

DOMA: Autobiographical Notes

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By J.Hamilton

My history and personal goals have been a quest to have "dominion over my affairs – all of my affairs" for quite some time. This began when I assumed there was a sophisticated order to the world as I was growing up. But as I grew up it became apparent that my parents did not have the answers, I was not impressed with the church, I was not impressed by the school system nor was I impressed by the seat of the federal government, i.e., the District of Columbia from which coded edicts demanded certain allegiances and obligations not necessarily within the scope or spirit of the law. And, in an unwillingness to allow pie sections of my life to be blacked-out by ignorance, intimidation or fear, I continued to look in earnest for true authority.

Meditation and goal setting is where it began for me. I was lucky. I started meditating when I was 23 years old and my life began to unfold in my favor from that time forward. In the meantime, I had worked summers with my dad in construction and quickly realized this was not to be my peer group. By the time I was 20 I found a niche in the restaurant world and graduated to boat sales several years later. It was as a yacht broker that I truly began to rub shoulders with successful people and learned how to interact in the business world. I left Fort Lauderdale and the yacht industry after fourteen years in late 1987.

During this early period, I was paid by the quality of my efforts whether it was as commissions for well run dining experiences, i.e., tips, or significant commissions selling large sailboats. Most importantly, meditation was a great deal of help. It "glued" my days together in a different manner and allowed me to tap the common sense that seemed to be inherent within me. By the time I was 26, I owned a two-year old 39-foot Pearson 39 centerboard yawl that I sailed for 8 years through 1984. I first did a one-year sailing trip (mostly the Florida Keys and Bahamas) while I was still married and a bit later spent three-years sailing some of the prettiest waters in the world, i.e., Bahamas, Cuba, Florida coast, Florida Keys, etc.). My boat, **Natural Habits**, was based out of Key Largo the entire time.

It was in the plugging into my mind through focus and a simple connection with Innate Intelligence through meditating that I began to put my life into an interesting kind of order. Suffice to say, I have had a very interesting life and done virtually everything I have wanted to do and then some, including retiring when I was 30. Some things remain unresolved, but as I move further along my world takes on increasingly interesting form. Dominion over my affairs is still my goal, but how to achieve this has refined itself quite a bit. I would add that one of my first role models was the fictional character Jubal Harshaw in ***Stranger in a Strange Land*** by Robert Heinlein. It was in these pages that I was first introduced to sovereignty and dominion over my affairs. I was also attracted by the early Ramtha teachings (1986) espousing "sovereignty" from a spiritual perspective.

For many, many years, I described meditation as "learning how to listen with my nervous system." More recently I recognize meditation as the practice of nonresistance – planted as a seed in the western world by Indian gurus half a planet away. In my experience, both interpretations of meditation are congruent. Combined with an inherent capacity for common sense and a wisdom that comes from 36-years of meditation, I find myself at the cutting edge of personal empowerment identified as intentional reality creating – or better said, "The ultimate scorecard for the quality of our connection with Source."

Leaving the boat business and moving to the deserts of Sedona and Scottsdale, Arizona didn't prepare me for the traditional business world. Instead I moved into consulting after a several-year stint with my own water treatment company researching quality drinking water. It was in consulting and teaching individuals how to have dominion over their affairs that I eventually wrote ***Visionaries Thrive In All Times*** which is the foundation for my present work. Practically the day it was sent off to be published, I met and soon-there-after worked with my first physicist, Dr. Victor Vernon Woolf, PhD. With my foundation of ***Visionaries Thrive In All Times*** and his need to publish several recently written books, we had a great deal of rapport and I became thoroughly exposed to the cutting-edge of what he was teaching. I learned a great deal from Vern and he thought my book was "pretty good."

Intention

Visionaries Thrive In All Times is about dominion over one's affairs, but not from the perspective of the mind or force or even focus. I discovered *Intention* (which offers a much broader "bandwidth") and began to understand *Intention* as the vehicle by which we summon Innate Intelligence to contribute to our experiences. It was in this discovery that "dominion over my affairs" took on a whole new meaning. By the use of the mind, through a mechanism that was not restricted to the mind, i.e., *Intention*, I learned how to summon Innate Intelligence to partner with me in my reality creating. This began a whole new level of understanding of personal empowerment and sovereignty.

In addition to many others, Abraham (Abraham-Hicks Publishing) and Dr. David Hawkins were important influences. It was in the wisdom of the Abraham teachings that I began to understand (with my gut and feeling nature aligned with my mind) that the Cosmos had something to say if I would listen. To this day, a sophisticated understanding of the Law of Attraction is paramount to escaping the karmic field (not so different from gravity) of planet earth to become more. It is ultimately *in a reliance on the formula of nonresistance and the Law of Attraction* that we become inherently successful and thus most able to successfully contribute to our own personal evolution. As someone once said, "If we are not contributing, we are just taking up space." Learning how to contribute at an exponential level is my intention and my open-ended goal. It is also what I wish to teach.

Dr. David Hawkins, through his seminal ***Power vs Force*** (1995) and ***Map of Consciousness*** introduced me to a cosmological hierarchy of order delineated as levels of consciousness. It is in an understanding that as we advance in

consciousness, we become more effective at helping ourselves and thus we become effective at helping others. And rather than the linear manner of helping the little old lady across the street (whether she wants to go or not), we resolve to advance our own consciousness as the most effective means of contributing to the unfolding of mankind. I call this becoming "usefully influential." We become a quantum and multi-dimensioned contributor powered by intention catalyzed by our partnership with Innate Intelligence.

Nonresistance

Somewhat recently, I fell into a situation of meeting Lee Gerdes, the founder of Brain State Technologies in Scottsdale, Arizona in February of 2006. We met through synchronicity and decided to work together. He was in the throes of making a number of decisions and I brought a great deal of focus to his organization at that particular time. Further, I pioneered the marketing and sales of Brain State Technologies licensing and sold systems all over the world. It was at about fourteen months that I realized something was amiss with this rather amazing technology and company and as soon as I realized this, I stopped selling. In fact, I thought about it for well over a year and then resigned.

In the meantime, I had sold \$960,000 of Brain State equipment into the marketplace and was quite involved in setting up offices. Better than that, I got to see the results of a wide range of practitioners and environments. Mostly what I noticed was that by taking an incoherent brain, and balancing it so to speak, we were able to achieve much better access to Innate Intelligence and thus Innate Guidance. It became apparent that working with clients was shifting them, but even more interesting, it was having a huge influence on the office spaces we were working in. I described it at the time as "Innate Intelligence sticking to the walls."

One office I worked closely with was having excellent successes. We ran \$10,000 of sessions through that office the first month and \$17,000 the second month. Not only were we having a powerful impact on clients but we were changing the vibration of the huge house in which these two "chairs" were located. I had another client with an energetically ho-hum chiropractic office, plastic plants and dust. When we added the Brain State chair (lingo for workstation, etc.) the energy in the office enlivened dramatically. It was my interpretation that in "balancing the brain and nervous system" we were "piping" a great deal more Innate Intelligence into this dimension through a coherent nervous system and it was "sticking to the walls!" This seemed to be a quite true and noticeable by others. This was very exciting times.

I was adamant that my clients (licensees) needed to do a great deal of this training on themselves because we could see the resonance it was producing. It attracted clients, it attracted business and we were all moving into higher states. Most recently, in the last Masters Training I attended in Scottsdale in 2008, most of the licensees (none of whom I was involved with) seemed to have personally had fewer than 20 sessions each at most! The potential of the product was not being expressed and the whole thing was languishing. I officially resigned very shortly afterward.

Accessing Innate Intelligence

My book, *Visionaries Thrive In All Times*, is about the importance of partnering with Innate Intelligence in the quality of our reality creating and I was becoming aware of the fact that we could more effectively access Innate Intelligence through a "balanced" nervous system. By "exercising" the nervous system, we could take it from an incoherent (out of balance) to a coherent (balanced) state. Thus, my book was about how to partner with Innate Intelligence for the quality of our reality creating for which the Universe introduced me to a means by which I could experience this, even if it was through somebody else's equipment and technology.

I liken this to the earliest churches designed with sacred geometry at their core and thus attracting a certain frequency, the frequency of God. Thus, sacred geometry is meant to attract Innate Intelligence and resonate the God "frequency" so to speak. We are doing similar work. This takes the idea of our bodies as temples to all-together new levels of understanding!

As an aside, when I was with Brain State we did a lot of brain assessments and we were able to see that all of us are far more out of balance than anybody might guess. We are all quite dysfunctional and on huge overload! Think you are the exception? Everybody's brain is out of sync with itself (incoherent). Everybody's! Even with 33-years of meditation at the time, my brain was not remarkable other than as a huge alpha reservoir, a product of many years of meditation producing the *presence* (alpha frequency) necessary for Innate Intelligence to access me. We have seen balanced brains. They are found in the craniums of the Dali Lama and others who are the products of generations of enculturation of meditation.

A couple of points:

- 1) It was in my first five sessions in early 2006 that I became aware of nonresistance thought it took a year to figure out what I was experiencing. Nonresistance has since given rapid rise to my own evolvment and discoveries,
- 2) Importantly, I discovered that I am not my brain; my brain is hardware or technology, not so different from a radio receiver allowing Innate Intelligence to express itself as we increasing make our ourselves available through nonresistance,
- 3) It is my estimation that a lifetime of meditation is not even remotely enough to get one to enlightenment or even to the truly higher states,
- 4) Later I discovered that "we" are a "by-product" of Innate Intelligence expressing *itself* into this dimension. By another analogy, we are the "glow," i.e., awareness, that accompanies Innate Intelligence delivering itself into this dimension through the sophistication of our nervous system. (Reference article: [Technology and Innate Intelligence](#) by J.Hamilton)

It appears to me that it takes three or four successive generations of meditation to become the recipient of advanced states of *being*. A paltry 36-years just doesn't cut it. I know this from experience. And, I have seen quite a few brain maps including meditators for which a single lifetime of meditation is simply not enough to overcome the

scale of the imbalances, i.e., blood line lineage and environment (karma) for which we react to our experiences over and over again.

I set up innumerable offices and though I have been away from BST for over two years, my accounts continue to be the largest. Further, in selling \$1M of this product by my own methodology, I was able to learn a great deal about advancing my own theories about consciousness. It is in the creating of a coherent nervous system that we become able to "tune in" to the Cosmos. And it is with this coherent nervous system that we create a pathway for resonance with the Cosmos. Since introducing ***Visionaries Thrive In All Times*** at the first **What the Bleep Conference** in Santa Monica in February of 2005 and working with several interesting and key individuals, I have come up with a means of helping individuals rapidly advance to a conscious connection with Source.

Advancing Consciousness



It won't happen any faster than your nervous system will allow because there is often a great deal of unfolding to occur, similar to the opening of a thousand petal lotus. But you can put your brain into an environment that allows it to shed trauma and become coherent and resonant, and well within a lifetime – possibly several years or so. To that end, I have put a package together to most efficiently deliver advancing consciousness to those who wish to have more in their lives. It is important to note that COREsonance does not dictate end results in any manner. We put the brain into an environment to allow it to "see itself" through exercises and software, and it begins to reorganize itself and become coherent on its own.

This is not so different from a blind person beginning to be able to see. The first thing a blind person does after the marvels of sight become available is to begin to reorganize their life. COREsonance Training puts the brain into an environment that allows it to begin to reorganize, restructure and redefine itself. This is not so different from traditional exercise or yoga for which we redefine muscle groups and bring tone and new definition to our bodies.

Because the brain interfaces with the world through the mind, i.e., a hodgepodge of questionable values, beliefs, fear and doubt, reactionary posturing and lessons learned through trauma, etc., the mind offers a very poor feedback mechanism for the brain to review its own circumstances. Very loosely speaking, it appears that humanity was far more in sync with its surroundings until about the time Christian church became predominant in 350AD or so. This is when the church attempted to gain control over humanity, eradicate paganism and the heretical lineages and defeat long-held beliefs by claiming to be the only gateway to God. This was also the time of the burning of a 700-year old library system to the ground, performing witch hunts, inquisitions, etc.

Once the humans became reliant on the church, they began to lose their natural connection with Source. Once they lost this ever-important connection, they became

reliant on the brain for problem solving - something the brain was never designed to do. As the brain slowly moved into overload with its inability to capably process its surroundings, it set up the mind as a repository of automated, habitual and reactionary responses to its environment. As we lost what was otherwise an intact connection with Innate Intelligence, we began our decline and became a dysfunctional species. Without an intact connection with Source, the humans lost their natural, indwelling guidance. See [Library of Alexandria](#)

Coherence

True health and wealth and success and happiness are products of a coherent connection with Innate Intelligence for which resonance ensues and guidance and insight is enabled. It is in an intact connection with Innate Guidance that we become able to express at untold levels of contribution in the arts and sciences, learning institutions, etc., as well as our day-to-day lives. On our own, we are deficient, dysfunctional and our survival is poorly thought out and poorly orchestrated. We simply don't have the processing power to make meaningful choices for long term benefit. Instead we have been reduced to reacting to our surroundings and attempting to escape what we don't want in our lives. Operating sans Innate Guidance has not proven to be reliable and thus humanity is in a great deal of difficulty.

COREsonance has devised a means by which we can consciously rebuild and reestablish this connection with Innate Guidance and tap into a "solutions-orientation" that has no bounds. It is in a meshing with our potential that we become truly contributive and "usefully influential" in our individual as well as collective lives. Thus COREsonance has devised a means by which we access nonresistance for the rapid advancement of our connection with Source. It is in nonresistance that our personal evolution takes on all-together new levels of expression.

To reiterate: As human beings, we have variously tried to take charge of our surroundings (dominion over our affairs?) over the landscape of time. And, because of our inability to see the larger picture, we instead react to most everything in our path. As we reach a certain point in our growth, i.e., the cusp of the 21st century, we are discovering that our methods and means are totally insufficient and deficient. In fact, we are engendering dysfunction at extraordinary levels of being and risking our very existence.

Because we don't have the horsepower (brainpower) to process our surroundings, instead we retreat. Because we don't have enough information about our surroundings, we are afraid of becoming lost in the "unknown," i.e., the land beyond our ability to comprehend, and we become afraid. Because we are afraid of the unknown – which comprises the largest segment of life and experience, we cut ourselves off from our greatest source of insight and expression.

Without our intact connection with Innate Intelligence, which orchestrates every other life form's existence, we are forced to process our surroundings on our own. This is a daunting task. Absent our intact connection with Source, we are dependent on our five

senses though our five senses only assimilate approximately one percent of the information – hardly the information required for decision-making. Thus we go through the world blind and afraid.

And in the vast sophistication of our nervous system, similar to dropping a grand piano, we have become "out of tune" with our Maker, for which we generate staggering levels of personal and collective wreckage, several of which include [The Great Pacific Garbage Patch](#) and the [dead zone](#) from the runoff of the Mississippi river pouring into the Gulf of Mexico. War, aggression, starvation, the treatment of women and satellite junk in space are just a few of the by-products of a very dysfunctional species.

To become a successful species on planet earth, we are going to have to learn how to merge with something that works. Even as the most complex amalgamation of cells, systems, organs and nervous system on the planet, we are incapable of getting along on our own. And as we are coming to discern, plugging back into our Maker in a conscious and intentional manner is going to be our most fruitful choice. It is in our ability to go beyond resistance and fear and doubt, i.e., our ability to move to nonresistance, acceptance and Unconditional Love that we become able to mesh with a system of success that knows no bounds and has been plodding along since long before the beginning of time.

Individually and collectively, we are becoming conscious enough to recognize that we

- 1) are not on our own,
- 2) incapable of being on our own,
- 3) the mind and brain are insufficient to process our surroundings for providing significant guidance, and
- 4) Innate Guidance is a welcome relief as we overload the air, oceans, cities and personal environment with waste and a disregard for our overall health and success of all species.

It is the purpose of COREsonance Systems to engender coherence within the nervous system so that we are able to resonate within the larger scheme of life – of which we are only one small component part. It is in our ability to partner with Innate Intelligence, our ability to mesh with a success system larger than we could ever devise on our own, that humanity takes its next step toward sustainability, contribution and a joy that knows no bounds. As we learn how to put the mind aside, we become successful.

And for those who think an automated system of guidance might be boring, the world is far larger than we understand. Access to the unknown with an intact guidance system is no small matter. There is far more to explore than we can imagine and through our choices, endless adventuring and excitement, we can explore to our heart (and soul's) content. It is in nonresistance that the world becomes a more interesting place; we make our best choices, enter into the unknown in sync with Innate Guidance, and become aligned with life at exceedingly more sophisticated levels of being.

COREsonance Systems glimpses this and offers a rapid ramp-up for those wishing an introduction to nonresistance and the world that unfolds just beyond. It is in our ability to mesh with the stars and whence we came, that we begin to become truly successful, both individually and collectively.

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For more information:

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About the author. *J.Hamilton has been meditating for 36+ years and teaching personal empowerment for 18+ years. His book, **Visionaries Thrive In All Times: Blueprint for Reality Creation** (2005) is about the possibilities of individual and collective reality creation in alignment with Innate Intelligence.*

*J.Hamilton has recently released (June 09, 2009) an eBook titled **COREsonance** for the purpose of identifying access to nonresistance and the resultant Innate Guidance that becomes available. Key words: nonresistance, mindlessness, Innate Guidance, timelessness, solutions and timeliness. [Link](#)*

Presently, he is preparing for speaking engagements, in part to introduce COREsonance Training. COREsonance is a means of rapidly bumping consciousness so that that we become dramatically more able to contribute to ourselves as well as the whole.

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