



We Create Masterpieces™
Enhanced Business - Balance
Empowering Adults & Kids

Reach new heights© -- Be the Masterpiece you were meant to be!

Aiming Higher Quantum Success Coaching

31441 Santa Margarita Pkwy. #A-103 - Rancho Santa Margarita, CA 92688 - Tel: (949) 713-7303 Fax: (949) 858-8583 - PamRagland.com

The Quantum Thought Shift™ Measures What I am Checking and What it Means!

I pioneered using measurements in the coaching industry to gauge improvement. Really, it was for me to experiment & improve. I would use them to see "If I do this, then it will cause a shift in this area." I use several key measures to gauge your progress. Here is an explanation of what they are, and why I use them.

Negativity

Negativity, defined, is simply the collection of lies we unknowingly tell ourselves that limit our potential to be a Masterpiece. They are so insidious we hardly recognize them. In fact, not only do most of us not even know they are there... but we don't even know they are lies!

Negativity is stored as thoughts connected to emotions (or emotions that create/connect to thoughts when acquired early on). A neural pathway in the brain connects these thoughts and emotions to each other.

We all came into this world as a Masterpiece. Negativity is the "paint" on our Masterpiece, covering it all up. For most of us the original is long buried.

At 100% negativity we die.

There are two key measures here:

- Total percentage of negativity [[Negativity %](#)]
 - The average adult (18+) has 97.4% negativity
 - The ideal target is zero
 - This is simply the proportion of all total negative thoughts and emotions stored in any of your bodies, versus your total thoughts.
 - As you increase your human capacity (the brain is unlimited in what it can handle) this proportion can shift downward, assuming the total # of negative thoughts stays the same.
 - However, few of us (unless we wipe the negativity out) are able to create any sort of a substantial shift with the amount of negativity we have.
 - For this reason at the higher levels (anything above 12.7%) this number tends to remain static unless the negativity is overwritten.
 - The most widely known ways of wiping the negativity out include:
 - § Affirmations/Visualizations/Visioning – manual process to overwrite the subconscious, working issue by issue. Takes 26 days on average to overwrite.
 - § BioResonance Device (Wavemaker, BiCom) – Uses Destructive Interference to disconnect the thought from the emotion. This leaves



them both there, but sometimes they are “stranded” so it leaves “debris”. Works issue by issue.

- § Then there is the Thought Shifting/Quantum Thought Shifting process – This overwrites the negativity with “positivity”. The Have Anything™ program is based on this process.
 - As your Shift happens, this number will progressively go down
- Total number of negative “thoughts” (includes emotions) [Negativity #]
 - The average adult has about 3 million negative thoughts (3,000,000)
 - The ideal target is zero
 - This is simply the total number of all total negative thoughts and emotions stored in any of your bodies
 - As your Shift happens, this number will progressively go down

Subconscious

The subconscious stores the thoughts that create for us, and manages that creation. “The Waitress.” It takes instructions from our conscious mind. It uses those instructions to “find” the resources in the universe to fulfill our request. The subconscious can handle exponentially more information than the conscious mind. Once the conscious mind sends an instruction to the subconscious, and it’s accepted, the conscious mind no longer needs to be aware of it.

Thoughts get accepted into the subconscious when there is no competing thought.

- Total percentage of subconscious thought [Subconscious %]
 - The average adult (18+) has 96.4% subconscious thoughts
 - The ideal target is .6%
 - This is where “auto pilot” habits originate & are stored & reinforced
 - We need some auto pilot habits because in our society there are many things we need to do by habit.
 - § Drive the car, brush our teeth, use the computer, etc.
 - § We don’t want to have to think about these things.
 - Many of these habits have been passed down for generations
 - This is also where “mind chatter” originates
 - As your negativity is cleared this number will go down
 - The difference between your negativity % and subconscious thoughts often reflects a “Field of Truth” (See below.)

Field of Truth¹

When the ego perceives it may be destroyed, which it perceives as destroying the person, it can create an illusion called the Field of Truth. Really, this should be called

¹ Information originating at Immunic.org



the "Field of Lies", because that's what it is. It is an illusion about how things are, which is constructed by the ego, and wrapped around the entire person. In other words, it is like living life in your own little bubble!

This is akin to creating a multiple personality, or blocking out a period of time in your life. It is a protection mechanism from perceived harm. The only trouble is, the harm is not real, and the protection actually causes more harm in the sense that the person is thrown off their purpose.

When I first noticed that as negativity decreases so does the % of subconscious thoughts in almost a 1:1 correlation, I noticed something interesting: this was not true for every person. When I began measuring the Field of Truth, I noticed it synced up with the difference between the Subconscious Thoughts and the Negativity. This means it is not stored in the subconscious, and it is not creating for the person directly.

However, it does keep them tied up in a straight jacket in a way, as they are constricted by living in their own little illusion about things. Because the subconscious is not involved, the events that would otherwise be pulled to them to help them create do not happen. Life is more of a struggle. They do not get assistance from the universe to create (even by accident.) Eventually this will implode on them, like a building that is being demolished. At 100% FOT we are destroyed.

- Total percentage of Field of Truth [FOT %]
 - The average adult (18+) has a 27.2% FOT
 - The ideal target is zero
 - This is where ego illusions originate
 - Field of Truth information can be stored in any of the "bodies" (see below)
 - As your negativity is cleared this number will go down
 - It is easier to recreate this than to re-ad to the subconscious, so I deal with that in this program

Universal DNA

At some point on the planet we became disconnected from our Universal field. I became aware quite a while back there is Universal DNA. To me, this is the same as the foundation of the Universal Field.

It is important to know that all DNA can be altered at any level.

According to intuitive information received by Stevan Thayer in the early 1990's, we actually have 12 strands of DNA—not two. The 12 strands are 6 pairs of 2 strands each, which each represent a "body". The physical pair represents the body we can see, and the rest are spiritual bodies we cannot see typically. The 6 pairs are, in order:



- Physical Body– We know about this one. Controls the physical body's basic attributes (which can be changed.)
- Emotional Body – Creates & controls our emotional profile. It governs our emotional intelligence (something we are hearing a lot about lately), our personality e.g. "Type A" or "Type B", whether we are introverted or extroverted, etc. There have been many assessments that have attempted to measure aspects of this "body".
- Mental Body – Creates and determines how our mental energy is directed – logical, linear, rational thinking, or toward intuitive or artistic expression. It also determines whether we are primarily optimistic or pessimistic.
- Soul – Governs our soul's mission. It determines soul level archetypal patterns. It also contains the experiences we will have, wisdom to develop, spiritual strengths to master, the service we are to provide for others, and the path to pure joy. This is our "Contract" and "design" in its entirety. It also carries past pre-conditioning we have brought into this lifetime to work with and master. This is the "order" we put in (once we are free of negativity--then what we are meant to order is more clear!)
- Connection to others – Governs our "soul cluster". These may be different pieces of the same fractal area (according to Ra), or the same "rooms" within a mansion (as illustrated in the Bible.) These are the people/relationships you meet and instantly feel a familiarity towards. This level controls the movement and timing of specific souls within a cluster to seek and find each other. These are the synchronistic meetings and relationships we all have. Basically, these are the people who are closest to us, who seek to assist in our mutual fulfillment of our purpose. In terms of the Cosmic Order Window, these are the people who help fulfill our order.
- Connection to Universe – This level governs all of creation. It aligns our 12-strand DNA with divine will. In the Cosmic Order Window, this is the cook who fulfills our order. Yet, in an ironic sort of way, when we are reconnected to all our DNA we also know the ideal order the cook would like us to put in--and we tend to place that order. At this point we are aligned with all of creation. We are doing what we are meant to do, so the cook's job is just easier. The result is life becomes quite effortless!
- Total percentage of DNA [\[DNA %\]](#)
 - The average adult (18+) has a 8.9% DNA %
 - The ideal target is 100%
 - This number is a percentage of the total, instead of assuming 12 strands, as there is some debate as to whether or not there are only 12 strands
 - Describes the percentage of total DNA that is connected to universal energy/source
 - As your negativity is cleared this number will go up—however not significantly (rarely above 15%) without also being reconnected.



- o Since this program also performs the reconnection, this number should go up during the shift until it reaches 100%

Total Frequency

During the Reconnective Healing workshop I attended I received the intuition to begin measuring total frequency. I had absolutely NO IDEA what to expect!! But, I just started measuring...

What I noticed is removing all negativity by itself raised the total frequency quite a bit—to more than five times the average. The Reconnection process also raised the total frequency to about five to ten times the average by itself. However, when combined, they created an exponential rise in frequency of about 200+ times the average.

What exactly is frequency, anyway? It is simply the average our body is “vibrating” at. In our body, each and every cell and organ “vibrates” or “oscillates” at a particular individual frequency. When applied to the entire being, it is like selecting a radio station. The higher the number, the lighter we feel. The lower the number, the heavier we feel. The lower numbers are like freezing water... we become very dense. At the higher numbers we are closer to (but obviously not exactly the same as) the idea of water boiling to become steam. We are simply less dense.

In a nutshell, frequency = expansion. As we grow “bigger” we expand...and so does our frequency.

If we are absorbing energy from others (people who steal energy, or via Caretaking for example) this number can go down even after raising up, until we plug up that energy leak. For this reason we will cover energy leaks in the education portion of this program.

The current ideal frequency number I received for us is 200,000,000. However, it is important to note that this is kind of like wearing new shoes. I was very clear that as a society we would soon adjust to this number, and then be able to rise to an even higher total frequency.

One interesting thing to note is that often your frequency continues to rise.

All the levels listed here were received as divine information, in response to the question “What do the frequency levels mean?” As I write this, my own frequency continues to rise well above the stated number we should operate at. And, I have seen prior program participants continue to rise. My own is in the billions. I have no idea if people I shift will rise in the same way! I also have no idea what the “top” is!! I just keep asking for more information as my own frequency rises.

In Masaru Emoto’s book “The Hidden Messages in Water”, he mentions a study in the American Scientific Journal “21st Century Science & Technology”. That study found the



human body is capable of oscillating at 570 Trillion! So, that makes even a number in the billions seem small. It also tells me we have tons of untapped potential (which on some level I am sure you know.) But, again, we would have a huge shift on this planet if we were even at 200 million on average. To me the implications of this are very, very exciting!!

This one area is one most of you will notice as your numbers reach the 200 million ideal. You will likely feel lighter—as-if one day you were on land and the next you were floating on water. You may even have “chills” at certain points of resonance with information or people. Then, you will adjust. This area also can cause some significant interference with the electronics around you (appliances, computers, lights – anything running on electricity.) For this reason I also address this in the program once your initial shift is complete, to minimize these pesky problems for people.

Frequency Ranges & Descriptions

- Zero to 1,000,000 = Fear
- 1,000,000 to 5,000,000 = Love
- 5,000,000 to 14,000,000 = Information
- 14,000,000 to 50,000,000 = Light
- 50,000,000 to 200,000,000 = Genius
- 200,000,000 to 275,000,000 = Spontaneous expansion (whole capacity)
- 275,000,000 to 375,000,000 = Shape shifting, extra sensory capabilities, time travel easily, change shapes, control body more, visit others (in spirit, “virtual reality”)
- 375,000,000 to 450,000,000 = Advanced telepathy—at a collective level (universal shift) – (This is where my thinking “by accident” had an impact on the entire group)
- 450,000,000 to 575,000,000 = Advanced shifting/time travel -- More easily shift objects. More easily, obviously move through time (virtually, telepathically). Focus on an object to shift it mechanically, visibly.
- 575,000,000 to 650,000,000 = Intuition at a cellular level – Ability to know what is stored in the collective. Very direct intuition. Cellular intuitive info. (deeply stored.)
- 650,000,000 to 775,000,000 = Extraterrestrial communication – More easily & obviously communicate with all kinds of beings from the spirit world, other planets & galaxies simply by calling them up. Constant & direct communication at this level.



- 775,000,000 to 875,000,000 = Acute awareness – Awareness of the bigger picture, how it fits, the puzzle of the planet. Constant unfoldment.
- 875,000,000 to 999,999,999 = High energy – Energy of the highest order, available & passed on to others. Fills the space where negativity resides & crowds it out. “Swirls” of energy.
- 1 Billion -- 1.250 Billion = Direct time travel/ physical multi-tasking – Ability to physically travel to other locations. Ability to be in multiple locations at once physically & virtually. “Multi-locality”.
- 1.250 Billion – 1.5 Billion = Direct energetic shifting – Touch something, it changes. Someone touches you, they change. Energy with intention of the highest order. Celestial energy in a physical body. Duality without duality. Reinstallation & introduction of abilities back into the collective. (i.e. limb regeneration). Altering of the collective at the highest level.
- Above 1.5 Billion = TBD!!

What is interesting about these lower numbers is they tie with what many people have known for quite a while. For example, in his “Conversations with God” series Neale Donald Walsch talks about there only being Love or Fear. Then, Eric Pearl talks about when he was given the Reconnective Healing frequency. He was told “You are bringing Light and Information to the planet.” So, when I learned the first four frequency levels tied directly back to information from these two sources, I was very interested. Then, I also realized that the whole idea of becoming enlightened simply meant being within the frequency of Light!

Later, I just mentioned to myself “Soon people are going to see there is something past being enlightened...and that is Genius.” Then, at a conference for “What The Bleep Do We Know?”, three speakers that day mentioned how we are moving into our Genius. And, with this work indeed we are!

What I know is in creating, it is the net impact of the energy. The higher the frequency, the stronger the energy. The more people at that higher frequency together the more powerful the net energy. The exciting thing about this is when you co-create with someone, it creates more umph... more power. Imagine how powerful the group of people who have already been shifted are!! So, this made me curious. What is the impact of each person, as we rise to higher levels of consciousness, on our collective planet? Here is what I was given. Please know that this is a moment in time as-of 10/10/05, and it depends on the average frequency being in the 454K range. As more people are shifted to these higher frequencies, it would take more of the higher level frequency to counterbalance them. Should any one person who is already completely shifted operate from a place that is not their highest place, it would take a lot of frequency to counterbalance that. (For this reason I am very choosy about who I let in to the Have Anything: Manifesting Made Easy™ program.)



Frequency Range	Number of People Influenced
< 500,000	0
500,000 – 1 million	63,000
1 -- 5 million	435,000
5 – 14 million	935,000
14 – 50 million	1,500,000
50 -- 100 million	6,000,000
100 – 200 million	8,300,000
200 – 300 million	10,100,000
300 – 400 million	12,100,000
400 – 500 million	17,300,000
500 – 600 million	20,300,000
600 – 700 million	28,300,000
700 – 800 million	33,300,000
800 – 900 million	38,300,000
1 billion – 1.5 billion	61,000,000
1.5 – 2 billion	83,000,000
2 – 2.5 billion	91,000,000
2.5 – 3 billion	1,100,000,000
3 – 3.5 billion	1,300,000,000
3.5 – 4 billion	1,700,000,000

Frequency Range	Number of People Influenced
4 – 4.5 billion	2,100,000,000
4.5 – 5 billion	2,500,000,000
5 – 5.5 billion	2,900,000,000
5.5 – 6 billion	3,300,000,000
6 – 6.5 billion	3,700,000,000
6.5 – 7 billion	4,100,000,000
7 – 7.5 billion	4,500,000,000
7.5 – 8 billion	4,900,000,000
8 – 8.5 billion	5,400,000,000
8.5 – 9 billion	5,900,000,000
9 – 9.5 billion	6,300,000,000
9.5 – 10 billion	6,700,000,000
10 – 10.5 billion	7,100,000,000
10.5 – 11 billion	7,500,000,000
11 – 11.5 billion	7,900,000,000
11.5 – 12 billion	8,300,000,000
12 – 12.5 billion	TBD (I think this
12.5 – 13 billion	exceeds the planet's
13.5 – 14 billion	current population!)
14 – 14.5 billion	

- Total frequency [[Frequency](#)]
 - The average adult (18+) has a total frequency of 454,423
 - The ideal target is currently 200,000,000
 - Describes the total average frequency of all components/cells/organs of the body
 - This number will continue to rise with the combination of negativity removal + universal reconnection until it settles in at the ideal target (for most people)
 - I have learned that for some people, healers in particular, this number will keep rising above the 200,000,000 level. I am frankly not sure where it will stop!
 - It is possible your numbers could, like mine, reach above or even well above the ideal target. It will be an adventure for all of us to see what happens here!!

Consciousness Level

David Hawkins is credited with putting numbers to the idea of Consciousness Level. In his book Power vs. Force, he describes how he asked who the highest consciousness level people who ever walked the planet were. He received Jesus Christ and Buddha, among others, and assigned them a consciousness level of 1,000. He then asked who the lowest consciousness level was, and received bacteria which he assigned a level of one.



Level 200 is kind of a breaking point on the planet according to Hawkins. Below this we tend to really operate from negativity, which does sync up with what I see. The average on the planet the last time he checked was 209.

When the consciousness levels rise higher, I have had different observations than what Hawkins says to expect. For example, at 600 according to Hawkins we can no longer function. I have had clients well above 600 for quite a while now, and I have not found this to be the case. I suspect this is because he has simply not encountered a lot of people at this level. And, it does not completely make sense to me since Christ walked the earth just fine.

Also, he attributes 1,000 to Jesus Christ & Buddha. The other issue I have with this measurement is it has an "end" being 1,000. Yet, Jesus Christ himself in the Bible said, "Even greater works than these shall ye do" meaning we have the capacity to rise above what he did and the miracles he facilitated on this planet. To me this is very exciting!! So, I prefer the ever-expansive frequency level over this measure.

Regardless, it is a gross measure of conscious "awakeness" and awareness. So, although I have not necessarily found the same things as Hawkins at the higher levels, I do still measure it for the overall number and to gauge improvement.

- Consciousness Level [\[C-Level\]](#)
 - The average adult (18+) has a C-level of 209
 - The ideal target is 1,000
 - This is "awakeness" or "awareness" of how our universe really operates
 - As your negativity is cleared this number will go up
 - For some reason the last push from 999.9(multiple times) plus to 1,000 seems to take a while...most people hang out at 999.9(multiple times)+ for quite a while

[% On Purpose](#)

I often say we came in this world as a masterpiece, and little by little people unknowingly threw paint on us. Because of these layers of paint (i.e. negativity) it can be hard to know our purpose. Once it is removed, then we still have to listen and choose to act. That is, we can choose to be off purpose, if you can imagine, for many reasons.

On Purpose is a measurement of how on purpose you are in thought and action. Our purpose is the big thing we came here to do. It can range from saving the planet to being personally successful to everything in between.

- % On Purpose [\[Purpose\]](#)
 - The average adult (18+) is 5.3% on purpose
 - The ideal target is 100% (a tad bit hard to do, but possible!)



- This is how much our current thoughts and actions are aligned with what we came to do, in the moment.
- So, if you are having a particularly lazy day, you may be less on purpose. No big deal...with your thoughts aligned and with choice you will be back on tomorrow!
- The more closely aligned we are, the more effortlessly we bring new information, people, circumstances, and opportunities into our life to help us achieve our purpose.
- The less aligned, then life is more of a struggle... you will not get the information, gifts, abilities, people, circumstances, or opportunities that you otherwise could

Summary

Using these measures has been an important aspect of helping identify improvements in my clients. They have told me many stories. Does this new process work? What happens when I add this? What kind of progress are people making? When I improve myself do my clients improve? (Answer: Yes!)

They have also helped me identify various patterns in this work, and to gain new insights. After taking thousands of measurements, real, distinct patterns emerge. For example, the impact that losing energy has for people—and if what I put in place to counteract that works (Answer: Yes!)

More importantly, they are a measure of real progress. The numbers show improvement! For you, they will tell part of the story in your negativity removal. Your real results and abilities will show the rest!!