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**The Proposal**  
for  
**The Evolution of Consciousness**

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## INTRODUCTION

My personal details have little relevance to what I'm about to write. That said, the basic outline of the circumstances that preceded my putting pen to paper do make a good starting point.

As a child I was curious concerning the sense of connectedness I felt to the seemingly random events that signposted the road down which my life was otherwise inexplicably travelling.

These events manifested themselves to me through instances of synchronicity, déjà vu, intuition, conscience and the like.

With science and religion failing to provide a credible explanation for these events my search for answers turned inward.

The self-centred perspective which dominated my formative years excluded me from formal education. The painful but necessary lessons experienced during this time introduced me to self-analysis, meditation and the rewards of thinking outside the box.

Over the last 40 years my search for a science-based explanation for paranormal events has led to my development of a concept that reconstructs fundamental physics theories from a previously unimagined perspective: Theories such as quantum mechanics, Einstein's theory of relativity and the 1st and 2nd laws of thermodynamics.

From that altered perspective I offer a coherent science based explanation for that sense one experiences, when meditating, of 'being connected to the whole.'

There are many ways of attaining the peace of mind of meditation. Some folk paint, others sail or turn pots, lost in their passion they meditate without realising it, while others have to make a conscious effort. The choice of method is a personal thing. That which suits one doesn't always suit another.

(This work is not a guide to meditation, it is much more than that. The chapter on meditation is used to describe a process, nothing more.)

## CONTENTS

Simplicity is the key. Why overcomplicate a thing other than to make one self appear special?

This short work has been undertaken with that thought in mind.

In it I'll demystify complicated physics theories to make them accessible.

I'll then ask you to apply lateral thinking and logic to the theories.

From that moment, and every moment of everyday that follows, you'll view yourself, your life, your relationship to the world around you, from a perspective where logic and science provide an explanation of how everything that has ever existed is connected to everything that will ever exist.

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Outlines the history of two competing theories.

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No equations or maths, a simple explanation.

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Those who know do not speak. Those who speak do not know. - Lao Tzu

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## A HYBRID

Early in the 20<sup>th</sup> century a German patent clerk, Albert Einstein, and a Greek Armenian entrepreneur, George Ivanovitch Gurdjieff, were each pursuing a theory.

Their common goal was to provide unequivocal proof of a unifying particle, a common denominator linking everything in the entire universe.

Each planned to demonstrate the deeper attributes of the unifying particle, that it not only links everything in the universe, but it also links everything that *will* ever exist to everything that *has* ever existed.

Einstein's field of expertise was science, maths and physics, while Gurdjieff's interests, although of a scientific nature, were greatly influenced by esoteric systems of learning from the east.

So, you see, our pioneers pursued their vision from totally different perspectives.

Einstein worked exclusively in the domain of external proof, in the world we see around us, where he used numbers and equations to predict and demonstrate the workings of his theory.

Gurdjieff worked in the intimate field of the mind, his system providing internal proof in the form of an euphoric sense of awakening within his devotees.

But that was all he had, the physics behind his theory carried serious flaws which soon discounted his work as being of no scientific importance whatsoever.

Einstein however had nailed it. Using physics, maths and equations he could demonstrate how everything in the universe had a common denominator which connected everything throughout space and time.

Unfortunately his eureka moment was poorly timed.

The planet was at a pivotal point in its history, embroiled in the Second World War.

The power brokers of the day didn't want the-man-in-the-street looking too deeply into the profound implications of the unifying principle of Einstein's theory; instead they focused the public's attention on an off-shoot which had come to light within the greater work - the vast energy Einstein predicted could be released from a small particle.

They called it the Manhattan Project.

It involved the detonation of atomic bombs over Hiroshima and Nagasaki.

Eclipsed by Einstein's theory Gurdjieff's work, which he'd called 'The Fourth Way,'\* was all but forgotten, discarded in the dust on the roadside of good ideas that might have been.

The carpetbaggers and charlatans who inevitably travel such roads picked it up and turned it over in their hands.

Despite their realisation that the physics of Gurdjieff's theory was lamentably wrong they sensed it contained some strange esoteric knowledge.

In their attempt to separate the two they tore it apart, adapted it for their own ends and left that which they'd failed to comprehend lying in the dirt.

Had the carpetbaggers fully understood Einstein's and Gurdjieff's theories they'd have seen how, when overlaid in the correct sequence, the failings of one theory reconciled that of the other.

When aligned correctly the flaws in Gurdjieff's physics are explained by Einstein's theory and the sterile inaccessibility of Einstein's equations are made accessible through Gurdjieff's work in self-observation. In a flash they clarify each other revealing an accessible hybrid; a simple science-based explanation backed up by empirical understanding of the unity between all things.

Had the carpetbaggers, back there on the road, realised the potential this hybrid has to offer we might today be enjoying an era of peace through harmonious understanding rather than the prevailing culture of self-centred consumerism.

\* The Fourth Way—In the traditional ways of the fakir, the monk and the yogi, a man attempting to gain will over either his body, emotions or intellect, is asked to give up everything at the start and retire from life.

Upon entering the Fourth Way, sometimes called the way of the sly man, a man doesn't give up anything in his ordinary life. He stays in life and works with all three sides of himself, his instincts, emotion and intellect.

## QUANTUM MECHANICS

The Quick-Start-Up-Guide, the basic instructions we get when we buy a new electronic gizmo - they're great, aren't they?

Our busy lives don't afford us the time to have a comprehensive knowledge of *how* these complicated machines and devices work, we just need to know which buttons to press in order to *make* them work. The rest we take for granted.

We take stuff for granted in the natural world too – important stuff.

Every day the sun gives us the light our lives depend upon, yet we take for granted the nuclear furnace that creates it and the action that keeps us in its orbit.

As long as the sun rises and the toast pops up and the engine starts and we get our emails - we take them for granted.

Somewhere there's a boffin who knows how these things work. So it's OK, we don't need to know.

The same principle applies to complicated physics theories - Quantum Mechanics, Relativity, and The Laws of Thermodynamics.

Einstein and his contemporaries figured out the fine detail of theories that would show us the universe from a wonderful, mind-expanding perspective ... but they forgot to include the Quick-Start-Up-Guide! So here it is.

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A long, long time ago, before anything you see around you even existed, everything in the entire universe was compacted into a small, incredibly dense, ball of fundamental particles.

(Sorry, but you're part of 'everything in the entire universe,' so you have to imagine yourself *inside* that ball. You're a uniform particle along with all the other uniform particles.)

Each particle, whether compacted with other identical particles or isolated, consists of but one thing, itself. Within them time and space do not exist. (To take a measurement in time or space requires two points of reference, in this particle there is only one.)

In a fraction of a second this ball of fundamental particles will expand across the universe, generating intensely high temperatures that will bond some of them into clumps.

(The mass of particles in any one clump determines the element they become and thus how we perceive them from our 3-dimensional perspective.)

A long, long time later these clumps of matter have spiralled into stars and planets, into today's universe where, through many species and generations, some really special clumps have evolved ... to become you.

Now, here's something really awesome.

Each fundamental particle remains connected to every other fundamental particle, forming a field of quantum particles that permeates every element we perceive from

our 3-dimensional perspective.

Within the quantum field the particles retain their fundamental characteristic:  
They exist beyond time and space.

This means that the quantum field not only connects you to everything in existence but also to everything that has ever existed or ever will exist.

The field of particles connects you to the 'you' you were yesterday and the 'you' you will be tomorrow.

In fact, it connects you to all the 'yous' you've ever been and all the 'yous' you ever will be.

Here's the part where you have to do some lateral thinking.

If the field of quantum particles connects you to all the 'yous' that have ever been or ever will be ... then what would be the point of memory being stored in your brain?

Your ego tricks you into believing that because your memories and ideas are viewed in your brain, that's where they're stored.

But if the quantum field connects you to the actual event, then what would be the point?

Your brain is a wonderful transmitter and receiver of information, an interface with a field of quantum particles connecting you to actual events in your futures and pasts.

It is not a closed repository of stored information.

You experience your connection to past and future versions of yourself as, for example, pangs of conscience, moments of inspiration, sparks of intuition or spooky instances of synchronicity.

These connections appear in your head as your thoughts, memories and dreams.

I realise the knee-jerk reaction to the idea that 'memory isn't stored in the brain' is disbelief, but research it for yourself.

When you do, you'll find plenty of theories and reams of scientific text accumulated from years and years of research, all done by fine fellows with great streams of letters following their names ... but not one of them will be able to tell you, categorically, how or where memory is stored in your brain.

Because no-one knows.

Now, consider the implications of accepting the theory, that memory isn't stored in your brain, that in fact you are accessing the actual events.

With such a thought comes an altered perspective that provides an explanation to

every puzzle and conundrum which man confounds himself with by insisting he is a closed system separate from the universe.

Initially it can be quite scary.

Suddenly you're connected to everything you see around you.

Everything that you previously considered to be beyond you becomes an extension of your brain ... at least that's the logical first thought ... but as you focus on the obvious you'll come to see yourself as something quite different . . . that you are the universe inhabiting a human whose sole purpose it is to understand and explain who and what he or she really is.

You are the universe experiencing creation by being human.

$$E=mc^2$$

The small planet where I live isn't in too good a shape just now, ecologically speaking.

Over the past couple of hundred years the population has exploded, gobbling up the planet's resources with an insatiable appetite.

The people of the planet, on the whole, are good people. They try to live good lives, and love one another and get along ... but they have a big, big problem. For millennia a mystery that touches their hearts and minds has remained unanswered.

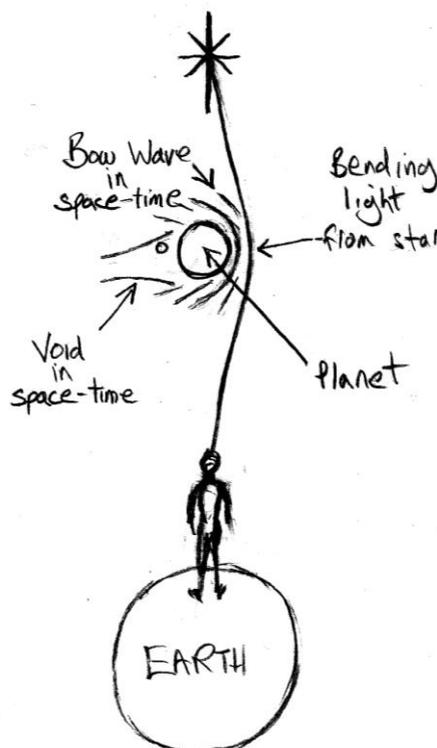
This mystery comes to them in moments of intuition, as pangs of conscience or feelings of déjà vu. On a daily basis their experiences of serendipity and synchronicity and events involving impossible coincidence have profound effects on their lives.

Their scientists and religious leaders, unable to come up with any plausible explanation for these occurrences, resort to the insistence that blind faith in their way will eventually reveal an answer, but this only creates division and confusion from which bedlam ensues.

To escape the madness I go boating.

Out on the water, away from the stress, I can think clearly, my mind is uncluttered. On just such an occasion I was pondering another anomaly, one that once puzzled the most eminent minds of the early 20th century.

Albert Einstein, and his contemporaries were struggling with the conundrum of why light from a distant star bends as its rays pass close to another planet in our solar system.



That particular day, lost in my thoughts concerning this matter I'd been watching the movement of my boat through the water.



I'd noticed it created a bow wave ahead of me and behind me the water displaced by the boat created a void.

That was the moment when I understood, as Einstein had, that light bends because space is filled with 'something.'

The planets passing through that something create a bow wave and just as behind my boat, there forms behind the planet a void into which smaller objects, like moons and satellites, are in perpetual free fall. The action our astronomers call 'being in orbit.'

But what is the something that the light passes through?

Einstein called it spacetime but couldn't explain its composition other than it had to exist because it was proven by the experiment demonstrated on page 8.

\*The recently discovered Higgs boson exists in a field that permeates all matter in the universe.

The Higgs boson gives particles of matter their mass, and may well be, or be directly related to, the field of quantum particles that Einstein referred to as spacetime.

A ray of light is made up of photons, particles without mass. Yet when matter bends spacetime the photons bend with it. Simply put, the ray of light and spacetime interact, flowing together.

This suggests that at a fundamental level spacetime, which interacts with matter, and photons, which interacts with energy, are compatible?

To elaborate on this theory, that energy and matter are in essence the same thing, we'll need to stop time, and then reverse it.

So let's see what happens when you take some hypothetical matter and give it the characteristics of light.

Imagine that every particle in your body is vibrating.

As the frequency of the vibration becomes faster, as you accelerate towards light speed, all the things you see around you will begin to slow down, until they appear

frozen in a state of suspended animation, even the fastest jet plane just hanging there in the sky.

This happens because, relatively speaking, you're moving at the same speed as the light that's illuminating everything. It's the same principal as being in a car on a motorway, when you and the vehicle in the lane next to you are moving at exactly the same speed.

Now imagine that, from your unusual perspective amid this suspended state, you increase your vibration from the speed of light to that of the speed of light multiplied by the speed of light, (speed of light squared.)

If you could do such a thing you'd see time, in relation to the world around you, begin to run backwards.

You'd see the things that the light illuminated yesterday ... and the faster you accelerated towards the speed of light squared the faster and further back in time you would go.

In a moment you would flash through all our history, different civilizations would come and go, dinosaurs, the forming of our planet, the birth of our universe in the massive expansion that our astronomers call the Big Bang and beyond ... to a place where everything in the entire universe has become compacted into a very small, very dense, concentration of energy ... or matter, here they are the same thing, here everything in the entire universe has become unified, a place where matter moving at the speed of light squared has become energy. ( $E=mc^2$ )

The most important feature of the zillions of fundamental particles united here is that each particle retains a uniform characteristic, either as one compact mass or spread out across the universe, within these particles time and space do not exist. (To measure time and space requires two points of reference, within these particles there is only one.)

Up until now you've been observing all these goings-on from an imagined perspective, one which kept you separate, outside the course of events, but, of course, you're actually within the ball of energy, so, let's return you there, to your normal state. You can stop vibrating now, and ... Whoosh!

In a fraction of a second the massive concentration of energy expands, creating incredible heat. Quantum particles fuse forming elements and compounds, which over time and through space evolve to become you and the world you perceive around you.

And through it all, connecting it all, is a unifying sea of quantum particles ... the planets making bow waves as they pass through them, bending the light from distant stars, and Einstein going, 'Oh yeah, now I get it' ... just like me, sitting here in my boat, taking Einstein's beautiful theory to its logical conclusion ...

The particle, which permeates everything that has ever existed, connecting it all, offers a logical answer to all the conundrums mankind chooses to confound itself with.

Through this particle we access actual events in our pasts and futures. The images appear in our brain as thoughts, memories and dreams, prompting and guiding us with instances of intuition, synchronicity and serendipity, of déjà vu and conscience.

The human brain is a fantastic transmitter, an awesome receiver, an incredible interface, interacting with a field of quantum particles; it is not a closed repository of stored information.

\*Imagine you're at a Hollywood party. The crowd is evenly distributed around the room, chatting.

The room is like space filled with the Higgs Field.

When the big star arrives the people nearest the door gather around her.

As she moves through the party, she attracts the people closest to her. This increases her resistance to movement. In other words, she acquires mass, just like a particle moving through the Higgs Field.

If a rumour crosses the room ... it creates the same kind of clustering, but this time among the people themselves. In this analogy, these clusters are the Higgs particles.

## MEDITATION

Our biggest obstacle, from the start, is that we don't appreciate the extent to which we practise self-deception.

We believe we have free will and that we are conscious, but we mistake free will for our mechanical reaction to events that happen around us, the majority of which are totally beyond our control. And we mistake consciousness for the thoughts which we conjure up in our head, thoughts which are nothing more than the working of our own imagination.

You can measure the extent of your free will and consciousness in an exercise called self-remembering. It's a form of self-analysis.

This exercise can be done anywhere, at anytime. You simply stop and ask yourself questions concerning what you were thinking about and why you were thinking it.

The object of the exercise is to categorise whatever thought immediately preceded the moment you stopped.

There are only 4 categories; Intellect, emotion, movement and instinct.

Every thought you have will fall into one of these categories. Stop, identify the thought and ask yourself, Was it an emotion? Or was it my intellect? Was it instinctive? Or did I merely have the thought in order to co-ordinate a movement?

The answer you hear in your head, as you categorise the thought, will usually prompt a deeper thought. This too must be categorised, and so on until your mind is clear.

Admitting to what was really at the root of the initial thought requires you to be completely honest with yourself. Such honesty is difficult because, as yet, you don't know who you are!

To suggest such a thing, that you don't know who you are, must sound strange, but you conceal your true identity behind constantly changing masks.

If you remained in one persona for any length of time you would have to face the flaws in your character, they would soon become undeniably obvious and you'd be forced to deal with them.

So you shift, you change your personality to avoid having to address these contentious issues.

These personalities you call 'I'.

A hundred times a day your 'I' will give an opinion, make a judgement, have a want and, when challenged, the 'I' will change in order to protect the deep-rooted master of all your 'I's, your ego.

The really established 'I's carry with them the traits that make up your character and while these traits can be both positive and negative it's always the negative ones that are dominant.

Negative thoughts and identifications sap your energy.

Your ego generates them from events sampled through the quantum field.

It creates negative thoughts and identifications in order to keep your 'I's occupied in pointless pursuits, thus perpetuating the myth that you are separate from the universe which allows your ego to remain in control.

When you're ready, try the exercise of self-remembering, stop yourself, and observe what you were thinking and why.

Subduing your ego is a struggle, it knows you well, it will constantly try to deflect you from your task, so stay focused, categorise each thought as it pops into your head, until no more come, and your mind is clear. Only then will you begin to sense your connection to the universe.

In that moment of clarity the universe becomes you and you become the universe; it is a realisation that stays with you for the rest of your life, it never leaves you.

Self-remembering uses a lot of energy. The euphoria you sense when you first experience higher consciousness will sustain you, but after your initial success you won't try self-remembering again for several days.

This is normal, because you've done something totally awesome. When the universe deems you're rested, the 'you' who's way down the road towards your dream future will contact you, telling you to try self-remembering again.

The next time it will be easier: remember yourself, remember your connection through the quantum field, quieten your mind, categorise the thoughts appearing in your brain, what part of you is generating them, your moving centre, your instinct, intellect or emotion.

Each time a thought comes into your head categorise it and it will fall away silencing the 'I's and identifications and negative thoughts.

When the disturbances subside you'll know your connection to the universe. Stay with it as long as you can.

While you're in your state of higher consciousness you are walking your path to your dream future, seeing your route, subconsciously taking note of all the signs along your way.

Keep your mind clear, don't look for your path, if you do you'll involve your ego and it will immediately interfere with your connection.

It's only when you return to our ordinary, everyday, three-dimensional world that

you'll begin to recognise the signs that the universe has prepared for you.

Soon after your return you'll have a thought, BING, and it will feel different to the ego-generated thoughts and imaginings that you've previously filled your head with. You'll sense the difference, its surreal quality, its texture, a staccato flash of knowing, BING, that the communication comes to you from the universe, the universe you've experienced through consciousness, consciousness which has just spoken to you, BING, unprompted, because it's recognised you as a traveller on the road, a traveller who's coming home.

## THE SCHUMANN RESONANCE

In 1899 Nikola Tesla detected a resonance of energy in the ionosphere, a pulse created by the constantly occurring lightning events around the planet. The pulse was later named the Schumann Resonance after Winfried Otto Schumann.

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Way back through the mist of time, when this planet first formed, its volatile eco system pulsed with the energy of a thousand lightning bolts.

Just such a lightning bolt started your pulse, the one that this very moment pumps blood through your veins.

Your heart, through countless generations and species, links you directly to that first pulse.

Our early ancestors sensed the planets pulse. Back then it was strong and their mind was clear, it reassured them like a mother's heartbeat soothes the baby in her womb.

But over time, as the young planet's eco system settled down, there were fewer lightning strikes and the pulse became weaker.

To maintain their connection to the planet's pulse our ancestors evolved a hypersensitive receiver that would interact with the field of quantum particles that carries the resonance. Through it they would remain connected to the pulse. That receiver is our brain.

Sensitive and large it grew, so large it had to fold itself up like an umbrella in order to fit inside a skull that could comfortably pass through the female birth canal, (Ouch!)

The brain's ability to access the quantum field not only allowed our ancestors to receive the Schumann resonance it also allowed them access to other events in their past, events that today we call memory and thought.

This evolutionary leap allowed our species to become dominant.

Initially things were fine, everything was as it always had been, we lived in harmony sensing our connection to the universe through the quantum field, but as our data bank of accessible past events grew ever bigger we assumed an exaggerated sense of self-importance, an ego, and began to deny our connection to the universe.

Our ego persuaded us that memory and thought take place within our heads, that we are separate from the universe.

That ego-centred belief is now so established that we've almost forgotten our connection. But the universe won't be denied, it constantly challenges us with instances of synchronicity, déjà vu, dreams, intuition and the like, events that science and religion are incapable of answering.

Remembering your connection requires little more than a thought, and if you think it, if you give it space, you'll begin to see yourself as something much more than you'd previously imagined yourself to be.

The thought is that 'memory isn't stored in the brain,' that we access the actual event through a field of quantum particles.

With such a thought comes an altered perspective that provides an explanation to every puzzle and conundrum which man confounds himself with by insisting he is a closed system separate from the universe.

This theory has the potential to unite the people of this planet and confine religious and racial bickering to antiquity, where they belong.

United we might stand against the few who hold power over the many by perpetuating the myth of division.

United we might draw back from the cataclysmic scenario which we believe otherwise awaits us.

This theory offers an opportunity, through understanding, for us to forgive ourselves, for us to love ourselves, for us to love one another and our planet.

## THE LAWS OF THERMODYNAMICS

Through meditation, however you achieve it, you will progress.

The universe will reveal your path through random instances of déjà vu and synchronicity, you'll realise your way in flashes of intuition and tingling events of serendipity, and seldom will your path take you where your ego had previously persuaded you it would.

Never become complacent and look for your path. If you do your ego will deflect you and impede your progress. And be patient, don't let your ego frustrate you by making you think you should be there in a day.

Your ego will distract you at every conceivable opportunity, making you question who and what you really are.

When it does this, remember this simple proposition; that memory isn't stored in your brain, that you access actual events in your pasts and futures through a field of quantum particles.

When all else fails your ego's determination to remain in control and keep you separate from the universe will resort to the following question.

If, before the Big Bang, the entire universe was compacted into a small ball of energy/matter, what surrounded it?

Another approach it often uses is: Today's post-Big Bang universe is still expanding, but into what?

The two questions amount to the same thing.

Let's return to the first: What was beyond the compressed ball of energy/matter just before the Big Bang?

When the question is asked you picture it in your head. You imagine a small ball hanging in space. This is only natural as your current reality has only 3 dimensions.

The paradox is that a complete answer requires a description of the 4-dimensional field of quantum particles that permeates our universe.

Such a description can't be given from a perspective bound by 3 dimensions, it can't come in pictures or words, either written or spoken. Such an answer has to be experienced.

To do such a thing, to experience the 4<sup>th</sup> dimension, as with any other experience, you must go there, which is what you do when you meditate.

But your ego is tricky.

Never mind that the fine fellows of the physics community acknowledge the existence

of the 4-dimensional field of quantum particles and despite the fact that for many years they've accepted that the act of actually observing or describing it from a 3 dimensional perspective is physically impossible, your ego will still demand a 3 dimensional answer.

So ... I'll try.

The closest we can come to a 3 dimensional answer to the ego's question, What surrounded the ball of energy prior to the Big Bang? is to consider it using the laws of physics concerning thermodynamics.

The 1<sup>st</sup> law of thermodynamics states that the total energy of an isolated system always remains constant despite internal changes.

This means that in the isolated system that is our universe, energy cannot be destroyed or created.

The energy contained in the universe may change its form, becoming matter or vice-versa, but there is always the same amount of the stuff. This is important, as you'll see later.

The 2nd law of thermodynamics measures entropy, the amount of available energy in a system. Again, our universe is the system in question.

The time line of entropy is directly linked to a systems state of order, as the amount of available energy dissipates, the system goes from a state of order to disorder.

At the moment before the Big Bang there is a state of unity, perfect order, where all the fundamental particles have come together forming what physicists call a singularity.

Following the Big Bang the singularity expands, creating great heat, forming elements and compounds that gravitate together becoming what we perceive as our 3-dimensional universe.

Over 13.7 billion years the universe evolves but as it does so it becomes an increasingly complicated place. Its timeline takes it from order (low entropy) to disorder (high entropy).

Eventually, after trillions of years, everything in the universe will reach the ultimate state of disorder, a state beyond high entropy where every piece of energy/matter has broken down into fundamental particles which are spread out across space and time. In doing so the universe has reverted to the same state that existed prior to the Big Bang, where, according to the 1<sup>st</sup> law of thermodynamics, there is exactly the same amount of energy/matter.

The singularity that existed pre-Big Bang and the singularity that exists trillions of years after the Big Bang, when the 2<sup>nd</sup> law of thermodynamics has run its course, are connected by the same fundamental particle which underlies the whole process.

Within the singularity all the fundamental particles are the same, therefore there is

only a single point of reference. To measure time or space two points of reference are required, which means that within a singularity there is no difference between a trillion years and a second or a trillion kilometres and a millimetre. Within a singularity space and time do not exist.

From a three-dimensional perspective you perceive yourself to be surrounded by the universe but at the core of your being the fundamental particle links you to both the pre-Big Bang singularity and the singularity that exists trillions of years later when entropy has run its course. And, to everything else in-between, (of course,) you are the universe and the universe is you.

So ... an answer given from a 3 dimensional perspective would have to be that the universe is surrounded by itself.

You'll find your definitive answer in the place you go when you meditate.

## THE PARADOX OF THE DIVINE

You can pick your friends but you can't pick your family. Or so the saying goes. But let's take a look at our families - from our new perspective, we each have three.

**Our Genetic Family:** Linked through D.N.A.

**Our Earth Family:** This family includes our genetic family: mother, father, brother, sister, but also our friends and acquaintances, our enemies and colleagues, all the people we've reincarnated with, at this time, so that we might help one another on our journeys.

**Our Soul Family:** These are the people into whom we've reincarnated on our journey of enlightenment; this family comprises all the people, male and female, whom our soul has inhabited throughout the ages.

The members of this family are connected through the field of quantum particles that permeates all things. Through it they share subtle advice that helps all members of the family on their road to enlightenment.

Their advice manifests itself in many ways. They touch us in dreams as we sleep and show us things that make the hair stand up on the back of our neck when we're awake. They prick our conscience and spark our intuition, they reward us with serendipity and amaze us with instances of coincidence and synchronicity, they warn us with premonitions and they make us question who and what we are.

The head of this family is guiding us home.

Members of our Earth Family create scenarios which our Soul Family help us to resolve.

Resolution helps the members of both families move towards enlightenment.

Interaction between the Soul Family and the Earth Family is subject to our ability to overcome our ego.

Our ego will constantly strive to undermine and block the Soul Family's interventions.

It will distract us, playing on our weaknesses, occupying us with pointless pursuits, its one purpose being to confine us to the 3-dimensional perspective where it has control.

My final proposition poses a paradox: If our purpose as hosts of the divine is to understand who and what we really are, to learn it for ourselves, within ourselves - then why do I feel the urgency to share what I've learned?

My ego argues that I'm simply testing my theory. That it is my duty to do so. That if there's the slightest chance that such a theory might bring peace to a troubled world then it must be tested and if proved made common knowledge. But the divine is always suspicious of the ego, thus the paradox.

## REFERENCES

Any new idea, which at the outset didn't seem fantastic, wouldn't be new!

Even if you're coming at the science stuff with no pre-conceived ideas some of it will seem totally out of this world - but it's not, it's all rooted in accepted scientific principles.

Check it out on the internet.

**Cosmic Voyage**, a Smithsonian Institute video.

**The Higgs boson**, - Dr John Ellis or Don Lincoln.

**Quantum Mechanics**, - Dr Quantum, *a cartoon*.

**The Laws of Thermodynamics**, - Professor Roger Penrose.

**Rupert Sheldrake**, - Morphic Resonance.

**Dean Radin**, - Institute of Noetic Sciences.

The following references resonate in me from an entirely different source.

**W.H. Murray – The Scottish Himalayan Expedition. 1951** (*Inspired by a Goethe couplet.*)

Until one is committed, there is always the chance to draw back; always ineffectiveness.

Concerning all acts of initiative and creation there is one elementary truth, the ignorance of which kills countless ideas and splendid plans, that truth being that the moment one definitely commits oneself, then providence moves too.

All sorts of things occur to help one that would not have otherwise occurred.

A whole stream of events issue from the decision, raising in one's favour all manner of unseen incidents and meetings and material assistance which no man could have dreamt would come his way.

Whatever you can do or dream that you can do, begin it.

Boldness has genius, magic and power.

Begin it now.

**W.B. Yeats – The Second Coming. 1919**

*Joni Mitchell's adaptation*

Turning and turning within the widening gyre  
The falcon cannot hear the falconer;  
Things fall apart; the centre cannot hold;  
And a blood dimmed tide is loosed upon the world.  
Nothing is sacred, the ceremony sinks,  
Innocence is drowned in anarchy,  
The best lack conviction, given some time to think, and the worst are full of passion  
without mercy.

**R. Jefferies – The Story of My Heart. 1883**

My soul never has and never will be dipped in time. Time has never existed, and never will; it is a purely artificial arrangement. It is eternity now, it always was eternity and always will be. By no possible means could I get into time if I tried. I am in eternity now and there I must remain. Haste not, be at rest, this Now is eternity. Because the idea of time has left my mind - if ever it had any hold on it - to me the man in the tumulus is living now as I live. We are both in eternity. There is no separation - no past; eternity, the Now, is continuous. When all the stars have revolved they only produce Now again. The continuity of Now is forever.

## **MY BOOKS**

Don't Hassle Me, I'm Local and A Most Excellent Adventure are semi-biographical, they explain the path I took.

The Fairytale of Josephine Star is an action/adventure/romance novel that follows a soul on its journey through time.

A Summer in Mallorca is also an action/adventure/romance novel. The story follows four young people as they explore their past and future lives together.

If you'd like a copy of any of my books or would like to discuss these matters further, drop me a line.

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