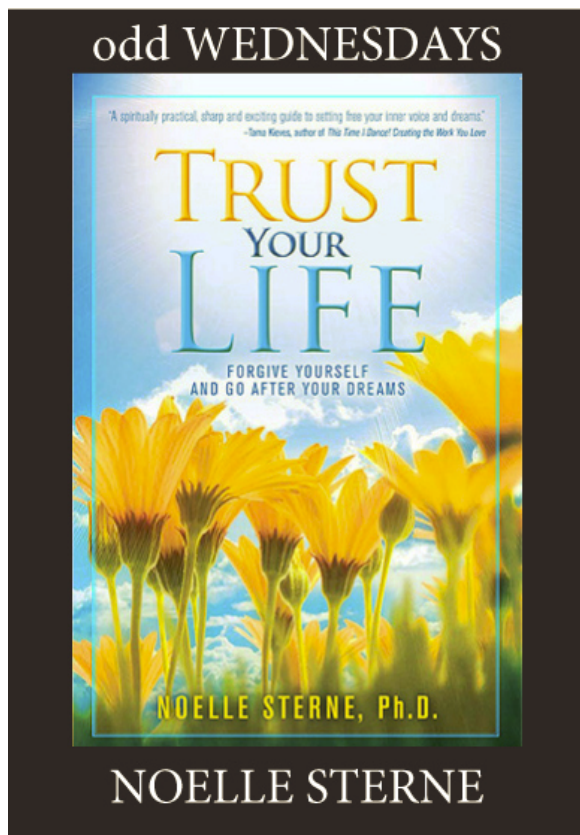




Quantum Writing



Another astounding lesson from quantum physics: reality changes with the observer. Or, as David R. Hawkins says in *Power Vs. Force*, “The subjective and objective are, in fact, one and the same” (p. 44).

I don’t pretend to understand the mathematical equations or elaborate diagrams explaining quantum mechanics (the Wikipedia entry gives me a headache). But, ignoring even elementary college physics, the application to our daily and writing lives is charged with possibility.

The Law of Attraction, which has gained mainstream acceptance, accords with this theory. The channeled entity Abraham (<http://www.abraham-hicks.com/lawofattractionsources/index.php>) says that the unchangeable conditions are so only because we believe they are. Motivational consultant Denis Waitley declares, in an often-quoted passage, “Our limitations and success will be based, most often, on our own expectations for ourselves. What the mind dwells upon, the body acts upon.” One more: Wayne Dyer tells us, “Change the way you look at things, and the things you look at change” (*The Power of Intention*, p. 173). Such authors also recognize that quantum physics has great (more-than-

coincidental?) affinities with the words of ancient sages, healers, metaphysically enlightened teachers, and philosophers.

In the company of such illustrious beings, even if we don’t quite believe it, why not use it? If our reality depends on our observations, it follows that as we observe, assume, and affirm differently, we will experience a different reality. So, what are we observing about our writing lives?

I explored this question with a group of writing colleagues, and we came up with some rather uncomfortable answers (I thank them for their honesty):

1. I’ll never get there.
2. I haven’t done enough.
3. I’ve been working so hard. Why don’t I see more success?
4. Even though I’ve published, I’m not seeing great results.
5. I don’t feel like a success.
6. I haven’t really dared to . . .
7. It’s too good to be true.
8. I don’t deserve . . .
9. Who, me?

Identifying any of these is the first step, of course. We’ve been feeding ourselves a basket of spoiled fruit. So dump it.

Instead, grab another, more wholesome bin. Dyer quotes Hawkins, who

observed that in the spontaneous recovery of individuals from what were labeled incurable illnesses, a major shift in consciousness took place “so that the attractor patterns that resulted in the pathologic process no longer dominated” (Dyer, p. 271).

Attractor patterns. Fascinating term. What are we attracting by our thought patterns? What are we attracted to? What patterns are we observing? How can we change the patterns that dominate our minds so that our subjective experiences become better?

We can start with our negative self-observations and broaden our boundaries, widen our declarations and deservingness. We can go from “I’ll never . . .” to “I *will* . . .,” from “I don’t . . .” to “I do and I can . . .” We can expand our anticipation and expectations.

For my own (fearful) expansion, I’ve often found comfort and inspiration in a poetic and prophetic verse from Isaiah:

Enlarge the place of your tent,
stretch your tent curtains wide,
do not hold back;
lengthen your stakes.

For you will spread out to the right and to the left. (Isaiah 54:2-3)

In the historical context, the Lord is promising that Israel will be restored physically and spiritually. In a metaphoric context, these words command us; as the command is obeyed, the words promise and prophesy ever greater success.

Granted, it’s not easy to enlarge and stretch as writers—into foreign genres, unaccustomed scenes, characters who waltz in when we least expect them. It’s not easy to not hold back—from plunging into free-flowing writing to see what’s lurking in our consciousness and where those maverick characters will go. It’s not easy to lengthen our stakes—the struts of our egos and self-defined limitations. We must step outside ourselves to observe our minds and the toxic previously unquestioned presumptions they’re polluting us with.

But as quantum theory teaches, we *can* step outside. The objective is in the subjective. When we believe and tell ourselves different “facts,” we make new attractor patterns. We experience them. We spread out to the right and the left, realize greater production and purpose.

Let us replace our venomous fruit. Let us observe anew, stretch further, believe the promise, and not hold back. Let us stretch wide, unafraid and trusting.



Author, editor, writing coach, and spiritual counselor, Noelle Sterne writes fiction and nonfiction, having published over 300 pieces in print and online venues, including *Writer's Digest*, *The Writer*, *ReadLearnWrite*, *Women on Writing*, *Transformation Magazine*, *11.11*, and Unity booklets. Her monthly column, "Bloom Where You're Writing," appears in *Coffeehouse for Writers*. With a Ph.D. from Columbia University, for over 28 years Noelle has helped doctoral candidates complete their dissertations (finally), with a practical-psychological-spiritual handbook in progress. In her book *Trust Your Life: Forgive Yourself and Go After Your Dreams* (Unity Books; one of ten best 2011 ebooks), she draws examples from her practice and other aspects of life to help writers and others release regrets, relabel their past, and reach their lifelong yearnings. With *Trust Your Life*, Noelle appears in the Unity Books 2013 "Summer of Self-Discovery." Discussions appear

on Goodreads: <http://www.unity.org/publications/unity-books/summer-reading-series>, Her webinar on the book of June 26, 2013, can be heard and seen on YouTube: www.youtube.com/watch?V=95EeqllONIQ.

Site: <http://trustyourlifefor.com/>

Filed under Inspirational, Noelle Sterne

[Leave a Comment](#)

Tagged as attractor patterns, expand, Hawkins, quantum physics
