Hello there. This is Wendy Down with your Consciousness Playground recording for Tuesday, April 17th 2012.

(That’s me, above, outside my front door just after I made this recording.)

This recording is called "Rebuild It From The Ground Up!"
And as I sit here to record it I just feel how lucky I am to be able to connect up with you in this way.

It's real time for me. It's real time for you. Even though you are not listening to this at the same time that I am recording it, we actually are meeting up together in this now-moment and connecting and enmeshed with each other on the quantum level.

And if you bring all of your attention to this recording and to the aspect of your life that you later I'll invite you to bring with here, what you'll discover is that there will be a change that we will co-create together.

That's very exciting for me and hopefully for you as well.

On this recording as always with the recordings that I make for you here in the Consciousness Playground, I'm interested in showing you how much more there is to you and how much more power and ability, awareness and influence you have in your life than you ever thought possible.

And this recording in particular I'm excited because the exercise I am going to lead you through will also show you the types of changes that are happening not just within you personally, but within humanity, within some of the collective agreements and foundations we have had up until now about how reality works and some of the assumptions and basic foundations that we have worked from.

These foundations are starting to change and it's my intention that this exercise help you to become more aware of those changes and how those changes actually support you as an individual in making changes in your own life more easily, more quickly, more joyfully and with more support than you've ever ever had before.

This exercise is suitable for you no matter where you are in your journey towards becoming aware of yourself as consciousness itself.
So whether this is your first experience working on the quantum level of yourself or whether the quantum level is where you mostly hang out, you will find that the recording will meet you there.

So it's possible that you may experience the exercise as simply sort of a nice imaginary thing, that shows you a thing or two, gives you a bit of insight, opens up some ideas, let's you see things you never saw before.

Or it's possible that the recording will create a very very deep shift in how you understand who you are and how you walk about in the world, how the world feels to you as well as perhaps how you experience the situation that you bring here to work with from this day forward.

It's also possible that because working on the quantum level changes you every time you work there, every time you dive into that aspect of your consciousness and bring something unknown into the known or bring some aspect of your larger self into expression in the world, you become different.

Therefore it's possible that if you work with this recording and this exercise now that if you come back to it later you'll be different and so may experience something quite different should you decide to come back another time.

In a moment I'm going to invite you to choose a particular situation in your life that you would love to have me guide you through working on.

But first before we do that I actually just want to set a little bit, set this exercise in a little bit of context.

Especially if you're new to the idea of quantum work or working on the level of quantum physics.

The main point I want to make before we begin is this: knowing yourself as a quantum being, an energetic being, someone that reads energy, experiences yourself as wave or potential or connected to All-That-Is or part of the Oneness of everything and being able to work on that level... this is actually very familiar to you, even though probably for most of your life you haven't experienced yourself this way, if you're like most people.
When babies are born, if you have a chance to see a baby and see how they’re learning to use their body and learning to make the connection that when they have a certain intention, they can actually see that intention realize itself, say in the movement of a hand or the kicking of a foot or the focusing of an eye.

When babies are born, and **when you were first born, you did not experience yourself primarily as a physical being. You did not primarily relate to the world as being in your body.**

What you experienced yourself as at that time was that your body was something that existed within you. And even though you’ve probably consciously forgotten there was a time when you were really really young when you felt much larger than you do now.

Then you were aware of how other people felt.

There was no sense of separation between you and others.

And it **took some learning for you to focus your experience into that of the physical being that you know yourself to be now.**

An experience you’ve so thoroughly focused yourself into that you may have even forgotten what it's like to experience yourself other than that.

But the truth is that you are both particle or matter, physical, and you are wave, potential, energy.

And it’s possible at this point in your life to experience yourself as both.

Both are your nature.

Both are the truth of your being.

And it's always and only your **focus** that creates either the experience of being primarily physical and matter-based or energetic.

I know this from experience because I’ve spent a fair bit of the last ten years of my life shifting from the experience in my own body in my own life of being...
primarily physical or matter to being experiencing myself as primarily potential, energy, consciousness.

If you’ve heard me talking about my own experience as human being recently you'll know that I don't actually feel physical at all.

I don't feel edges to my body.

I don't feel my body as matter.

I experience everything as though it’s occurring within me and so it actually makes it very very easy for me to work with the outside world including other people.

Because all of the experiences that used to seem out there actually feel like they are occurring within me.

So it's really easy for me to apply the things that I describe to you here in the Consciousness Playground recordings to my own reality because I have the ability to work on everything within myself as though it's occurring within me.

And those years of practice have lead me to be able to learn how to change emotions and work with vibrations or fields of energy which is just another way of saying “changing how I feel“.

And so it really is my great passion to talk about these things and guide you more and more and more to be aware of and focus into and practice mastering that framework, that perspective of interacting in your physical life because working on the level of energy things transform and change very quickly and very easily, very effortlessly.

Whereas trying to work with things in physical form is so dense, so at least for me very slow and difficult to manipulate and takes a lot of effort.

And so that's kind of a long way of saying the main point that I wanted to start off this background introduction by saying that it's actually natural to you and more natural to you to experience yourself as pure consciousness, experiencing all of reality in the form of being one with it.
And reading feeling, reading vibration, reading energy and so much more than the limited physical experience we have when we focus onto matter and our physical experience being matter.

So, that may all be quite familiar to you already or your head may be swimming with that already. It doesn't matter.

Let's move on right now into the exercise that I just want to really playfully guide you through which as I said is called "Rebuild It From The Ground Up!".

And in this exercise I just want to work, if you want to think about it in terms of working in your imagination.

But let's first of all have you choose a scenario in your life that you would like to tweak a little bit.

It might be best not to choose the most important urgent thing that's going on in your life.
It might be, you might be able to be more playful and more engaged in the quantum work if it's something that doesn't have quite so much at stake or of urgency or of importance to you.

So it might be, you know, a relationship that you would like to see be different.

It might be something in your work.

It might be even something like your life purpose, you know, that you would like to have more clarity about that.

It could be something to do with your physical body.

It could be something in your environment, something in your home or I don't know, in your day-to-day life.

Just choose something that pops into your mind that you just would like to sort of playfully see, if you can dive into it in a different way than you have
ever before and come out and then experience it as being different than it is for you right in this moment.

If you want to stop the recording to think about that or jot down what it is, the scenario that you want to work with, feel free to do that.

If you're ready to get started then let's carry on with that now.

And as I give you this exercise to follow I'm going to share it with you, I guess with the assumption that you will be able to imagine things in your mind and picture things in your mind as I speak about them.

But if you're not somebody who easily pictures things in your mind you might want to instead draw pictures when I talk about visualizing certain things.

Or you might want to jot down words or phrases if you get words or phrases rather than pictures or images in your mind.

So you can adapt what I say and how I'm going to present it in whatever way works for you. Just trust that the way that you are is absolutely right and absolutely perfect. And that if you do something a little bit different or a lot different than I suggest that it's right for you, that you are actually as you engage in this exercise receiving guidance from within from your intuition or higher self that is giving you direction that's more suited to you.

So just quietly now make sure that there are no other distractions if possible and give your full attention to this exercise.

You will get more benefit out of it if you take all of yourself and put it here than if you just take a percentage of your attention and put it here.

So, let's both you and I just get quiet and settle for a minute and let's play in our shared consciousness together.

The first thing I invite you to do is to bring to mind that scenario, that situation in life that you would love to see some change in and let's just see what the current state of that situation is.
Now since our unconscious (which is another way of saying that all of consciousness, all of that's known, all intelligence which you actually have access to but do not until now have conscious access to), all of that, everything that's unknown can be made consciously known to you.

A lot of times our unconscious or our quantum nature, right brain or whatever you want to call it will give us information in the form of a symbol or pictures.

It's just a way of communicating concepts, feelings, a lot of information in a very simple form. There is a reason that we say "A picture is worth a thousand words" and so our quantum nature communicates to us that way. And so we are going to take advantage of that in this exercise.

Let's just imagine that that scenario that you would love to see be different let's imagine that right now.

Let it be presented in your mind's eye to you as a building, a home perhaps that you own. A building that is yours. And let's just have a look at what the state of that building or that property or that home is right now.

We're just going to explore for a moment what it is. And I'm going to guide you just really simply, lightly to explore the images or words or pictures or information about that scenario right now.

So first of all let's just have you get an overall kind of image of the state of repair it's in.

You know, is it in pretty good shape?

Is it in kind of rough shape?

Are there parts of it that are well-maintained and other parts that are a little bit neglected or run-down or dated or dilapidated?
So just get an overall sense of that. And like I said if you want to jot some things down or draw pictures, if that will help you go ahead and do that. Otherwise just let the scenario unfold in your mind’s eye in whatever way that it does.

To get the most out of this exercise, just let things come to you without judging them.

Just take the first thing that comes and go with it. Trust that that image or that word or phrase or feeling is showing up for a reason.

So you've got just a general sense of the state of repair of that property or building or home that represents this scenario.

And now let's see, let's zone in on the roof.

Let's get a bird's-eye-view from up above. And how look that's the top surface of your home there or your property or building.

Just scan it now.

Is it to your liking?
Do you spot problem areas?

Or does it look pretty good? You're just getting a feel for this.

And then let's look at the eaves troughs.

Eave’s troughs collect whatever falls onto that building, the rain. They are carefully and skillfully designed to kind of let what falls on the roof flow where it needs to go.

So which shape are the eaves troughs in?

Just have a little scan around there. See if there are rusty areas or places where it's not very smooth.

Or maybe the water doesn't flow out because it's plugged up somewhere. Just have a look at that.
And when you're done looking at that part turn to the face of that property, that building.

And let's just see what face your building presents to the world.

Is there a word that sums up [I'm paying attention here], a word that sums up a face that's presented to the world? Friendly... welcoming... warm... receptive... cold... dark...?

Just get a feel for that.

And then whatever aspect of the face of that building draws your attention, move there.

Might be a window frame. Or windows/

You might want to look in the window.

Actually go look in the window. What do you see inside when you peak inside?

You're not trying to consciously link the scenario you're working with with your house.

You've actually set that scenario aside for a moment. And we're just exploring the house as a house.

And this is one of the great wonderful things about working in the quantum space is that you don't have to consciously work with a situation that you are wanting to change.

You bring that situation into this exercise with intention. But at this point you've set that aside.
And right now all we're doing is playing with the images and simply playing with this house or building, exploring it for its own sake. There is no need to make that link right now with the situation in your life that it represents.

So just be playful.
Let that whole scenario go for now. We’ll come back to it later.

But just for now let yourself be in this space.

You know, on the last recording that I made for you here two weeks ago I had you ‘feel for the space within it’.

And to bring that forward again here, anytime that you drop into quantum space or the spaciousness, the space between the form of something, there’s tremendous information there, there’s tremendous potential for change.

And any time you go into that space you can just hang in the nothingness of that space and transformation occurs.

But it also can be really fun to go into that space and play with it. And that’s what we’re doing right now.

We’re in that space and we’re just playing with what shows up.

And so this house or this building is just pure imagination and the intelligence that knows you, that loves you, that created you, that understands everything about you and your life is present here interacting with you on a very playful quantum level and giving you little bits and teasers and fun ways of immersing yourself into this spacious energetic side of yourself.

And so as I talk to you it's not so important to get it right, to find the right thing or to make the right choice.

Really a lot of the recordings I make are simply for the purpose of helping you spending some time hanging out in this quantum space, in this field, remembering what it’s like to be here.

And as much as it's fun to follow along with an exercise like this, the details aren't as important as the space and the state of being that you're in right now. The space that I'm holding for you and that my state of being is holding. My words are just the container to express some of it and the images that you get are an expression of that as well.
So it's just light, easy, fun.

Again, just to take your attention back to peek into the window there and see.

There's nothing you can't be willing to see. **There's nothing that can show up here that can be anything other than useful and informative for you.**

And even **just the act of seeing an image, we will discover in years ahead and some are starting to discover already is enough to completely transform a physical situation in your life.**

So even having as smiling face pop into that window, say, that may be all that is here for you and all that's necessary.

On the quantum level there's no effort.

There's no amount of time.

There's no amount of engagement.
There's no amount of work that's required.

It can all happen in a flash.

And so some of what this recording is about it's just being in the moment and just seeing what flashes out to you and letting yourself being surprised and enjoy it.

So when you're ready to move on from there (and at any point stop the recording if you want to spend more time in any particular area than I'm spending with you), next let's just see... actually let's just float in that window there.

And have a look around in whatever room, whatever interior room you are in now.

And notice how your feet don't actually have to touch the floor. You can be in that space and weightless.

And again this is something that’s native and natural to you.
And it's something as I talk about it it's possible to let that memory of what it feels like to be so present, so engaged, so completely immersed in a virtual experience that you forget your body.

And more and more we're starting to bring this experience into our day-to-day life as physical beings. The world between imagination (or 4D) and physical life (or 3D) are really starting to blur.

So that it can all start to feel very malleable and dream like.

So just have a look around the room there and notice what's in the room.

Let your attention scan. And pick up whatever objects are there, if there are objects.

And also pay attention to the quality of your experience there.

What does it feel like for you to be there in this space?

As you pay attention to those things those images are just the surface of huge fields of information, transformation and intelligence.

They are actually being downloaded into your being on levels that you may be or may not be consciously aware of.

It's possible at this point as that happens, and it wouldn't happen without your permission and it doesn't happen to a degree that you are not open, receptive, ready and able to receive, but this is you engaged in a field of intelligence that is you and which is larger than the You that you have ever known yourself as.

And the face of it, right now, is an image or a feeling or a symbol.

And it's enough.

So next, let's see.

Just let your attention go where it goes now.
It may go downstairs.

It may go out the front door.

Oh, I know! Let's go now to the foundation of this house.

And get a feel for what type of foundation and quality of foundation this house is build on.

Is it smooth?

Is it solid?

Does it have cracks?

What is it like?

Use any senses that are picking up this information and just observe what's there.

You don't have to do anything.

You're just observing.

You're just gathering information.

You don't have to work at this. At this point you're just an observer.

And now before we back out of that structure or that building altogether just see if there's one more part, one more place in that building, that structure, that property, that your attention is drawn to.

And if so, let yourself go there now.

And like before, just observe it.

You're not trying to understand it or make sense of it. You're just observing.
Now we're going to move on.

So that house in whatever way it showed up for you, that building, that property, whatever it was and it may have been something even completely other than that, that represented in symbolic form a scenario that you brought to this exercise to work with, as it was at the time you got on this recording.

**Now what we're going to do is move to actually a different parallel Universe.**

It will appear as a different point in your imagination.

Let me just sit with you for a minute and see where we want to go here.

Actually all we want to do now is picture that same property, that same home or building in its now transformed state.

There's a place in your consciousness, in your imagination, in your dreaming, in the Universe that you already have moved to, energetically.

There's a place where this structure exists in its perfect form.

The form, the shape, the structure, the quality of it takes your breath away.

It excites you.

It enchants you.

It fills you with wonder. It's yours.

And as you observe it, (which you maybe starting to do now and if you haven't go ahead and just let what's here for you present itself)... it may be in picture form.

It may be in feeling form.

The building may look the same but be different in some small or big way.

Or it may be utterly transformed.
It may be something that is recognizable, or it may be something that defies description.

Let whatever is here for you become known to you in some way that feels wonderful.

And as you observe it, feel it, see it, sense it, interact with it let yourself be amazed by the wonder of you.

**Because this that you're observing is not separate from you. It is you - expressed in form.**

At the moment it may seem that it’s just an imagination.

Or it may seem very very real.

There will be a part of you that's feeling a connection to it and you can let that connection expand and become more and more real until you actually sense and feel the vibration, the solidness of this form in your physical body, perhaps as your physical body.

**Every cell in your body, every atom in your body can express the quality of whatever this creation, this perfect creation is.**

And it can even be changing form as you observe it.

Notice details. Let your attention wander wherever it wants to go.

You can zoom in.

You can zoom out.

And see how big it is; how small it is.

And see if it's yours alone or whether it's shared.
One of the places I really do want to draw your attention to with this structure which has now been rebuilt from the ground up, as per the title of this recording, it's been rebuilt from the ground up on the quantum level.

You haven't had to effort at it; it's just appeared.

And the magic of this structure is real.

So one place I want to draw your attention to is actually the ground upon which it's built.

In the past when we worked on the quantum level or in our imaginations, in the past when we did visualizations or tried to picture realities we wanted to create there wasn't a whole lot of support in the collective consciousness (meaning our shared agreements about how reality works).

And so in other words there wasn’t a lot of momentum. There were a lot of agreements unconsciously among us as humans that reality was difficult to change or that certain rules were in place.

And what you can notice right now if you want to is that a lot of those agreements are starting to change.

There are changes happening amongst human beings on the subconscious level.

Agreements that physical reality isn't quite as solid as we have always or for many years thought it was.

And we are actually seeing this, these new agreements or the breakdown of these old rules starting to show up, everywhere!

In so many of the movies, you so often now see physical structures de-materializing, re-materialized.

We're seeing, you know, this fundamental change in how we interact with physical reality showing up so much more in the images that we see on the movie screen.
And that's because of fundamental changes taking place in the agreements that we hold unconsciously among ourselves.

And so what I want to draw your attention to right now is how that nature of those changing agreements is starting to become present in the way that you experience the ground of being.

And in this scenario that you're working with, the structure that you have built on this foundation in your imagination or in the quantum realm, it sits on the foundation of Earth, (I presume).

And so right now if you want to, pay attention to the quality of the property on which that home or structure sits.

Understanding that your structure sits on a planet, planet Earth, pay attention to what's alive, what's different, what's new, what's changed in the foundation first of all and the structure of the Earth itself on which this new beautiful magnificent template of this home or structure is built.

And this may defy words.

There may or may not be words to explain it. And it doesn't matter.

Because all that you need to know about it, all that you need to sense, you are sensing right now.

And as you do, that actually represents a very fundamental shift in the nature of your being and the nature of your connection to the planet and your relationship, your understanding of your relationship to the planet, to me and to everyone on it.

And there's no effort required here.

We're just being present.

We're just noticing whatever is occurring for you, within you.
It may be a bit blank. And that's fine too.

Or you may find yourself kind of tranced out. And that's fine too.

Because your conscious awareness, your thoughts, your feelings, the words that run through your mind, **things that you are conscious of and your experience make up such a tiny proportion of who you really are.**

Right now things are happening in the much larger, much much larger unconscious of you that are just aligning with changes that are ahead for you that you've set up for yourself and are now ready and setting yourself up to receive along with the rest of us on the planet.

So it's a great experiment and experience of quantum connectedness, enmeshment.

And do not worry if after this recording you hear people describing experiences of it and changes for them that you don't relate too.

You are having whatever experience is most suited for you. Nothing needs to be different than it is right now.

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And now as we come I think to the end let me just see what I want to wrap up with here. I know what I want to wrap up...

**On the most fundamental quantum level, you will stop listening to this recording as a different being.**

**The very nature of you will have changed.**

**And you have the choice of how to express that in the world.**

It's possible for you to treat this experience as though it was just a nice kind of imaginary thing and you go back to being in that old scenario and showing up as the old you doing the same things and expecting the same old things and experiencing the same old things.
You can do that.

But I would invite you instead of doing that to, right now, make the decision that you will be different.

That you are different.

And that the second you open your eyes, assuming they're closed, you will see the world as different.

And then look for a change in your physical environment that's a reflection to you that that is the case.

And then from that point forward I invite you to walk around in the world, expressing and bringing the change that you experienced as you shifted from the first home that you worked with to the second.

It may be a feeling that you bring forward.
It may be a decision to act as though you are the person that's living that scenario from that ideal state of being.

And all you really need to do is claim this in order to see it.

Because that internal change which appeared to you in your mind’s eye actually reflects itself in changes in the physical world.

And you bring them there.

I don't know if you've heard the saying, "Change doesn't happen to you, it happens through you"?

The invitation at the end of this recording to bring through that change in whatever way makes sense to you.

And I look forward to your comments about your experience of this recording as well as the changes that you notice in "real life" as a result of that.
And three days from now I will send you a new Consciousness Playground Tip of the Day, a follow-up to check back and see what you're noticing.

So that's the end of our recording "Rebuild It From The Ground Up".

And I will talk to you again by email and then again in a few weeks with your next recording.

Bye for now.