

Reality Shifts

*When Consciousness
Changes the Physical World*



Cynthia Sue Larson

REALITY SHIFTS

When Consciousness Changes the Physical World

"Ever wondered where that missing sock went when you last searched the clothes dryer? Thought about why those keys you so carefully tucked into your jacket pocket suddenly disappeared only to be found underneath the cushion of your favorite television sofa? If so then you have experienced what Cynthia Larson calls a *Reality Shift*. In her book of that title subtitled *When Consciousness Changes the Physical World*, she explains in clear and unambiguous language just what these reality shifts are, why they occur, and how they can be used to influence and change your life for the better. Larson even goes into how the latest ideas from quantum physics can help us understand these shifts and most importantly believe in them as part of our reality, not just our imagination. No, Martha, you are not going crazy, just witnessing the reality shift around you. I recommend this book for its clarity and for its message of hope. Readers will be encouraged to enjoy reality shifts both literally and in actuality—when they occur—and will be taught how to make them happen more often."

– Fred Alan Wolf, Ph.D., National Book Award-winning author of *Taking the Quantum Leap* and many other books, including *Dr. Quantum's Little Book of Big Ideas*, and *The Yoga of Time Travel*

"In REALITY SHIFTS, Cynthia Larson helps restore a sense of majesty and wonder to our everyday world. If you think science has explained away the magic of existence, you need seriously to read this book."

– Larry Dossey, M.D. author of *Power of Premonitions*, *Reinventing Medicine* and many more

"Modern science has now addressed the problem of consciousness. We each experience consciousness every day, in some of the myriad and fascinating ways described in REALITY SHIFTS. But no one yet quite understands why this is so. Speculations, theories and experiments from quantum science have now been entered into the debate which suggest that our world is far more mystical, complex, interactive and even humorous than the sterile, mechanistic dogma of classical scientific thought. Read, enjoy, be amazed, ponder REALITY SHIFTS."

– *Edgar Mitchell, Sc.D., author Psychic Exploration, The Way of the Explorer, Institute of Noetic Sciences Founder, Apollo 14 Astronaut*

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Preface

Reality is shifting all around us in this everyday, ordinary life. We most commonly notice reality shifts when we set something down and it vanishes or reappears somewhere very different from where we know we left it. Reality shifts are physically observable changes that occur without any direct physical intervention. We may note that the more attention we pay to the idea that reality shifts, the more we see our reality shift.

We live in an incredibly dynamic universe that gives us what we wish for, like a waking dream. Reality is fluid, occasionally discontinuous, and fully responsive to our thoughts and feelings. Scientific studies have shown that our wishes and thoughts do not come only from our brains, but from every cell in our bodies. We attract to us that on which we most focus our attention. The better our wishes are aligned, the better we can notice how the universe responds to our every question and thought.

Our thoughts and feelings seem to shift reality to create the coincidences that make our lives exciting and rewarding, with our wishes and prayers coming true. Even our own bodies are capable of miraculous transformation, as I've found by participating in healing for myself and others. We really do have the power to change reality with our thoughts and feelings, and to see our dreams come true. We can heal ourselves and others and even the things we love. In each moment of life, we can choose to enjoy our lives by opening our minds and hearts to feel the incredible energy of pure love, letting go of feelings of anger about the past and worry about the future. There is a great abundance of love, joy, inspiration and prosperity in this universe, and it is freely available to us all.

I have witnessed some amazing reality shifts: I've seen magazines transport themselves; I've watched bruises vanish from my hand; I've observed a previously dead cat walking around in my backyard, very much alive. These experiences are exhilarating and awe-inspiring for me.

I love to share reality shift experiences with my friends and family, such as the time two friends and I noticed a large sundial sculpture appear out of nowhere at the Berkeley Marina one day, looking as if it had been there for many years. On a different occasion, my daughter showed me that an illustration in a book we read every day was completely different. I once took my husband's coat out of the laundry, and was surprised to see that its fabric was different. I've watched car keys materialize out of thin air under a friend's hands, as we wondered how to get into his locked car when we couldn't locate the keys.

I've talked to total strangers about reality shifts while waiting in movie or grocery lines, and found that many I've talked to have witnessed reality shift, and want to know what's going on. Most people I've talked to experienced situations where objects inexplicably vanished or relocated, and are eager to hear stories of shifting reality and an explanation for why reality shifts. The tremendous interest in this subject has given me the impetus and support to summarize my own experiences with reality shifts, and to investigate this phenomenon.

I hope the stories in this book spark a sense of recognition for you, so you may increase your awareness of reality shifts, validate your own reality shift experiences, and be reassured that reality shifts are a natural part of life. This book may be considered a how-to guide for those eager to explore the changing nature of reality, while others may prefer to read and contemplate the significance of reality shift stories. I wrote this book to embody a unique synthesis of physical phenomena, spirituality, and personal development, because I believe that ultimately the greatest practical application for shifting reality is in changing oneself.

Introduction to Reality

*"I would rather live in a world where my life is surrounded by mystery than live in a world so small that my mind could comprehend it."
– Harry Emerson Fosdick*

What is Reality?

"Whatever works" – Carol Stieger

Reality is the fundamental essence of existence. In order to know what is real from what is not, we rely upon our senses, our reasoning, and our intuition. Our senses provide us with the physical input our mind requires to comprehend the world, and our mind gives us a framework in which to place our experiences. Our intuition helps us feel what really matters to us, and whether something feels out of place or just fine. Intuition is the inner teaching that lets us know what is right for us, and what we truly need.

Many dictionaries say **reality** is:

"the state of things as they are or as they appear to be, rather than as one might wish them to be,"

and define **real** as:

"existing or occurring in the physical world; not imaginary, fictitious, dream-like or theoretical."

What we wish for, dream and imagine is the very framework and foundation of everything we create. In other words, the essence of all that is real springs forth from all that is not yet real. Every great invention starts out as a mere idea; everything we build begins as something previously only imagined. When we contemplate the difference between fantasy and reality, we look into the very essence of how

creation works; we get a sense of the innermost workings of the universe itself and how something comes from nothing.

The difference between fantasy and reality seems clear to most people. Dreams are something we wake up from, whereas reality is what we awaken into. Dreams are fanciful and unpredictable, whereas reality feels more familiar and stable. We can tell the difference between fantasy and reality because fantasy is purely our own creation—something we either dreamt, or wished for, or imagined somehow—while reality is what already exists that we do not believe to be totally our own creation.

Sometimes it is difficult to be conscious of dreaming as we are dreaming, and the fantasy *does* feel real to us during the time we are dreaming. We may even believe we are already awake because we awoke from a dream within a dream, and it's easy to feel quite startled to wake up out of what we already thought was wakefulness. The jolt of awareness that a more conscious state is possible informs us, "*Now* you are truly awake!" In other words, we most clearly notice the difference between different states of mind by experiencing the boundary between these experiences.

Reality, like a dream, is in a continual state of change and transition. Nothing stays the same for very long. The weather changes, the continents change shape and drift across the oceans, and even we ourselves change tremendously with time. Any attempt to hold onto something is essentially futile, because constant change is the rule in life, as it is in dreams. We may feel a need for our world to be somewhat solid and stable, because we want something dependable under our feet that we can rely on to be there and build upon. We think we want things to stay somewhat fixed and solid, even though we actually need fluidity and change in order to grow and develop. A lack of change feels like stagnation, where the flow of fresh air and water has stopped; it's an unpleasant experience for most people. Feeling and hearing a breeze, breathing fresh air, and drinking fresh running water feels immensely more pleasurable and healthy than breathing stale air and drinking stagnant water.

If you're thinking to yourself, "Not everybody has to change," then consider the idea that every job that exists on

earth deals in change, including yours. Farmers work with earth to grow food from the sun's energy, truckers transport food from farms to grocery stores, grocery store employees keep the new food on the shelves, and customers buy and eat the food. Bankers collect the money from individuals and businesses, and update financial records after each transaction. Sanitation engineers take the garbage from our businesses and homes and transport it to solid waste management areas for recycling, reuse, burial, or incineration. Secretaries answer telephone calls, take messages, type memorandums, and file papers for managers who design and manage projects that produce goods and services. Every human job is focused on changing something, no matter how small a thing it may seem to be.

If you feel like you want to change the world, where do you start? The biggest change we can make in life and the most exhilarating is to change ourselves. Changing ourselves changes our behavior, and when we change the way we act in the world, we're changing both the quantity and quality of our interactions. If we wish to change our behaviors, we need to change a couple of things we have full control of in our lives—our attitudes and beliefs. Our attitudes and beliefs form the basis for our every action in life, and this is truly the way we "make something out of nothing," and create new realities from what were previously unconscious desires.

Sometimes, we know we need to change because we feel a need for something different in our lives, and we recognize that if we continue on the way we've been going, we'll end up precisely where we're headed! This realization can give us the necessary jolt to snap out of our habitual lives and consider that there might be a better way to live than what we've been doing so far. Sometimes we have to crash into a wall several times before we notice that this hurts, especially if we are rather hardheaded. If we feel like we keep running into walls, we might ask ourselves if we've fenced our belief system in too thoroughly for our own good. Other times we feel an urge to change because we find ourselves in a *completely* different situation than we've ever previously encountered, and we know we need to be able to adapt ourselves, because all the old notions of what works and what doesn't work don't apply

outside of the old boundaries of our beliefs. Only when we question these new and unusual experiences can we begin to increase our knowledge of what lies beyond the boundaries of what we comprehend.



Sand Crabs

When I was a child, I saw an extraordinary thing one day at the beach. My family and I were vacationing at a remote island in the Pacific Ocean, and we spent a leisurely day on a quiet, uninhabited beach. I sat by myself on a part of the beach populated by a whole colony of sand crabs. These little crabs lived in holes in the sand that each crab dug for itself, and at any sign of movement, the crabs would scurry quickly down into their holes for safety.

I observed one of the crabs moving sand with a claw with absent-minded proficiency, and I was mesmerized to see the effortless way it obtained a scoop of sand and lifted it into the air. This activity looked like so much fun to me that I made a similar ball of sand and playfully tossed it toward some crabs. The sand ball hit an unsuspecting crab, which immediately scooped up a ball of sand and held it aloft while standing up as high on its back legs as possible. The crab looked as tense and concerned as a crab can look, with moist grains of sand from the sand ball I'd just tossed still clinging to its shell.

The crab continued standing high on its back legs, surveying the area and assessing all the crabs in the vicinity to determine who might have tossed a sand ball. After several long moments of careful consideration, the crab steadied itself as it fixed its gaze on one particular crab. It suddenly flung its ball of sand at this unsuspecting crab, which it hit with incredible precision! The targeted crab immediately scooped up a ball of sand and returned fire.

In a matter of minutes, a dozen little crabs were all flinging sand balls at one another with reckless abandon. None of the crabs suspected the perpetrator of the whole sand ball fracas was not a crab at all, but a human.

My experience with these sand crabs shows me that crabs interpret what happens to them in terms they can understand, which may not be the truest sense of what is actually happening. We humans are not so different from crabs, in the sense that we are also only capable of interpreting experience based on what we *know* of reality. Some forces are simply outside our realm of comprehension. The sand crabs had no prior knowledge of humans, so they did not imagine I might have been the one who threw the first sand ball, though my interaction with them had the effect of moving almost every single crab on the beach into action.

We live within a conceptualization of a universe of which we have limited understanding, just like the crabs on the beach with no knowledge of anything besides other crabs throwing sand balls. We have much in common with those crabs, since we usually only consider other humans like ourselves to be capable of affecting our lives. When Captain Cook's sailing ship first approached the island of Tahiti in the South Pacific it was not noticed by the inhabitants, even when Captain Cook and his crew pointed it out to them, since no Tahitians ever saw such a vessel before. Just as Captain Cook's ship was invisible to Tahitians, I was invisible to sand crabs on the beach. This shows that we can't contemplate what we have no comprehension of, even when it is right in front of us. The range of our knowledge of reality is limited by our pre-existing beliefs, assumptions and expectations.

How We Construct Reality

We like to comprehend our environment, so we name things and ideas in order to think and talk about them. It is the unique way our brains and sensory systems work together that often convinces us that we are directly experiencing something, when in fact our brain filters all our senses. Our brains influence both how we conceptualize ourselves and

elements of our environments; how we select and store information. Some minds work in visual images, seeing pictures, while others structure experience in words, ideas, or according to how something feels. Every person has a unique way of paying attention and storing and retrieving their impressions of what they pay attention to. Whether we interpret our experience in feelings, visual images, or words, the *way* we order the universe therefore limits our observational concepts.

It's a well-known fact that our visual perception is "full of holes." We have no photoreceptors in the middle of our retinas, and we only see our visual range of the spectrum of light. The visual range is a relatively narrow bandwidth from red to violet; we do not see infrared or ultraviolet frequencies without technological tools to help us. We compensate for these perceptual limitations by filling in the holes with what we believe is there, and what we fill in can be more than half of what we believe we are seeing. Our brains do this so seamlessly that we are seldom conscious of visual gaps. This may be why we can see more information by moving around and getting a new perspective, and why we often notice, "something seems different" in visual puzzles in the Sunday newspapers, but don't know exactly what changed unless we compare each minute detail between nearly identical pictures.

Dr. Karl Pribram, a neuroscientist at Stanford University, proposes that our brains perform computations to construct physical reality. This holographic model of the brain suggests that we are viewing only a very limited version of reality that we are capable of understanding. We already know we do not perceive everything there is, but Dr. Pribram also suggests that if we saw reality without the mathematical computations our brains perform, we would observe a very different universe in the frequency domain without any sense of time or space—just events. The holographic model of the brain helps explain how our brains can store so much information in so little space, and also how we can best recall a memory when we illuminate it with the same kind of feeling we had when we stored the memory. Our brains also allow us to easily transfer learned skills, so we find it easy to trace the shape of a valentine heart in the air with our nose, even if

we've never before done such a thing. Pribram's holographic brain model explains that if our brains are converting all our memories into interfering waveforms, they are able to flexibly roll every idea around to be played with and experienced from many different perspectives.

The very process of labeling and archiving information greatly affects what we allow ourselves to experience. By constraining the way we identify and sort the significance of an experience, our memory structures give our minds order and cohesiveness. These memory structures can also block our ability to fully comprehend any given experience. We can empathize with the crabs on the beach who notice that a ball of sand has appeared nearby, yet have trouble noticing that it was thrown by a human being, since they have no way to comprehend such a thing as a human. Even though something very *large* is right in front of us like a gigantic human being near a group of crabs, or an enormous sailing ship sitting just offshore a Tahitian beach, we may not notice it if we've never seen any such thing before. We tend to perceive what we are ready and willing to perceive, and not much more ... unless we open ourselves to directly experiencing reality. Fortunately, we can increase our awareness of something simply by paying attention to it.

Have you ever noticed that when you are thinking seriously about something, like buying a new car, you suddenly see lots of new cars all around? If you are thinking of getting a dog, it seems like dogs are everywhere. If you are thinking of having a baby, everyone seems to be having babies. What we attend to brings that idea or thought more into our awareness, and we are likely to feel its presence has increased in our lives. I've found it to be true that when I appreciate how reality shifts around me I begin to notice many more such changes going on.

When I notice more reality shifts, I also see how much I create for myself by how I choose to feel in response to my environment. I interpret the behavior of people and things around me according to my own beliefs and attitudes, coloring each experience with how I choose to feel about it. I can choose to live in a world of anger about past injustices, or in a world of worry about the uncertain future, or in a world

of acceptance of the love that is here right now. We can live in any world we choose, although much of what we are choosing we are only unconsciously aware of. We often don't pay conscious attention to the background sounds, smells, sights, and other sensations around us, yet they have very profound effects upon us. Likewise, we rarely pay much attention to the unconscious currents in our minds. Whether we admit it or not, we all start with our own unique perceptions of the world upon which we base our personal conception of reality.

Our concept of reality is a subset of the totality of all that reality encompasses—much in the same way as our house, car, office, and shopping areas are not the entire universe, even if we do spend much of our time in those enclosed places. As we change how we think about things, we can open our minds and our senses to new possibilities with fewer constraints on what we will and won't believe in, and then we can begin to experience miracles as we become more involved in being fully present.

Belief Structures

"There will be some fundamental assumptions which adherents of all variant systems within the epoch unconsciously presuppose. Such assumptions appear so obvious that people do not know what they are assuming because no other way of putting things has ever occurred to them."

– Alfred North Whitehead

Cultural attitudes are perhaps the strongest influences upon how individuals form belief structures to view reality. Children start out with beginner's minds and hearts; they are able to learn whatever language and social norms they are exposed to. Eskimo children learn how to hear and interpret the different sounds of ice and snow under their feet, while Australian bushman children learn how to make special sounds that have no equivalent in other human languages, and how to find the locations of underground roots and unseen animals. Native American children learn how to smell the rain coming, and how to recognize the changing of the

seasons by what the plants and animals are doing. Children born with physical handicaps learn to interpret and explore their world by making fuller use of their entire complement of mental, intuitive, and sensuous skills and abilities. Children of all cultures learn over time what experiences to be wary of, and how to make sense of the information they perceive through their senses.

Just as every culture teaches its children what is considered most important to survival and success in that perceived environment, each family and subgroup within each of these cultures has its own mini-belief system. As children, we learn what is real and what isn't real from our parents and the other people around us, so we learn to view the world in ways we can communicate to others. We learn to value and sort our experiences based on our beliefs of who we are as individuals and in groups. Experiences that are not part of our beliefs are not easily stored or accessed in our minds, so they often go undetected in our consciousness.

It's amazing how people can live such different lives, mostly because we each have such unique internal belief systems that form the basis for all subsequent knowledge we are conscious of. We can be remarkably ambivalent about the parts of life that we don't value or believe in, effectively shutting out much of what other people may consider to be the essence and core of their lives. While our individual experiences are so remarkably unique and varied, collectively we experience All That Is.

The psychologist Jean Piaget recognized a period of *reality adjustment* in the pre-adolescent child during which *magical thinking* fades away. What Piaget did not consider is that this "magical thinking" is a primary and very valuable process of directly experiencing the universe. Children are born with the ability to conform to any belief structure, and they start out wide open to all possibility, free of assumptions such as "effect must always follow cause in time," and "wishes have no effect." As we grow up, each of us replaces our totally open way of directly experiencing the universe with a belief structure uniquely customized by immersion in culture and family whose language and ways of living support and sustain the concept of the consensus reality. We pay little

attention to this process of changing the very way we experience the world, because we unconsciously reframe ourselves and reframe our life experiences in accordance with our newer belief structures.

Barbara Ann Brennan remembers her own childhood on a farm in Wisconsin in her book, *Hands of Light*, where she writes about how she would sit perfectly still alone in the woods, waiting for small animals to approach her, and blending into her surroundings.

"In those quiet moments in the woods I entered into an expanded state of consciousness in which I was able to perceive things beyond the normal human ranges of experience. I remember knowing where each small animal was without looking. I could sense its state. When I practiced walking blindfolded in the woods, I would feel the trees long before I could touch them with my hands. I realized that the trees were larger than they appeared to the visible eye. Trees have life energy fields around them, and I was sensing those fields. Later I learned to see the energy fields of trees and the small animals. I discovered that everything has an energy field around it that looks somewhat like the light from a candle. I also began to notice that everything is connected by these energy fields, that no space existed without an energy field. Everything, including me, was living in a sea of energy."

Barbara continues to explain that she did not consider these early childhood experiences to be extraordinary; she simply accepted them as being natural and probably well-known by everyone. As Barbara grew up into a young woman, she forgot all about them. I believe all children are open to this kind of direct experience, and each of us experiences our own unique interpretation of it.

What we believe can be so powerful it can produce physiological changes in our bodies. "Hysterical pregnancies," where women mistakenly believe themselves to be pregnant result in women gaining weight, retaining water, and ceasing

their menstrual flow for many months. People given placebos typically experience both the benefits and the side effects identical to ones they would have if they were taking the drugs being distributed for the studies. People who believe they have received the "evil eye" often die of unknown causes within days of being cursed.

Our cultures, like our egos, serve to provide us with a sense of identity. They do this by giving us boundaries we can recognize, and by helping us sort our experiences into those that are internal and those that are external. Our beliefs give us these boundary lines of demarcation. Our beliefs tell us things like "you can't read someone else's mind," "you must work hard and be competitive in order to succeed in life," and "happiness comes from financial security and social status."

In general, our Western culture believes in cause and effect, where what happens has been brought about by forces that acted earlier in time. While many religions and spiritual people believe in miracles and the power of prayer and wishes, the more prevalent point of view in academic circles is that "You don't get something from nothing." Some scientists believe nothingness may actually be the very source of all that is, but most people in academia would not agree with that.

Experiences that jeopardize our beliefs in the boundaries we've chosen and adopted as our own are generally met with some resistance or resentment, unless we are open to expanding our sense of boundaries and limitations. Love allows us to open ourselves to new beliefs and experiences, and helps us heal the wounds we feel from holding onto anger and fear. As our boundaries expand in love, so does our conscious awareness.

When we think and believe according to how we've been conditioned, we tend to behave in the same ways we've learned to interact with our environment. We keep doing what we've done and believing what we've believed. Our habitual behavior rewards us until such time as resources are depleted or we lose interest in the sheer monotony of our repetitive patterns. When we maintain our belief structures, we keep creating for ourselves an experience of stability and some degree of predictability that works well as a framework for us to live by.

The biggest problem with static belief structures is that they do not allow for ecstasy, ec-static being essentially the experience of feeling oneself free of stasis—or literally to stand outside, go beyond, be beside oneself. When we wish our lives would continue as they've always been, we doom ourselves to a depressing state of boredom for the simple reason that we are no longer challenging ourselves to our full ability to grow and change. Going beyond our ordinary concept of self is what always brings us the greatest sense of joy in life. Going beyond our own boundaries brings us an ecstatic awareness of how we are truly created in connection with all that is.

Even after making a breakthrough and catching a glimpse of the universe beyond the ways we normally sense it, we usually return again to seeing the universe as solid and physical almost immediately. When we manage to see outside the normal boundaries of experience, we often interpret our experience in terms of our own predispositions to see the images from our framework of understanding. For example, Christian saints and mystics see images of the Christian faith like Jesus or Mary, while Aboriginal karadji would see Mimi Spirits, a Lightning Figure, or a Sun Woman.

We also may find ourselves having trouble changing our attitudes and beliefs as we become more and more habituated to them; new experiences and ways of looking at the world are best adopted when they are reinforced. My younger six-year-old daughter's mind was still flexible enough for her to say to me, "Mom ... I just saw one of those things ... what do you call it?" When I replied, "A reality shift?," she nodded excitedly, and said, "Well I just saw one! I was playing with my horse and it's tail moved when I wasn't even touching it! I watched it and it moved from that side to the other" as she pointed to indicate it had swished from right to left. Her mind is more open to seeing a toy move by itself, simply because she hasn't yet constrained her mind to a certainty that a toy horse's hair tail cannot move by itself.

The more experienced we are, the easier it is for us to say, "I know that" upon encountering something familiar. We feel delighted to recognize a familiar concept, and are quite happy to find confirmation of our beliefs. The problem with stopping at this point and categorizing new experiences in terms of

something familiar is that we risk completely missing out on the unexpected ... the unanticipated ... the surprising ... the amazingly, astonishingly new. If we look and listen a little more carefully, we can release ourselves from the constraints of predetermined judgment, and open ourselves up to expanded awareness of multiple coexisting harmonious meanings. As soon as we stop our questioning process, we essentially imprison ourselves in whatever set of beliefs we happen to be holding onto at that moment.

When we understand that our belief structures are creations of our minds, we can start noticing how varied individual belief structures can be from person to person. What one person considers realistic and matter-of-fact can seem outlandish to another person. Even the idea that other people actually *see* images in their minds may seem outlandish to some people, let alone *what* those people see. When enough people shift their belief structures and look at the world in a whole new way, cultural paradigms shift.

Social Resistance to Expanded Consciousness

"It is demonstrable that many of the obstacles for change which have been attributed to human nature are in fact due to the inertia of institutions and to the voluntary desire of powerful classes to maintain the existing status."

— John Dewey

Cultures gradually expand boundaries to be slightly more inclusive. This expansion of awareness is apparent in the gradually improved cultural attitudes of accepting individuals for who they are regardless of race, religion, gender, sexual orientation or economic class. Obviously, there is still a long way to go before we can accept and love ourselves and each other as fully as possible, but many of us have come a *very* long ways towards feeling genuine unconditional love, even when others don't behave or look like we do.

Listening to different viewpoints is not a prelude to being converted to a particular point of view, but it is an excellent way to gain deeper understanding of oneself and one's own

About the Author



Cynthia Sue Larson is an author and life coach whose favorite question in any situation is, "How good can it get?" as she helps people understand how our thoughts and feelings literally change the world. Cynthia received a BA degree in physics from UC Berkeley and an MBA degree from San Francisco State University, and has helped people set and achieve extraordinary goals in optimal alignment with their core strengths. Her popular *RealityShifters* ezine can be read and subscribed to at:

www.realityshifters.com

Reality Shifts

*Something extraordinary is happening...
and the closer you look, the more amazing it gets*

Have you noticed things move around mysteriously? Keys don't stay put, wallets transport to different places, and socks go missing from the laundry. We observe reality shifts when things appear, disappear, transform or transport, and when we experience changes in time. Reality shifts range from the enigmatic (missing socks and synchronicity) to the completely astonishing (the dead seen alive again, objects appearing out of thin air, spontaneous remissions, traveling far in a short time).

Read *Reality Shifts* and learn how you can:

- Live lucidly to create a life you love
- Positively influence the future & past
- Transform sabotaging beliefs into strength

"Cynthia Sue Larson helps restore a sense of majesty and wonder to our everyday world. If you think science has explained away the magic of existence, you need seriously to read this book."

- Larry Dossey, M.D.

"I recommend this book for its clarity and for its message of hope."

- Fred Alan Wolf, Ph.D.

"Read, enjoy, be amazed, ponder REALITY SHIFTS."

- Edgar Mitchell, D.Sc.



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