

Awakening the Creator Within You—A New Freedom Mindset

How Your Thoughts and Words Affect Your World

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Claiming Your Personal Freedom and Human Sovereignty Removing Years of Negative Programming Banishing the Subconscious Enslavement Mindset

Breaking Free from the Matrix of Limitations

- Recognizing Social Programming – Socialization of the Masses
 - Much of Human History Hidden from Humankind
 - Human Exploitation, Deprogramming
 - Education – Molding People Into a Limiting Working Class Mentality
 - Recognizing Fear-Based Thoughts, Emotions, Reactions, Programming
- Beliefs About Your Health
- Beliefs About Your Human Limitations

Taking Back Your God-Given Right to Freedom and Sovereignty

- Decide and Do – Move Energy—Start With Your Own Health Practices
- Believe, Acknowledge and Remind Yourself You Are a Co-creator
- Release Limiting Beliefs Buried Deep – Work to Peel and Heal Those Layers
- Sit Still in Silence Every Day; Let Your Subconscious Speak to You. Become Familiar with and Seek a Closer Connection to your Higher Self. Practice Staying in Stillness, Peace and Calm in your life.
- Be aware of automatic obedience; question those that should serve you and not impede you. (Government, elected officials, medical and business authorities, sales people.)
- How to Unleash the Hero Within—Be the Change You Wish to See in the World
 - Make a Choice to Move Energy and Follow Through to Completion
 - Shove Fear and Doubt Aside and See What is Revealed
 - Negative Thoughts are Some Form of Fear

Discovering Your Own Creator Capacity When Thoughts Become Things and Manifestations

- **When Your Desires and Wishes Come True – the Alignment of Creation**
 - **Thoughts**
 - **Emotions**
 - **Envisioning**
 - **Sound – Spoken Out Loud**

The Universal Laws of Physics

- Everything Affects Everything Else – the Science and Ancient Wisdom Are Saying the Same Things
- Albert Einstein Quote
 - *“Everything is energy and that's all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way.”*
 - *“Everything in life is vibration.”*
- Nikola Tesla, Pioneer of Electrical Technology, Quote
 - *“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”*
 - *“If you could eliminate certain outside frequencies that interfered in our bodies, we would have greater resistance toward disease.”*
- Albert Szent-Gyorgyi, Nobel Laureate in Medicine (1937)
- *“In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”*
- Eckhart Tolle
 - *“Our true selves are the formless Consciousness, which is Being, which is God. We are all One, and thus we are all God.”*
 - *“Eckhart invites us to no longer be hypnotized by the spell of thinking and the stillness underneath the stream of thinking.”*
- The Body's Bioenergy Field



- Complementary and alternative medicine (CAM) modalities that involve energy and/or informational fields and are known as “energy medicine: energy healing, homeopathy, acupuncture, bioelectromagnetic therapies, electrodermal therapy, and prayer/meditation.

Reference:

Rubik, B., Muehsam, D., Hammerschlag, R., & Jain, S. (2015). Biofield Science and Healing: History, Terminology, and Concepts. *Global advances in health and medicine*, 4(Suppl), 8–14. <https://doi.org/10.7453/gahmj.2015.038.suppl>

Breaking Free from the Controlling Matrix Bondage

- Practice a Freedom Mindset and Innate Sovereignty in Everything you Tell Yourself, What you Say to Others
- Remember Who You Are—An Innately Sovereign Human Being
- Your Thoughts, Actions, Emotions, Spoken Words and Mental Visions Must Altogether Be the Outcome You Seek
- Remember You Are a Critical Part of the Whole of Existence--the Drop of Water in the Ocean, a Speck of Light in the Universe.
- Becoming Conscious of Giving Away Your Sovereignty.
- Halt the Begging, Asking for Permission, Serf Mentality
 - Stop Asking For Permission for Freedom From the Very Oppressors That Obstruct It—Notice What Words You Use and How it Feels
 - “Can you please stop rewarding students with candy?” Versus “I do not allow my children to be rewarded with candy; you must stop this practice that leads to health problems and associating performance with eating addictive sweets as a reward.”
 - “We humans are doomed; we are being controlled in everything we do.” Versus “We humans will not be controlled, lied to, or manipulated by the very lawmakers we voted for.”
- Work on Taking Positive, Proactive, Decisive Action to Change Your World, Calmly, from a Place of Inner Peace

Sending Your Vibrational Message Physically and Energetically to the World

- Humanity has reached the precipice; the tipping point.
- More are rising up spiritually, outnumbering the forces that have worked against love and peace.
- Realizing that good outnumbers the bad—good energy dissolves forced injustices, evildoers, immoral influences, fear tactics—all malevolent deeds upon humanity—when energy moves, things change.
- Examples of directing your energy/creator mindset for positive outcomes:
 - Attend a community council meeting to find solutions to homelessness and crime in your city—be a part of the solution and use your influence—proactively physically and energetically.
 - Talk to your child’s teacher and school board members individually.
 - Write a letter or call a corporation to express your dislike of their harmful practices.
 - Post something inspirational on your social media or text a group of people you care about to uplift them or inform them of something you find important.
 - Smile and be friendly to someone—make their day.
 - Spend time in nature, prayer or meditation—your inner peace is so needed in the world.
 - Buy Organic Whenever Possible
 - Support Local Small Businesses Whenever Possible

Moving the Energy in Your Life for Positive Change and Creating Desired Outcomes

- Clean Out Old Energies in Your Life—Emotional, Personal Living Space
 - Hoarding things from your past.
 - Letting things get rusty, broken, dirty, messy, collecting dust, disorganized, etc.
- Stop Negative Self-Talk or Self-Deprecating Talk, Doom and Gloom Talk, and Reduce Stress to Improve Your Health
 - “I never get what I want.” Versus “I’m taking positive steps I’ve planned toward my goal of achieving/getting _____.”
 - “The world is falling apart.” Versus “I am making a difference in building a better world by _____.”
- Practice Positivity – Invert Negative Thoughts, Words, Actions
- Listen to and from the heart—it has a conscious memory; it often knows better than your brain.
- On a study of the human energy field: “The creation and development of disease within an individual stems from an unaddressed state of continued negative thought-vibration.”

Reference:

Lyubomirsky S, King L, Diener E. The benefits of frequent positive affect: does happiness lead to success? *Psychol Bull.* 2005 Nov;131(6):803-55. doi: 10.1037/0033-2909.131.6.803. PMID: 16351326.

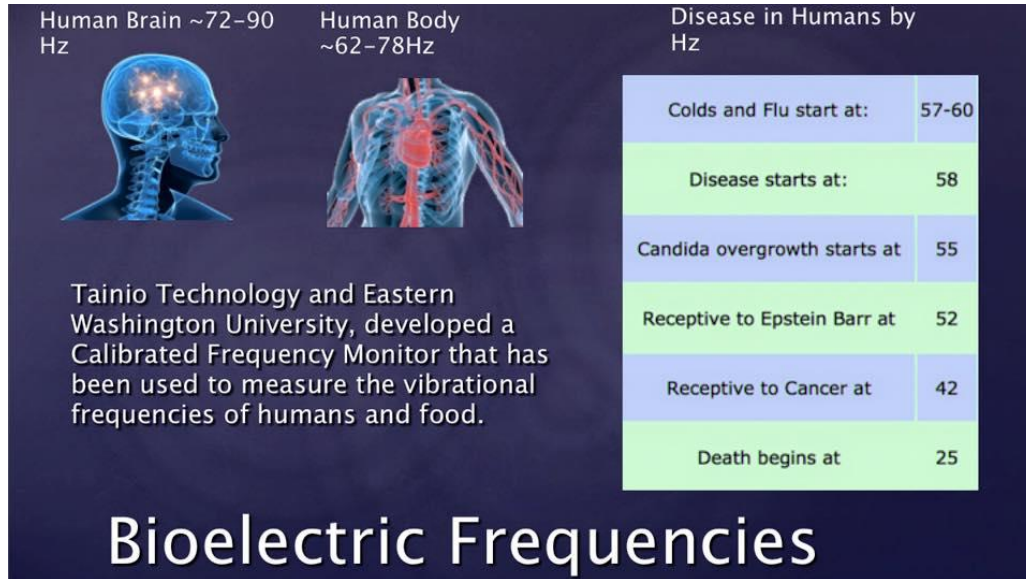
O'Dell, Karen. (2015). A study of the human energy field. *Healing Touch Program Energy Magazine.* 39-43.

Speak Out Loud Your Inspired Commands and Witness How the Universe Obeys and Responds

- “Let there be no more harm to humankind.”
- “Let truth and justice prevail always.”
- “Let all harmful corporations cease polluting the planet.”
- “Let our food system no longer be sprayed with toxic insecticides and convert to highly nourishing organic methods.”
- “Let humanity become optimally healthful in body, mind and spirit.”
- “Let the children live in freedom and inherit a beautiful, peaceful planet with technologies for the betterment of our higher good.”

Healthy People vs Sick, Diseased People

- Upsetting, fearful, debilitating thoughts, emotions disrupt bodily processes and lead to illness or chronic health problems, and eventually, disease.
- A healthier person has a higher perspective about stress, emotions, their thoughts, and their life.
- Negative thoughts lower the body's frequency by about 12 Hz; positive thoughts raise the body's frequency by 10 Hz; prayer raises the body's frequency by 15 Hz.



"In theory, if you are able to keep your body's frequency above 62 MHz, you should not have to worry about getting sick. To prevent your body's frequency from dropping to lower levels, avoid eating junk food, canned food and processed food. Also, practice meditation on a regular basis because meditation increases the vibrational rate of your energy."

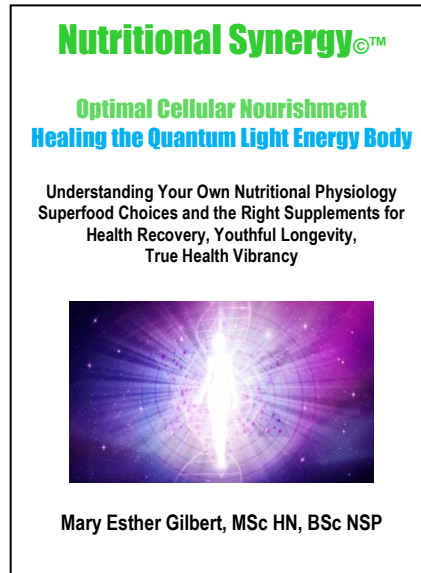
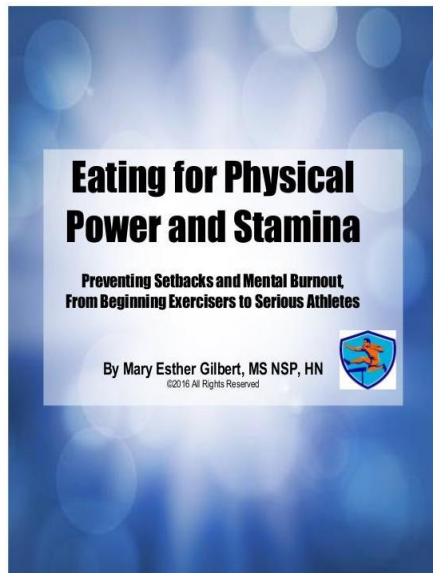
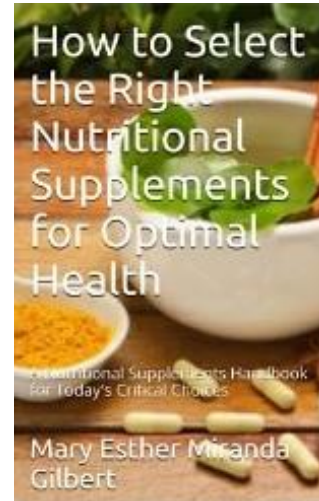
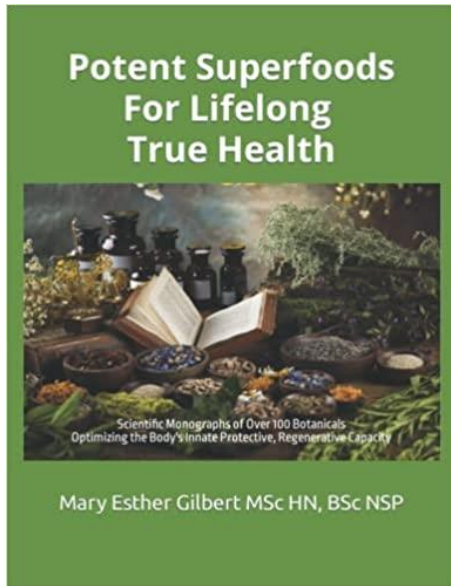
Reference: *How the Power of Frequency Can Heal Disease*. Elevated. (2017). Retrieved from <https://elevatedlasvegas.com/power-frequency-can-heal-disease/>

Frequencies Associated With Normal Organ Function

Organ	Frequency (MHz)
Brain	70–78
Thyroid	62–68
Lungs	58–65
Thymus	65–68
Heart	67–70
Spleen	60–80
Liver	55–60
Stomach	58–65
Colon	70–78

Reference: Ross C. L. (2019). Energy Medicine: Current Status and Future Perspectives. *Global advances in health and medicine*, 8, 2164956119831221. <https://doi.org/10.1177/2164956119831221> (Retraction published Glob Adv Health Med. 2021 Apr 13;10:21649561211012196)

Books by Mary Esther Gilbert



Websites

www.HolisticChoices.com
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