

---

---

Ten Ways to Shift Your Reality  
by Cynthia Sue Larson

---

---

*Our thoughts and feelings change the world around us, whether we're aware of it or not. We've all had days when we can't find our car keys because they aren't where we know we put them, or we discover one sock is missing from our load of clothing that just came out of the dryer. At times like these, it can feel like "Shift Happens! #@ \$#@>!" The good news is that we don't need to suffer from discordant thoughts and feelings! With a few pointers, we can learn how to minimize the frustrating reality shifts, and learn to make more of our favorite dreams come true.*



answered.

**1. Pay Attention** - The world seems full of whatever we focus our attention on. When you're thinking of buying a new car, you see the kind of car you're thinking of almost everywhere you go. Be sure to start looking for evidence that indicates your wishes and prayers are being

**2. Appreciate** - Being grateful for what we have is the best way to receive more of what we most enjoy. Expressing appreciation and thanks feels good and helps us continue to pay attention to what we most love, allowing more good experiences to come our way.



**3. Review the Scientific Studies** - Reproducible, double-blind scientific studies conducted by doctors in real-life hospital situations are now proving that distant healing improves the health of those being prayed for. The wishes and prayers have come from people with a wide range of beliefs, indicating that we are all non-locally connected and can influence physical reality from great distances.

**4. Revise Your Assumptions** - The old assumptions that we can be objective observers without influencing what we're watching or having any long-distance effects have been disproved with recent quantum physics experiments. We now know that we can only make predictions in terms of probabilities, and that we can't disregard consciousness or spirit simply because we can't measure those things.



**5. Energize Yourself** - Take a few minutes to reverse the damage stress causes to your body every day. Breathe love in, feeling it in your heart, and recall some of your favorite memories. These feelings of Love will energize you tremendously, which increases the probability that you'll

experience

enjoyable

reality

shifts.

**6. Reverse Negative Self-Talk** - Our inner self-talk is a running dialogue with the universe. When self-talk consists of put-downs and negativity, it directly interferes with anything good we wish to observe. We can minimize negative self-talk by "flipping" each negative statement around, and making an affirmation out of those reversed statements. Posting these affirmations and reading them every day is a powerful way to remove the destructive interference.



**7. Feel Non-Locally Interconnected** - Just as quantum particles are found to be intimately interconnected with twin particles located great distances away, we also are non-locally interconnected with everything and everyone we love.

**8. Visualize What You Desire** - Visualize what you most desire to experience in your life -- all your favorite, wildest dreams -- with the idea in mind that we actually create reality as we observe it.



**9. Let Go of Wishes** - The best way to make our favorite dreams come true after we've visualized them is to release them. This gives them the degrees of freedom required to exist unobserved as pure energy waves, before our observation collapses the wave functions and one possibility materializes.

**10. Choose Your Attitude** - The most important thing to remember when you face challenges or seemingly impossible situations is to remember that reality can shift! You can choose to replace your feelings of stress, fear, or anger and breathe Love. The more you practice this meditation of "thinking with your heart", the easier it will be, and the more wonderful reality shifts you'll experience!



[lightconnection.org](http://lightconnection.org)

---

Love always  
[LoVe\\*addict](#)  
 ≈ lîghtwørkør§ ≈