

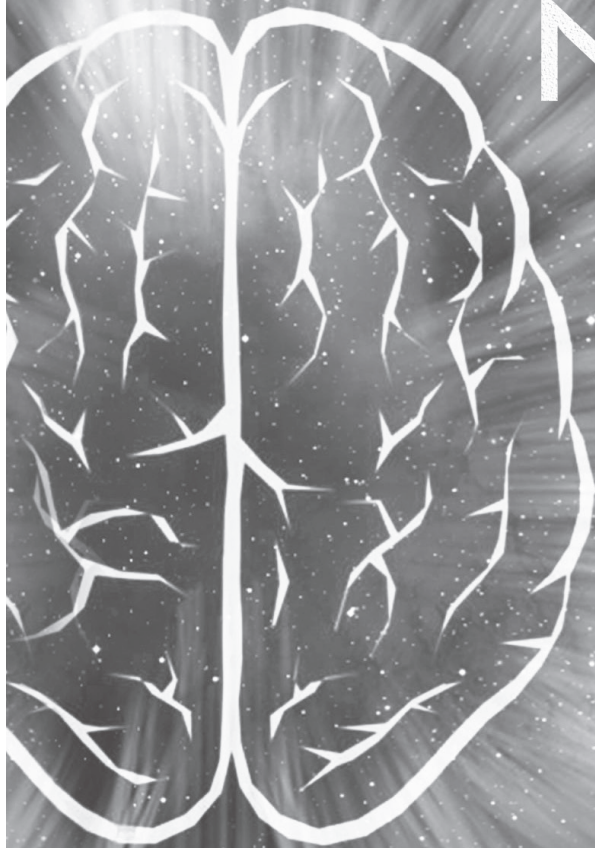
# THE QUANTUM MINDSET IN A NUTSHELL



What They Won't  
Teach You in School.  
That Could  
Change Your Life

RICK  
THOMPSON

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## CHAPTER 0:

# THE INTRODUCTION YOU SHOULDN'T SKIP

It's safe to say that we don't know what we don't know, but as long as we know that there are things that we don't know, we have the opportunity for growth in all areas of life. If we embrace the energy of curiosity and choose to live our life with an open mind, we are able to expand our worldview and evolve *to the next level...*

What's the next level?

Famous Apple co-founder, Steve Jobs, was rumored to dislike focus groups. He stated, "A lot of times, people don't know what they want until you show it to them." Similarly, automobile pioneer, Henry Ford, famously stated, "If I had asked people what they wanted, they would have said faster horses."

This raises the question: What's the next big thing to come that we may not be aware of yet? Is it another revolutionary invention like the internet, a new communication device that's better than a cell phone, or maybe it's a faster transportation system, something more efficient than an airplane? What if it's better than all the aforementioned combined, something with the power to affect all aspects of life on this planet... a revolution of the mind and a new way of thinking called *The Quantum Mindset*?

Quantum-mind thinking is not only the next level of thinking, it's the next stage in our human evolution. Soon the world will realize that reality isn't real until we give our energy to it; our conscious mind observes and chooses what to focus on by exercising its free will, while our subconscious mind is the powerhouse constructing the reality we choose to create based on our beliefs and choices. The quantum mindset doesn't embody this as a new age teaching. This is cosmic law that we've all inherited at birth but have forgotten as we were led astray.

The best thing about achieving the quantum mindset is that you do not need to acquire a college degree or have any scholarly training. In fact, you don't need to learn much at all. What you will need to do is unlearn that which no longer serves your highest good and open your mind to the infinite possibilities that surround you.

The only thing you will need to "learn" isn't something that needs to be learned *per se*, but more so perceived. The only thing holding you back from *accessing* your quantum mindset are your unspoken rules. I later explain and refer to these unspoken rules as "negative one-liners." These rules are beliefs you acquired starting from adolescence throughout your adulthood, and most are likely unbeknownst to you at the moment.

Become aware of the things you tell yourself every day. What are your unconscious beliefs? Did they serve their purpose then, and do they serve your purpose now? Do these rules make you happy, or do these rules stress you out? Most importantly, where and when did you set those rules for yourself, and why do you still believe them?

Have you ever wondered why certain things are the way they are? I often share the following story of five monkeys and a banana as an example.

In an experiment, five monkeys were placed in a cage together, with a banana hanging on a rope just outside their reach. Researchers

## THE INTRODUCTION YOU SHOULDN'T SKIP

placed a step ladder in the middle of the cage which would allow the monkeys to reach the banana. Whenever one of the monkeys attempted to climb for the banana, ALL five monkeys were sprayed with freezing cold water just as soon as the monkey reached for it.

Researchers repeated this several times until the monkeys caught on and made the association between reaching for the banana and the collective punishment of being sprayed with freezing cold water. Soon, there was no longer a need for the water. None of the monkeys would even attempt to reach for the banana due to their fear of being sprayed again.

Next, they replaced one of the five monkeys with a new monkey. Of course, the new monkey, not aware of the cold-water punishment, tried to reach for the banana and immediately the other four monkeys attacked him. Eventually, he stopped trying to reach the banana.

One by one, the original monkeys who had first experienced the ice-water treatment were replaced by a new monkey. The same cycle repeated as the new monkeys were attacked by the other monkeys until they quit trying to reach the banana.

Eventually, five new monkeys occupied the cage, and none of the original monkeys who had experienced the icy water treatment remained. The researchers introduced a new monkey to the cage with the others who had never been sprayed. When this monkey tried to reach for the banana, all five monkeys attacked him, without knowing why they were doing what they were doing.

What did this study teach us? Even though none of these monkeys knew about the group punishment of being sprayed with cold water, along the way they learned that reaching for the banana is forbidden. They became the enforcers of this *rule* without knowing its origins or purpose.

Cultural habits, parental teachings, group beliefs, and religious rituals are created over time and passed to the next generation. Often these practices are ingrained and shared without anyone knowing why, when, or where it started. After all, most people blindly follow the behavior of others in a group just to be accepted, while those who have already accepted the new culture and rules will fight to keep them intact.

So, the next time someone says, “This is just how we do things around here,” or, “This is how it’s always been,” or, “It is what it is,” ask the question, “*Why?*” You’ll be surprised to hear that many people don’t know why they do what they do or believe what they believe.

The truth is: the only thing we get to do in life is decide what *our* rules are, what we focus on and what we think about. The problem is that so much information is presented to us that we’re told we need to believe, but the information just isn’t true. The world changes and things evolve, yet we don’t realize it. We unconsciously adopt old beliefs, then pass them on or miscommunicate them, because we misunderstood or misinterpreted them. This fatal coding error now becomes our “stake in the ground,” cemented in our rules and keeping us from going anywhere.

### WE BECOME WHAT WE BELIEVE

There’s a story of the elephant and the rope, where a baby elephant is tied to a stake with a rope. He pulls and pulls and pulls, but he can’t budge the stake in the ground. He finally gives up, believing he’ll never be able to pull out the stake or break the rope. A few years go by, and the elephant becomes a 4,000-pound giant, still confined only by a little, itty-bitty rope and stake. But the elephant believes he can’t break the rope, and remains caught, even though he is big and strong enough to easily break free.



In the old science-based mindset, people believed many things were quite impossible. For instance, they thought the power of the mind to influence matter was nonexistent. Because of this belief, everyone operated within the confines of a purely materialistic universe. Then along came the quantum gang, who disproved that limiting belief, and now we're able to envision and act on expanded beliefs of who we are and what we can accomplish in the world. As kids, we were programmed with one-liner beliefs that often seriously limited our full potential. Now we're purposefully expanding our beliefs.

You may be asking yourself, "OK, so how do I crack the code and change my rules so I can begin accessing my quantum mindset?" Well, grab a notepad and a pen and let me show you how. We'll start off slow then pick up the pace as we go. Just remember to have an open mind, and don't worry ... your brain won't fall out (wink wink).

## BE LIKE WATER

*"You must be shapeless, formless, like water. When you pour water in a cup, it becomes the cup. When you pour water in a bottle, it becomes the bottle. When you pour water in a teapot, it becomes the teapot. Water can drip and it can crash. Become like water my friend."*

—Bruce Lee

Almost everyone has heard the phrase, "Is the glass half empty or half full?" This question relates to how you perceive life; do you focus on the good or do you focus on the bad? Do you focus on abundance or do you focus on scarcity? Before this cognitive reflection, we just saw a glass with water, with no forward-thinking, just identifying black and white. But with a quantum mindset, we no longer ask if the glass is half empty or half full. Instead, we ask, "Was the water poured in, or was it poured out? And what can I do with this half glass of water?"

## THE QUANTUM MINDSET

You will soon see life as infinite possibilities and probabilities that will benefit you and everyone around you.

Water itself is an amazing element. All life started from water. Water holds a vibration better than just about any other element. Therefore, the possibility of what we could do with water is endless.

The study headed by Dr. Masaru Emoto is a great example. In this study, scientists took two glasses of water and emotionally showered one glass of water with TLC (Tender Loving Care) by verbally and repeatedly telling the water it was loved, with all sorts of positive words. Meanwhile, the scientists isolated the other glass of water and did the opposite by saying horrible things to it. Then they froze the two glasses of water. Afterwards, the water that had been showered with positive words of love had frozen into patterns of beautiful snowflakes and geometric shapes, which amazed the scientists. When they examined the other glass, it had noticeably abnormal and non-symmetrical shapes that were far less recognizable compared to the beautiful snowflakes in the previous glass. Below are actual images of the results when this study was performed, where the glasses of water were exposed to positive and negative communication, frozen, then examined under a high-powered microscope.



Photo taken from [www.SpiritScience.com](http://www.SpiritScience.com)

Water is the most receptive of the five elements in Taoism (wood, fire, earth, metal, water), and it's a scientific fact that our bodies are made up of more than 75 percent water. If mere negative thoughts and discouraging words can have such a significant impact on water, since our bodies are made up of 75 plus percent water, imagine what our thoughts and negative words can do to us.

NOTE: The practice of *Quantum Water Jumping* has been going viral on YouTube recently. You can check out this new rapid-manifestation phenomenon on my website: [TheQuantumMindset.com](http://TheQuantumMindset.com).

### WHAT IS THE QUANTUM MINDSET?

It's no longer a secret—human society is currently in deep transformation regarding how we habitually see ourselves, how we engage with the world, and how we accomplish our goals. Similar to the previous mind-jolt 500 years ago when people began to realize the world was not a flat surface but a sphere hurtling through space, recent scientific discoveries have exploded our classical scientific assumptions about the nature of the universe.

We all know that what we believe to be true tends to be what we manifest in our lives. Everything we create in our outer world begins as a dream, an idea, a vision that grows outward from our imagination into material expression. This means that if we want to change our lives for the better, we first need to hold an inner mindset that reflects the most up-to-date quantum understanding of how the world works.

Much of our world is rapidly being transformed by science and technological advances that most of us haven't kept up with the new vision of reality that quantum physics has revealed. We're stuck trying to operate in a rapidly-changing world using old assumptions and unrealistic expectations. The result is that we're not succeeding at our highest potential, because we're not taking advantage of the

many breakthroughs in science, technology, and psychology that can expand and enlighten our personal worldview.

To correct this dilemma, we need to take *action*—we need to shift into a new mindset that empowers us to leap into a more productive and fulfilling life experience. We need to consciously let go of old out-moded beliefs and attitudes about how the world functions and embrace a quite remarkable new vision of who we are, and how we can best interact with the world to get what we truly want.

As an example of how great this leap into a quantum mindset can be, consider the quantum-physics discovery that everything around us that we assumed to be “dead,” inanimate matter is actually vibrantly alive at subatomic levels, empowered with remarkable energy, intelligence, attraction, and engagement. When this new understanding of reality begins to sink into our worldview, it carries the power to transform everything in our lives.

In the vast macro-dimension of astrophysics, revolutionary new discoveries shatter our old beliefs and present an expanded vision of the universe that directly impacts our sense of who we are and how our lives are evolving. For instance, we were taught that the universe expands at a steady speed, but now we know the whole universe is actually accelerating. Even at the cosmic level, things are speeding up, just as our personal lives seem to be going faster and faster. When we take in this new information about the universe, we can break out of “future shock” and expand our worldview to embrace the expansive nature of the reality we live in.

Likewise in our relationships, in our ability to attract to us the people and things and situations we desire, potent discoveries are being made about the underlying forces of nature that hold everything together. By better understanding these fundamental forces, we can learn how to work with them to transform the way we attract a better life for ourselves and our loved ones.

Most of us don't have the time, interest, or the mental muscle to stay on top of the deluge of weird reports in the news about mind-boggling nano-technologies, quirky quark particles, and ten-dimensional string-theories. Meanwhile, quantum science makes vast exciting leaps forward, regarding what's inside black holes and how we might fly off to Mars or someday become superheroes by linking our brains with computers.

But is all this remarkable science and new technology actually improving our lives? Sometimes it seems just the opposite—we're being bombarded with non-stop disastrous news about global warming, deadly pollution, rampant over-population, greed and crime and tribalism and all the rest. As science explores the frayed edges of the universe, we're struggling to avoid anxiety and depression, control our work situation, put bread on the table, and survive yet another challenging (or boring) day.

And yet ... on the brighter side of all this, even as we focus on our immediate personal dilemmas, we can also sense that we're all caught up together in an historic movement that carries the potential to transform our human experience on this planet. A breathtaking new worldview is emerging that holds the promise of transforming our personal and shared potential.

In this book, we're going to explore how you can use the insights of quantum science and psychology to your practical advantage. We're going to show you how to expand your own mindset to be mentally prepared to participate more fully in this unique new phase of human evolution.

Furthermore, this transition into the quantum mindset doesn't have to be hard or painful. My job is to make the new science clear and personal to your life. Your job will be to take in new information and ideas and allow your worldview (perspective) to evolve as you

embrace this new quantum vision of reality. As your traditional view of reality that you were taught in school explodes into a vastly greater realm of possibility, you'll become empowered to dream bigger dreams and use new creative powers to manifest those dreams.

## THE PROCESS OF MANIFESTATION

For decades now, many people have been exploring how new breakthroughs in quantum science and positive psychology can help us more successfully manifest what we want in our lives. Along the way, people have indulged in pseudoscience, and in reaction, many people are now put off by any suggestion that we can merge physics and psychology to develop new methods for consciously manifesting our dreams in outer reality.

In this book, I will do my best to keep one foot solidly grounded in the new physics and the other foot equally grounded in positive psychology. But, as many quantum scientists assert, there's much more to reality than the perceived material plane of our senses and the ground we stand on. Just because something can't be experimentally isolated and proven using current materialist-based sensing instruments doesn't mean it doesn't exist. In fact quantum science is based on the acceptance of invisible elements of reality.

## QUANTUM IDENTITY

We all seem to be playing God in our power to manifest what we want in life—first by thinking, imagining, or dreaming a great plan or idea, and then by working to manifest that thought or vision into three-dimensional material existence. How do we take an initial great idea and move through all the steps needed to manifest an imagined inner vision out into the world? And how can quantum science shed light on how to manifest at higher levels?

The answer to this question is the basis of this book: how to achieve the quantum mindset. The secret lies within the workings of the conscious mind (observation/focus and initial decision-making) and the subconscious mind (beliefs and automatic decision-making).

Quantum science shows us that particles of our reality do not become particles until they are observed by consciousness. Meaning, it's our own conscious observation of energy waves that changes the wave into a particle. This proves that we do indeed influence our surroundings simply by giving our most valuable commodity to it, our focus! This quantum revelation gives merit to the saying, *where attention goes, energy flows*.

The subconscious mind is the true believer because it acts like a child. Yes, it's powerful, but it's also gullible and suggestible. Like a child, it sees and hears EVERYTHING, even when you don't think it does. It's also very black and white and believes or doesn't believe using no real logic, just a decisive decision. The energy put out by the subconscious mind is so fast and strong that our conscious mind could never keep up. Our subconscious is making decisions for us and creating our reality before the conscious mind has time to even think about it. The key is learning how to align your conscious mind and your subconscious mind, so they work *for* you instead of *against* you.

These strange phenomenon of the subconscious mind and manifestation through observation is something we'll continue to delve into in upcoming chapters. It's simpler than you think, and quantum science explains how it all happens.

One of the first steps in higher-level manifesting, as we're exploring throughout this book, is to identify and put aside any ingrained limiting beliefs that deny your personal power to manifest something new. Specifically, we will explore several methods for clearing out old limiting ideas, programming, attitudes, rules, and beliefs that hinder

your entry into a highly-creative quantum mindset. Each chapter in this book will offer a practical exercise or experience that you can apply to your current mindset to remove mental and emotional log-jams that block this expansion. The second part of the book focuses intently on the inner-workings of mindset expansion.

Ultimately you'll want to take my ideas and suggestions and make up your own mind about what's real, based on current research and your own inner perspective and experience. Please don't take my word for it. Instead, trust your intuition, insight, and inspiration (the imaginary element), combined with the science of logical deduction. Then you'll be in a position to decide for yourself what to include in your new mindset. And remember, the quantum mindset is not like static—it's always changing as you take in new information and have inner flashes and realizations.

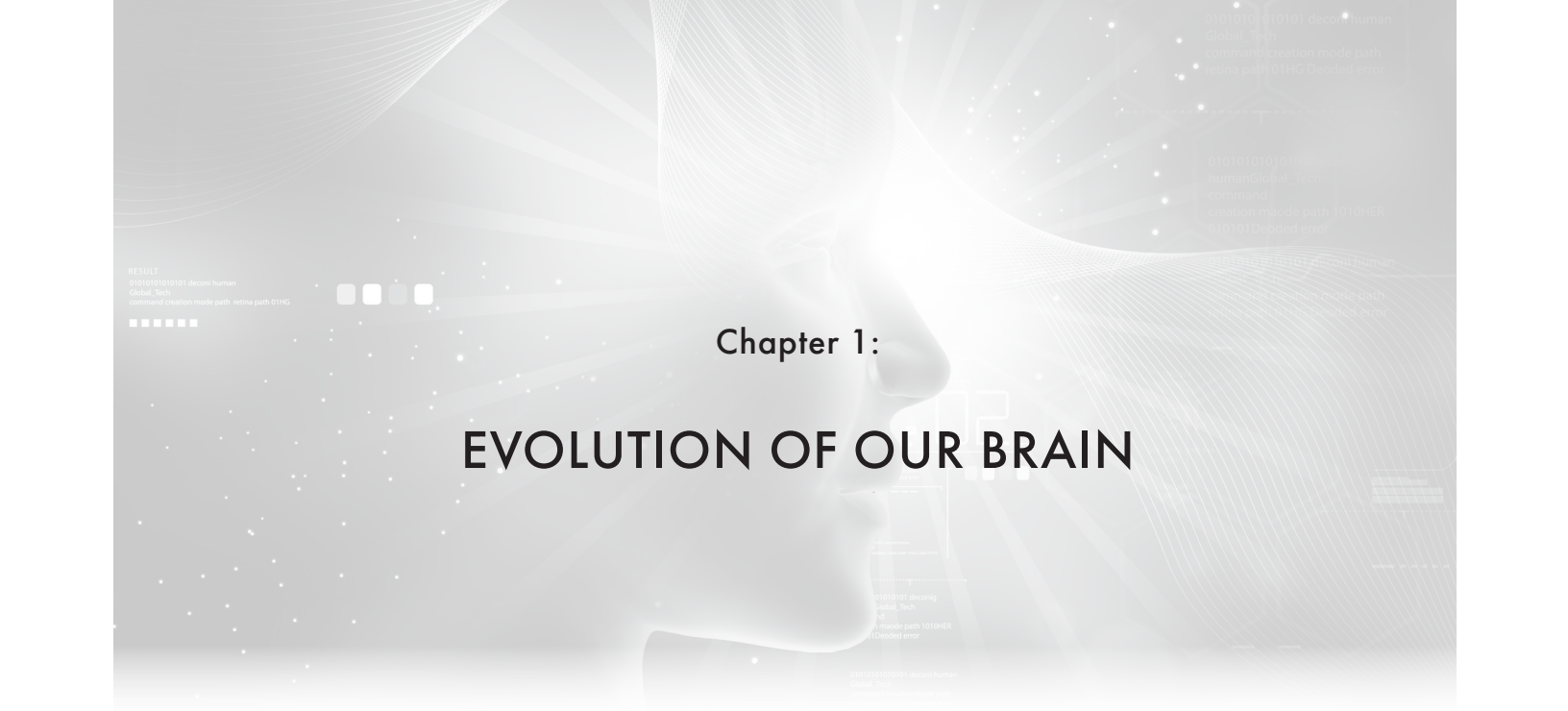
Manifesting anything means dealing with change. A basic rule of quantum mechanics is that change is the primary constant in the universe, so your personal mindset is also something that's constantly emerging. You *can* evolve your worldview as we're suggesting. Accepting that change is constant is in itself a quantum leap; go beyond the old notion of static rigid permanence into the realization that in this expanding energetic universe, where everything's in motion, we're constantly evolving into the new.

Within this hopeful sense of who we really are and how the universe functions lies our core promise: that we can now attain greater things in life than before, because we can more consciously imagine and actively materialize our unique vision of the life we want to create. "As above, so below" is an ancient aphorism that still rings true in our scientific era. In the holistic spirit of quantum physics, the laws of creation must be the same for the universe as a whole and for the manifestation of your own personal life vision. Let's dig into what this means.



Part 1:

## What Is The Quantum Mindset?



## Chapter 1:

# EVOLUTION OF OUR BRAIN

The brain is an amazing thing, with a vast array of abilities, energies, and powers, most of which is untapped potential. It's also physically astonishing, as it folds on itself many times to fit inside our head. The brain has evolved into three different structures and each stage of structure is associated with its own purpose: the reptilian brain, the mammalian brain, and the human brain (neocortex brain).

Let us begin with the oldest part of the brain, named the reptilian brain because it includes the brainstem and the cerebellum, which are the main structures found in a reptile's brain. This is the part of the brain that keeps us alive every day. As the oldest part of the brain structure, it controls the vital actions that our bodies do automatically, such as breathing, the beating of the heart, and circulating the blood pumping throughout the body. It also regulates our body temperature and is responsible for our balance. It's the part of the brain which is programmed with the basic functions to be a living vessel.

Now we move on to the next level of the brain structure, the mammalian brain; scientifically called the Limbic Brain. This part of the brain is a fascinating and complex part of our basic survival instinct. It's made of the hippocampus, amygdala, and the hypothalamus. It's called the mammalian brain because it emerged from the first

mammals, being a mix of our subconscious thinking, instinctive reflexes, and the emotional feeling part of the brain that's intertwined with our physical bodily functions. It's responsible for the physical actions we do, the emotions attached to them, and the good or bad feelings we associate with an experience such as eating, drinking, sensing danger, having sex, and even caring for a loved one.

The mammalian brain holds our memories, thoughts, emotions, sense of pleasure, and our movements. For example, it is responsible for reacting instantly when sensing danger, the sense of pleasure we feel when we eat our favorite food and do the happy-food dance in our seat, or when we are intimate with someone and feel stimulation and satisfaction or dissatisfaction followed by the emotions that bloom from the experience. It's also deeply connected to our sense of smell. Have you ever smelled a scent and instantly you are back in a memory and the feelings attached to that memory? All of these examples are the mammalian brain at work.

Next is the human brain, otherwise known as the neocortex brain. It's the real powerhouse part of the brain because it does the logical and abstract thinking; giving us the ability to think, reason, divide processes, build tools, and come up with means and methods. It also is responsible for our endless learning abilities, our imaginations, and our consciousness. The combination of all these is what helps us evolve and what makes us unique.

All of these brain structures are interconnected and undeniably affect one another. If our reptilian brain ever had an event which affected its automatic functions, such as surviving, then it imprinted the event into our mammalian brain as something dangerous or bad. This affected our human brain by setting limits to its own possibilities to learn, adapt, and imagine new ways of living and even new inventions.

Quick example: A child is swimming near the shore of a beach. While swimming, she sees a small treasure chest under the water. Although it's a little further from her usual comfort zone for swimming, she dives for the treasure box. She can't pick it up easily so she decides she will open it under the water. She goes back up to the surface a few times to get some air. Finally, she opens the latch on the small treasure chest and sees the treasure inside. She reaches for the treasure. Yet, just as her fingers touch it, she is forcibly pulled up by her hair by the hand of her frantic mother (who assumed she was drowning). She opens her mouth automatically, reacting to the unexpected pain of having her hair yanked and it is then that she inhales water and begins to drown as she is brought to the surface. The feeling of drowning due to diving for treasure is so terrifying that the once curious and fearless girl grows up afraid of taking chances to obtain her most desired treasures, her goals.

Scientifically, what happened in the wiring between the three structures of her brain? Her mammalian brain associated taking chances (or going out of her comfort zone) as something dangerous because a function in the reptilian part of her brain, her breathing, was interrupted briefly. This installed a self-limiting belief in her human brain: reaching a goal is not worth taking chances.

## SEEING IN A NEW WAY

We tend to see reality based on past experiences and what we expect to see in the future. Our personal awareness is selective and heavily programmed. How we see ourselves and our potential in life determines what we think, imagine, talk about, and do each new day. Developing a quantum mindset means putting aside old ways of seeing things, dismantling outdated beliefs, and embracing a new vision based on the latest clarifications that research provides us.

If seeing is believing, it's important to see the world through the most up-to-date vista that science can provide. You can then integrate these insights into your evolving personal worldview. To do this, you'll need to regularly tweak the very foundation of your own consciousness. Your awareness has the inherent ability to expand. When you expand your awareness and align your personal sense of reality with the newest insights from quantum research, you'll position yourself optimally to make the very best of your life.

For decades now, especially since the advent of the computer, startling insights drawn from theories of relativity and quantum physics have challenged our traditional sense of what it means to be conscious beings on this planet. Consciousness itself, long excluded from scientific research and discussions, is finally being considered an integral although mysterious part of physics and psychology. Professors are now insisting that the human mind is flexible and has vast untapped potential. This means you can learn to use your mind in new ways to more effectively attain what you need and desire.

For instance, science revolutionary Sir Isaac Newton laid the foundation of scientific mechanics in the classic Newtonian worldview, but the possibility of inner thoughts somehow impacting material reality was considered pure hogwash. Ever since Einstein shook the foundations of Newtonian science, the traditional assumption that your inner thoughts and feelings don't impact the outside world has been openly questioned. Einstein himself dropped the bombshell idea that the mental intent of an experimenter will always influence the outcome of an experiment.

The Nobel-winner Werner Heisenberg went even further, claiming that even in science, a person's inner experience must be considered just as real and valid as any external event. From his lofty academic position in quantum mechanics, Heisenberg postulated the presence of an original non-material cosmic consciousness which was

somehow envisioning and manifesting the physical universe. David Bohm, one of the most distinguished theoretical physicists, logically deduced that there must exist what he called a holistic “implicate order” of consciousness from which the explicate order of matter is continually being born.

This might all sound like some vague New Age fantasy, but in fact it’s drawn from the newest quantum theories. What’s more, it relates directly to how you see yourself, and how you can advance your outside world by changing your inside perspective.

For instance, when you consider your own mind from a quantum perspective and dig down to the smallest material building blocks of the physical brain, you’ll find that each neuron in the brain consists of tiny charged particles which are actually not physical at all. Quantum science now insists that the entire brain is made up of non-material energetic coded waves that appear as solid particles only when we disrupt them with an experiment.

Furthermore, quantum theory suggests that the mind is actually an energetic resonance that extends beyond the physical brain, literally connecting you via its wave-like function with the entire universe. The brain itself runs on electricity and generates an electromagnetic force field all around it. We’ll see in later chapters how important this is for our interactions with the outside world.

Even as you tentatively entertain such new scientific ideas, you are already actively expanding your mindset to include new possibilities. Once you come to accept an expanded possibility, you’ll be empowered to put that expanded vision to use—that’s the whole premise of this book. Quantum theories continue to require further development, but we already know this is the general direction the physics worldview is moving us in.

What's key, even this early in our discussion, is for you to quietly contemplate such new possibilities and see if they ring true in your own heart and mind. In this light, another new mind-boggling discovery is that both your heart and your skin are deeply entwined neurologically with your brain, and all three work together, along with your other senses, to create your inner experience. So, it's valid to ask not only your brain, but also your heart *and* the feelings in *your* whole body whether a new idea or belief rings true for you. If it does, then pop ... your mind just took another quantum leap!

### YOU GOTTA HAVE A DREAM

From birth onward, you've been developing your own unique worldview—your inner image and model of reality. Even as a baby, you were gobbling new sensory experiences and began to create your mindset to reflect what you were hearing and seeing. Soon, you were learning a language that enabled you to begin thinking about life and making plans to do things out in the world.

All along, you've been growing new neural patterns in your brain coded with the sensory information you were taking in, plus the values and beliefs your culture wanted you to include as the foundation of your worldview. By the time you came of age, you possessed a highly-complex inner matrix inside your mind—a unique worldview of who you are, how the world around you works, and how you can best interact with the world to create the life you want.

Even now, you're constantly evolving that mindset as you input new experiences and ideas. Your mind is always quite naturally busy creating an internal representation of the world around you, as well as a sense of your own identity and capacity. And here's the basic human situation: you can't really advance in life beyond your own mindset's limits.

In earlier times, when there was less change in the world, a person's childhood mindset or worldview could remain mostly intact and unchallenged throughout the span of an entire lifetime. But now, as change accelerates in the world on all fronts, we're being regularly challenged to update our world view, to expand and restructure our personal mindset to more effectively match the emerging scientific and psychological vision of reality.

This human ability and willingness to regularly update our mindset is both a blessing and a curse. The curse is that we have to let go of cherished and secure notions of what life is all about, so we can leap into a new expanded worldview. This is often very difficult, especially when our old beliefs are being threatened with upstart ideas about who we are and what life is all about. But the blessing outweighs the curse, because by letting go of the old and embracing the new scientific vision of reality, we can more effectively synch our personal lives with the underlying laws and dynamics of the universe.

Life itself has always been mostly a mystery for human beings. Traditionally people used religion and philosophy, intuition and dreaming, to synch with the subtle unseen dimensions of reality. Long before the advent of modern science, mystics, seers, and spiritual masters would look deeply inward in meditation to directly encounter their own conscious presence, and experience for themselves the "implicate order" and integral wholeness of the universe, often referred to as God, the Tao, Allah, Great Spirit, and so forth.

Before Einstein appeared, traditional Newtonian science actively debunked all internal mental and emotional experience as being non-material and therefore unimportant to science. Any experiential phenomena that couldn't be measured physically with sensitive equipment in an experiment was simply ignored. But Einstein and his gang, and then the new quantum-physics gang, step-by-courageous-step shattered that overly-materialistic notion of reality.



Quantum levels of experimentation have now proven mystics right—an energetic non-material dimension to reality does exist. Furthermore, the thoughts we think, the visions we imagine, the dreams we have, and even the weird psychedelic experiences many people are exploring must all be considered as equally valid and as “real” as a sensory physical experience. Why? Because we are motivated and empowered as much by our inner dreams and imaginations as we are by our external experiences.

It’s now time for us as a culture to take seriously the inner, more mysterious realms of consciousness. Even the scientists are saying so, as we’ll explore in this book. Openly embracing rather than denying the inherent mysteriousness of life is perhaps the biggest leap of all, and certainly is the most important if your goal is to learn how to manifest your mind’s visions into three-dimensional physical reality.

I remember an old musical tune from *South Pacific* by Rogers and Hammerstein that went: “You gotta have a dream. If you don’t have a dream, how you gonna have a dream come true?” Because your inner vision is what leads you to manifest your outer world, it’s vitally important to honor and employ that inner vision so you can create the life you want.

## 40 IS THE NEW 20

In an experiment, researchers took older people to a new environment to live for a certain length of time. The entire setting was staged to simulate the 1950s, just like a movie set. In this new environment, the participants were encouraged to live *as if* they were younger, living in the 1950s again.

Before bringing them to their new destination, doctors took their vital signs to get a snapshot of their health and vitality levels. They also tested them after the experiment, and participants had notably started

## EVOLUTION OF OUR BRAIN

to reverse their aging process while living this more youthful lifestyle. Just by being in an environment where they believed they were living in their younger days it had a profound effect on their physical health and energy levels. This is why the saying goes, “*You don’t stop playing because you grow old, you grow old because you stop playing.*”

Famous Yogi, Yoganandya, had a profound quote in his book that I’ll share. For those of you who don’t know of Yoganandya, maybe you have heard of Steve Jobs. Steve Jobs read Yoganandya’s book every year, *Autobiography of a Yogi*, and had copies of the book distributed at his funeral.

In this best-selling book, Yoganandya states, “*Environment is stronger than willpower.*” He was onto something here. We have all seen the opposite of the 50s study where drug addicts leave their environment and get cleaned up and sober, only to come back to the same setting where their problem started and relapse because their environment overrode their willpower.

## IMAGINATION AND REALITY

Until recently, almost all of us were programmed with the cultural prejudice that our inner imaginations weren’t really real, that they were mere “figments of our imagination” and not to be taken seriously. But even back in the heyday of Greek civilization, early mathematicians such as Heron of Alexandria were already insisting that to make mathematical sense of the world, there had to be a way to represent “the unseen” non-material dimensions in math formulas.

Humans have always known from the inside-out that there’s more to life than meets the eye. Along with our dreams and imaginations and ephemeral flights of fancy, we also have a consciousness that can tune into what we call intuitions, hunches, realizations, and a host of what are labelled mystic experiences. Even five hundred years

ago, mathematicians who were trying to make logical sense of reality realized that they had to include non-material dimensions in their calculations.

In 1637, Rene Descartes coined the term “imaginary numbers.” Ever since then, mathematicians have been using the “i” symbol in equations to represent unseen dimensions or elements that can’t yet be observed or proven, but which simply must be included in math formulas in order to make sense of observed reality.

Einstein knew all about imaginary numbers and unseen levels of reality. Ever since his advent, science has rapidly expanded its prevailing mindset to include both physical material measurable reality, and also the more mysterious non-material dimensions of reality (for instance, dark matter).

Consciousness itself, that non-material and utterly mysterious dynamic that oversees our mindset and resulting thoughts and experiences, is now finally being admitted into formal consideration as a unifying aspect of reality, yet we’re still struggling to inject this element into our scientific mindset. By definition, the tools of the experimental method cannot register the presence of consciousness or imagination, intuition or intention on its mechanistic dials, but mathematics and quantum physics insist that the imaginary “i” aspect of reality is of equal importance to the “real” aspects that can be detected physically.

What does this mean to all of us who aren’t busy trying to explain the universe in math equations? It means that we can now logically expand our worldview, our personal mindset, to include not only the physical sensory stuff of life, but also all our inner realms of consciousness, and we can do this with full scientific approval. If our best scientists must include both imaginary and real numbers to make sense of reality, we can now openly embrace a mindset that

includes our sensory experience, and also our deeper inner realms of imagination, intuition, intention, and vision.

Almost all ancient religions are grounded in a universal myth where God creates the universe through either thinking it into being, or imagining and dreaming it into existence. The Christian gospel of Saint John begins with the declaration, “In the beginning was the Word, and the Word was with God, and the Word was God.” The Greek term for “Word” in this context, *Logos*, meant “wisdom,” a term that includes both reason and intuition. An early theologian noted, “There is one Almighty God, who made all things by His Word, both visible and invisible.”

Two thousand years ago in the Judeo-Christian tradition, there was clear mention of a vast unifying force beyond the universe that created the whole universe through employing the Word. Note that a “word” is a verbalized thought expressed through vibration, through waves, and this creation included both the material (visible) and equally the non-material (invisible) aspects of reality. There are parallel creation myths throughout ancient human traditions.

### NEW FREEDOM OF CHOICE

One of the main precepts of the quantum revolution is that our whole sense of “freedom of choice” needs to be re-evaluated. In pre-scientific eras, most children were programmed to believe that as humans they were born with free choice, especially in choosing between being bad and being good. Within this theological sense of free will, people had alternatives. They could freely decide to sin or not to sin—to follow the rules or violate them and suffer or enjoy the consequences.

Then in the Newtonian era, children were taught that they lived in a material universe where freedom of choice was exchanged in

favor of a predictable worldview of cause-and-effect outcomes. This was an age of physical laws, of blunt determinism where the whole universe could be viewed as a linear predictable unfolding. Once a logical flow of events was established, at any point the outcome was already predetermined. There was no free will at all; the mystery of the universe was entirely replaced by scientific analysis.

Next came the theory of relativity to challenge the proclaimed objectivity of the material worldview. Einstein concluded that the only constant was the speed of light, and that all observation was subjective, which meant there was no absolute right or wrong. With quantum physics, the whole notion of freedom of choice has returned—because in any given situation or event, there will always be multiple possible outcomes. Probability is the new norm, not linear predictability; we regained free will in a new sense, by having alternate outcomes in any situation.

This new worldview offers an escape, for instance, from the assumption that we're all hopeless victims of our childhood beliefs and programming. Now within the quantum mindset, even if our subconscious mind was programmed with a rigid set of limiting rules and fear-based negative beliefs, if they no longer serve us we can choose to discard them. We can consciously act to replace them with more realistic rules and assumptions that serve us better. We'll discuss more about this later.

Quantum theory takes the earlier religious notion of free will another step, transforming traditional “choice” into “engagement” and “connectedness.” As we'll explore in depth, the new scientific notion of “entanglement” shows how we're all naturally participating in an inclusive and cohesive larger whole. In fact, it now seems true that every quantum particle, every wave packet in the universe is energetically engaged with all other particles and waves.

This quantum truth is stated in clear terms in the Conway-Kochen theorem: “In pure quantum theory the physical state of the entire universe evolves as one—everything is entangled, and entanglement is not causality, it’s connectedness. Both you and the electron are connected with the whole rest of the universe. What you’re doing, and what the electron is doing—in fact what every individual thing is doing—is just what the whole universe is doing right now.”

The fact that quantum physics takes us beyond free will into a state of universal connectedness is, in my opinion, truly a great leap forward for humankind. We’re now at the same time free to explore probabilities and new possibilities, and also free to participate in manifesting the unified happening of each emerging moment in the universe. Through the powers of entanglement and universal interconnectivity, we can finally see ourselves as active participants in the creation of our still-emerging universe—this is truly an exciting expansion of our worldview!

As we enter into a quantum mindset, we discover we can set ourselves free to feel and think and act however we want. At the same time, within our quantum mindset, we can imagine and experience being part of the universal whole, participating in harmony with a higher universal will. At first, this might seem to be a paradox, and indeed, it’s one well worth contemplating, as its solution lays the inner groundwork for the new quantum consciousness.

### **DARING TO BELIEVE**

This unification of freedom and engagement can become one of your primary powers in life. As you learn to be aware of multiple options and new possibilities and dare to leap into them, you can feel in harmony with your higher calling to unite free will with a sense of harmonious participation in all of creation. This unification of

personal will power and a surrender to the higher good will provide you with the greatest manifestation power possible.

For instance, even though perhaps right now you don't have a million dollars (which often represents safety, freedom, power, and so forth), you can employ your freedom of imagination to begin to let yourself feel, think, walk, and act like you're worth a million bucks. If that feeling is strong enough, your beliefs about having a million dollars will begin to shift from unrealistic to realistic to inevitable. Once this happens, your subconscious mind begins to help create this reality for you instead of sabotaging it as your beliefs come in harmony with your wants. The subconscious picks up on all the small things that you say which may prevent you from being in alignment with the belief of having a million dollars. This is why it's so important to be aware of your thoughts and your words; they are manifestations of what you truly believe.

Right now, you're free to imagine and think thoughts that make you feel wealthy, and these invisible thoughts and feelings will begin to change your external life in the direction you choose to grow.

In this new mindset, you can actively align your personal intent with the overall intent of the universe. This isn't just a fanciful New Age notion. Quantum physics, as we'll further clarify step-by-step, verifies that you are an integral connected part of the whole universal. Furthermore, you will be able to observe if your personal ideas and intentions are currently in harmony with the higher universal will. When these two line up—*pow!* You have the power of the universe at your disposal.

*“Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution.”*

—Albert Einstein

By choosing to improve your inner visions, mental attitudes, and to broadcast positive intentions outward into the physical world, you can rapidly advance both your physical and your emotional reality.

Tentative research at the Princeton PEAR Project has already documented that focused attention can impact a sensitive random-number generator (RNG) at any distance.

Dr. Roger Nelson, who began the study in 1997, created a random number generator (RNG) box, which is a box (the size of two cigarette packs) that he hooked up to his computer. He designed the box to act as a device that flips a coin to land on heads or tails. The theory is that if the coin were flipped one hundred times, it would land 50 percent of the time on heads and 50 percent of the time on tails. Researchers then brought in groups of volunteers who were told to try to influence the ratio of heads to tails and make heads come up 60 percent of the time. It worked! By focusing their mental energy, they changed the outcome.

Other research showed that one person could consciously broadcast a particular word or number into another person's mind at a distance. Such research is difficult and remains controversial because, as Einstein predicted, the intention of the *experimenter* would indeed influence the outcome of the experiment.

More importantly, the proven theories of quantum mechanics show that in each event you move through, there are always multiple choices, and if you just slightly alter your usual habitual choices ten times in a row, you will end up altering the course of your life. Therefore, developing a mindset that stays highly alert to multiple choices is the key to taking charge of the life you want to create.

When you choose to develop an expanded mindset that fully incorporates new scientific insights into your personal worldview, you can



learn to see yourself and the world around you in a new light and interact with the world in new productive ways. This book is dedicated to helping you take this quantum leap. We're also dedicated to making each step a pleasure to explore!

## ILLUSION VERSUS REALITY

We all learned to see through specific cultural filters, and we still see what we *expect* to see. If we can change those expectations, we can then see in a new way and envision fresh new possibilities. Your culturally-programmed mindset unconsciously determines how you see the world and relate to it. If you see the world through a prism of bigotry, prejudice, racial profiling, and fear-based stereotypes, you will view the world quite differently than if you see the world through a prism of equality, acceptance, individuality, and mutual respect.

This is just a fact of life—you see what you expect to see, what you fear you'll see, what you've been programmed to see, and what you hope to see. Therefore, to shift into a fresh quantum mindset, you'll first need to look at your mindset filters, those one-liner rules that you inherited from your family heritage and upbringing. Recognize the beliefs, attitudes, assumptions, and rules that were ingrained into your mind. From your own personal list of one-liners, choose which beliefs, attitudes, assumptions and rules you want to change in order to gain more freedom of choice and action in your life?

Before the fifteenth century, nearly everyone believed in the classic worldview that the earth was flat, and that you'd fall off the edge of the world if you went too far in any direction from your home. Today this seems ludicrous and laughable, but back then it was a very real "fact" everyone believed to be true—if they thought about it at all. Then some crazy scientist named Galileo had the audacity to insist that the world is actually a giant spinning ball whirling around the sun and lost in infinite space, rather than an unmoving flat playing field at the very center of God's creation.

Most people back then, when told they were precariously straddling a celestial ball hurtling through empty space—that they were nothing more than a tiny speck in the vastness of an infinite universe—simply refused to believe the truth. Making the worldview shift from Biblical to Newtonian reality was a massive leap for humankind’s consciousness, and it took hundreds of years to accomplish.

Ever since then, science and technology have been continually expanding our personal sensory reach beyond our body’s five external senses. We invented radios and televisions and can now see live-feed video images from our space station showing quite clearly what we can’t see from the ground—that, indeed, this planet of ours is round and spinning and hurtling through the vastness of space.

This fact was not a readily-observable everyday fact, and it violated many deeply-ingrained beliefs and sensory perceptions. It was a fundamentally new idea that drastically changed the underlying way people thought. With this expansion in worldview, humans were freed to venture forth and explore the planet, to imagine and invent new ways to go places faster, and to do things that our old “flat-earth mindset” couldn’t even imagine. The whole world’s mindset took a quantum leap into a new sense of life’s potential.

The mindset shift we are approaching today is equally mind-blowing, if not more so. When we do something as seemingly simple and straight-forward as to look at our own hand, for instance, we’re now being encouraged to see not just a solid curved surface of living flesh, but also a deeply mysterious phenomenon of invisible atoms made up of even more invisible protons and electrons.

We’re also being informed that our brains are constantly busy generating a visual and tactile illusion of solidity, when in fact, almost all of what we think of as solid is just empty space with a few electrons and protons and neutrons maintaining a stable energetic structure.

The illusion of matter doesn't end there. We now know from experimental fact that even when we dig down right to the tiniest subatomic particles or quanta that make up all matter, there's yet another level of mystery that truly baffles the mind. It seems that fundamentally there's no such thing as matter at all. Instead, all quantum particles are made up of coded waves, of pure energy, and this universal ocean of undulating vibrating waves of energies have no definite material existence at all.

Instead, all we can count on in science at this point is the questionable assurance that at any given point in time, there's a probability field indicating that perhaps the wave will materialize as a particle at one place, or perhaps at another place. Nothing's for certain anymore. However, since there are many possibilities, it's our free will through conscious choice and decision making that shapes our destiny.

### LIVING SPACE

It's no wonder that, seven or eight decades after Einstein first blew the top off the Newtonian worldview, most of us are still having great difficulty seeing the world in the new quantum perspective. After all, we can't even see for ourselves what we're being told exists. Columbus and Magellan could at least sail away and find out for themselves if the world was flat or round. How can we dive down into nano quark-land and see what the physicists are talking about?

When we look in the other direction, up at the skies and stars and heavens above, it's no easier to grasp the quantum mindset. We're being told that there are literally billions of galaxies out there, each with billions of stars similar to our sun. Furthermore, there are millions of vast dark holes in our own galaxy, and all the empty space between stars is now considered an illusion because dark matter and dark energy fill up all that space.

There is an infinite number of intelligent nano-tiny bundles of energy throughout what we once thought was empty space. These energetic bundles have their own individual alertness and integrity, and function within tiny charged energy fields that connect each of them with everything else in the vast universe—and perhaps beyond.

The emerging quantum mindset challenges us to believe that this startling new vision of reality is more true than the old version. We're being offered the opportunity to shift our worldview from feeling like we're isolated material bodies in a pre-determined static universe, to feeling intimately connected energetically not only with each other, but also with the infinite intelligence, compassion, and creative power of a sentient universe—yipes!

Furthermore, we're being encouraged to consider that we ourselves contain infinite universes within universes. A physics friend of mine was saying recently that he now believes that reality stretches off into infinitely smaller and smaller realms of being, and also infinitely larger realms of being, and that our personal consciousness is intimately involved in all of those infinite realms of being throughout many universes.

If this is all true, then the new quantum mindset we're considering leaping into is perhaps an infinite mindset. The human mind always wants to measure and quantify things. This is how we learn and try to make sense of the world. However, one cannot measure the infinite nor compare it to anything else that's not infinite.

Yes, we're biologically programmed and ego-bound to not drift off into that "infinity realm" too far—otherwise we might lose our earthly focus and die as biological entities on this material planet.

Our reflexive biological focus on local material reality doesn't mean that infinite realms don't exist, or that we're disconnected from them.

## THE QUANTUM MINDSET

It just means that we must maintain our mortal conscious limits so we can sustain for a while longer this particular bundle of human energy that we call us. Meanwhile, we can reach with our quantum minds to touch the skies because the infinite mindset is the quantum mindset. This is the way God thinks and how we should think as well; infinite love, infinite time, infinite energy, and infinite possibilities surrounding us at all times.

## ABOUT THE AUTHOR

**R**ick Thompson is an engineer, businessman, and investor based in Seattle, Washington. He is a CEO in the cement and steel industry and is recognized as a leading authority on post-tensioning procedures working with big-tech clients such as Microsoft and Google.

Rick has been infatuated with science, math, and the workings of the world since childhood. He is highly skilled at defining objectives, assessing requirements, and resolving problems, on and off the work field. His practical approach to business, life, and science is what makes this book special and very digestible for the average reader.

This book and guided programs will provide you with a tested nuts-and-bolts method for entering the quantum mindset and tapping heightened tools for manifesting your deepest dreams.



# THE QUANTUM MINDSET IN A NUTSHELL

What They Won't Teach You in School  
That Could Change Your Life

**Human life is rapidly evolving right in front of our eyes at speeds never experienced before.**

As the world turns, Quantum science has blown old scientific models to bits while opening up vast new realms of possibility. We're now suddenly riding an accelerating arc of material and spiritual change, which in turn demands radical reconstruction in our own minds and thinking process.


The Quantum Mindset teaches us that we are co-creators in this universe and anything we can imagine is considered possible. This isn't cliché New Age fantasy, but in fact, teachings drawn from the newest quantum theories and scientific studies in our evolving new world.

Rather than staying stuck in self-limiting perspectives, you can choose to move beyond old-order notions of who you are and what you can accomplish. In order to do so, you must learn the truth about this new quantum vision of reality, if you want to activate your full manifestation potential.

**This book teaches you how to use your focused attention to liberate your higher powers of creativity, compassion, and purpose by giving you the tools needed to manifest your deepest dreams.**

**By using quantum insights to align your attitudes, beliefs, and expectations with the deeper nature of the universe, you can become a potent mind pioneer, and advance into a more expansive and rewarding human experience.**



 SCAN ME

