifically helpful when you think you have more to do than you can get done in a specific period of “time”. I use it often.

Let’s say you have one hour and are starting to feel overwhelmed because you think you have three hours of work to do in that hour. Your shoulders are getting tight and you feel hurried. Here is the exercise.

- 1) Just stop. Take some deep breaths. If possible, take a break and move to another location.
- 2) Say “The only moment is now – I will engage in effective action. Frantic or hurried action is never effective.”
- 3) Spend 15 minutes visualizing exactly what you want. What is the end result you desire from all this activity? What emotions do you want to feel from doing all these tasks?
- 4) Then go back to work, allowing yourself to be guided by your vision and purpose. You have just restored wholeness in yourself and the guidance will come easily. If you need to, think “what one task is the most essential to do in the next 45 minutes?”

Sometimes I’ll have ten items I think I must do. Yet after pausing and centering myself in holographic consciousness as described above, I end up doing something completely different for the next hour!

It’s perfectly clear to me that what I ended up doing was far more important and effective than what I was busily doing before. All tasks are not created equal! Do the effective actions with power and purpose – they are the actions connected with your vision of what you want.

Hint – you must know what you want! Some people are just busy and harried and they truly have never chosen what they really want. Refer to my I Create Reality Book to learn how to know what you want.

Answer to the Review Question

The answer is e. Effective action results from holographic time because of all those reasons. When you truly live in the “now”, then you act with power. When you believe in linear time, then you often try to act in the past or the future.

You can't ever really act in the past or the future, of course, because they don't exist. But trying to act in the past or future is a very ineffective way of acting.

Chapter 11. Holographic Brain Synchronization – A Growth Tool

Is it really so hard to believe, in an age where amazing technological breakthroughs are becoming almost commonplace and where the frontiers of virtually every science and technology are being expanded without limit, that we might also learn to unlock the secrets of the human brain?

It looks more and more that it may even be essential that we do so if we, as a species, are to survive.

Bill Harris – Director of Centerpointe Research Institute

The Holographic Brain

As we said in the beginning of this book, the word holographic comes from the word whole. The fascinating feature about a hologram is its wholeness and its inability to be divided into parts.

The human brain can be used in a whole, holistic, or holographic way, or it can be used in a partial, unbalanced, or fragmented way. Unfortunately, in our world at present, using our brains in an unbalanced and fragmented way seems to be the common experience.

Brain performance is so important because the quality of your entire life can be transformed if you change your brain functioning. Most of life's illusions, difficulties, and limitations are directly related to unbalanced brain function, as explained below.

What Results Do We Get From the Fragmented, Linear Brain?

Because of the fragmentation of our consciousness due to dividing it into past, present, and future selves, we actually start to believe that we are a victim. Most people actually believe that their present condition is caused by the people and events around them. The whole issue of causality (and thus blame) is a result of linear time.

When we play the victim role, we experience fear, anxiety, depression, procrastination, need for approval, difficulty in making decisions, inability to know what we really want, and many other ineffective feelings and behaviors.

We lack confidence, engage in compulsive behaviors for temporary relief from tension and anxiety, and lack general direction in our life.

So imagine my excitement when I found out about a brain enhancing technology that promised to address all these issues not at the surface, but at the very rock bottom cause!

I became even more intrigued when I found out this brain technology used a holographic model for explanation. As you can tell from my books, the holographic model of reality has been a center point for my thinking, writing, and personal growth.

This technology is called [The Holosync Solution](#).

The Centerpointe Research Institute and The Holosync Solution

The words Holosync Solution are trademarked words. I think I'm supposed to put a little "TM" superscript above the words when I use them, but I don't know how. So please just use your imagination and consider it there!

Bill Harris is the developer of [The Holosync Solution](#) and the founder and president of the Centerpointe Research Institute. I haven't met Bill in person yet but I plan to. He is definitely the driving force behind Holosync and still personally involved in the promotion of mental and spiritual growth throughout the world.

The Holosync package I ordered came with loads of written materials, all written by Bill. A couple of weeks after starting the Holosync program I receive a gift in the mail – a free book from Bill Harris in the mail. I love great customer service!

The book is called *Thresholds of the Mind*, and for the past few weeks I've been enjoying the book, the materials, and the Holosync audio disks. I've been involved in personal growth since I was a teenager, and can say that Bill's model for human change is phenomenal!

As soon as I tried the free demo soundtrack from their website, I knew this was something I wanted to be involved in. In fact, I listened to the free demo everyday until my package came. I ordered even before I knew everything about Holosync, and became more and more impressed as I read all the materials and research that support the Holosync Solution.

I told my wife, "This is foundational – this explains why other self development programs work or don't work. This is like a key that ties them all together under a common model".

What Exactly Does the Holosync Solution do?

The Holosync sound technology stimulates brain growth, balance, and synchronization between the two hemispheres. It enables you to use your whole brain as intended, instead of using the brain in a fragmented way. Holosync is holographic synchronization of the brain!

The compact discs (or tapes) lead the listener into the deeper alpha, theta, and delta brain wave patterns. These states of extremely deep meditation are usually only experienced by those meditating many hours a day for many years. The stimulus given to the brain causes a dramatic acceleration of mental, emotional, and spiritual growth.

In a brief explanation, Bill Harris writes:

"To handle the Holosync stimulus and the deep meditative states it creates, the brain is pushed to create neural pathways between the left and right brain hemispheres, creating greater balance and greater communication within the brain. In the process, Holosync pushes your emotional threshold higher and higher,

causing so-called dysfunctional feelings and behaviors, including anger, fear, anxiety, depression, substance abuse, overeating (and many others) to fall away.”

He uses an analogy about running that really appeals to me. I'm a runner, so I understand this well. A runner begins with a certain threshold of what he can handle physically. But with repeated training (by running every day), he can raise this threshold until what was once impossible becomes doable and even easy.

A couple of years ago I ran a fifteen mile mountain race that really taxed my threshold. It took quite a few days to recover completely as my body reorganized at a higher level of performance. Two weeks after that race I took first place in a 5K race, and missed breaking the course record by only one second.

The Holosync soundtracks raise the threshold of what you can handle emotionally, mentally, and spiritually. This translates into real life benefits and changes that you will notice!

My Own Experience Starting With Holosync

I first tried listening to the Holosync soundtracks right before dinner. This worked all right, but there are sometimes other demands on my energy during that period. So I decided to get up even earlier to do the soundtracks in the morning.

This worked better. This month I'm getting up at 2:20 in the morning. While I never minded getting up early, it was even easier once I started Holosync because I really looked forward to that hour of “meditation”. It is a very pleasurable time – the brain creates endorphins and other neurochemicals that are great for the body and mind.

I first used the demo soundtrack while lying down, using the time for my power nap. I was disappointed at first when the instructions said that you should listen to Holosync while sitting. I called and asked them about it, and their rationale is that

energy flows through the body better while sitting. They also said that people have been sitting for meditation for thousands of years so there is also a long tradition.

But what I found is that even while sitting during Holosync, I still became super relaxed and ended up very rejuvenated! That's what I really wanted, so I didn't mind sitting after all.

The Holosync Benefits that Developed

The benefits that I experienced were numerous. One benefit was that it was easier to remain in holographic time! I remained centered and patient in situations that were more difficult before.

With four energetic and active boys in our home there are often situations that test the patience of a parent! But our reaction really depends on our own perspective, and how resilient our system is. That's why what is "overwhelming" to a parent (in terms of noise and energy) is usually not overwhelming to a child.

Without even trying to do anything different, I just found that many of these situations didn't bother me anymore. They just weren't a big deal.

Another benefit was my level of joy. It's one thing to feel OK, or not in pain, but it's quite another to feel a positive radiant vibrating feeling of total contentment!

The Holosync Solution is a long term program, and I'm excited about the possibilities for the future. There are so many factors in our modern age that lead to unbalanced brain function. It only makes sense to pursue a technology that provides holographic brain synchronization to enhance our pursuit of growth and happiness.

Review Question

The Holosync Solution provides?

- a) Balance and synchronization between the two hemispheres.
- b) An increased threshold of what you can handle emotionally, mentally, and spiritually.
- c) Relief from the ineffective behaviors of an unbalanced brain.
- d) An aid to the development of a holographic consciousness.
- e) All of the above.

Practical Exercise – Listen to the Free Holosync Demo

Click on this link – [Holosync Demo](#) – and listen to the free 20 minute Holosync demonstration soundtrack.

On the page you go to when you click the link above, simply scroll down to the very bottom of the page. That's where you can order your free demo soundtrack. You can either listen online, or they will send you a free CD.

I could feel the effectiveness of the soundtrack the first time I listened. In fact, I listened to the demo every day until my own program came in the mail. The package takes about one week to arrive in the mail.

Answer to the Review Question

The answer is e). The Holosync Solution from Centerpointe Research Institute provides all of the listed benefits.

Chapter 12. Holographic Time and the Use of Language

But if thought corrupts language, language can also corrupt thought.

George Orwell

Your Language Shapes Your Reality

As George Orwell stated above, the words you use in your life actually shape your conscious experience. If you tell yourself and others that something is “infuriating” then you will experience something very different than if you use the term “annoying”.

If you frequently use the terms “maddening” or “driving me crazy” you may want to rethink this.

I choose to be “very involved in life” rather than “overwhelmed”. I get “peeved” rather than “angry”. I’ve made it a habit to be excited and exuberant and not merely happy.

Those who have negative or cynical life mottos are negative people. Their beliefs shape their experience. The words we use to describe our experience with time also shape our very reality.

Language and Time

If you really want to live in holographic time, you must use different words to talk about time and your personal experience of living.

When you think you are talking about time, you are really talking about your awareness. In other words, you are shaping your actual experience through the words you choose as you conceptualize your attention, your focus, and your experience.

What language do we use regarding time? The major message that we repeat constantly to ourselves and to others is that we don't have enough time!

This statement that we keep telling ourselves actually consists of three beliefs.

- 1) Time is a thing, and has an independent existence.
- 2) There is a scarce amount of this thing called time.
- 3) We don't ever have enough of it!

None of these three beliefs are accurate. There isn't any stuff called time, and therefore it can't be scarce. Nobody has any "time" because it's not a substance you can have more or less of. All anybody has is the present moment!

How Can We Talk About Clock Time?

First of all, you can live in holographic time and still use clocks. We could throw clocks out, but that would be silly. What can change is how you think about clocks and time.

A clock merely helps us to correlate our present moments with the others in our social world. I can say to my friend that I will meet him at 8:00 tomorrow morning and we know what we mean. This is fine.

Time and Energy – Take Personal Responsibility

The most important issue about time and language is taking responsibility for what you do in each present moment. Linear time consciousness actually encourages you to be a victim of time.

If you don't get something done, you simply didn't have enough time! If you don't accomplish your goals, you just don't have the time to do it. It's a cop out. It's not a personality flaw – it's simply conceptual confusion. You really can't see reality clearly

through linear time concepts. The illusion that you are not responsible for your life is one of the most harmful.

The reality is that you choose your focus and your attention in each moment. What you focus on will grow. Energy follows thought as surely as a chicken hatches from an egg. You create your reality by what you think and feel in each moment.

The present is your point of power! Start now to create the reality you desire by being and doing what you really want to be and do.

Feel the Freedom of Holographic Time

You can start right now! Total freedom only comes with total responsibility. Any blame of your circumstances on others weakens your personal power.

The reason you do what you do (and don't do what you don't want to do) is because you choose to use your resources in that way. Your number one resource, in fact your only one, is your energy. You decide where to focus your energy.

So when someone asks you why you didn't accomplish something, you simply say, "I chose to use my resources otherwise" or "I chose to use my energy in other areas that I considered more important."

Use those statements because they are the truth, and using this language will actually bring you great clarity and peace over time and the ability to accomplish anything you want.

Don't say, "I didn't have enough time." Time has nothing to do with it.

Review Question

Using clear language increases our freedom because?

a) The first amendment gives us the right of free speech.

- b) We take full responsibility for how we use our energy.
- c) It gives us more time.
- d) The language we choose actually shapes our reality.
- e) Both b and d.

Practical Exercise – Changing our Language of Time

As you go about your week, pay attention to the words you habitually use about time. How many occasions during the day do you assert, to yourself or out loud, that you don't have enough time?

Also notice how other people refer to time and how this relates to the responsibility they take for their life. Then do the following two activities.

- 1) Start talking in terms of energy, focus, attention, and choice instead of time. This gives you the responsibility for your life and your activities. You become a master of time instead of the other way around!
- 2) Use the following saying to affirm the power of the present moment in your life.

“The Present is my point of power.
I act now with vision and purpose
to easily create the reality I desire.

I live from my heart in the eternal now.
Embracing God's outpouring of love and energy.

Time is an illusion, I will choose now!”

Repetition and Emotion are keys to changing our beliefs and our behavior. Repeat this saying often and generate the emotion you desire as you repeat it. Feel the power of acting in the present moment. Relish in the emotion of creating what

you want in life. Feel the relaxation and flow of living from your heart instead of your mind.

Answer to the Review Question

The answer is e. Both b and d are correct. The words and concepts we use do shape our reality (our conscious experience).

Specifically, the words we use regarding time, energy, and choice create for us either the experience of a powerless victim of fate or the experience of a powerful creative being.

Chapter 13. Holographic Time, Society, and Planetary Change

On a neurological basis there are unreleased, latent triggers that can be set off, and when they are, your practical experience of time as you know it will be altered.

From your viewpoint the species will then be so different that it will seem to be another one entirely.

Jane Roberts – The Nature of Personal Reality

There is a revolution in spiritual consciousness taking place in our world right now, a revolution that has been building for several decades. It represents a quantum shift in our perceptions, our awareness of the intimate link to our souls or inner selves, to our brothers and sisters, and to all living beings. This revolution in consciousness demands changes in our archaic "tunnel-vision" views of reality, it requires that we embrace the larger picture, a Holographic Perspective.

Alijandra – Healing With the Rainbow Rays

When you start to create or access your true holographic field, or the true nature of your multi-dimensional being, you are also able to access the Earth's planetary hologram which is the true nature of the Earth's being. And this is a state of Abundance and Peace and Love.

Then you realize that you have no need to rush down timelines accumulating wealth against a disaster. Because in our true multi-dimensional state we always have access to the Earth's core nature of abundance. We always have what we need, and we are always cared for.

Now is the time to reclaim our birthright as multi-dimensional citizens of Planet Earth.

**IN THIS PLACE OF MAGICAL HOLOGRAPHIC AWARENESS
- MIRACLES OCCUR!**

[Starchild Website](http://www.starchild.co.za) – www.starchild.co.za

Societal Change Through Holographic Time

So far in this book I've applied the holographic model only to personal growth and individual reality. I know that holographic time can also impact this entire planet in a powerful and positive way.

Societal change comes about through personal change, and not the other way around. Most governments have the process backwards, which is why their social plans don't work.

Yet it can be meaningful and exciting to have a vision of societal change. Knowing that you are part of a much larger process can actually be a spark for your own personal development into higher consciousness!

A Call to Action – Help Change the World's Experience of Time

I included more quotes at the beginning of this chapter to show you that there are others who are seeing the potential of the holographic model for societal growth. Often in the world's history an idea springs from multiple places on earth. This is one sign that we are all really connected, and that our ideas can be drawn from a general consciousness.

I call upon you to help in converting this planet to holographic time! The world is undergoing a massive beneficial shift in how we experience time. Choose to be a part of this process.

17 Changes in Society Resulting from Holographic Time

I can't foresee exactly how the changes in humanity will unfold, but I can imagine many possibilities. Here are 17 possible societal changes that can occur when a majority of people start living in holographic time.

- I see a drastic increase of love in the world, and a decrease in fear-based thinking.

- I see an overwhelming belief in abundance, and a denial that scarcity exists in the world
- I see wealth increasing in all countries and families because of the belief in abundance.
- I see trust in the unlimited capacity of the universe to provide for our needs in the present moment.
- I see everyone beginning to understand that poverty stems from scarcity based thinking, from which we are now free.
- I imagine all people and societies living in joy and gratitude rather than fear and anger.
- I imagine everyone being patient and present, enjoying each moment. Life is in each moment, not in the future. There is never any hurry in holographic time.
- I imagine all people knowing that energy follows thought, and using holographic creation to manifest their desires.
- I see people who have confidence in their abilities to accomplish their dreams.
- I see people who know how to plant seeds of faith and thought in the present moment, and then watch these seeds grow in the next present moment.
- I imagine a vast increase in health and vitality, as people release the blockages to love that come from a fear based and fragmented consciousness.
- I imagine people teaching and learning harmonic time techniques to create holographic time awareness in the moment.

- I see people experiencing the freshness and vitality of pure perception, rather than seeing life through dead fragments of concepts, structures, and mental formulas.
- I see people overcoming addictions easily and naturally through the wholeness that comes with holographic time.
- I see everyone living in true freedom, taking personal responsibility for every part of their life. Blame does not exist in holographic time.
- I see an acceleration of the increased consciousness and awareness that is already taking place on this planet.
- I see you taking part in this grand process – adding a context and purpose and depth to your life that enriches every moment.

Spread the word, pass this website along to others! We are all connected, and we can help each other grow and develop into higher beings.

Infinite Possibilities Through Holographic Time

One man who really understands the nature of time is Mike Dooley. He is helping to spread the word to others as I am.

The three major messages he shares are:

how POWERFUL you are,
HOW FAR you can reach, and
how much you DESERVE...

These are incredibly powerful messages, and he delivers them in very short, daily “notes from the universe”. After having received these notes in my email for months, I can tell you that they often come at just the right time!

His notes only take moments to read, and are philosophical, profound, and witty. They make you laugh, smile, think, and

appreciate who you are and where you are. They tell you to slow down and enjoy this very moment.

Don't we all need messages like that in this world? His insights come from his understanding of the "Truths of Being" and he helps us become aware of them, understand them, and harness them!

He also has a multi-volume tape set called "Infinite Possibilities" that expounds on these truths of the universe. Mike shares these messages so that, in his own words:

".. you can begin thriving as the giant you are, in a kingdom where you have indeed been given dominion over all things."

Go to [Infinite Possibilities](#) to sign up for his free daily newsletter. On the page you end up on, simply scroll down to the very bottom to sign up for the newsletter.

His messages have helped me to grow in my holographic time awareness.

Review Question

Holographic time can change the entire planet because?

- a) People who are whole in consciousness shed their addictions easily.
- b) Of the natural increase of love in the world.
- c) People who don't fear the future don't war with each other.
- d) Personal freedom is enhanced, and personal freedom is the basis of national freedom and planetary freedom.
- e) All of the above.

Practical Exercise – Share the Holographic Time Awakening

Find someone else interested in success, wealth, and peace, and recommend my book. This will give you someone to talk to about the changes going on in your life as you practice holographic time.

You will gain more benefit through continued reading, and continued practice with the exercises.

“That which you continue to do becomes easier to do, not that the nature of the thing itself has changed, but that your ability to do has increased.”

Ralph Waldo Emerson

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Answer to the Review Question

The answer is e. Holographic Time can change the entire planet because of all the reasons listed.

Chapter 14. The Beginning of Something Wonderful

This isn't the end. It is just the beginning. I hope that you have felt my sincerity in sharing these principles and thoughts with you. Growing into holographic time has truly been a fantastic blessing for me.

There are many changes yet to come, for all of us.

I welcome your thoughts and feedback regarding this book. You can send them to Christopher@icreatereality.com.

May you be blessed in each moment of your eternity.

Christopher Westra