



## **The Ecology of Consciousness**

### **It's All In Your Head**

We've been brought up with a material concept of the world, believing there's an 'inside' and an 'outside'; that we're over here and something separate is over there. But this is an optical illusion – or delusion. Everything we feel, see, taste, touch, every relationship we have – is happening in consciousness. This is a liberating realization because it puts the full determining factor of our experience squarely on us, rather than anything or anyone 'out there'. This is not a 'blame the victim' perspective, it is a position of ultimate empowerment. We are the authors and authorities of our life. This chapter will initiate you into this new level of Self-ownership.

The first step in developing this new awareness is understanding the 'reality-creating' mechanism of consciousness; how the experience of the senses are an expression of mental and spiritual activity, not a reality in themselves. Dreaming is a good example. When we dream, we experience life in Technicolor and have rich, meaningful relationships. But this is all just a play of consciousness populated by the personifications of our psyche. We also experience everything – sight, sound, touch, feeling, pain and pleasure — as fully and concretely as our 'waking life'.

Clearly the fact that our waking world 'feels' real doesn't make it true. Our eyes don't actually see, nor do our fingers feel — our mind does. The phantom limb phenomenon proves this. When someone has lost a limb, sometimes they still feel the limb as if it's there, and even feel pain or itching in the non-existing limb. What's more, as we trace back the experience in our mind, we find that there is a spiritual counterpart for every material sense. We don't see because we have eyes, we have eyes because 'seeing' is a quality of consciousness. The whole world 'out there' really is just a movie we are projecting on the screen of our mind and into the larger unified field.

### **You Are The Point of Power**

As we come into this new awareness, another realization emerges – all power resides in consciousness. This is important in activating the Law of Emergence, because it's easy to harbor a belief, even while practicing spiritual principles, that there are still forces 'outside' that determine, to some extent, who we can become and what we can achieve; whether an

authority figure, a government, a parent, a mate, the economy, heredity, genetics, weather, or germs. But the truth, despite appearances to the contrary, is that nothing and nobody 'out there' has any power over us. (Although we can experience being powerless if we believe something has power over us, because we always experience our belief about life.) The latest discoveries in epigenetics has even begun to prove this scientifically.

Whereas we used to believe that our genes controlled us, we now know that it is the 'environment' that our cells are in that determines whether or not a gene is turned on or off. And this environment is determined not merely by what we put into our body, but by our emotional and mental state.

This has been further proven through the science of psychoneuroimmunology, where they have shown how every thought and emotion creates corresponding neurochemicals that impact the body – creating the inner environment for the cells.

So it is ultimately our state of consciousness that determines our genetic disposition, not our genes, not germs, and not heredity. Furthermore, the science of quantum physics and the 'observer' effect has shown that we are not merely a body, but a field of energy, and what we expect and pay attention to determines what we draw out of the field into our experience. We really are the captains of our soul and the masters of our fate.

Below is a re-print of a blog post of mine that speaks to this idea, ***“You Are the Only Power Over Your Life.”***

**“Nothing moves except Mind.”**

When this thought first bubbled up in my mind, it startled me.

I had been contemplating the idea that consciousness being infinite, there couldn't be anything outside of it. But this took it to a new level. Not only could there not be anything outside of consciousness, there can't be anything other than consciousness (or Mind, in the absolute sense).

I found my attention drawn to my hand and I moved it. Then I realized that my hand hadn't moved, my mind had. There was an impulse in thought, which was translated into electrical and neurochemical impulses, that then traveled down my spinal cord and cascaded through my nervous system, resulting in a message being sent to the muscles of my hand... “Move.”

Then I remembered the 'phantom limb' phenomenon, which is where

people who have lost limbs still feel the presence of the limb, and sometimes even have pain or itching in the missing limb. How is this possible? Because the experience of the limb is all in their mind.

I continued this exercise, moving through my whole body, realizing that every action, every function, was not really the activity of my body, it was the activity of my consciousness translated into material expression. The beating of my heart was an activity of consciousness, the breathing of my lungs was an activity of consciousness – indeed my whole body was happening in my consciousness.

This led to another realization: the body doesn't give us life, our consciousness gives the body life.

The heart or lungs can't give or take my life away; of themselves, they have no life. Take my consciousness out of it, and neither the heart nor the lungs can function. The eyes don't allow me to see, nor do the ears allow me to hear, because without my consciousness they are nothing but inert matter. It is my consciousness that sees and hears.

As I followed this beyond my body, I could see that every activity in the 'body of affairs'; every creation, every relationship, all of the comings and goings of my life, were first a movement of my consciousness. Nothing, no action, no reaction, no creation could enter my experience except as a movement first in my consciousness.

Then another thought occurred to me: "My hand can't turn and attack me." That seemed strange at first until I realized the implications. Why can't my hand turn and attack me? Because it has no power of itself. It's nothing until my consciousness moves through and as it. I am the creator, it is the creation. I am cause, it is effect.

That led naturally to the realization that nothing in my body can turn and attack me – not a heart, not my lungs, not a germ or a virus. All of that is inert until I give it life through my consciousness. And that led to the realization that nothing in my 'body of affairs' can have any power over me either. Nothing 'out there' – all of which is an effect of my consciousness – can do anything to me.

Then a line from Christian scripture surfaced, a line spoken by Jesus to Pontius Pilate when he was on trial. Pilate told him that he had the power to give him life or take it away, and Jesus responded with:

"Thou couldst have no power over me lest it was given thee from above."

Now the metaphysical meaning of 'above' means higher consciousness, the divine consciousness that isn't caught up in the human, material world. And I realized that was the witness consciousness I was experiencing; the consciousness that wasn't identified with form, but was the energy that moved all form, the cause behind all effect.

All power, all substance, all creative energy, all causation lies in consciousness.

Nothing happens until consciousness moves. Nobody and nothing 'out there' has any ability to determine our life experience.

The ONLY power over our life, on every level, is in our consciousness. We are always at the point of power; we are the center of our universe and the source of all that flows into it.

I know this is pretty heady stuff, but experiment with it yourself and see where it leads you!

*And that's exactly what I want you to do now – experiment with this. Take a moment to become quiet and still and observe your thoughts, then your body, and follow this trail of consciousness into form, so that you can begin seeing and experiencing for yourself that everything in your life emanates from your consciousness. Nothing happens unless it first happens in your consciousness. Therefore the ecology or environment of your consciousness determines the environment in your experience. Contemplate and journal about these ideas over the next week, and see how your perception of the 'inside' and 'outside' world shifts.*

This is part of a FREE high-content audio course offered by Derek Rydall. Derek has trained top executives at Fortune 500 companies in communication and relationship skills. His work with *The Law of Emergence* and the process of *Emergineering* ends the struggle of self-improvement and helps people effortlessly achieve their full potential.

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