

M7/I8

Module 7

Energetic development,
transformation
and inter-dimensionality.

The Mystery School

The hardest stone is only a momentary interaction of forces; a process that for a brief moment, happens to hold itself in equilibrium before disintegrating into dust again.

The world is not made of stones, but rather light, energy, sounds, or waves moving through the sea. How things change is according to each other. The world is like a collection of interrelated points of view.

- Carlo Rovelli

Introduction

At this stage in our journey together, we've begun to explore deeper levels of energetic transmission.

Within this topic, typical questions that arise are:

1. How do we understand the mechanics behind energetic transmission?
2. How does it enable transformation?
3. How does it relate to inter-dimensionality?

In this module we will explore how energy transmission can connect us to more intrinsic dimensions and how they enable transformation. This exploration will also involve a theoretical dive into multi-dimensionality.

This module is divided into two parts:

- 1- Part 1: Inter-dimensionality and transformation through energy transmission
- 2- Part 2: The physics of God. Theories of quantum physics and other scientific ideas

Part 1: Inter-dimensionality and transformation through energy transmission

- 1- The Mystery School and energetic transformation
 - 1.1- The Mystery School as a field of energy
 - 1.2- How do things come into form?
 - 1.3- The process of coming into form
 - 1.4- The human component
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 - 1.10- Transformation in the intrinsic fields
 - 1.11 - The eternal return
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Part 2: The physics of God. Theories of quantum physics and other scientific ideas

2- Part 2 : scientific theories on energy and the formation of the universe

2.1- The theory of relativity

2.2- Quantum theory

2.3- String theory

2.4- Form generation: the unfolding of the universe

2.5- The wave/particle duality

2.6- Entropy

2.7- Inter-dimensionality and the creation of form

Part 1: Inter-dimensionality and transformation through energy transmission

Reminder:

In the previous modules, we've seen that the human being is an aggregate of an energetic system connected to everything in existence. Therefore, we are energetic systems made of energetic structures that if worked on, can become more and more developed. The highest energetic development we can reach as humans is the rainbow body. When this is achieved, we reach a state in which we have continuous access to a state of oneness, where we are connected to the realm of pure undifferentiated light.

What is the realm of pure light?

The realm of pure light is the realm where everything originates. Everything that exists in our reality has somehow originated in that realm. From there, everything manifests into form; a perceived solidity that we can interact with, i.e., with things that are functional in this time/space reality. From that experience we begin to realise that there are at least two realms; that of our origin and that of our perceived reality. These relate to our knowingness of the local and the non-local which we have already explored.

What happens in between, however, is a mystery. Various practices, philosophies and schools of thought have varying ideas of what we call "inter-dimensionality." Some will speak of five dimensions, others of seven dimensions and others 20 or more.

Given the differing view points at hand, what's important is the ability to focus on and understand the process behind these dimensions and how they are experienced, rather than settling on a specific idea about how many dimensions or planes might exist.

My views on this topic were shaped by my years of exploring energy and mainly working with my mentor and teacher Kenneth Ray Stubbs and the mystery practice of Continuum Movement.

1.1- The Mystery School as a field of energy

The true Mystery School exists beyond lineage and beyond time and space. Its practices, therefore, invites us to step beyond the limitations of our illusionary world. Across history, the Mystery Schools were known as some of the most significant and transformative spiritual practices because they work in such an intrinsic way.

The Mystery School refers to the mystery behind all of existence, therefore to what exists beyond what we can understand and what we can see and feel in form.

The Mystery School is therefore a field of energy and the energetic development work we have been exploring through it is a way to access this.

In engaging with it, the human being gains the ability to function and operate in various realms and planes, beyond the realm of form.

1.2- How do things come into form?

To understand how transformation happens, it's essential to explore how everything comes into form.

What we call form is simply a perceived density of energetic patterns and waves gathered in a specific time and place to respond to a particular set of circumstances. Quantum physics has repeatedly proven this, with various studies demonstrating that our entire reality is composed of 99,9999% energy. (If you are a geek/nerd like me, you'll be pleased to find more information about this topic in part 2 of this module.)

NB: the notes of the following section emerged during my time studying with Stubbs. They're based on his teachings but have been adapted in a way that I've processed, meditated with and understood them. As you read the material, you will understand and process them in your own way.

1.3- The process of coming into form

The process of coming into form has three main parts:

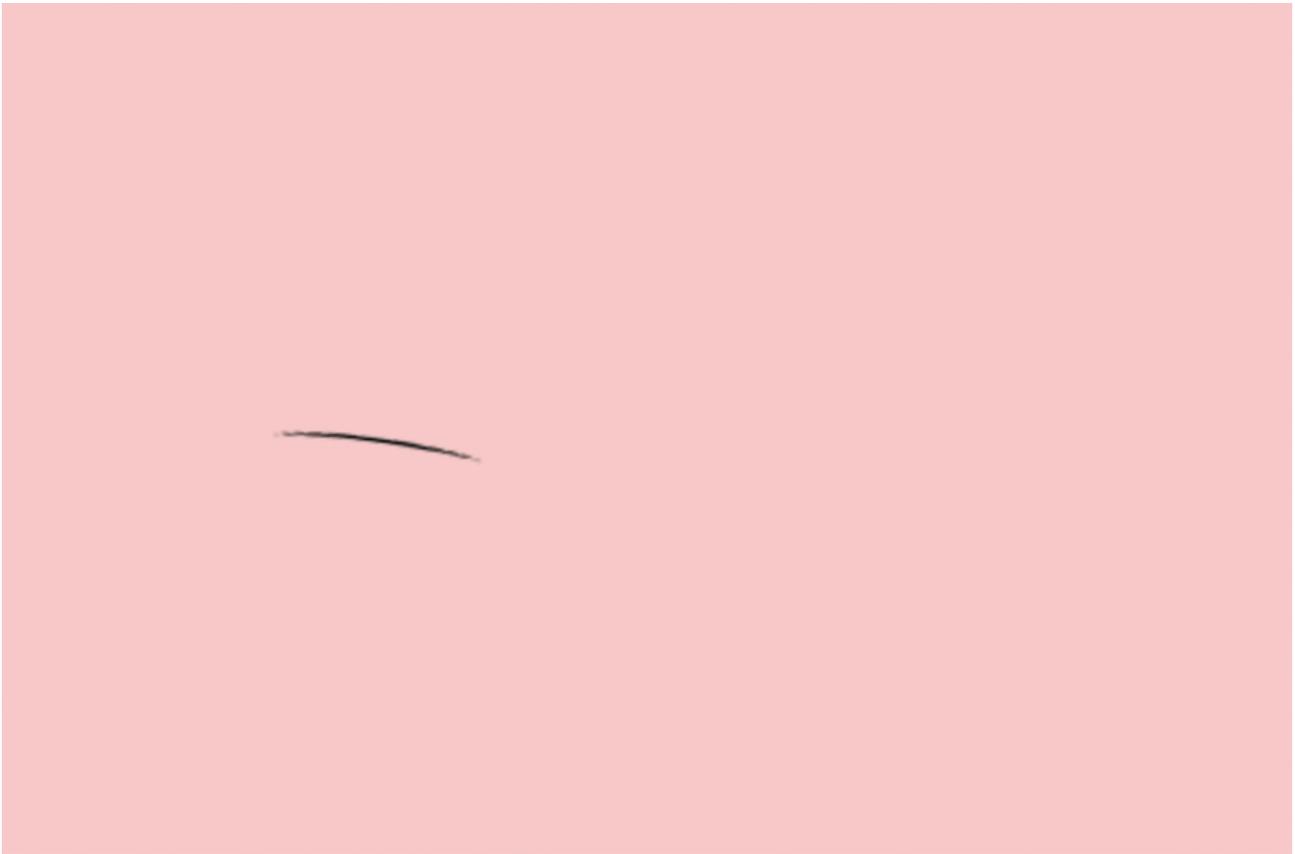
- Differentiation of frequencies
- Formation of frequency patterns
- Generation of energetic abilities

1.3.1- Singles frequencies, the point of origin

At its most intrinsic form, everything begins from a single frequency, the smallest measurable unit of energy. This is the basis of everything in existence.

These frequencies are barely perceivable as they are the size of a fraction of an atom. In fact, in terms of size and scale, a frequency is to an atom what an atom is to a human body. If we could see these, they would look like a tiny fragment of a small line of string.

They are the ring or the string in the vast, over-arching field defined in String theory, an essential theory from Quantum Physics' realm (see part 2). In the energetic creation of form, frequency is the base unit, the most primordial part of form.



1.3.2- Frequency patterns

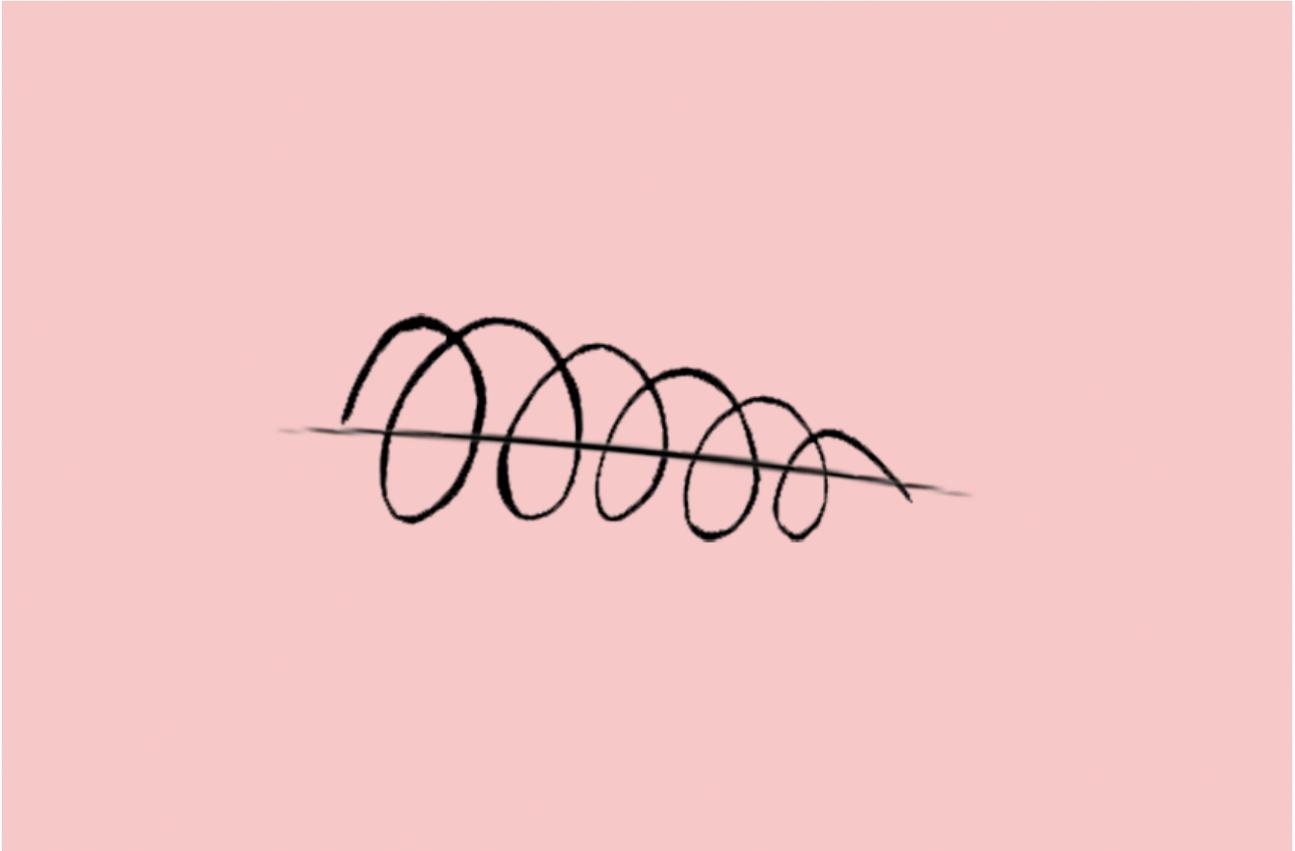
As the individual frequencies develop into form, they form frequency patterns that can be visualised as a small line, larger than the individual frequency. As they develop, they become energetic patterns. What we refer to as chakras, for instance, are energetic patterns.

Frequency patterns, as they develop, become energetic structures that become physical structures. When the frequency patterns are combined together, they form what we call a being. Some beings embody in physical organisms and some do not. Beings such as humans have a consciousness. Beings such as "elements form" do not. Elements forms are beings that do not have consciousness but are made up of frequencies vibrating such as lakes and rocks, etc.



1.3.3- Energetic abilities

Frequency patterns then become energetic patterns which become energetic abilities. These patterns and abilities are shaped and impacted by consciousness, affecting the way they vibrate, therefore affecting the final perceived form.



As energetic abilities develop, they create a shape known as a whirling vortex sphere tunnel (one of the four types of vortices we will study in this course). If we could see these, they would look like a line with a spiral surrounding it. These spiral structures are created by combinations of frequencies, which appear in more intrinsic planes and realms.

It's important to note that these inter-dimensional processes are not sequential. They happen all at once. This relates to the fact that these happen in a realm where linear time doesn't exist and that time itself is not linear. This is why practices which support us in shifting out of time/space realities are highly transformative.

1.4- The human component

Through intentionality, we vibrate in specific patterns, allowing the development of structures and abilities to occur. This refers back to module 5 that explains energetic development. As humans, the more we develop energetic abilities, the more we gain power to affect change in more intrinsic realms and planes. This is how we can enable deep transformation, which can, at times, even appear miraculous.

The more we develop our energetic abilities, the more we develop a wider vibratory knowingness. Vibratory knowingness refers to our ability to "know energetically" different forms of patterns that exist and compose our reality. The more knowingness we have, the broader our library of knowingness is.

This library of knowingness is our energetic blueprint. A being that has developed all the knowingness of the energetic patterns of all beings in our universe is a being that some would often refer to as God.

Our spiritual journey is to increase our vibratory knowingness to develop more of these abilities and live a more expansive and resourceful existence.

This is why, in our practice, we are invited to merge with everything. As we merge with everything we get a vibratory knowingness of it and we become more whole and closer to God.

This, in a way, can explain why we get served specific sets of challenges, and others people get others. The ones we have received are the ones we were meant to merge with in order for us to gain this knowingness and become more whole. Merging with all of it, as difficult as it is, is the key.

1.5- Dimensions, planes and the process of coming into form

All form must have a place of origin, a source, as well as a place of finality, where it can be perceived as form. This leads us to understand the involvement of multi-dimensionality in the process.

The realm in which things are perceived as form, which we consider “reality”, is one realm, and the realm of its origin is the more intrinsic realm that it has emerged from. The formation process then moves through various planes in between both, which are more intrinsic to our reality and less intrinsic than source.

This section attempts to map out, as clearly as possible, how these more intrinsic planes might be structured.

We've previously seen that science has proven the existence of the local and the non-local realms; the realm of the seen and that of the unseen. However there is also a third realm to be considered. It's that which is often referred to as source and which is the realm of oneness and pure undifferentiated light from which everything emerges.

Technically, we can understand that the process of creation into form moves across these three different realms: local, non-local and source.

1- Source

This is the realm of undifferentiated light from which everything emerges and where everything returns. There is no differentiation. It's all pure light. Because it's undifferentiated, it's understood that it's where everything meets. The source of everything exists there.

2- The non-local

This is the realm between source and the realm of form. It's where the pure light begins to differentiate into individual frequencies and then takes form until it creates a specific structure that can be experienced in the local realm. It's where true transformation and formation take place.

This realm is composed of various dimensions and planes, which will be detailed in the next section.

3- The local realm

This is the realm often referred to as the three dimensionality (3D) or the first dimension, or what we generally see as reality. It's where everything takes a form that can be seen, touched and measured. The impact of the process of transformation which occurs in the non-local realm can be

seen and felt in this local realm.

1.6 Understanding the various planes

The non-local realm is formed of four planes. These four planes range from the most intrinsic to the least intrinsic. The most intrinsic is closest to source (the field of pure energy). The least intrinsic is closest to our form, the local realm.

The four non-local planes are:

1. SOURCE ENERGY PLANE: Source energy is the highest form of energy which begins to differentiate into frequency patterns
2. LIFE-FORCE ENERGY PLANE: It's what brings this energy into our existence while intensity and consciousness begin to become differentiated
3. LIGHT ENERGY PLANE: It's where intensity and consciousness begin to interact together to create our form-based reality. They begin to create a vibratory existence
4. ELEMENTAL ENERGY PLANE: It's where our solid reality begins to be built

The local realm has one plane:

1. LIVE ENERGY PLANE: Our solid reality is made of atoms and molecules which are made up of frequency pattern

There are, therefore, five planes in total. Four are in the non-local and one is in the local. Our Source, the field of pure energy, is not considered a plane because planes by definition require differentiation and differentiation only begins in the non-local.

1.7- What are planes?

What I consider a plane is what others might call a dimension.

In sci-fi movies or other interpretations, dimensions and realms can be seen as far away places that we need to travel to for access. That is one such interpretation. I experience these five planes as five types of energy and each one is characterised by a distinct level of density from less dense to more dense. The more intrinsic planes are inevitably less dense as these are closest to Source, pure energy which is completely formless. Live energy which is the energy of the molecules and atoms which compose our "reality," is the densest.

Dimensions, planes and realms are therefore levels of energetic density which can be experienced within our being and our physical body. While we refer back to the idea of the realm of pure energy vs the realm of solidity, we can see that the inter-dimensional process requires a differentiation, a solidification.

1.8- Accessing the five planes

THE FIVE PLANES = FIVE ENERGY TYPES = FIVE LEVELS OF DENSITY

Planes are essentially levels of density. These levels of density can be accessed within our being when our abilities are developed. Multi-dimensionality is therefore the result of the awakening of this access within our being.

Density is solidity and it's also organisation. The more energy that's dense, the more it gets organised. The densest type of energy is live energy, the energy we experience daily, which we can see and measure. Pure energy is the fabric of the universe, the least dense type of energy.

Humans are naturally born with the ability to exist in all five planes. But what differentiates the average human being with someone we would consider a saint or a sage - a person who can generate miracles, is that the saint or sage would be able to function in that plane. The ability to function in that plane comes from having a deep knowingness of that plane.

The abilities for knowingness come from engaging with these planes for long periods.

One can be exposed to these more intrinsic planes in many ways. The most common way we can access it is through the orgasm. Every orgasm generates more elemental energy, which is the energy of the second plane. The orgasm can also enable us to reach a place of oneness, connected to the orgasm field - that which is the most intrinsic energy available to us. The more time one spends connected with these more intrinsic realms, the more our knowingness develops. The more our knowingness of them develops, the more we can enable change and transformation in these planes, which can be experienced in the world of form.

We also engage with these planes when we connect to more intrinsic energy which we often find at specific sacred sites and energy power spots, or by connecting to a teacher, shaman, lama or a rinpoche, all who have a knowingness of these planes.

Transformation happens when we function in these planes because these planes are more intrinsic to our form. They are closer to where all form originates. When we function in more intrinsic realms we can enable transformation that is more intrinsic and impactful.

It is important to know, however, that as well as us existing in all these planes, these planes, all exist within us as levels of density which we have the capability of experiencing. Multi-dimensionality therefore exists within us.

1.9- The six types of energy

To recap, these are the six types of energy, starting from the most dense to the least dense, based on the theory of multi-dimensionality:

1. **Live energy:** It's our solid reality made of atoms and molecules, which are made up of frequency patterns
2. **Elemental energy:** It's where our solid reality begins to be built
3. **Light energy:** It's where intensity and consciousness begin to interact together to start to create our form-based reality
4. **Life-force energy:** It's what brings this energy into our existence. With it, intensity and consciousness begin to become differentiated
5. **Source energy:** Source energy is the highest form of energy which begins to differentiate into frequency patterns
6. **Pure energy:** It's the primordial undifferentiated essence of our existence. It's the essence of everything. It doesn't have vibratory patterns. Pure energy is essence, is nothing, is void. Pure energy has no vibratory beingness. It's just a field of undifferentiated white light.

1.10- Consciousness and the coming into form

We've previously seen the concept: intensity + consciousness = transformation.

This concept is central to this module's theme.

Intensity is the energy, potency of our universe and consciousness is what brings it into form. Intensity refers to energy, the non-local or the energy-verse. Intensity is the engine that powers the creation of energetic abilities and allows these to develop and grow. It's this development that allows us to grow and have more potency.

Consciousness is the force that brings everything into form. It's the agency that collapses the wave of a quantum object.

Intensity and consciousness work together like we see in the yin and the yang, shakti and shiva or the moon and the sun.

While consciousness affects how intensity manifests, it also emerges from intensity since that is what happens to everything in existence.

Through the double-slit experiment, we've seen that consciousness affects how things generate into form. Developing a knowingness of more intrinsic energy planes involves a significant shift in our consciousness, which also brings about a change in form that can be noticed in the first plane.

1.11- Transformation in the intrinsic fields

This module may have been particularly heavy, complex or even confusing with the level of information necessary to absorb. For that reason, I don't insist that it's necessary to understand it all literally as that comes more with the embodiment of the concept. But be aware that sitting with the words and concepts, even if they are unclear, helps them to appear and then eventually crystallise in your own fields, your own consciousness and then in your own practices.

So to summarise, we've seen that coming into form is essentially a three-part process that spans five planes between the realm of pure energy and that of live energy; our perceived reality.

We've also seen that human beings exist in all of these planes, and can also, through the process of energetic development, gain the ability to function in more intrinsic planes. This allows us to affect change in more intrinsic ways in order to achieve a much deeper impact to be felt in the first plane; that of form.

The process involves a shift in consciousness. As our consciousness shifts, either through our somatic practices, energetic transmission practices or other practices such as the live resurrection death/birth processes, the process of engaging with more intrinsic planes is supported and enabled. In addition to this, exposing ourselves energetically to more intrinsic realms can bring about significant shifts in consciousness. The development of our abilities, which we have been seen in part 1 of this module, allows us to have more direct access to the energy of pure light at the undifferentiated essence of our existence.

People who are aware of these abilities and have learned how to use them deliberately, can bring about changes that appear miraculous. Although we often see these portrayed in saints and sages, these powers exist in all of us.

The process of the development of these abilities and the inner knowingness happens in energetic form. This is what makes the Mystery School process essentially and intrinsically, an energetic transmission practice. It is equivalent to religions, ideologies and philosophies that were created to attempt to communicate what happens in energetic form. As these have become institutionalised

in more modern times, they have demonstrated their rigidity and have therefore distanced themselves from their energetic, subtle origins. Yet the process is always the same. That is to achieve transformation by getting closer to our source.

As we advance with this programme, you will notice that our practice becomes more and more subtle in order to engage more deeply with the true core of the mysteries.

The reason is to move beyond any personal bias or inclination that keeps us from the understanding of truth.

For instance: I present here the interpretation that I understand and which resonates the most with me. My own views, biases and ideas are always limited by this, albeit supported by other similar teachers and theorists.

In turn, I understand that these perceptions are also limited by how they might be perceived by a receiver and on a given day, shaped by a given mood, or judged within a given context.

To truly experience the Mystery School, we must find a way to connect directly into its source field. This is available to you at any time during these nine months.

“KNOW THYSELF, AND THOU
SHALT KNOW THE UNIVERSE
AND GOD.”

- Quote from the temple of Apollo at Delphi.



1-12 - The eternal return - By Emilie Conrad

In the below statement, Emilie Conrad, the founder of Continuum Movement, remarks about the eternal return. The quote is interesting and relevant to the topic at hand in this module.

“The central underlying theme of Bohm's theory is the unbroken wholeness of the totality of existence as an undivided flowing movement without borders.

I am guided by an unfolding wisdom that informs me in silent mysterious ways.

I agree to be part of this mystery, knowing full well that I may never or can never truly know the immensity of what is going on, or its implications.

Mystery in this sense can be defined as beyond the confines of rational thought.

I call it the eternal return.

All forms derive from waves that are shaped by liquid destinies, messengers from the stars... cosmic guises moving on Earth, sniffing, snorting, pawing.

The interior life remains true to its watery mother.

The amphibian human continues to stabilise itself in its new environment, testing out new strengths and capacities as it wiggles its way into its new world.

The shock of arrival creates a kind of amnesia, a blank.

It permits us to accept and limit our understanding and to now even know that all the interior movements of our bodies remain celestially oceanic in their essence.

The core of human life is the inner sea that shapes us.”

1.13- Accessing inter-dimensionality in the body

Over the years of visiting sacred sites and sitting with teachers such as Stubbs and the various rinpoches that I encountered, I would noticed a strong impact of these energetic dimensions in my body. At times they would be more subtle where the mind would even engage in doubt, asking, "is anything going on"? In other moments, the body would feel intense sensations and would begin to sway, spiral, tremble, pulse and undulate. In the process of accessing these dimensions, spontaneous movements will often arise, a reminder that the universe does communicate with us through movement. I've noticed again and again that this happens in others as well, either within visitors I've encountered at sacred sites, other participants in workshops I've attended, or even with my own students and workshop participants.

When I began sharing energy transmission workshops in 2016, the invitation for the participants was to do nothing. They were invited to simply show up and lie down and wait. I would intend to function in other dimensions while connecting to them. Soon enough I would notice twitches, pulses, waves and other involuntary movements rippling across the room.

As planes refer to density levels rather than specific locations, we know from our somatic practices of orgasmic shamanism that our body can move from more dense states to less dense states. Density relates to movement. Paralysis refers to density being very present in the body, while spontaneous movement expressions express the opposite.

Spontaneous movement can therefore support our access to more intrinsic planes and the development of our transformative power if supported by the right energetic container. Practices of holding sensations in awareness and awakening spontaneous movement can support the process of increasing the knowingness. In my experience, however, the main power of this work is energetic.

REMINDER: THE THEORY OF THREE ANATOMIES

I find it relevant to refer back to the somatic movement practice of Continuum Movement. One of its foundational principles lies in the theory of three anatomies, which lays out the reconnection to the cosmic field in three stages.

- 1- The cultural anatomy
- 2- The primordial anatomy
- 3- The cosmic anatomy

Concerning this module, the three anatomies refer back to the three realms mentioned before.

The cultural anatomy is the local realm the primordial anatomy is the non-local and the cosmic relates to the pure energy.

The cultural anatomy

The cultural anatomy characterises the way we live as humans in our general culture. As a patriarchal society, many of us have learned to be efficient, linear and almost robotic. An extreme interpretation of this would be the image of a mass of bankers walking in a straight line on the way to Wall Street in Manhattan every morning. We could imagine them all marching to the same step, wearing similar outfits and similar expressions on their faces, etc.

This anatomy is characterised by rigid, linear, efficient movements and a range of sounds that are limited too. Generally, the cultural anatomy works at a fast speed which creates compression in our system and reduces our ability to feel the sensations of our body. It's characterised by codependency and a need to fit into a specific tribe, led by certain rules, guidelines and beliefs.

The primordial anatomy

As we connect deeply with the body, we enter a more primordial state. We begin to become more aware of our inner landscape, that is, the way we connect to ourselves from the inside. We learn about the more authentic ways our bodies can express themselves. In this state, the density in our body starts to soften and we begin to awaken our body's fluid system and experience elongated, deeper breaths and lateral movements in contrast to linear movements. Undulating wave-like movements and soft spiralling motions start to emerge. In this anatomy, our body begins to engage on a journey connecting it to the cosmic realm.

The cosmic anatomy

After a prolonged amount of time experiencing the primordial anatomy, we begin to naturally access the cosmic anatomy. This is where we re-encounter direct engagement to our source. From here, shifts in form begin to happen. We will see that solid form begins to soften and dissolve and empty space becomes richer and more potent. Our body begins to experience very slow movements and our arms and legs find themselves moving spontaneously and involuntarily. As some parts of our body anchor more deeply into the earth, others suspend more effortlessly in the air. The suspension happens from a shift in gravity where we no longer believe it to be a force that draws us towards the earth but also a force that can support us in expanding away from it.

In the cosmic anatomy we find ourselves deeply connected to the universal system which is behind the creation of everything in existence. We live, breath and exist from a much more intelligent place than the way we might normally have lived before, from a place that is more robotic and more limited by cultural systems.

THE FIRST GULP FROM THE
GLASS OF NATURAL SCIENCE
WILL TURN YOU INTO AN
ATHEIST.

BUT AT THE BOTTOM OF THE
GLASS, GOD IS WAITING FOR
YOU.

- Werner Heisenberg

MODULE 7 PART 2

The physics of God

In many ways, the perceived radical and more conceptual ideas in shamanism, religion and spirituality (rooted in the mysteries) have been demonstrated and even proven by more modern scientific studies and experiments.

If you're a little bit geeky, as I am, perhaps you'll also enjoy exploring these studies and experiments more and meet up with the "aha!" moments that ensue. A book that I highly recommend, named "The physics of God," written by Joseph Selbie, draws parallels between spiritual and religious beliefs and scientifically demonstrated facts. In terms of the concept multi-dimensionality, Selbie also points to the local vs. non-local realms. From non-local intelligent consciousness comes the information that creates the holographic film that creates the cosmic movie we know as the universe.

We know that we all exist in both of these realms. However, Selbie states that the main difference between a "common" human being and a sage or a saint that is capable of making miracles happen, is their ability to receive the deep knowingness of the non-local.

In fact, miracles demonstrate deeper laws that science has not yet grasped. We may think of miracles as simply the conscious extension of the power we use continuously to shape our own physical bodies and the power we use to cause matter waves to behave like matter.

In this regard, the job is to transmute the deeply held convictions of materiality by enabling us to directly experience the subtler, interconnected non-material reality of energy and thought.

It's not merely about belief but about knowing which exists well beyond the mind. From expanded perception comes freedom from the body's limitations, our unity with everything and a sense of joyous wellbeing.

In the end we are Gods with Amnesia. There is no separation between ourselves and the being we call GOD. When we recognise that, we have available to us an infinite amount of abilities for transformation and experiencing the extension of living with God, that is to experience more love, joy and abundance.

In these pages, we will explore ways that science has attempted to explain this.

2.1- BASIC PRINCIPLES OF ENERGY: QUANTUM THEORY ENERGY AS THE ROOT OF THE PROCESS OF CREATION

THE THEORY OF RELATIVITY

In 1905, Albert Einstein published a paper describing his special theory of relativity in which he declared that the nucleus of an atom is actually a super-condensed super high-frequency form of energy. He was the first to prove that matter doesn't exist.

QUANTUM THEORY

According to quantum theory, existence is made of frequencies vibrating. This oft-mentioned, well-known fact has been proven by many studies and experiments showing that our human bodies, the earth and everything surrounding us is 99,999999% energy. If we were to remove the empty space or energy from our bodies, we would end up with a ball of matter the size of the head of a pin. If we were to remove it from the entire earth, we would have a ball the size of an orange.



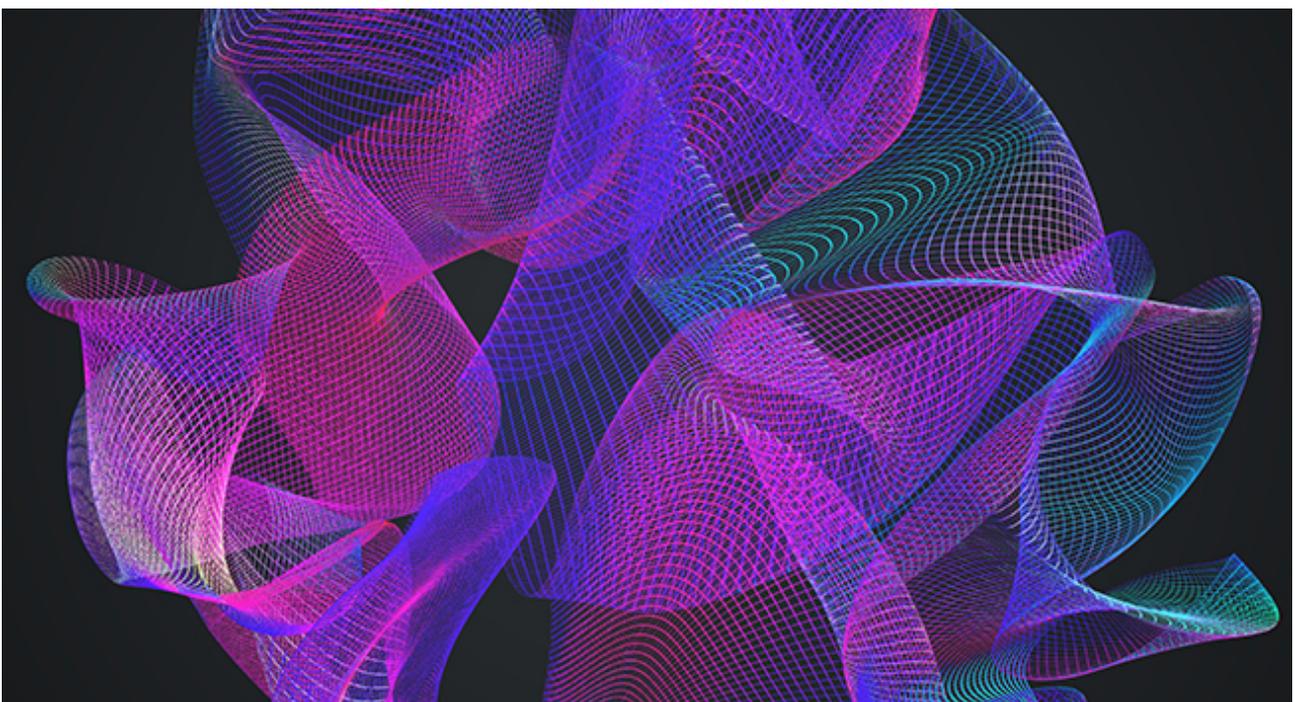
2.2- STRING THEORY

String theory was first developed by Gabriele Veneziano in an attempt to explain all elementary particles. It was a controversial theory that gained strength in the 1980s and goes beyond the traditional understanding of energy seen by quantum physics. It was an attempt to unite the two pillars of 20th-century physics — quantum mechanics and Albert Einstein's theory of relativity — with an overarching framework that can explain all of physical reality. It demonstrated that particles are actually one-dimensional, string-like entities whose vibrations determine the particles' properties, such as their mass and charge.

What makes one element more solid or soft, or look one way or another, is its vibrational characteristics. It theorises that there is a vast, unseen, all-pervading realm that interpenetrates the universe at every point. This realm is thought to be filled with tiny strings and rings of pure energy that vibrate at wavelengths far smaller than those measurable by our physical instruments.

In terms of scale, these strings and rings are to the nucleus of an atom what the nucleus of an atom is to the human body. According to string theory, everything in the universe arises from this two-dimensional ocean of infinitesimally small rings and strings of vibrating energy. It forms all matter, all measurable energy, all gravity, even space itself. The way each string or ring vibrates is at the base of one type of solid form or another.

The physical world is a tiny byproduct of the massive 'energy-verse.' String theory makes room for the possibility of there being many more universes. There would apparently be 10^{500} universes, a number represented by 10^{+500} zeros. String theorists believe the entire energy-verse* is made up of dots infinitely smaller than those on our screens.



*The energy-verse is an energetic bubble from which the physical universe emerges.

2.3- FORM GENERATION: THE UNFOLDING OF THE UNIVERSE

The universe is a holographically interlinked network of energy and information organically whole and self-referential at all scales of its existence.

According to physicist David Bohm, the universe is one interconnected whole. Hidden properties determine the unfolding of the universe, from implicate order to explicate order. Then, according to the concept of holograms vs. holographic projections, our reality originates as something flat, in two dimensions which unfolds into three dimensions.

The physical universe has no independent and enduring reality. It's wholly dependent, moment by moment and in the information and energy emerging from the non-local two-dimensional energy verse. Energy verse is an energetic bubble from which the physical universe emerges. It contains the information and holographic template which creates our universe. We exist in both realms and there is also a continuous relationship between the two. Our physical body is continuously created from the information of our holographic template. Our non-local being is often called the astral body, the spirit body, the etheric body or the subtle body.

Our holographic body is made of coordinated energies which vibrate at frequencies impossible for physical instruments to measure or detect. Our physical body is made of lower frequency detectable energies, which masquerade as matter. When we feel the energy of our holographic being, we call it life force energy. By beginning to perceive this energy, we then begin the journey to our highest energetic expansion.

The experience relating to this subtle energy body is sacred. The liquid crystal structures within our tissues phase in and out of quantum coherence, allowing the information from our holographic energy template to initiate and coordinate the life processes taking place in our physical body: our estimated 50 trillion cells.

Breath and sound work such as the ones described in this course, serve to awaken and stimulate the connection between this crystalline liquid, the universe and our body.

The moment a change happens in our holographic body is the exact moment it manifests in our physical world. Our physical bodies are the moment-by-moment result of non-local energies interacting with non-local two-dimensional holographic energetic templates resulting in our local, holographically projected 3-dimensional body. Physical death is the withdrawal of the invisible organisation of energy from the physical body.

Our personal work is to develop our abilities to function in that non-local field so that we can affect change at its level and this change can manifest, most efficiently, in the physical world.

2.4- THE WAVE/PARTICLE DUALITY

The series of double-slit experiments led scientists to two important conclusions: all waves can become particles and all particles are original waves. This is the basis of the wave/particle duality. What turns a wave into a solid in the experiments is the sensor i.e., the intelligent observer.

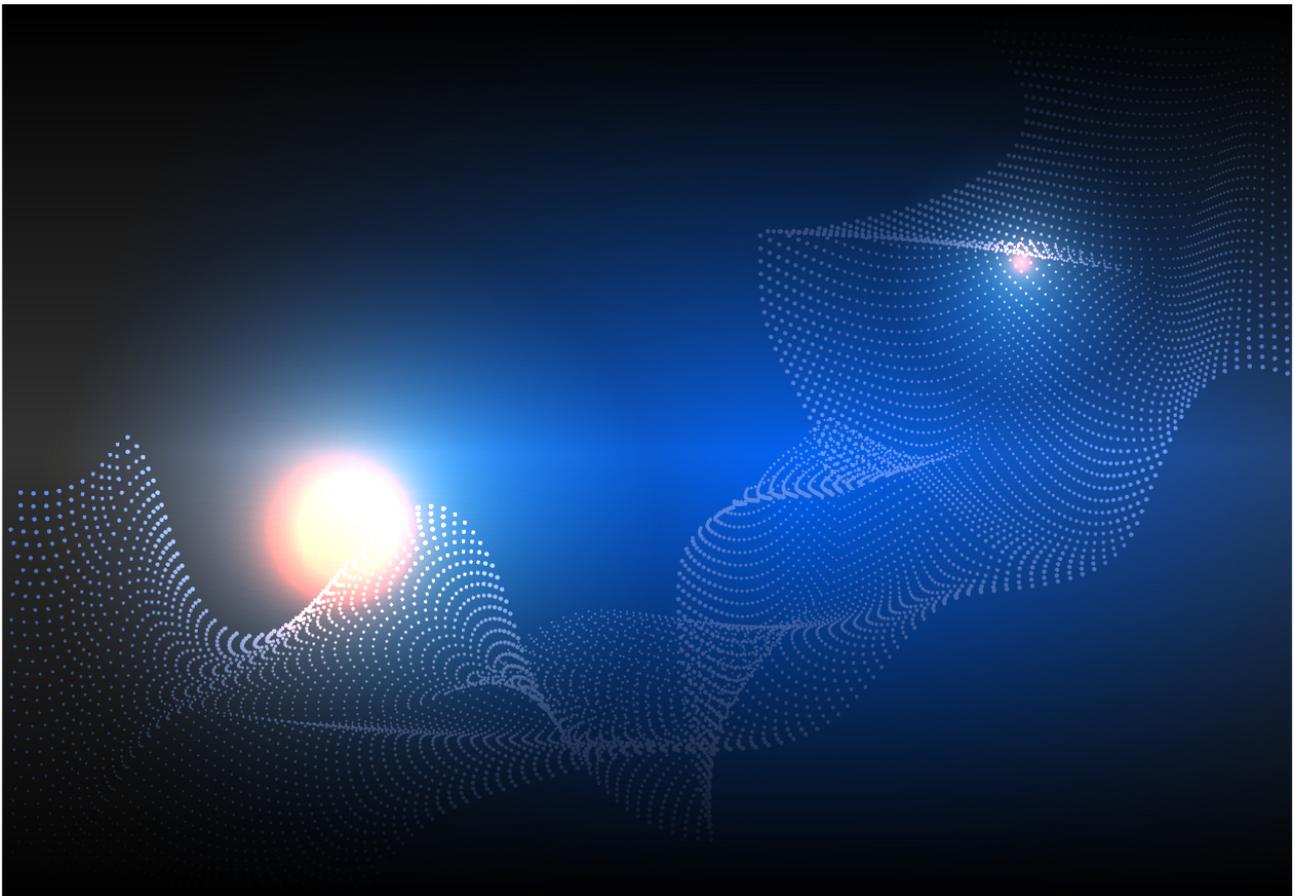
Many other notable scientists have led essential studies which have led to similar conclusions. i.e., the Copenhagen interpretation by Nils Bohr. He claimed that everything first originates in a non-local realm. It is the consciousness of an intelligent observer which then brings it to manifestation in the local realm.

Non-local: not bound by space or time. Non-locality is a fundamental property of the cosmos.

Local: Bound by space or time.

2.5- ENTROPY

The entire universe is created by a process of entropy. Entropy is a measurement of disorder and also a measurement of density.



Low entropy = lower disorder

High entropy = higher disorder

In this explanation, disorder means the number of states a system can take on. Sources of low entropy run the world. Therefore the entropy of the universe only increases. It's otherwise known as higher frequency energy.

It's the growth of the entropy that powers the great story of the cosmos. Entropy can be demonstrated by the irreversible process of heat in one direction. Heat is the microscopic agitation of molecules.

According to The Second Law of Thermodynamics, there can be no spontaneous transfer of heat from cold to hot.

I highly recommend the book, "The Order of Time," written by Carlo Rovelli which speaks of this theory at length.

2.6- Potentia

Nobel prize winner Werner Heisenberg was one of the main scientists who studied the double-slit experiments intensely since they related to his theory of uncertainty. He concluded that there was an unseen realm behind all matter called 'potentia.' The part of the energy-verse which interacts with our universe is Potentia. It's from where all matter springs and forms. The energy-verse is the heavens of all religious traditions, where we live after death and where angelic beings dwell. If the energy-verse and potentia ceased to exist, the universe would as well.

This was also demonstrated through the process of correspondence by scientist Emanuel Swedenborg. The natural world and everything in it arises from and is sustained from the spiritual world. Both come from the divine.