

The Divine Matrix

Bridging, Time, Space, Miracles and Belief

Gregg Braden

Note: This is a summary of the book, **The Divine Matrix** by Gregg Braden.

The number in parenthesis refers to the page number in the book corresponding to that statement.

Some say that the only thing that quantum theory has going for it, in fact, is that it is unquestionably correct" (79).

"Man did not weave the web of life -- he is merely a strand in it. Whatever he does to the web, he does to himself" - Chief Seattle

Does life follow our predictions or meet our expectations? (69). The focus of our awareness becomes the reality of our world. Which of the many possibilities become real appears to be determined by consciousness and the act of observation. In other words, the object of our attention becomes the reality of our world (71).

The challenge is to "allow yourself to let go of your beliefs about what or who you should be in exchange for a greater possibility of what you may become (158). Because of our inner beliefs we experience in our outer world the grand battle that's playing out within the hearts and minds of every person alive - the struggle that defines who we believe we are (159).

Scientists all suggest that the universe is altered in our presence. It's as if being conscious is an act of creation itself ... In our capacity as part of the universe today, we have the ability to modify and change little pieces of it through the way we live our lives. In the realm of quantum possibilities, we appear to be made to participate in our creation. We are wired to create. Because we appear to be universally joined on the quantum level, ultimately our connectedness promises that the seemingly little shifts in our lives can have a huge influence on our world and even the universe beyond. Our quantum link with the cosmos runs so deep that scientists have created a new vocabulary to describe what such connections really mean. The Butterfly Effect describes how small changes can have really big effects (92).

Once we recognize that we have choice in terms of what we see as our reality, the next question commonly asked is "How do we do it?"... The answer begins with our willingness to look beyond the illusion that the world is showing us. We must do more than think or wish for a new reality ... unless we also take the actions that replace that

frightening reality with one of healing, our nonacceptance is bound to produce little more than frustration and disappointment ... There is a fine and delicate balance between simply choosing a new possibility and actually following through with the thoughts, feelings, and beliefs that awaken that outcome as a new reality. To simply say that we choose a new reality is not enough. To choose a quantum possibility, we must become that way of being. As Neville suggests, we must 'abandon' ourselves to the new possibility and in our 'love for that state ... live in the new state and no more in the old state.' And that's precisely what the ancient instructions found in some of our most cherished traditions invite us to do. The technique for this human-to-divine interface is often called prayer (82-83).

Feeling is what the Divine Matrix recognizes. Feeling is the language that speaks to the Divine Matrix. Feel as though your goal is accomplished and your prayer is already answered ... No wonder prayers work miracles. They put us in touch with the pure space where the miracles of our minds become the reality of our world ... For our prayers to be answered; we must transcend the doubt that often accompanies the positive nature of our desire.

WHAT CONNECTS US WITH ONE ANOTHER, OUR WORLD, AND THE UNIVERSE? Answer: Compassion is what connects all things ... Compassion is both a force in the universe as well as a human experience ... compassion is the secret of what connects us to everything in the universe, as well as the quality that makes our feelings and emotions so powerful: They're one and the same (87). We must "ask without hidden motive "and "make our decisions from a desire that's not based in our ego. The great secret to bringing the focus of our imagination, beliefs, healing, and peace into a present reality is that we must do so without a strong attachment to the outcome of our choice. In other words, we are invited to pray without our judgments of what should or shouldn't be happening.

Those who have changed the cycles of oppression from within the oppression itself reveal two powerful patterns:

#1. The choice to see beyond the hate originates from within the same system that spawns it, rather than being imposed upon the system from an outside source.

#2. The people who make such a choice become the living bridge for those people they love the most. They find their truest power by living their truth in a system that doesn't support their beliefs at the time.

We must first have the feeling of healing, abundance, peace, and the answers to our prayers of well being in our hearts as if they have already happened before they become the reality of our lives ... We must "speak to the universe in a way that is

meaningful. When we feel as though we're surrounded by healing in our loved ones and enveloped by peace in our world, that's both the language and the code that opens the door to all possibilities" (91). The freedom of possessing power without attaching so much importance to it allows us to be even more effective in our prayers (90).

When we feel as though we can't achieve our biggest dreams, the Matrix simply gives back to us what we've given it to work with: delays, challenges, and obstacles (156).

No matter how deeply we peer into the quantum world of the atom or how far we reach into the vastness of outer space, the act of us looking with the expectation that something exists may be precisely the force that creates something for us to see ... Just as the Divine Matrix provides the container for the universe, Nevell suggested that it's impossible for anything to happen outside the container of consciousness (63).

Neville's work reminds us that perhaps the biggest error in our worldview is to look to external reasons for life's ups and downs ... [Nevell states that] "Man's chief delusion is his conviction that there are causes other than his own state of consciousness"(64).

Through the power of consciously focusing on the things that we create in our imagination, we give them the "nudge" that brings them through the barrier from the unreal to the real" (65).

[Referring to martial artists who can break brick blocks] "they're thinking from the point of completion, rather than the difficulty of getting to there. They're experiencing the joy of what it feels like to accomplish the act, as opposed to all the things that must occur before they can be successful" (67).

We can create our own rules for what we choose to experience by living from the outcome of our vision or meditation. In Neville's words, the way to accomplish such a feat is to make "your future dream a present fact." One must assume the feeling" of one's "wish fulfilled" (68-69).

If there is in fact a single field of energy that connects everything in our world, and if the Divine Matrix works the way the evidence suggests, then there can be no them and us, only we.

In a participatory universe, we are both the catalysts for the events in our lives as well as the experiences of what we create (62)

Feeling, emotions, beliefs and Prayers = us speaking to the universe.

Our health, vitality and peace of mind = the universe answering back (61-62)

In a participatory universe, the act of focusing our consciousness -- of us looking somewhere and examining the world -- is an act of creation in and of itself. There can only be one solution to any problem: a change in attitude and consciousness. We must enter the image of our heart's desire and think from it (66). Think from the point of completion, rather than the difficulty of getting to there (67). Focus on experiencing the joy of what it feels like to accomplish the act, as opposed to all the things that must occur before they can be successful (67). Begin living from the outcome of our vision. Make your future dream a present fact. "Assume the feeling of our wish fulfilled" (Novell).

It's all about our power to focus consciousness (80). It's only when we direct our attention while we are having a feeling about the object of our focus that a possible reality becomes the real experience. It all "boils down to what we believe about the world and our power to choose" (81). We must be willing to look beyond the illusion of what the world is showing us.

THE COPENHAGEN INTERPRETATION (1927) attempts to explain why quantum particles act as they do. According to Bohr and Heisenberg, the universe exists as an infinite number of overlapping possibilities. They're all there in a kind of quantum soup with no precise location or state of being until something happens to lock one of the possibilities into place. That something is a person's awareness - the simple act of observation. As the experiment proves, when we look at something, such as an electron moving through a slit in the barrier, the very act of observation is what appears to turn one of the quantum possibilities into reality. At that moment, all we see is the version that we've focused on (74).

THE MANY WORLDS INTERPRETATION (1957) By Hugh Everett, III of Princeton is similar to the Copenhagen interpretation. It suggests that at any given moment in time, there are an infinite number of possibilities occurring, and that all of them already exist and are happening simultaneously. Each possibility happens in its own space and can't be seen by the others. The unique spaces are called alternate universes... Similar to the Copenhagen interpretation, we only see the possibility we focus on. And that's the key to locking that particular possibility into place as reality. (75).

THE PENROSE INTERPRETATION differs as to what it is that locks one particular possibility into our reality. Penrose proposes that the quantum possibilities of the other realms are a form of matter. Because all matter creates gravity, each of the possibilities has its own gravitational field. However, it takes energy to maintain this, and the more energy a probability requires, the more unstable it really is. Because it's impossible to sustain enough energy to keep all of them going forever, eventually they collapse into a single state -- the most stable one, which we see as our 'reality' ... The state that needs the

lowest amount of energy is the most stable and the one that we experience as our reality (77).

WHAT'S MISSING IN THE THREE THEORIES? The answer to our question boils down to what we believe about the world and our power to choose. The question then becomes: "Which possibility do we pick?" ... To answer this, we must first acknowledge that we have the power to make such a choice ... We can't change a reality if we remain in the same consciousness that made it. To lock in one of the many possibilities described by the Copenhagen, Many-Worlds, and Penrose theories of reality, we must pinpoint it. And we do so through the way we "observe" it -- that is, how we feel about it in our lives (81). We are the precise factor that's missing in the existing theories. Specifically, it's our ability to purposefully create the conditions of consciousness (thoughts, feelings, emotions, and beliefs) that lock one possibility of our choosing into the reality of our lives. And this is what brings science full circle with the world's ancient spiritual traditions. Both science and mysticism describe a force that connects everything together and gives us the power to influence how matter behaves -- and reality itself -- simply through the way we perceive the world around us ... It's all about our power to focus consciousness, which is the great secret of some of our most ancient and cherished traditions. (79-80).

We need new protocols that involve taking life affirming responsibility for our health along with new protocols that include new eating habits, gentle forms of movement to stimulate the life force (chi) within the body, and novel methods of breathing (119). We have the power to collapse the intervening space and bring those possibilities into our lives. And we do ... through the silent language of imagination, dreams, and belief (122). The world shows us physically the energy of what we experience emotionally (145).

Every one of the elements that compose our DNA corresponds to a letter from the Hebrew and Arabic alphabets. The first layer of the human DNA in our bodies literally reads: GOD/ETERNAL WITHIN THE BODY (155).

20 KEYS TO CONSCIOUS CREATION

KEY 1: The Divine Matrix is the container that holds the universe, the bridge between all things, and the mirror that shows us what we have created.

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

KEY 3: To tap the force of the universe itself, we must see ourselves as part of the world rather than separate from it.

KEY 4: Once something is joined, it is always connected, whether it remains physically linked or not.

KEY 5: The act of focusing our consciousness is an act of creation. Consciousness creates.

KEY 6: We have all the power we need to create all the changes we choose.

KEY 7: The focus of our awareness becomes the reality of our world.

KEY 8: To simply say that we choose a new reality is not enough.

KEY 9: Feeling is the language that speaks to the Divine Matrix. Feel as though your goal is accomplished and your prayer is already answered.

KEY 10: Not just any feelings will do. The ones that create must be without ego or judgment.

KEY 11: WE MUST BECOME IN OUR LIVES THE THINGS THAT WE CHOOSE TO EXPERIENCE AS OUR WORLD.

KEY 12: We are not bound by the laws of physics as we know them today. Once one person does that special something - whether it's Jesus or your next-door neighbor, then the same miracle becomes available to everyone else (99). Ex. The natives not being able to see Columbus' ships until the Shaman saw them first.

KEY 13: In a holographic "something" every piece of the something mirrors the whole something. It's not necessary to send anything anywhere. Once our prayers are inside of us, they are already everywhere. A single change in one place can make a difference everywhere (109). Our brains process information in a way that's equivalent to the equations of a hologram. What we see as our universe is really us - our individual and collective minds - transforming the possibilities of the deeper realms into physical reality (113).

The functioning of our brain allows for experiences that transcend time and space. Within the context of this holographic model, all things become possible (114). We are limited only by our beliefs. The expectation or belief that we have while we are observing is the ingredient in the soup that "chooses" which possibility becomes our "real" experience. Through the act of "persisting in the assumption that your desire is already fulfilled ... your world inevitably conforms to your assumption," according to Nevell (118).

KEY 14: The universally connected hologram of consciousness promises that the instant we create our good wishes and prayers, they are already received at their destination.

KEY 15: Through the hologram of consciousness, a little change in our lives is mirrored everywhere in our world. The invisible walls of our deepest beliefs can become our greatest prison. Yet they also remind us that it's our beliefs that can become our greatest source of freedom. The opportunity to be imprisoned or free is ours, and we're the only ones who can make the choice (114).

KEY 16: The minimum number of people required to "jump-start" a change in consciousness is the square root of 1% of a population.

Step 1: Calculate the total # of people present.

Step 2: Multiply the total from Step 1 by .01.

Step 3: Enter the number from Step 2, and press the square root function on your calculator.

This formula produces numbers that are smaller than we might expect. For example, in a city of a million people, the total is about 100. In a world of 6 billion people, it's only about 8,000 (116). Scientific studies using Transcendental Meditation confirmed that "when a small percentage of the population achieved peace within themselves, that peace was reflected in the world around them" (116).

KEY 17: The Divine Matrix serves as the mirror in our world of the relationships that we create in our beliefs.

KEY 18: The root of our "negative" experiences may be reduced to one of three universal fears (or a combination of them): abandonment, low self worth, or lack of trust.

KEY 19: Our true beliefs are mirrored in our most intimate relationships.

Five Ancient Mirrors of Relationship:

1. Reflections of the Moment
2. Reflections of what we judge in the moment.
3. Reflections of what we have lost, given away, or had taken from us.
4. Reflections of our Dark Night of the Soul.
5. Reflections of our Greatest Act of Compassion.

As our painful feelings are healed, we master the patterns that allow the hurt to exist ... As we change the way we feel about what's happened to us in our past, we change the chemistry of our bodies in the present (163-164). Any reflection we see affords us a

precious moment of opportunity. Once it's recognized, a negative pattern can be healed in a heartbeat. To recognize it is the first clue about why it exists. Your opponent will show you who you are in the moment. By observing how he approaches you, you're seeing his reaction to how he perceives you (168).

Acknowledge the traits and characteristics that irritate you to no end and just seem to drive you crazy. Ask yourself: Are these people showing me myself in this moment? Or are they showing me the reflection of the things that I judge in life? To simply recognize and acknowledge that the mirror exists is where the healing of your judgments begins.

When we bless the people or things that have hurt us, we're temporarily suspending the cycle of pain. During the blessing a doorway opens for us to begin our healing and to move on with life. The key is that for some interval, we're released from our hurt long enough to let something else into our hearts and minds: the power of "beauty" (176).

Because we share them willingly, love, compassion, and caring are also parts of us that are most vulnerable to being lost, innocently given away, or taken from us by those who have power over us (177).

We've all been conditioned to give ourselves away in the face of conflict, disease, and overwhelming emotion in ways that we're only now beginning to understand. For every piece of ourselves that we have given away to be where we are in life today, there's the emptiness that's left behind, waiting to be filled. We're constantly searching for whatever it is that fills our particular void. When we find someone who has the very things that we've given away, it feels good to be near him or her. When we find our missing pieces in others, we will be powerfully and irresistibly drawn to them. In the awareness that we still possess those characteristics and traits, we may unmask them and reincorporate them back into our lives (181).

A high-ranking military official said: "To get where I am today, I had to give myself away to the system. Each time I advanced in rank, I lost another piece of myself in life. One day I realized that I was on top and looked back at my life. What I discovered was that I'd given away so much of myself that there was nothing left. The corporations and military owned me. I'd let go of the things that I loved the most: my wife, children, friends, and health. I traded those things for power, wealth and control" (183).

The next time you encounter someone who ignites a feeling of familiarity, I invite you to immerse yourself in the moment ... You've just found someone who's kept the pieces of you that you're searching for (181). Ask yourself "What do I see in this person that I've lost in myself, given away, or had taken from me? (184). Collectively, we are looking for our wholeness, and we individually create the situations that lead us to find it (184).

KEY 20: We must become in our lives the very things that we choose to experience in the world. One person must choose a new way of being and live that difference in the presence of others so that it can be witnessed and sealed into the pattern. In doing so, we upgrade our programs of belief and send consciousness the blueprint for a new reality ... This is precisely what our master teachers accomplished. By living their wisdom, compassion, trust and love, visionaries of our past changed the "software" of belief that was speaking to the "operating system" of consciousness. As the seeds of possibilities, they "upgraded" our reality ... The more people there are who embrace a new belief, the easier it is to anchor that belief as a reality ... Each time someone else makes the same choice, it's a little easier because another person did it first. We must transcend the things that hurt us without getting lost in the experience.