

POWER OF YOUR MIND - REALITY BEGINS IN CONSCIOUSNESS (PART 1) -

CLASS 013

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Gosia: Hello! Finally! It's been a while. Sorry about that — I was busy with other assignments, but here I am, and with an important topic, one of the most important ones: your mind, consciousness, and its creative manifestation power. Some would even say that topics like these are among the most essential.

Yes, it is crucial to be aware of the power of the mind in order to be able to apply it in your own individual life, but also because it relates to collective reality manifestation, as that is what the Cabal primarily uses to exploit humanity, directing our mass beliefs, desires, and perceptions toward realities they wish to generate. How about we take that power back? Let's tap into those inner resources and use them, command them, for the positive outcomes we wish to create for a change.

I am sure you have heard these expressions before: "mind over matter," "you are the creator of your reality," "Law of Attraction," etc. But what does it all mean? How do I create my reality? What do UFOs have to do with it? What are the challenges? Why is it important collectively?

I have divided this topic into three parts, which will come one after another, as it was impossible to squeeze all this knowledge into one easily digestible episode. This is "Our Minds Matter, Part 1: You Are Powerful." I have also divided the contributions from our community members, and they will be scattered across the series to reinforce the points being discussed.

So let's dive right in, because I have a lot to go over. Try to stay until the end and through all three parts, as this is important.

The subject of Source is not something we have gone into yet in our classes, but I do want to begin with the concept of Source as it connects with us as creators of our realities. Source, in many spiritual worldviews, is a concept impossible to define in words, encompassing the wholeness of everything that has ever been, is, and will be — the entirety of creation. It includes absolutely everything that exists, and it is the drive and the foundation of all life. For some, it is similar to the concept of God; however, there are significant differences in my understanding of Source, which I will not mention at the moment.

What is important to understand for now is that each one of us is neither more nor less than a holographic fragment of that Source; "holographic" here meaning that, in our essence, we are endowed with exactly the same attributes as the original Source. "Each of us with a consciousness is, in our own right, the Original Source. And this means that we have the same creative powers as the Original Source" (Swaruu of Erra). The same creative powers — you heard that right.

In Class 005, we talked about the soul, and how every one of us views reality through the lens of its own particular point of attention. We are all points of aware attention within the larger Source — individualistic and unique, but also, at the same time, fully embodying the qualities of the Source itself. Now, as fun as it is to experience life as an individual, as a specific point of attention, this leads that point of attention — which is you — to develop an illusory sense of being limited and cut off from the creative power of Source, assuming, as a consequence, that what you experience in life is caused solely by external factors, with you on one side and reality happening to you on the other. I am sure most people out there feel this way about their lives.

And I say this is illusory because the truth is that you are never cut off from your creative power or from Source, and our minds are always the ultimate generators of the reality around us. To think otherwise — and this defines our planet to a large extent — is what we call determinism: the doctrine that states that all events are ultimately determined by causes regarded as external to the self. This could not be further from the truth, and we need to move beyond that determinist, victim mentality and take control of our lives and this planet.

I must admit, living in physical reality, in a biological body, it is easy to fall into — and remain in — a deterministic and materialistic attitude, with terrestrial science additionally suggesting that all we are, all our ideas, are just the result of “electrical and chemical processes inside a material brain made of cells called neurons. That there is no interaction between consciousness and matter” (Mari). Worse yet, that consciousness is the result of what goes on in our brain — that the mind is the product of matter.

Let’s try another approach, shall we? It is one that defines countless stellar cultures beyond Earth, and it is the opposite: that the only thing that actually exists is pure consciousness field itself, outside space and time. And no, not only as something that influences us here and there, like with placebo effects, etc. I am talking about consciousness generating the entire reality!

“On Earth, it’s said that matter somehow generates consciousness as an interaction in the brain among neurons, chemicals, and electrical impulses. And that you are only that. You turn the body off, and there is no consciousness. Here (outside Earth), we understand things to be the other way around. Here we acknowledge no matter as such. It is only a projection of consciousness. Here we understand that we are mind, and that matter is only your mind making things up, manifesting things and experiences” (Swaruu of Erra).

With this approach, it is consciousness that gives rise to material creation — the reality we live in, individually and collectively — and even to what goes on within our bodies, including the behavior of our genes, something similar to what Earth science knows as epigenetics.

“The genes themselves are designed so that it is the consciousness of the body that turns them on, turns them off, reads some and not others, rewrites or creates entirely new ones. So, the real way, and the one that advanced races use, to modify the genes of another species, is to make the species itself modify its own genes using its own creative consciousness, and this is achieved, in the case of Earth, with mind control. If you control the perception of consciousness, you control what it will

manifest. You will control what it will create as a world, including its own body. This is the great why of mind control on Earth” (Swaruu of Erra).

I will not go into the mechanics of the exact process of how consciousness generates matter — it is too metaphysical and technical for now, and may not sound practical to many of you. We will go into it as we advance. But let me show you one quote on the subject, as it explains the role of our mind and thoughts in the process of the manifestation of matter. It is relevant because it is how your entire reality comes to be. I have shortened it, but do not worry if it still sounds a bit complex. I will try to simplify it afterward.

As it was explained to us by our friends, consciousness, when in a relaxed state with no thoughts and just being, exists in the state of potential energy, we can call it ether, "best described as a fluid; the primordial thing to be manifested. When consciousness is thinking, it creates waves in that ether, much as when a stone is thrown into a pond. The way those waves dissipate is a frequency, as in the sequence. And when that frequency is consistent and complex, it will form a harmonic, mathematically precise. And it is these harmonics of a frequency that will create so-called standing wave which remains high and energized as long as the harmonics of the frequency that are creating it remain there. In short, everything that consciousness is thinking becomes real. Everything is coming out of pure consciousness. And everything that exists (ideas, matter, or energy) are just thoughts in the mind of those who are conscious and aware that they are" (Mari).

Uff, I know, it's a bit deep, but hang on. Let me summarize it in a few words according to how I understand it, and then we will move into more practical things to apply in your life. But I want you to understand at least a bit of it as a foundation.

Ok, so we are immersed in something called the ether — a potential energy field. When still, it is like the ocean with no waves. Once the conscious being — you, in this case — starts to generate thoughts, mental patterns, ideas, wishes, or beliefs, that ocean surface begins to create ripples, and they start to expand in a certain sequence, a frequency, depending on the strength and consistency of those thoughts. The harmonic of that frequency begins to create the so-called standing wave — a pattern of energetic vibration — and then nodes. This is the part where I myself get a bit lost, I will admit. It's physics; I have never been good at that. In extreme summary, though, solid matter is created from within the field of potential energy.

One day I might share more about this, as our friends have left entire essays on the topic, but let's focus on the core element for this class, which is that the emitter of those waves and nodes that, in turn, create matter is consciousness — it is you. "Your mind, your senses, your thoughts, your feelings, and emotions are those waves and determine the frequency of the emission" (Swaruu of Erra). You are the one animating it. Reality begins in mind and it is your consciousness that brings probability into actuality.

And if you were wondering how it is that we all collectively perceive some things as the same in our reality, well, that's because we are collectively creating those waves, based precisely on the collective perception agreements discussed in previous

episodes — some coming from the conscious level, but most from the unconscious one. We will look at that in Part 2 of this series.

Ok, with that said and more or less understood, let me emphasize the importance of imagination in the manifestation process. How many of you dismiss imagination as pure fantasy or wishful thinking? Raise your hand! Oh, I would really like to see how many of you would. Well, stop. Imagination is one of the most important tools in the mechanics of creating what you wish to create. It is the foundation of any new creation, as everything that exists begins as an idea — as that first ripple thrown into the pond. Then, whether it comes to life or not will depend on the strength of what you emit in order to sustain the previously described process. And imagination is one of the first steps.

What is crucial here is the strength with which you are able to bring that imagination to life in your mind. You must invoke all your senses in the process. Let's say you want to move to a tropical country. Can you smell the air of that place in your mind? Can you feel the breeze from the sea and hear the birds singing? Can you close your eyes and literally feel that you are there? Can you feel the emotions and the shift within as you imagine yourself walking the streets there? Imagine it all intensely, with absolute faith that it is happening, and sooner or later, you will be there.

I will have more to say on this precise point a little further ahead. Suzy from Spain talks about this as well.

Community Workshop - Suzy (in YouTube video only)

Thank you, Suzy. And now, let's look at the topic of the well-known Law of Attraction to see how it fits into the subject.

The Law of Attraction is a common concept that simply states that we create and receive what has most of our attention — where we invest more of our intention and belief. It can also be called the Law of Mirrors, a more appropriate term, and why that is we will see soon. This law is real, it exists, and it operates constantly throughout your life, whether you are aware of it or not. Your thoughts are constantly creating waves in the ether, but it is the constant and focused attention on certain ideas and wishes that results in physically manifesting whatever receives that attention. That is basically the gist of the law: whatever you focus on strongly enough, you draw and attract. You bring it to life. Energy goes where mental attention goes.

“When a person has a specific thought dynamic, this is also a frequency resulting from a harmonic of a frequency dynamic process. When enough attention-energy is given to that specific thought process, the resulting frequency of the person will automatically match the frequency of the perceived object or situation it is thinking of. This is called the Law of Mirrors, and it governs this universe” (Swaruu of Erra).

Matching frequencies — ok. We talked about how a strong, sustained thought creates crests and nodes in the ether, creating matter, and now we have an added element with which to understand the power of our mind, and that is through the concept of matching frequencies between whatever we are visualizing — either through imagination or focused attention — and the frequency of that same thing emerging in front of us as manifestation. In our minds, where all reality is truly projected from, the

frequencies of both have fused, attracted, and reflected back on each other, collapsing into a tangible reality that we then perceive as an external object or situation. We literally “print” it, so to speak, from the potential energy field, with our own mind and the creative energy of Source that we are.

“Equal frequencies attract each other because they are one and the same, so the thought-frequency equals the thing or the situation in the individual’s mind, and this equals the perceived external object and/or situation, because there are no external objects or situations as such, as they are all inside the same potential energy field — a soup of frequency harmonics — as the very same thought patterns of the individual and collective awareness-individuals creating it all. Thought is the object, and thought is the situation — no difference! There is no external-to-you world. You are the one who has it all in your mind; you are making it all, both collectively and individually! The external world is a reflection of your inner world, and the only way to change your external world is to change your internal world first” (Swaruu of Erra).

In other words, “whatever holds our attention and whatever we truly focus on, be it in a personal or collective manner, will come to be, and will manifest even outside the understanding of science” (Mari). It is one of the primordial laws of the universe.

The negative groups governing this planet know this, and that is why, among other reasons, they dedicate so much effort to managing society — creating fear and drawing people’s attention to negative events and problems — as fear is a highly compressed form of attention. This is a very sophisticated mind-control program to keep our creative energy focused on the negative, because if a person is immersed in problems and suffering, then, under that same Law of Attraction, they will only receive more of the same, falling into self-perpetuating loops of limitation, isolation, confusion, and pain — something the controllers behind the scenes thrive on generating for our race. Control what society perceives and believes as a collective, and you control what it manifests for itself. How else would they want us to be in order to control us? An awakened society, aware of its potential and creative power, engineers of their own reality — free, happy, and focused on what is positive and pure — is a threat to the governing elites behind the scenes.

“You are literally creating your own reality based on what you have your attention on. It is the basic operation of the Law of Attraction, and all people are subject to this law, whether they like it or not, agree with it or not, or understand it or not. It is like gravity on a planet — it is simply there, and you live under its influence. So, by knowing how the universe works, reality can be altered and managed, and this is where mind control comes in” (Swaruu of Erra).

And that is why the previously mentioned determinism, so prevalent on Earth, is such a dangerous concept and one of the Cabal’s tools to control society even more. Because if people think they are victims of external circumstances and not in control, the Matrix they are living in, under the Law of Attraction — or Mirrors — will give them precisely that: the illusion of being a victim, making them much more manipulable as a result.

Community Workshop - Priya (in YouTube video only)

Thank you, Priya. So, my friends, how about we all snap out of it for once? We are far

more than that. We are active creators of our reality, not just observers of scripts — and especially not of the ones designed by whoever thinks they can control us. To hell with them — let's learn to manage our reality ourselves.

One of the first, simple steps to do that is to learn to observe your thoughts and what you are focusing on. Be aware of your inner thought dynamics, of the words you say — the extension of your thoughts. Remember, they create ripples, especially when they are charged and sustained. Observe what you are giving most of your attention to in your daily life. Is it positive things, the ones that make you feel good, or the ones that don't? Are you appreciative of the positive details in your reality? Turn off your TVs. Don't let them feed you negative events. Remember, where your attention goes, energy follows, and with that, you draw to yourself — or become a vibrational match to — whatever it is you are focusing on mentally. That mental focus is not empty; it creates. Literally. Even if you don't understand the science behind it.

In order to manifest more positive things in life, one of the steps is simply to notice positive things first — whatever they are, and however small they may seem. A smile from a stranger, sunlight, a tasty meal. Be grateful. Acknowledge the moment.

When you are having a negative moment, don't feel bad and don't resist — just observe it, and after that, shift your attention to something positive so the negative thought does not linger. Just move on to something that makes you feel better. It is normal to have lower moments — we all do — but try not to remain in that state for long. Give it another meaning or interpretation. There is always something around you that you can notice and focus on next. That will activate more of that same energy flowing to you. Try it.

The ability to find a more positive interpretation of the situations around you is also creating a ripple in the pond, as how you interpret reality is a direct expression of the inner vibration you hold.

And it is not about ignoring when something not so positive is happening in your life — that is important. We are not talking about forcing yourself to feel good when there is clearly something difficult you need to deal with. Very often, it is even essential to become aware of that something — like the manipulations humanity is under — even if it is an unpleasant truth. Not to create more of it, but to use that very creative power to say no, to use it as a reference point, and to create something else.

Next, if you are trying to bring something specific into your life, invoke from within the frequency of whatever that is, in all its aspects. Remember we mentioned imagination above? This is the moment to use all its strength. Bring into your attention all the elements of the situation you wish to experience. Involve all your senses. Live it in your mind as if it were already happening. Because, in fact, it already is.

The potential energy field I spoke of earlier — the ether — contains all possibilities already playing out. All possible situations are already there. You are simply drawing from it, with your frequency, inner focus, and imagination, the reality you wish to experience. You are becoming a match to it — a magnet. You are learning to work with frequencies through your mind to become the situation you wish to materialize. Know it fully, and do not allow doubt.

In the process, you must also — and this is an important aspect of physical reality — be proactive toward that goal and adjust your circumstances as much as you can in order to welcome the situation you want. It works hand in hand, and it is not enough to just lie in bed and dream about what you wish, no matter how strongly.

When you take proactive steps and make the necessary adjustments, you are moving energy toward it much more effectively, indicating determined and focused intent, which reflects the vibrational change you are making mentally within. If you want better health, envision yourself as strong, healthy, and full of vitality, but also make lifestyle changes that match the reality you are bringing in — become compatible with it. Be holistic in how you approach it.

"You travel through time and space by becoming a match to the vibration of where and when you want to go. When your vibration becomes a match with that, be it a situation or a place, you will be there. You are not transported to that situation you want to experience. You are not attracting anything because it is you who has become the situation and you only experience it by experiencing yourself, because what you live in your experience is only a mirror of who you are" (Mari).

Now, you might be very surprised to find out — and we will go into this in more detail in future videos about star navigation — that the spaceships many extraterrestrial races use when traveling through so-called hyperspace, or at warp speed, operate in exactly the same way as our bodies and minds do. In fact, they mimic the exact mechanics of manifestation occurring naturally in conscious beings. The spaceship technology and science mimic our minds! Let me explain.

When a ship wants to travel beyond the so-called speed of light and jump into hyperspace, after which it reappears in another location almost instantly, what it actually does is activate a special toroidal bubble with a specific frequency that surrounds the ship and everything inside it. It changes the frequency of the entire ship and all the crew inside. It “dials” the address, so to speak, of the destination, which is nothing more than a specific frequency, and the ship, along with everyone in it, manifests at that destination. It does not travel, it does not move — it simply disappears in one location and reappears in another, all through the “magic” of frequency manipulation.

“Manipulating frequencies with your mind is the same thing that a starship does, only that, with great voltage and force in the order of several TEVs, it does it very fast. Starship engine harmonics are exactly the same as consciousness, emulated with nanoparticle accelerators mimicking neurons like the ones in a biological being with a soul” (Swaruu of Erra).

Become compatible with the destination, and you are at the destination, or you are the destination.

“Everything that exists occupies the same space, intertwined like a fabric. You only change where you are compatible according to your harmonics, frequencies, and vibrations. And where you are compatible — that is where you are” (Swaruu of Erra).

“All that high technology applied to starships is based on profound knowledge about spirituality, existential densities, and consciousness. All that a starship and its elaborate engines and mechanisms are doing is emulating consciousness. They are forcing a vibration onto their components, so they become compatible with another situation in the illusory matrix of time and space” (Mari).

So how is this similar to how our minds work? Because just as a ship wraps itself in a frequency cocoon of the destination, so do we when we focus with great intent — internally and through external adjustments — on the goal we wish to achieve. We are literally changing the frequency address of our internal “engines,” and the reality outside has no option but to reflect that.

“The universe — all that has ever existed, exists, and will exist — is a creation of consciousness. A nuts-and-bolts starship is simply another way to manipulate reality for an experience. You don’t ultimately need a starship. You already have one: your body, as they both work in exactly the same way. Manage the frequency and the vibration of your body with your mind, with your thoughts, which are vibrations, and you will become compatible with whatever you are a match with” (Mari).

That was interesting, wasn’t it? Who would have thought there is such a close connection between how starships — what many call UFOs — work and our minds? And they don’t travel; they simply manifest at the destination, dematerialize, and rematerialize. Amazing, right?

With our minds, though, you might say it doesn’t work that fast — that there seems to be effort involved, or sometimes what you desire doesn’t manifest at all. And you are not wrong. Manifestation does not always seem easy. We cannot be naïve here and think that as long as we think happy thoughts and focus on that big yacht we want, it will simply float into our lives. If that were the case, we would all be living our dreams, and life would be effortless.

So at this point, in order to understand the power of our minds even more, we must go deeper and consider what else is actually playing a role in the reality-creating process. And there is more. There is a deeper and more complex dynamic at work, influencing us all. In fact, it is the most important part of it all, and I am glad you stayed until this point, because what I will talk about next is key.

But, as you may have guessed, it will be the focus of our next episode: the role of the unconscious in the manifestation process, both individually and collectively. You will not want to miss it, because if you have ever wondered why all this Law of Attraction is not working for you, many of the answers will be found there.

And before we end, I want you to hear from Chareva, as she shares her experience and understanding of this topic.

Community Workshop - Chareva (in YouTube video only)

Thank you, Chareva. That’s interesting about the cloud—you can try experiments like that too! It’s important to practice so you can see how it all actually works and observe it for yourselves. Thanks and thank yourself for staying with me until this point. I will see you here again very soon. Until then!