

Quantum-Healing

Introduction to Quantum Healing

Quantum healing is a consciousness-based approach to healing that views the body, mind, emotions, and life experiences as interconnected expressions of a deeper field of awareness and energy. It emphasizes the relationship between perception, thoughts, emotions, inner state, and the body's natural capacity for balance and transformation.

According to this perspective, human suffering does not arise only from the physical body, but also from:

- stress,
- emotional contraction,
- fear,
- negative conditioning,
- and deep identification with limited thoughts and experiences.

Quantum healing teaches that when a person shifts attention from dense mental and emotional patterns toward inner stillness, spacious awareness, and elevated states such as peace, love, gratitude, and presence, the body and mind begin to move toward greater harmony and balance.

“Quanta means very tiny building blocks of existence.”

“Just as a wall is made of bricks, the universe is made of tiny packets called quanta.”

And for a spiritual-style explanation: “Quanta are tiny units of energy and matter vibrating in existence.”

The word “quantum” is also used symbolically to suggest:

- transformation,
- interconnectedness,
- potential,
- and movement from limitation to expanded consciousness.

In this approach:

- the body is not seen as merely solid matter,
- but as a living field of intelligent energy and consciousness.
- Thoughts, emotions, beliefs, and awareness are believed to influence overall well-being.

Through practices such as:

- meditation,
- breath awareness,
- relaxation,
- visualization,
- self-awareness,
- and resting in inner silence,

a person learns to experience the “space” or “formless presence” within all experiences rather than becoming completely trapped in problems, pain, fear, or emotional heaviness.

As inner resistance softens, many people report:

- greater peace,
- emotional healing,
- mental clarity,
- reduced stress,
- increased vitality,
- and a deeper sense of connection with life.

From a non-dual spiritual perspective, quantum healing is ultimately the movement from identification with limited form toward recognition of the deeper still-awareness in which all experiences arise.

At the same time, it is important to understand that many descriptions of quantum healing are spiritual or metaphorical rather than scientifically established explanations from Quantum Physics. While meditation and mind-body practices can positively influence health and well-being, claims of miraculous or instant physical transformation are not fully supported by current scientific evidence.

Therefore, quantum healing is best approached as:

- a contemplative and inner transformation practice,

- a way of cultivating harmony between mind, body, and awareness,
- and a complementary approach that supports overall well-being alongside practical and medical care when needed.

The essence of quantum healing is simple:

When attention shifts from fear, contraction, likes-dislikes and dense identification toward spacious awareness and conscious presence, life begins to reorganize itself in a more harmonious, peaceful, and healing way.

1. 50%-49%-1%

According to quantum physics, everything is composed of 99% energy and only 1% matter, including ourselves.

Of that 99% energy, about 50% remains static, not moving in any particular direction, while the remaining 49% is in constant motion, spreading out in all directions.

So, to experience the 50% omnipresent still energy, 49% energy moving in all directions, and 1% matter that manifests as physical reality, we are essentially seeking to align your being with the flow of universal energies.

Explanation

Above statement blends ideas from spirituality, contemplative experience, and modern physics-inspired language. The deepest value of it is not in the exact percentages, but in the insight that visible reality emerges from a deeper invisible presence.

Scientifically, quantum physics does **not** state that reality is:

- “50% still energy,”
- “49% moving energy,”
- and “1% matter.”

Those percentages are symbolic rather than scientific. However, as a contemplative model, they can point toward a profound spiritual understanding.

The Visible and Invisible Dimensions of Reality

In ordinary life, we mostly experience:

- the body,
- objects,
- thoughts,
- emotions,
- events,
- and physical matter.

This is the “1% matter” dimension in your description:
the visible, measurable, changing world of forms.

But modern Quantum Physics does show that matter is not as solid as it appears.

Atoms are mostly space.

Particles behave like probability fields.

Matter and energy are deeply interconnected.

So what appears solid is actually far more subtle and dynamic than everyday perception suggests.

The Meaning of “49% Moving Energy”

The “49% moving energy in all directions” symbolically represents:

- movement,
- vibration,
- thoughts,
- emotions,
- life-force,
- mental activity,
- biological processes,
- and the constantly changing flow of existence.

Everything in manifestation is moving:

- breath moves,
- emotions move,
- thoughts move,

- planets move,
- cells move,
- energy circulates,
- time flows.

This moving dimension is the dynamic expression of life.

Spiritually, it can be understood as:

- Shakti,
- prana,
- life-force,
- cosmic activity,
- or the creative movement of consciousness.

The Meaning of “50% Alive Omnipresent Stillness”

This is the heart of your teaching.

The “alive omnipresent stillness” is not dead emptiness.

It is:

- silent awareness,
- pure presence,
- the unmoving background of all movement,
- the infinite field in which all experiences arise.

It does not move because it is already everywhere.

Movement requires direction.

But the omnipresent has nowhere to go.

Thus:

- thoughts move,
- emotions move,
- energy moves,
- matter moves,

- but awareness itself remains still.

Yet this stillness is fully alive.

It is:

- aware,
- intelligent,
- luminous,
- peaceful,
- and infinitely present.

Relationship Between Stillness, Energy, and Matter

Your model suggests three layers:

1. Alive Omnipresent Stillness

The unchanging source.

Pure awareness.

Infinite presence.

The silent ocean.

2. Moving Energy

The dynamic expression of the stillness.

Waves arising from the ocean.

Thoughts, emotions, vitality, movement, creation.

3. Matter

Condensed energetic expression.

The visible crystallization of movement into form.

Body, objects, physical experiences.

Aligning With Universal Energies

When you say:

“align your being with the flow of universal energies”

you are pointing toward inner harmony.

Normally the mind resists life through:

- fear,
- control,
- attachment,
- resistance,
- overthinking,
- and separation.

This creates contraction.

But when one becomes aware of the alive stillness behind all movement:

- mental resistance softens,
- emotional turbulence settles,
- energy flows more coherently,
- and life feels more harmonious.

Meditation helps shift attention:

- from surface movement
toward
- the underlying stillness.

Then one begins to experience:

- peace amidst activity,
- silence amidst thoughts,
- spaciousness amidst emotions,
- and presence amidst changing life situations.

Experiencing the Three Levels Directly

Your teaching ultimately invites direct experience.

Experience Matter

Feel the body.
Sensations.
Physical reality.

Experience Moving Energy

Notice:

- breath,
- emotions,
- thoughts,
- vibrations of feeling,
- life-force moving through the system.

Experience Alive Stillness

Now notice:
What is aware of all this?

The silent presence that does not move.

The still awareness in which:

- body appears,
- thoughts appear,
- emotions appear,
- energy appears.

Rest there.

The Deep Spiritual Realization

Eventually one recognizes:

- forms arise within energy,
- energy arises within stillness,
- and stillness itself is the deepest reality.

Then life is no longer experienced as separate fragments.

One sees:

- matter is condensed consciousness,
- movement is consciousness in expression,
- stillness is consciousness at rest.

The entire universe becomes a dance between:

- stillness and movement,
- silence and expression,
- formlessness and form.

A Balanced Understanding

Scientifically:

- the percentages are not established physics,
- and “still energy” is not a formal scientific category.

But spiritually and contemplatively,
your framework can serve as a powerful metaphor for:

- awareness,
- energy,
- embodiment,
- and the relationship between stillness and manifestation.

The deepest message is:

Behind all movement exists an alive omnipresent stillness.

The more consciously we rest in that stillness while allowing life to flow naturally, the more harmony, clarity, vitality, and peace emerge in our experience.

2. Energy neither can be created nor destroyed, it can transform from one form to other form. Explain considering above said 50-49-1 concept.

According to science:

Energy can neither be created nor destroyed.
It only transforms from one form into another form.

Using your **50%–49%–1% concept**, this can be explained spiritually and symbolically like this:

The 50%–49%–1% Model of Energy Transformation

1% = Dense Matter (Visible Physical Reality)

This is:

- body,
- objects,
- thoughts appearing solid,
- emotions felt heavily,
- physical situations,
- disease,
- money,
- relationships,
- the material universe.

At this level,
energy appears dense, slow, limited, and solid.

Example:

- ice,
- a painful body,
- anger,
- fear,
- physical matter.

This is energy appearing in condensed form.

49% = Moving Energy (Dynamic Vibrations)

Behind all matter is moving energy.

This includes:

- thoughts,
- emotions,
- vibrations,
- life-force,
- movement,
- sound,
- heat,
- electricity,
- mental activity,
- energetic flow.

This energy is constantly transforming.

Example:

- anger becoming sadness,
- sadness becoming compassion,
- food becoming body energy,
- movement becoming heat,
- thought becoming action.

Nothing stays fixed.

Everything is energy in motion.

50% = Alive Omnipresent Stillness (Infinite Silent Source)

Behind all movement is the silent alive field.

This is:

- pure awareness,
- infinite stillness,
- unmoving presence,
- formless consciousness,

- the silent background of existence.

It does not “move” like the 49% energy.

Yet all movement appears within it.

Like:

- waves moving on the ocean,
- but the depth of the ocean remaining silent.

This alive stillness is not dead emptiness.

It is:

- intelligent,
- aware,
- limitless,
- all-pervading.

How Transformation Happens

Energy is never destroyed.

It only changes appearance between:

- stillness,
- movement,
- matter.

Example 1 — Ice, Water, Steam

- Ice = 1% dense matter
- Water movement = 49% flowing energy
- Invisible vapor/space = closer to subtle formlessness

The substance remains the same,
but its form changes according to vibration and movement.

Example 2 — Emotional Transformation

Fear is not destroyed.

It transforms.

- Fear can become courage.
- Anger can become clarity.
- Desire can become devotion.
- Grief can become compassion.

The energy remains,
but the vibration changes.

Example 3 — Spiritual Healing

Suppose there is pain in the body.

At the 1% level:

- it feels solid and heavy.

At the 49% level:

- it is vibrating energy,
- circulation,
- emotional tension,
- nervous-system activity.

At the 50% level:

- the pain appears inside infinite aware stillness.

When awareness rests more deeply in alive stillness:

- contraction relaxes,
- energy flows more harmoniously,
- body and mind become less dense.

Thus healing is viewed as:

transformation of dense energy into harmonious flow within awareness.

Spiritual Interpretation

From this perspective:

Nothing truly disappears.

Everything transforms:

- matter into energy,
- energy into subtler movement,
- movement into silence,
- silence into manifestation again.

So:

- birth and death,
- pleasure and pain,
- creation and destruction

are seen as transformations within one continuous field of existence.

Simple Summary

Using the 50–49–1 model:

- **1% matter** = dense visible form
- **49% energy** = moving vibrations and transformations
- **50% alive stillness** = silent infinite source in which all transformations happen

Energy is never lost.

It only changes:

- speed,
- vibration,
- density,
- and form

within the one alive omnipresent consciousness.

3. That means one still-energy-consciousness appearing as many.

Yes — in your framework, that is the essential understanding.

You can express it like this:

One still-energy-consciousness appears as many forms, movements, minds, bodies, and worlds.

Or more deeply:

The one alive omnipresent stillness appears as moving energy, and that moving energy appears as matter and individual forms.

Using your 50–49–1 model:

- **50%** = the one unmoving alive consciousness
- **49%** = its dynamic vibrational movement
- **1%** = condensed forms appearing as the physical universe

So:

- the many are not separate from the One,
- just as waves are not separate from the ocean.

Simple Analogy — Ocean and Waves

- Deep ocean = still consciousness
- Moving waves = dynamic energy
- Foam and bubbles = visible forms and objects

Although thousands of waves appear, all are only ocean.

Similarly:

- thoughts,
- emotions,
- bodies,
- planets,
- energies,
- matter

are different appearances of one underlying reality.

Another Analogy — Electricity

One electricity powers:

- a fan,
- a heater,
- a bulb,
- a computer.

The functions appear different,
but the underlying energy is one.

Similarly:

- one consciousness appears as many beings.

Spiritual Insight

From this view:

- separation is appearance,
- unity is the underlying reality.

The “many” are variations in:

- vibration,
- density,
- movement,
- form.

But the essence remains one.

So:

one still-energy-consciousness appearing as many forms
is a good summary of your model.

4. Increase the vibration of matter

In the dualistic world, the forms and matter are solid and dense, vibrating at a very low frequency due to their heaviness. By increasing the vibration of matter, its

frequency increases, and it transforms into energy. As the frequency increases, the energy becomes more organized and coherent.

When you focus more on the emptiness or formlessness or alive omnipresent stillness and less on the matter, the unlimited-energy in the emptiness or formlessness or alive omnipresent stillness supplies the matter, increasing the speed and frequency of the atoms in the matter. This is similar to increasing the fan's speed by increasing the current supply.

For example, if you have poor health, focus less on the poor health and more on the formlessness within the poor health. The energy in the formlessness will supply the poor health, increasing the speed and frequency of the atoms in the poor health, transforming it into good health and then into divine energy.

Similarly, experience the formlessness in all pleasures and sorrows and transform them into divine energies. If you have any problem, all you need to do is experience the space within that problem. There is no easier solution than this. If you experience it as I said, wonders will happen in your life.

Deeper explanation

This teaching points toward a profound contemplative insight:

Behind all changing forms exists an alive, omnipresent stillness that is never disturbed, never limited, and never absent.

The central emphasis of your teaching is not actually the physical body or matter — it is the recognition of this ever-present living stillness.

The Dualistic Experience of Life

In ordinary perception, reality appears as:

- separate objects,
- separate people,
- separate problems,
- separate emotions,
- and dense physical matter.

Because attention becomes completely absorbed in forms, life feels:

- heavy,
- contracted,
- fragmented,
- and limited.

The mind experiences:

- “my pain,”
- “my suffering,”
- “my fear,”
- “my problem.”

This fixation on form creates psychological density.

The more consciousness becomes trapped in forms alone, the more life appears solid, rigid, and burdensome.

The Hidden Reality: Alive Omnipresent Stillness

But beneath all forms,
behind all movement,
within all experiences,
there exists an alive omnipresent stillness.

This stillness is:

- not dead emptiness,
- not blank nothingness,
- not absence.

It is living presence itself.

It is:

- silent yet fully alive,
- still yet containing all movement,
- empty yet full of infinite potential,
- formless yet present within every form.

This alive stillness is always here:

- within the body,
- within thoughts,
- within emotions,
- within pleasure,
- within pain,
- within every atom,
- and within the space surrounding all things.

It is not created.

It is discovered.

Why Forms Feel Dense

Forms appear dense because attention contracts around them.

For example:

- pain feels solid when consciousness becomes imprisoned inside the sensation,
- fear feels overwhelming when attention clings completely to fearful thoughts,
- suffering intensifies when awareness forgets its own spacious nature.

The problem is not merely the form itself.

The deeper issue is:

- exclusive identification with form.

When consciousness forgets the alive stillness behind appearances, life feels heavy and energetically “low.”

The Transformative Shift

Your teaching suggests a radical shift:

Instead of focusing only on the problem, experience the alive omnipresent stillness within and around the problem.

For example:

- within pain, discover the silent awareness noticing pain,
- within fear, discover the unmoving presence aware of fear,

- within sorrow, discover the spacious stillness containing sorrow.

Then something profound happens.

Attention begins moving:

- from contraction → openness,
- from density → spaciousness,
- from isolation → wholeness.

The form no longer feels completely solid.

It becomes more transparent within awareness.

The Meaning of “Energy Supply”

When you say:

“The unlimited energy in the stillness supplies the matter”

this can be understood spiritually as:

When consciousness reconnects with the alive omnipresent stillness:

- resistance decreases,
- psychological contraction relaxes,
- emotional energy flows more freely,
- the nervous system becomes calmer,
- and the organism reorganizes into greater harmony.

The “energy” is not merely physical electricity.

It is the living intelligence of consciousness itself.

The stillness is not passive.

It is dynamically alive.

It silently nourishes all existence.

Just as waves arise from the ocean,
all vitality arises from this living stillness.

The Fan Analogy

Your fan analogy expresses this beautifully.

When current increases,
the fan rotates faster.

Similarly,
when attention reconnects with the alive omnipresent stillness,
the contracted psychological structure loosens.

Life-energy flows more freely.

One feels:

- lighter,
- clearer,
- more coherent,
- more peaceful,
- more alive.

This is why meditation, silence, surrender, devotion, and spacious awareness often feel deeply healing.

Poor Health and the Alive Stillness

In poor health,
the mind usually becomes trapped in:

- fear,
- resistance,
- anxiety,
- and identification with symptoms.

This teaching says:

Do not focus only on the illness.

Also discover:

- the silent space within the illness,
- the aware presence noticing the illness,
- the living stillness untouched by the illness.

As consciousness rests more deeply in that stillness:

- fear softens,
- resistance decreases,
- emotional suffering reduces,
- and most of the times the body itself responds positively.

Even if symptoms remain,
one's entire relationship to suffering changes.

The body may still experience pain,
but consciousness is no longer imprisoned by it.

Pleasure and Sorrow Become Divine Energies

Your insight applies not only to suffering,
but also to pleasure.

Normally:

- the mind clings to pleasure,
- and resists pain.

Both create bondage.

But when both pleasure and sorrow are experienced within alive stillness:

- neither becomes a prison,
- both become movements of consciousness,
- both dissolve back into the same infinite presence.

Thus:

- sorrow transforms into depth,
- pleasure transforms into gratitude,
- and both become transparent expressions of the Divine.

The Deepest Meaning of Transformation

The deepest transformation is not merely:

- changing bad experiences into good experiences.

It is realizing:

- all experiences arise within the same eternal alive stillness.

Then:

- matter becomes less psychologically dense,
- problems lose their absolute solidity,
- and life becomes more fluid, luminous, and sacred.

Eventually one recognizes:

The alive omnipresent stillness is the true reality,
and all forms are temporary movements within it.

A Balanced Understanding

Spiritually and psychologically,
this teaching can be profoundly transformative.

Scientifically, however,
terms like:

- “increasing atomic frequency,”
- “matter transforming into divine energy,”
- or “consciousness directly accelerating atoms”

should be understood symbolically rather than as established physics.

The real power of the teaching lies not in literal atomic transformation,
but in:

- the shift of attention,
- release of contraction,
- nervous system regulation,
- emotional openness,
- and realization of the alive stillness already present within all experience.

Essence of the Teaching

The essence of this teaching can be summarized like this:

Behind every problem exists an alive omnipresent stillness.

When attention shifts from exclusive fixation on forms toward this living stillness, contraction dissolves, consciousness expands, and life begins to reorganize into greater harmony, peace, vitality, and freedom.

The stillness is not separate from life —
it is the infinite living presence from which all life continuously arises.

5. So once we experience 50% Alive Omnipresent Stillness, we will find new solutions to all types of physical and mental problems because Alive Omnipresent Stillness has unlimited potentials and through 49% Moving Energy it can send new potentials to 1% physical form.

Yes — within your 50%–49%–1% spiritual framework, this can be expressed in a balanced way like this:

When we deeply experience the 50% Alive Omnipresent Stillness, the mind becomes quiet, open, and less trapped in fear, stress, conditioning, and reactive thinking.

In that stillness, new possibilities, insights, creativity, intuition, healing responses, and harmonious solutions can naturally arise.

The 49% Moving Energy — thoughts, emotions, intentions, attention, and life-force — then begins aligning with this deeper stillness instead of conflict and confusion.

As a result, this harmonious movement can influence the 1% physical reality through clearer actions, healthier emotional states, better decisions, improved relationships, and greater inner balance.

In this way, the physical world is gradually transformed by the quality of consciousness and energy flowing through it.

A grounded understanding is important here:

- Stillness may help us perceive new solutions more clearly.
- Calm awareness can improve emotional regulation, creativity, relationships, and problem-solving.
- Meditation can positively influence mental and physical well-being.

But this should not be interpreted as:

- a guarantee of instant miracles,
- a replacement for medical care,
- or proof that every physical event can be controlled purely by thought.

A mature spiritual understanding is:

Alive Omnipresent Stillness does not magically erase all challenges, but it can transform the way consciousness responds to them, often opening possibilities, wisdom, resilience, healing, and solutions that were previously hidden by fear and mental noise.

6. So daily we must experience ourselves, others and everything in this universe more as energy and less as matter and reach to 99% energy and 1% matter state. That means we must first experience limited-I as 1% form 99% energy, then only we can experience body-mind, others and everything in this universe more as energy and less as matter. Explain in detail.

Your statement points toward a shift in perception — from experiencing life as rigid, separate, and fixed, to experiencing it as dynamic, interconnected, alive, and continuously transforming.

But it is important to understand this carefully and practically.

The “99% energy and 1% matter” idea should not be taken as rejecting the physical world or denying the body. Rather, it is a way of loosening excessive identification with fixed forms.

Normally, the mind experiences:

- “I am only this body.”
- “Others are separate objects.”
- “Situations are solid and fixed.”
- “Pain, success, failure, identity are absolute realities.”

This creates psychological rigidity and fear because everything in life changes.

Your contemplation points toward another way of experiencing reality:

- the body as a living process,
- thoughts as movements,
- emotions as flowing energies,
- relationships as dynamic exchanges,
- life as continuous transformation within awareness.

1. Why We Experience Matter as Solid

The senses and mind are designed for survival.

So they naturally:

- divide,
- label,
- categorize,
- solidify experience.

For example:

- “my body,”
- “your body,”
- “money,”
- “problem,”
- “success,”
- “disease.”

But when observed carefully:

- the body is changing every moment,
- thoughts continuously arise and dissolve,
- emotions move like waves,
- even personality changes over time.

So what appears “solid” is actually process and movement.

2. What “Experiencing as Energy” Means

It does not necessarily mean seeing literal light or mystical vibrations.

It means experiencing life more as:

- movement,
- flow,
- aliveness,
- intelligence,

- interconnected process,
rather than as frozen identity.

For example:

Instead of:

“I am anger.”

You begin to experience:

“Anger is a temporary energetic movement appearing in awareness.”

Instead of:

“My life is destroyed.”

You experience:

“A difficult transformation is occurring.”

Instead of:

“This relationship defines me.”

You experience:

“Relationship is a living interaction that changes.”

This shift reduces psychological contraction.

3. First Shift: Limited-I as Process, Not Fixed Entity

You correctly observed something important:

Before experiencing the universe differently, the sense of “me” must soften.

Normally the limited-I feels:

- fixed,
- separate,
- defensive,
- solid.

But through observation, you begin noticing:

- thoughts change,
- moods change,

- beliefs change,
- body changes,
- identity changes.

Then a deeper realization appears:

The “I” itself is also a flowing process appearing within awareness.

This loosens rigid ego-identification.

Then experience becomes lighter.

4. From Form-Centered Living to Energy-Centered Living

Form-centered living says:

- hold pleasure permanently,
- remove pain immediately,
- control everything,
- secure identity,
- resist change.

This creates tension because life naturally changes.

Energy-centered living says:

- experiences move,
- emotions transform,
- situations evolve,
- life flows,
- Along with these, the limited-self also naturally transforms,
- but the still-awareness remains.

Then there is less inner resistance.

You still act intelligently,
but without psychological rigidity.

5. Why This Creates Ease

Suffering often increases not only because of events, but because of resistance to change.

Examples:

- wanting youth to remain forever,
- wanting relationships never to change,
- wanting only success,
- wanting emotional states to stay fixed.

But life moves continuously.

When you experience reality more as flowing energy:

- emotions move faster,
- healing becomes easier,
- fear reduces,
- adaptability increases,
- nervous system relaxes.

6. Important Balance

Do not reject matter or physical life.

The goal is not:

- neglecting the body,
- denying emotions,
- escaping responsibilities.

Instead:

- care for the body,
- work,
- love,
- act wisely,
while inwardly understanding:
everything is dynamic and changing.

So balance becomes:

- fully participate in life,
- but do not become psychologically imprisoned by changing forms.

7. Conclusion

The transformation of perception begins with the limited-I itself.

As long as the limited-I experiences itself as only a solid physical body and psychological identity, it will naturally experience:

- others as separate solid entities,
- the world as rigid matter,
- and life as a struggle for control, security, and permanence.

A consciousness limited to form can only perceive reality primarily through form.

Therefore, the first shift in inner practice is to experience the limited-I not merely as a fixed material identity, but as:

- 1% temporary form,
- and 99% living energy-consciousness expressing through that form.

When the limited-I begins to feel itself more as:

- alive presence,
- flowing awareness,
- moving energy,
- and silent stillness behind thoughts and emotions,
then perception itself transforms.

Only then does the body-mind begin to appear less like a rigid object and more like a dynamic energetic process.

Similarly:

- relationships become energetic interactions rather than fixed psychological contracts,
- emotions become temporary movements rather than permanent identity,
- and the universe begins to be experienced as a living field of interconnected movement and awareness rather than isolated matter.

Thus, the way we experience the universe depends upon how the limited-I experiences itself.

If the limited-I feels solid and separate, the world appears solid and separate. If the limited-I experiences itself as living consciousness-energy expressing temporarily through form, then existence itself is gradually perceived more as flowing energy and less as rigid matter.

Therefore, meditation and inner awareness are not attempts to reject the physical world, but methods for transforming the center of identity of the limited-I — from exclusive identification with temporary form to deeper alignment with the living field of awareness, energy, and omnipresent stillness underlying all existence.

7. I have swelling, lump and pain in the leg. Give guided meditation step wise so that cells in the leg vibrate fast and instant healing happens using 50%-49%-1% concept.

Now, within your 50%–49%–1% framework, here is a **deep guided meditation** designed to:

- relax the system,
- reduce fear and contraction,
- increase inner awareness and flow,
- and support natural healing processes.

Guided Meditation

Supporting Healing in the Leg Through 50%-49%-1% Awareness

Stage 1 — Settle and Prepare

Sit or lie down comfortably.

Let the affected leg rest without strain.

Close your eyes gently.

Take a slow breath in...
and exhale slowly...

Again... inhale...
and exhale...

Do not try to “heal” yet.

First, allow the system to **stop fighting**.

Now silently say:

“I allow the body to relax.”

“I am safe to observe.”

Stage 2 — Experience the Limited-I as 50%-49%-1%

Before healing leg, first experience yourself correctly.

Step 1 — 1% Form

Feel your body:

- the leg,
- the swelling,
- the lump,
- the pain.

Do not resist it.

Simply acknowledge:

“This is the 1% physical expression.”

No judgment.

No fear.

Step 2 — 49% Moving Energy

Now observe:

- sensation of pain,
- throbbing,
- tightness,
- discomfort,
- emotional reactions (fear, worry, irritation).

See all of this as **movement in all directions**.

Not solid.

Not permanent.

Now say:

“These are moving energies within the body.”

Feel the sensation as changing vibration, not fixed mass.

Step 3 — 50% Omnipresent Alive Stillness

Now go deeper.

Behind the body...

behind sensations...

behind thoughts...

there is silent presence.

Still.

Alive.

Aware.

Unchanging.

Rest in that.

Now say softly:

“I am rooted in omnipresent alive stillness.”

Stay here for a few moments.

Stage 3 — Connect Stillness to the Body

Now imagine:

This 50% alive stillness is not separate from the body.

It silently **supports every cell**.

Like a background field.

Now bring gentle awareness to the leg.

Do not force anything.

Just include it in awareness.

Stage 4 — Increase Natural Flow (Like Electricity)

Now imagine:

From stillness, a gentle life-flow spreads through the body.

Not dramatic.

Not forced.

Like a **smooth current** flowing through a system.

Feel:

- circulation in the leg,
- warmth,
- subtle movement,
- space opening.

Now say:

“Life-energy flows naturally through every cell.”

Do not imagine “fast vibration” aggressively.

Instead, feel **clear, smooth, unobstructed flow**.

Stage 5 — Soften the Swelling and Pain

Now bring awareness directly to the painful area.

Instead of seeing:

- “lump,”
- “swelling,”
see it as a **pattern of dense activity**.

Now imagine:

As awareness increases:

- tightness loosens,
- pressure softens,

- density becomes more fluid.

Like:

- ice slowly becoming water,
- heaviness becoming movement.

Now say:

“This area is not fixed.”

“It is a changing energetic process.”

Stay gentle.

No force.

Stage 6 — Allow Natural Healing Intelligence

Now release the idea:

“I must heal this immediately.”

Instead allow:

“The body knows how to restore balance.”

Feel:

- circulation improving,
- tension reducing,
- system regulating.

Now say:

“I support natural healing.”

“I allow intelligent transformation.”

Stage 7 — Dissolve Fear and Urgency

Now observe if there is:

- fear,
- urgency,
- frustration,
- “this must go now.”

These create contraction.

Now let them soften.

Say:

“I do not fight the body.”

“I allow transformation in its natural rhythm.”

Feel deeper relaxation.

Stage 8 — Rest in 50%-49%-1% Unity

Now experience simultaneously:

- 50% stillness — silent, stable,
- 49% energy — flowing, changing,
- 1% body — temporary expression.

Let all coexist.

No conflict.

Now affirm:

“Stillness supports.”

“Energy flows.”

“The body transforms.”

Rest quietly.

Stage 9 — Completion

Take a deep breath.

Place your hand gently on the leg or heart.

Offer gratitude to the body.

Now say:

“I remain rooted in stillness.”

“I allow natural healing.”

“I act wisely and care for my body.”

Slowly open your eyes.

Final Understanding

This practice helps:

- reduce internal resistance,
- calm the nervous system,
- improve awareness,
- and support healing conditions.

But true maturity is this balance:

Inner stillness + natural energy flow + practical care = real harmony

If symptoms persist, worsen, or are unclear, please **consult a doctor** while continuing this meditation as supportive practice.

8. Give guided meditation to increase the vibrations of positive-negative-neutral thoughts-emotions-feelings so that all can transform into pure energy using 50%-49%-1% concept.

Guided Meditation

Allowing Thoughts, Emotions, and Feelings to Transform into Pure Energetic Flow Through the 50%-49%-1% Awareness

This meditation is based on the understanding that:

- the 50% Omnipresent Alive Stillness is the silent source and stabilizing foundation,
- the 49% moving energy is the flow of thoughts, emotions, sensations, and life-force,
- and the 1% matter is the temporary physical expression of this deeper reality.

The purpose is not to suppress thoughts or emotions.

The purpose is:

- to reconnect the limited-I to the deeper field of alive stillness,
- allow greater energetic flow,
- and let positive, negative, and neutral states naturally transform into lighter energetic movement within awareness.

Like electricity increasing through a system, greater connection to stillness allows the energetic flow of the mind-body system to become:

- clearer,
- freer,
- more harmonious,
- and less contracted.

Step 1 — Prepare the Inner System

Sit comfortably.

Keep the spine relaxed.

Close your eyes gently.

Take slow deep breaths.

With each exhalation, release pressure from:

- face,
- chest,
- stomach,
- legs,
- and mind.

Imagine the entire nervous system softening and opening.

Now silently say:

“I allow the inner system to become open and receptive.”

Pause quietly.

Step 2 — Experience the Limited-I as 50%-49%-1%

Now bring awareness to the limited-I — the sense of “me.”

Do not experience yourself only as physical matter.

Instead gently feel:

- 50% as silent omnipresent alive stillness,
- 49% as moving life-energy in all directions,
- 1% as temporary body, thoughts, and personality.

Feel:

- stillness as infinite silent presence,
- energy as movement and vibration,
- form as temporary expression.

Now affirm slowly:

“The limited-I is not merely physical form.”

“I am alive stillness expressing through energy and body.”

Rest deeply in this feeling.

Step 3 — Connect to the Energy Supply from Stillness

Now imagine the 50% Alive Stillness as an infinite silent source.

Not forceful.

Not emotional.

But endlessly stable and alive.

Now imagine this stillness naturally supplying subtle energy to the whole inner system.

Like electricity flowing into a network.

Feel:

- awareness brightening,
- breath becoming alive,
- inner space opening.

Now silently repeat:

“Alive stillness continuously supports and energizes the entire system.”

Pause.

Step 4 — Increase the Vibrational Flow

Now imagine energy beginning to circulate more freely through:

- the brain,
- heart,
- nervous system,
- emotions,
- thoughts,
- and body.

Like increased electrical current activating a system, awareness increases energetic movement.

Feel:

- stagnation softening,
- heaviness loosening,
- mental rigidity relaxing.

Not chaotic intensity.

But clearer and freer movement.

Now affirm:

“Natural energy flows freely through all layers of my being.”

Remain relaxed.

Step 5 — Observe Thoughts as Vibrational Energy

Now allow thoughts to arise naturally.

Positive thoughts.

Negative thoughts.

Neutral thoughts.

Do not cling.

Do not resist.

Simply observe each thought as:

- vibration,

- movement in all directions,
- energetic activity within awareness.

Notice:

thoughts continuously arise and dissolve.

Now silently say:

“Thoughts are energetic waves moving in all directions within awareness.”

Feel the mind becoming lighter and more fluid.

Step 6 — Allow Emotions and Feelings to Transform

Now observe emotions and feelings.

Whether:

- joy,
 - sadness,
 - fear,
 - anger,
 - calmness,
 - emptiness,
- allow all equally.

Feel emotions not as fixed identity,
but as energetic currents moving in all directions.

Now imagine the increased energetic flow from alive stillness gently raising the vibrational movement of all emotions.

Like electricity increasing movement through a system.

Heavier emotional contractions begin softening into freer energy flow.

Now affirm:

“All emotions naturally transform within living awareness.”

Pause deeply.

Step 7 — Dissolving into Pure Energetic Flow

Now imagine:

- thoughts becoming lighter,
- emotions becoming fluid,
- feelings becoming spacious vibrations.

Not suppressed.

Not denied.

But naturally transforming into pure energetic movement within awareness.

Feel:

- contraction dissolving,
- movement increasing,
- openness expanding.

Now silently repeat:

“All experiences transform into pure energetic flow through connection to alive stillness.”

Remain peaceful.

Step 8 — Rest in the 50%-49%-1% Experience

Now experience simultaneously:

- 50% silent omnipresent stillness,
- 49% flowing vibration and energy,
- 1% temporary body and personality.

Feel:

- stillness as stable,
- energy as dynamic,
- form as temporary.

Now affirm slowly:

“Stillness is my foundation.”

“Energy is my living movement.”

“Form is my temporary expression.”

Rest here silently.

Step 9 — Expansion Beyond Contraction

Now feel the limited-I becoming:

- less rigid,
- less fearful,
- less identified with fixed emotional states.

Feel:

- openness,
- energetic harmony,
- peaceful aliveness.

Now silently say:

“The limited-I relaxes into living awareness.”

“All vibrations transform naturally.”

“Alive stillness continuously supports the flow of energy.”

Pause deeply.

Step 10 — Completion

Take a slow deep breath.

Feel the whole system:

- alive,
- open,
- flowing,
- peaceful,
- balanced.

Now gently affirm:

“I remain rooted in omnipresent alive stillness.”

“Energy flows naturally through all experiences.”

“All thoughts, emotions, and feelings transform within awareness.”

Slowly open your eyes.

Carry this awareness gently into daily life.

9. I have given money to someone but he not giving back. Give guided meditation step wise so that vibrations of both of us should increase and he returns money in harmonious way using 50%-49%-1% concept.

Guided Meditation

Harmonizing Money Energy Through the 50%-49%-1% Awareness

This meditation is not about controlling another person's mind.

It is about:

- stabilizing the limited-I in omnipresent alive stillness,
- allowing emotional energy to transform naturally,
- increasing harmony, clarity, openness, and right action between both people,
- and reducing fear, anger, pressure, and energetic contraction around money.

Stage 1 — Preparing the System

Sit comfortably.

Keep the spine relaxed.

Close the eyes gently.

Do not try to force peace.

Simply allow everything to exist.

Now slowly breathe in...

...and breathe out.

Again...

Inhale softly...

Exhale slowly...

Feel the body settling naturally.

Stage 2 — Experience the Limited-I as 50%-49%-1%

Before harmonizing with another person, first experience yourself correctly.

First become aware of yourself.

Not only the body...

but the deeper field behind the body.

Step 1 — The 1% Matter

Feel:

- the legs,
- hands,
- heartbeat,
- face,
- breath.

Recognize:

“This physical body and personal identity are only the 1% outer expression.”

Do not reject the body.

Simply see it as the visible layer.

Step 2 — The 49% Moving Energy

Now observe:

- thoughts,
- emotions,
- memories,
- fear about money,
- irritation,
- expectation,
- hope,
- disappointment.

See all of them as energy currents moving in all directions.

Not enemies.

Not problems.

Just movement.

Say inwardly:

“These are the 49% moving energies flowing through consciousness.”

Notice:

- emotions move,
- thoughts move,
- reactions move,
- expectations move.

Everything vibrates and changes.

Do not suppress them.

Do not cling to them.

Allow natural transformation.

Step 3 — The 50% Omnipresent Alive Stillness

Now go deeper.

Behind all movement...

there is silent alive presence.

Still...

aware...

unchanging...

open...

Feel that silent field.

Not dead silence.

Living stillness.

Omnipresent awareness.

Say inwardly:

“I am rooted in the 50% omnipresent alive stillness.”

Remain there.

No forcing.

Just resting.

Stage 3 — Allow the Energy Around Money to Transform

Now bring the person into awareness gently.

Do not create conflict internally.

Just allow their image to appear naturally.

Observe:

- your expectations,
- pain,
- anger,
- insecurity,
- fear of loss.

See all these as energetic movements inside the 49%.

Now imagine:

The 50% alive stillness silently supplying energy to all movements.

Like electricity flowing through a system.

Not violent electricity.

Balanced intelligent energy.

Feel the emotional contractions beginning to vibrate faster and soften.

Not through force...

but through awareness.

Stage 4 — Harmonizing Both Energies

Now imagine:

You and the other person are both surrounded by the same omnipresent alive stillness.

Two bodies...

two minds...

but one field of existence.

Now silently repeat:

“May clarity increase.”

“May fear dissolve.”

“May harmony increase.”

“May right action happen naturally.”

“May money flow in balanced and peaceful ways.”

“May both of us act from awareness rather than fear.”

Now imagine:

- resistance becoming softer,
- confusion becoming clearer,
- heaviness becoming lighter.

Not forcing an outcome.

Allowing harmonious alignment.

Stage 5 — Transforming Emotional Energy into Pure Energy

Now observe:

- anger,
- attachment,
- anxiety,
- urgency.

Do not fight them.

Instead imagine:

The 50% alive stillness supplying immense calm energy into the system.

As this energy increases:

- emotional density loosens,
- thoughts become lighter,
- reactions become transparent,

- contractions dissolve into flowing energy.

Like ice becoming water...

water becoming vapor...

everything becoming subtle vibration.

Say inwardly:

“All energies are transforming naturally within awareness.”

Remain with this for a few minutes.

Step 6 — Receive Inner Guidance

Now sit silently.

Allow intuitive wisdom to arise.

Perhaps you may receive clarity about:

- when to speak,
- how to communicate,
- whether to wait,
- whether to set boundaries,
- whether to take practical action.

Stillness does not replace action.

It helps action become clearer and less reactive.

Rest quietly.

...

...

...

Stage 7 — Returning to Ease

Now recognize:

Trying to force outcomes creates contraction.

But remaining connected to omnipresent alive stillness allows:

- better communication,
- intuitive clarity,
- balanced action,
- and natural energetic harmony.

Now say inwardly:

“I allow natural transformation.”

“I remain rooted in alive stillness.”

“I act wisely and peacefully.”

“What must happen will unfold in the right way.”

Take a slow deep breath.

Feel the body.

Feel the room.

Gently open the eyes.

Conclusion

The purpose of this meditation is not escapism or passive waiting.

It is to help the limited-I shift:

- from contraction to openness,
- from emotional pressure to awareness,
- from fear-based control to harmonious clarity.

When the limited-I experiences itself as:

- 50% omnipresent alive stillness,
- 49% moving energy,
- and only 1% temporary form,

then even money situations begin to feel less like personal warfare and more like flowing energy patterns capable of transformation through awareness, balance, communication, and right action.

10. My wife always fights with me and disagrees with all my decisions. So my relationship with her is not harmonious. Give guided meditation step wise so

that vibrations of both of us should increase and we both always stay harmonious using 50%-49%-1% concept.

Guided Meditation

Harmonizing Relationship Energy Through the 50%-49%-1% Awareness

This meditation is not about controlling your wife or making her obey your decisions.

It is about:

- helping the limited-I become stable in omnipresent alive stillness,
- allowing emotional energies in both people to soften and transform naturally,
- increasing clarity, listening, openness, compassion, and harmony,
- and reducing energetic contraction such as anger, defensiveness, ego-pressure, and resistance.

Stage 1 — Settling the Body and Mind

Sit comfortably.

Relax the shoulders.

Keep the spine natural.

Close the eyes gently.

Do not try to become peaceful immediately.

Simply allow this moment to exist.

Now slowly inhale...

...and exhale.

Again...

Breathing in...

Breathing out...

Let the nervous system settle naturally.

Stage 2 — Experience the Limited-I as 50%-49%-1%

Before harmonizing with another person, first experience yourself correctly.

Step 1 — Experience the 1% Matter

Feel the physical body:

- chest,
- heartbeat,
- hands,
- face,
- breath.

Recognize:

“This body and personal identity are only the 1% outer form.”

Do not reject the form.

Simply understand:
it is the visible layer.

Step 2 — Experience the 49% Moving Energy

Now observe:

- thoughts,
- emotional reactions,
- frustration,
- hurt,
- desire to be understood,
- resistance,
- disappointment,
- need for agreement.

See all of them as moving energies in all directions.

Not permanent truths.

Not identity.

Just energetic movement.

Say inwardly:

“These are the 49% moving energies in all directions.”

Notice:

- emotions rise,
- thoughts change,
- reactions move like waves.

Do not suppress them.

Do not feed them.

Allow them to move naturally.

Step 3 — Experience the 50% Omnipresent Alive Stillness

Now go deeper than thought and emotion.

Behind all movement...

there is silent living presence.

Still...

aware...

unchanging...

open...

Feel this omnipresent alive stillness.

Not emotional excitement.

Not dull emptiness.

Living silent awareness.

Say inwardly:

“I am rooted in the 50% omnipresent alive stillness.”

Rest there gently.

Stage 3 — Seeing the Relationship as Energy Movement

Now bring your wife into awareness softly.

Do not replay arguments.

Simply allow her presence to appear.

Now observe the energetic field between both of you.

Notice:

- expectations,
- misunderstandings,
- emotional pressure,
- disagreement,
- defensiveness,
- need for control,
- fear of not being valued.

See all these as movements within the 49%.

Not permanent reality.

Not fixed identity.

Just moving energy patterns.

Stage 4 — Increasing Harmonious Vibrations

Now imagine:

The 50% omnipresent alive stillness is supplying energy into both systems.

Like intelligent electricity flowing through two connected circuits.

Not aggressive force.

Balanced living energy.

As this energy increases:

- emotional heaviness begins loosening,
- mental rigidity softens,
- reactive patterns become lighter,
- communication becomes more open.

Feel the vibrations becoming finer and lighter.

Not emotionally intense.

More spacious.

More alive.

More transparent.

Stage 5 — Transforming Conflict into Pure Energy

Now silently repeat:

“May harmony increase between us.”

“May both of us feel heard and understood.”

“May resistance transform into openness.”

“May fear transform into awareness.”

“May love flow naturally without force.”

“May both of us remain connected to alive stillness.”

Now imagine:

- arguments dissolving into understanding,
- emotional heat transforming into clarity,
- rigid thoughts becoming flowing energy.

Like dense matter transforming into light vibration.

Allow everything to transform naturally.

No forcing.

No controlling.

Stage 6 — Releasing the Need to Control

Now become aware:

Much relationship suffering comes from:

- wanting permanent agreement,
- wanting fixed emotional states,
- wanting others to move according to our expectations.

But all energies naturally change.

Thoughts change.

Emotions change.

Opinions change.

States change.

Now inwardly say:

“I do not force harmony.”

“I allow natural transformation.”

“I remain rooted in omnipresent alive stillness.”

“From stillness, wise action and communication arise naturally.”

Feel the nervous system relaxing.

Stage 7 — Living the 50%-49%-1% Awareness Daily

Now understand deeply:

- 50% is the omnipresent alive stillness,
- 49% is the moving emotional and mental energy in all directions,
- 1% is the temporary physical form and personality.

Relationship suffering becomes heavy when the limited-I identifies only with the 1%.

Harmony increases when the limited-I remains connected to the deeper 99% field.

Then:

- listening improves,
- reactions soften,
- communication becomes clearer,
- and love becomes less possessive and more conscious.

Closing

Take a slow deep breath.

Feel the body.

Feel the silence behind all thoughts.

Remain for a few moments in simple alive stillness.

Then gently open the eyes.

Conclusion

The purpose of this meditation is not to eliminate differences or create artificial agreement.

It is to help the limited-I stop becoming trapped inside changing emotional waves.

When the limited-I experiences itself as:

- 50% omnipresent alive stillness,
- 49% moving energy in all directions,
- and only 1% temporary personality and form,

then relationship conflicts gradually lose their heaviness, and both people gain more space for harmony, compassion, understanding, and natural transformation.

11. Oscillations or Vibrations

Healthy Cells oscillates or vibrates 50-70 times per second; 3000-4200 times per minute.

Cancer Cells vibrates 20-30 times per second; 1200-1800 times per minute.

Emotional Oscillations:

1. Fear: 0.5-1.5 Hz (300-900 oscillations/minute)
2. Anger: 1.5-3 Hz (900-1800 oscillations/minute)
3. Sadness: 3-5 Hz (1800-3000 oscillations/minute)
4. Joy: 5-7 Hz (3000-4200 oscillations/minute)
5. Love: 7-10 Hz (4200-6000 oscillations/minute)
6. Gratitude: 10-12 Hz (6000-7200 oscillations/minute)
7. Compassion: 12-15 Hz (7200-9000 oscillations/minute)

Spiritual Oscillations:

1. Connection to Nature: 15-20 Hz (9000-12,000 oscillations/minute)
2. Inner Peace: 20-25 Hz (12,000-15,000 oscillations/minute)
3. Spiritual Awakening: 25-30 Hz (15,000-18,000 oscillations/minute)

4. Higher Consciousness: 30-35 Hz (18,000-21,000 oscillations/minute)
5. Enlightenment: 35-40 Hz (21,000-24,000 oscillations/minute)
6. Unity Consciousness: 40-45 Hz (24,000-27,000 oscillations/minute)
7. Cosmic Awareness: 45-50 Hz (27,000-30,000 oscillations/minute)

Higher States:

1. Bliss: 50-60 Hz (30,000-36,000 oscillations/minute)
2. Ecstasy: 60-70 Hz (36,000-42,000 oscillations/minute)
3. Divine Love: 70-80 Hz (42,000-48,000 oscillations/minute)
4. Spiritual Oneness: 80-90 Hz (48,000-54,000 oscillations/minute)
5. Transcendence: 90-100 Hz (54,000-60,000 oscillations/minute)

Brain Wave Oscillations:

1. Beta (thinking): 13-30 Hz (7800-18000 oscillations/minute)
2. Alpha (relaxation): 8-12 Hz (4800-7200 oscillations/minute)
3. Theta (meditation): 4-8 Hz (2400-4800 oscillations/minute)
4. Delta (sleep): 0.5-4 Hz (300-2400 oscillations/minute)

Note:

1. These values are hypothetical and not scientifically proven.
2. Oscillations can vary depending on individual experiences and perspectives.
3. These frequencies are not meant to be taken literally but rather as a symbolic representation.

Sources:

1. Spiritual and metaphysical literature.
2. David R. Hawkins' "Power vs. Force".
3. Barbara Ann Brennan's "Hands of Light".
4. Gregg Braden's "The Divine Matrix".

Keep in mind that these oscillation speeds are a subjective representation and not directly measurable.

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