

# *Wisdom Within'*



*You don't need a certificate to work this stuff out!*

*Sue Salty Sha*

## INTRODUCTION

Wisdom Within' is about finding a better relationship with our mind, the relationship between conscious & sub-conscious order.

How what we think effects the working of our body order & how our thoughts effect our everyday life internally & externally.

A little self help book of how to create the life you truly desire!

\*\*\*\*

It's amazing to me that I don't remember at a young age, thinking about thinking. I just don't recall having a deep inquired thought about how the thought comes in and where did the thought go after it was thought? Certainly, didn't have any knowledge that a negative view verse positive view may have an effect on my body system or health or life outcomes.

I was born in 1960 so the structured up bringing was you listened to all your Parents said without question and school was about writing, English, math, science, music, social studies & sport.

After a lot of life lived & experiences good & bad my time of applying my life lessons as a Martial Arts Instructor and watching many lives change & grow through the process of discipline coupled with a positive mindset, I was convinced without a shadow of doubt that we as humans have an amazing structure in place called free will and this structure allows us to create our life with the process of thought & imagination.

\*\*\*\*

## CHAPTERS

1. THINKING & FREQUENCY - (1-3)
2. ENERGY & AWARENESS – (4-5)
3. SOCIALLY CONDITIONED – (6)
4. THE OCEAN-YOU-THINKING-EVOLVING – (7-9)
5. LETTING GO OF PAST EXPERIENCES – (10-11)
6. THINKING & CHANGE – (12-13)
7. CODE BELIEVE – (14)
- CONCLUSION – (15)

Art work by the talented (agsandrew) – istock

Thank You to information sources:

Energetics Institute, London Reel, Quantum Physics, HeartMath,

Dandapani

Dr Joe Dispenza

My humble thank you & love to my discipline,

The School of Jidokwan (The way of wisdom school)

Abstract Soundscape

<https://www.abstractsoundscape.com>

2019

## Chapter 1 – Thinking & Frequency

### **THE BRAIN & FREQUENCY**

We are antenna, the human being is designed to respond to frequency it's how our mind and body works together. Our mind will respond to frequency in sound waves, the design is to enact our fright & flight response.

The fight-flight-freeze response is your body's natural reaction to danger. It's a type of stress response that helps you react to perceived threats, like an oncoming car or growling dog.

The response instantly causes hormonal and physiological changes. These changes allow you to act quickly so you can protect yourself. It's a survival instinct that our ancient ancestors developed many years ago.

Specifically, fight-or-flight is an active defence response where you fight or flee. Your heart rate gets faster, which increases oxygen flow to your major muscles. Your pain perception drops, and your hearing sharpens. These changes help you act appropriately and rapidly.

### **THE BODY & FREQUENCY**

When we have a feeling, this will evoke an emotion, emotions are frequency, our body will respond to the emotion, every emotion has a frequency that frequency will be filtered into our body system at a cellular level.

Every emotion has a frequency, food we eat has a frequency, what we hear has a frequency.

Example:

If our body is receiving "negative energy" our body system will respond in unhealthy cell growth.

If our body is receiving "positive energy" our body system will respond in healthy cell growth.

An unhealthy system creates symptoms, symptoms create illness, illness creates disease.

Like a computer, it relies on a software program if the program is not good the computer will end up with a virus simple from downloading harmful information.

So, we need to be conscious what information we are downloading into the body system i.e., information, food, drink, emotions, sound, exercise, pharmaceuticals, drugs. All this will have an effect on what & how we think, how we think will determine the result & outcome of our day, week, months, years, life!

### **Our Amazing Heart**

Our heart & brain are in constant communication, if we can work towards dealing with trapped emotions & controlling our nervous system this can give us clarity in problem solving, better decision making.

Our Intelligent heart, it all starts with our heart whatever information comes to our heart & how we react to the information will be processed to the mind & filtered into the body. Science tells us that everything starts with the mind, this information has changed now, Intuition is far more important than what we have been led to believe, this is why it is so important what we believe as what we believe determines our life!

Consider the hearts electrical field is 100 times stronger than the brain. Belief is the code that takes the field of energy, belief is the code that translates possibilities into reality of this world, science tells us this.

Music is frequency programming, music is frequency,  
what frequency are you being fed?

If I play certain frequencies, I can target certain parts of the mind. The brain processes information electrically, it communicates with the cellular structure electrically and it operates within a certain band of frequency.

If you can broadcast frequencies carrying information; carrying information & perceptions within the frequency that the brain decodes the information, the brain will decode those frequencies and have those perceptions. You can externally by broadcasting these frequencies you can externally influence people's perceptions by broadcasting these frequencies that we interact with because we are antenna.

As we now play our music at 440Hz WHY? It used to be 417Hz. (A) 440Hz came in with the Roman Catholic Church. Also argued is after World War II it is acknowledged and still argued that it was introduced after World War II to create and keep Humanity in a frequency of aggression. Anyway, back to the Romans, (they) suppressed the frequencies then (lost) somehow the 152 of the best Gregorian chants, including the hymns this is what triggered an investigation looking for those frequencies of vibration which music was played in (417Hz) - (444Hz).

The point being to shut down 95% of your brain, particularly the right brain that operates the heart, mind to the divine Human community.

Every thought, every emotion response is a frequency. It generates a frequency and it is of itself a frequency.

Hate is a frequency and it's different if you're in a room & there's lots of aggression, conflict hatred, you feel it, hence the saying....

(you could cut the air with a knife). That's because the frequencies of hate & conflict have been generated that they've changed the electric magnetic field of the room!

*If you want to find the secrets of the universe,*

*Think in terms of energy, frequency & vibration– Nikola Tesla*



*My Brain is only a receiver in the universe,  
There is a core from which we obtain knowledge,  
strength & inspiration - Nikola Tesla*

## Chapter 2 – Energy & Awareness

### **ENERGY**

We are Energy, we need to stop thinking that we are separated, we are taught this, we grow with the belief we are disconnected from everything including our own body.

We are antenna, this is what our brain does decodes frequency all frequencies are filtered through the body system.

The concept of the existence of a human energy field and energy medicine can be found in eastern cultures such as Indian Vedic scripts, Tibetan Buddhist, and Chinese medical systems, in varying forms, stemming back thousands of years. there is actually a relationship that can be seen between emotion and energy and this is looked at through The Science of Human Energy Fields.

Each has variants to both their proposed functioning architecture of this psycho-physical system, as well as its operative functions, but overall, there is a consensus that indeed an energy system exists within and surrounding the human body and affect both physical and emotional health. (energetic institute)

Martial Arts deals with energy through many aspects, one aspect is breaking boards the learning to focus your energy & the phycology of breaking through mental barriers that hold you back in your life. Ki and the transfer of energy is studied through the martial arts encounter, it becomes clear that more is involved than kicking, punching, and throwing bodies on the floor. All martial arts have some important statements to make in the area of mental health, particularly in terms of energy--within our bodies, psyches, interpersonal relationships, and the universe.

## Chapter 2 – Energy & Awareness

Awareness, like a ball of light in your mind's eye, awaiting focused instruction as where ever your awareness goes that is where your energy will flow to.

If you take a watering can and water the garden bed, which would grow? The weed or the flower? Well, both would grow the water will not favour the weed or the flower it will nourish both. If you can see energy much the same if I take energy and invest it into negative it will grow and become more negative. If I take positive and invest energy into positive it will become more positive.

Energy does not discriminate between positive and negative what ever I invest energy into will grow & manifest into your life.

Concentration is to hold your awareness on to something for a period of time to focus, focus is to narrow down on something concentration is to keep the focus maintained.

Focus is the smallest unit of concentration; concentration occurs when continuous units are allocated to execute a task. Focus is required to direct attention to the task. Not staying focused simply means lack of concentration.

Everyone will tell you to concentrate, at school, at home, but no one tells you how to concentrate, unless one is taught how to concentrate then one becomes very good at distraction. Concentration needs practice to avoid becoming a master of distraction. Practice by doing one thing at a time, whichever the task you choose to do concentrate on that task, when your attention shifts bring your awareness back to the task eventually you will get better at concentration.



## Chapter – 3 – Socially conditioned

There is no way around the fact that in some ways we are brainwashed & conditioned, from Parents, influences, society, Government how can we deny that? No matter how much we wish to believe ourselves as free thinkers. What we do have control of is our ability to change thought patterns that do not suit a positive mindset moving forward. It is not hard to be in a negative mindset, perhaps your light has been dimmed by words, statements that have been said to you. Or an action that has been placed upon you but you are not a victim; your team of Me-Myself-I will not allow you to be anything but a survivor!

Everything we think has been taught to us hopefully mostly good, for a lot of us not so good, we are also a product of our environment and we all have our own life stories. For dysfunctional life stories it can take the whole chunk of your life rectifying how you think about yourself and the life you're living. If a bad situation has happened to you there can be so many ingredients that have created the you that you see in the mirror, the you that you feel in your heart, the you that you hear in your head.

Any negative word with a belittling meaning, any statement like you'll never amount to anything can shape your sub-conscious mind reel, the sub-conscious mind is very reliable and will remind you of words & statements that have been said to you constantly so often it is within' the unconscious mind.

It's like walking through our life with a blind fold on or we are just running on auto pilot going through daily functions without question, we wake, social media check or tv news reel fix, toilet, eat, travel, work, recreation, repeat, repeat, repeat....

## Chapter 4 – The Ocean-You-Thinking-Evolving

### Ocean-You-Thinking-Evolving

Our thoughts have everything to do with the ocean, like waves our thoughts come in and go out, this is why what we think matters.

Your body still functions like beneath the waves there are tides, currents rips. No matter what is happening under the waves they still roll in and draw out, this is how we can deal with thoughts let them come in and pass by you don't have to catch every wave.

If we look out onto the ocean depending on the day the ocean may be calm, inviting or it may be pounding with majestic powerful energy that commands your respect and acknowledgment and we except today I should stay away, just as a negative destructive thought. If our thoughts are positive, it resonates through our body system with a calm rhythmic pulse even though our mind may pass a flirting negative thought we can be conscious of it and replace the negative thought with a positive thought it can never be one way or the other because our mind is structured to experience the ying/yang positive and negative otherwise we would not be able to measure experience we are here on earth to experience.

Without experiences we cannot grow as a soul you came with the right to choose how you want to operate your mind body system.

Like a computer/device you choose which software you want your computer/device to run on, maintaining a positive program will bring you great joy all you desire, running your system on a negative program has the potential to inflict great damage on the body system by way of installing illness viruses it becomes a roller coaster ride that your unable to get off.

Our amazing mind & body you have the choice to turn it around simply by deleting the software program, you get to choose you are of free will, you are an amazing work of art a universal structure.

People will come into your life, like beneath the ocean there are many creatures that may wish to harm, many that are intrigued with a desire to swim with you they may feel that they resonate with you.

You must be clear about intention the vibe you send out is the vibe you are drawing back to you. If someone you meet doesn't resonate with you pass on by.

### **Experience,**

Don't become hooked on an experience let it pass by, even if you don't get the why, the experience came to you one day the why the experience came to you will become clear. What you think matters as the waves what you think out you draw back to you when you dwell on an experience of the past you are drawing the same experience back to you and we all do this in our mind go over the same experience over & over & over again, so if you've spent a whole day thinking about that event that experience you've spent a whole day creating the experience back to you.

Practice staying in the present moment in the now, send thoughts out that you want to happen in your life, feel it, feel it as though it has already happened as what you want has already happened it already exists in your life.

Feel happy & grateful that you have it in your life, if this may be a hard concept think about the best present you could ever get feel how it feels excitement, happy grateful this is important as you need to coincide the feeling of what you want with a frequency a vibration (cause & effect).

Visualize what you want as it has already happened NOW not down the track in 1 month, 2 months, I give myself 1 year, 2 years, 10 years

it must be as if it has already happened, that is the art of creating.

Eventually as the tides of the ocean it will bring what you desire to you it must be with clear intention, you will need to practice this, like any art form anything you work towards you must practice.

When we chop around in thought the universe has no clear path of what it is we desire. Think it, feel it, believe it and it will come!

When we focus on an experience of the past, thinking on it all the time is what we are creating. Thinking thoughts out of clear intention of what we want is creating our tomorrow.

You are the creator of you, you are the creator of your life there is no one controlling you, you are the creator of your life. There are many programs

running on the earth, but you get to choose what you believe you shall have, if you believe nothing is for you, you will never have what you want, who is creating that?

If you believe anything is possible for you and all you desire is there for you, who is creating that?

Believing is the CODE!

We are part of a collective consciousness; we are all part of the structure if we all think negative, we are creating negative for humanity and the earth, if we all think positive, we are creating positive for humanity and the earth.

## Chapter 5 - Letting go of past experiences.

All the experiences that have come to you do not define you they are not you they are experiences, set out to test you be thankful for the good experiences that have happened in your life it is time to simply let go. The experiences that have latched on to you, you cannot change it has happened. When you dwell on an experience you are recreating it into your life this is why you get the same experience over & over in your life, you can choose to let it go. When you keep going back, you're living in the past, don't beat yourself up over it your subconscious mind reel is just trying to warn you it's possible that something triggered the thought of that experience but it's done, it's gone it's in the past. Take a deep breath in through your nose and as you breathe out replace that thought of the experience with a thought that makes you feel happy feel the happy feeling. Feel how free it feels to be in that happy thought in the now, the present moment.

The great thing about life is that we get a new day,

If you are unhappy about the way, you have treated someone, choose a new way learn from past experiences and how to do things better practice communicating better. It's your life, your journey! If you can see life as a journey, there are no mistakes only experiences. It's how we deal with the experience. You get to choose your actions and your actions determine the outcome. Walk the new road, back yourself in, it's up to you to change you.

We are all connected, it's important in the bigger scheme, that you can start making these changes we are all here on earth to learn to grow.

Pick an experience and think about it for a moment, think about all the component of the experience how does it make you feel?

Does it make you feel sad?

Does it make you feel angry?

Do you have guilt?

Do you have regrets?

**Visualization technique:**

Bring the feelings to the surface, let all those feelings come, this is a simple exercise I would use with martial art student, visualize getting a sack, a draw string sack in your mind visualize putting all those feelings in the sack, put the whole experience in all of it. Now pull the draw strings tight and place the sack over your head and visualize rotating it above your head in a winding motion as fast as you can. Now let it go, seeing it fly up to the universe, don't worry there will be someone there to catch it. Feel how it feels that it's gone! Feels good, doesn't it? Now it is gone, it's not yours anymore, feel the love coming back to you feel that love coming into your heart that amazing divine love that great light coming through the clouds filtering through the tree branches, I want you to think how you will never allow that same experience into your life I need you to make a promise, to you, I need you to make that promise to you!

You feel happier, brighter, a new sense of you and how you will handle experiences moving forward in your life, you cannot control how others act, you can control and decide how you react.

What we think matters, be conscious of this now, every thought is like a stroke of an artist brush, what you think you create, what you believe in thought just as the current of the ocean draws the ocean back out will come crashing back to your shore, to your door! Keep practicing visualization techniques aside all in your life don't forget the journey, you are here on a journey when it gets hard seek the light and warmth of the sun, take time to feel the love it generates to you coming to you from a greater source, it's the connection between here & there. It is the light & love hidden in plain sight; you feel rejuvenated, lighter, happier ready for every new day every thought now like a master you are creating the perfect life you want!

Take your shoes & socks off ground yourself to the earth reconnect to the frequency of the earth.

## Chapter 6 – Thinking & Change

The one thing we can change today is how we think!

It is up to us to create the life we want. We do have the ability to create it using a focused thought process, imagination & believing in what it is we are wanting in our life. We need to take responsibility of what we do have control of and that's ourselves. You control you part of any form of rehabilitation is taking control back and that starts with thought.

What we think matters, Internally and externally if we think it, we can do it, we can be it because we create it!

Anything is possible if we believe in it!

I can help you; anyone can help you, only you can save you!

The foundations of life are simple it's ourself that brings complication when we stay in the focus of what we don't want, when we dwell on an experience, we are creating it manifesting it into our life. When it is the unhealthy road, we continue on when we do not learn from what the universe has shown us it will return to us until we acknowledge the lesson and have learnt from it there are no mistakes only experiences, what you think matters what you think you create, what you believe you shall have, the code is believe.

If we talk about the function of the subconscious mind,

The function of the subconscious mind is to store & retrieve data, your conscious mind commands, your subconscious mind obeys. Your subconscious mind is an unquestionable servant that works day and night to make your behaviour fit a pattern consistent with your emotionalised thoughts, hopes & desires. The subconscious code is about aiding us with tools and support to change your negative mindset to a positive mindset. The subconscious mind is a program an important program that keeps you alive it maintains the running and functioning of the body system it maintains our everyday, that day depends what program you're running on positive or negative. Everything you think about yourself has been taught to you, how to live the life you want, yes you can change, if you want to if you believe you can.

Consider the hearts electrical field is 100 times stronger than the brain, the hearts magnetic field is up to 5,000 times stronger than the brain, belief is the

code that takes the field of energy, belief is the code that translates possibilities into reality of this world scientist tell us this now but it has always been long before science. The ancient ones knew this and taught this through stories pictures & writings. You have always been connected no one person told you this, you are simply lost that is all.

The conscious mind communicates to the outside world and the inner self through pictures, speech, writings, movement and thought. The subconscious mind is in charge of our recent memories and is in continuous contact with the resources of the unconscious mind.

The master of the body system, the heart, it all starts with the heart, science tells us this now a small receptor brain has been discovered within the heart the mysterious heart far from a mere muscle that pumps blood around the body, what a creation how clever the human body. This explains our knowledge of intuition and it makes perfect sense, we know the heart is a feeling centre so here is the thinking of how the system works in 2020.

Whatever comes to us in an experience, tiny, small, big, huge, dramatic, calm, boring, scary or any other it may come with fear, it may come with love, it may be funny or sad everything that comes to us every day has an intention good or bad, the feeling creates an emotion which has its own frequency, every emotion has its own frequency the heart communicates this information to your subconscious mind, whatever program your subconscious mind is running on positive or negative analytical mind will determine your next decision and the way that information will be processed through the body, positive or negative energy will be distributed into your inner system in its normal working process, food for thought!

Do you think positive thought may maintain our body running at a healthy level?

Do you think negative thought may have the ability to create symptoms of illness.

If our thoughts dwell on a negative thought for long periods of time, do you think that may turn symptoms into disease.

The heart can think for itself, has the ability to remember things and is intuitive to anything that nears or enters the body energy field.



## Chapter 7 – Code Believe

### **QUANTUM PARTICALS**

Science tells us they can change the particle now and it changes what it had to be in the past to get to now. Even though the past has already happened - very interesting!

We are made of quantum particles, what holds these particles together as our bodies.

Father of Quantum theory, Max Planck said; that energy, a field of energy that holds everything together, if you change an atom you have to change the energy that the atom lives in.

If you want to change the physical stuff of the world, you must change the energy that, that stuff exists within.

(Is electrical energy) + (Magnetic Energy)

Einstein said basically the same thing, he said; the field determines how the atom behaves in the traditional texts, Physics text, say; if you change the electric field - you will change how the atom behaves, called the Stark effect. Or if you change the magnetic field, it's called the Zeeman effect.

With all this-: you change the atom.

Consider the hearts electrical field is 100 times stronger than the brain.

Belief is the code that takes the field of energy, belief is the code that translates possibilities into reality of this world, science tells us this.

If you believe, it will happen, it will happen!

The Code is BELIEVE!

Conclusion:

I invite you to create the life you want to think about this process and work on applying, positive thought,

Live as though what you want is already in your life,

don't think one day I will have, as if it already happened!

Don't think about how the universe will make your ask happen, leave that to the universe.

Most important, feel gratitude for having it in your life, feel it with gratitude like you just got the best gift ever, gratitude will raise your vibration.

Train your mind rather than random unstructured thinking, think yes, yes, yes

Seems silly but it fills the subconscious mind reel with positive infliction.

We can only have in life what we believe, we are the creator of our reality, yes, it's that simple!

With all the programs on the Earth, society, governments we still have free will to choose what we believe. I invite you to open your mind to the possibility.

Yes, you are worthy of all your desire, it is there for you, the universe does not discriminate!

Good Luck!

