

Chapter 17*

The Theory Decides What Can Be Observed —Quantum Physics 101

There is no prescribed route to follow to arrive at a new idea. You have to make the intuitive leap. But, the difference is that once you've made the intuitive leap, you have to justify it by filling in the intermediate steps.

—Stephen Hawking

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The best scientists will put aside everything they've ever known to allow room for something new to be discovered—or created. After doing experiments where light would do what he predicted, Albert Einstein stated, “The theory decides what can be observed.” We see only what we wish to see, and hear only what we wish to hear. And most of us **can** only hear what's already been heard and see what's already been seen.

It takes a great determination to let information that is contrary to what you already believe into your reality. Those thoughts are often filtered out. To let alternative viewpoints in, despite this being the only way to learn something, is often the starting point for seeing that we can be wrong about something. As previously discussed, this is not a position that many people aspire to.

The sentence, *The Theory Decides What Can Be Observed* explains all of the different diagnoses and treatments recommended by all of the practitioners I sought for the same group of symptoms. Their theory on what can be observed was responsible for their explanation and understanding of what they were seeing. It is their paradigm of reality and needs to be respected and understood as just that; nothing more, nothing less! You can choose to live in their reality or someone else's, or even better, start exercising the creative power within and create your own.

An example: It was a commonly held opinion based on a medically proven fact in the 1970s that ulcers were caused by spicy foods, so people cut back on spicy foods. Apparently, this understanding had a negligible effect on the rate of ulcers. In the 1980s this medically proven fact was seen as false evidence—new medical evidence concluded that ulcers were caused by stress. Knowing this, people tried to minimize stress. The rates of ulcers still did not decrease and in the 1990s, even newer medical evidence concluded that ulcers were a result of a particular strain of bacteria.

Each decade, reliable and repeatable scientific studies found contrasting results to ones done just a few years prior. A good question here would be, “What causes ulcers?” but a much better question would be, “Why did each of these studies show different results?”

The Theory Decides What Can Be Observed can also be written as *The Theory Creates What Can Be Observed!* Such is the power of the mind (consciously or unconsciously) that we create or draw to us everything that we have ever experienced, or wish to experience in the future.

There is no overseeing entity arbitrarily deciding what shall be granted or denied based on belonging to the “right” religion. There are no evil external forces hurting us or making our lives as seemingly painful as they are. All of life is a manifestation of thought; when thought is combined it blends into the Unified Field of consciousness and energy, of which we all are a part, and creates larger forms of energy and information that can then be utilized more readily.

*“The illusion that we are separate from one another
is an optical delusion of our consciousness.”*

Albert Einstein

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The persons responsible for the studies on ulcers had their own ideas and their own agenda. Though most likely an unconscious process, their unified thoughts created or drew to them exactly what they predicted or theorized they might see. By applying this creation theory to anything, you can see how each study showed something different while using even the most advanced scientific

equipment. Therefore, it can be said that even science is not an exact science; and that all things are relative.

For example, it is easy to say that gravity is scientific. It is repeatable, it can be measured, and it exists throughout our known universe, yet even that is relative! Gravity on the Moon is remarkably different from gravity on Earth.

The more I study physics, the more I am drawn to metaphysics. —Albert Einstein

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Even the most ardent of sciences—or at least the interpretation of the data they present—can be flawed. An MRI that shows a herniated disc might lead your Chiropractor to recommend a series of treatments based on this finding, or fact, to relieve your pain. Yet another scientific study¹ alludes that the presence of herniated discs has little to do with the amount of pain someone is experiencing. The MRI is indisputable; it is a picture of the disc from the inside out and can be repeated, but the question is, “What does the presence of that herniated disc mean?”

It means what you or your practitioners decide it means. That is the immense power of the mind! If the interpretation of data is not something that serves you, you can decide not to give in to that system and find another one that does serve you. If this sounds far-fetched, look at people who were told they had six months to live and then lived for a number of years beyond that. Somewhere in their heart of hearts, they decided that the prognosis of a six month lifespan did not serve them; they consciously chose another reality and many times they lived that reality. In the case of neck and back pain, I have found that emotions are locked in the muscles. Knowing this, ask yourself if what you’ve believed so far about neck and back pain has served you. If not, now ask if this newer paradigm can.

What would seem like an exception in the mind-body causality paradigm, for example, being involved in a car accident, still carries an emotional element. Do you think it is impossible to harbor feelings of anger for the driver of either vehicle? What about for yourself for being in the wrong place at the wrong time? These, while not necessarily the initial cause of the pain, can inhibit rapid healing. This *Theory Decides What Can Be Observed* is the only reason that all of this can make any sense; the only way that explains the hundreds if not thousands of different explanations for just about anything, but for now we will stick to health and illness.

You’ve heard the expression, “Be careful what you wish for, you just might get it.” While this self-creative power may initially seem frightening, or even guilt-inducing, through a new perspective it can be incredibly empowering! With no one to blame for our misery, we have to deal with ourselves head on to reverse any pain or illness. This is how true, permanent and self-empowering healing occurs.

The Theory Decides What Can Be Observed as it relates to pain and illness is what this book is all about. You will soon see that what you think is possible in the way of healing is, more times than not, exactly what will happen.

My favorite example of this is a condition you call sciatica; a pain in the buttocks, unilateral, that sometimes refers down the leg. At least western medicine calls this sciatica. I call it a pain in the buttocks, unilateral, that sometimes refers down the leg. But even that label is ultimately disempowering. I call it a *misalignment in the quantum field of pure potentiality*. Now **that** sounds like something that can be reversed, right? Just realign the Quantum Field; you do this all the time anyway.

<http://clinicaltrials.gov/ct/gui/show/NCT00011739;jsessionid=D5F8C3020C6F2A1B781F713A5AC96831?order=5> A Prospective Cohort Study of MRI Abnormalities and Back Pain Risk: Low back pain is a frequent cause of disability and a common reason for outpatient care in veterans. Magnetic resonance imaging (MRI) of the lower back often reveals abnormalities, which may be used to justify expensive and invasive therapy, such as surgery. Yet the link between MRI abnormalities and the risk of developing clinically significant back pain is far from clear.

Medical doctors might recommend physical therapy and medication, and predict the recovery time for sciatica as being around a year—and it often is! Oh, how right they are! A chiropractor might diagnose vertebral subluxations and recommend “vertebral adjustments,” usually starting out at three times per week and very gradually decreasing that amount while predicting recovery at six to eight months—and it often takes that long! Right again! An Acupuncturist may diagnose this symptom as an imbalance in the gall bladder meridian (the acupoint being GB-30, which is a warehouse for anger), and recommend two to three treatments per week for two to three months— and that’s about how long it takes! Once again, correct! These numbers of course will vary, but any practitioner will see what they have been trained to see and act accordingly. Because you believe them, your healing time will usually be at or closely around their prediction.

Because each person is unique, I may be able to help Felix and not Oscar even though they may have what appears to be the same pain. There are too many variables to put a one-size-fits all technique out there and expect it to be helpful for everyone. The cookbook technique, which is what we’ve already been doing, has limits; therefore, only moderate success.

Your doctor groups together your symptoms and categorizes them within a known informational field. She classifies you according to your symptoms based on those of other persons, and labels you with “X” or “Y” “syndrome” or “disease.” While this may be effective at times, it takes away any individuality and will therefore reduce overall efficiency because there are too many factors involved that are unaccounted for. If there is a study done in Italy on stress, how does that have anything to do with persons who are stressed in New York City? Likewise, a nutritional study done in Kenya will yield different results than one done in Canada. You may not really have “X” or “Y” “syndrome” or “disease” — merely similar symptoms.

Once you are labeled with the name of a disease, you are victim to its pre-existing treatment and cure rate which may or may not be conducive to healing. There is more to health than a diagnosis and a medication!

Once you give in to any diagnosis, you also give in to collective unconsciousness and its understandings of it. Kierkegaard said, “If you label me, you negate me,” meaning that once someone or something has been named; it, he, or she can not be anything else. If I address this symptom of pain as something completely different than your medical diagnosis, I am no longer subject to the laws of collective unconsciousness. This frees you to experience a reduction or elimination of the symptoms in a dramatically lesser period of time. Given the right circumstances along with a leap of faith, thoughts, therefore energy, therefore matter can be transformed. We can realign the Quantum Field of pure potentiality!

Other practitioners can implement this theory should they choose to. It is my belief that many practitioners could assist the body in curing itself in just a few visits if both she and the patient agree it is possible.

The theory decides what can be observed as it applies to relationships

If you feel that it is always the “other guy” you have been misled. You will notice that each time something similar happens to you; the only common element is that you were there. If you have an issue that began in childhood or even a past life, you will be sent as many opportunities necessary to heal that issue as you need. The Universe supports your spiritual growth no matter what; who it sends to you is always a gift.

When she didn’t return his phone calls, it was an opportunity to forgive a perceived lack of integrity. Apparently he didn’t do too well, because after they broke up, he met quite a few others that did not return phone calls. Finally, he saw how that process was affecting who he was attracting! It was time to use the Five Steps!

If you are continuously meeting persons with whom you share a romantic interest and the relationship only goes so far, and then it happens again and again with other people, the Universe is telling you that you have an issue getting close to someone. To experience a close romantic

relationship, it will be necessary for you to open your heart. When you do so, you will draw to you another person in a similar state. They will see that you are open to love and will be more inclined to open themselves as well. If you have been open to learning from each of these experiences, you will notice that in your romantic history, each person you have met would have been more open than the one prior. If you have not been learning from this, you will have drawn to you the same type of person over and over, creating an unending list of opportunities to heal.

*The person who drops you off at the airport in one city
is the same person who picks you up in the next.*
—dr. michael ryce

*Chapter has been edited for stand-alone clarity