



## **'The Miraculous Phenomenon of Life Response'**

An interview with Roy Posner

### **Welcome!**

Thank you. I am happy to be here!

### **You have spoken of and written extensively on the phenomenon known as Life Response. What is it?**

Let me begin by relating to you my oft-repeated refrigerator incident as an example of the life response phenomenon. Here's the story:

One day I realized that there wasn't any work on the horizon in my training work, and that things seemed a bit hopeless work and money-wise. I then had the thought that I might as well better take care of some neglected duties around the house. Though I am generally a pretty organized person, I know that there is always room for improvement. For one, I remembered that the bottom of my refrigerator was filled with crumbs, gunk, spills, and other debris. I felt that I had neglected it for too long.

And so I got up from my misery, went over to my refrigerator, saw the mess, got down on my hands and knees, and started scrubbing away. It was certainly not one of my favorite thing to do in the world, but I took up the effort in full!

After an intense few minutes of scrubbing, I lifted myself from the ground, huffed and puffed, and let out a sigh. However, just a second or two after I got up, I heard the phone ring. I let out another sigh, took a deep breath, and hurried over to get the call. It turned out to be my training agent. She asked me if I had a minute or two. I said yes, of course. She then asked me about what dates I had available for future work. In fact, most of my calendar was open; after all, work had been very slow recently. So she immediately began scheduling me for future dates. After a minute or so I realized that she was setting me up with work for the entire next quarter! In other words, I had suddenly gone from a complete empty calendar, to where I was desperate for anything, to one *filled* with work. Astonishingly, I had gone from one extreme to the other in a matter of moments. My entire perspective of the coming months had now suddenly changed.

So I hung up the phone, sat down, and then had a profound realization. I realized that the very instant that I completed cleaning the refrigerator, I had heard the phone ring. I instinctively knew that the effort of cleaning the refrigerator had triggered a "life response" in the form of my agent calling with an abundance of work. I also understand that my exhaustive physical effort triggered results that on the surface seemed to have little direct connection to the phone call, but in fact had *everything* to do with it. It was the classic life response phenomenon at work.

## **Must have been an Aha moment for you!**

Yes indeed.

(pause) Over the years I continued to ponder the issue; and came to a few powerful conclusions. One was that Life seems to respond *instantaneously* to certain inner and outer behaviors on our part: whether a shift in attitude, a decision made, an action taken, and so forth. In this case, it was shedding my reluctance to clean the filthy refrigerator, and then going ahead and taking an action that undid my hesitation.

Well it also turns out that Life responds instantly, positively, and quite substantially to any effort to raise one's level of *cleanliness and orderliness*. There was something about taking to this life movement and behavior that triggers the *sudden* onset good fortune.

**So that would suggest that all you have to do is clean your dirty refrigerator and your problems will go away.**

(laughter) Something like that!

## **So what actually causes life response to happen?**

Well, do we mean what are the subtle powers that *enable it* to happen; i.e. the secret forces, powers that are hidden in life that enable it to occur? Or do we mean what can you and I *do* in our own lives that precipitates a miraculous-like life response outcome? These are two different questions, both of which can be answered.

For now I'll keep it simple and talk about the second notion; i.e. what we *ourselves* can do to evoke these powerful outcomes in our lives.

I think the best place to start in terms of the ways we can evoke life response results is with our own personal *attitudes*. For example, if we can reverse a negative attitude in a particular moment in time, and there is enough intensity in that reversal, there is a great likelihood that a life response result will be triggered; and often instantaneous to that change in our consciousness.

In fact we have discovered that reversal of limiting or otherwise negative attitudes, feelings, and emotions are the most common triggers of life response results. Reversals in our emotions and feelings, which reflect in our attitudes, have a vast power to attract sudden good fortune from life.

Though my story of the refrigerator demonstrated how a higher level of cleanliness and orderliness can trigger positive life response, it also indicated how overcoming a limiting *attitude* triggered that response. In the case of the refrigerator, I was willing to overcome my *reluctance* to clean up a mess; reluctance being an instance of a negative attitude toward the life around me. Fortunately, my rational mind took over from my emotions in the situation, overcoming the inertia of my body, shedding reluctance substituting action. Whenever you overcome negative attitudes of reluctance or unwillingness, life invariably responds; and often in a *very big way*.

There was also a level of feeling of helplessness, and self-pity on my part. When I gave it up and substituted the action of cleaning the fridge, that too added to the positive energy within me that attracted the instantaneous life response results, changing changed the course of my career during that period of my career.

**But aren't there so many problem attitudes that we can have? Can overcoming *any* negative attitude trigger a life response result?**

As you say; a wanting, negative attitude can express in so many ways. We can have a poor attitudes toward others, toward our work, towards life conditions around us; even towards our own self. For example, one individual I know decided to not have negative feelings toward

another coworker at work, and literally had a *cascade* of positive circumstances happen to her in the hours, days, and weeks that followed. Another individual -- a manager at a production facility -- changed his attitude about a *machine* that had broken down -- from scorn to attention -- and suddenly it started working; in fact, far better than it did before! That's the power of shifting from a negative to a positive attitude toward a thing or object. Somehow we are able to get in touch with its own essence, which then brings out the best in it! It is life responding to our added attention and more positive attitudinal relationship with it.

**This is really fascinating!**

**But how were you able to figure out and prove that there were certain, particular inner qualities that trigger these outcomes?**

In the past few decades we have actually documented hundreds of instances of life response in people's lives. We even had a forum online where people from all over the world have sent in their startling life response stories. Each person would invariably explain how life responded to some psychological change or shift in consciousness they made within themselves, or to some outer behavior or action they took. Most were familiar enough with the phenomenon that they were able to spot the particular psychological change that enabled life to respond so dramatically.

And so the more we shared these experiences with one another, the more cognizant people became of new responses in their lives and the shifts in consciousness within themselves that precipitated it.

So after recording scores of such incidents, we were able to identify well over 50 major human psychological conditions and behaviors that seemed to trigger these life response results. Higher levels of cleanliness, making physical things more orderly in one's life, and all manner of shifting one's attitude toward the positive were among them.

Take the attitude of inner or *psychological strength*. If, for example, you are a *weak* person and suddenly you begin to feel or act from a position of strength, positive responses suddenly start occurring around you. One man took just such a tact in a difficult situation where he finally had the courage to stand up to his superior and address an important lingering issue. Not only did his acting from a position of psychological strength there and then resolve a three month long financial conflict with his superior, but it caused an aggravating six-month neck pain to *instantly and permanently* disappear!

**Wow. People must have been thrilled by the results of these experiences!**

Yes very much so.

Perhaps more important than the suddenness and startling quality of the phenomenon is the fact that life response does in fact evoke real *results from life*; results in the form of things accomplished, greater success, more abundance, more wealth, more work, and ultimately more happiness and joy.

**And it comes about *fast*.**

Yes very fast; often in a matter of hours or minutes or seconds. Even instantaneously.

(pause) One way of thinking about life response is that the results you receive essentially enable you to develop an ultimate *efficiency* of life. Invoking life response outcomes enables you to create the greatest results in the shortest period of time with the least effort.

Or to put it another way, limits of space, time, and possibility are overcome. What could take a long time, even a lifetime to achieve, if at all, can happen in the very shortest period of time; even instantly. That's in terms of Time.

And what might be at a distance is somehow now at your doorstep. That's Space.

Plus where in ordinary life there is a specific, finite, reasonable result that one might expect through normal causality, now there is a kind of breaking out of Limits; into infinite possibilities being realized.

So Time, Space, and Limits are all overcome, replaced with No Time (Instantaneousness), No Space (i.e. no distance between us, and No Limits of quantity or quality coming to us. It's a completely different way of Living!

**This is extraordinary!**

**(pause) But I wonder how often this kind of result occurs. I mean it seems like this response outcome happens once in a while, and we are energized by it, but then it is forgotten or simply doesn't happen at all. How do we keep it up? How can we take advantage of this awesome possibility? In other words, is there a way to make it regular or constant?**

Fortunately, invoking life response is not just an *idea*. It is a *skill* that you learn very quickly. As a result of acquiring that skill, it becomes a conscious part of your being, and so you can evoke it *on demand*, as you see certain situations and know how to shift your consciousness to the positive. In that way you shift from once-in-a-while *unconscious* evocation of the response, where Life or Nature is in control, to continuous *conscious* evocation of the phenomenon, meaning the likelihood of evoking the response is increased tenfold or more because we are aware of many more moments where we can take the right inner action that evokes the response.

**Yes, that makes sense.**

**(pause) Ok then, but what actually causes this life response to occur? I mean what is the science, the physics -- or metaphysics! -- going on behind the scene that explain this phenomenon?**

(pause) This is a deeper issue still. However, for those of us who are looking for the deeper causes of the phenomenon, we have uncovered some startling insights.

Let's take up a few of the deeper causes of life response; starting with general observations, and then moving to the specific.

We've so far indicated that the ultimate triggers of life response are our reversals of attitudes, opinions, preferences, thoughts, prejudices, habits, and so forth. It's especially there in the attitudes. These determine our understanding, motives, and actions that enable life response to occur.

But what really *causes* it to occur? What's really going on *behind* the scenes? Why should something occur instantly and come from far away or from some unexpected point that I am not interacting with or communicating with, when I simply change an attitude, or take a particular action in the here and now?

One way is to look at it in terms of energy. That is, the shifts in energy from equilibrium to disequilibrium and back to equilibrium of energies.

**What do you mean?**

So at the start we can say there is an *equilibrium* of forces in the universe. In essence, all the energies are there and ready, and "waiting" in a state of equilibrium. Then something occurs in life, such as an event or an opportunity, or a situation arises in work. Depending on how we react, the intensity of how we react to that event, forces are set in motion forces that move out across space-time. As a result there is a *disturbance* of the equilibrium of energies, which is now replaced with a disequilibrium; at least relative to the situation we are involved in.

However, the universe wishes to *return to a state of equilibrium*, which has now been "disturbed." Nature/Life thus restores the equilibrium by initiating a *fresh act*; which comes to us as a response from life in the form of a corresponding entity, person, or event to the disequilibrium we precipitated by taking to a higher level of consciousness. When we experience the response, the energy cycle is restored, albeit now to a new, higher equilibrium.

So in one sense, life response is part of a process of *Energy Flow*. It begins in stability, there is then a reaction to change, and response from life which brings things back into equilibrium. When the other party, person, or thing comes to us, or rather we come into Alignment with it, that micro process involving ourselves in that micro moment is complete.

(pause) This Energy Flow process can therefore be thought of as the *physics* of life response; although it might seem like an abstraction to most people since it seems to be initiated and fulfilled in ways that go beyond the material realm and our mechanistic view of existence.

**Yes, in fact why should this process happen at all? Or to put it more simply, why should what happens inside me have an effect on the outer world?**

Yes, now we're getting closer to the heart of the matter.

(pause) Well, to answer this you need to consider the possibility that there is a fundamental *Oneness* to all of existence. That all of life, all things, all people, all events, all acts, are *interconnected* at some subtle level.

Moreover, that subtle existence occurs because there is some commonality of essence and substance that binds all things. We can call it "Energy," as alluded to earlier; or it might be better to call it spiritual substance and energy. It is my belief that there is an *Original Spiritual Consciousness* that permeates all of existence, all of the universe; that in fact enabled the existence of the universe in the first place. And because there is a spiritual underpinning, it implies a *Oneness* that is reflective of the source Consciousness.

**But how are we as individuals connected to everything?**

My view is that each of us is connected to, related to *particular* points in space and time through this binding cosmic substance and consciousness. At varying moment, we are connected to certain other people, to certain other events, to certain other unfolding and realities throughout the globe, extending to the universe and beyond.

These points of subtle energy and consciousness connect through a kind of vast mesh, or *web*. When we disturb, change, or affect the "string" on the web that we relate to in that situation through say our intensity of reaction to a situation, other parties, events, unfoldings that share a commonality of purpose on this string vibrate or resonate with us, and return as conditions we experience as life response.

We can simply say that when we make a shift of consciousness to the higher – such as though greater cleanliness, or discarding a hostile attitude or an outworn habit, Life *aligns us* with parties we are connected to, which appear to come in the form of a benefit to us, such as an increase in sales or money or opportunity and the like.

**Why would the average person accept such a notion? Of this cosmic connection between things?**

(pause) Recent discoveries in quantum physics have proved this instantaneous miraculousness is indeed the reality of things at the physical/material level. It has been known for over fifty years that electrons from the same atom have the potential to affect one another even if they are thousands or millions of miles apart. This staggering new discovering, accepted by most quantum physicists today, indicates how one thing can affect another no matter what the distance is between them, even if there is any material mechanism that binds or connects them. This understanding of "non-local connections" is perhaps the greatest

scientific discovery of the last 100 years. It turns the Newtonian world, with its rigid rules of cause and effect, and space and time on its ear.

Life response is simply this non-local connections extended beyond just the physical/material reality of measurable and scientifically identifiable physical atoms and electrons, to the workings of more subtle planes; consisting of subtle forces, powers, and energies. These subtle forces are activated through our intense emotions and thoughts, to our change in attitudes, and other alterations and transitions in our consciousness.

So these non-local spaceless and non-time constrained relationships extend beyond the seeable material to the subtle material of atoms and electrons, and much further still to our thoughts, feelings, emotions, behaviors, and actions

And this is the case for individuals as well as for groups of individuals, including any type of organization or collective, like a community, a nation, and the society we are part of. Shifts in their consciousness also trigger non-local reactions, i.e. life response events.

**This is *fascinating!* Is there anything else you can say about this discovery of non-local connections, at even the material level?**

Quantum physics proves that under certain conditions if two electrons are sequenced a certain way, and if one electron shifts its polarity or spin direction, the other electron of the same atom, even if it is 5000 miles away, will also shift! This is fact, measurable at the *material* level. Life response embraces this notion and takes it a step further, and says that our change in our *consciousness* within ourselves can activate non-local connections. For example, I *react* to a situation that appears before me; I do so with a certain degree of *intensity*; and as a result a related, corresponding response suddenly comes to me from 5000 miles away. I for example control my emotions and do not react to an intense situation, and suddenly my boss calls me from thousands of miles away of news that something wonderful has happened for the company. This is non-local connections at the level of *consciousness*; in this case my attitude of "equality of being," not just at the level of the material level of synchronization of atoms that quantum physics has discovered.

Another way of putting it is that just as the two atoms align even though they are on two sides of the universe; also my intention and the boss's align because I have put out positive energy in the face of a difficult situation. So in reality what we call non-local connection, which we call life response, is really alignment in space and time due to shifts in consciousness to the positive.

**This *really* changes our views of how life really works!**

Yes. We begin to see that the demarcation we make between what is outside ourselves and what is inside is a false one. Our whole understanding of life that we have acquired through our education system and through the influence of society around us -- even what our material senses are constantly telling -- has reinforced, concretized this demarcation. It is a barrier, a separateness that is really a *complete illusion!* The hundreds year old accepted Cartesian view that accepts the separation between ourselves from that which is outside ourselves is thus demolished.

The quantum view of non-local connections in matter, and now the life response view of non-local connections through higher emotions, feelings, attitudes, values; i.e. the workings of our subtle, higher consciousness, is the new way of perceiving how things are related in the cosmos, of how life works, and thus of what is humanly possible.

**It's an astonishing change in the way we view life.**

Yes, a radical shift.

**So what can our readers do to have these life response experiences? Can they evoke these wonderful benefits in their own lives?**

Well first just look around and observe life. See the correlation between your positive and negative thoughts, beliefs, feelings, behaviours, actions, and all and what occurs thereafter. You will start to perceive small or large life response situations. Once you experience life response once or twice you will be dazzled, and maybe even a little shaken.

When you have the experiences, right them down; keep a journal. Correlate any great sudden positive or negative result with an earlier shift of consciousness on your part. Write that down too. This is key; this is a way you learn to see how the results relate to your consciousness.

You will increasingly see how these extraordinary responses relate to some positive or negative emotions, feelings, or alterations of attitude. They can also reflect a new deep aspiration you have in life, some intention or outcome you are now committed to, or to some new action you have taken. All of these evoke powerful positive response from life.

After a while you become not only conscious of this relationship between your inner condition and the outer result, but you realize you can *consciously* evoke these responses. As a result, you consciously practice those inner and outer behaviours that evoke response, such as consecration, where you open to the spiritual Force, knowing in advance that that power will set right all conditions you are about to engage in.

**That's a great idea. Making Life Response a *conscious* thing you can evoke, rather than just waiting for it to happen.**

Yes, very true. That's key if you really want to evoke powerful life response results *on demand!*

(pause) So I ask the readers to try out these approaches. In your daily life watch out for life response occurrences. Be mindful of situations. Observe as situations unfold, and see if you perceive results, circumstance that catch your attention; that seem out of the ordinary. Watch for these unexpected instances of good or bad fortune. And correlate it to something in you; to something you thought, or felt, or did.

In this way you will increasingly see the powerful relationship between your consciousness within and the outer conditions of life. Now you can learn to master the outside from within by taking to the right inner methods, like silence, consecration to the spirit, intensely aspiring for improvement in your life, and others.

If you have but one experience of a life response event where you *consciously* evoked the result, your life will change forever!

**Thank you Roy.**

You are very welcome!