



Leah Marshall-
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**What the
Mind Sees,
The Body
Feels,
Creates
and
Attracts**

2nd Edition

A THOUGHT

Each second of every day, we are in a position to carve a different path.

A good friend reminded me during the darkest valley experiences, 'Now is the beginning of the rest of your life!' How true it is when you think about it. Each second, each thought, each thing that you do has the potential to change the course of your life. It all comes down to what you choose to move towards and what thoughts you choose to take on and create the actions that support this thought.

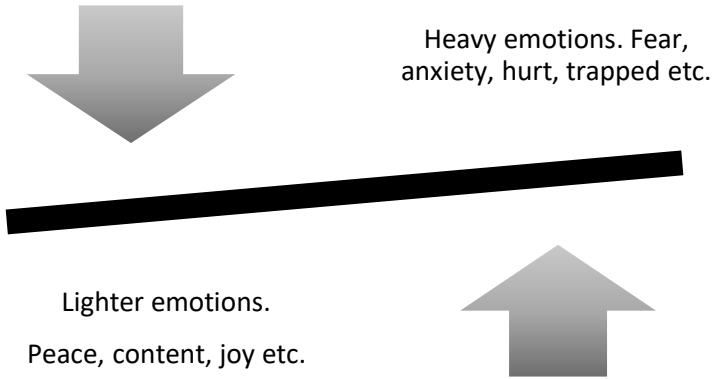
The other side of this reality is . . . Change is challenging, confusing, hurtful with a good dose of being annoying, inconvenient and difficult. You will ask yourself to face past experiences you would rather not, to see yourself in ways you find unpleasant in others, which is the mirror effect at play. What we see in others is what is in us. The good, the bad and the ugly, as the saying goes. Though these are value labels, given emotions to emotions, indicating how we feel.

It pays to weigh up the change costs. Is it worth changing or not? I am talking about the cost of self-respect, your self-esteem. What does it cost you when you let yourself down, ignore the voice of self-care? What is the cost of the disappointment, and frustration when repeatedly things are not as you would like them to be? Bowing down, giving in, surrendering self to others' expectations.

Another cost of succeeding? Healing past hurts the opportunity for different choices; supporting, encouraging, and giving others permission to commit to their change journey.

Being an example of possibility, with certainty, conviction, and targeted action to create your world On Your Terms!

All decisions are personal and weigh against so many different aspects—our past, family, beliefs, social grooming, political dogma, personal values, and dreams. Making life-changing or even enhancing decisions can be challenging. No one has the right to tell another the decision is wrong or right. We all have free will and choice. Our life and duty to our Creator to live to our fullest potential, our life purpose – be love, and how we choose to express this.



The book's divided into three sections:

1. Internal and external factors alter body chemistry and optimal functioning, beliefs creation, and how beliefs dictate our life experiences.
2. The link between our mind-body interactions and creating life;
3. Strategies to support your inner healing, letting go, forgiveness, and expanding your awareness make more of what you desire, not your past.

I have included links back to the podcast episode that expands, gives a backend explanation of the topic in the chapter. Even if you start by listening to these you will get a lot of great ideas and tips. These recordings are complementary, and not an 'audiobook' I wouldn't be able

to stay on track to read the book without expanding and explaining the deeper meaning to the text you are reading.

This book is not inclusive, and some of the ideas will not sit well with you at this time, and this is ok. Many readers, myself included, have used it as a reference or go back to the book as life changes and new insight come through. As in nature, the journey to self-discovery, our true self, is a spiral, travelling through the layers of experiences over time, returning to purity and love.

Please read the ideas with an open mind and heart. If you have a body reaction, a gut feeling, or a 'knowing' or it sounds right for you, then these points are of particular value for you now. The next time you read the passages, you might react to something else.

If you feel resistance, an uncomfortable reaction, feeling or thought, even a memory, they are coming to your consciousness to heal. Several activities such as EFT, Forgiveness Prayer, Journaling, and visualisation practices are included to support you through these things. If you feel triggered, more than comfortable, then reach out. Steps to Change has several programs to support your healing and transformation; speaking with a trusted practitioner trained in your area of concern is encouraged.

At all times, be gentle with yourself. Your past does not predict the future. Change is possible, awareness, education, support, committed action, forgiveness towards yourself and others. Letting go of the beliefs which look out for you but holding you back from reaching your full potential. Under the years of negativity, fears, critical comments, and the like, it is there. Now, it is your time to deep dive, clean the rubble and boulders away to expose the most beautiful you. So that you too can declare, "I create my life on My TERMS!" like so many others have.

Are you ready? Let's go.

Podcast link: anchor.fm/leah-marmulla/episodes/Introduction-to-the-adventures-of-how-the-mind--body-and-soul-work-e16va0q

What Is your Matter? More So, What Is Our Body?

What a question to start with! A few years ago, I became fascinated with the study of meta and quantum physics. I haven't a degree, but certainly enough to accept its concepts. Research clearly shows that matter and objects are not what we think - solid objects as we were taught in school. All things, though, are a bundle of loosely held bits clumping together.

The information explaining the following concepts sounds more like a fantasy or fictional movie watched growing up. Still, the evidence is there, and our understanding is growing exponentially.

Another exciting part of this is many of the philosophers through millennia have been saying the same things. There is a more significant, external force, Qui/ Force/ Spirit/ God/ Universal power of some kind that holds everything together and from which all things came. When we read creation stories of the First Nations People, they all have the same basic premise:

At the moment in time, a mighty union occurred under the instruction and permission of the mighty one. From this, all of creation was born. Over time matter and Earth, flora and fauna were birthed. This highest power, known by many different names according to the originating culture.

***This force is in and through all things, connecting
all by filling the void between matter.***

The force is purity, Love. At our core, all living things have this great love, and it is love that we seek to re-encounter again and again.

Humans have drifted away from the purest form of love, the one that is oneness with everything. How?

When our Spirit embodied this energy into a human form, the body by nature restricted its flow between the particles that come together to create shape and form.

Our body's density increases with lower vibrational emotions, foods, thoughts.

By entertaining heavy entities that keep us stuck in their prison, under the weight of addictions, fears and unworthiness.

To re-encounter and become re-actualised, we must acknowledge how we drift away from this pure state of love. Explore our thoughts, actions, and habits, making adjustments that invoke our Spirit to reconnect more entirely again. Help us anchor our humanness to Love so as not to drift away again.

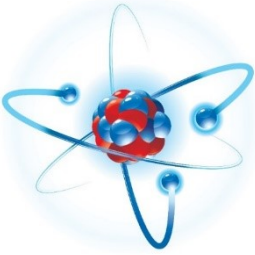
While these simple truths have been around since time, history shows what was shared, believed and internalised depended on several influencing forces. Politics, Science, Spiritual and Religion have been vying for significant influence over these messages since time was created. Wars have been waged, rituals and beliefs' stolen, buried, refuted, and people killed because of their version of the same. Supremacy and its fight for power have unfortunately only slowed our human evolution towards actualisation. The force driving separation is our Ego – fear of not being heard or loved enough. More about Ego and our innate natures later.

For now, let's look at the basic premises of how 'things' are made.

The premises of this work are as follows:

Our body, the things we see, touch and use are not solid but a set of particles. Elemental attraction draws atoms and sub-particles to arrange in a particular way creating a lot of space in between these particles.

Each particle vibrates at its own set rate, as indicated on the periodic table, identifying its weight and frequency.



[Scientific instruments](#) can analyse the recipe's elemental ingredients with diffraction techniques, for example, x-ray; electromagnetic radiation as in Nuclear Magnetic Resonance Imaging (NMRI) ⁱ

Particles come together in a particular 'recipe'. Chemical and structural bonds formed create shape, electrical charge, which is its' vibrational or energy signature.

What we think to be solid matter – our body, the food we eat, furniture, etc. – is the arrangement of these particles in a particular way. Each structure has its own vibration.

Figure 1 Periodic table

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ii For animals, the hierarchy of matter creation is depicted in Figure 2.

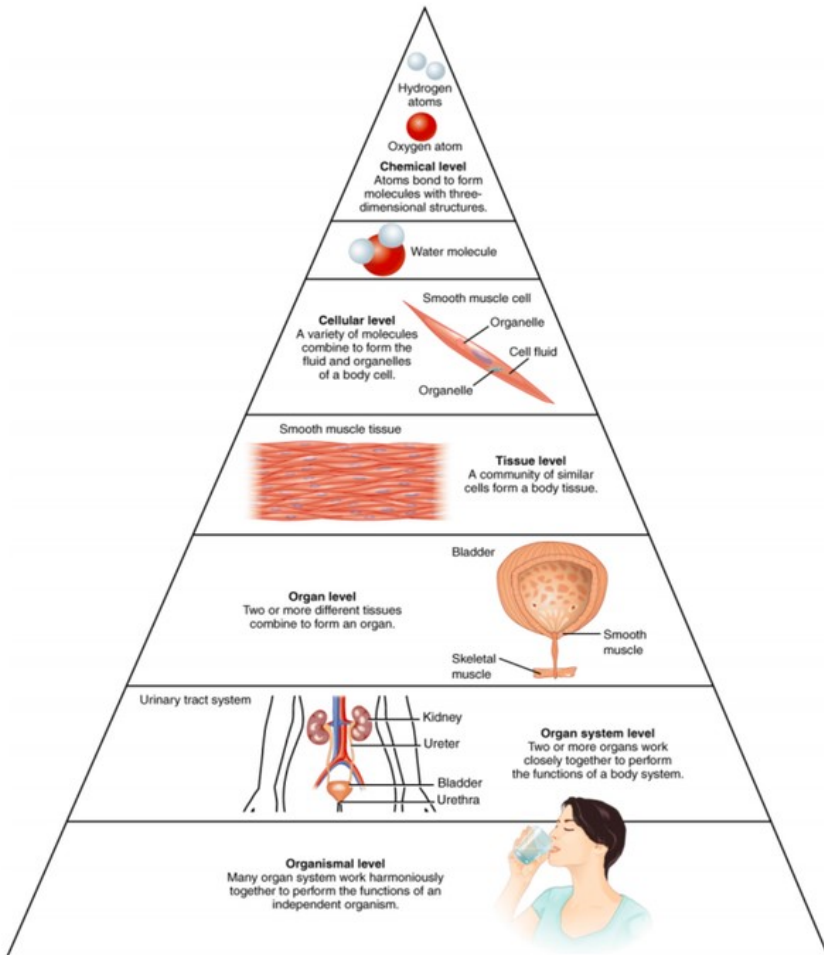


Figure 2: Progressive development of atoms to create a human body

Elements come together to form a molecule, then a group of molecules form a cellular structure.

A range of cells form tissue, different tissue types form an organ, and then systems that perform a primary task in the body. The example in the

image is the urinary system composed of the kidney, ureters, urethra, bladder, blood and veins. The various structures can be detected by different scientific machines. We are familiar with x-rays, ultrasound and MRI, which measures the body's electromagnetic frequency being explored. This is possible due to the individual make-up and arrangement



Figure 4. Hierarchy of matter

of the specific elements.

The same principle applies to plants and, therefore, food.

Figure 3 shows the molecular paired arrangements for three different sugar molecules. Maltose from grains, lactose from milk and sucrose from sugar cane. The ⁱⁱⁱ letters (C, H, O) represent the elements Carbon, Hydrogen and Oxygen.

Each sugar is defined by the differing number of Hydrogen present. The specific structure of the sugars is created by the pull between H, C, O. This is another crucial point. How the molecules come together is dependent on the laws of attraction – the magnetic force

of and between molecules, the type of bonds they form and how they interact.

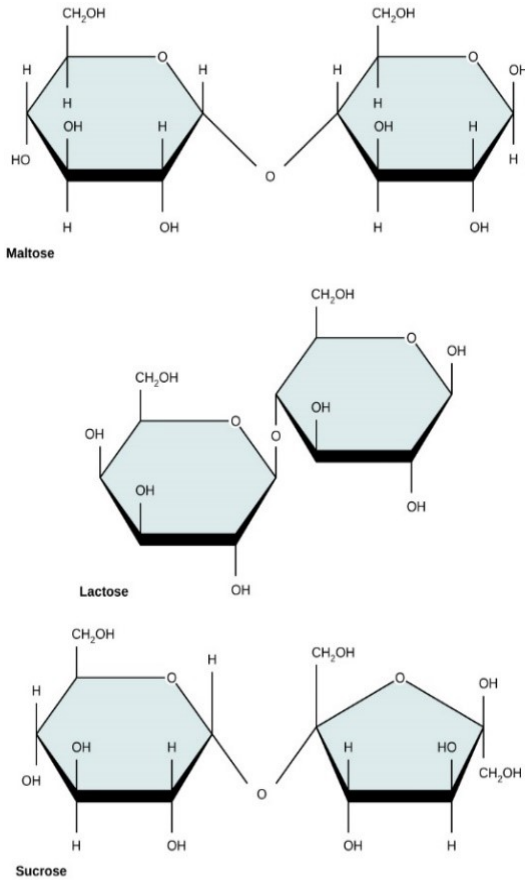


Figure 3. Different molecular structures using same minerals

Remember back to playing with magnets and different objects? Only metal objects were attracted to the magnet. Iron filings created shapes and clusters of similar items formed depending on the polarity strength, the metal's weight, and the object's core element. Similar happens in nature.

According to their functional properties, the elements/minerals interact to form molecules, compounds. Some compounds will be used in structures, others as communication molecules, transport compounds etc. Each has a unique signature vibration or energy which we can measure and influences our body in specific ways.

For instance, when we eat something, say a piece of fruit, it has its particular mix of elements come together to create fibre, water, sugars and nutrients. We can measure the life force - vibrancy and age of the fruit based on the energy it emits. When we eat the fruit, we take in the various elements and their electrical charge. Freshly picked fruit grown in healthy soil and environment is more beneficial and vibrant (energetically charged) than fruit stored for months before consumption.

We consume this. We benefit from its nutrients, chemical composition and vital life force. It influences our energy in several ways. The energy created through digestion and burning of the carbs, its vibrational frequency affects ours by raising the frequency of the cells it comes in contact with. (This is a very simplistic explanation). The basic principle, when we are around different objects, people, environments, foods, drinks, experiences, each has its energetic frequency, which interacts with ours.

Everything is an arrangement of mineral ions attracted to each other by their electrons and energy charge. Introducing other minerals, compounds, and chemicals changes their current, pressure, and temperature.

In chemistry lab experiments, the arrangement changes shape and is likely to change function.

To highlight this even more, we know that each 'thing' has its signature, as shown in Figure 5: the vibration frequency of water, carbon dioxide (CO₂), and carbonate CH₄. They have different molecule arrangements and hence different frequencies.

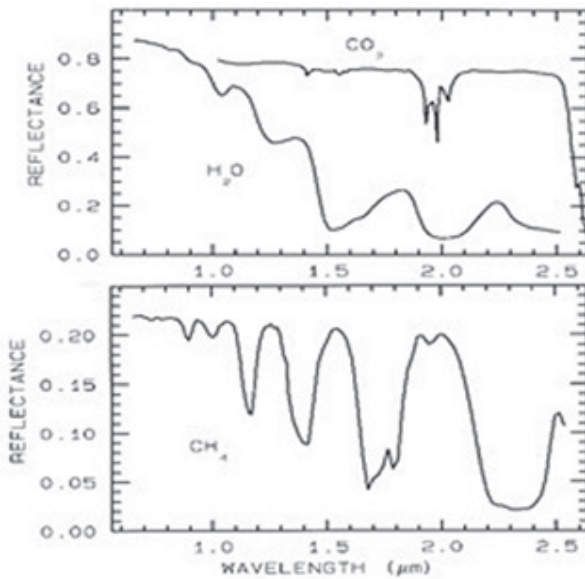


Figure 5. Vibrational frequency of water, carbon dioxide and carbonate

The electrons, protons, and their magnetic pull create a specific vibration/frequency for the combination. We can see this when we use spectrum monitors, which show the various frequencies or energy waves being sent out for each chemical arrangement. It is how MRIs and ultrasound technology helps us diagnose changes in the body tissue; it is what we use to blast kidney stones.

Just as with magnets, the vibration frequency created at any given moment in our body goes out into the environment. Hence, as with magnets, we attract choices in line with what state we are at, at any given moment. An example to highlight this is when you walk into a room and can 'feel' the type of interaction others had. Even after the people have left, an argument in a room can be picked up.



Another example of synchronicity is this: you think about a person or activity, and then out of the blue, that person calls you, or you see them; you see advertising matching a desire to buy xyz; you talk about yellow cars, and you see them everywhere. The power of the mind/ body to attract people or circumstances to ourselves can be used for good, for lessons, or for even a damn good

wake-up call. We can see the effect energy of one thing has an impact on another listening to music. Our heart rate and feelings change in response. The music's beat changes ours.

Being in nature –forests, ocean, lakes, grassland etc. has a unique energy. Not only does nature create a relaxing frequency, but plants, waves, and air also provide free, unattached particles to breathe in. These particles help balance our body chemistry, besides a better ratio of gasses and fewer toxins.

Animals and babies – don't have emotional baggage, so they vibrate at a higher and healthier frequency. Their frequency will raise ours and calm down an agitated frequency.

Eating healthy, clean foods and drinks vs highly processed, nutrient-poor, and chemically-laden foods and beverages. Natural foods have a balance of elements, and a life force, whereas manufactured foods are pretty stripped of both.

Synchronisation of multiple metronomes, pendulum clocks and body cycles when exposed to each other over time. It just happens as the sound waves cancel and change the wave frequency and speed.



Figure 6. Kirlian Image of a leaf capturing energy

Therefore, when different things come into our energetic, magnetic field, they influence our feelings, vibe, and interpretation. We feel an energetic charge in our bodies.

Podcast Link: <https://anchor.fm/leah-marmulla/episodes/The-Body--Is-it-just-a-lump-of-elements--or-do-we-have-choice-e1728u0>

OUR PHYSICAL BEING - CORNERSTONES OF HEALTH

There are several layers or influences on our health and well-being. Each is important in its way and how they interact with each other. The body works synergistically, as a whole unit responsive to its internal and external environment. The organ included in the systems work together to maintain homeostasis. This is achieved by adaptation in the short term, but the body suffers from long term imbalances.

Comprehending the body's essential functions helps you grasp the value of addressing more than one part of your life when you choose to upgrade your life. Let's do a walkthrough of the primary systems that influence how emotions, thoughts

Our mental attitude is the core, primary influencer of our choices, actions, and body chemistry. Our mental attitude is dictated by our beliefs and values

***Nurture your mind with great thoughts,
or you will never go any higher than you think.***

Benjamin Disraeli

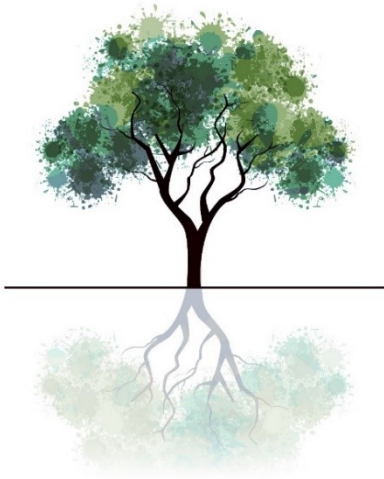
Body Systems

Our body is not a simple unit of in and out but a connected and intricate arrangement of different types of cells that do specific things. I will not

go into biology detail, but a basic introduction is warranted to help explain how our thoughts and body change our environment and vice versa.

Body systems are groups of organs working together to perform a primary or secondary function in the body. They work together to keep the body function balanced – a state of homeostasis. Complementary systems, other systems that pick up the short-term slack when one system isn't optimally working. There is a natural see-saw reaction to keep things balanced and in a state of homeostasis. Consider though, when a system is compromised for a long time, the entire body becomes compromised. Depending on which system/s are directly involved will determine the type of dis-ease diagnosed.

Focusing on the topic at hand – *What the Mind Sees, and how our Body responds* there are a few things to consider. What the mind sees can be separated into two different aspects – the physical, conscious; and the hidden or subconscious, and there are more divisions within both of these. To help, think of a tree with its branches above ground, and the roots are what you can't see.



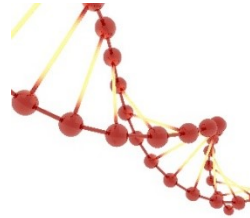
The above-ground relates to the things we see, feel, consciously 'think' about, the various organs, communication chemicals and our current comprehension of how the body works. Our physical body is a very complex system. It is simply

impossible to explain the complexity easily or with justice in this book. The following is a light introduction, with lay terms and descriptions to help make sense.

What we can't see, the root systems are our energetic/vibrational flow, the subconscious aspect of our experiences, memories, our Spirit. They are there, just like the sun is still behind the clouds.

DNA – our genetic coding system

At the core of almost every cell is our DNA, the genetic coding material that instructs the body to create life. That is the simple statement of what it does, but as you can imagine, something so vital to life is a little more complex.



In essence, the DNA consists of two strands comprised of 4 different nucleic acids (NA), Thymine, Adenine, Guanine, Cytosine. They are sequenced in a specific order, clustered together in coding bites for individual, instructional protein messengers. Think computer programming data bites. Each NA has its specific match pair, T-A; G-C. DNA's primary role is to store the organism's instructional information, like a recipe book, from which various protein messengers are made. The messengers talk to the cell and other microorganisms, are copied to make new cells or entirely new organisms. It is important to know genes – data bite portions of the DNA only open and close depending on the chemical changes in the fluid activating their opening and closing, or the expression of the gene's influence on the body.

Several things damage the DNA strand, confuse message copying and the protein messengers created by the DNA. These include stress, viruses, toxins, carcinogens, heavy metals, belief messaging, medication/drugs, nutrient deficiencies to name a few. Therefore, what we eat, feel, do, the type and amount of toxins we are exposed to, what is absorbed into our body potentially activate specific genes, and if dangerous could alter the DNA's structure, integrity or function.

Nervous system – quick and short-term action, coordination and communication

- *Sensory nerves* – read information around them such as temperature, touch/pressure, smell, taste/chemical, stretch (muscle lengthening), sound
- *The brain* is segmented into various parts. Segments that interpret sensory information is instructional – telling the body what to do, automatic or autopilot functions such as breathing, heart beating etc.
- Story making and ancient wisdom to keep us safe or feeling safe.
- *Unconscious* memory that is filed and stored till needed. Our beliefs, rules, and perceptions of the world and people we grew up with. Our sense of self and position in the world.

Hormonal – slow and long-term action, coordination and communication

- Influences the automatic function of the body based on cycles and routine processes.
- Intimately 'talks' with the immune and nervous systems to change digestive, circulation, elimination systems.

Immune – detects, protects, and defends against real and perceived cellular threats to the body.

- Three distinct sub-systems perform very different functions in the body.
- Responds to nerve and hormonal messages; acute and chronic emotional states
- Physical attack from pathogens – bacteria, viruses, parasites that can invade or damage cells directly
- Toxic chemicals from bacteria, parasites, foods
- Perceived threats trigger proteins allergies to some foods, e.g. gluten, seafood, peanuts, being common ones; animal fur, dander; dust, grasses, etc.

Digestive – the breakdown, absorption consumed foods, fluids and other matter ingested; first-line protection against pathogens and other potentially harmful chemicals

- Intimate communication with nerves, immune and some hormone pathways.

Circulatory – has three systems

1. Blood –

- Arterial carries nutrients, oxygen, medication, water to the cells for their use.

2. Venous remove wastes from the cells to be processed and eliminated from the body.

- Transports some hormones and immune cells around the body
- Uses contractions and valves to move the blood through the body

3. Plasma – carries immune cells, fats, hormones, medications and wastes back to the blood supply.

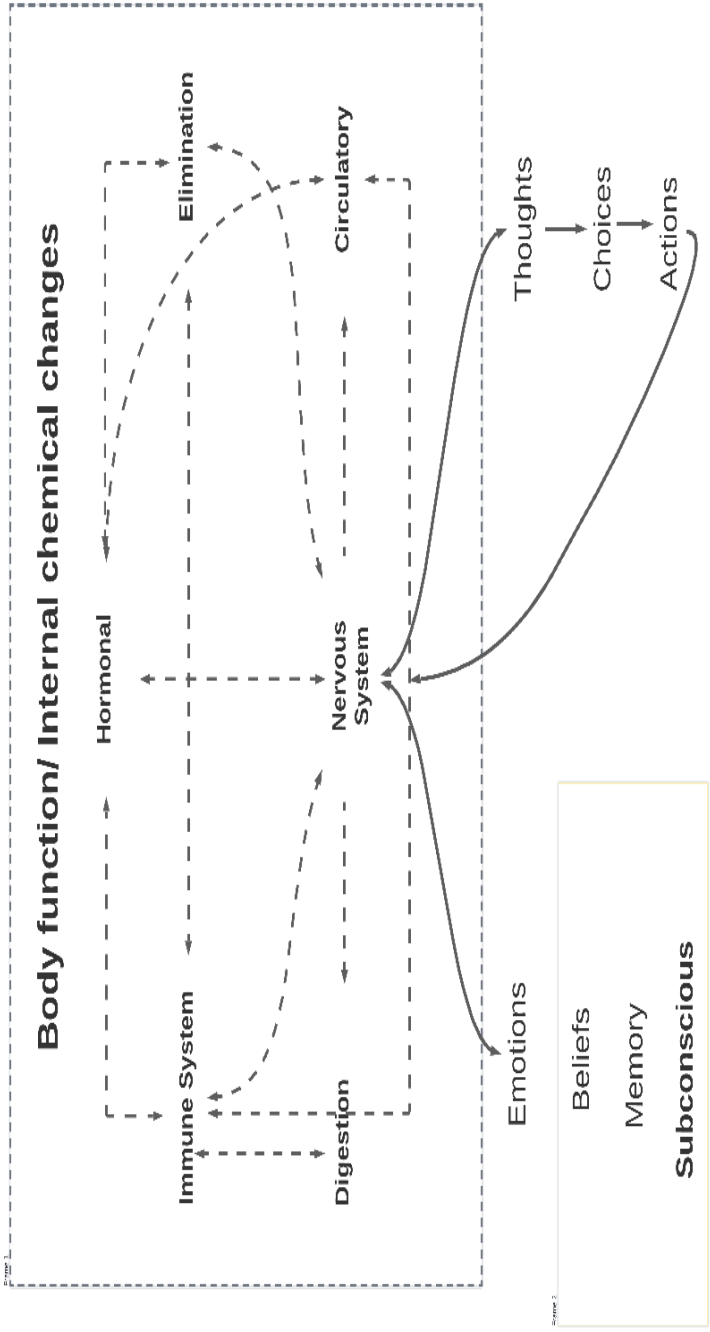
Relies on muscle contraction around the plasma pathways to move the fluid around.

Eliminatory – Filters, detox, and removes wastes from the body. Includes several systems

- Kidney; Liver – bile and Digestive system; Skin & Lungs
- Intimate communication with the nervous, immune hormonal systems and uses the circulatory systems as well.

As you can see, the body is very interrelated, and there is considerable crossover communication between the systems. The take-home point of this, other organs are affected when one in the system is compromised or affected. There is crossover and adaptations that carry short term changes or errors. More extended – chronic changes compromise and learnt adaptations that may not be to one's advantage.

Relationship between organ systems, and subconscious to effect body change and actions.





Leah Marshall-
Marmulla

**What the
Mind Sees,
The Body
Feels,
Creates
and
Attracts**

2nd Edition

What the Mind Sees,
The Body Feels,
Creates and
Attracts

2nd Editon

Leah Marshall-Marmulla

Book Reviews

"I have just finished reading Leah's book What the mind sees, feels, creates, and attracts-I am so pleased to have read her book. Thank you so much for your insights. Yes, the outer mirrors our inner, and this is a good way to learn about yourself. If you are having difficulties in life, seek out help it's easier to have assistance; when you decide to heal yourself. Be mindful of your beliefs. Are they yours or others? Is it time to reassess your beliefs? Leah can help you to take the right path to your self-improvement. Thank you for your insight, Leah." Christine C.

"Thank you, Leah. To say I have enjoyed your book just would not be true. But, to say, it has helped to put to bed a lot of feelings and thoughts that I needed to about my first marriage. Also, in having talks and deep conversations with my husband, I feel (we) have brought back a lot of closeness that I – we had lost along the way in our 26-year marriage. So, I want to say "Thank you" for all your help and the book which I would recommend to anyone who may be in need of it." Patricia C

Thank you to all the philosophical pioneers from the various schools of thought over the centuries. Without these people willing to take the risk of going against the opinions of the time, we quite possibly would be still lost in the Dark Ages

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A THOUGHT

Each second of every day, we are in a position to carve a different path.

A good friend reminded me during the darkest valley experiences, 'Now is the beginning of the rest of your life!' How true it is when you think about it. Each second, each thought, each thing that you do has the potential to change the course of your life. It all comes down to what you choose to move towards and what thoughts you choose to take on and create the actions that support this thought.

The other side of this reality is . . . Change is challenging, confusing, hurtful with a good dose of being annoying, inconvenient and difficult. You will ask yourself to face past experiences you would rather not, to see yourself in ways you find unpleasant in others, which is the mirror effect at play. What we see in others is what is in us. The good, the bad and the ugly, as the saying goes. Though these are value labels, given emotions to emotions, indicating how we feel.

It pays to weigh up the change costs. Is it worth changing or not? I am talking about the cost of self-respect, your self-esteem. What does it cost you when you let yourself down, ignore the voice of self-care? What is the cost of the disappointment, and frustration when repeatedly things are not as you would like them to be? Bowing down, giving in, surrendering self to others' expectations.

Another cost of succeeding? Healing past hurts the opportunity for different choices; supporting, encouraging, and giving others permission to commit to their change journey.

Being an example of possibility, with certainty, conviction, and targeted action to create your world On Your Terms!

To purchase your copy or other works by Leah, you can do so here: