

## ***SPECIAL FREE REPORT:***

### ***The Physics of the Love Connection***

***by Mary Robinson Reynolds, B.A., M.S.***

This is pivotal information for your understanding of what needs to happen right now **ENERGETICALLY** to stop what's happening in your marriage that is not what you want: whether it be infidelity, narcissism, verbal, psychological and physical abuse or a energy depleting relationship plateau leading to an impending divorce.

You must now come to understand how to utilize the physics of love to create with your mate a love filled, happy, harmonious and intimate marriage.

The entire Stay Married™ course I've written, and that this Special Free Report is taken from, is built upon the science of what happens energetically in relationships and why things go sideways, repeatedly and without any apparent end.

You **MUST** understand fully how you are participating in what's happening - without beating yourself up or making yourself any more wrong than you already have been.

As you read the information in this session and as you come to understand what's happening at an energetic level, you will become more and more aware of what you are doing while you are doing it, and then at that point you are at choice. Your choice will be to either continue to throw that attitude of yours the way you've been or, allow new perceptions and energetic vibes to come through you to heal your relationship through your new decisions, and visions of the relationship you are going for.

**By learning the science behind what's really going on, you will then understand why all the politically correct language you've been trying out, has not totally worked. You can use all of the right words ... but that attitudinal vibration of yours is getting in the way.**

**And that's why this course is specifically guiding you to new scientific knowledge, perceptions, understanding and language that you can begin MasterMinding for right away.**

Throughout each session in the course, you will begin learning how to ask for things that it never occurred to you to ask for, before, with the energy to bring in what you want. Doing your personal work in combination with the spiritual principle is truly an amazing process and one that will grow you into your voice, into your power and into the life you most want to live.

## **First Things First**

The first thing we are going to do is slow everything down. There is nothing to rush around about, even if you are being pressured to sign divorce papers; even if you have been left for another; even if you have children in trouble; even if your partner is moving out with all of their things; even if - even if - even if.

You are taking the time to read this report so, you must be wanting to decide for your marriage. In doing your work through what I am recommending you will begin to interrupt what's happening that is now having a devastating effect and start charting a new pathway for healing and reconciliation.

If you put in practice what you will be learning in this report, you **WILL** ultimately get your marriage headed in the direction that will be healthiest for all concerned ...provided you do your work to make your life, not just your job, not just your marriage, the best it can be. The rest will unfold.

By now, people may be telling you to just get over the end of your marriage and get on with your life. That's because they have their own extremely limited beliefs about what is possible and what is not. They, like you, have been taught to judge people in a situation and from a limited perception, decide whether or not to say whether or not a marriage is viable.

So, when those limited perceptions, fear thoughts and confirmations, and bad news comes from "well meaning" friends and acquaintances, I want you to remember, no matter how bad it looks in this moment; **you have sacred entitlement to your marriage.** **You marriage vows are sacred. You have first dibs on your spouse, period.** Remember this throughout anything and everything that may or may not occur in the upcoming months.

### **Do not be deterred by appearances.**

Someone once said: What goes around comes around.

Work like you don't need the money.

Love like you've never been hurt.

Dance like nobody's watching.

Sing like nobody's listening.

Live like it's Heaven on Earth.

## **The Physics of the Love Connection**

Performing and understanding the upcoming illustration in this session is PARAMOUNT to your understanding of exactly what you will be doing in the course of this work.

Read the Energy Illustration all the way through, because the conclusion, will not only surprise you, **it will explain everything you *intuitively* knew but wouldn't let yourself know ...until now.**

This scientific information and exercise sets the foundation of the entire course for stopping the divorce and most importantly creating a marriage that is everything you desire that it be

**We all have two lives: the life we've learned to have, and the life that wants us.**

What you put your attention on, is your intention that it be your experience. Intention is powerful in getting you what you want ... as well as what you don't want. It all depends on what you put your attention on over and over and over again. Until you let go of being so right about what you think is happening and become willing to look at things differently, nothing will change in your marriage.

You simply **MUST** understand fully how you participate in energy sending and energy receiving in order to successfully affect what's been going on in your relationship up to this moment. If you are to ever get different results, especially loving and relaxed results in your marriage, you **MUST** "get" your mind around the information in the first two sessions.

This exercise in combination with the THOUGHT E X P A N D E R segment of this report will not only explain, it is the very thing you **MUST** be mindful of from this moment forward in order to stop the divorce and transform all that has gone before into what you prefer that it now be.

## **ENERGY ILLUSTRATION**

Whether or not you can get your spouse to do this with you is not the most important thing that can happen here.

When one of you understands the implications of this, a new energy will be conveyed vibrationally and it will have an affect on your spouse, whether they are present for this or not.

The upcoming THOUGHT E X P A N D E R section has specific research that will explain the science that explains exactly what is happening in this exercise.

**For now:** Get with your support person, your MasterMind partner, and/or your spouse if they are currently with you on this — and the two of you will take turns, using this testing technique called Muscle Testing, on each other using the examples and method I have described in the mid-section of this section's content.

You will see that I have described in detail, what I have done with literally thousands of people during live performances to drive home - in real terms - that what we think literally and instantaneously affects our world.

**After you have read this entire section, get a blind fold and perform the Muscle Testing exercise, exactly as I have described, with your partner, taking turns with whatever substances you want to put in the ziplock bags.** Just make sure that one of the baggies has sugar in it so you can all see the instant transformation of what we have been told is a negative substance.

What you will experience from this Muscle Testing exercise, is the **feeling of the energy coming into your body as a result of thinking and / or receiving certain thoughts** and how you feel the energy in your arm as either strong or limp.

You will now have concrete information that you've only thought you were delusional about before. Most people have felt the effects of negative and positive energy. But, because it is invisible to the eye and we don't exactly get a computer read out, we can talk ourselves out of knowing what we know, feeling what we feel.

### **You simply can not have an attitude and keep it a secret!**

And if someone has an attitude about you, well, then you've known it all along. What this will substantiate, is that you really are not crazy! It's true, it's happening and you do not have to be taking it on. **But that requires you send back different vibes than what you probably have been.**

Vibes of resistance, anger, avoidance, fear, less than, better than, arrogance, condemnation and attitude back at you Jerk or Bitch - are only vibes that will get you more of what you've been producing with your spouse!

**You must change the vibe to change the experience.** Don't expect your spouse to do it or to "get this" ... you are now deciding to step up and be in your most adult self i.e., a living example of what humanity can be!

Know this: **your thoughts, attitudes, judgments, etc. have an immediate, and scientifically provable, affect on your world in an instant.**

## AFFECTING YOUR WORLD IN AN INSTANT

### **The Body Electric and Magnetic**

Discover Magazine featured an article which included a series of brightly colored electronic photographs showing the illuminated flow of electrical activity throughout the entire system of nerves and blood vessels in the human body.

Think about it: if the heart stops, modern medical practice is to apply an electric jolt to get it started again. The brain uses electricity to issue its commands from neuron to neuron. When these signals reach a muscle, they set up a wave of electricity throughout the muscle. Each cell of the body has a positive and negative charge, so there is constant polarity. Each cell has a magnetic component. Which means the body is not only electric, it's magnetic. In essence, we are moving electromagnetic fields of living energy.

The human mind and body creates a magnetic field, a measurable field arising from electric charges in motion. Every cell in the body has its own intelligence. It knows exactly what to do in any given situation or environment. There is even evidence that, at the sub-atomic level, each quantum particle/wave has an "intelligence" of its own! At the organic level of our bodies, embryonic cells "know" how to grow into higher forms of complex and distinctive systems. Each of these systems is responsive, in varying ways, to the electromagnetic energy generator of our minds.

Because the body is electrical, and each cell in the body has a positive and negative charge, we are magnetically charged in accordance with what our thoughts vibrate and transmit.

**Being electromagnetic sets up certain conditions for how we relate, respond and receive experiences in our physical world.** And as we've come to understand from quantum field theory, this means that whatever we send out comes back again, showing that we get to be right about whatever we are holding in mind for as long as we choose to be right about it!

Thoughts magnetize an energy field around us. As an illustration, if you put metal filings on a piece of paper and put a magnet underneath it, the filings will form a pattern in accordance to the magnet. The filings have no will of their own. And so it is with the substance of our lives. Electrons conform to the consciousness of the experimenter.

Matter must obey consciousness, it always has, it is right now, and it always will.

So there are three things we can infer from what we know about electromagnetic energy of the body, coupled with the implications of scientific experimentation in the field of quantum physics;

- 1) electrons are constantly reading their environment**
- 2) thoughts are constantly directing electrons**
- 3) thoughts magnetize an energy field around us.**

An analogy that illustrates this best is to imagine that the energy flow from you is like a signal or wave-length being transmitted from a radio or television station. Each of us emits very precise vibrational signals based on what we believe and think.

Everyone and everything in our environment have the capacity to pick up certain aspects of these signals. However, only those who are tuned in on the same wave length can respond to them, as only those radios and television sets that are turned on and tuned in to a particular station will pick it up.

Have you ever picked up your TV remote control and randomly started flipping through the channels when something on one of the channels made you stop and watch? You were in tune, or in alignment with what was being shown or said, and that's why you wanted to stop and watch. Or the opposite can happen, and you can be in so much resistance to the information being presented that you turn to another channel immediately.

**When you get deliberate in guiding your intentions, let's say from an existing situation of infidelity, to a totally devoted and mentally, emotionally monogamous spouse, you are literally tuning in to another channel.** In one of you doing the work to bring the two of you back together again you are in fact, tuning into another channel. Then when you take your desired vision into the MasterMind experience, you are asking your partner's support in "knowing" together with you, that another station does in fact exist.

Setting relationship goals and MasterMinding with a support person IS deliberately deciding to change channels. The power of two or more minds in agreement, deciding to tune in to more pleasurable, life enhancing frequencies and mental images of happy, rich, fulfilling marriages, relationships, prosperity, money, healthy lean bodies, fulfilling and fun work opens up infinite possibilities immediately.

When we've been existing within a frequency of fear, anxiety, attitudinal condemnation, judgment, withholding love as a means of self-protection, lack and limitation, we must simply stop ourselves and interrupt habitual thinking with,

**How do I prefer it to be? or There's got to be a better way.**

And there is! You ask your MasterMind partners' support in helping you to either: 1) help you decide differently about this false evidence appearing real, or 2) look around your world with the intention of finding someone who has what you want and then tune into their channel. In doing this, you acquire a mental equivalent of another field of probabilities different from the one you've been existing in.

### **You Have Within You the Power to Affect Worlds**

Understanding that the human body is electromagnetic, combined with some insight into quantum physics, will help you to see how energy affects communication, and how we continuously affect our world, our reality and our connections with other people.

It also helps you understand that you are not crazy, because it is likely that you've been aware for some time now that *you know things before you think you should know them*. Most importantly, we can understand at long last that we all have the capacity to connect with anyone anywhere in time and space, and therefore bring any desire into form.

There are many experiments that show that the mind or consciousness is not restricted to our bodies nor is it restricted to any kind of locality.

In my live presentations, I use "Muscle Testing," which is also known as a form of Applied Kinesiology called Context Reflex Analysis (CRA) to prove that our bodies "read" energy in our environment. I demonstrate the immediate effect our attitudes have on other people — whether they are secret and underlying or right out there, loud and clear.

First I explain that the body is electromagnetic, and that every cell in the body has a positive and negative charge. Because of this, the mindbody energy can be tested, and the body can give me yes/no answers, through the utilization of the strength of resistance in the muscles of the person's arm, as a way of testing the body's reaction to various forms of energy. Then I ask for a volunteer to come up from the audience. I ask them for their permission, giving them a brief explanation of what I am going to have them do. I also inform them that they will be receiving both positive and negative energy.

When they have given me their permission, I explain how I use the participants arm to test and to get a yes and a no answer. When the volunteer has a good reaction, feeling, or sense about something they are thinking about, or when some energy is affecting them from the outside in a positive way, the muscles in the arm are strong. When the opposite happens, with bad feelings or negative external energy, the muscles are weak. I explain that I will have them hold their arm up, straight and out to the side in order for me to try to push it down. I push down on the arm to test for a "yes" or a "no." Strong is yes, weak is no. I will hold various substances in a plastic zip lock bag close against the midsection of their body.

If the electrical impulses within the intelligence of their body is in agreement or harmony with what I am placing in their energy field, their arm will remain firm, and I will not be able to push it down, no matter how much force I try to use. If the energetic intelligence in their body does not like or agree with the energy source I am bringing into their energy field, their arm will go down easily when I push down on it to test it. Firm and outright is "yes, this is good." Down and limp is "no, not good."

Next, I ask the person to close their eyes (or use a blindfold) and keep them closed until the end of the illustration. Now, with their eyes closed, I hold an apple in a plastic bag against the midsection of their body. This puts the apple, which has it's own particular energy, in the energy field of the person's body. This person's body reads the energy of the apple.

I test to see whether or not the apple would be good for their body to have. The body always knows what is good for it and what is not, energetically. I picked an apple for this experiment because it is one food that is generally good for everyone. I ask the person holding the apple to let us know, by the answer of yes or no coming through their arm, if this thing that they are holding is good for the body. **The body knows.** We are working with the energy.

In almost every case using an apple, when I push down, the arm stays firm, no matter how hard I push down. One notable exception was when I had tested a diabetic person. I couldn't figure out what was wrong, until someone in the audience whispered the

information to me. She would have been out of balance with her insulin had she eaten the apple! The experiment had not "failed," but rather had proven itself correct!

Next, I take refined sugar in a baggie, hold it right next to their mid-section and ask the body again, if this would be good for it. The arm in most cases goes down. Most people believe that pure sugar isn't really good for you, right?

The next thing I do is tell the audience that I want them to send an attitude to the person I'm testing. Without the person being able to see or hear what I am doing from that moment forward, *I signal the audience that I want them to think negative thoughts and project their negative attention toward the person I am testing.* After a few moments of negative attitudes being sent, I push down on the person's arm.

**Every single time I have done this, the person's arm is lifeless, limp.** They can't even will themselves to keep it up. That's how dramatic and instantaneous a negative attitude is on the person you are having a problem with. Whether you mean to or not, you are sending your attitude, and they are responding to it energetically.

Next, I signal the audience to send the person I'm testing some LOVE. **Within a few moments, their arm becomes stronger and stronger until I literally can not push it down.** Which explains why we never have problems with the people we love or like or have great appreciation for. There's no push or pull.

**The energy of LOVE instantly transforms and heals the human body, mind and psyche.**

Yet, it is usually the very thing that we withhold when we are angry or upset with someone, which gets us a reaction that fuels an already existing problem into higher degrees of difficulty. Right? We literally put ourselves between a rock and a hard spot with our attitudes that come in the forms of hurt, resentment, condemnation, judgment, rationalization, defensiveness and on and on. And as you know, nothing changes in these difficult relationships until you have a softening of the heart. Once a softening, an understanding or forgiveness occurs in one of you, the entire relationship can realign and get back on track, or on a new track.

But we are not done yet. Remember the sugar?

Now this is going to blow you away! I bring back the sugar in the baggie and place it back in the test person's energy field. I silently signal the audience that I want them to send a loving attitude to the bag of sugar. We take a few moments and mentally send our blessings and LOVE to the sugar. I push down on the arm again. **It remains up and firm. I cannot push it down.**

We have transformed the negative energy of the sugar to positive energy instantly, before our very eyes.

You, like the sugar, will be changed at depth and they will experience this change energetically.

Your attitude, prejudices and fears about them will be transformed because of your intention to experience a more peaceful and productive relationship with them, because both they and you will feel the effects immediately.



**You can't have an attitude about anything in your world, and keep it a secret.**

You can not continue to condemn, judge and label someone and have a harmonious outcome.

You must understand that whatever you decide for is going to have an effect energetically on this situation. You are asking that your intentions be powerfully guided through the MasterMind process so know this, you are sending deliberate, intentional energetic communication to the people you bring into any MasterMind request. Therefore, when we go for the highest intention: peace, love, joy, harmony and good will we are essentially blessing people and situations in our lives. **It will be felt, energetically. And as with the initial negative energy of the sugar, the negative in you and in them becomes transformed immediately.**

There is nothing stopping us from blessing the people in our world at any given moment of any day. There is nothing stopping us from having a dramatic affect on our world with all those we know, meet or whose lives we touch. It's all just energy and we have dominion over our world. Which means, we can initiate and affect change any moment we choose.

### **The Implications for STOPPING YOUR DIVORCE**

Mental concentration upon love will produce a positive love current, which goes forth to break up and dissolve opposing thoughts of fear. The thought of fear will be dissolved not only in the mind of the thinker, but also in the minds of those with whom he comes in contact or thinks about.

**The love vibe is not a projection of the will.** It is simply a setting free of natural, equalizing, harmonizing force which has been dammed up and unused. Most people think that when they love a person, they have a right to dominate and rule that person's life. When people try to rule and dominate others, calling it "love," they often cause the reverse of what they want to have happen.

Love is the drawing, attracting power of the mind. If you have used visualization previously without attaining the desires hoped for, it may be because you did not "love" your imaged desires into expression.

Love is the magnet that draws and fills your vision of a loving, harmonious marriage with life. **Loving your pictured desire is the secret of making it a visible result!**

Indeed love heals, but being loved does not.

Being loved merely holds the door open for healing, for happiness, for fulfillment, for 'getting our needs met.' But to walk through that door, we must love.

If being loved healed, all creatures great and small would now be perfect,  
for God has loved them all and always will.

-Hugh and Gayle Prather, in Handbook for the Heart

And this is how 1 of You CAN Bring the 2 of You Back Together Again

Let's face it ... the two of you have been arguing, fussing and fighting verbally and most importantly, non-verbally, for some time now. And if your spouse has essentially cut off all communications with you, your only recourse is to learn now how to communicate something different on the non-verbal, energetic plane ...that is if you are ever to open the doors of verbal and physical connection again.

**This non-verbal bickering - attitudinal judgments and criticisms - with each other is the largest percentage of what you've been doing and sending energetically. This is a foundational reason for the breakdown of your connection to each other.**

Whether you mean to be sending negative vibes or not, does not matter - because you have been. And that's what the two of you have continued to do, even though you think you are out of radius with each other ...you're not! So let's be perfectly clear here: you are communicating right here, right now.

So, the question is, "What are you communicating?"

And more importantly, "What are you now going to intentionally and deliberately communicate?"

OK now... maybe you are still pretty pissed off, hurt, destroyed, betrayed, etc., etc. the question is, how long do you intend to feel this way about what all has occurred.

I am reminded of the friend I mention in the beginning of my Stay Married™ course, who found out her husband had been having an affair for nearly two years. Part of their reconciliation was their agreement, that he needed to tell the truth about his participation in the destruction of their marriage, to their two teenage daughters. When the girls had fully gotten their minds around the magnitude of what had happened, the youngest one, 15, said, "It will take me a year to forgive him!"

I thought that was great. Out of the mouths of babes. She had decided somehow, that it would take her a year ... and then, that would be it! Amazingly simple.

So, what's it going to be? A week, a month, a year ... or are you thinking you are going to leave it "out there" until you think they've suffered enough for how they've hurt you!?

Most of us have been raised with this idea that we have to "teach people a lesson" by withdrawing love, humiliating / shaming them, scaring the dickens out of them with threats of abandonment or whatever, in order for them NOT TO DO IT AGAIN! Yeah, that really teaches people a lesson.

It's in human relationships that we get to see evidence of whether we're coming from fear or living in love. When fear speaks to us, it never says, "I'm going to wreck your relationship."

It says, "I'm going to keep you safe. I'm going to make sure no one hurts you in any way."

We want to be safe, to be protected. But love, the voice of faith, says, "Go ahead and take a risk. Open your heart. Take a step in love." Seize your opportunities this day to respond with love. To believe the best is a faith move.

--Mary Manin Morrissey

Trying to force people to conform so we can delude ourselves into believing that we are safe, while we continue to hound them to keep them "controlled" so they won't do it again, will literally get us MORE OF THE SAME! It is not what works for a happy, safe and loving relationship, or it would have worked by now!

**I will tell you unequivocally that the quicker you get your focus turned upon what you prefer to be your future experience and the quicker you can get off all of the pain and suffering that has gone before, the quicker you can have a nice, safe, loving life!**

The more you elect to hang on to it, or hold it over their head, the more you are now consciously contributing to the destruction of your marriage, and producing more and more and more of the same. **Yes, you are participating in the future you are creating with your spouse.**

Question: What will suffering and hurting further about what's happen, get you?

Answer: More of the same ... and no, it doesn't keep you safe!

So with that as your answer, why then would we want to continue to do the thing that doesn't work and causes us pain?

Answer: Well, we've been taught that if we just forgive and forget then it "might" happen again, because what's to stop them from doing it again?

Well that's exactly what this entire course is about: retraining your thinking and what you believe you must accept and expect. You must learn new ways of being in relationship based on the science of energy, based on what to practice, and based on what you now must let go of in order to make way for the new you want to be your marital experience.

That's right. You must let go of what's not working. It doesn't work to hang something over someone's head. In fact, it guarantees that it will happen again. So what will fix this?

I'm telling you now, and I will be repeating this a bazillion times throughout my **Stay Married™** course:

**You must rigorously put your focus on the future you want to create as your experience.**

Anything less than this will get you what you've always gotten. All of your answers lie in what you think about.

What you think about comes about.

What you hold as your vision and what you ask another to hold with you and for you in this process of getting your life and your marriage back on track.

The difficulties you face in your marriage, abuse, death of a child, infidelity, poverty, loss, catastrophic illness or accident, can be relieved of it's death grip if you will only utilize the energy to transform any situation that can come through you with the seeing power of two or more people, committed to seeing for you, your hearts truest desires.

By yourself, you can not do it. You've tried. You've given it the good fight ... and therein lies the problem. This is about not fighting for what you want any more. This is about energetically influencing situations to transform them into preferred outcomes.

It takes the power of that third invisible mind - Infinite Intelligence - to come through you in ways that you have not been accessing or allowing before, to change you at depth so you can have the marriage you've always dreamed of. You have tried doing it alone. You have tried fussing, fighting, arguing and avoidance. It hasn't worked and that's called a clue.

**No matter what your starting point, this information will get your relationship on the right path!**

## THOUGHT EXPANDER

**The vibratory power of words, what you voice, what you think, what becomes your attitude has everything to do with how you participate - powerfully or not - with what's happening in your marriage.**

We should have signs up on every street corner, every freeway and at every place where signs are and have them all say:

**WATCH OUT FOR YOUR THOUGHTS!**

Science shows "Quantum-fiably" that all mental states are accompanied by vibration. You combine with what you vibrate to, so let us all now vibrate to marital success, happiness and abundance through the transformative power of love, peace, joy and appreciation.

### **Setting Energy in Motion**

Quantum field theory has found a connection between the power of thought, desire and what we have the capacity to deliberately design for our lives. The process of deliberately deciding what we want in our lives energetically interacts with a field of infinite probabilities.

Laser focused energy is about "makin' stuff happen" — the process of bringing ideas and desires into physical form through the process of thought and the energy it produces.

In *makin' stuff happen*, the desire always comes in as a thought form first. A thought always precedes emotion and therefore manifestation. "I think I'll become an architect." "I think I want to have a baby." "I think I'll build a bridge."

The idea is like a blueprint; it creates an image of the form, which then through desire energizes the physical energy to flow into that form and eventually manifests it on the physical plane.

The same principle holds true even if we do not take direct physical action. Simply having an idea or thought, holding it in your mind, is an energy which will tend to attract and create that form on the material plane.

An example of this would be if I were to ask you to visualize yourself getting sick each morning for thirty minutes, and doing this consistently for thirty days. You wouldn't want

to do this because you *know* that there is truly something to this. You know, somewhere inside yourself, that if you constantly think of illness, you eventually become ill. By the same token, if you believe yourself to be healthy, radiant and beautiful, you become so.

And yet, your current results reveal that you've been *thinking* and visualizing divorce and therefore talking about it for quite some time now. *Thinking* about leaving because you *think* you can't make any head way and *thinking* this thought over and over and over again, is in fact yielding you results. As soon as you *think* about divorce, it becomes a visual.

Now more than at any other time in history, due to the distribution of information through mass media and the internet, individuals are realizing their own innate power to bring their visions into reality.

**Visualization and affirmation are now accepted techniques used by athletes to focus their energy and improve their performance. The success of imagery and prescribed meaning in healing people absolutely proves the power of the mind as an energetic healing agent now understood to be the mind-body-spirit connection.**

In doing your personal work and then bringing your relationship goals and desires into MasterMinding we are working weekly - consistently - to harness your inner power as it translates itself through your desires.

We want to focus our attention, to be deliberate about the thoughts that reach out into our worlds regarding loving, happy relationships, joyful work, money or other material objects as our experiences. This inherent ability to energetically make stuff happen is not limited to mystics or saints; everyone possesses this ability.

The word is getting out that we each have incredible innate capabilities to have the lives we dream of. And yet, this has become a double-edged sword. We struggle and resist the information, even though we know we could be utilizing it to heal ourselves and our world.

Currently there also appears to be increasing attention - *thought / vision* - being given to statistics indicating more divorce, more debt, more fat and more debilitating health issues than ever before. So just know this, that for every statistic being taunted by the media, there is another statistic saying the exact opposite. Polarity is necessary in a world of choice. It's all in what you are choosing in each moment to think about, and see.

As we begin to understand our personal role in settling for the life we presently live, the contrast between our experiences today and the way we would have it be becomes an internal conflict that many would rather ignore than address.

The point here is, it doesn't matter what you've heard. What matters is what you do with what you've heard or have come to believe is "realistic." What you have decided directly affects your energy.

**You may fear that in visioning a desired future that you are not being realistic, but I'm here to tell you that the only reality that is relevant is what you decide for.**

For every evidence of lack, there is also evidence some where in the world of abundance. You must look further than you have looked up to this point. Your reality is only current with how willing you are to press on and look for evidence that supports what you want.

**To change or heal anything in your life that is currently not as you would prefer that it be: loss of any kind, you must rigorously focus - set your thoughts and vision - on the future you want to create.**

### **User Friendly Quantum Physics: How Thoughts Reach Out Into Our World**

Although there are a number of different theories about exactly how we *make stuff happen*, most quantum physicists are coming to the same conclusion: matter and energy are essentially the same. From one side of the equation, matter is a manifestation of an energetic process in space/time. Thoughts are energy, and the physical universe is the direct expression, the direct result, of our individual and collective thoughts.

Danish physicist, Niels Bohr once said: "Those who are not shocked when they first come across quantum theory cannot possibly have understood it."

**Quantum mechanical experiments have consistently demonstrated that, at the very least, without us as observers, the physical universe doesn't even seem to exist!** Now that's creative license! They've also shown that we aren't just passively watching the world go by, but we form the very matter and experiences we are "observing" by the act of observing it.

#### **What Quantum Physics Explains**

Sub-atomic physics had its beginning as early as 1897, when electrons were first discovered by Lorenz. In the following decades much exciting work was done, from Einstein's theory of relativity ( $E= mc^2$ ) to discovering sixteen new sub-atomic particles from 1947-1954. Quarks came into the picture in the early 1960's, and Gluons in the 1990's. As our capability to observe smaller and smaller particles has sharpened, they continue to find smaller elements of matter.

Newtonian physics is based on the idea of predictability: when you add this chemical to that chemical you know what's going to happen, and under the same circumstances the same thing happens every time. Newton's mechanistic theories became the basis for our cosmology, for our view of how the world works. In essence, our World according to Newton is a clockwork universe in which the present and future inevitably flow from past conditions.

Quantum physics, of which Neils Bohr is considered the founder, suggests that the old Newtonian physics explains only a fraction of how the World works.

**What we now know is that,  
if you want to know what your future looks like,  
look at your perception of reality right now.**

When Niels Bohr wrote his theory, he didn't fully believe it himself. When others in his field confirmed his findings and conclusions, he then accepted the truth of what he had found.

Many believe that Bohr may possibly do for mind and matter what Einstein did for energy and matter: show that these two entities, apparently so disparate, actually interpenetrate and become each other. This development is of the utmost importance. It might allow mind and meaning to take their place alongside matter and energy as major factors in health and illness.

Psychologists have slowly picked up on the relevance that quantum theory has to their practice, and the traditional medical community has begun to accept the theories and incorporate them into the medical model of healing. I say it's "begun" only because many of today's scientists, including those in the field of medicine, still function within the old Newtonian paradigm. It is easier for these practitioners to ignore the new findings and to continue to rely on the logical and rational models they were originally trained in.

As we look at some of the findings of quantum mechanical experiments, you will see that they seem to turn logic and rationality upside-down

### **Thought Affects Electrons**

Nowhere is the importance of conscious choice in the shaping of manifest reality better demonstrated than in the delayed-choice experiment conducted by physicist John Wheeler.

There was a new kind of technology in the 1970's that allowed scientists to accelerate free electrons to a speed approaching the speed of light. In it's simplest terms, in Wheeler's study, when they would fire the electrons at a screen with two apertures, they were amazed to find that the electrons, which were believed to be particles, would sometimes behave like waves. Sometimes they would go through the top aperture, and sometimes go through the bottom aperture, and sometimes the electron would change into a light wave and go through both apertures and converge on the other side and become a particle again.

The scientists at first could not figure out how this happened. Finally after extensive experimentation and deliberation, they began to recognize that what determined the way the electron would behave was the observation, perception and expectation of the experimenter. When they looked for particles, they found them. When they looked for waves in the same experiment, they found waves.

**For the first time in scientific history, it was recognized that you cannot have any experiment absent of the perceptual influence of the experimenter. Nor can you have a life that is absent the influence of the way you see it.**

What does this mean to the health and wholeness of your marriage? **It means that no matter what we think, believe, decide, we will always be "right."**

We can be "right" about scarcity, lack and perpetual life-long difficulty, competition, infidelity, hostile step-children, terrible threes, terrifying teens, being dependent on the current 'state' of the economy for our financial where with all, OR we can be "right" about ease, grace, love, joy, prosperity, empowered loving children, family unity, financial ease and alignment, monogamy, commitment and a life filled with an abundance of everything we choose as we choose it regardless of outer appearances.

Electrons constantly and consistently read their environment, and thoughts are constantly directing electrons by intent. Our intention is being transmitted directly into our environment, and electrons pick up on the infinitesimal signals we are sending.

**What we think, what we believe, what we intend, have faith in and expect, all have energy that flows out of us and is "read" by our physical environment. Electrons are responding in kind to the thoughts - mental constructs - we hold in mind.**

Therefore, setting forth an intention through the convergence of two or more minds, with the third invisible mind - Infinite Intelligence - now present in the MasterMind process is an extremely influential force for - like lightning in a bottle: busting through limitation. By setting a vibrationally higher goals and requests we are literally setting new energy in motion to bring dreams, wants, desires into form.

Scientists tell us that light is energy producing hundreds of trillions of vibrations per second in the form of light waves. Light waves are emanating from your consciousness, radiating as energy in motion. The force of your consciousness govern electrons (the electrical charges whirling around the nucleus of atoms) and cause atoms to cluster in an energy field as a thought form. The energy configuration is then "stepped down" throughout the levels of substance to become visible on the physical plane.

Each one of us is an energy field of atomic substance, and the power of the universe is concentrated right where we are in the physical, material world.

Within each individual atomic field is the permanent atom of universal love, the one that will trigger a transformation of an individual, and ultimately the entire consciousness. At the nucleus or central core of this Atom is the greatest concentration of energy in the world, and this energy is released through the fission (opening) of the nuclei. The mechanism of fission within each individual is an act of consciousness.

You begin where you are, connecting to source energy of love, peace, harmony, good will, joy -- you pour yourself into your immediate environment by focusing only on source energy. With purpose of mind you remove unloving thoughts from your consciousness and practice harmlessness in thoughts and words. You keep loving in your small circle until you can expand your love nature and truthfully say that you love everyone without exception.

And this includes everyone who has ever hurt you, anyone who has ever caused you mental suffering or emotional distress, anyone who has ever pushed your button and caused a flare of resentment.

You remain connected to source energy and release judgment whether you look out into your world and see innocent children, or you see stubborn, mean spirited behaviors in your spouse, children, step children, former spouses, etc., etc., etc.

Send the love vibes out into your world and "it" will soften hearts, lift consciousness, soothe, heal, harmonize, prosper, protect, adjust, guide, strengthen and forgive.

Practice staying connected to source energy: love and all else will transform to loves greatest experiences.



Everything considered matter -- whether visible or invisible -- is made up of atoms, or pure energy. Therefore everything seen and unseen is energy in motion, and the directing force that destroys or creates form and experience.

Depending on your frequency of consciousness you are either healing or harming ...there is no in-between.

**Let love be the presiding energy.**

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-Mary Robinson Reynolds, M.S., The MasterMinding Maven™, is an educational psychologist, master trainer, and the author of five books: MasterMinding: LIGHTNING in a Bottle - A Spiritual Goal Achieving System, MasterMinding 101™: 12 Sessions to a Rich Life, Stay Married™ - Make More Love & Less Conflict, You Can't Have an Attitude & Keep It a Secret: The Art of Getting What You Want! - and - You Are A Success! -61 Proven Strategies for Developing Success. Learn more about Mary's MasterMinding system and print out her "7 Steps to MasterMind Connection™" FREE at <http://www.maryrobinsonreynolds.com/7steps.htm>

Mary shows you how to defuse any failure mechanism and to fuel achievement easier than ever before. In all of her works she explores the powerful

relevance of user-friendly Quantum physics as it relates to brain/mind technology, physiology of the mind/body and spirituality. MasterMinding works for the person who doesn't know if they can make it one more day, as well as for the person wanting to achieve a Rich Life. We've all just been making this far too difficult!

Send an e-mail to Mary at: [Mary\(at\)MarRobinsonReynolds.com](mailto:Mary(at)MarRobinsonReynolds.com)

[www.MaryRobinsonReynolds.com](http://www.MaryRobinsonReynolds.com)  
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