

UNIFIED RESONANT ENERGY FIELD

Frequently Asked Questions

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1. What is a Unified Resonant Energy Field?

A Unified Resonant Energy Field (UREF) is an identifiable field of life force energy that has a particular frequency, pattern and theme. A UREF is a living, holographic matrix of unity consciousness through which our unlimited potential for creation can manifest. A UREF represents the collective consciousness or wisdom of those who hold and sustain it.

2. How does it work?

Three or more individuals consciously aligned with a common purpose are able to access and merge with a Unified Resonant Energy Field already existing in the Cosmos that has the same frequency, pattern and theme. This creates an energy field with amplitude beyond conventional measurement that is far greater than what can ordinarily be sustained by an individual or collective. In the Unity consciousness of the field, the power to create is magnified. The distinction between creator and creation dissolves as the essence that flows and gives life to form is profoundly and naturally sustained. The field operates outside the conventional parameters of time and space, enabling the outpicturing and assessment of future potentialities based on current actions.

The magic and the mystery is that at the source of any issue there is also the Source. Source is the One in All. In the unity of Source, there is an experience of wholeness, and any part that is out of resonance with the whole can be healed and aligned instantly.

3. What are the benefits of establishing one?

The benefits of a UREF to both the individuals engaged and the collective are that issues of separation are healed easily, quickly, powerfully, and completely at a holographic level.

The field creates the experience of a true community of support through harmonic energy resonance, and provides an opportunity for collective healing and transformation that extends to cultures, tribes and nations.

Through a UREF the potential for manifestation of any quality or quantity of energetic resource, such as peace or wealth, is unlimited. The manifestation will occur more quickly and easily than anyone has yet experienced. Once we recall and practice living fully in our natural holographic energy pattern, we can align our energies to manifest undreamed-of possibilities.

Establishing unified fields of higher consciousness will allow us to generate a fundamental shift from “me” to “we” consciousness that will inform our being,

knowing, feeling and doing. It will allow unnatural divisions between systems of belief and thought, and expressions of life to dissolve into global harmony and interconnectedness.

We can begin with holographic councils of consciously collaborating people, each holding and grounding a UREF with its own purpose and theme. These councils will provide an opportunity for those who are ready to shift into co-creation and true collaboration. They will learn what thoughts and behaviors support the field and can then assist others in establishing a UREF for their particular project. When UREF's align for an even larger purpose, their combined energetic power will make a major contribution toward establishing unity consciousness on the planet. In such a world, all are aligned to co-create a Wisdom Society in which our Common Work brings joyous fulfillment to all, restores planetary balance, and provides the experience of Heaven on Earth.

4. What is the purpose of establishing a field?

Individuals "call themselves together" because they have an aligned purpose at the soul level, whether or not it has been articulated at the personality level. It is important initially for them to put into words what they all inherently hold as valuable. Reaching a place of clarity about this at the beginning is essential as it is the focus of their particular Unified Resonant Energy Field.

5. What's required to participate?

If you want to be part of a Unified Resonant Energy Field, you need to

- a. Be aligned with the purpose of the group.
- b. Love and trust and honor the people in the group.
- c. Surrender your personal agenda to the wisdom revealed in the resonance of the collective field.
- d. Shift from "me" thinking, or even "you and I" thinking to "we" thinking, where anyone's challenge is everyone's challenge.
- e. Commit to being part of a tightly interwoven "basket" in which you don't let go of each other, no matter what.
- f. Understand that everyone will experience everything that any individual brings into the field.
- g. Recognize that the light generated by the UREF will reveal anything not vibrating at that frequency, and you need to be willing to have personal unhealed "stuff" be seen and cleared by the collective

6. How do you know when you have the right people in the field?

The "right people" is a combination of the knowing of the existing members of the group and the knowing of the new member. It is a calling. The group puts out the call for the right person to show up. That energy creates a resonant pattern and the person who matches that pattern feels the call.

The clarity of the call is matched by the clarity of the answer. If you put out a general call, you will get a general matching answer. If you put out that plus specific attributes

needed for the field, that will have a different signature and will have a matching response.

A significant difference between current organizational structures and the UREF is that there is no recruitment of participants necessary. People will “land” in the right place within the field according to their energy signature. If someone chooses to step out of the field, the group will align in their intention to attract the right person who will step into that person’s position or role.

The field participants can align in doing a “check in” to see if anyone recommended for or drawn to the field is in resonance with it. A typical check-in involves asking the question of whether it is in the highest good of the field and the individual to be invited to participate at this time. Once the question is formulated, the group drops into the silence to feel or receive an intuitive response. The participants share what they received and determine a unified course of action that holds their alignment.

7. Is there a minimum and maximum number of participants?

Three is the minimum number needed to hold the field. Once you have the field developed, there is no maximum, but you have to increase the size of the field in stable increments.

8. How do you create a Unified Resonant Energy Field?

Creating a Unified Resonant Energy Field is like weaving an energy basket. The participants are the support structures. You want it to be woven so tightly and consciously that, like some Native American baskets, you could put water in it and it won’t leak out. The goal is to create a vessel that is strong enough to hold any kind of flow of resources coming into it. It requires a stronger vessel to contain a raging torrent than a trickle, so if your field has a big purpose that requires a lot of resources, you need to create a strong basket.

In order to create a Unified Resonant Energy Field, you need

- a. Three or more individuals committed to holding a field of resonant truth, unconditional love and trust.
- b. Participants aligned with a common purpose, focus and intention.
- c. Commitment to co-creating and putting in writing a concordance that holds the resonance of the aligned group energy. A concordance is a living embodiment of the unity of the field, incorporating the values, ideals, processes and practices of the group. Co-created by the field members, the concordance establishes an internal holographic guidance system that can be used to make decisions unanimously and to adapt quickly to change. This system addresses both what you will do and how you will be with each other as a whole. It is a higher frequency than an agreement which is mental and thus fixed in time and place, and can be broken or dissolved. A holographic concordance provides essential guidance in all four energy areas, Ethereal, Conceptual, Emotional and Material.

The initial process requires quality time together (two concurrent days recommended). It needs to be in a supportive energy environment where other people or disruptive environmental energies will not disturb you.

Creating a Unified Resonant Energy Field is a holographic process that engages all four of our energy bodies. The context for creating a UREF is Ethereal and Emotional, where you are coming from. The content is Conceptual and Material, your point of focus and your intended result.

At the Ethereal, Being energy level, participants need to be clear about the nature of a UREF and the inherent value of aligning in one. It is important that they are aligned with the identified purpose of the particular one with which they have chosen to engage. They need to be in a state of trusting and believing in their own potential and the potential of the group to move into unity consciousness, and have the desire to do that.

Emotionally, participants need to be able to move into a place of unconditional love for each other, a place of deep caring and accepting. They need to commit to holding on to each other and holding the field "no matter what". They need to be clear that the light generated by the UREF will reveal anything that is not congruent with it and be willing to have any of their personal unhealed "stuff" come up in the presence of the group and be cleared.

At the Conceptual, Knowing energy level, everyone needs to be clear about the mission, the job description of the UREF with which they are aligning. What is it that the group intends to manifest? What is the particular focus of this particular group? Participants need to let go of any personal needs to be "the one who knows", personal agendas and fixed opinions and surrender to the group mind.

In the Material, physical density, looking at "What do you do?" this is the form of it: Participants gather in a circle, arms fully outstretched, left palm up, right palm down and move close enough so that each person can grasp the arm of the person next to them above the elbow. This is the physical construction of the basket. You need to hold each other in such a way that you experience both providing support and being supported. Allow yourself to physically experience that if you get "weak in the knees", are not experiencing being in your strength, at some point, you are supported by the people on both sides of you who are connected into the whole. Experience your commitment to being there in your strength for the others.

Wherever you have a group with all of the members not yet present, it is important to visualize the person in the position where they will be standing, arms outstretched and interwoven in the basket. They will materialize. It is very much like on "Star Trek" where you beam someone down. Here you beam them in.

9. How do you sustain it?

There are four guidelines for sustaining a UREF. They represent a shift from the individual independence of the Piscean Age to the consciousness of interdependence

that represents the Aquarian Age. Each represents one of the four energy fields in the holographic energy matrix:

Initiation – Ethereal/Being
Coordination – Conceptual/Knowing
Cooperation – Emotional/Feeling
Collaboration – Material/Doing

Initiation

The initiatory power of a unified field to create something that has never existed before is beyond what we have previously experienced. The field empowers us to literally go where “no one has gone before.” True co-creation becomes possible through the resonant power of the field. There is more light held in a unified field and amplified ability to manifest the collective intention of the group. Thus, it is imperative for anyone who joins the field to remember their power as a “conscious creator”. The ONE expresses through each one in the field. The nature of creative power aligned with the ONE is truly unlimited.

Taking the initiative to address many of the most compelling issues and challenges on the planet provides field-based collectives with the opportunity to have a major positive impact. We become true change agents acting in alignment with Divine Will flowing through the will of the field participants as One. The clearer you are and the more aligned you are collectively, the quicker you will manifest your intended result. It is imperative always, but especially at the beginning, to have alignment and clarity.

Coordination

Within a unified field, there is a natural flow of energy as all of the parts weave into pattern of harmonious integration and wholeness. The coordination of all of the different inputs and activities of the field becomes more effortless and easily aligned. Order is maintained by allowing adjustment and shifting of the energies of the field so that the field maintains its cohesion. All of the parts work together to support the whole at all times. Everyone notices if the resonance is “off” and can quickly adjust any part of the system to bring the whole back into balance.

A key component of maintaining a high level of coordination is effective conscious communication. Participants in a UREF commit to speaking up immediately when they sense that “something is off in the field”. When that happens, all parties share what they are observing and resolve it together. All viewpoints are honored. You simply have different perceptions of the same thing that are all accurate and all existing simultaneously. When you have a position that “I am right, or this point of view is right”, you are focused on a point in time, which is linear. A resonant energy field is non-linear. Getting this is a huge leap in consciousness.

If you have a strong individual and a weak collective, that strong individual can overpower any one voice out of the collective, but cannot overpower the solidarity of the voice of the whole collective. Discovering the common voice is part of being in a unified field.

Cooperation

By aligning with a unified resonant energy field with a specific, identifiable frequency that already exists, you move into co – operative – action with it, aligning with the way that energy works naturally. True cooperation comes from a place of love, not love as an emotion, but as an energy element. It allows and creates an expansion of energies so that what flows through you and between you naturally flows and grows. The focus is on the greater good of the whole, knowing that within that all individual needs will be met. Being fully present with each other is how you show up, how you care, how you think about each other and consider each other's needs and situations, how you demonstrate actively your concern for each other and serve each other.

Confrontation has no place in a resonant energy field. It creates defensiveness, battles and positions. Bringing forth a difficult issue from a place of love and support does not generate confrontation. Observations and challenges need to be brought up to the whole, not as part of a side group meeting. Even the notion that you can have sides meeting separately to discuss challenges is inconsistent with the nature of a resonant field. Separate meetings create separation. It is important to avoid side conversations about anything that is a group concern. It is a tough discipline, especially with geographic constraints, but it is important

Each member of the group needs to be willing to step forward and speak up when someone's behavior is out of alignment. What often happens is that no one wants to "go there", so one person's behavior is allowed to be detrimental to the whole. Not speaking up diffuses the energy of the whole. Silence from a place of passive or submissive behavior does not work. When you truly come from a place of love, respect and support, you can say the "tough stuff" and others can hear it. People need to realize that everything they say and do makes a difference – always.

The power of a collective is the sum of its parts. The power of a UREF is much more than that. It is a shift into unity consciousness. It is limitless! There are no boundaries.

Collaboration

In a unified field, whenever something comes up for an individual, it is not viewed as "their stuff" but is held as "ours". You view that person as an expression of yourself. There is no separation. Instead of focusing on the individual, you focus on how to smooth out any disruption of the field.

If your thoughts go to excluding them, you are automatically excluding yourselves and saying you are not ready to create and sustain a resonant field. In a unified field there are no longer any individual challenges. Every challenge is a group challenge. It is our work to do, our co – labor – action.

True collaboration exists when everyone is involved and the resulting joy is shared by all. Everyone feels their contribution is valued and makes a difference to the whole. When there is collaboration in the doing, everyone can see and feel the difference they have made in the lives of others. No one feels excluded. A unified field is based on principles of inclusion because of its unified nature. Current hierarchical structures focus

more on exclusion where only certain people are involved in decision-making, for example. Because of the collaborative “one one” spirit of the field, every one working together as one, there is often cause to celebrate and to “spiral up” to the next level of possible co-creation based on a job “well done”.

10. How do you know if a UREF is working?

If you are in resonance, you will have the experience of being One, with no sense of separation. You will have a sense of well-being in all four of your energy bodies, and you will be focused on the good of the whole, confident that your personal needs will be met.

When it is working you will collectively have an experience of forward momentum even when what you are focusing on has not physically materialized. If you feel collectively that there is no movement it is incumbent on the collective to inquire as to what is going on in order to establish whether the source of the slowed down or inhibited movement is being generated by the group or by external forces. If you have a very large project, you will have more external forces to contend with.

If there is a sense of no momentum, the question to ask is, “Is it internal or external?” When you have established that, you will know what to do. Be aware all the time of any fluctuations in the field and communicate what you experience to the collective. What you do then is to act collectively. If it is an internal block you realign yourselves and get clarity. If it is an external block, you hold tight to your purpose and strengthen that.

11. How do you know if it's not working?

When it's not working, you're out of resonance. Symptoms of being out of resonance can show up in any of your four energy bodies. At the Ethereal level, it can be lack of trust in the collective process or in the individuals in the field. At the Conceptual level it can be believing that you know more than others in the field or that your way is the “right way”. Unhealed personal issues about inclusion and worthiness can create Emotional separation and put you out of resonance. At the level of the physical, Material energy body, it may show up as gut level feelings that something is “off” that makes you want to disengage. If any of your energy bodies is out of resonance, it affects the whole.

12. What if someone questions their own ability to hold the field?

The person needs to check in with his/her own Higher Self to see if it is theirs to do. If it is, then they have the capability to do it even if they don't remember. There is dormant knowledge contained within them and all it needs is a little wake up call. The group can provide that and support them. When someone's energy “wobbles” and they are questioning the field or their involvement at a fundamental level, the group needs to focus its attention on that individual until everyone is clear about what is going on for that person. Once the issue is clarified, the individual can make a choice about whether it is best for them and for the field for them to remain in the field.

13. What if someone is unable to hold the field?

It is not possible to have a unified resonant energy field where one or more in the field is not able to hold the higher energetic frequency. When such situations arise, you can learn from it. In a resonant energy field, when someone cannot hold the frequency, it becomes clear to those who are holding it.

It is important when a lack of resonance enters the group's consciousness to stop what you are doing, to honor it and to deal with it. It cannot be left like the invisible, but tangible, elephant in the room that nobody wants to talk about. This is the kind of elephant that is so subtle that it is almost imperceptible but it is making a difference. It is more like a translucent "now you see it – now you don't" kind of elephant. It is more difficult to notice its presence because it comes and goes. Everything is okay but not quite. This situation calls you to develop the discernment and increased awareness of subtle changes of frequency.

When someone feels out of resonance, they may feel compelled from an ego need to come up with an excuse for leaving like, "The field is not working," or "I don't have time," or resort to blaming someone.

We are a culture that does not admire quitters. It is important to develop graceful exits that allow people to leave and still feel whole. It is the job of the group to hold the person with unconditional love so that a choice to leave is not viewed with judgment or as someone having failed or quit. What you are really doing is honoring their free will and having compassion for their challenges in sustaining the "we" energy when the "me" issues come up.

14. How do you handle someone choosing to leave the field?

When someone feels it is time to leave, not only will they know it but the group will as well. Allow it to be graceful. An individual may choose to not do the work of "holding the field" and still be part of the field contributing in other ways. It is not the same as it is in an organization where when someone leaves they are gone and usually not seen or heard from again. The field welcomes participation and contribution in whatever form will serve the individual and the collective. The field is like a permeable membrane. Whatever is in resonance can pass through the container of the field. So if an individual is able to vibrate with the resonance of the field, their participation will always be welcomed.

15. What are qualities that support or detract from the strength of the field?

There are many personal qualities that support a unified field. The following is a partial list of the core competencies.

Some of the Qualities That Strengthen a Field

- honesty
- attentive, deep listening
- speaking up, speaking the truth

- noticing when the resonance is “off”, monitoring your own energy and that of the group
- integrity
- communicating with love and compassion
- trust in Source, self and one another
- accessing higher wisdom and guidance
- releasing personal agendas and “me” energy in favor of the “we”
- maintaining a holographic perspective on any issue
- honoring each one’s contribution to the whole
- being open to change
- clear open communication
- being vulnerable with each other

Some of the Qualities That Diminish the Strength of a Field

- secrecy
- focusing on personal needs and desires at the “expense” of the collective
- unwillingness to come forward
- being reactive rather than responsive
- emotional immaturity
- being fixed in your personal perspective of what is right or wrong
- not listening to or seeking out the input of the collective
- distrust and disloyalty
- having a “single issue” focus that causes one to lose sight of the bigger picture
- feeling that one’s contribution is more important than everyone else’s
- needing attention and continuous reassurance
- withholding one’s energy or pushing forward
- shutting down in a way that doesn’t allow you to be reached or touched by others.