

*An Introduction to  
CORE Resonance*

# CORE R E S O N A N C E S Y S T E M S

***Ultimate Personal Performance***

*By J. Hamilton*

# CORE Resonance

*ultimate personal  
performance*

by J.Hamilton

*The "Shortcuts  
Through Life" series*

**Book 2**

**The Shortcuts Through Life Series:**

**Book 1** Visionaries Thrive In All Times: *blueprint for reality creating*

**Book 2** CORE Resonance: *ultimate personal performance*

**Book 3** Beyond Words: *thoughts become awareness*

**Book 4** What If Prosperity Has Nothing To Do With Money?

**Book 5** The Twelve Premises of CORE Resonance Colonies: *for an enlightened world*

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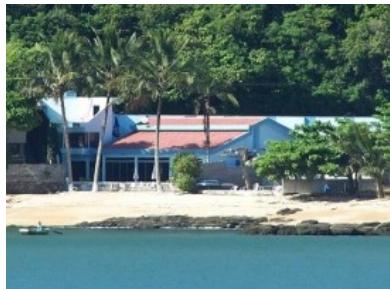
## Chapter 1

### In the Direction of One's Self..



To lay the framework for an important discovery about advancing personal consciousness, I traveled to Brazil in late 2008 to arrive in the middle of a two-month rainstorm and flood. Inadvertently, I had entered into a very rain-drenched springtime on the southern coast of Brazil and the major port town of Itajai (a-tash-a-E). 122 people died in the ensuing flooding and the hardship to individuals and local communities was devastating.

I arrived on a Wednesday afternoon and that first week-end we experienced torrential rain. The nearby Itajai-Acu River overflowed its banks by 30 feet in some areas and left a number of towns along the river including Itajai in a very flooded state. I was a guest for dinner at the home of my host's in-laws that Sunday evening and the next morning they unexpectedly had to abandon their home due to rising flood waters. Restaurants we had frequented were suddenly up to their door handles in flood waters and many of the shops, restaurants and office buildings were either closed or destroyed. This was serious stuff!



A little closer to home, we lost our electricity on Sunday morning. I was staying in a beautiful home on the beach walking distance from where the Itajai-Acu River flows into the southern Atlantic Ocean and while we were never subjected to flooding ourselves, I had a perpetually wet bedroom wall and floor that required the constant attention of a wet-dry shop vac to keep my guest house habitable. And just down the street a rain-soaked hillside slid over the main highway into town also cutting off access to the airport.

Once we lost our electricity things began to take on a more serious note. The refrigerators stopped working; we no longer had hot water for showers and lighting, the clothes dryer and

the other electrical conveniences we took for granted became inoperable. Further, we were without city water though we were unaware of this for several days because the main house and guest house each drew water from its own reservoir on top of the roof. To compound matters just a bit, our only car had about one-quarter of a tank of gasoline.

When civil defense authorities announced we might be without power for several days, we decided to make our way to the major local grocery store. The only problem was everybody else was there and the check-out lines snaked throughout the store. After a quick review of the situation, we decided to continue on to our Sunday afternoon barbecue with in-laws in the downtown area of Itajai.

*It was at about this time that I began to think about my own well being.* I was in a third-world country, I didn't speak a word of Portuguese and I was completely reliant on my host and his wife—who, as Americans and locals spoke fluent Portuguese. Regardless, I began to assess my situation including thinking about the identification I was carrying and the location of my US Passport and its relative safety. It also occurred to me that I was only carrying US dollars in large bills in an economy transacted exclusively in Brazilian dollars. Worse, I did not meet anyone who spoke English—even in the restaurants!

As it became apparent that we were up for some difficulties, I noticed I was becoming protective about staying dry. I noticed I was becoming less willing to dash between the grocery store and the car or the guest house and the main house in the rain. I was becoming far more likely to use an umbrella to make the same trip. I began to think about staying dry and protecting myself from personal discomforts and the resultant powerlessness and stress that becoming wet and cold might induce. I began to think about the subtleness of my own mental and emotional comfort and safety.

It wasn't quite as bad as it sounds because I had plenty of clothes and we had plenty of food in the freezers. But, if the power had stayed off for days as suggested by the civil defense authorities (it didn't), I began to think about fundamentals. I began to take stock of my available resources and what was most important to me. I was far from my normal circumstances in a third-world country with little charge over what was happening and I discovered something very important.

Little did I realize I was experiencing a microcosm of what many are, and we increasing will be experiencing on a global scale. My environment was in serious disorder and, if I wasn't careful, I might become swept up in my outer circumstances! I might become reactive to my environment which would not have been my best course of action!

## Chapter 2

### Core Values

Instead, in the midst of this calamity, I discovered the importance of my core. I began to think about my circumstances from the perspective of fundamentals and basics. I knew that if I got wet, lost access to my identification, or otherwise became overwhelmed by my surroundings or separated from certain accustomed norms, I might become stressed and thus my capacity for addressing issues with fresh perspective might become impaired. After all, fundamental comforts and being relaxed are essential to good decision-making.

The worst thing that could happen is that I would begin to become reactive to my surroundings—a very unhealthy means of decision-making and the opposite of a visionary perspective—and far from what I was accustomed to. Instead, I wanted to be fully present, fully grounded and at my peak for making choices. The last thing I wanted was to become subject to the chaos and dysfunction of my surroundings. I did not want, in any manner, to become reactive to my circumstances.

Instead, I wanted to be on my toes with intuition and synchronicity at my every step. I understood the importance of intuition and insight as a resource at my fingertips and I wanted to be ready for anything with aplomb and grace and peace. Above all else, I wanted right choices, right outcomes, and synchronicity, harmony and vast Order guiding my experiences. And, as I took note of my surroundings, I began to think about basics—about my core, and the maintenance of my core.

Because my work revolves around advancing personal consciousness and what I like to call *ultimate personal performance*, i.e., new levels of success and capacities to express in the 21st century, staying grounded and on the cutting edge of alignment, intuition and insight with Innate Intelligence is my most important endeavor. And, in this environment, it became essential not to allow my surroundings to overwhelm my senses and inner stability and to not become reactive to my environment or circumstances. Instead, I wanted that calm knowing and groundedness that allows for the maintenance of choices that engender synchronicity and enhanced well-being for myself and everyone I was associating with.

I realized that maintenance of my alignment with Source (accessible through nonresistance, calmness and presence) was my most important preparation as my immediate surroundings suffered a vast degrading of order. I discovered that in troubling times, maintenance of my core and alignment with the Cosmos is my most important resource!

*And, as we will come to see, nonresistance is the most useful vehicle for getting through troubling times though it may fly in the face of common sense<sup>i</sup>.* But as we learn about nonresistance, access to Innate Guidance and the Order that ensues, we come to have vast new influence over our lives and what greets us in each moment—no matter the circumstance.

### **Patterns and Habits**

As I reviewed my situation in anticipation of potentially troubling times, I came up with an important puzzle piece to the on-going research of a technology I was researching and developing. And in typical fashion to my alignment with Innate Intelligence or what I might also call Source or God, I came to recognize the importance of the maintenance of core values that support and engender the quality of my realities and interface with the world. Thus has come to be born CORE Resonance Systems and CORE Resonance Training™, generally referred to as CORE Resonance.



CORE Resonance understands that all of Nature and existence is patterns; that we are the product of patterns, and our successes are a matter of our ability to *refine/raise up our habitual patterns until we become a match for an Order far more sophisticated than our own.* And in our ability to mesh with this higher Order we become truly successful—and thus far more useful to the whole. I call this *Ultimate Personal Performance* or 21st Century Success. Our patterns and the results we achieve are sourced at our core and we have a very significant capacity for influence over what issues from our core.

As I arrived in Itajai, I carried synchronicity, Innate Guidance, well-being and Order with me. Everything leading up to this trip was in perfect order including the scuttling of my earlier scheduled arrival date, etc. Instead, the order of my existence, replete with perfect flights, perfect airfare and perfect scheduling dropped me into the perfect circumstance to learn what I now wish to share with you.

*Its applicability is far reaching in the world we each find ourselves in and capably addresses the necessity for us to address the toppling of an antiquated, dysfunctional, externally referenced, authoritarian leadership model and resultant faltering global economic model and system. It becomes necessary that we understand a perspective that will allow us to be renewed by a grounded vision for the future as we discover our capacity to contribute to its meaningful and timely change.*

*Within the discoveries of this trip, I recognized that we can become far more effective at contributing to making the world a better place by finding an effective means of meshing with Innate Intelligence, i.e., partnering with Innate Intelligence, if you will, for refined reality creating and outcomes. Instead of reacting to our surroundings, new ways of doing things become available and essentially so. And in learning how to maintain our alignment with Innate Intelligence, we become far more effective at affecting our potential and far more effective at contributing to the whole.*

In the meantime, I needed to sidestep the calamity that had befallen the locals and overwhelm my own sanctity if I wasn't careful. I had inadvertently entered into an exaggerated microcosm of what was coming on a global scale. It became an exercise in the maintenance of my own well-being in a world that was experiencing a great deal of difficulty and hardship—a world that could overwhelm my senses if I wasn't careful. This was a world in which I could not be useful to others if I could not be useful to myself!

## Chapter 3

### Observers and Visionaries

Typically, our *habitual and reactionary patterns* give us our daily experiences. Our automated responses and habitual patterns are the product of what we have concluded (so far) as we go through life for which our lives then ensue. And typically, our habitual patterns are a product of reactionary patterns and what we have learned through trial and error. Thus, as we broadcast our perspectives into the world, we interface with reality and pave our way forward. Our environment has always played a huge role in dictating our experiences for which we are typically reactive to our circumstances. *I call this an observer perspective.*

*Just come from an argument with an employer or spouse? How do you think the next few hours or days or weeks are going to greet you? Feeling guilty about something of significance or other action you know you could have been handled differently? Our lives are very often driven by our reactionary perspectives and what we carry into our next moment at an unconscious level. And once we begin a reactionary downhill spiral, we can count on it for a certain period of time.*

*"Momentum" is the product of our habits and patterns, choices and decisions—often reactionary habits and choices that continue until derailed by other significant reactions.*

We can also learn how to count on upward spirals of Momentum as products of visionary thinking. Blissed out in joy, peace and gratitude, for which we understand the formula for reality creation and what greets us at every step of the way, we intentionally move into open-endedness, peace, synchronicity, gratitude, smiling faces and an Order that knows no bounds. Handily, this is something we can "set into motion" if we simply have the willingness to have more in our lives. *Luckily, with a little help, we can teach ourselves how to become more intentional, become visionaries and become more helpful to ourselves and others.*

I wrote a book on the subject of reality creating titled **Visionaries Thrive In All Times** (2005) for which Momentum is a very important component. It can be ordered at [www.COREresonance.com/newsletter](http://www.COREresonance.com/newsletter). *The title comes from an expression that says it all:*

*Observers thrive in Good times  
And suffer in Bad,  
Visionaries Thrive in All Times.*

### Processing power

When we have an experience, we jump to a first conclusion of what we are experiencing based on our ability to process the experience. Often the conclusion is reasonably accurate based on recent past conclusions and experiences, i.e., our Momentum. But when our processing is less than stellar or we are confronted with something quite different, we jump to conclusions, only to drastically revise them later. Or we miss something important altogether based on our inability to process what we are experiencing.

As we become more able to process the subject at hand, our ability to interpret our experience becomes more useful to us and we see more accurately. As we become more aware, we discover that our beholding of the world is a product of having seen the world through our past experiences—mistaken or accurate. Often additional information is helpful as we jump to conclusions to later revise what we know or experience. It is not unusual to miss a great deal of what is going on. Please reference several experiments<sup>ii</sup> in the endnotes<sup>iii</sup> illustrating our inability to see what is right in front of our noses.

This is similar to seeing a movie for the first time. We become entranced by the story absorbing what we relate to without recognizing there is information that we miss. Typically, we follow the movie by discerning patterns in the storyline based on how we "relate" to the story. When we see the film a second time, we often "discover" additional information because of our enhanced familiarity with the subject matter. If nothing else, we often pick up subtleties of the dialogue we missed the first time.

This is the same with a first trip to a new city or a new restaurant. We build on what we are able to process and in subsequent visits assimilate additional information for which we refine our experiences and thus "what we know" about that restaurant or city. This is how our habits come to exist. As we develop familiarity; as we settle into patterns and habits, we don't have to work as hard to process our experiences and we begin to gain a little mental leisure time. Over a period of time we settle into comfortable conclusions about our surroundings and our rate of processing information drops substantially.

The well known independent film **What the Bleep** (2004), a film about physics, emotional addictions and reality creation, states that we only consciously process about 2,000 bits of information a second though about 40 billion bits of information are available (and ever changing). *As we build our worlds based on what we are able to discern, our worlds become fuller but fall into limited patterns based on past conditioning, "held" beliefs and our resultant habitual patterns.* As we settle into patterns of recognition and comfort, we leave a great deal of information on the table. *We miss a great deal of what is going on.*

If, on the other hand, we learn how to see in a different manner, we can create open-ended habitual patterns that allow us to continue to expand and extend. We can teach ourselves to *embrace the Unknown* and move into a playing field that has no, or far fewer, boundaries. *We can even build habitual patterns that allow us to mesh with something larger than ourselves. We can learn how to see far more usefully and thus express our potential far more effectively.*

If we can become *consciously* selective, we can build habitual patterns to serve us and free us from reactionary patterns that spin us off in the direction of dysfunction, agitation, dead-end results and stress. *If we can learn how to become consciously selective, we can free up our resources for the enjoyment of life at untold levels.* Once our Momentum and resultant comforts are established for our best good—and open-ended at that, we are free to move on to other things. *We move beyond observing and become visionaries. Suddenly the playing field becomes vast!*

## Chapter 4

### Beyond Habitual Patterns

The importance of our habitual patterns and habits becomes apparent once they become uprooted or disturbed. First comes the shock at the dissolution of one's "comforts" as our "usual" realities begin to degrade. Then comes the realization of how much effort is involved in getting back to what once took so little effort. Where once we had a steady stream of "acceptable" reality creating, suddenly we have to manually make choices and micro-manage things again.

As our available resources and processing power become strained, decision-making, contrast and comparison, and informed choices are required over and over again. This overload is known as stress and the source of many health issues. Overload affects our lives in far more ways than we know and causes us to shut down.

When we move to a new city or take a new job, we establish new patterns which initially take a huge amount of effort, attention and processing power. Luckily, new patterns begin to settle in as we locate the local Home Depot, Costco and bank. We begin to evaluate the location and services of the local 24-hr automated tellers, grocery and drug stores, car washes, dry cleaners, movie theaters, restaurants, routes to work, new personalities, etc., all the while likely comparing our experiences against our old standards. Establishing new habits takes a huge amount of energy until they begin to settle into automatic again.

Hopefully we aspire to better quality choices and patterns, but it is well known that we often settle into patterns similar to our previous patterns. Why? Because we are the source of our patterns which are a product of what we know to be so! *And typically we establish patterns by resisting what we don't want in our lives.* Or, we choose what we want based on knowing what we don't want, which is a bit more refined but still founded in resistance as we shall come to see.

Typically, we are driven to escape what we don't want in our lives or choose what we want based on what we don't want. Resistance in our lives is far more powerful than we know and *resistance is huge focus!* What we focus on expands and when we add emotion to our resistance and focus, we can very powerfully create what we might prefer not to have in our lives. *Living our lives in resistance/reaction can be very expensive!*

And we are far more habitual than we understand. After a move to a new home, we are likely to sleep on the same side of the bed, prepare for bed in the same manner, go through early morning rituals in a similar manner, etc. The sooner we create a nighttime path between the

bed and the light switch or the bathroom, the sooner our lives move toward the comforts of automatic.

We even take our showers and brush our teeth in the same manner each day! Habitual patterns, i.e., Momentum, allow us not to have to think or make decisions or choices as we attend to tasks. Eventually though, our whole life becomes habitual and we lose that spontaneity that keeps us on our toes and allows us to continue to refine the cutting edge of our lives!

The establishment of new patterns and habits can also be a time of great excitement and adventure, especially as we come to understand the importance of consciously creating our patterns and habits. As soon as we learn how to harness this huge resource; as soon as we add intentionality to this huge mechanism that runs our lives, the sooner we learn how to steer our lives to new heights. Putting our habitual patterns (Momentum) on "useful" and getting our lives into a constant upward spiral is worthy of our time.

### **How do we change our patterns and habits?**

Typically, something dramatic and often traumatic occurs that causes our patterns to shift. Often shift is a product of something that we have little or no control over such as suddenly losing our job or a loved one, or a divorce, a health challenge or any number of unexpected experiences that wrench us from the "comfortable" habitual patterns we have become accustomed to. Ever tried to stop smoking or stop using sugar? Ever tried turning the television off for an extended period of time? *Habitual patterns give us our deeply felt comforts and maybe even a sense of control over our lives.*

*Habitual patterns also protect and shield us from the Unknown but more on that later.*

**The question then becomes how do we induce change into our lives?** How do we escape old habitual patterns to replace them with habitual patterns that serve us more effectively? And how do we consciously inject open-endedness into our new habitual patterns to create that vast landscape of possibility that represents unlimited potential in our lives? *How do we induce flexibility and compassion into our operating system such that we can get the most bang for the buck for our time on planet earth?*

One method might be to move to a new community where we know no one and arm ourselves *with the 21st century tools of conscious intention, the Law of Attraction, i.e., what you focus on expands, and nonresistance.* This is a very effective method of creating altogether new habitual patterns and new Momentum/ realities of the highest caliber. With a practiced understanding of the Law of Attraction, a successful meshing with Innate Intelligence and nonresistance, one

can learn how to carve out anything one wants—anywhere. *After all, all of the raw materials for any kind of life are available in any new city.*

Correctly applied, moving to a new city can and does work very well. Many have inadvertently used this method of "starting over" with the simple caveat that most are unaware of the principles at play. In the long run, most end up recreating what they once had, often by continuing to push against what they still don't want in their lives—with variations of course.

**Hint:** Resistance is a very powerful source of focus and lies at the foundation of far more of our patterns and habits than we know! Further, moving to a new city can be expensive, time consuming, traumatic and stressful until our habitual patterns begin to serve us once again. (But it can be a great deal of fun, too!)

Anything is possible once we learn how to fearlessly embrace the Unknown with 21st century tools at our side! Our habitual patterns *and thus our realities fall into place based on the quality of our intention, our capacity for insight, and a recognition of certain principles at play.* Reestablishing habitual patterns, i.e., revising our Momentum, can open our horizons to endless possibilities.

**Note:** Even understanding Law of Attraction, we don't actually manifest our wishes directly. Instead, Law of Attraction feeds our Momentum and as we revise our Momentum, our reality creating shifts for the better or the worse. The science of reality creating is actually an accumulation of our choices rather than the magic of a single choice as is sometimes believed!

I had great success with this model when I moved from Sedona, Arizona to Los Angeles in 2007. I knew no one – even to the point of picking a part of the city and neighborhood completely on my own. I did everything by feel and the guidance that was available to me, and I experienced wonderfully open-ended and powerful results. *Gratitude, appreciation, synchronicity and excitement continue to this day!*

*Curiously, I moved to Los Angeles at the exact moment Excel Results Foundation by Roger Hamilton, located in 50 global cities, landed in LA. Excel was a \$10,000 membership (\$1000 a month) for entrepreneurs that I had watched and waited for about a year for its arrival in the US and suddenly appeared shortly before I arrived in LA! I met the most incredible and interesting people through this incredible synchronicity. I bet I went to ten or twelve Christmas parties that 1st year alone and the potlucks and get-togethers were excellent!*

*Even more interesting, almost everyone was in AA it seemed, and there was almost no drinking at events! This was great for me because I was deep into meditation and*

*neurofeedback at the time and happy to leave alcohol aside! What a nice group of on-the-ball people!*

By breaking old habits; by breaking patterns founded in stress, reaction and resistance and instead allowing unfolding consciousness to express itself (through us), new patterns and habits form, new experiences become available and new people come into our lives. We can turn back the clock on our lives. It turns out automated and habitual patterns and habits hold us back far more than we know.

## Chapter 5

### 21st Century Technologies

There is another way to break old patterns. Through the technologies of refined choice, intention, nonresistance, courage<sup>iv</sup> and CORE Resonance developed *just in time* for the rigors of the 21st century, we can learn how to revise our habitual patterns and habits for far more open-ended results. By shifting our output, we can shift what we attract, and we can learn how to create realities in a far more useful manner—and far more in sync with the whole. After all, building blocks of any sort of reality creation are available simply for the choice. Right?

We can learn how to refine our habitual patterns and habits to serve us better. We can design habitual patterns with open-endedness and ever-upward spiraling results for the ultimate Momentum ad infinitum! *We can, through newly defined habitual patterns and habits, teach ourselves to mesh with Innate Intelligence and let it help us redefine our patterns even further!*

As we learn how to become receptive to open-endedness, we can embrace a quality of life undreamt and possibilities never before experienced on a day-to-day basis. In going beyond *what we know*, we can move to a much grander experience because the Unknown offers far more than we can ever begin to accomplish on our own.

First though, we have to understand that what we have in our lives and what we are presently experiencing, and what our existing patterns are bringing us, is a perfect feedback mechanism for identifying what we *know*, what our habitual patterns induce, and what we hold dear. Our existing circumstances identify what is true for us and indicate how well we are using what is available to us. In **Visionaries Thrive In All Times** (2005) ([link](#)), I call this a loop *and feedback system*. Our realities also *indicate* the quality of our connection with Source—more of which we will discuss later.

*Ultimately, the quality of our reality creating can be seen as little more than a scorecard<sup>v</sup> for identifying the quality of our connection with Source, i.e., the quality of our alignment with Innate Intelligence—or lack thereof.* 21st Century Success will no longer be defined by the man-made values of money, multiple homes or the quality of the schools we send our kids to, but instead symmetry, harmony and balance, and synchronicity in the worlds in which we live. Meshing with Innate Intelligence becomes our watchword and defines our success as we come to know new things.

Because we have inadvertently become observers, we have inadvertently let our surroundings dictate our actions. We have lost our sense of self and become far more reactive to life than we know. And while our habitual patterns and habits put our surroundings in place again and

again, we continue to react to them and continue to get the same results. Interestingly, one of our most important recognitions is that we are responsible for what we have in our lives. And it is in this understanding this we begin to see the light of day and a new way forward.

*There is no doubt that what we focus on expands.* And there is no doubt that the Law of Attraction is fundamental to the quality of the realities we each have in our lives. It is simply that we put "frozen focus," i.e., habitual patterns and habits into place without much forethought, without much awareness and little recognition of the mechanism that produces realities in the first place.

*More importantly, we dramatically underestimate the power and importance of what we resist in our lives.* The observer mode carries a heavy toll.

After all, we grew up "in our surroundings," we grew up with "our lot in life" and we were never taught much about the power and authority we have for revising our perspectives and thus our outcomes. And while many of us escape to school and college to establish, retool and revise our patterns and habits, we are still typically a product of our surroundings and what we are taught.

*Said another way, if the raw materials for anything and everything are available to us, are we living the lives we truly wish to lead? Are we having the impact we wish to have in the world? Are we living a life that inspires others?*

### **Resistance vs Nonresistance (Fear vs Love)**

Resistance and nonresistance are two vastly different roads to travel in experiencing life. Resistance is a product of the mind incapable of effectively processing its surroundings and thus reduced to shutting down and instead reacting to its situations. Worse, resistance interferes with our normal state of access to our Innate Guidance System and further holds our noses to the grindstone of overload, dysfunction and stress.

Thus we set up defensive habitual, reactionary and automated patterns because we are so poorly equipped to deal with the enormity of incoming information. We successfully block out anything that is beyond our comprehension *and inadvertently block out Innate Guidance as well.*

In nonresistance we would bask in far more Order than we could ever accomplish on our own; an Order we simply don't have the processing power to achieve on our own and an Order that knows no bounds. This is an Order that every other living thing and even the inanimate and mineral kingdoms share. From the largest to the smallest, everything shares an Order and

symmetry that is no less than the perfection of Innate Intelligence expressing *itself* in every imaginable manner of existence! *In our resistance, we cut ourselves off from something so fundamental that life becomes hell on earth. In resistance, we are missing the boat!*

*Resistance brings us everything we do not want!*

Nonresistance, otherwise known as acceptance, allowing and Unconditional Love, has been taught by the sages, mystics, prophets and poets since the earliest of recorded times. Nonresistance is how the Universe expands, how fruit shows up on fruit trees, how animals migrate and how water flows. *Nonresistance identifies "and allows" the principal by which vast multiplicities of life simultaneously express themselves on planet earth.*

At the finest levels of quantum science and at the [drossiest](#) levels of existence, Order abounds for which Unconditional Love and nonresistance allow everything to express itself in its own unique and causal manner, both individually and collectively!

*Further, non-resistance is the mechanism by which we become able to mesh with and become participants in an Order that has no bounds.*

**Note:** *Unconditional Love is actually no resistance to you Maker!*

As we watch our economic and leadership models crash and burn at the early part of the 21st century, it behooves us to reevaluate how we create our realities and what we establish as true for ourselves. Surely the old way of scarcity and profit through disorder and taking advantage are falling away because they have run their course and no longer serve us as a species.

As humanity becomes more capable of lining up with the Truth, Source, Innate Intelligence, The Frequency of God, Nature, etc., solutions and insights that allow us to realign with something more in keeping with the potential of humanity become available.

We become more just in time!

## Chapter 6

### The Threshold



Imagine being introduced to a doorway with instructions to go through the door. Part of the exercise includes that we have no idea what is on the other side of the door. It may not even have a floor. We simply don't know what will greet us on the other side. Our instructions are to fully merge and mesh with what is on the other side of the door *for which an extraordinary prize awaits*. And what we have for preparation for this experience is our knowledge base, i.e., what we know to be so and a tiny 20-degree peep hole.

Looking through a tiny 20-degree (viewing angle) peep hole gives us very little information about what is on the other side of the door. Because of our very limited vantage, we can only identify about 10 percent of what is on the other side of the door. A great deal of information is simply unavailable. Because we have very little insight, we are poorly prepared to go forward and thus, if we were to go forward, it would be with a great deal of skepticism, resistance and trepidation.

The above is analogous to looking at the world through very limiting beliefs and short-sighted perspectives. And while the prize for successfully navigating the threshold is very enticing, we simply do not have enough information to go forward. Thus, we are in vast resistance to what we don't know. We are afraid.

Humans are quite curious by nature *and our natural state is one of love and acceptance*, but because of limiting beliefs and an inability to fully embrace our surroundings, we often "hold back." Because we resist what we cannot identify, we instead generate fear and doubt. This is the source of rigidity and resistance in our lives—and the source of a great deal of stress.

Imagine then, looking through a larger 45-degree (angle) peep hole for which we can see approximately 22.5 percent of what is beyond the door. Additional information has become available but it may not be enough to allow us to move past our fear and doubt and resistance, though we have more insight into the space than a 20-degree peep hole might allow. In this

analogy, I equate 22.5 percent to about how much information most humans have about their surroundings. It holds us in vast limitation of our possibilities and potential. Fear of the Unknown and resistance is still very powerfully at play.

But let ourselves have access to a 90-degree peep hole, equating to processing approximately 45 percent and we are beginning to have a whole new level of understanding of what is beyond the door. Our comfort grows as we become able to process what we will be merging into as we pass through the door. We may need a space suit or an umbrella or climbing gear, but we are becoming informed about what will greet us on the other side of the door. Fear and doubt, i.e., resistance to what we don't know is giving way to understanding, awareness, allowing and trust.

Now imagine the door with an opening window. With our feet firmly planted on this side of the door, we are able to assimilate a huge amount of information, maybe in the range of 180-degrees up and down and to the left and right. We are able to assimilate 100 percent of what is beyond the threshold and thus generate broad consensus and conclusions. We now have immense information about what is beyond the door and our capacity for adventuring and meshing with what we will experience has become significantly more available to us.

We may have to fashion tools, technology or a mental attitude never before used, but our instructions are to go through the door for a very significant prize and now that we have enough information, we are prepared to move forward. With conscious awareness, and still some caution, we move through the door.

As we become comfortable on the other side of the door, we devise habitual patterns and habits that serve us in a much more refined fashion. Instead of resistance, in our newfound insights and awareness, we become able to embrace our surroundings in love and acceptance. In our newfound ability to embrace what we were once unable to ascertain, i.e., process the Unknown, we mesh with and find ourselves basking in trust, awareness and appreciation of our surroundings and circumstances.

And in these new open-ended habitual patterns and habits, we continue to refine our Momentum and spiral ever upward and without end. For you see, the peep holes and the new doors continue to get larger and easier to navigate. *Very quickly our insight exceeds 360 degrees and we move past a linear interpretation of our surroundings and jettison our need for habitual patterns and habits all-together. We find that the only way to continue to expand is through opening up to more and more. Allowing, nonresistance and Unconditional Love pave the way.*



Once we discover there is nothing to fear, we grow without end and tap immeasurable resources that were once far beyond our reach though they have always been there. Eventually the ascension process becomes available. Our being becomes a product of consciously-driven Momentum ever refining itself in alignment with Innate Intelligence for which enormous Order, synchronicity and harmony, and peace and joy become our end result.

Eventually we discover that the Universe is offering the instructions (Innate Guidance) and slowly making the peep hole larger and larger (personal consciousness) until we became able to move past resistance and fully embrace what is on the other side of the door. In our newfound knowing and access to Innate Guidance, we overcome fear and doubt and resistance and move forward!

Beyond fear and doubt, and resistance and reaction lies a whole new world awaiting our gaze and newfound contribution. Once we learn how to mesh/ blend with the harmony and Order that is Innate Intelligence expressing *itself*, our Momentum and unfolding engenders a whole new world. It is in our ability to mesh with Innate Guidance that we no longer have to process our surroundings on our own, design our habitual patterns or react to our environment. In partnership with Innate Intelligence, we become free to express our full potential.

Meshing with Innate Intelligence brings us rewards and satisfactions beyond measure. Synchronicity, Harmony and Order become our new way of being, and as we move from resistance to nonresistance we merge with Innate Intelligence for the ride of our life!

Our biggest fear is that we will be swallowed up by something bigger than ourselves; swallowed up by the Unknown. We are on the precipice of discovering that this is our next step as a species and it will serve us just fine.

## Chapter 7

### The Stuff of Miracles..

I initially experienced the mechanism that began the process of rapidly introducing me to nonresistance in about May of 2006. I first felt it as "noticing that I wasn't reacting to what I perceived as 'errors in judgment' and my experiences were turning out anyway." Where once I was chagrined<sup>vi</sup> to discover a mistake or error in judgment, or stop and rearrange an experience because of a poor decision or choice, I noticed I was no longer focusing on my errors and continuing on, and things were turning out better than I might have imagined! The only problem was it took most of a year to figure out what I was experiencing.

In the ensuing months, I made copious notes and slowly it dawned on me that I was experiencing nonresistance, acceptance and the most sought after of experiences, Unconditional Love. And it was beginning to drive my own Momentum and personal reality creating which had been, up until then, a product of a mixture of allowing and resistance. I began to realize that nonresistance catalyzed by the Law of Attraction was refining the quality of my choices, and my realities were turning out far better than I could ever accomplish on my own.

*Nonresistance was revamping my habitual patterns, refining my Momentum and thus refining my reality creating! My life was still on automatic, but now spiraling ever upward!*

In the meantime, I still had a strong sense of "what was what" in certain parts of my life as I continued to push my agendas—ever watchful for the support of the Universe, but still driven by "my mind." I was becoming increasingly aware of the importance of nonresistance though a great deal of what I had previously put on the table through old-fashion focus and intention still needed to run its course (old Momentum) to then fade out.

Slowly my decision-making and choices became fully framed around love, acceptance and nonresistance and my world began to spin in a truly different fashion. With the help of several 21st century technologies presently under the authorship of CORE Resonance, *I finally crossed the threshold.*

While there are so very many examples, one that is germane to this story was the decision to travel to Brazil in September of 2008. The only problem was that I was moving my household and getting resettled was going to take longer than I had expected, though I didn't know it at the time. I was looking at a linear timeline and plugging in dates as I saw fit based on what I believed was my availability to complete projects. But the Universe had a better plan—as it always does, and as I began to listen, better said *allow*, things became much easier.

I moved from my high-rise apartment in LA on August 21 with the intention of traveling to Brazil on September 07, a mere seventeen days later. But when I attempted to purchase my airline ticket *prior to the actual move the whole plan came to a stop*. After calculating my best price on the Internet, I contacted my travel agent and she got back to me with a better price by several hundred dollars. She sent me the dates and price but left out the actual itinerary. Based on her price, I was ready to place the order, but I first wanted to see the itinerary.

Instead, I never heard back from her! I even wrote a second time and to this day still have not heard back on that ticket! But instead of pushing her to complete the details of my travel to Brazil, *I did nothing*. Later, it became obvious that leaving on the 7th was not going to give me enough time to get settled and organized in my new home before I left for an extended trip.

Had I left on the 7th, I would have gotten to Itajai in the middle of the two months of rain *and missed my huge insight and experience. Instead, I arrived "on time" to flooding and a worldwide news event that became a huge source of insight into a microcosm that has applicability on a global scale as it regards a disintegration of the old for which I gained insight into the importance of the recognition of my core.*

As the world goes through its shake up, we now understand a method of true preparation—the refinement and maintenance of our CORE, i.e., our connection with Source so capably displayed on my trip to Brazil.

In the same timeframe I was making plans for my trip to Brazil, I needed to meet with a gentleman who owed me some money. He had been stringing me along for a quite a period of time and I was wishing to complete this transaction before I left for Brazil. I even drove to Arizona to collect what was owed to me but he kept me guessing until the very last minute. Even to the point of telling me the banks closed at 4pm which hadn't been true in years. Ultimately, I had to wait overnight to collect what was due.

Because I was unexpectedly held up overnight, I was unable to continue my plans though I didn't want to get a hotel room. But I seemingly had little choice other than to travel several additional hours and possibly stay with friends on little notice. *Instead, I moved my car to a parking lot and decided to sit. Just sit and do nothing.* I am sure several things occurred to me but suddenly someone came to mind, someone I had talked to a number of times, someone who loved my book **Visionaries Thrive In All Times** ([link](#)) and happened to live in this very same town! And, even more interesting, her number was in my cell phone.

I gave Arlene a call and luckily she answered her phone. I quickly explained that I was looking for a place to stay and she said that she was on her way to a meeting and if I was quick, I could join her. Turned out I knew one of the people at the meeting from years earlier and several

others were familiar with my book and newsletter. But the big news was that Arlene and I sat up until the wee hours and discovered a great deal to talk about. And, that same evening she invited me to be a guest on her local access cable talk show.

So, sitting in the parking lot, not reacting to my situation, I became the recipient of a higher Order of business. And in right timing, very shortly after my return from Brazil, I became the guest on Arlene's local access cable program, AM Light and introduced CORE Resonance. I eventually did six shows with Arlene.

Arlene and I still cannot figure out when we first met in person or if we ever did. And I still have no idea why her phone number was in my cell phone but sitting in the parking lot, not reacting to my situation and open to possibilities, the situation unfolded in a most interesting and useful manner.

### ***Another example of synchronicity***

I was living in a bit-too-expensive high-rise in Santa Monica, California. Though I loved my apartment which overlooked Beverly Hills and the Getty Museum, it was beginning to look particularly expensive as I sensed I was going to be traveling a great deal. When I gave notice, it was a little scary because I didn't know where I was going to go or exactly what I was going to do—a bit out of character for me. But what was interesting, was that as soon as I gave notice, the very next day I was on the phone with a gentleman who invited me to meet with him in Brazil and talk about what became CORE Resonance.

This story began when I recommended something to a client who finally reported back to me six or eight weeks later. And when he did get back to me, he suggested that I call this individual in Brazil who he thought would be a great connection for me. But for whatever reason, I repeatedly postponed making the call, though my client occasionally reminded me to be in touch. I simply never got around to it—until the morning after I submitted my 30-day notice to vacate. We were on the phone for 2.5 hours and this is how I came to be invited to Brazil.

In nonresistance, a whole world of guidance becomes available and without resistance our worlds unfold in a vastly different manner. Did I mention that my flight ended up leaving on November 11th (11/11 at 11:55am) and ended up being several hundred dollars even less expensive than what the travel agent was able to secure several months earlier?

### ***And another...***

I took my car to the Acura dealer in Santa Monica for an oil change in January of 2008. I had never been to this dealership and to make matters a little more complex, I showed up late,

maybe 5:30 or even closer to 6:00pm. It was practically dark and they hemmed and hawed, but decided to perform the service on my car. I was quite involved in writing **52 Weeks of Visionary Focus**, not paying much attention to the outside world and I was overdue for an oil change.

As I sat in the waiting room at the car dealership the service writer comes in with a look of concern on his face and tells me he needs to show me something about my car. I am thinking they have found something expensive that needs to be repaired—maybe to the point that my car can't be driven. Well, it turns out I was partly right because when they showed me my car, they had wrecked it! Not a minor scratch or a dimple in a fender, instead they destroyed the trunk backing it into a heavy half closed, roll-down bay door.

I have never had anything but the best treatment from the numerous Acura dealerships I have worked with and consider Acura to be a top notch car company. I barely got excited knowing that my car was in the best possible hands and as it was, they whisked me into a nice rental car and sent me on my way. Three or four days later I had a courtesy call from the service writer, but I never heard from him again. After another week or so, I called to find out what was going on only to discover that he had just taken off for a long holiday week-end.

About this time, I realized that my experience with the dealership was amiss and I called the service manager directly. He was, of course, attentive and promised to get right back to me. Long story short, they kept my car for about five weeks—far too long but instead of moving into resistance or "fighting what was wrong," I simply *worked with* the service manager. I was also smart enough not to attempt to rush the paint and body shop!

At some point, I told the service manager this experience was causing me difficulty because I had an extended driving trip scheduled. I needed to perform some maintenance on my car that I wished to do myself, and I was running out of time. The service manager asked me to give him a list of what needed to be done to the car.

This list included spark plugs, wiper blades, new headlight, new air cleaner, brake pads, a few other miscellaneous maintenance items and I also mentioned a service light on my dash that was always lit. The short version of a long story is that the dealership did approximately \$3500 worth of work to my car for free including fixing the source of the dash light that was related to a pollution control equipment design-defect issue that was out of even extended warranty and supposedly could not be fixed. This meant that my RL was unable to be resold in California because it wouldn't pass its next emissions inspection.

Interestingly, in not fighting "what was wrong" or goading the dealership to action by exhibiting the oft typical reactionary posturing that usually aggravates the situation, I became an even bigger recipient of the good of the Universe. What ended up as financial gain and extra

attention by the service manager, became part of my new book because I was writing about someone I met in an elevator the very day I took the car in for service *and coined the expression, "smile to smile to smile" to describe how my world was unfolding*. I never shifted my perspective and the whole experience with the car dealership came out very well all around.

**The question is:** How we make this kind of perception and capacity for nonresistance and outcomes available to you?

## Chapter 8

### Accessing Nonresistance

First, a quick review. We must understand that what we have in our lives is a product of what we believe and what we know to be so—accurate or not. We are the end product of a lineage of fear and doubt taught to us by society, our family and even carried forward by our DNA. *Thus we attempt to defend ourselves against surprise, shock, confusion and vulnerability because we do not want to be confronted with more than we can comfortably process. Our self-devised, mind-based, guidance system has huge limitations and thus we restrict our range and motion to what we can comfortably handle.*

Which brings up one final comment. The Unknown is far larger than the known. In fact, the known is a very poor vantage point for anything because it tells us so very little about what is actually going on. The known is linear and minuscule compared to the Unknown, and though we assume the Unknown to be somehow evil, dangerous, scary or frightening, this is a poor assumption at best. As far as the largest telescopes and the finest electron microscopes can identify, there is no evidence for anything other than perfect Order, perfect symmetry and perfect balance anywhere in the Universe. We live in a completely benign and perfectly benevolent Universe. Most of this is “unknown” to us.

According to quantum physics, the Universe is solution-oriented and continues to unfold in multiples of dimensions without limit or shortage. In fact, the entire Universe conspires to engender expansion and one of the vehicles of expansion is life itself. **Hint:** We are life!

*It is in our ability to tap into this larger Order that we are able to ground solutions that lie just beyond the reach of our limited and linear processing power.* And it is in our resistance and short-sightedness that we miss a great deal of what is going on. If you are unsure of this, pick a piece of fruit from a tree (and feel the snap) or take a close look at *any* flower and ponder its existence for just a moment!

The Unknown is simply "unknown" because we don't have the capacity to know more than we can process. Cut off from our natural state of Guidance with Innate Intelligence, we have to adventure forth "on manual" and we are hard pressed to allow for more than we can safely handle. And because "intuition" is often second-guessed/ distorted by the mind, it cannot be relied upon other than haphazardly. Better to stay within the perceived confines of safety and comfort of what we know. Better to trust the consensus of what "others" have concluded before us, or values that still seem to hold up, though they are based on teetering man-made and linear consensus.

Instead, what we need is a mechanism that directly accesses the Unknown and allows us to jump beyond the mind's limited capacity for insight and processing power. Often this is called: coming from the heart, intuition, creative endeavors, listening to one's inner self, and the oft-heard expression, "it wasn't meant to be." Everyone accesses this type of insight every day. And many are brought back to "everyday" life by any number of kinds of resistance or fear or doubt, i.e., the inadvertent use of the fear-based, reactionary mind, and thus have one foot in each kingdom at best.

It is in our ability to hand off our self-styled, mind-driven guidance and replace it with Innate Guidance that we become truly successful, first individually and then collectively as a species. It is in our ability to address the Unknown with Innate Guidance at our side that we find solutions, adventures, and synchronicity, harmony and Order beyond our wildest dreams. *In relying on the mind, with its limited capacity to process information and produce outcomes, it is no wonder resistance and fear and doubt continue to rule our lives.*

*And, if we look closely enough, resistance does rule our lives!* Otherwise, we would live our lives in very high states of synchronicity, harmony and an Order and abundance that know no bounds—without limits! We would be immune to man-made calamities and side-step the sort of trauma that befalls humanity every day.

With a different insight and perspective, the world becomes a *new* world as we are guided to be in the right place at the right time. Even in my flooded 3-week visit to Itajai, my guest house never ran out of running water for showers, toilet, etc., and my entire experience was timeless. On the other hand, the main house was *without* running water for about the last five days—just next door!



**Hint:** There was a point where I was feeling a bit weary of the flooding and difficulties and without recognizing it, I went on a picture-taking spree. Taking photos on a day I could get out allowed me to identify with symmetry and color and bring an artistic perspective to my attention. I became reoriented by that hour's walk and never again looked back. It brings joy just to remember the experience as I write about it. The Universe will take care of us if we will but just allow. This is the foundation of our success both individually and collectively.

In nonresistance we become mindless! We give up that need to reason, plot or manage our affairs in a linear manner. Guidance becomes available in an all-together, non-linear manner and expression. Even healthy habitual patterns derived by the mind have huge limitations though they are likely taking us in the right direction at some certain pace and speed. As we transition to nonresistance, our dormant Innate Guidance System begins to wake up and quickly it becomes very clear that we are experiencing something far beyond what we could ever accomplish on our own.

When we give up the mind, we give up "pushing against," fighting what's wrong, "problems," and instead, timelessness shows up. In timelessness, Innate Guidance becomes fully operable and our lives take on vast new insight, meaning and grace. Further, we become useful cogs in the lives of others without judgment, the mind, or thought. *We contribute effortlessly!*

We become recipients of happenstance, synchronicity, harmony and an Order that is far beyond our present understanding. What once were problems solve themselves, i.e., sitting in the parking lot and being still. In timelessness, perceived problems float by and develop into solutions at their own rate of speed for which our contribution usually continues the distortion of the issue. Without the mind's contribution, i.e., resistance, problems are no longer our focus and the world flows into an all new manner of expression.

### **Caveat**

There is a transitory period to allow old Momentum to run its course. As we learn how to love and allow and accept what we presently have in our lives, our old worlds fade more quickly. After all, our old Momentum is continually reaffirmed by our old habits, old focus and old resistance, and it will be with us until we get spun off in another direction, or until we learn how to accept our dysfunctional reality creating with love!

Better to move toward nonresistance, love and allowing and allow a year or so for the transition. In the meantime, learn to use CORE Resonance and practice loving and allowing what you presently have in your life. The old will be gone soon enough.

Nonresistance begets Innate Guidance and introduces timelessness. Nonresistance shifts our focus for everything because there is no longer a reaction to our surroundings. There is nothing to "get hung up on." Problems take care of themselves and the Universe moves life around with satisfying subtle "clunks" of synchronicity, harmony and Order.

Where there is no mind, there is no resistance. Where there is no resistance, there is no time. In timelessness, you are in Innate Intelligence's hands.

It has also been my experience that nonresistance also begets timeliness. Everything is now in an Order that unfolds in a most interesting, satisfying and timely manner. You become able to accept all invitations because everything is in Order. Accept an invitation and nothing comes of it? At least for the time being nothing comes of it! But just wait for another subtle clunk of timeliness and the Order becomes obvious!

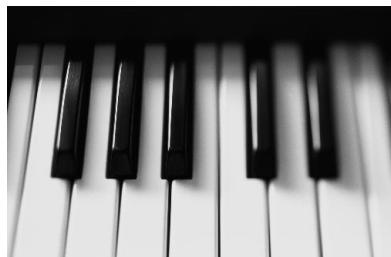
## Chapter 9

### Nuts and Bolts

In nonresistance a whole new guidance system becomes available. What had been our guidance, i.e., our reliance on the brain's ability (inability) to process its surroundings, is reduced to automated habitual patterns and reactionary perspectives. Because the brain doesn't have the horsepower to continuously calculate and project decisions and responses, it defers to habitual patterns for its survival and our lives become rote—and we get old and die.

*Further, a quick review of any plant or animal suggests the brain does not dominate at the cellular level, nor is it even necessary for cellular metabolic functions. Instead, cells have their own internal intelligence! Likely we will find cells have a nervous system or other mechanism (microtubules?) that allow Innate Intelligence in all of its glory to inform the cell and keep them on track! After all, cells have no resistance.*

Instead, we are designed to rely on an innate built-in Guidance System that allows us to mesh with an Order that simply cannot be achieved through our own devices. *In making the move to nonresistance, we align with something far larger than ourselves, and begin to co-create in alignment with everything else on the planet! We become the recipient of an Order that guides our choices and we begin to mesh with life in a most harmonious manner. In our alignment with natural forces humanity begins to become useful, not only to itself but as a means by which Innate Intelligence more fully expresses Itself in a more sophisticated manner into this dimension!*



Imagine a beautiful and ancient grand piano with its multiples of strings and hardwoods and tuning pegs and glue, and imagine not only the coherence of the strings being finely tuned in relation to each other but the resonance delivered when the strings are played as a whole.

Now imagine dropping this very fine and heavy instrument. (Hurts, doesn't it? It's because we relate to a finely tuned piece of equipment!) Clearly, it would take a great deal of work to get the piano back into tune, if it can even be accomplished. *The human being is very similar except that instead of strings and glue, we have a very sophisticated (and flexible) nervous system that is capable of self-healing given the proper resources.*

Defragging a hard drive might be a reasonable analogy for identifying how CORE Resonance works. Each area of the brain has dominant and secondary frequencies and functions, and restoring these optimal frequencies is essential to the advancement of the human being. This is called coherence. CORE Resonance is capable of allowing the brain to rearrange itself, reestablish its frequencies and get back on track—itself!

Thus, it is important to state that CORE Resonance does not program or imprint patterns or establish end results for the brain. Instead, we let the brain “discover itself” through the hardware/ software and let the brain reorganize itself, itself. CORE Resonance is more like a technology mirror in which the brain becomes able to see itself and organize itself based on exercises delivered by CORE Resonance. *This becomes one of the rare learning experiences for the brain to interface with itself!*

**Hint:** It is time to mention that we humans are not anywhere near who or what "we think" we are. We are actually, first and foremost, *caretakers and hosts of a living mechanism*, i.e., a living antenna system for which Innate Intelligence expresses *itself* through our nervous system into this dimension! But don't feel too badly about this because everything else on the planet is the same.

Innate Intelligence is all there is, and in nonresistance, we move from being an "I," past a "we" to ultimately becoming "awareness" which is something all-together new and worthy of our exploration!<sup>vii</sup> But until then, we are little more than a very sophisticated nervous system second to none for which we have seemingly been dropped a number of times and become out of "tune" with our Maker. In our confusion, we have set up our own attempts at survival. This is the source of the mind, otherwise known as the ego.

CORE Resonance is about "retuning" the nervous system of the human being. By applying a certain type of proprietary exercise, the human nervous system begins to line up; begins to find its pitch and begins to play a tune that only it can play. And in its alignment first with itself (coherence), it becomes the host for Innate Intelligence's expression (resonance) and a very powerful throughput connection is made!

Once it is understood that trauma, survival tricks learned by the mind, and all of the conditioning stored in the nervous system reside as resistance; once the nervous system takes its function back, synchronicity, harmonious expression and vast Order become our expression, and our way of life. Our horizons become without limit.

*As we begin the journey away from resistance*, fighting what is wrong and fear and doubt, we begin a journey away from the mind. As we rehabilitate the nervous system, Innate Guidance

begins to take over the processing of our surroundings and our life begins to line up in all new levels of synchronicity, harmony and Order. Not to mention, timeliness and timelessness!

As we accept nonresistance; as we release unconsciously held trauma and conditioning and as we allow the Order of the Universe to come into our lives, we rapidly shift our patterns ever upward. By the alignment of our nervous system with the resonance of a far greater Order, we begin to relax and let the Universe do a bit of the driving for a change.

And while this takes courage, intention, nonresistance, the subtleties of the Law of Attraction, a meshing with Innate Intelligence and an understanding of Momentum revising itself ever upward, much of this occurs on its own as we move into alignment with Source. No matter that we have been slowly moving in this direction for millennia, we are now moving much faster with intention, courage, Innate Guidance and technologies of the 21st century at our side.

As we come to understand ourselves and recognize the innateness of our very nature, we continue to build our foundation, find each our personal threshold, and make that leap to true security and true success!

## Chapter 10

### Coherence & Resonance

As we allow the nervous system to reestablish its connection with Source, not only does it release patterns that no longer serve it, it redefines its capacities and renews its flexibilities. Because the human nervous system is a receiver made up of a multiplicity of frequencies, it is in the refinement of these frequencies (coherence) that we become able to resonate with Source. These frequencies (in the brain) range from just above 0 Hz to as high as 100 Hz or so.

As a major component of the nervous system, the brain is composed of a number of lobes, all of which must be in-sync with each other to best allow for the assimilation of insight from Innate Intelligence. This *coherence* is also required for day-to-day activities of the brain.

And for all intents and purposes, most in modern civilization are on vast overload leading a very dysfunctional lifestyle no matter the appearance of success and refinement.

CORE Resonance is about the process of bringing the nervous system and associated frequencies back "on-line." As this occurs, our connection with Innate Intelligence becomes available, the processing by the brain goes back to its proper functions of processing sensory information<sup>viii</sup>, and Innate Guidance begins to take over. *As Innate Guidance becomes available, nonresistance and allowing become the Order of the day and the means by which we move forward. Simultaneously, our ever-important Momentum refines itself and our realities begin to turn out more in sync with the whole. Harmony becomes our very nature as we become able to identify shifts very quickly—especially true for those familiar with the on-going subtleties of personal development.*

Initially we might notice better sleep, wake up refreshed and with new insights into our daily activities and a much better ability to focus and address tasks. Enhanced comprehension of subjects of interest, a better attitude and outlook, deeper meditations or the newfound ability to meditate, and often dramatically enhanced [cognitive](#) functions, are just a few of the obvious enhancements reported. Further, it is not unusual for friends or associates to see shifts that individuals might not see for themselves! It might even become a science to learn how to identify the subtlety of consciousness shifts as they occur.

The many variations of addictions and self-medicating tend to fade as mental chatter and the need to escape an overly busy mind quiet down. Journaling and introspection become the first order of business as we document our experiences for the purpose of charting our progress but importantly, we document our experiences to allay the fear of others contemplating the plunge into nonresistance and alignment with Innate Intelligence!

"Mind/body/eye" coordination and the ability to excel in the many differing forms of performance are leading edge "identifiers" of CORE Resonance. This is true of the golf pro, Board Room, soccer team (and soccer mom!), school room, interpersonal relationships, sales organizations, as well as creative endeavors. *Further, it is most interesting to see the family, core staff members, or different types of core groups express newfound capacities to communicate, share ideas and bring solutions to the table—solutions and conversations seemingly unavailable beforehand.* In non-resistance, many things become possible.

A natural rhythm takes over as automated and defensive mechanisms that no longer serve us fall away. Our countenance becomes softer and our interaction with friends, family and associates become less reactive and far more complimentary. *And friends who no longer serve us slowly (or quickly) fade away.*

Synchronicities light our way, internal itineraries shift and upgrade, dysfunctional perspectives fade and our capacity for joy and satisfaction bubble to the surface as new patterns unfold, not so different from a flower in bloom. Now that we have the capacity to *allow life to occur, choices become effortless and contributions more fruitful!* We move into peace and begin to recognize the sacred interconnectedness of life!

### **Self-regulation**

It is important to note that CORE Resonance does not imprint or dictate results to the nervous system or brain in any manner. CORE Resonance is completely noninvasive and instead induces an environment that allows the brain to "see" itself through the CORE Resonance technology. It is in this manner that the intelligence of the brain is tapped to allow self-regulation, self-instilled coordination and a redefinition and a re-establishment of the boundaries of the frequencies of the brain.

From the above, allowing becomes a natural unfolding and the experience of life becomes far more interesting and less stressful at the same time.

Through the use of proprietary exercises and other 21st century insights, CORE Resonance allows the brain to revise itself directly rather than through the values and beliefs held by a counselor or the consensus of a doctrine or group of study.

With CORE Resonance the brain alone is in charge of its own refinement. The brain interfaces with the software and protocols, experiences itself and redefines its boundaries, reestablishes its stability, revamps its flexibilities, and reestablishes its connection with Innate Guidance. The brain cleans house, so to speak; something it is unable do in partnership with the mind.

## **Coordination**

CORE Resonance is not so different from a weight trainer exercising and redefining muscle groups. As the brain exercises, it brings definition and boundaries to the different frequencies and lobes of the brain. Alpha (presence) regains its dominance; Theta (imagination and visualization) and Beta (focus) become better defined and most importantly remain in neutral unless required for a task.

For example, a brain stuck (lost) in Beta is always focused even when it should be resting. Anyone who has ever laid awake in the middle of the night is experiencing Beta. Excessive Beta becomes anxiety as a product of the brain stuck in focus—unable to return to the Alpha state of presence. Extreme Beta, known as hyper-vigilance (hyper-focus) is the underlying cause of Post Traumatic Stress Disorder for example.

A healthy brain maintains the Alpha state of presence, addresses requests by jumping to the Beta or the Theta frequency and then returning to Alpha at the completion of the task. The best of the Navy Top Gun pilots who have extraordinary *presence* in the cockpit, snap into Beta or Theta as necessary to address situations and then snap back to presence when the task is complete. The actual measure of the "best of the best" is how quickly they snap *back to presence* (Alpha) upon completion of the necessary task or tasks!

Most brains lack coordination because they have had few experiences that engender discipline, structure and order and thus the frequencies of the brain are poorly defined or even a mishmash. Most brains are on overload simply attempting to process information they were never designed to process in the first place. The human brain is simply incapable of processing everything required to make long range quality decisions in the face of the Unknown and thus the brain falls farther and farther behind. It then checks out and instead sets up the mind as a repository of automated, habitual and reactionary responses to life.

CORE Resonance allows one to reestablish their natural state of connection with Innate Intelligence for which all things become possible. Once we move to nonresistance; once we move back to our natural state of an intact connection with Innate Intelligence, once we accept our true power, our true authority and our capacity to express our vast potential, we can finally relax. In nonresistance, peace, love, joy, synchronicity, harmony and vast Order become our way of being.

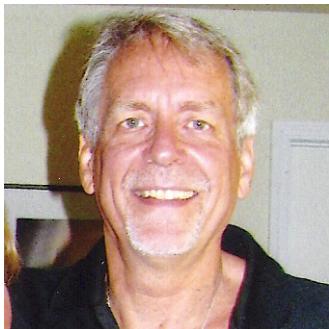
As the most sophisticated nervous system on the planet, in resonance with our Maker, we become most useful to, not only ourselves, but the whole. It is a good use of our time.

As we are unconscious, we step in mud puddles.  
As we become conscious, we step around mud puddles.  
As we partner with Innate Intelligence, there are no mud puddles.

Namasté

J.Hamilton

## About the Author



J. Hamilton says "he has been fortunate." He has been meditating for 40 years (since 1973) and when he was young, learned how to combine goal setting, harnessing the subconscious mind and meditation, and retired at the age of 30. After a number of years of [big boat sailing](#) and inadvertently moving to Sedona, Arizona in 1987, he started to do consulting and then wrote his first book, **Visionaries Thrive In All Times**. He now has five books (with two more on the way) and about 140 articles. He has developed a system based, in part, on the science of neurofeedback for rapidly advancing personal (and collective) consciousness.

His first book, **Visionaries Thrive In All Times: blueprint for reality creation** (2005) is about the possibilities of individual and collective reality creation in alignment with Innate Intelligence.

J. Hamilton released a second book titled **CORE Resonance: ultimate personal performance** (2009) for the purpose of identifying access to nonresistance and the resultant Presence and Guidance that becomes available. Key words: nonresistance, mindlessness, Innate Guidance, timelessness, solutions and timeliness. [Link](#)

He released a third title: **Beyond Words: thoughts become awareness** (2010), documenting his personal experiences of transformation through a series of chronological articles compiled into a book format.

His fourth book, **what if Prosperity has nothing to do with money** (2015) explores the quality of our connection with Source as the foundation for the quality of our happenstances, our synchronicities, harmonies and Order, and everything we need in life. What IF money has nothing to do with prosperity? What if it's all about plugging back into our Connection and aligning with what's true?

And his fifth book, **CORE Resonance Colonies™** (2015) lays out a program and plan for infusing Innate Intelligence into intentional communities, intentional organizations and intentional corporations. Anything going forward without properly infusing Innate Intelligence's participation invites failure and dysfunction. The foundation of CORE Resonance Colonies is [The Twelve Premises of CORE Resonance Colonies™](#).

**52 Weeks of Visionary Focus** is soon to be released.

There is now a 7th book in the wings.. **Patterns and Habits**. Everything, (repeat: everything) is patterns and habits. From how the brain learns, i.e., thousands of learned patterns and habits that run concurrently which identifies the brain's vast complexity, to how the mind and sub conscious mind operate and spit out information, to Nature's patterns and habits documented as Sacred Geometry. Everything is patterns and habits. Aligning with what is True requires that our patterns and habits mesh with the overall scale of Order that everything else abides by. This then becomes Resonance. In resonance, we are plugged in.

J.Hamilton is the founder of **CORE Resonance Systems** in Sedona Arizona, which features [\*\*CORE Resonance Training™\*\*](#) as a series of steps designed to quiet the brain and nervous system and re-enable one's natural state of connection with Source. As we achieve this partnership, relaxation and nonresistance becomes available – an alternate to creating reality based on fear and doubt, and resistance and reaction to our surroundings. As we discover a new way of doing things, we become exponentially more useful to, not only ourselves, but each other.

Presently, J.Hamilton's focus is on an introduction of [\*\*CORE Resonance Colonies™\*\*](#) which is a solutions-orientation so large that it snuffs out any problem. **CORE Resonance Colonies™** are living mechanisms designed to reach to the Divine and back to the earth to deliver what we have always wished and strived for, and always knew was possible – access to solutions. Because the Universe is ever unfolding and solutions-driven, as we plug into what is true, we become a means by which solutions are delivered into this dimension. Designed as a beachhead for advancing consciousness, **CORE Resonance Colonies™** is designed to dot the landscape and broadcast the frequency of the Divine through [intentionally coherent groups](#) to a human species in need of a few good ideas.

**TapRoot™ by CORE Resonance** is another application of CORE Resonance Colonies™. TapRoot™ is designed to be the foundation of any intentional community, intentional organization or team or intentional corporation responsibly and sustainably reaching into the 21st century. To build an organization without infusing Innate Intelligence into the foundation of that organization is simple ignorance.

**Aligning with what is True** opens the way for an exploration of living and life that so far exceeds what we are presently experiencing, that we transform into “the Second Coming.” We become **God-realized human beings** operating at our potential and expressing accordingly.

**Offering advanced Business, Wellness and Life Coaching**, J.Hamilton enables clients to successfully access advanced states of consciousness that facilitates sophisticated levels of advanced personal performance. Clients, including athletes, professionals and those seeking

higher states of consciousness report states of well being and spiritual awareness here-to-fore Unknown.

**The Formula? Nonresistance and the Law of Attraction.**

*J.Hamilton is available via [COREresonance.com/newsletter](http://COREresonance.com/newsletter), by email: jhamilton [at] COREresonance.com, or by telephone 310 878-2260.*

## **Build what's next..**

TapRoot™ by CORE Resonance  
Intentional Communities and Intentional Corporations  
~harnessing the power of groups~  
CORE Resonance Colonies™

Problems are of the mind;  
Solutions are of the Divine..™  
Alignment before Action  
Each and Every Day  
~*stay tuned*~™

**DISCLAIMER** The above material is provided for educational and informational purposes only. It is not intended as medical advice. The above information should not be used to diagnose or treat any illness, mental disorder, disease or health problem. Always consult your physician or health care provider before beginning any nutrition, exercise or therapy program. Use of the programs, insight, and information contained in this article are at the sole choice and risk to the reader.

## Endnotes

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<sup>i</sup> Nonresistance is not a mental exercise nor is it "of the mind." Nonresistance is a product of meshing with Innate Intelligence for which Innate Guidance becomes available and we drop our need to process the world on our own. One of the difficulties of accessing nonresistance is our existing Momentum as a cumulative product of our past thoughts and patterns, i.e., our past reality creating. Revamping one's Momentum is an important aspect of CORE Resonance Training.

<sup>ii</sup> [View the "basketball" video](#) This link takes you to the basketball video of an experiment by Daniel Simons and Christopher Chabris. When viewing the video, count the number of times the people wearing white pass the basketball. Do not count the passes made by the people wearing black. When you're done, visit the main website for more info.

<sup>iii</sup> Awareness Test

<http://www.youtube.com/watch?v=2pK0BQ9CUHk>

<sup>iv</sup> See [www.resonantServices.com](http://www.resonantServices.com)

<sup>v</sup> Article: [The Quality of our Reality Creating is a Scorecard for the quality of our Connection With source](#)

<sup>vi</sup> Annoyed

<sup>vii</sup> Our true format; our true nature and what is new for Innate Intelligence is the degree of awareness that we have become capable of expressing. Our true nature is "conscious awareness."

<sup>viii</sup> Curiously, sight (eyes), smell (nose), hearing (ears) and taste (tongue, etc.) have approximately one-inch pathways to the brain. Touch is more general but I believe the nervous system nodule known as the brain functions to process our senses. And, that's about it! Next time you do a u-turn with your automobile in a confined space, how does it occur? Your brain processes sensory information, calculates everything imaginable including turning the steering wheel (touch) to complete your action! No wonder your mind and brain cannot choose your life path successfully. It simply can't!

That's the job of Guidance!

Be in touch to learn to use the tools God gave you in a far more efficient manner and learn to access Guidance, Flow and partnership with Innate Intelligence!

Namasté