

Mind Reality

The Universe Is Mental

Enoch Tan – Creator of [Mind Reality](#)

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Introduction

Learn the Secrets of the Mind and Reality. Discover the Secret Knowledge that governs every aspect of life, reality and destiny.

This is the Key Book to get. The ideas within are waiting for you to discover and discuss with as many people as possible. You will experience a profound change in your life, reality and awareness when you integrate and allow the knowledge to change your world view into a different, higher and more conscious one.

The deeper the knowledge, the more powerful the knowledge. The more powerful your knowledge, the easier it is to achieve success, because deep, powerful knowledge is the key to inspired thinking and finding intelligent solutions to problems.

Why a "FREE E-Book"?

The knowledge in Mind Reality – The Universe Is Mental, is priceless and should be available to all who truly seek it. It is always a tough balancing act to deliver material beyond value but require people to pay for it as a method to circulate it to the world.

My desire is to spread these ideas, thoughts and vision to the world as far and as greatly as possible. All who possess the strong desire for awareness, should be given access to this knowledge. The aim is to create a revolution in consciousness and awareness. To help people achieve higher awareness in living and experiencing life. To impact the world in the biggest way possible. To change lives and to create possibility.

To revolutionize the way we understand the mind and reality. Because that is what governs every area of life, destiny and the universe. To provide the highest value to the greatest number of people. Mind Reality is the avenue to make the greatest contribution to the world.

The bigger the thought, the bigger the effect. Dare to think big. Hold on to your biggest thoughts for they are the causes of the biggest effects in yourself and in your world.

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If you have feel you have benefited from Mind Reality and would like to contribute whatever amount you're comfortable with to bless us in support of our work in inspiring and empowering the world, you can do so at <http://mindreality.com/giving.html>

May you get what you desire most in life!

Best Regards,

Enoch Tan – Creator of Mind Reality

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The Nature of All Reality and the Universal Construct

Quantum physics states that everything in the universe is pure energy, differing only in rate of vibration.

We must understand that all things exist as energy even beyond the ordinary physical dimension to the realm where current scientific instruments cannot measure its rate of vibration. All things exist as energy from the lowest rate of vibration, the densest physical condensate of matter all the way to the highest rate of vibration in the universe, The Source, God. **The Entire Universe is a Single Super Spectrum of Universal Energy.**

Some people have the perspective that the physical universe of matter and energy was created and therefore may be destroyed. Information is uncreated and therefore indestructible and eternal. The bible says that in the beginning was the Word, and the Word was with God and the Word was God. The Word is Jesus Christ and the Word is also Information. Hence the concept of the x, y and z parameters of reality. Matter, Energy and Information (DNA, universal code, intelligent design).

But Einstein says that energy can neither be created nor destroyed. It is merely converted from one form to another. The Universal Equation $E=MC^2$ does not mean Matter is converted Energy. It means Matter is Energy.

Matter is Energy. Energy is Matter.

So actually, the physical universe was “created” merely by the process of **energy changing from one form to another**. The creation and cessation of all things physical is simply manifestation and unmanifestation.

Quantum physics states that everything exists primarily as a quantum potentiality or Quanta. When something is observed through consciousness, **Quanta which is Energy**, come together to form subatomic particles, and in turn atoms, and then molecules until finally manifesting in the physical world as an observable phenomenon by the five senses in localized space-time.

This Energy is also conscious and infinite, therefore it is actually **Infinite Living Mind!** Everything in the Universe has its being within this infinite intelligent Energy.

Subatomic particles are simply **energy packets**. You are a cluster of energy, so is everything else. A cluster of energy is always in motion, moving and changing to form new configuration at every moment. The table that is in your dining room is not as solid as it appears to be. On a highly magnified level, you would realize that it is in constant flux, “losing” and “gaining” billions of energy packets, but intelligently maintaining the overall “look” of a table. **There is a consciousness that keeps the energy in that particular form.**

When something is no longer observed by consciousness, it will cease to exist by unmanifesting back into a state of quantum potentiality or Quanta, Energy. That’s the reason why the bible says that it is **Christ (The Superconscious), who holds all things in the universe together**. Scientist says that all the electrons and subatomic particles of an atom are held together in their precise position and orbit by an **invisible force**, by which without it, everything would fall apart and reality as we know it, would cease to exist in an instant.

Christ the center of the universe, whose center is everywhere but circumference nowhere. Christ is the Superconscious, Information and infinite intelligence.

Ultimately all matter, energy and information are one and the same. All matter is energy, all energy is information. Information is thought, thought is consciousness.

Consciousness is Mind. **The Universal Construct is Mind.**

Mind is Reality. Reality is Mind.

The entire Universe from the Source, The First Cause, God is Energy vibrating at a frequency to The Source, [The Source being the very centre of the Universe of Energy and the physical world being the outermost shell](#), the physical three dimensional Universe as observed by means of the physical senses and by science, existing at the lowest rate of vibration and the highest density. It should also be mentioned that the physical Universe of matter represents only a tiny fraction of the Universe of Energy and vibration in its entirety.

All Energy is influenced by the causation of thought before configuring under the influence of that thought, manifesting as an observable effect in the plane at which the thought originated. Everything that happens, ever happened and every will happen in the entire Universe therefore, including the physical world, **first originated as a thought originating from the Mind of a Being**, and which thought in turn has its corresponding effect on the Energy of the Causal Spheres of the Universe while becoming the corresponding and potentially observable effect.

The Ultimate act of Creation by the First Cause, The Source, God of the entire Universe in all its glorious spheres, planes and dimensions originated in the very beginning as a thought in the Mind of God. It can be truly said therefore that [we all exist as “expressions”, within the Mind of God](#), made in the true Spiritual image of God.

—————Chp 79, [The Eternal Now \(Our Ultimate Reality ebook\)](#)

[So by seeing things from a unified perspective](#), we know that the physical state of matter and energy are “created and destroyed” by being converted from one form to another. All things preexist in spiritual form and are converted to physical form and back.

Heb 11:3 “Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear”.

The Law of Attraction - Having is about Being

We know from the [Nature of All Reality and the Universal Construct](#) that everything in the entire universe is pure energy, differing only in rate of vibration.

How does the Law of Attraction work? It works according to the principle of vibration. Everything vibrates and vibration is Energy. Energy attracts energy that is of the same rate of vibration. **Energy attracts like Energy**. Hence the statement, **"All is energy, the energy you give out is the results you get"**.

The Law of Attraction is whatever you focus on most of the time, you get. You attract to you everything and anything you hold in your mind, positive or negative. **Simply by observing, your reality is created.**

To focus is to concentrate attention or energy. Attention is psychic energy. Psychic energy is living and conscious. **Whatever you give psychic energy to, you are giving it mental life to exist.** That is why the more you place your mind on something, the more it lives. The less you do, the less power it has to remain alive. When you do not pay attention to something, it ceases to exist over time.

The Law of Attraction attracts by creating and creates by attracting. It pulls what you focus on to you, or it pulls together the quantum field to manifest it for you. Focus collapses the wave function into particles and crystalizes the sea of infinite possibilities into something tangible and experiential.

The Law teaches the creative power of thought. This Law is one with the Law of cause and effect. It is this Law that establishes you as a Being made in the image and likeness of the Creator, with a Mind that possesses the same creative properties.

You attract into your experience that which you are in vibrational resonance with. Using the Law of Attraction to manifest what you desire is to put yourself in a state where you are in vibrational resonance with the object you intend to attract. You imagine the situation you desire as though it is already a reality and allow yourself to think the thoughts and feel the feelings related to it. **The state of vibrational resonance is the mindset and feeling of already having what you want.**

Let's say you want to pick up a new skill such as dancing. You may have started attending classes to learn a particular dance style such as salsa, ballroom, or jazz. But you just feel it in your heart and know in your mind that you are already a great dancer. You have the talent naturally within you and learning it will be a piece of cake. It all becomes a flow and you are just expressing yourself in freedom. When you watch famous dancers performing, you feel you're like them, being able to move the way they move and are equally capable of doing their every step and more.

In NLP terms, you can call this modeling or neurological conditioning of your mental and emotional states to follow the patterns of success. But the psychospiritual connection is that, **your inner world defines your outer world.** You will find yourself being able to master the skill as if you had it all along within you. It is the Law of Attraction at work bringing what you believe you already have to you, simply because you totally **feel as though it has always been yours.** **The secret is that we have our circumstances because of the way we feel.** How we feel is controlled by how we think.

Emotion also has the power to create what you want. Find within yourself what it will feel like to have, be, or do the thing you want and you will begin to manifest the thing you want. **The energy in the emotion will work to pull you toward the thing you want while also pulling the thing you want toward you.**

Feel the joy of having what you want, feel it right now and you will begin to pull it to you and you to it. The whole process of mental, spiritual and material wealth may be summed up in one word, **gratitude.** Proverbs 4:23 Keep thy heart with all diligence; for out of it are the issues of life.

For you to have something, you must be in a mental and emotional state of having it.

If something is in your life but you feel as if you don't have it or are lacking it, very soon that thing will slip away and you will lose it. For example, you have a great friendship with someone who brings joy and comfort to your life. But somehow you start having this negative idea that friendships don't last for long and whatever good you experience tends to degenerate, then this thinking will generate a negative energy that will influence events to cause things to fall apart between the two of you.

On the contrary if you believe you have a great friendship with someone and that it is something that is a gift from heaven so you can never lose it because it is fated to be that way, then your mindset will cause things to remain that way and even when bad things happen that threaten to break the friendship apart, it will turn around magically as if that just can't happen. Think of someone you know whom you've "unbefriended" countless of times in your life already and yet are still together with even now, and you know what I mean. That is the result of your beliefs or that person's beliefs about the friendship.

Your thoughts and beliefs create a force that can **break something apart even when all other forces are working to keep it together** and can **keep something together even when all other forces are trying to pull it apart**. You can never lose something on the outside if you never lose it within you. Even if it's taken from you, it will come back again or something even better will happen. You can never keep something on the outside if you have already lost it within you. Even if you try every means to retain it, you will still only have an empty shell.

It is all about beingness. If you believe you are poor, no matter how much money you have, you will always be a poor person. Because you have a poverty mentality. If you believe you are ugly, no matter what kind of clothes you wear or how much you try to enhance your appearance, you will still never be truly beautiful. That's because your expressions will communicate that you are not really good looking enough, and so you're trying too hard to appear beautiful.

Look at the world. No one who is truly beautiful think of themselves as ugly. No one who is truly rich think of themselves as poor. Complete beauty is both inner and outer beauty. Inner beauty is in the self-image. **What you are is what you see you are.**

Having is about being. To have confidence, be confident. To have understanding, be understanding. To have admiration, be admirable. What you have is always meant to be an **expression of** what you are, and **not to define** what you are. It is YOU that define what you are. What you have, is an expression of your beingness that results as a manifestation of your beliefs, and **whether that manifestation has occurred or not, should not change your inner definition one bit.**

Who you are inside creates the results you get outside. Once you change the way you are inside, the outer world changes. **The energy you give out attracts and creates the results you get.** Change your inner energy and you change your results.

Consciousness defines Being. To have something is to be in vibrational resonance with the energy of that thing with your being and precedingly, your consciousness. If you have a consciousness of lacking, you will be a person of lack and the energy of your beingness will attract more situations of not having into your life. If you have a consciousness of having, then your beingness will attract more situations of having into your life.

What you embrace in your inner world creates what you experience in your outer reality. Once you take care of the inner, it will show results in the outer. **When you get the lessons, you don't need the experiences.**

I think therefore I am. I am therefore I have.

People of the world tend to forget this simple truth of all things and that's why they are chasing after all the forms and not realizing the essence.

Luke 19:26 "For I say unto you, That unto every one which hath shall be given; and from him that hath not, even that he hath shall be taken away from him."

Be what you want to attract. To attract the perfect partner, be the perfect partner. We often want our idea of the perfect partner to enter our lives and stay forever, yet we are not willing to do what it takes to be the "perfect" partner for someone else. We can prevent ourselves from painful experiences as well as the loss of precious time and energy if we begin by first working on ourselves.

"Like everything in the Universe, **we are all beings of Energy**, extensions of The Source Energy, always attracting into our own individual realities similar Energy in complete accordance with the thoughts we vibrate. As we already know, the entire Universe is Energy and all thoughts are Energy characterized by vibration, and therefore **thoughts attract precisely those Energy that are in harmony with the thought you hold in your Mind** and are therefore vibrating and projecting into the Universe. This same Law applies whether your thoughts are positive, negative or neutral, and the effects will be in precise accordance with those thoughts." - [The Law of Attraction \(Our Ultimate Reality Ebook\)](#)

Consciousness Is Being - You are what you think

Does what you think determine what you are, or does what you are determine what you think? Does Consciousness determine Being or does Being determine Consciousness? Of course each influences the other. What you think influences what you are and what you are influences what you think.

But the question we want to ask when we want to go straight to the core is "which of the two is the higher cause over the other?". To examine this matter, simply look at the concept of change in each of these two areas.

When you change the way you think, you will change the way you are. You cannot change the way you are, unless you first change the way you think.

In other words, you can change your thinking by simply changing it. The change is direct. The change simply is.

But you can only change your being by first changing your thinking. The change is indirect. The change is through something else.

You are what you think. **Consciousness determines Being, therefore Consciousness is Being.** The nature of the spirit is determined by the mind of the spirit.

When you think orderly and coherent thoughts, you will have an orderly and coherent state of mind. When you think disorderly and incoherent thoughts, you will have a disorderly and incoherent state of mind. Your state of being is ultimately determined by your state of consciousness.

A man who thinks Energy manifests Energy. The man, who thinks Courage manifests courage. The man who thinks, "I can and I will," "gets there", while the "I can't" man "gets left." You know that to be true. Now, what causes the difference? Thought - just plain thought. But why? - Just because it cannot help itself. Action follows as the natural result of vigorous thinking. You think in earnest, and action does the rest. **Thought is the greatest thing in the world.**

As a man thinketh, so is he. All that we are is the sum of our thoughts. What you think, you are. **To Think is to Be. Thinking is Being.**

In [Having is about Being](#), "What you have is always meant to be an expression of what you are, and not to define what you are. It is YOU that define what you are. Consciousness defines beingness."

[All being is energy and energy is mental.](#) The Principle of Mentalism - "The all is mind: the universe is mental." Mind is all powerful because everything in the Universe without exception is conscious, intelligent Energy influenced by Mind.

Thinking is in the conscious, being is in the subconscious. [All things subconscious are created by consciousness.](#) **Higher vibrations rule lower vibrations.** Consciousness is beta, subconsciousness is theta. Superconsciousness is hyper beta/gamma. All things are ruled by God who is all conscious, omniscient, the highest vibration of all.

You receive communication from Superconsciousness better when your brainwaves are lower because there is less interference from your own conscious activities. You transmit telepathic information better when your brainwaves are in hyper beta/gamma state.

The self-image is the foundational level where everything else is determined upon. Is your consciousness of self positive or negative? It is your consciousness about yourself that determines your state of self. [How you see yourself is ultimately what you make yourself to be.](#)

“All speech, action, and behavior are fluctuations of consciousness. All life emerges from, and is sustained in, consciousness. The whole universe is the expression of consciousness. The reality of the universe is one unbounded ocean of consciousness in motion.” - Maharishi Mahesh Yogi

Consciousness and Being are so intertwined, symbiotic and correlated that they are like one and the same with no differentiation. But when you really look into it, you'll find that consciousness determines Being.

Clarity of thought equals clarity of being. Sharpness of thought equals sharpness of being. **Refine and sharpen your thoughts until you become a sword.**

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