

## Metaphysical Success vs 3D Success

When I first started this blog, I had no real concept of metaphysics, 3D, 4D or 5D states of consciousness. I was on a journey of personal development, moving through this physical world, sharing my insights with all of you along the way (which I still am and will continue to do!).

A lot has changed in the past 7 years; as I continued to accumulate knowledge and life experience, I grew spiritually. I've realized that although many of the concepts I shared with you are still valid and do have their place in this physical "3D" reality, there are other metaphysical truths that must be understood in order to achieve holistic success.

The thing is, while you may be able to achieve tangible goals (3D success) by action alone, metaphysical success requires more than just taking physical action -you must first have the right frequency (mental attitude) in order to manifest your desired reality.

## Your Energetic Signature

We each have a unique energetic signature, or frequency, which is comprised of our thoughts, beliefs, attention, emotional conviction, and identity. And whether you're aware of it or not, your frequency is the cause of your reality.

It's like ordering something off Amazon – there are a multitude of products, and each product has a unique product code (UPC).

Likewise, the universe has a multitude of realities--your frequency is the UPC for your reality. **The frequency you are emitting is placing an order with the universe for a particular reality.**

Once you are aware that it is your frequency that determines your reality, you can then attune your frequency to your desired reality in order to attain it. So, what reality are you ordering... and which one do you want to order?

## Order What You Want (Not What You Don't Want)

Because the universe will seek to match whatever frequency you're putting out there, you can make your frequency – or mental attitude-- work to your advantage (of course, the opposite is true as well).

**Attention is the beginning of creation – where attention goes, energy flows.** Before anything manifests physically, it first exists mentally/vibrationally. The more energy that flows to something, the more you are indicating to the universe that that's what you want.

Likewise, each time you are presented with an opportunity to react or respond, you are being given a menu with two items – what you want and what you don't want. **Point to what you want.**

Think about it like ordering off a menu with pictures but the waiter doesn't speak English. If you point to the fish and say, "I want the steak", or you point to the fish and say, "I don't want this", he will nevertheless assume that what you pointed to is what you wanted.

## Co-Create the Reality That You Want (Not One That You Fear)

If you give attention to the things you don't want, you are only strengthening those potentialities with your fear. Your fear is like a beacon of light for that which you fear – it will draw it to you, simply because you have given it so much energy, so many emotionally-charged thoughts.

By fearing something, you are confessing that it is stronger than you – and since the strongest frequency wins, the thing you fear will control you or come upon you.

Keep in mind the infamous Double Slit quantum mechanics experiment, which showed that particles can exist in multiple places at once until observed -- simply interacting with them by taking a measurement changes their behavior.

On a metaphysical level, this means that you co-create your reality. There are a multitude of potentialities for your reality and the one that becomes "real" for you is the one that you observe, interact with, and measure (pass judgment upon, form a belief about). We each live in our own YOUiverse.

So, what are you observing and how are you measuring those things? Are you tuning your awareness to things that are in alignment with your desired reality? What things are you investing in by giving them your attention?

## Be Good With it and Good Without It

In order for your desired reality to manifest, you must be good with it and good without it.

Because you can't have what you *need* -- you must already have it vibrationally (be vibrationally aligned with it) before you can have it physically.

Needing indicates that you don't have it vibrationally. Desperation will only push it farther away because it is indicating to the universe that you are lacking something internally – therefore, you will lack it externally as well.

"Needing" places excess importance on something and therefore creates space between you and the thing that you "need".

So, in order to collapse that space that separates you from your desired reality, you must de-pedestalize your desire...see it as normal, take it for granted. Be good with it and good without it. You must get to a place where you are **no longer emotionally dependent upon seeing reality change**.

## Your Destination is Actually Your Starting Location

I, like most people, were taught that if I work hard, then I will achieve my desired reality, which will allow me to feel a certain way.

For example, if I work really hard, then I will make X amount of money and then I will feel successful/abundant. (Action → Desired Reality → Feeling/Mental Attitude)

But, in reality, the formula is:

Feeling/Mental Attitude → Action → Desired Reality.

If you're only focused on taking action to achieve your goals, you are working out of order. You must first be in vibrational alignment with your desired reality. Think from the position of already having your desired reality – how would you think and move? Then, when you take action, it will lead to your desired reality.

## Focus On Your Frequency First

So, **frequency must precede action**. Being is more powerful than doing.

You will not attain your desired reality by merely taking action alone. You must first have the right mental attitude, and then the right action will flow from that, which is what creates your reality (materialized frequency).

Because your frequency informs your intuition, which influences your decisions – it compels you to take actions in alignment with that frequency.

Frequency → Compels you to act → Which then manifests your reality

Ironically, once you are in the right frequency, you will no longer be emotionally dependent upon seeing your desired reality manifest in the 3D because you already have it energetically.

Be grateful and enthusiastic ahead of time – before the world proves it to you, before you see it physically manifest in the 3D. Thinking and behaving like you would if you already had your desired reality and feeling gratitude and enthusiasm will put you in the right frequency to draw that desired reality to you.

**You must have it vibrationally before you can have it physically.**

Vibration is determined by focus/concentration. So, where is your focus? What are you concentrating on? Not all thoughts are equal – **which of your thoughts are emotionally charged?** Those will have the most influence on your subconscious, and hence, your frequency.

## Your Desired Reality Doesn't Have to Be Realistic or Logical

What we humans see with eyesight in this 3D reality is only .0035% of the electromagnetic spectrum. And we don't even "see" with our eyes - our eyes take in electric signals and send them to the brain; the brain then produces an image of what it *thinks* it's seeing based on assumptions and predictions. That's why magic tricks can work on you.

So, who's to say what's realistic or delusional? Considering that 99.9965% of reality is *unseen*, don't allow your potential to be defined by the .0035%.

In this limited observable reality (3D) also exists limiting concepts such as polarity – good and bad, light and dark, up and down, rich and poor, hot and cold.

On an energetic level, each of those duos are the same energy vibrating at different rates of vibration. The same way ice and steam are the same substance materialized in different forms, matter and consciousness are the same substance materialized in different forms – the same energy vibrating at different rates of vibration. Outside of this 3rd dimensional realm, there is no polarity—only oneness. God, the infinite intelligence, is above illusion.

You may not be able to achieve your desired reality on your own, but with God, all things are possible. You are an expression of God, or the infinite intelligence – which is omnipotent and omniscient – there is nothing that God cannot do. **We are confined to this 3D reality, but God is not, and neither is the aspect of God (highest level of consciousness) that is within you.**

## Are Your Beliefs Serving You or Controlling You?

The only things you are limited by are your own self-limiting beliefs.

The beliefs that you hold form the blueprint of your reality. Because before anything exists physically, it first exists in the mind. **The world you live in is nothing more than your beliefs materialized, a world of frozen imagination.**

The first step is to recognize your self-limiting beliefs. In doing so, it is important to understand that there are no truths other than what the subconscious mind has accepted as true. Your beliefs are simply repeated thoughts with an emotional charge that become

your reality – and if they are not serving you (by helping you achieve your desired reality), then they are controlling you.

For example, let's say you want to quit smoking. Does it serve you to believe that it will be difficult to quit? If you want to be financially free, does it serve you to believe that you have to work hard to make money? If you want to be in a healthy relationship, does it serve you to believe that all men are cheaters? These are just some examples; think about what beliefs you hold and how they may be influencing your reality.

## Choose to Hold Beliefs that Align with Your Desired Reality

Your subconscious mind that holds these beliefs will trick you into believing that you are right by giving you an artificial ego boost. It will present you with people, circumstances, and events that make you say, "See! I knew it, I was right." But, in reality, you drew those people, circumstances, and events to you with your frequency.

You can just as well hold the opposite belief, one that actually serves you and leads to your desired reality. You don't have to stay trapped in the box of your limiting belief; you can think outside the box. So, examine your beliefs and ask yourself if they are aligned or misaligned with your desired reality. Only the ones aligned with your desired reality should remain.

Other than your beliefs, is there anything else in your life that reflects, resonates with, or implies the things you do not want? (ex: scarcity). Getting rid of those things will also help you to align with the frequency of your desired reality. (ex: abundance).

## Outsmart The Old You & Remain Steadfast in Your Desired Reality

You have a collection of thoughts + emotion, otherwise known as thought forms. When those thought forms are repeated over time, they give birth to a spiritual entity (aka the old version of you).

That entity is blind intelligence. It just wants to live, and it will do anything - including sabotage you - to continue existing. It is dependent upon keeping you in the same paradigm, so whenever you try to step outside of that, it will try to drag you back in by getting you to feel frustration and disappointment. And it will do so by presenting you with circumstances, people, and events that it knows usually gets you to react.

If you do react predictably, those negative emotions create a certain frequency which acts like glue to your old frequency, the old version of you.

Don't let those circumstances destroy your progress ---remember, it's just your old frequency trying press your buttons and get you to react so it can continue to live. Don't fall

for it – be nonreactive. This requires a certain degree of emotional discipline and resilience.  
**Have conviction in your desired reality; be the stronger frequency.**

The closer you get to your desired reality, the more your old frequency will try to project its fear onto you, so you get scared and don't continue moving forward.

You can end this cycle of self-sabotage by seeing yourself as separate from your old frequency – it's not your fear; it's the old frequency's. You're not scared; the old version of you is.

## Your Self-Worth Is the Energetic Ceiling of Anything You'll Be Able to Materialize

*“We don't rise to the level of our aspirations; we fall to the level of our self-worth.”*

What do you *know* you deserve? What your subconscious *thinks* you deserve is what you have already emotionally experienced. Any emotionally-charged experiences you went through will influence the subconscious – good or bad. For example, if you grew up poor and you had an emotional charge attached to that experience, your subconscious will believe that you deserve to be poor. If you were loved and cherished, your subconscious will believe that you deserve to be loved and cherished.

As you can see, this can either work for you or against you when it comes to manifesting your desired reality. **Fortunately, you can create the emotionally charged experiences that serve you.** Because your brain cannot distinguish between what is imagined and what is experienced, you can imagine emotionally charged experiences that increase your self-worth, thereby raising the ceiling on what you can manifest.

By contrast, the 3D definition of self-worth is externalized—it's determined by the perception of others and your achievements and failures.

This is folly; others wear their own “lenses”. Each person's lenses are unique; they're colored by their own experiences that tint and distort reality --they cannot objectively perceive you beyond that filter (this concept is also known as the perception-projection loop).

So, they simply can't be the ones to tell you what you're capable of. Only you can do that. And achievements and failures are concepts rooted in polarity, which is an illusion of the 3D reality.

If you grant anything external (receiving validation, love, respect, accolades, money, appearance, etc.) control over your self-worth, then you allow those things to define the limits of your reality.

Instead, internalize your self-worth. **Cultivate the experiences that make you feel worthy by simply imagining them.** For example, imagine someone who you know would be happy for your success congratulating you on whatever it is you want to manifest while feeling the validation, love, accolades, etc. The more you give that emotional experience to yourself, the more you will be signaling to your subconscious that you deserve it, and moreover, that you already have it.

Another aspect of self-worth is confidence --- the root word of which is “fid”, meaning trust in Latin. You must build up your *self-trust* to increase your confidence. **This means doing things you know you should do and not doing things you know you shouldn’t do.**

You may think that those things don’t affect you especially when they are small, but the truth is your subconscious remembers everything and keeps the score. As you continue to prove to yourself that you are a person of your word, you will be more confident in your abilities and more convicted in the actions you take.

## Be Intentional About What You Give Attention To

Be on the lookout for synchronicities and notice how you played a part in them manifesting. Notice the connections between your inner world and outer circumstances. By being intentional in this way, you are training the reticular activating system (RAS) in your brain. The RAS acts as a selective filter, filtering out what it deems irrelevant and drawing your attention to what it deems relevant.

Since your brain simply cannot process all incoming information, it has developed certain shortcuts (also known as heuristics/cognitive biases). One of those mental shortcuts is the RAS. Have you ever noticed that once you learn something new or focus on something new you start seeing it everywhere? That’s your RAS at work. Another example is your ability to snap to attention upon hearing your name, even in a noisy environment.

You can program this system to notice things related to your desired reality and filter out things that do not. Once you do, **you’ll be tuned to the right frequency.** Information and opportunities that you previously would not have noticed will be popping up all over the place. Noticing and taking advantage of those opportunities will help you attain your desired reality.

## Give Yourself Grace

Finally, give yourself some grace. You've been operating as the "old version of you" way longer than you've been operating from your new frequency.

There may be moments when you have emotional reactions to things that the 3D reality shows you. You may have times when you lose sight of your true nature (an expression of God) and get wrapped up in unimportant or detrimental things.

It's ok. **You have only fallen because you have risen.**

This is a dynamic personal growth journey that will continue for the rest of your life. It's not important (or even possible) to be successful/high vibe all the time; things will naturally ebb and flow.

What's important is to be resilient. Know that all paths (even the difficult ones) lead to one destination: your desired reality.

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