Question:
How can I use Quantum Field principles to raise my consciousness, to meet catastrophic situations and create change in the world?

by Yuliya Cohen

The unveiling of the multifaceted forces of nature through TQER - temporal quantum energy restructuring
It can be traumatising to see those repeated images of devastation in Japan, while pictures of the airplanes carrying out bombing operations in Libya are bringing an uneasy feeling of déjà vu. Many of people may feel as if what is happening in the world is affecting you on a deeper level; many have complained of feelings of dread, and symptoms such as fatigue and insomnia. Many of us are looking for ways to contextualise the natural disaster and manmade conflicts in a way that contributes to our awakening and even to our transformation.

What can we do in situations like this? In the January issue we asked a similar question regarding the shooting in Arizona and explored the principle of Energy Allocation as a way of bringing ourselves into balance in the world. But, you may be saying, natural disasters are not the same as manmade ones. They are incomprehensibly large and outside of our control. Right? Well, maybe not entirely.

You may be surprised to know that there is a different reality in which these two events, taking place in such different parts of the world—the unrest in the Middle East and earthquake and tsunami in Japan—are not as unrelated. We can address them both to bring about the Kabbalistic notion of the repair of the world (Tikkun Olam).

In this article we will explore the unveiling of the multifaceted forces of nature in our life. You'll also find practical tips on how the advances in quantum consciousness can offer a powerful reality-altering conceptual framework for influencing global processes.

**Energetic Fault Lines**

A number of years ago I hosted two Russian scientists in my home, and I was privy to a surprising and thought-provoking conversation between them. I will them call “M” and “S”. M was a former professor at MIT whom I had just met, and S was a professional and personal acquaintance of mine.

“Major world conflicts and upheavals, such as wars, uprisings and racial infighting become formidable sources of unleashed disorganised energy,” pronounced M. “That energy propagates to other parts of the world and is expressed as major natural disasters, volcano eruptions, earthquakes and tsunamis. We've known that. What we want to understand is how does this energy travel. A group of our researchers have been working on mathematics that could predict the trajectory of such energy propagations.”

“We have known about it as well”, responded my friend without raising an eyebrow. “A group of researchers I’ve been working with were considering ways of harnessing this energy for some productive purposes, rather the chaos and destruction caused if it reigns unchecked.”

“What ways?” I asked. He smiled and said that one of the ways is creating mutation and imbuing humans with super natural powers, just as in many superhero stories, (e.g., Ninja Turtles, Spiderman). These stories involve tragic elements of some unfortunate nuclear, chemical, or some other freak accident contributing to the development of the hero’s abilities. I could tell he was not entirely joking.

This conversation sounded more like science fiction than reality, and I may have discounted it except for the fact that S had numerous academic titles and publications on topics of energy, medicine and science. All I knew of M is that prior to teaching at MIT he was traded by the Russians for a Russian spy. I also knew that in Russia he was part of a closed scientific community and his group was responsible for calculating the trajectory of Gagarin’s flight—the first human to journey into outer space in manned space exploration.

On the other hand I thought, if in the world of the Butterfly Effect, where even a small change like the flutter of a butterfly wings at one place in a complex system can have large effects elsewhere, why should it come as a surprise that major violent conflicts can move tectonic plates. Perhaps we are not paying attention to something very important.

Then I thought, “Wow, earthquakes are travelling on fault lines. If it is true that tectonic forces causing earthquakes are fueled by human conflicts, isn’t it interesting that those earth channels, deep fractures within Earth’s crust, are termed “fault lines,” as if it were someone else’s
fault that energy was travelling that way."

Of course, there are also other influences determining where and when an earthquake strikes. Specific planetary alignments intensify tensions and even the gravitational pull of a full moon can have a decisive effect. There could be other factors as well.

It was this conversation partly that gave me the idea for this article, in which I invite you to discover how awareness can break through the illusions of viewing global effects through a lens of separation, unrelatedness, and compartmentalisation. Using this awareness, we see that the Japan disasters and the unrest in the Middle East can be related, and we can better understand how we can contribute to the healing of the world.

**Contributing to Healing and Harmony in the World**

So, how can awareness of global energetic relatedness give us additional ways to contribute to healing and harmony in the world? What can we do?

I brought up the topic of the multifaceted forces of nature and connection between events with the trauma-healing group I lead. This meeting took place as the initial news about Japan’s struggle to contain damage to the nuclear reactors was pouring in and a month after the conflict in Libya had begun, but well before the Libyan no-fly zone had been implemented.

In this group, we were practicing creating quantum reality shifts using a new (TQER) Temporal Quantum Energy Restructuring technique I have been developing for healing trauma. It abandons investigation of the trauma and instead clears the trauma by focusing solely on building a connection between the pre- and post-trauma states of wellness.

I wanted to go beyond focusing on healing personal trauma and explore using TQER to address the potentially far-reaching implications of global conflicts and disasters. Using the TQER process, I wanted to practice setting our intention to restructure energy, so that the energy potential of the conflict in Libya could be harnessed and diverted towards life-giving outcomes and peace, and specifically to curtailing radiation emissions from the reactors in Japan.

I recounted to the group the story of the conversation between the two scientists. Surprisingly the response I received was not entirely enthusiastic. “What do events in Libya have to do with Japan?” they asked, looking at me blankly and obviously feeling considerably disoriented by my explanation. It seemed to reach beyond their mental comprehension. “Why is it again that we need to care about Libya and the local unrest in that region in relation to Japan? Japan is experiencing a dramatic loss of life, devastation and a potential reactor meltdown. The danger of radiation release, that may have widespread consequences, is real and looming. Let’s focus on Japan and the reactors; let’s give energy to that problem or we may not survive.”

“OK”, I agreed. Let’s focus on Japan first and see what we can do, and then consider whether a resolution of the political meltdown in the Middle East is essential to curbing the nuclear meltdown in Japan.”

**Using TQER: From Science to Practice**

The latest advances in quantum science offer new conceptual frameworks where the quantum field is more than a theoretical abstraction. We are offered a view that in the quantum field of the living matrix, the past, present and future are interconnected and can all be called into a single point of attention. How is it relevant? The liberating insight is the change in our relationship to time.

In TQER, rather than focusing on the story of the development of a conflict, we can traverse the time/space continuum and switch our focus completely to the two states of wellbeing– and post-conflict. Temporal quantum shifts allow us to leapfrog into parallel realities where a particular trauma or conflict does not exist. This methodology is part of my current exploration of the relationship between the quantum aspects of science and consciousness.
TIPS *** TIPS

Using the TQER Process
I will use the example from our group of focusing on the events in Japan, where our intent was to create a safe containment for the damaged nuclear reactors. You can, however, focus on any event, trauma or conflict, with the intent to heal it.

In thinking about Japan

1. Imagine navigating into the past to a place before the earthquake and tsunami, a place in a time/space continuum where everything felt light, safe, open; when everything was OK.

2. Next go all the way in the future when everything is once again fine.

3. Notice how far you needed to go in each direction.

4. Using your intention, connect the energetic states of the two markers together. You are creating a positively charged temporal energetic bridge that circumvents the entire segment of this natural disaster. This is the energetic potential that defines the new reality.

5. Again using your intention, see events in Japan shifting, almost melting, as they are aligning with this new vibrational reality. Ask that in a quantum field, in a way that is beyond our understanding, a new path for the development of the events be chosen.

6. If it’s too big a leap to imagine the quantum shift, then you can send this energy as a prayer or a blessing to achieve the intention.

Here is a brief overview of the TQER process. By navigating the time line into both past and future, we can create a unique vibrational energetic bridge between the pre- and post-trauma/conflict states of well-being. This unique vibrational link creates a quantum shift into a new reality, and allows the trauma/conflict segment to be bypassed entirely. (To make this shift non-transient requires a more in-depth explanation and practice than I can offer within the constraints of this article.)

I’ve been using TQER for healing individual imbalances, but this time with my group, who already knew the technique, we explored using the same processes for global events. If you want to practice the quantum-shifting approach globally or personally, you can begin with this same sequence of simplified steps that my group used.

We navigated energetically to a time before the disasters in Japan and then to a time after, when life was returned to normal, and everyone was able to create a shift. The energy we created felt peaceful and surprisingly contained.

Next I suggested we focused on the energy of events in Libya and other countries in the Middle East that were experiencing unrest. We imagined once again navigating into the past to a place before the unrest began, then into the future when there was peace. The group members discovered that they had to go way back into the past, into the history to the roots of the conflicts. They almost could not tell when the foundation for the conflict was laid down. It was so far back. A peaceful future did not seem quite as distant, but at the same time, not so close either.

Moreover, when we were creating the vibrational bridge bypassing the conflict, it seemed hard to bring the two time-points together. The two sides almost resisted coming together. It was challenging to harness it. The energy felt like an unleashed force that was impossible to contain. It was formidable and raging out of control, surprisingly much more looming and ominous than what we experienced while working on the
Japanese situation. Everyone felt this huge energy, which was much bigger even than the energy we felt around the nuclear reactors in Japan.

We found that we could not will the energy in the Middle East to change. The extent of the energy was just as the Russian scientists described. It felt chaotic and uncontrollable, as if unharnessed it would continue creating disasters and catastrophes elsewhere. The group was surprised that this energy felt more uncontrollable and urgent than the energy around Japan.

We clearly couldn’t transform this energy ourselves. What we discovered we could do was give back the reins to the universe as a co-creator of our reality. So we offered this energy to the universal intelligence of the quantum field, using energy restructuring techniques, so that the sheer transformative power of this chaotic energy could be harnessed through a best possible choice of paths for a good purpose—to promote peace in the Middle East and safe reconstruction of the reactors in Japan.

We were standing in a circle, where each person was holding the temporal energetic vibrational link that person created. After a short time, the energies between every person in the group merged into one. From a place where everyone was holding a separate link, it shifted and became the unified energy of a new quantum potential. We offered this energy back to the universe and left it to its innate intelligence to complete this process.

If you want to bring this method powerfully into the world of global or personal healing and relationships, you can get more information on this TQER methodology by signing up for my newsletter at www.healingwithouteffort.com and by attending the Energy Psychology Conference in Toronto, Canada, in October 2011.

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Conclusion

- We as humans are becoming increasingly conscious of an intimate inter-relationship between world events and natural earth processes. Indigenous people have known this instinctively and have taught us these wisdoms through their way of life. As part of an ongoing process of transformation, we are discovering the far-reaching effects of human actions on our environment—the detrimental impacts of human revolutions and religious conflicts and the beneficial one of music, dance, prayer, quantum healing and ultimately acts of love.

- We can begin to live as if everything in the universe is in conversation with us. Events such as those that have shaken the world recently call each of us forward out of our protective shells of insulation that give us an illusion of separation. Physicists and metaphysicists can join hands and not delegate all the work to scientists.

- Universal intelligence pushes us past the boundaries of our understanding, forcing us to deepen our perceptions and change the way we think about everything. Close your eyes and imagine you can sense the presence of this difficult yet marvellous intelligence in your life.

- If you do not want to be driven by fear, you may want to focus on thinking positively, sending prayers, love and positive intentions. But you can also try to put some of the edgy science of TQER to the task and create an outcome with greater power and insight.