

When you discover the observer
to your thoughts...

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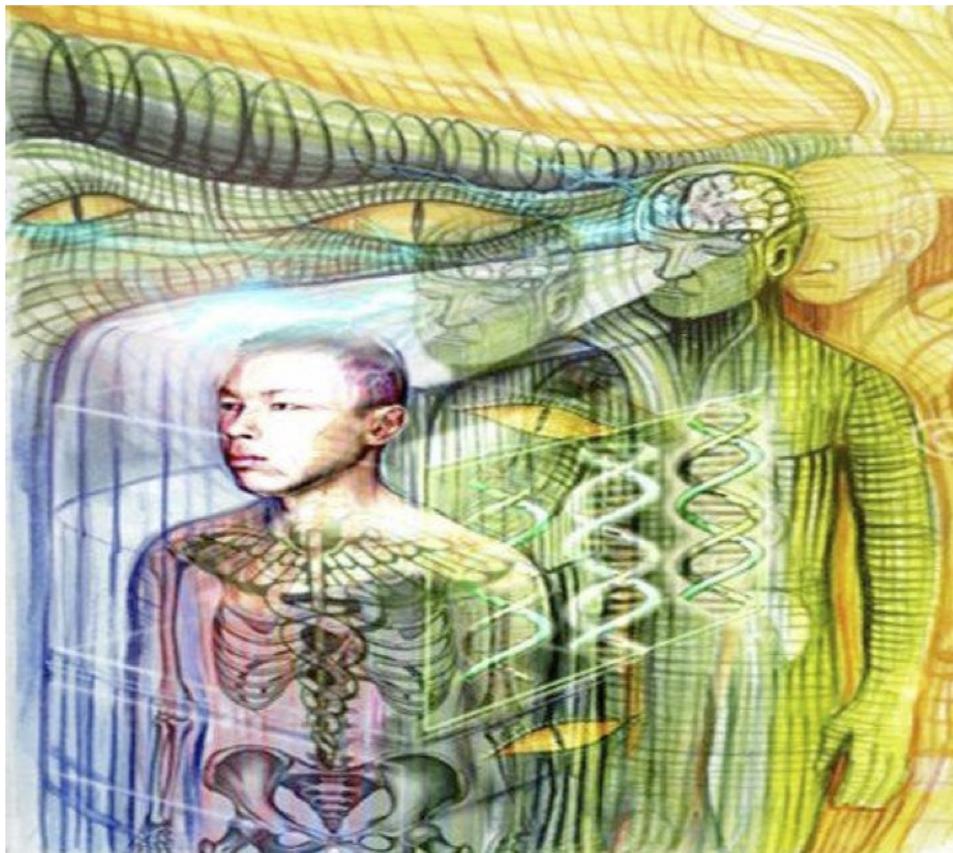
A most astonishing and incredible thing happened in my life. It is when I became aware that every now and then I would observe my thoughts. That wasn't the "WOW" moment, the "WOW" moment was when I realised... **"Who was it observing my thoughts?"**

At the moment I realised what just happened. Immediately I felt a powerful wave of freedom and calm. I had just become fully aware that I was observing this body and its thoughts from **outside** the body. I realised how everything I experienced in this life was just that; an experience. There was no past, present and future, no real pain or suffering, no here and there, no them and us. We are all observers of the life we experience rather than just the participator.

A thought transcends time and space. It creates and uncreates all the things around us. An atom is around 94-96% empty so the chair I sit on while I write this is also made up of 94-96% nothing. The actual matter of the chair could fit on the tip of a pen. It is the brains interpretation and observation of the atoms that give it structure.

An atom is a wave form UNTIL your consciousness observes it at which point it turns into into a particle.

We are the creators of the material by simply observing the material.



Ever heard of this philosophical thought experiment that raises questions regarding observation and knowledge of reality.?

"If a tree falls in a forest and no one is around to hear it, does it make a sound?"

With recent understandings of science and atoms/particles a more accurate thought would be"

"Did the fallen tree even exist before it was first observed?"

Now that sounds completely crazy but various scientific experiments, including one by Albert Einstein (The EPR paradox), showed that an experiment with only one result had different results depending on the person OBSERVING the experiment. Our observation directly changes the particles around us.

This is a fundamental part of understanding who we are!

Update: April 2014

The paragraph above is more complicated than I first thought because of what it implies. Any experiment like the EPR paradox above will never become mainstream or accepted because it leads to an even bigger implication.

If we can prove that our thoughts can change the particles around us then that is only one step away from being able to show we can not only change but "create" by changing the state of the particle. That can only imply one thing!