

# APPLIED META-PHYSICS:

FROM ET-ERNITY  
THROUGH TIME AND SPACE  
TO  
ET-ERNITY

A COLLECTION OF ESSAYS

THIS ESSAY:

HOW TO CHANGE YOUR THINKING  
(TO BE READ AUDIBLY)

WRITTEN & PRESENTED BY:  
Stephen J. Serva Dei  
2021



# HOW TO CHANGE YOUR THINKING



SilverBird Electronic Publications  
2021

[www.servadei.com](http://www.servadei.com)



# APPLIED META-PHYSICS, THE SCIENCE OF BE-ING AND KNOWING

## ESSAY: HOW TO CHANGE YOUR THINKING

To change our thinking, it is essential to understand the 'structure' of consciousness, so we can work with it, to change it through the process of ReGeneration.

**ReGeneration and the attainment of everlasting / et-ernal life is the object of existence.**

Your present thinking is the result of seed ideas planted in your mind before you were old enough to conceptualise. Your life energy feeds these ideas, and their 'fruit' is your thinking/speech, actions and be-have-i-our.

**To change your thinking requires that you become the gardener of your mind.**

This means going within and identifying your present thought forms, which produce your present thinking and behaviour. Then, in quiet introspection listening to your Heart. (The one in the chest, we have two 'hearts', another in the brain).

As we still the mind, we find arising within us



surges of energy, which are of a higher vibration. This vibration forms into thoughts and words, which emerge from the Spirit which animates us.

When this happens, we remain still and allow the thoughts and images to flow into the mind as a rabbit into a snare.

**This is called 'laying a trap for God'.** It is the instruction given in the *Lord's prayer*, although a tiny percentage of those reciting the prayer understand its true meaning.

As you are quiet, the new thoughts and images will arise from the superconscious and sub-conscious aspects of the mind (999, 1,000 planes of consciousness) and impress themselves on the conscious mind, where you can capture them, write them down and by thinking and speaking them, renew your thinking.

This whole process is called '**The ReGeneration**', which culminates in the total renewing of the mind, which our forefathers called '*Metanoia*'. This is the transition from the lower/666 mind, into the higher 888/Higher mind.

Like gardening, our thinking goes through seasons, where we 'eat the fruit' of past thinking and then decide if we are going to sustain it, or discard it, and sow new seeds for new forms of behaviour.



As we identify deeply rooted forms of behaviour that we need to overcome, we speak the Word to dissolve them, and in this way we free ourselves from their destructive influences.

*“Forasmuch then as the children are partakers of flesh and blood, he also himself likewise took part of the same; that through death he might destroy him that had the power of death, that is, the devil and deliver them, who through fear of death were all their lifetime subject to bondage”.*

— *Hebrews 2:14*

This is the I AM of every person taking on the body, and through suffering and pain, we awaken to our immortal nature and overcome death.

*“Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof”.*

— *Proverbs 19:21*

With every word we speak, we are either regenerating, or feeding the corruption, which ends in death. Our Spirit-mind-body unity is our book of life, a *living record*, which we are all held responsible for.

The New Testament, the new Free and redeemed Will (Mind), ascends in consciousness through each of us, when we speak Words of Truth, and express Wisdom through Love.



The scriptures of every school of thought, *if they have been truly inspired by God*, are leading those reading them and living by them into a total transformation, by the *power of Love*, where death is swallowed up in victory.

This is the METANOIA spoken of and taught in the ancient mystery schools, whose authors wrote the scriptures, before they were hijacked by the rulers of their day..



Image source: Internet Search.

I LOVE you all.



[www.servadei.com](http://www.servadei.com)

e-mail:

the\_metaphysician@servadei.com

On Instagram:

[https://www.instagram.com/applied\\_888/](https://www.instagram.com/applied_888/)



**Applied Meta-Physics** is the oldest Science in existence. It is the study of who we are and why we are here.

It is sometimes called 'The Science of Making the Ideal Real', because it identifies in concrete terms the abstract workings of the mind, and teaches the steps every eternal idea passes through in transition from the plane of the eternal spiritual world, to become manifest on the earth plane.

The sacred writings we have inherited are metaphysical in nature. This means they have been written through the inspiration of the Paraclete using words, which have varied meanings, interpreted accordingly, depending on which level of consciousness the reader has achieved.

The *art* of Applied Meta-Physics is to 'conceal, to reveal'. The Wisdom the writers concealed protects it from those who would destroy the writings, *and therefore destroy themselves*, until a time when the human family matured and awakened and realised its need.

The scriptures are like an offer to an addict deep in the throws of ad-diction, rejecting what they really need most, and lashing out, because they have lost control of their own minds. In the height of the loss of control the addict attacks those seeking to help them and would destroy them.





The parables, analogies, codes and koans in the Helios Biblia have preserved these writings, as the power of the Word concealed within them has worked in the hu-man consciousness to do exactly that.

**Applied Meta-Physics is the Key** opening the way to comprehending their riches and applying the Wisdom revealed in one's life and proving the truth thereof.

There is a simple fact of life:

We are all created equal, in that we are all the offspring of God, and we form our lives by the thoughts, words, deeds we think, speak and do. The equality is that the Divine Law is no respecter of personalities.

We are all held responsible for everything we do, and our body either regenerates or degenerates according to the motives of our hearts. If we seek to rule others, we are using the life we have been given to express ourselves contrary to the Divine Law, and this is slow and definite suicide.

If we submit to the will of another, this too is slow suicide and contrary to the Divine Law.

The LAW IS!

It is the Doorway to Everlasting Life.

PEACE.

