Introduction and Tim Shields' Background

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, Doctor Greg Eckel. Today I have Tim Shields, an author, editor, ghost writer and writing coach on board, and we're talking about the power of directed consciousness to create your reality.

A bit about Tim. He has written beyond his passion for music and travel and creativity when it comes to writing, his interest exists at the intersection of consciousness, energy, healing, transformation, and human potential, which is near and dear to all of us listening and viewing this summit.

He's best unknown as Doctor Joe's former editor. For six years, he learned under Doctor Joe Dispenza while helping him express his ideas in the written form, which included helping him edit his critically acclaimed book, Becoming Supernatural How Common People Are Doing UN The Uncommon.

Tim is the author of A Curious Year in the great VI Verum experiment and the upcoming book The Path of Least Resistance A New Model of Self-actualization.

And as explained to my 17 year old self, of which Doctor Joe is writing the foreword. Tim. Welcome aboard. Thanks. It's so great to be with you. These are my favorite conversations to have. I love it.

I've been excited, since we talked many moons ago on, having you come on to the bioenergetics summit. And I want to just start out with because it is really super fascinating.

Like, how did you get started writing and did you always want to be a writer? Yeah, I mean, I somehow I decided at 17 years old, I wanted to be a writer and at the same time I started asking to be used as an instrument of peace.

And you and I, I'm going to go. I'm going to get right in there. But you and I share a little love of the Grateful Dead and I was probably 16 or 17. I did some mushrooms, had a Grateful Dead concert, and I really, you know, now we call it plant medicine.

Then we were just partying. But it really did kind of alter my consciousness in a way. And it I would say it sort of shifted my timeline to the track that I'm on.

And I was actually thinking the other day, what is the timeline? And I think it's something that happens internally with such a powerful emotional quotient that it alters our path and alters our reality.

Early Writing Path and Consciousness Awakening

And I mean, prior to that, I don't know, I just had some good, good teachers and, they were very encouraging of what I was doing and writing. And I was always interested in somehow consciousness and transformation.

And like in my journals at 18, I was like writing about the next evolution as a spiritual evolution, you know, because we have to plan before we go. You know, we've gone out.

It's like the transformations within. Okay. So definitely we we do share that beginning path. But, yeah, of the, the kind of lifting of the veil. How did you become doctor Joe Dispenza is editor.

Well, I went to my first workshop in 2010, and there was probably 75 to 100 people, which now he sells out 2000. He just had 7000 people in Basel, which is insane.

And I just really connected with the information. And at one point my sister start was standing up and he was like,

you, I want to see you. And she's like, oh my God, what did I do? And he's like, what's going on?

And she told him he heard she heard her back sleigh riding with her kid. And he's like, well, let's go find a room. You know, I'll do an adjustment on you because he was originally a chiropractor.

And as it turns out, before I was born, my family lived one town over from his in new Jersey. And it was like you went to Alfonso's Pizza. I went to Alfonso's pizza parlor.

So, we just kind of connected. He invited us to be his guests at dinner that night, and I was trying to put out my first book then, and he's like, I think I can find you, this, this literary agent.

And, we didn't, you know, he couldn't find her, but we just stayed connected. And I would go to a workshop, like, once a year, and every time I see him, I'd be like, we'd be great collaborators.

And then there was a whole back story of, like, manifesting how that actually came into being. But, it all came out of, like my first sort of advanced workshop.

I went to, and I was like meditating on a mentor and a full time job. So I was always freelancing so I could finish my book. And as soon as I landed in Seattle, somebody reached out from LinkedIn.

I'm gonna make this long story short, I got that job. It lasted exactly six months. At the end of six months, I got laid off and I was like, sweets, you know, I'm going to work on more drafts of my book all winter.

And I literally walked out of the building after this six month thing, and I said, all right, what amazing things about to happen to me. And within five minutes, I kid you not, Doctor Jo's assistant reached out and she's like, Doctor Joe's in the Middle East, but he'd like to talk to you about helping him, you know, edit his blogs.

And I was like, let's do this. Awesome. So you've been utilizing kind of the tools of the quantum from an early age, and now you're writing about them, even with your new book, The Path of Least Resistance.

So let's just that leads right in here, Tim, into, you know, let's let's talk about creation and what we're doing. So what is the book all about? Well, I think it's actually now going to be called The Path of Least Resistance resistance a memoir from the future.

So the more marketable and the whole book, I'm talking to my 17 year old self. And in the very beginning, I asked my 17 year old self to, suspend the concept of time because time is a human construct.

So if I can teach him these things when he's 17, it's going to change our current timeline and our future timeline. So really, I'm just kind of talking about all of the things that I've learned.

And, you know, I also created this new model of self-actualization that I call the circle John. So it's basically I was working with somebody during lockdown in Texas, and there are two pillars of how this book came in.

There was nothing to do but work, and go down to the Guadalupe River.

How Tim Became Doctor Joe Dispenza's Editor

So one day I was going down to the Guadalupe River, and I was talking with this woman about self-actualization, you know, and it exists at the top of a triangle in Maslow's hierarchy of needs.

And I was just walking down to the river and I was like, well, that doesn't make sense, because the tip of a triangle is a pinnacle state. And you know, it means that you've reached this.

But really, self-actualization is a dynamic state. So this kind of image of just concentric circles popped into my head. And, you know, I started thinking about it and writing a little bit about it.

And then probably like 3 or 4 months later, I was in Dana Point working with somebody, and I was walking through the harbor one day, and the song eyes of the world by the Grateful Dead came on, which is my favorite song, and I call that.

I call things like that quantum string. And it's like when something like that shows up, it takes you back to an inciting incident. And for me, when I hear that song, it takes me right back to the 17 year old self.

It collapses time, you know? And then there's this string that's. The song's played a role throughout my whole life, and I just for the first time, I was like, what would I tell my 17 year old self?

You know, I started to talk to my 17 year old self and I said, chill the fuck out, you know? So those are like the two pillars of how this book came to be.

And then I wound up here in Palm Springs, in the desert, and I'm living with a friend. And as soon as I got here, he was like, your job is to finish your next book here.

And I was like, okay, I don't have one yet. And then a whole bunch of serendipity and synchronicities happened, and I connected with his literary agent, and, I gave him a couple samples.

He chose one. It was the one that I like the best, and I just started moving into it, and I there's this amazing high desert palm oasis here. It's Indian land. It's sacred land.

And I mean, I would just go for walks there and ask myself the question. And the ideas just came in from from there. And I, you know, I'd get to the end of a chapter and I'm like, start to get a little anxious.

So, like, I don't know where this is going, but then boom, the idea would come in and it just, I think, I think of, you know, when you when you have a vision, you know, a lot of people just have the vision, but you have to move into it.

And I liken it to when you start moving in that direction, it's like a boring machine and matter starts conforming to your will. And then that's where the serendipity is.

The synchronicities, everything else start showing up. Interesting. So in that component, the chill, the fall as the second pillar, is that a recurring theme then?

That's coming up for you now as you're, you're implanting or teaching the 17 year old in the timeline that is kind of made up, right? So we can kind of, like, let's just go for it.

The New Book and the Circle Model of Self-Actualization

So, so where how is that showing up for you now? Well, you know, I mean, I had this dream since I was a young kid, and I just felt like I had something to say.

And, you know, in my first book, A Curious Year in the Great Vivarium Experiment, I liken it to like, the dream is like shooting a grappling hook out into the future.

And if you're strong enough and focused enough, you can and you stay on that line, you're going to get to the top of that mountain. You're going to get to that dream.

Of course, there's a lot of elements on the mountain, and the environment is always trying to push you off of that. That dream people environment, jobs.

You know, I was stuck in corporate America for years and I'm like, how is this ever going to happen? And, I believed in trusting in the process, but I was not totally trusting in the process.

But I think that greater belief at the soul level, you know, keeps you on that line. And again, it's just like magic and serendipity and synchronicity started happening.

You know, once I, you know, I, I, I kind of, you know, came out of college and then I was chasing all these the, you know, dot com IPO and all this other stuff and, and then at one time point in like my mid 30s, I was like, wow.

I used to always ask to be used as an instrument piece. And I started asking that again. And then boom, I hooked up with Doctor Joe. Wow. You know, and he sort of fell behind on his book deal.

And he was like, hey, what would you think about helping me and becoming supernatural? I was like, watch how fast I quit my job. So I, I quit my 9 to 5, which was like, you know, the dream.

I'd been dreaming that for years. And I jumped into the unknown. And I think, I think a lot of the way my life has unfolded is because I've had the courage to jump into the unknown, despite the fact that beneath it I was like, you know, inheriting my mother's fear, you know?

And my dad's like survivor's guilt from a World War two and all this stuff. But so I think, you know, you just I don't know, it's like I just did the opposite of what the fear was telling me to do, which is not easy, but that is not easy.

So what what kind of recommendations do you have for folks like get getting into that, like getting into the unknown, to stay the course or are there certain techniques that you do?

Is there meditations? Is there movements? You know, I know it's different for everybody, but I'm wondering kind of in the Tim Shields, you know, background and where do you draw on, on there?

Well, at one point I was, almost finished with my book, and I was living at a friend's place, on the Oregon coast, and I was running along the beach one day.

And then, just like this mission statement landed in my head in incompletion. And it's. I translate light, frequency, and energy into story so as to lead others to their truth.

So, like, I think it's very important to be very clear on what you want to do in the world so that that's like the umbrella statement, you know, and then I have a professional one that's like, I help artists, visionaries and global change makers articulate and amplify their message, the economy of words.

So I'm very clear on what I'm doing. Well, but, you know, sort of the, the catalyst of my first book was my mom passing away. I had to, you know, I had a decade of sick parents, and it was people were going on vacations and I was going home to new Jersey, you know, to see my parents.

And, and so my mom passed away, bookending this decade. And I was like, it's my time. And I always knew if I wanted to do big things, if I wanted to write about big things, I had to have big experiences.

And I had like volunteer orphanage, you know, took off in Tanzania and done all this stuff. But I went all in and I bought a one way ticket to India, which was absolutely terrifying.

And like, I landed in New Delhi without even a Lonely planet or anything. And I was just the first like two days. I was like, I made huge mistake. What am I doing?

Like terrified. Yeah. But a little while before that, a friend of my sister's sort of an energy healer person, she was like, all right, you're a writer.

Dreams, Fear, and Jumping Into the Unknown

Yeah. Okay. I want you to do this exercise. I want you to write down five things you're great for, grateful for, and five things you want to create. And you're going to find that the things you create today are going to become the

things you're grateful for in the future.

And, I mean, this has been a practice of mine since October 2010. And it's actually the gratitude and Intention Journal is actually a structural element of my book, because literally, I took off to find the story and I was like writing down like, all right, I want to be of service.

And then the next thing you know, I was volunteering for a guy who's won the equivalent of two Nobel Prizes, India's most important environmental lawyer, you know, sued the state of India to create a green zone around the Taj Mahal.

All of these things were just happening and manifesting and and I really believe it's like, you know, reality is actually malleable. Like, it's it's malleable. I'm starting to learn on almost a nanosecond, a nanosecond basis on who we are.

Yeah. It's reflected. It's mirrored and reflected back to us. And, you know, I've gotten in the habit when something, you know, something happens that is not like what I wanted or created.

You know, I just I say, all right, show me what's better. And I'd like that change of energy creates a ripple that changes everything. You know, everything.

I mean, I have countless examples of that happening. We don't have the time to go into that here. But yeah, I mean, I just it everything is about energy and your state of being, you know, and who you are being and your energy level is going to be reflected back to you.

And for years I was depressed. And, you know, I was stuck in anti-depressants and shit. And it was just like, I don't know how I kind of got out of that.

I think really when I sort of became the butterfly was when I actually started engaging in the self-actualization process of becoming a writer instead of just thinking about becoming a writer.

Yeah. So it's all about it's also like if you want to get somewhere, there is the thought, but then there is the state of becoming, and you have to you have to sit with that, which is uncomfortable, but it's transformative.

You have that unknowing, you know, it's kind of that the dichotomy of our brains, of the way we're wired in one fashion, of wanting safety and the known and versus that's not life, right?

That is, it's a, it's a it's a screen or a picture. It's like over there. And it's with that becoming in the, in your, you know, beingness is where you're like wild, you know, it's life comes alive.

Or, you know, some folks I've heard kind of talk it like giddy with excitement on how the day unfolds because it's an unknown. We don't know, you know, on but on one level it's that's super uncomfortable because we don't know.

And then sometimes it doesn't happen the way we think it would or should or the way that we willed it or our picture of it in it. I think it's being okay that I mean, you know, on the vastness of the whole thing, it's a little bit it's definitely doesn't I can't rocket.

I mean, it's just it's so immense, so magnificent, just so ornate and, you know, beyond just this little noggin of mine, so I just have to, like, surrender into that.

So you, you write, you know, there's one way, you know, in your book you wrote, you know, for every, every life or at least in every artist's life, there's you're answering one central question.

Do you write in the book on how to help people find that? Well, I don't think I do. I, I actually haven't looked at it in quite a while because I pulled it back.

There's like two chapters. I'm like, these need to be written. Yeah. But I think the central question to my life and I think it's actually a central question to a lot of people's lives, is am I actually powerful enough to create, manifest and actualize the dream?

And that is the that's the question and that's the journey. And, you know, I'm, I'm working with energy for life, helping helping with some of the articulation of the ideas and stuff like that.

And I really think, that manifesting comes down to what, what we call the gist, which is gratitude, intention, surrender and trust. And, you know, the gratitude and attention part I've been doing in my journals, you know, and but that there there's the surrender and trust part as well.

And, surrender I think is an active state of allowance.

Gratitude, Intention, and Manifesting Through Energy

You know, some people are like, okay, I create it. I don't have to do anything. But no, you have to be moving forward in that direction. And then trust is trust is it's like walking through a door that was opened specifically for you, but you don't know what's on the other side, but it was open for you.

So, you know, let's do this. Yeah. And, it's it's probably the easiest concept to understand and the hardest to master. So, I mean, I just but but I think if you kind of, if you take everything from like a much higher level and let's call this this physical dimension, a learning ground for, for our evolution, our spiritual and energetic evolution.

You know, if you can stay in that, you know, at a, at at our age, maybe like a 20 year old could be crushed by something, but we have the richness and time and perspective to see that, how all of these things connected, that didn't make sense in the moment to get us to where we are.

And I just trust that it's always leading me to something better, because that is the process of the universe. It's it's continuously creating greater and greater order.

And if I can connect to myself in these patterns of energy and information, then it is going to bring me into this greater order. And, you know, I mean, there was a long time where I was just, you know, fighting to find people to like, you know, write for or jobs in the freelance world.

And, I don't know, something shifted in my energy and, and all of the great projects I've had, they just come to me like I don't do anything. So it's just I, it's it's an energy and, you know, it's it's everything I write about.

I write about consciousness. It's my passion. I only have I only have my own consciousness to study. But, I believe, as you know, a writer or whatever, like I'm a mirror of the universe and vice versa.

Let's go on that. So for folks that are maybe unsettled or not liking what the universe is mirroring back to them, how would you recommend for somebody to get into action around what do you do to change that reality?

So I guess another way would be what's the key to manifesting or creating a reality or your reality? It's it's the it's I think it's the exact opposite of what people think, which would be like hustle, do more or whatever.

I think you have to become still and you have to become quiet and you sit with you know yourself. And manifesting is about moving into the energy of your future, you know?

So like Doctor Joe would say, the thought sends a signal out, the feeling pulls it back. And I mean, I almost daily I meditate and it's completely changed my life.

I mean, if I didn't wind up meditating, I don't know who or what I would be doing. It might be messy, let's put it that way. But I do a lot of like writing exercises and stuff like that.

You know, I was just traveling through Europe for two months and there were all these massive expansions and contractions. You know, I think of like solo travel.

It's probably why I'm like, addicted to solo travel is like, if this is like the spectrum of your the totality of your life experiences in six months, it's like compressed into this box, you know, and if if the state of energy is expansion, if all this energy is being compressed to this, there's a there's a lot more, faster contractions and expansions and, you know, I, I saw things that I would not have seen otherwise.

And at one point, you know, I like I unlocked a lot of things within myself. And at one point, I was kind of like, why am I so unhappy? You know, like I'm living the dream right now, literally traveling the world, getting to write about getting paid to do it.

And, you know, part of it is because the ego is always future casting. But I, I actually I sat down one day and I did this, this quadrant exercise. And in the first quadrant I wrote what are my limiting thoughts?

And in the second quadrant, I rewrote those as an unlimited thought. And then the quadrant below it. I called it Celebrate the Wins, and I wrote all these amazing things that are happening in my life.

And then next to it is like, what do those wins feel like? And that is where you want to be. Because if you can, if you can get your heart, the heart energy into that, the heart energy is the amplifier.

And and it comes, it comes back to gratitude. You know, I think gratitude is the amplifying energy and intention should be created on the back of gratitude, you know, so it's like I was writing about it yesterday.

Like gratitude is like being in a loving, comforting, safe embrace. It's like you have everything you need. Everything's great, you know?

Meditation, Self-Awareness, and Closing Advice

And and when you can really move into that, it is an expansive feeling like that is where you want to create from. I love it. So yes, intentions on on the after wake of gratitude of an expansive state.

I like how you did that. That exercise with the getting into the emotion and celebrating the wins, because so many people don't celebrate the wins. They're just moving to that future cast of like, you know, tomorrow never comes type of deal and that they're do you have any like rituals or ways to pause to, to celebrate the wins or how do you use do you or do you?

Does it just come naturally to, you know, I mean, it's I'm like, nobody beat me up. Like I beat myself up. No, I mean, that is why I had to do that. I was like, whoa, pump the brakes.

I'm traveling around the world. I'm working with people at the highest level of consciousness. I always wanted to create this gratitude intention journal.

I'm getting to do it, you know, with energy for life, right? And, you know, I was like, geez, lighten up, loosen up. I got to tell that the middle aged guy my future has to tell the middle aged guy, like, lighten up. It's all good, you know?

And but but the ego, it's it's like when I have done this, I'm going to be happy. No, no, no happiness. Creation. Everything only happens in this one eternal present moment.

You know, I think, you know, we're going to learn in the next maybe 20 years or something, a very different idea of time, you know, time is not linear, but it's a whole other conversation for a whole other time.

That's what I'm trying to figure out right on that whiteboard. A new a new, new way and paradigm. I love it. Yes. Well, so in closing, any any last remarks, thoughts, anything to put folks into action.

So, you know, trying to end each interview with an action item for folks or, you know, a seed planting. So I'm wondering if you've got if that sparks anything for you here.

I always, you know, my two, my two go tos are meditation and the gratitude and Intention journal. And it's just there's just a little bit of energy in a certain direction can have massive, massive effects on your life.

I mean, I've created so many things out of that gratitude intention journal, and it's almost like sometimes the more the bigger and more outlandish they are, the faster they come, because I have no connection to them.

It's always the things that you want so bad. You know that it's almost like that wanting is creating an energy of lack. But like when I just put these crazy things in there, sometimes they happen like that.

I mean when I was traveling and on this trip, this trip to, on the book that my, my first book, it's like I would write things down and it was coming to me like that day, you know, and and that's a whole different thing because when you're out of your environment, your senses are way more lit up, you know, and you are you are absorbing more information.

And I also think your energy is probably higher, although I was younger, so I probably hung over a little bit. That's great you down. But yeah, I mean at all times.

I mean, the other thing I would say is just be very cognizant and aware of your energy because your energy is what is reflected back to you at all times.

So shields, thank you so much for.