

# THE BIG SECRET

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# DREAM BIG – THE UNIVERSE IS LISTENING

BY ILONA SELKE

This chapter was first published in the book **The Big Secret** co-authored with Jack Canfield, which became best-selling book in May 2017.

Have you ever manifested a parking spot when you needed one? Many people have had some success with manifesting at least some things. Yet there remain questions about how to manifest effectively, why it can happen and how it works. Today I want to take you on a journey into discovering an even bigger secret.

*To find out just how big the secret is, join me on a journey to Hawaii in a moment!* But first let me summarize how far we have come in our understanding of the universe so far.

The book and movie *The Secret* has rekindled the desire to understand the hidden and ancient laws of the universe. These ancient laws reveal that we are not just physical bodies, nor mere cogs in the wheel of life.

However, during the last 800 years and especially in the era of *Enlightenment*, human kind has been obsessed with discovering repeatable laws of nature and rather pursued the scientific understanding of the universe, which brought us the body-mind split.

In our modern age, this has brought us space travel and the internet. We have externalized our thinking abilities and created a huge empire of 'things.' Many thought leaders now seriously consider that the mind is the equivalent of consciousness and that it maybe be transferrable into a computer.

The *Transhumanist* movement is trying to suggest the use of sophisticated technologies to greatly enhance human intellectual, physical, and psychological capacities, opening the doors to the creation of *cyborgs*. Even Elan Musk, the inventor of the TESLA CAR and co-founder of PayPal and Space X, believes it is our only chance to survive the advent of AI (Artificial Intelligence). They promote the creation of an *Übermensch*, a world where God is dead and the Soul is but an aspect of the body. AI, cyborgs and robots are the epitome of this kind of thinking.

And yet, you and I are here because we have discovered that there is a very different kind of universe afoot. We can affect change in the matrix of time-space through our focused attention, *The Secret* says.

Many of us are slowly discovering the deeper nature of the universe and Quantum Physicists are puzzled. It is likely that you are part of this movement of pioneers that is on the brink of discovering the bigger secrets of the universe.

Let us start with religions. All religions have in common that they teach us that we can talk to God, the universe, or various deities. They teach that our thoughts can have effect. The fact that our prayers are answered and that we can witness magical results down here on Earth due to our conscious focus, is in itself a mind-boggling feat. Think about it! It implies that we are truly living in a dreaming matrix rather than a solid state universe. We are indeed living in a consciousness-interactive universe, as plenty of miracles stories from all over the world prove to us.

Just how do you and I take part in this discovery of this greater universe? And what is *THE BIG SECRET*? Join me now on the journey to Hawaii.

My husband and I lived on the Big Island of Hawaii for a good part of 12 years – doing research with wild dolphins, about their telepathic and other extraordinary healing effects. I chronicled these amazing encounters and lessons I learned from the dolphins in two of my books, called *WISDOM OF THE DOLPHINS* and *DOLPHINS, LOVE and DESTINY*.

On this day, Don and I were driving back ‘Home’ from the airport, ready to be back into the swing of our island life on Hawaii. We had been gone for over four months, being on a seminar tour through Europe. Close to our house, just a few streets away, was a dolphin beach where dolphins frequently came into a little-known bay.

Just as we turned onto our road which was bordering onto a National Forest Reserve, we had to face a shocking view: Three abandoned cars that had been dropped off onto our street and had turned our paradise into a junk yard in our absence.

As we got out of our car, our nearly toothless neighbor greeted us. In her scratchy voice, she bemoaned, “I have called the cops, the city, everyone, over and over for the last three months to come pick up these Junkers but no results. They just don’t care.” The state of Hawaii was, in fact, known for not bothering to clean all the streets, especially in the more rural areas, and many old relics of junk cars had already remained on the roadside for decades.

Today I was not taking NO for an answer. There had to be a way to have my paradise back. My emotions were upset and I was not happy. However, I firmly

believed by now that all possibilities exist simultaneously, as Hugh Everett and Wheeler postulated in their interpretation of Quantum Physics, saying that ‘*many parallel realities exist simultaneously.*’

Also Brian Greene has postulated in the Super String Theory that there are extra dimensions of space-time. The new scientific thinking is indeed pointing to a reality that is far beyond the atomic model that has dominated our minds until now. **Science is starting to meet magic.** Quantum Physics has proven in experiments [EPR Experiment, etc.] that our consciousness or our focused attention is part and parcel of crafting the outcome, at least at the microcosmic level.

I had already experienced that a change in myself could create a change in the macrocosm that surrounds me, if I simply tune into the universe of my choice and dip the cup of my awareness into the ocean of the many parallel choices.

Looking at the junk cars, I instantly wondered if there was anything that I had done wrong. Before approaching the universe with a request for a bigger miracle, we need to have a *positive balance* on our *Karmic Credit Card*. This may or may not be news to you, but a clear conscience is a prerequisite for an extraordinary and magical life.

Don and I took our luggage into our house and as quickly as I could, I arranged my little meditation room and lit a candle. After having calmed my mind and body, I started by dropping my brainwave state down into the Alpha and Theta levels, which are around 4 – 8 Hz. This is the mindset that is usually associated with meditation. However, this is only the launching pad for reaching even greater awareness states.

As I entered a clearer, calmer state of mind, I started pulling up into higher Gamma brainwaves, (22 Hz to 100 Hz, but usually centering on 40+ Hz).

*Research in gamma-band oscillations may explain the heightened sense of consciousness, bliss and intellectual acuity subsequent to meditation.’ ~ Wikipedia.*

That day, I simply imagined that I was raising my innermost core of awareness, my soul, to the highest point in the universe. This has the side effect of raising our brainwave frequency into the Gamma range. I aimed at entering the point of singularity. This is where I feel God and I are one. Some people say they imagine being a rocket or a beam of light that flies and unites with the center of creation.

Once I was in that pristine state of heightened stillness, I nearly forgot my deepest wish of that day. But I pulled all my awareness together and remembered that I was on a mission and wanted to land my rocket ship in a parallel universe, one in which the street was returned to my *Heaven on Earth*. Despite the outer negative circumstances, I re-focused on the end-result that I really wanted *while in this singularity state*. I could liken this shifting to rearranging the matrix around me until it fit my sense of alignment.

Requests for larger miracles that deeply matter to us have the fuel needed to shift the blueprint of life. The request will have the required energy to enter into the eye of the needle and to come out on the other side of the looking glass, allowing you to appear in the parallel world of your choice.

In this heightened state of awareness, while being deeply relaxed and focused into oneness, I witnessed the return of my Paradise in my inner vision. I imagined that I was entering the hologram of my pristine *Heaven on Earth*, complete with a clean street. I had once read somewhere that at moments of 100% certainty, a supernatural feeling sets in. This lets people know that they are completely on target. I entered into this reverie until I had that 100% feeling of certainty.

When my inner image of my desired future really hit the perfect resonant spot in the cosmos, it indicated to me that my vision of my perfect future was about to manifest. This inner certainty is far different from going out on a limb of faith, and buying things on a credit card with the firm assumption that the money will follow, which people commonly do.

A precise alignment is needed for the perfect outcome to manifest in the external world. We have to know, for sure, when we have arrived at the right portal of the parallel dimension of our choice. Indeed, we need to know when we have reached the time-space that holds the fulfilment of our dream.

When we set the dial of time-space onto the desired coordinates, we do this in our body, mind and soul. Our entire self is vibrating to a higher tune at that moment. Actually, we already do this with every single thought and feeling every minute of the day, albeit often unconsciously, or with expectations that are shaped by our culture.

However, the more you and I are awakened to this co-creative process of becoming a conscious dreamer, the better are the outcomes. When we awaken to the fact that we are dreaming, we are increasingly free to live the life of our dream.

We have to set our focus on a desired outcome and notice when the resonance peak with the ‘universe’ has been reached. When we are more experienced, life will flow more and more gracefully and our mere thoughts will unfold as perfect creations before us, removing even the need to create any changes.

While still sitting in my meditation room in Hawaii, I suddenly heard some crunchy metallic sounds. “Could that be trucks coming to pick up those cars already?” I marveled. I thought to myself, “Better not check and simply keep meditating.” As the saying goes: *A watched pot never boils*. We need to let go and let God. “After all, at the end of our short street, a house was being built using a crane and it might just be the workers there creating the crunchy sounds,” I reasoned.

After finishing my meditation, Don and I drove to our little Hippie town called *Pahoa* to have dinner, as our refrigerator and stomachs both were empty. I totally forgot to check up on my experiment as we drove out onto our street. BUT, on our way back home that night, I made sure to check on my reality. Had it shifted as the sounds had almost indicated to me, or not? SUCCESS! Our street was again back to its perfect state of pristine perfection, and my paradise was back in order.

Initially, I questioned the miracle and did what most readers might be doing right now: I wondered if this miracle was a mere coincidence and I briefly looked for a logical answer.

But then I quickly recalled the many other miracles which I had already experienced. I remembered my lesson from long ago: *Logic wants to have a neat and orderly progression of cause and effect. However, miracles don’t happen in a logical sequence. Miracles depend on our ability to lift ourselves outside of the ordinary logical time-space sequence.*

Logic is the basis of our scientific world view and has its place. However, the BIG SECRET is that we don’t live in a solid world nor a solid reality. We manifest those circumstances that are in keeping with our beliefs and our vibrational state. Once you learn that you are the creator of your life, you will have liberties and abilities that far surpass the normal laws of physics.

In the beginning, learning to manifest is about *mastering your ability to focus and raising your vibration*. It is about learning that your *conscious and subconscious mind affect your reality*.

When you master that, you will realize that *life is a living hologram*. You then become the conscious time-space co-creator and director of your life. The frequency of your soul will be reflected in what you manifest around you. We live in a Multiverse, and you live in your version of Heaven on Earth.

Happiness and feelings of bliss will let you know when you are on the right path. Pain, unhappiness and even suffering will let you know when you are out of phase with life. We all want to manifest a better life with more money, greater health, and a soulmate. And YES this is all possible.

However please remember: Life is not about manifesting 'things.' *Our increased manifestation skills are a side effect of raising our vibration*. That is what evolution is all about. Shining greater light and more love is the real purpose of our life. As you evolve, the world around you will reflect more love and light back to you.

### **STOP – LOOK – and CHOOSE**

Any moment of life you can step out of the film that you are currently living in and become aware that you are the director. *You can refocus on what you really want*. You sit in the director's chair of your life. Increased bliss and happiness will be your rewards.

Remember: *Dare to dream big, the Universe is listening!*

### **About Ilona**

Ilona Selke is an international author and seminar leader, lecturer, and musician. She has written four books and has 25 CDs to her name, and has been quoted in numerous books for her work. Her books and teachings have been translated into English, German, French, Spanish, Chinese, Russian, Polish, Czechoslovakian and Hindi.

Her new **book DREAM BIG – The Universe Is Listening** will be published in October 2017.

Since 1987, Ilona Selke has been teaching personal growth seminars in Europe, Americas and Asia – to therapists, teachers, doctors, business people and laymen alike.

During the last 30 years, Ilona Selke has inspired thousands of people worldwide to discover the power of their consciousness and how to create a successful life.

She has appeared on TV and on Radio, on the well-known *Hay-House Summit* in English and German, and has appeared as an inspirational speaker on many telesummits. She has also been a favorite speaker at many conferences, such as the *Prophet's Conferences*, the *Quantum Energy Conferences*, the *Global Sciences*, and the *Global Spiritual Scientist*, etc.

Ilona Selke and her husband Don Paris, Ph.D., are co-founders and directors of Living From Vision®, a company committed to teaching about the holographic nature of the universe and how human consciousness can intentionally interact with the 3-Dimensional world.

The Living From Vision® course, available online or in book form, teaches methods of goal setting, creating success and manifestation skills through a holographic whole-brain method. The LFV course has been translated into six languages and has been taught worldwide through a network of LFV Teachers and Coaches since 1990.

Additionally, Ilona Selke and her husband have been involved in the research of a quantum tool called the SE-51000 since 1987, for which her husband received an honorary Ph.D. in 2000.

In 2007, they built the inspiring *Shambala Oceanside Retreat Center* on the Northshore of Bali; as well as a Wellness Spa called *Shambala Spa* in Ubud, the heart of Bali with a total of 30 employees in Bali, which they still run to this date.

From 2004 – 2014 Ilona Selke and her husband owned a *Dolphin Watch* boat in Key West, where they still offer Wild Dolphin Encounters. Numerous articles and Ilona Selke's books chronicle the astounding research and discoveries she made with the dolphins in her over 1000 hours of underwater contact with wild dolphins.

Ilona Selke has her own TV show called *Quantum Living* which were aired on WBTVN. Replays can be found on [www.quantumliving.guru](http://www.quantumliving.guru)

Ilona Selke and her husband divide their time between their home in Bali, their home on an island in the Pacific Northwest in the USA, and time in the Alps in Germany.

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Here is a letter I received on the 26. June 2017 form one of our LFV Teachers.

2 years ago when I met Jocelyn in Bali at our **Shambala retreat** center I suggested that she would take the Living From Vision course to create a new life for herself.

She decided to start taking the **Living from Vision** course, and had such great results that half a year later she decided to become a LFV Coach and LFV Teacher in Canada.

Fast-forward 2 years later and she just returned from a dream come true trip to swim with the dolphins in Florida. But alas on her way home her flight was delayed due to bad weather and she saw that it was going to be impossible to catch a connecting flight.

Not too long ago she had read the above chapter from my new and upcoming book **DREAM BIG – The Universe Is Listening** (due to be released October 2017).

Her story is so inspiring that I wanted to include it in this chapter, because nothing is more convincing than another real life person sharing their exact same magical results with exactly the techniques that I was teaching.

**Here is Jocelyne Lachance e-mailed me:**

**Dear Ilona,**

**I just arrived in Mtl after a fabulous trip to Florida.**

**I have experienced something quite strange on my way back. I had a connecting flight in Toronto and had only 1h10 between the 2 flights.**

**When the pilot said we were on hold because of thunderstorms in Toronto and we could be 30 minutes late.**

**I first thought that I would miss my flight. T**

**hen I suddenly remembered what you said in your book about the flight redirected. And when the lady beside me said it always happen when they travel.**

**I started to visualize that we were on time and I could be in Mtl to see my grandsons before they go to bed.**

**And I told the lady, we are going to be OK. And you know what? It worked!**

I could not stop thinking about you. Thank you for being in my life !

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