



Insight and Inspiration,  
Innovation and Vision  
For the Developing and  
Evolving Self

# INTERNATIONAL INSTITUTE FOR SELF DEVELOPMENT

## Letter for Insight and Inspiration

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### Applying Quantum Physics to our Everyday Life Quantum Physics, Belief, and Choice. Part (II)

#### INTRODUCTION, WHAT IF

Last month we explored the language and messages of quantum physics, the world view that these messages suggest, and the science behind this world view. This month and next, we will seek to understand the theory and practice of applying the fundamental concepts of quantum physics to our everyday life. We will call this “everyday quantum physics.” Many scientists say that quantum physics does not apply to our everyday life. Other scientists say that quantum physics functions in our everyday life and explain why we do not see it in operation and why we never will. We will present some ideas that science and social science have not yet adopted but are known in psychology, philosophy, and metaphysics. We think that someday science will hold the same ideas.

What if we could apply quantum physics to our everyday existence. What would that look like? How would we live in this world? What would we do? This month we will explore applying three fundamental ideas of quantum physics and next month we will tackle another one. In our discussion we are asking, “How does our future becomes our present?” *Because this process may seem complicated it is important to realize that we are already doing it.*

**Point of Empowerment:** *Our goal is to use the process of everyday quantum physics with more awareness.*

#### FUNDAMENTAL IDEAS

Let’s review. As mentioned in last month’s Letter there are fundamental principles in quantum physics. Three of the major ideas are:

- *The future comes to us in waves of probability.*
- *A wave becomes an actual event, something that can be detected and measured, when we observe it.*
- *Therefore, you cannot separate what is observed from the observer.*

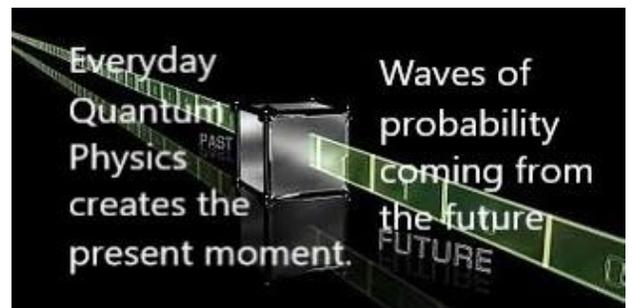
#### WAVES OF PROBABILITY, POTENTIALS

In everyday quantum physics, a wave of probability carries potentials and the probability that a potential will become our life, our reality. A potential is something that could happen. “Since tomorrow will be cloudy it could rain.” Rain is a potential. A probability is “the odds” that something will or will not happen. The odds (chance) that it will rain tomorrow is 60%.

Potentials are possible events. They are “pregnant” (filled) with energy and have a momentum (a tendency) toward becoming part of our life. Since probabilities come along with potentials, the greater the probability, the greater the potential. In the physical world when we hold a ball up gravity gives it potential energy to fall to earth.

Examples of potentials and probabilities are:

Introduction, What If  
Fundamental Ideas  
Waves of Probability,  
Potentials  
Observation  
Examples: Golf and  
Gratitude  
Imagination, Belief  
Conclusion



- I believe that my abilities in tennis are limited. Though I have the potential to play better I will probably keep my skill level what it currently is.
- I made a mistake at work that was discovered by my boss. He/she can be understanding or overly critical. The potential exists for him/her to be either. I believe that I should not make mistakes. Since I made a mistake, feel guilty, and intend to punish myself, my boss will probably act in an overly critical manner.
- A person at a party is looking for someone to have a relationship with. A number of potential partners are present. This person believes that he/she will be abused in their relationship so they will probably find the potentially abusive partner at the party.

## OBSERVATION

The act (action) of observation by an observer brings a wave of probability immediately into our life. In everyday quantum physics, we are the observer. Making an observation is not using our eyes. What is the action of observation and how do we do it?

Unlike a quantum physics experiment, making an observation, observing, in everyday quantum physics is an extremely complex process. The good news is that even though it is complicated we already do it quite automatically. What we want to do is understand what we are doing and do it with greater awareness. We do not understand how or why this works, but we can describe the components that constitute observing. (At some point we will be able to describe how this works, but this is not necessary for us to use quantum physics in creating our everyday existence.)

- **Point of Empowerment:** *The components of observing are belief, choice, valuing, attention, intention, imagination, and expectation.*

How do we put these components into practice in everyday quantum physics?

## GOLF

Let's start by describing a situation and look at the quantum physics aspects of it.

Two men go to play golf. One of them is in a good mood, expecting to have a good day. The other one is in a bad mood, expecting to have a bad day. Things go well for the first person. He finds his ball lying in the best places on the golf course. Things go badly for the second person. His ball finds all the worst spots to be in. Good luck? Bad luck? Or everyday quantum physics at work? Does the person with "bad luck" have an intention to have a bad day? Maybe. He had a good day last time he played. Does he believe that his "lucky streak" can't last, and that his golfing ability is limited? Yes. Is his expectation of a bad day creating that bad day? Does he then observe (*create*) "all the things that could go wrong" actually happening? Everyday quantum physics at work.

## GRATITUDE

As another example of everyday quantum physics at work, let's consider what has been called the practice of gratitude. What can you do to practice gratitude as everyday quantum physics?

- First, choose to hold this belief about gratitude. The belief is that gratitude builds on itself by bringing more things into your life to feel grateful for. When you feel grateful you get more things to feel grateful for.
- Hold the expectation: "When I feel grateful I will have more things to feel grateful for."
- Choose gratitude, feeling grateful, as a motivation for getting what you want instead of taking things for granted/being on autopilot, instead of fearing the results of not getting what you want, or instead of narcissistic (self-centered, self-important) entitlement.
- State the affirmation, "I value what I feel grateful for" and "I feel grateful when something I value comes into my life."
- Hold the intention: "I want to have more things in my life to feel grateful for because these are things that I value."
- Wake up in the morning and imagine yourself seeing or experiencing something new in your life that you value. Imagine feeling grateful for it.

- Recognize when something you feel grateful for comes to you by paying attention to the moment it happens. Say, “Wow, this process of using everyday quantum physics really works. I feel grateful. I am happy.”
- Take time to focus your attention on what you feel grateful for. Say, “I feel grateful for the roof over my head for keeping me dry. I feel grateful for my car for taking me where I want to go. I feel grateful for the fun I have with my friends/spouse/partner/children. I feel grateful to God for helping me live the life I want.” You can feel grateful for everything in your life as it serves a positive, supportive purpose. Even the pain in your life can be a challenge to grow.
- You can use gratitude to create specific things that you want. Use affirmations. For example, state “Today I get a new client for my business and I am grateful for that.”

This process creates an intention and an expectation to have things that you want and to feel more gratitude. You are using your intention and expectation to feel grateful to increase the probability that something to feel grateful for will happen in your life. Intentions fulfill a purpose (to be happy for example) and expectations carry intentions forward by giving them power. You are using gratitude as an observation (an observing and measuring device) to turn potential and probability into actual events in your life.

### IMAGINATION, BELIEF

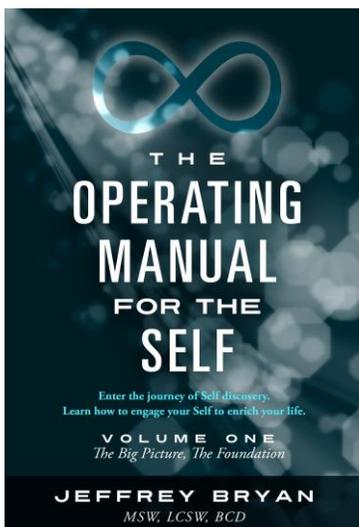
Many of the above steps involve relating to something that has not happen yet. As we do this we are using our imagination, our ability to image—to create pictures. Imagining is seeing with our mind, in “our mind’s eye.” It is part of the process of making the potentials and probabilities of waves of probability into actual events in our lives. People say, “I can’t imagine that.” If you can’t imagine something, you won’t see it. If you find yourself thinking that say, “If this is possible, what would it look like?” Use your imagination and try to visualize what it would look like. As you do this you have expanded your potentials.

This goes along with the belief, “You will see it when you believe it.” Believe that the thing you want is possible and imagine having it. You have created a potential and a probability for it to be in your life.

When what you want shows up in your life, see it with your eyes. Recognize it as what you wanted. Claim it by paying attention to it. Don’t ignore it and it will be yours.

### CONCLUSION

We have described how some of everyday quantum physics works. Of course you can do these processes without any thought about quantum physics. You might put these ideas into practice and not give quantum physics a second thought. Of course that would be perfectly fine. Next month we explore how to create the waves of probability that come to us from our future.




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