



Extraordinary
Peak
Experiences
Inside

THE GOLDEN THREAD

The Art of Living Life at the Peak


A collection of practical and metaphysical
wisdoms, sourced from contemporary geniuses,
throughout a range of expert fields

Amata Natasha Goldie






Chapter 1



**Creating and Experiencing
Your Magical Reality**



Chapter 1

*“We are the arrows of light,
darting forth from the infinite” ~ Amata Goldie*

Have you ever wondered what it would be like to experience the edge of space, to look down upon our beautiful blue planet in awe? Have you ever wondered what it would be like to experience spiritual oneness, to feel your body, your soul and the Divine merge into a cosmic synthesis? Have you ever pondered why it is that the bright spark of perpetual passion for life and wide-eyed excitement that you had as a child, seems to be a small dim flame, and why you sometimes have trouble finding it at all?

Let us discover the extraordinary achievements of these contemporary geniuses and experience their magical realities. In *The Golden Thread* you will explore and experience precisely this! Let us rediscover our own passion and spark for living life at the peak, and let's unleash our own inner genius on this adventure that is about to unfold. Let's light our inner flame and embark upon a journey of endless excitement. Come, let's discover our true selves and realise our inherently fearless nature.

*“Cultivate a sense of childlike wonder,
and in this very state, you will see the
world with new eyes” ~ Amata Goldie*

Creating and Experiencing Your Magical Reality

So how do we create a magical reality for ourselves? Well, first of all, let's acknowledge that our thoughts exist in a field of consciousness that is of our own creation. In this created field of consciousness, thoughts arise, and depending on the overriding conscious or subconscious thought present, action may or may not arise. Our free will determines whether an action will unfold from this thought. Our thoughts are very potent and can create both positive and negative ramifications, which eventually becomes matter. Every intangible little particle of atomic thinking that is going on in our heads eventually vibrates more densely and manifests as form. So, in essence, we are creating our realities with each and every thought we have! Quantum physicists tell us that this field of consciousness is a quantum field wherein matter arises out of mind. So ultimately, our mind is a dynamic tool that can wield the power to shape our reality in the way that we desire.

We are such powerful beings, that at every moment of every day, each thought we have is creating a direct or indirect action, and is reverberating into the universe at lightning speed! This one thought has almost instantaneously signalled a course of action into the ether, and the universe is busy creating your world and your reality through the millions of thoughts you have every moment of every day. The enormity of this is incredible.

The direct implication of this is that we create our world, our personal reality, entirely. We are such immense beings, imbued with free will, to make an infinite array of choices about how we design our life. We always have a choice, always. When we truly realise that the power lies within us, we become empowered individuals who are guided to be aware of our thoughts, our state of awareness, our predominant state of consciousness and the reality that we are creating in every present moment of every day.

So how can we create our most desired reality? If we look at a few simple techniques about Reality Creation, we can learn to apply these three simple questions, at any time of the day. These are

pointers, signposts to keep those thoughts creating themselves in the most desired direction, ones that are in alignment with the knowing of your soul. It is beneficial to implement a thirty day practice with any new process we are integrating into our life. It has been proven that by raising our awareness and implementing this method, every day for thirty days, we can facilitate a powerful effect in the subconscious mind, whilst infusing our conscious mind with affirmative new patterns.

This powerful simple process involves three questions that you can ask yourself at any time, especially when you feel you are in a state of compromise. Whether you are compromising your success, your dreams, your personal power, or your truth, we tend to compromise all the time, unknowingly, and often it is as a result of our conditioning and acquired beliefs. If we enquire into this web of conditions and beliefs that has wrapped itself around our true nature, we will discover that these patterns have usually served to keep us disempowered, rather than allowing our natural birthright of freedom in all choices, to be present.

These three questions have the potency to give you back the power over your mind and your thoughts. When utilised in conjunction with a process of dedicated self-enquiry and regular meditation, any of the awareness-increasing changes you make, will manifest incredibly significant results in your life.

“Beliefs are experiences and experiences are beliefs. They create the great divide between perceived known reality and the mystery of the unknown.”

Leopold Soham, Entrepreneur and Spiritual Teacher

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You will have liberated yourself into a self-empowered state of true freedom. This is the freedom from self-defeating, destructive, negative, and fearful thoughts; the freedom to choose joy over sorrow, to choose inner peace over stress and anxiety. This freedom is our natural blueprint. No matter what incarnation we choose to be born into in this lifetime, including country, race, religion, gender, we all intrinsically and absolutely have a soul that is free and eternal. If we know that we create our reality entirely and that our thoughts create actions that impact upon our wellbeing, then it is our empowered choice to choose freedom from suffering, freedom from conflicting thoughts, patterns, beliefs and a conditioning that no longer serves us.

When you have mastery over your thoughts, you have mastery over your life. Thoughts are directly linked to our emotional body so, often if our emotions are like a rollercoaster then our thoughts will be too. Self-mastery is a dedicated path of self-development. It requires discipline and a deep commitment to being truthful with your true self. Only you can change your thoughts!

When we have developed a degree of mastery over our thoughts, our lives will reflect this state of balance, harmony and joy. Your outer reality is a reflection of your inner reality. Change your thoughts and you can change your life.

“The person you were yesterday is not the person you are today; the dynamic form has shifted. You are simply expressing the divine entity that you are; you are a unique being, creating moment by moment. Creation is a mysterious dynamic between the essence of soul/spirit and the dynamics of existence, uniting in oneness” ~ Leopold Soham

Reality Creation

Consciousness, energy, spirituality, success, wellbeing and prosperity are all interconnected. Energy flows where attention goes. What we focus on in thought, word (written or spoken) and deed, becomes more meaningful, tangible, perceivable, important and eventually more real. Through focussing our attention and awareness upon what we intrinsically know to be in alignment with our highest good, the negative thoughts we release from our mind will recede to the background and eventually disappear from our experience of reality. A simple, but profound technique asks three simple questions:

1. Where has my attention been until now?

The purpose of this question is to confront the mind with an awareness of its predominant thoughts. By acknowledging where our predominant thoughts have been, we can then enter into acceptance. This question helps to release our attention from any absolute reality and unlocks the path to welcoming in greater and vaster possibilities for thought awareness. The next question affirms the presence of infinitely possible and infinitely variable realities.

2. Where could my attention be instead?

The purpose of this question is to guide the mind to a point of expansion in viewing the infinite options available in this present moment. It opens up an awareness of unbounded possibilities and probabilities. Pondering upon the infinite things we could be focussing on, helps to unlock the mind's preoccupation with repetitive predominant thoughts. It breaks the cycle of thought repetition.

3. Where would I like my attention to be?

The purpose of this question is to empower us to choose, from the infinite options available and to shift our focus on a new preferred reality. When we ask ourselves this question, we can experience

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a powerful increase in energy and well-being, as our mind moves into ‘super-mode’, imagining and visualising the desired outcome, which in reality, is our greater or higher purpose and aligned with our highest good.

“You are born courageous with a genetically expansive mind” ~ Leopold Soham

The body-mind is an energy-frequency receiver and transmitter, tuning in to what it focuses on. We attract experiences into our life according to the energy we radiate, and our emotional state. The experiences we draw to us are not a small coincidence. We are creating our entire reality in each and every moment; in where our attention is focussed, in our predominant emotional state and in the whole energy field which continually radiates from us. As soon as we shift our focus, our energy and our emotions from a state of disharmony to one of harmony, we will notice an enormous change in our world. If we focus on what is not working in our lives, then we will attract more of the same. This is the basic principle of the Law of Attraction. We attract to us, that which we emanate.

In quantum physics terms, this ‘like attracts like’ reflects one aspect of the myriad of ways that the spiritual and physical universe works. Quantum physicist, Fred Alan Wolf, says, “Not only do we need a law of attraction, but we also need a law of repulsion, otherwise everything would collapse into one big lump. In certain stars where gravity overcomes electromagnetic repulsion, such collapses do occur and they form black holes or neutron stars. None of us want to live in one!” Fred explains that there is a strange exception in quantum physics that affects both the laws of attraction and repulsion which goes beyond electromagnetic charges, to discover that ‘like things’ attract each

other and other ‘like things’ repel each other. This phenomenon validates the profound effect that both positive and negative energies have upon our existence.

The law of attraction is a powerful universal law, and when used with skill and empowerment, we become masters of our own destiny, living a life that is a reflection of our souls’ greatest gifts and achieving our highest potential.

The universe is a dynamic, complex, infinite living energy; not dissimilar to us! We too, are dynamic, complex, infinite living energies and as we journey upon the voyage of life, we all have dreams to fulfil. Deepak Chopra has called the universe “A big dream machine”, and indeed this is true. Our dreams are conscious intentions emanating from us, moment by moment, day by day; our dreams are being transmitted into the ether, to transform from formless energy into a manifestation with a form. This is very powerful and certainly very magical when you think about the incredible unfolding of life.

*“Shoot forth your focussed intent to the all=
understanding and all=providing universe of
infinite dreams” ~ Amata Goldie*

By using the power of intention alone, your dreams go from a state of formlessness and become form. Now of course, the question is in the timing of these manifestations. The law of attraction is the law that you attract to you things of a like resonance, a like energy. Your ability to harness this “like attracts like” energy to achieve a particular intentional outcome is based upon that which you give out.

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We may ask, “So why does it take so long to manifest some things and not others?” This all depends upon how well you are using your power of intention. As we know, we are all responsible for creating our realities, entirely. So this being the case, what about the prospect of being able to create your dream reality? It all starts with you! Your world is exactly the way it is, because your thoughts have made it so! A very good question to start with in creating your own ideal reality, is to ask yourself, “What is the nature of my thoughts?” The key to gaining an insight into your current reality and your dream reality is to embrace a path of self-enquiry.

*“In knowing and conquering self; one gains
the key to the wisdom of all things”*

~ Amata Goldie

Many sages and wise beings have long professed the importance of self-enquiry. Sri Nisargadatta Maharaj, Ramana Maharshi, and modern day spiritual teacher, Gangaji, all profoundly emphasize this essential teaching of truth. Self-enquiry is an investigation of your own self. When we examine our beliefs, conditioning and our ‘identity’, we choose to walk one of life’s greatest paths and this requires true courage. In order to change the outer, we must first examine the inner. Ask yourself daily, “*Who Am I?*” You will find that layer upon layer of your outer identity comes tumbling away, as you gradually journey closer to revealing your true self. When you know your true self as unchangeable and eternal, as God-source of divine completeness, then you will truly see with new eyes.

Our true self is all of this.

We no longer hide behind a created identity of who we thought we were, or who we had become. We simply return to pure knowingness that we are timeless. We are not even confined by body or mind. In our true state we go beyond time and space. We are, in truth, rays of God-essence. Or however you may like to refer to God, Universal Life Force, The Divine, The Beloved, All That Is. There is much to discover about this journey to inner self and it is a most rewarding journey.

Another of the universal laws is the Field of All Possibilities. When we start to enquire into our own limitations and restrictive ways of thinking, we can then truly see that in fact, our very intrinsic essence is boundless. Each and every moment we exist in a Field of All Possibilities. Harnessing these infinite, ever-present possibilities really depends upon our state of consciousness.

*“Out beyond ideas of right=doing and
wrong=doing there is a field, I will meet
you there.”*

~ Rumi, Sufi Mystic and Poet

If we are thinking thoughts, or are emanating an energy vibration of lack, then indeed lack will be further re-enforced by the universe! This is what will be true for us in our reality. If, however, we recognise our own inner nature to be one of infinite abundance on all levels, then this very vibration alone will resonate outwardly and the universe will deliver you this same vibration of abundance. You will experience a powerful feeling of abundance in that very moment.

“Give thanks for the abundance in your soul” ~

Amata Goldie

Applying consistency of this vibration is a key to the manifestation of continuous abundance in your life. Through the observation of self we can ascertain what our predominant vibration is. Let's ask ourselves, “What is my predominant state in each moment of each day?” Upon receiving your answer, then let's ask, “How does this make me feel?” Do you notice that you feel contracted when your thoughts are ones of limitation? Do you notice that you feel expanded when your thoughts are ones of boundlessness?

We can harness the energy of the universe simply by being aware of our predominant state. Once we positively anchor the state that is most conducive to our happiness, joy and wellbeing; why would we practice anything other? Consciously we know this to be true, but as complex, dynamic beings of energy; our subconscious may tell us otherwise. There is a collective fear and associated grief as a result of not allowing life to live us to the fullest and truest. Let life live you! Rather than being the master of life, let life be your master. The vibration of allowance is just as powerful as the vibration of control. When we allow life to flow through us, we are inviting spontaneity and synchronicity into our lives. When we live a life that relies upon careful control, then we are closing the door to the magical unfolding of the universe. Let's joyously fling the door wide open again, as it was when we were a child and invite everything in, new and unplanned.

Let's release our fears, our disappointments, our grief, and take the first step towards fulfilling our innermost burning desires. The desires that formed when you were a child, which danced as dreams in your imagination, which coaxed you to visualise the great expanse of life that lay unexplored before you. The

imaginings you held in your heart, which shone as a dynamic future, full of expectation and excitement. Let's bathe every sense in the majestic mystery of life and discover in each moment, the newness and joy of beholding its infinite wonder.

It is time to reclaim our sense of mystery and wonder. It is time to open our innermost beings to living the lives we were truly destined to live.

“To live as our true natural essence is, as it expresses as just that, in the same way that a flower is a flower, it cannot be anything but its true state” ~ Leopold Soham

Let's look at the subconscious mind and the power it has in directing our conscious thoughts and actions. The subconscious mind can be a 'black hole' of limiting beliefs and old conditioning that has been passed on to you, usually very early on in life. Your first seven years are the most influential in shaping who you are. There are useful techniques that can re-program our subconscious mind, including hypnotherapy and various subliminal audios that address the subconscious mind, but some techniques are so simple you can implement and facilitate changes within an hour, without a therapist or an audio program! "How do we do this?"

Take a sheet of A4 paper and fold it length-ways in half. In the left hand column write your affirmation. (What is it you envisage for yourself?) A great one for activating your personal power is: "My personal power is aligned with universal power." You may also like to try:

"I harness my personal power in each moment."

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“My personal power is unstoppable and creates fluidic momentum.”

“I honour my personal power fully.”

To get the best results from this 20 to 30 minute exercise you need to be uninterrupted. Set up an impenetrable sanctuary for yourself for at least this time. Start writing and for every time you write the affirmation in the left hand column, write a response in the right hand column. Essentially, this exercise reveals what is in your subconscious mind. It is important not to consciously think about your right hand column response. Just write, almost automatically, and continue until you have filled both sides of the A4 sheet of paper.

The interesting thing about this exercise is that it not only reveals layers of your subconscious mind, but can reprogram it. You may have responses in the right hand column for the personal power activation affirmations such as:

“Is it?”

“I doubt this.”

“I wish I could really believe this!”

“I feel that fear is present.”

And eventually, responses such as these may unfold:

“I embrace life with no limits and absolute empowerment.”

“I activate my personal power with confidence and ease.”

“I am responsible for co-creating my world.”

“I value myself and embrace my personal power absolutely.”

This is joyful indeed as your subconscious mind has begun the process of changing its limiting beliefs around personal power. Now, profound thought process changes are beginning to take place. You can do this exercise with anything you want to re-affirm as your new chosen reality in your life. Choose any aspect of the many segments in the wheel of life, such as relationships, health, career, social, spiritual, and financial and you will notice

your subconscious mind will begin to reveal itself. Remember to keep going for 20 to 30 minutes and you can also use more than just one sheet of A4 paper. I encourage you to reveal your subconscious limiting beliefs today and create a new reality - one that is in alignment with your highest good and one that embodies your soul's deepest dreams.

*“Be just as you are in your unchanging
wholeness, and celebrate your uniqueness”*

~ Amata Goldie

Let's journey on to embark upon a magic carpet ride into the lives of some extraordinary human beings. Here we shall experience their magical realities, taste their unique peak experiences and learn of the jewels of radiant insight, that these living geniuses are about to share with us. Let's follow the golden thread....

Key Points:

- Our mind is a dynamic tool that can wield the power to shape our reality in the way that we desire
- We create our world, our personal reality, entirely
- When we have mastery over our thoughts, we have mastery over our life
- The power of our intention can transform our dreams from a state of formlessness into form
- Our true self is unchangeable and eternal
- Each and every moment, we exist in a Field of All Possibilities
- Enquire into your true nature and discover your real self

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- Practice the Reality Creation exercise and apply the 3 powerful questions
- Reveal and reprogram your subconscious mind using the powerful 30 minute Subconscious Re-programming writing exercise
- Embark, in each and every moment, upon your own chosen magical reality

“The Golden Thread unlocks the potential of your true self”

Each of us is born with The Golden Thread. The Golden Thread is an archetypal symbol of the guiding light that directs us, leading us on our true path in life. It is this thread that links us to the field of infinite creativity and infinite intelligence. Connecting to the Golden Thread illuminates your soul essence and helps you to find true meaning and purpose in life, so that you may live your life in synergy with your true self. By singing your soul song, you inspire others; and you inspire the world. The Golden Thread holds the power to transform your future.

- Discover the extraordinary achievements of contemporary geniuses and experience their magical realities
- Re-establish your connection with The Golden Thread to live a high vibrational resonance
- Awaken your own inner genius and live life at the peak
- Re-connect with your truth and unleash your highest potential
- Re-discover your passion for life
- Embrace your inner magic and discover a world of infinite possibilities
- Re-discover the essence of peak states of consciousness

“The Golden Thread gives inspiration to us all to unite as a human family to contribute to the next great phase of human consciousness.”

~ Dr Michael Ellis - Doctor, Buddhist,
Global Peace Ambassador



Author, Amata Natasha Goldie, has dedicated this book to you, in service to humanity, and our awakening consciousness.

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