

# **TRIVIAS**

**By**

**Ric-Ricardo**

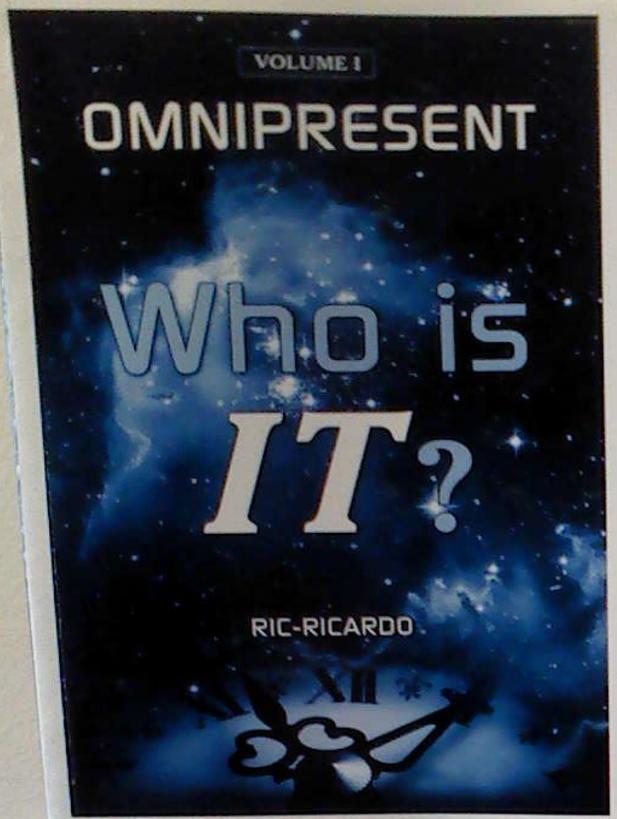
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## ***Introduction***

*Let me start by saying that Volume # 1 and 2, are now combined into the below as a gift, as a free down load, yes it is free and there is nothing to buy or sell. The reason for this is that what I write about is about something that exists and it is not for sale.*

*Let me also mention that Volume # 1 and 2 is easy reading that can be readily understood by the general public and it begins with trivia's. In addition, it explains in simple terms what matter is and why it is of importance that we begin to understand matter, for I am convinced that for us to understand God, which exists as pure energy, we need to know in a simple way what matter is and where it came from. And in understanding matter as pure energy we can begin to understand who we are, and why we are here, and what God is made from, as what science has found to exist as pure energy. It will also explain why we can now know that God is weighing in at a little less than 6 pounds per square inch if you consider this pure energy that exist in the form of a heated weight. In Volume #1 you will also read what part of God, as omnipresent, as pure energy, is in all places at the same moment, and why God exists as being composed of two extreme temperatures, that can be found throughout this entire Universe, and that through this, even science has confirmed ITS existence. Whether or not you believe in God in the traditional manner or as pure energy, you will still find other things that you can add to your personal knowledge, for this is an all-around book that seeks to view everything that exists from a different angle. And contains answers to questions that have not as of yet been answered until now, and also contains different subjects. So lets us start with.*



What is  
*IT*?

That exists as nothingness?  
That we have to be grateful to?  
Read why we exist as *ITS* existence as life  
Read why we have to be grateful for *ITS* contamination.  
Why as *IT*, there is no solid matter in the Universe,  
And why the Dark Matter in the Universe is really a clear,  
cold nothingness

Did you know that God as pure energy weighs in  
near 5 lbs per square inch as *ITS* heated weight and  
this weight exists as less than 1 % as GOD'S heated weight?

Read about the part of God, as pure energy, that is  
in all places at the same moment?

Read why there are no parallel universes,  
why the Universe will never end, and  
why change does not change.

Read about why women can control government  
and that they can also save the environment.

Read about the element that all life shares.  
Might extraterrestrials share it too?

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That allows our existence, how do we exist as *IT*,  
and how is *IT* timeless, as omnipresent?

Discover what part of *IT* is constant as this Universe.

Did you know that time is only a human invention that  
serves us only as a convenience?

Discover where there is no past, present, or future  
for they exist in the same omnipresent moment.

Imagine how *IT* is to live in this moment  
as omnipresent.

Read how *ITS* always been here, from before the Big Bang,  
and how *ITS* heated weight will again return to  
become new big bangs.

Read how *ITS* invisible body is composed of a freezing  
cold nothingness where *IT* keeps *ITS* heat inside.

Become aware that *IT* exists as a duality of cold and heat.

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## ***Preface***

*Throughout this book you will find the frequent use of the word IT, which will be in bold, capitalized italic letters, as a neutral pronoun. The meaning of IT unfolds with the progression of each section, yet until the end, IT may not be altogether clear, so until then, consider IT as a new way to say God, Creator, or even "pure energy." IT signifies that which put and keeps this Universe together.*

*Additionally, this book contains information intended to challenge your current understanding of the universe and its workings along with our existence within IT. The topics covered may be familiar, and they are backed by science or personal experience, yet it is unlikely that you have viewed our existence from the perspective of Omnipresent. To fully understand the atom, or to appreciate the production of garbage or the reshaping of IT. You would benefit from preparing for this book as you would a meditation - by unlocking the mind.*

*To assist you in unlocking your mind I have included the photo that follows. Look at it, and think about what you see.*





*This artwork is in the public domain. It was first published as an anonymous German postcard ca. 1888. It was redone for an advertisement for the Anchor Buggy Company from 1890. Thereafter, British cartoonist W. E. Hill published it in 1915 in Puck humor magazine, an American magazine inspired by the British magazine Punch.*

*Do you see a young woman or an old woman? Can you see both? Both are there! For most of us, once our mind locks in one view, usually the first, it will seldom look for alternatives. Our first impressions come so easily, so quickly, yet considering how influenced we are by what we perceive, we should be aware that first impressions are limited, incomplete, and very often incorrect.*

*Being informed that more than one figure in the picture exists likely makes it easier to see the image differently. However, the question remains: Without knowing an opposite alternative existed, would you have even tried to see it? By first accepting that alternatives exist, you begin to unlock your mind, clearing it of all the first impressions enabling you to see the other image that is also there. Subsequently, when we take the opportunity to view even old ideas from new angles, we will find those quick and easy ways of seeing are not the correct or best methods to use when engaging our minds in a new thought.*

*Section one of Omnipresent sets forth what I call trivia: a collection of thoughts meant to provide alternative ways of seeing and being. It's a primer for sections two and three, which uncover questions and truths about time, matter, and the mass of the universe, about God, and IT as an ever changing place of omnipresence. I hope you will enjoy the book. How I came upon the material within is a story in itself, but in summary I can say it all stems from gratitude. I am grateful that I exist and that I accept and question what I see. In doing so, I have seen as most of us see. And because of my gratitude I have learned to see alternatives, which has helped me in a personally profound way to know who I really am.*

## **PART #1**

### **Trivia for Unlocking the Mind**

*A moment before and after the Big Bang, the mind did not exist. Only IT as pure energy existed. Only in the process of IT rearranging ITSELF as this pure energy did it form what we know as the human mind.*

*As often as I try to forget who I think I am, it hits me in the face every day that my mind sees me in the mirror cleaning and tightening this skeleton surrounded by water that I call myself. It is in fact due to this water shell surrounding the mind that it is hard for most of us to detach from who we think we are. We think we are merely the image in the mirror: skin, hair, a body: overweight, underweight, fit or arthritic. We do not know ourselves as pure energy, especially not the same pure energy that existed the moment before and after the Big Bang.*

*From the moment we are born, we gather our knowledge from what we see and hear in our*

environment. To make sense of life, we develop theories and maxims such as seeing is believing. Yet, we do not see all that exists. We see grass only as green, for example, when it is every color of the spectrum except the color green. Our eyes only detect the color reflected by the object, so our minds exclude from our consciousness all the colors being absorbed by the object, yet these colors are also present.

We also believe that whatever goes up must come down. This is one of the concepts that I learned when I was young. But not everything sent into space has come back to the Earth. Take the spacecraft Voyager; it will not come back down.

Another thing I learned came from the slogan: "Only you can prevent forest fires." But, the first forest fires and many since have started from lightning.

I did not create lightning, nor can I prevent it. Nonetheless, we can thank lightning for man learning about fire and enjoying cooked meat just as we can thank GOD for the existence of lightning and meat. We should actually be grateful to GOD every day, even multiple times a day if not for the whole day.

In certain forms of religion the mind practices accepting GOD on certain days of the week. But accepting of GOD once or weekly does not guarantee this understanding will never be lost. It is very possible to lose it.

The mind, which has no difficulty accepting its own existence or the existence of other minds, struggles to accept there is more to be grateful for than what the mind can control. The mind has trouble believing in the existence of God, the pure energy that I call "IT."

The mind does not have trouble talking about these things—talking keeps the mind active. However, the moment the mind is pushed to accept GOD as omnipresent pure energy, conflict arises. When I first confronted the idea of omnipresence, my mind led me to my environment for answers. But there were no answers.

The mind is conditioned to believe only what it can identify, name, define, and manipulate. Additionally, the mind invites manipulation as it picks up information that it believes to be important. This has been useful to advertisers and the marketplace. We've all likely seen products priced at \$9.99. The mind sees this as a deal because nine dollars is less than ten dollars, even if only by a cent.



**\*\*\* The human mind is made in ITS image. Like GOD, the mind does not want to be told what to do or to be closed down. Like the mind, IT wants to be recognized. \*\*\***



The federal government may eventually discontinue the penny, when it could costs more than its value to manufacture.

Then we will see prices increase by a cent. Will we feel ripped off?

Here is another example: Buy one, get one at 50% off. Why not simply put a 25% discount on any one pair of shoes? That is what the buy one get the second one half off sale is essentially

offering. But instead, we are manipulated to believe it is a deal to buy an extra, probably unneeded pair of shoes.

Advertisers aren't the only people that try to dupe us. People that call themselves friends even if unintentionally hurt us under the guise of help. Let's say you lose your job and you schedule a garage sale to make some extra money. Some of your friends come to the garage sale to help you. One sees that you have a radio for sale for \$20.00 and he offers you \$10.00—because he is your friend. You would think that if he were a real friend to be a real help, he would offer you \$30.00.

But we believe in good intentions be they of advertisers and misguided friends, just as we believe the words of televised news media. We accept as true a reporter's claim that "Everyone attended the meeting" or "The whole country grieves over the death of Mr. X." But these statements are exaggerations, even lies. Not everyone can be in one place at one time, nor will everyone ever agree or feel the same regarding a single event or experience.

A holy or righteous person might find being alone, such as in meditation with the pure energy of the inner self, a glorious experience while another person might find this same conscious solitude with the internal creative energy a torture. But, the real torture here is how the mind manipulates the significance of the events to satisfy its own need for control.

How will you know when it's your inner self and not your mind in control?

The mind categorizes everything. The mind devised the word "history," for example, in order to categorize the events of the past and promote a feeling that it has some control over them. History is thus what the human mind uses to confirm its existence according to the many things humans have done on this planet.



**\*\*The mind gave everything a name that has a name attached to it. \*\***



The human mind also loves to worry. Worrying helps the mind to stay active. But as the mind resists being disconnected from its environment, worrying actually distracts us from our environment. It keeps our inner selves from smelling the roses.

Knowing that the mind prefers the controlling activity of being in the driver's seat, it's understandable why we worry more than we relax or meditate. During meditation the mind must ride in the back seat so to speak.

Most of us have experienced a time of insistent worry when we were ready to go to sleep. The mind brings up problems that have nothing to do with the existing moment. Then when we finally do fall asleep, the mind uses the information it has accumulated through worrying to continue the mind's activity in the form of dreams. Notice that when you are waking up, the thoughts you had while dreaming linger in your mind.

*Then when you wake completely from the dream state, your mind will return to the worries it went to sleep with. Meditation can thus provide even more rest for the mind than sleep can.*

*The mind also has wants. When all you hear within your head is "I want this," "I want that," "Do it this way, or that way," etc., your mind is dominating over your inner self; it's manipulating you. The mind thinks it will be happier or sleep better with a million dollars in the bank. And we work hard to get what we want even when wanting actually limits what we attain in life. It inhibits what we can learn about ourselves and what we are to do here, for when we want, we aren't listening to IT. We say we would prefer to work less. We say we would prefer more freedom. But less work and more freedom means diminishing our other wants. How badly do you want to understand the saying: "Be careful for what you ask for; you just may get it"?*

### ***Who is smarter, I or the mind?***

*Here is one that I too have had to question, as to who is smarter, I as how I think I am, or that inner I that is there as a very powerful force. My personal feeling is that there is two of me.*

*There is the me that is conscious of myself, which I find deals with my outside environment, and let me add that I do talk to myself, and I have asked myself who am I talking to when I talk to myself. I get the feeling that there is a place inside of me where I can just talk to myself, where there is no danger, for I do not seem to get lost inside of me when I have talked to myself. I do feel that I am talking to me, as my mind which has the extraordinary ability to be able to talk and listen at the same moment.*

*And then there is that other one inside me, and I know it exists, for when I know that I should not eat certain things, like sweets, because sweets to me are an extra pound of gained weight, for I know that after I finish that whole cheesecake I can in a few days weigh myself again and I will weigh one pound more, and yes I do constantly, like every few days, check my weight. I have noticed that if I stick to my disciplinary diet I can control my weight, and that if I eat sweets just for one day my weight does not change. But when I eat, let us say sweets from bananas continually, because I bought too many, I can see the weight go up in a few days. Now I reduce the act of buying sweets, and I then eat all the sweets that Sizzler has, and I have also noticed that after my banquet at "all you can eat" at Sizzler, if I return to my disciplinary diet I do not gain any weight from that one day of feasting.*

*But let me return to that other inner self that I have to deal with, for as the above, I know that I have to tell myself, or that one that exists inside of me, that if we stick to my regular diet we, as the one that is inside of me that likes to gain weight, can then also enjoy sweets on certain occasions.*

*So I have given you things that I go through and that some of you also go through. Let me continue using the cheesecake as an example. This cheesecake that I just opened to cut out one small piece becomes a problem because then that other one that is inside of me will say "go ahead, have one more." It becomes a battle as I want to stop, and my inner other wants to finish*

*the whole cake. I know that all I wanted was just a taste of the cheesecake, but it becomes a problem when I know that I have to constantly control my weight, or rather my mouth, for at the moment that I finish that one piece my inner other kicks in and I become aware of its existence. I only wanted one small piece, and now I am in battle with that other who wants to have one more so that I can get fat, when I knowingly only wanted one piece of the cheesecake.*

*So, I end up saying to that other me that I should not eat more. Well, as some of you have also found out, it seems that the other can also fight a good battle. In order to have the proper conditions to fight this other I found that the best thing is not to fuel it by buying or doing any of the things that it likes. To me that would be getting sweets, to other people it could be other things.*

*I have to be very alert because I know that there is that other part of me that has exercised its power over me. For example, as an alcoholic I have to discipline myself not to consume any alcohol. The bottom line is that I know that discipline works.*

*I feel that the other one inside of me is always there ready to pounce and make me do something stupid. If anyone out there knows how to lock this other inside us somewhere where one can throw away the key, let me know. I would love to be free to live my life without this constant battle.*

*Let me also add that whoever this other is, it was born with me. I have kept this other one that I exist as more in control when it comes to my outside activities, which are governed more by certain disciplines. By that I mean that when I have to do something as an existing moment I do not question that other in me, I just do what's necessary as the things that are out there that I should do.*

*Since I too am programmed to survive, and know more of ITS existence, I try to observe what IT is doing as IT reshapes into new events. Now that I know who is running the show I just have to be aware not to become an obstacle. If I impose my wants on how things should be rather than let things be the way IT wants I know I will get hurt, and that it will be painful to my existence. So, I try not to go up against what IT is trying to reshape into while IT permits me to be here to watch IT as IT looks to reshape into all existing possibilities.*

*Like I have said elsewhere, the one that started this show called evolution from ITS beginnings is IT, and the only one that runs this show is IT, down to the last atom that makes this show (IT evolving) possible. Now I keep my main focus on IT, as the way IT is reshaping, not as the things that I once thought I was doing.*

*Let me return to that other me that I have not yet been able to corner, for I know that it also exists at the moment that I try connecting with IT in my meditations. This other one in me is who whispers and says: "Oh you don't need to meditate, you're all right. Or it brings up a thought just as I am ready to connect to IT to distract me into thinking about whether I turned off the stove, or locked the door, or many other things.*

*In watching this other me I have noticed that it wants to be more in contact with what it is in my outside world. But the real me, the one who I really feel I am, wants to be with whoever IT is as IT exists within me, and I find that in being with IT as ITS oneness within me is a great feeling. When I return to IT as my outside world IT is a battlefield.*

*Yet, as an observer of what is happening as IT brings ITS positive and negative forces together I can see the sparks IT produces. But I no longer try to change things into what I think they should be, for I now know that no matter what I do, it is IT that has the final word as to what is going to take place out there. I know what my instructions are and I play my role, which is to do the things that are in front of me as something that I know are there only for me to do as my moment of existence.*

*I do not need to ask IT why I should do the things, for they are things that I am suppose to do without asking, as part of my existence, as the way I am suppose to transfer ITS energy, as the actions that I take in ITS show, for I am now aware that everything out there is IT down to the last atom, that everything out there exists as IT exists. And let me add these last words, I have also noticed that when I am inside myself with IT, as meditating, IT does not talk to me, neither can I talk to IT, for I would be using my mind, which would distract my focus on ITS presence. So all I can say is that in meditation all I can do is just be with IT as a place that exists within me. I have also noticed that the other one that exists as me is not allowed in this place that IT exists as; where only whoever I am can be with whatever IT is.*

### **Analyzing the mind**

*The human mind does not like being analyzed. One reason may be that in analyzing the way the mind thinks, we might end up finding out that thinking is a form of nothingness.*

*Our mind does need the use of ITS weight as energy, in order to formulate a thought about what is being seen, or touched or otherwise sense, for the human mind was basically designed to see and analyze what is outside of itself as matter (ITS weight).*

### **The 3 stages of who am I**

#### **Who am I as stage # I as the road we are born on?**

*Let me share with you some of the things that have been found that are related to this subject of who I am as the human that started out as that speck of life that was permitted to exist at a particular moment in Earth's rotation. Once I was here I would be the only one that would be traveling a particular road, only at a particular moment. Others have traveled on this same road, but at a different moment. Others will also travel it, and use the same seat in the same school, etc. What makes me unique is that I am the only one traveling the road as my moment. I am the only one adjusting and reshaping to my surrounding as this particular moment.*

*Since two things cannot be in the same place at the same moment, I am that moment that was*

*permitted to come into life as a human. I say permitted because life is a gift that comes only as a result of this pure energy's existence. IT has allowed life to exist as a result of ITS reshaping, which permitted me to be here as a thought; because as humans, we too are omnipresent.*

*This would mean that you and I are 100% of that pure energy or what we call the Creator in which we live as an omnipresent thought. You can say that you are everything that exists and everything that exists is you.*

*But let us get back to that which we think we are. We can then say that you are all those roads that only you traveled on at exactly that particular moment in Earth's rotation.*

*Here is an interesting thought related to IT and life. You are here because you exist as life. Your life is housed within a body that started at conception, developed into a baby, and kept reshaping into maturity. But the life force that exists as you does not change throughout your life. It is constant, it does not reshape during your life. I find it strange in that life is the only thing that does not change. I have to take back having said that the only thing that does not change is change itself. I should have said that change is the duality to life that is constant as IT.*

*Your inner self makes you different from others. You were the only person born in that particular moment in that particular place on this planet. You were the only one permitted to travel on those particular roads, attend those particular schools, and meet those particular friends. Sure, there were others on those roads, in those classrooms, befriending the same friends, but not in the same moment or way that you did. Your decisions and perceptions came from your inner self.*

⌘~~~~~⌘

***Who are we? To the mind we are Tom, Dick, and Harry. To the spirit we are IT***

⊗~~~~~⊗

*Instead, we attach ourselves to our work, our household, our material belongings, and even our children. We actually believe that our children belong to us. Even as adults, we believe we belong to our parents! A day will come, possibly not until we are dying, when we realize that we cannot take any of our possessions with us. We will realize nothing and no one ever belonged to us.*

### ***One more possibility***

*If IT reshaped into everything that exists on this planet as ITS heated weight, there could be the possibility that IT used ITS weight on some other part of ITSELF (the Universe) as ITS weight to reshape ITSELF with mobility, as life. I do not doubt the possibility that I could have inter-planetary cousins as the result of ITS reshaping ITS heated weight. IT very well could use ITS weight within ITS nothingness to form extra-terrestrial bodies, especially when here on Earth IT used ITS weight and nothingness to produce very pretty humans in all colors and sizes, having minds that can know everything exists as ITS weight within a huge, cold nothingness (the Universe), which we now understand as the omnipresent IT.*

*Future astronauts will see and share more information related to the things that IT exists as other parts of ITS heated weight and nothingness; and I hope that as these future astronauts come in contact with these other parts of IT, they remember the meaning of omnipresent, for to do so is to understand IT as God, or that which exists as pure energy. When we, with our human minds, can accept what this word implies, we, as minds, can accept ITS total omnipresence, and we, as minds, will then be able to answer the questions: Who am I? and Why am I here? To which my mind for now answers "Thank you IT, for permitting me to be here as a bit of your heated weight surrounded by your divine, conscious nothingness."*

*You might better understand IT if you recall we are not who we think we are; we are IT as IT evolves.*

## *Stage 2*

### ***Who are we scientifically?***

*Here is one more way to understand who are we scientifically, let me take you first to what the scientific community reached as its finding, the scientific community got to where they found that, if you and I are made of matter, and that every type of atom that you have, are of the same type, as an example there is no difference in the atoms that we humans have, take for example your body has the same calcium atoms that you have are the same type of calcium atoms that every one else has, and this also applies to every type of atoms as the elements that our bodies have, then what is it scientifically that makes you different from the rest of us, and this is as far as the scientific community got to as human understanding as matter and as the atoms that make our existence possible, So in short to the scientific community way of thinking, was that if you and I are made from the same material (atoms) Then what is it that makes you different from me, which I will explain shortly what does make each one of us different, but for now let me end what I started with, which is that since the scientific community way of thinking was as atoms, they just needed to take one more step further, which is that they had to stop seeing things as atoms and go inside the atom itself which is what will show us what makes you and I different.*

## *Stage 3*

### ***Who are we as stage 3***

*Let me start explaining why this section on the subject as to who are we, a subject that no one yet has fully detailed, and there have been two (2) attempts before me made to explain "who are we".*

*And the third attempt was made by me, which was based on what I saw as the definition given by science.*

*Let me explain this in the simplest way possible, it was because in seeing what the scientific minds saw was when I became aware that what was needed was to remind the scientific community that for us to better understand who we are, we needed to remember what we were looking for in an answer that was coming from what existed as an artery. Now let me try and explain this.*

*So let us start with you, in order for you to exist you have to be made of matter, and all matter comes from atoms, and all atoms in order to exist have to have protons, and neutrons, and everything else that exist inside the atom, now this is the way most of the scientific community, would explain it,*

## **WHO MADE US ?**

*Let me give you the reader, a few examples of what I am about to say. Do you think your mother or father created you? If you still believe this, you are mistaken. I, too, believed that if it were not for my mother, who had a relationship with a male, I would not have been born. However, it was not until recently, that I became aware of something called PURE ENERGY, which is also when I became aware that everything that exists is made of this PURE ENERGY.*

*Perhaps it would be best for me to start with who or what is this PURE ENERGY. I say who or what as in someone, or something that was labeled by the scientific community as PURE ENERGY. Whoever or whatever this PURE ENERGY is, it does exist and not as a theory, philosophy, or concept. I prefer to call this PURE ENERGY, IT. The reason I make reference to IT, is so that you are able to understand why I am saying that it was not my mother or father that allowed for my existence.*

*The best way to start is by telling you who first discovered this PURE ENERGY, which was the scientific community. This community began to take apart what exists as matter. It is important for you to know this to be able to understand what your mother and father are made from, and this way you can better understand where I am coming from and what I am writing about.*

*I'll begin this subject by stating that everything that has ever existed, exists, or will exist has to come from this PURE ENERGY. Where did this PURE ENERGY come from? Beginning with my mother and father and in order for both parents to exist, they had to be made from matter, such as the matter of their bodies. The human body is made up of all biological substances, for example: the  $\frac{3}{4}$  part water in our bodies, and the calcium in our bones making it possible for us to stand and walk. The many other substances, such as: iron and carbon, just to mention a few, are all made from atoms. Even the air we breathe, because we could not survive more than a few minutes without it or the food we need as energy, are made from the atoms of this PURE ENERGY as ITS heated weight, that came from that what is known as the BIG BANG, This heated weight is not that complicated to understand. Just imagine that you have a ball that exists as heat but this heat also has weight attached to it. The heated ball wants to exist as a singularity as just one entity, but the heated ball will allow itself to be fragmented, with the condition that all its heated fragments return again to being just one again, as a singularity.*

*Here is what I find so far beyond simplicity, meaning, the fact that everything that now exists came from this simplicity. All the celestial bodies that exist within what we call the universe and our planet with all the trains, plains, jets, cars and the space rockets, all came from this fragmented heated weight.*

*I'll explain what I mean when I use the word simplicity. By starting at the moment of the BIG BANG as ITS heated weight, what IT did was that IT took this ball of heat that existed as a whole singularity and fragmented it into very small tiny fragments as heat. However, in order for this tiny fragment to exist individually, IT wrapped a tinier fragment of heated weight around these tiny fragments so as to encircle this heated weight that is now known as the electron. The fragments of heated weight could not regroup in there trying to return to being a singularity again and IT also pushed them outward as far away as possible. Getting back to why IT reshaped ITS heated weight as something being very, very simple, you see that as IT fragmented this heated weight, as a way of searching to find what it could do with this heated weight as all the possibilities that could exist, IT accomplished this in the simplest way possible.*

*If you take a thousand of this now fragmented heated weight that exists as hydrogen atoms and place them side by side, the width would be the size of a strand of human hair. This is something beyond simplicity coming from someone or something that is so powerful and so complex yet so simple as how this PURE ENERGY exists in this modern complex society that we live in. IT now exists as so complex that no human or computer can understand ITS simplicity, but rather the opposite.*

*Also before I forget, when IT fragmented ITS heated weight for the first time, it did so as the fragments that now exist as protons that exist inside what is now known as hydrogen atoms. Matter begins from hydrogen atom which is also called element #1. Can you see why I say that IT started out as a very simple way of doing things? Because it was from here that you and I and all of those things that now exist as being very complex came from. I wrote that it takes one thousand hydrogen atoms side by side make the thickness of that strand of hair, but this hair is actually 99% empty space, such as the empty space that exists inside the hydrogen atom. Therefore, it would take 99 thousand of the protons that exist inside this hydrogen atom to really give us the thickness of a strand of human hair as just the heated weight without the empty nothingness that exists inside the atoms.*

*Let's go back to how IT started, remembering that IT started out very simply. However, from this simplicity IT then took all these hydrogen atoms that made up the existing universe as the moment of the Big Bang. I need you to remember that all these hydrogen atoms have this heated weight inside as the protons that exist inside the hydrogen atoms. Therefore, this heat wants to return to being one singularity, but it cannot because of the electron that IT placed around this heated weight so they could not reunite.*

*However, since they will always be trying to become a singularity again, now that you have*

*a universe which is full of these hydrogen atoms, these hydrogen atoms will try and pull themselves closer together. So many of them get closer together forming what is known as a solar sun. Since there were so many hydrogen atoms together as being on top of each other as a solar sun, the weight that was placed on top of each other was so powerful as weight, that some of them became helium atoms. A helium atom comes into existence when 3 hydrogen protons as ITS heated weight try and group themselves closer together making these 3 protons into a helium atom with the help of what is called a neutron, which is actually one more proton with an electron. This neutron will stop the 2 protons that exist as fragments of ITS heated weight from ever merging together.*

*Picture it this way, when IT took one fragment from the heated weight that existed as a singularity, this fragment became what is known as a hydrogen atom. IT then took 3 fragments as what exists as the protons inside of the hydrogen atoms and then IT made the next heavier element called helium. So that IT now is taking what IT made as small fragments of ITS heated weight from what exists as protons and is putting them closer together as more of what exists as the heated weight that exists as protons. Making the atoms heavier which in turn will produce something new as IT searches for all existing possibilities that IT can exist as ITS heated weight as something new, so we should remember that this may be the first time that IT has ever done this.*

*What I am trying to convey is so that you can understand how IT took ITS heated weight that existed as a singularity and began to make all the different types of atoms that IT could exist by using ITS heated weight. Remembering that all this started out so simply, which was when IT reshaped ITS heated weight into the hydrogen atom and from there IT took the hydrogen atom and made it heavier as the helium atom that was made inside the solar sun. From here IT took the heated weight that exists inside the solar sun and became a neutron star and then a supernova and finally a galaxy. In one of these galaxies is where we are allowed to exist as humans. However, always remember how simple IT started out and here is where you should begin to realize that it was not our parents that made us, it was IT who took ITS heated weight, and made us in such a perfect order in the way we are put together. I know that my mother did not have the ability to put my brain where it now exists nor did she know where to place my heart and make it pump to all the necessary places or know where to put my mouth. I realize that my mother did not even know that my body works as gravity because when we put food into our mouth the food exists because of the heated weight that it has and it is this weight that will gradually work its way to the exit point as the colon.*

*All this gravitational pull is happening because of the gravity of the heated weight that exists inside our planet and all of this is happening because this heated weight is looking for all existing possibilities. A good example is a cow; the cow eats grass, reshapes this grass into the food that the cow needs in order to exist, then by gravity it poops what it doesn't need and then this poop is used by the soil to be reshaped into something else as another possibility.*

*Knowing the above information of who we really are as totally coming from this pure energy as ITS heated weight, I'll continue to explain how we came into existence. Imagine that there are 2 people on a tropical island, and they exist without clothing because they do not need clothing in order to keep warm. They're by themselves and no one else. We'll imagine that these 2 people never saw or knew anyone else, and that this island is always dark, therefore, they do not even need to see each other. Here is what should happen; eventually they will get closer to each other and as soon as the male feels the heat that the female produces, he will become aroused. His male organ will find where to fit in, and this is due to the heated weight that the female produces therefore satisfying the female as the heat that the male organ produces. When the male deposits his sperm that connects with the female ovary, they both begin to reconstruct a new baby. The baby grows inside the mother that comes from this heated weight. As the baby is developing, it already comes with its instructions as to what it is supposed to do. These instructions come from the way the heated weight is arranged as DNA and RNA because this is the way IT does things.*

*I need you to be aware that both the sperm and the ovary exist only because of the way this heated weight is arranged as matter, and as all matter, it has to exist as the heated weight that the atoms have as their protons and neutrons. Everything that exists has to have this heated weight, and we should remember that this heated weight came from this Pure Energy as fragments of the heated weight that existed at the moment of the Big Bang. Therefore, understanding this we can be grateful that IT does exist, because you and I, my mother and father came into existence because IT was searching for all existing possibilities that IT could reshape into as ITS heated weight.*

### **Why an ARTERY**

*Now why do I say it is an artery, or better still arteries? Let's start with where did this artery begin its formation? To explain this we have to go back to where everything got started, which is what is known as the big bang, which is when there existed a dense singular heated weight, and it was from this one singular heated weight that exploded into quantifiable fragments to become hydrogen atoms. Now I need that you, the reader, to remember that fragments that came from this one singular heated weight are now individual fragments, and that each fragmented heated weight is not the same as the other heated weight that exist in other atoms; that they all came from the same place, yes, but they now exist as different portions which is what makes every atom an individual in itself. And they will now become arteries; one of them is called chemistry, which is where there exist 96 different types of atoms, and science has classified them with different numbers that relate to each one. Number one is called hydrogen, which has one proton, and what this means is that every hydrogen atom has the same as heated weight as the other hydrogen atoms and science then says that atom #2 is helium. That helium has more protons in it, and that every one that follows will have more protons in it. But I need that you, the reader, try and remember that all atoms have this fragmented heated weight inside, which is the heated weight that came from the one heated weight that existed as a*

*singularity, that belongs to that which exist as pure energy.*

*Yet I find that when most people who talk about what is inside the atom, they refer to the protons or neutrons and all the other Particles inside, and here is where I feel the scientific community lost track of what they knew existed as the heated weight that existed as a singularity, but more important they the scientific community forgot that atoms are what, or better still who is IT, that exists as this pure energy, and what it is doing with one of ITS components, that exist as ITS heated weight .*

*Now I use this area called chemistry as an artery because everything that exists is based on chemistry, as an example, biology, and I use biology because we exist as the chemical body that we have that refers to who we are.*

*Now I again have to take you back to where all arteries got their start from, which was the heated weight that got fragmented into atoms to become matter.*

*Now some cosmologists say that we came from star dust, which is true, but they too stopped remembering that what they were studying as cosmology was just an artery, for they too just had to take just one more step forward by remembering that the star dust that we are made from came from this one faucal point, which came from whoever this pure energy's heated weight.*

*It is of importance to use science because as science it either is or is not. By this I mean that it is not a philosophy, or a concept, or theory, for what I am writing you is what is, to which I have to add that I could not write what I am writing you if it was not the advancements in science that exist at this moment in human understanding, for what I am writing could not have been written let's say, in 1950.*

*So let's go back to what science refers to when they speak about who we are as atoms; when they say that all the atoms that you and I have are of the same type, which is OK to think this way but to do so means that we have forgotten where these atoms came from as their origin and most important is that what makes you different from me is that your portions of your heated weight are not the same portions that I have as ITS heated weight, but everything that exists like you and me all or linked by the same 99.99 % of this infinite nothingness that exists that belongs to that which exist as that which is known as pure energy, as ITS shell body known as the existing universe, and is what gives meaning to the word omnipresent.*

### **Contamination**

*We begin every year with an unspoken agreement to take part in the contamination of this planet. The smoke in the wake of the New Year's Eve fireworks is so thick that we lose our sense of the fresh night air. This smoke remains in our atmosphere far longer than it remains in*

*our streets—it will endure throughout our lives as well as the lives of our children. However, the human race began contaminating the planet long before fireworks existed.*

*Our personal contribution to contamination begins about six months before we are born when our parents prepare for our arrival by buying cribs, bibs, blankets, bottles, toys, and all else that we may need as an infant. These so needed baby accessories come at the expense of land and water. In their production, they leave behind scraps and excess dyes, factory waste that must be disposed of someplace or some area of land or water.*

*Even when we clean, we contaminate. The chemical compounds in soaps and detergents, waxes and deodorizers, all that we use to wash our bodies, kitchens, cars, and all the material belongings we desire to keep looking new adds to the contamination of our planet. Think about all our material belongings! Our need for them leads to cutting down trees, turning islands into landfills, polluting our waters, and poisoning animals and even humans!*

*We contaminate for our want of televisions, radios, cell phones, furniture, and clothing. Think of the jewelry we wear on our necks to show our belief in a god or of all the religious ornaments that we hang on holidays. Multiply your belongings alone by several billion. What happens to these billions and billions of things when we are finished using them?*

*Is it possible for us to think positively about this contamination? Might we even be grateful for it?*

*Let's look at cars. The production of cars produces toxic waste and garbage in general, and the production of our one car's waste doesn't end after its purchase.*

*As it ages, its muffler and exhaust will also age and leak polluting fumes, so what do we do to stop it? We replace the old exhaust pipes with new ones that were manufactured in a factory and contaminated some area. Not only that, but the old parts have now become trash. So, by replacing the muffler to stop the contamination of the air in one place, we perpetuate the contamination of another area. Yet our cars are great conveniences; they get us where we want to go.*

*Contamination is going to continue until the day we die and continues for years after our deaths. Our decomposing bodies will leach into the surrounding soil and contaminate it. Caskets themselves are foreign objects in the earth, infusing the soil and the roots of grasses, flowers, and trees with varnishes, metals, and plastic contaminants.*

*You may now be asking yourself, "What can I do?"*

*You can be grateful to contamination; look at all the conveniences and luxuries and shiny new things we have as a result of it!*

*Our GOD began contaminating the universe long before we even existed. We can see meteors as contamination since they often destroy other existing areas of the universe. We can see smoke from forest fires as contamination as it robs flora and fauna of oxygen and life. We can*

see ash from volcanoes as contamination for dirtying the air and ground. Yet without smoke we would have no warning of fire. Without ash, we would not have the substance to make cement.

And without cement, we would not have concrete blocks or high rises or sidewalks. Contamination cannot stop, but it can be transferred. We use contamination to further our needs.

⊕~~~~~⊕  
**\*\*\*We should be grateful for contamination.\*\*\***  
 ✎~~~~~✎

### **Transferring energy**

It could be understood that contamination is created, that material goods are created, that even our wants and needs are created, but in this examination of the universe, it's evident that nothing is created. We do not even create music. We transfer energy from one form to another. The body transfers energy to the instrument and the instrument likewise transfers energy to the environment as notes that our ears hear and our brains perceive as music.

The instrument transfers energy in the form of notes and silence: the duality that makes music as sound exists. Einstein transferred pure energy in the form of theories. Had Einstein been born 2000 years earlier, he would have understood energy differently than he did during the moment of his existence. Einstein's theory that energy equals mass times the speed of light squared gave us the formula  $E=mc^2$  and the knowledge of how to use energy in the form of work.

Einstein and his discoveries are the same pure energy that music is and that our GOD is. Einstein's lifetime, like a symphony, was a moment in the event of our GOD transferring energy.

✎~~~~~✎~~~~~✎~~~~~✎

**\*\*\* Environmental pollution is a side-effect of the reshaping of ITSELF as ITS weight into human beings \*\*\***

⊕~~~~~⊕~~~~~⊕

### **UFO versus UNIFAM**

Of the terms UFOs and Martians, which is more limited? I prefer the term Martians to signify aliens from other worlds, although it may still be limited. I definitely believe the term UFO is limited. If UFOs exist, the occupants maybe distant relatives of mine.

If UFOs as aliens do exist, the occupants must have a more superior knowledge and technical expertise than humans to have accomplished what they have. For our purposes, lets call these foreigners "UNIFAM," the Universal Family of Relatives. These are relatives that we have not met or do not truly understand yet. The interesting thing about humans and UNIFAM is that we each share the same pure energy as God.

*It is because we share the same omnipresent GOD that we must be related; we share the same existence. Something to think about...if we were abducted, would IT be responsible? YES! As omnipresent!*

### ***Is life out there?***

*Is there anyone else out there in space?*

*I find this question limited. It is the human mind that is looking for someone with the same qualities we associate with. We want to find someone like us. This is our best attempt to understand the alien.*

*I find that if I focus more on who IT is, that can reshape into whatever this alien is, I can begin to understand why IT would reshape into that life form. The most important thing is not who this alien life form is but what IT is that can be all these things and still just be one.*

*I agree with myself, if not anyone else, that the only reason why I can question anything out there is because I, we, the mind, can only exist by virtue of the pure energy that is IT.*

*One thing we know scientifically about life is that it can exist in a wide range of cold to hot environments and that in all life forms there is mobility as IT reshaped into that life form.*

*I feel that if IT can reshape into us, with a brain to think, with arms and hands to build with and legs to move with, I will not put limits as to what IT, as this pure energy, can do elsewhere in the universe.*

*As we have gotten into smaller and smaller scales with microscopes, and now more and more nano-technology, we continue to develop different production systems, nano-factories, where we see what IT is doing in there, in such an area that is so tiny we can see IT in sub-atomic activities. It is truly amazing, the things IT does in such tiny areas, and on the other hand, as a duality, what IT does on the larger, universal scales.*

*As we get into a bigger and bigger scale, we can see and understand better and better that our galaxy is not even the size of a grain of sand in the vast cosmos that IT is.*

*IT does things in this manner. Are there any complaints?*

*IT is one, yet in this one IT exists in infinite arrangements of atoms.*

*IT takes any given arrangement of atoms and continues reshaping into infinite varieties.*

*And I have to say “thank you” for letting me see and understand YOU better.*

*And if we do find different life forms out there, we will then see IT as other life forms, as different possibilities.*

*IT is incredible and amazing as to what IT can do. I find that all I have to do is look and*

understand everything. Then I look again to determine the duality, the other side of the pure energy.



**\*\* Oh God help me to understand you more, and never let me resist your reshaping, even if it produces hard times in my existence \*\***



### *Our minds and extraterrestrials*

Here are some ideas that relate to our never-ending question concerning whether or not there are extraterrestrial beings out there in space.

First, let me remind the reader that no matter who exists out there as extraterrestrials, they have to be, to those that believe in God, our relatives, since they too are made from ITS weight and from ITS empty nothingness. How else could they exist? If they exist, they have to be made of matter (atoms).

But here is the main point when it relates to there being extraterrestrials out there, to which I have to remind you that they are not “out” there, for they too have to exist within ITS nothingness. Empty nothingness that now exists as this empty universe, as omnipresent

Our minds have been so accustomed to the way things are here on Earth that we have organized programs and made films where we are at war with others (ITS weight) except in some cases such as the film called E.T. We can still see that our minds think in terms of war-as in Star Wars, Star Trek, War of the Worlds, and other movies. Our minds have not readily accepted that we can exist in peace, as in meditation (ITS nothingness), and as the peaceful groups we have on this planet, like priests, monks, and many others.

We can see that our minds are curious as to the existence of extraterrestrial life forms, about which I have to remind the reader that anything that can exist as life is really just IT, even though we have been trained from our earliest moments to see extraterrestrials as enemies. And I must say that up until now we may be the only life form that will be traveling within ITS other parts as its interior (outer space); at least until some extraterrestrials send us a message.

I hope that they are aware that they exist as IT, as pure energy.

We should try to remember that we have the know-how to be able to exist in a state in which our minds are not in a constant battle, so it might be possible that as we leave this planet we can do it without having to adjust our minds for a battle with someone else. But we will have to continue with our two basic programs: survival and reproduction. IT will find what will be necessary for our new bodies to reshape into. The same way we do not look like our earliest ancestors, our space bodies will not be the same as our planetary bodies, and if we stay in outer space too long, when we return, we might even be mistaken for extraterrestrials.

And yes, it won't be boring as we travel in outer space (ITS interior) without wars with other life forms, for there will be other problems that our minds will have to attend to in order to

*fulfill our 2 basic necessities.*

### **Evolution**

*Have you ever noticed that when you are not in search of a car or an apartment you rarely notice postings for them? When you are not looking, you are less likely to find anything. The same applies to evolution. When we experience life and nature without looking for it, without paying attention to anything in particular, we do not notice the changes involved in our own evolution.*



*God does not emulate nature, for God and nature are the same.*



*Evolution is a transferring of energy. IT is the reshaping or transmutation of things around us. For instance, birds with short beaks cannot eat from fruiting plants with large leaves. Over time, those birds with longer beaks will be the ones who most successfully survive to reproduce because they are able to reach the fruit. This is what scientists call "natural selection". If those birds with shorter beaks don't find an alternate food source they will become extinct. Likewise, those plants that consistently produce shorter leaves will survive because the birds will be able to eat their fruit, thereby spreading plant's seeds.*

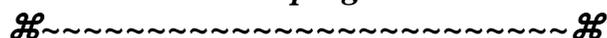
*IT will even make ITSELF bisexual where there is a lack of one or the other gender in order to continue propagation and the survival of a species as seen in anemone fish that live in small groups in which only the largest female and male reproduce. If the female dies, her mate becomes a female. The largest fish in the group, which by the way, hasn't selected a gender yet, will become a male and mate with this newly transgendered female.*

*ITS transformation of the tree's leaves, the bird's beak, and the anemone fish's reproduction are perfect examples of evolution. When the plant and bird or fish are no longer necessary, IT will reshape their energies into something completely different. We see this as the destruction of a species, but this is natural law according to IT.*

*This law states: "Anything that is created must be destroyed." Without destruction, one thing cannot reshape into another as is needed as that moment. I discuss this in more depth in Sections Two and Three.*



**\*\* I now exist where things are not the way I want them to be, but rather, as they are in ITS reshaping. \***



### **Law**

*Science tells us there are different laws governing our existence. One is the Law of the Universe: Anything created will eventually be destroyed. Another is the Law of Change. This law follows the trend that the only thing that does not change is change itself. Change is pure energy reshaping ITSELF; IT continually transmutes into something different. Consider survival and reproduction, the two programs conducting the existence of human beings, and*

*how they have changed.*

*Humankind's earliest method of survival was hunting and gathering. After we became more organized and communal, we developed agriculture. Survival was all about food, and food was all about survival. Once these methods of sustainability were established, humankind then produced teachers to distribute our knowledge as well as engineer an infrastructure for advancing that knowledge in the future. The Egyptian pyramids for example showed us our first waterproof ceilings, we can see how advanced knowledge then led to the greater protection and height of the modern, flat roof. Every time energy is transformed it courses through the receiver to make a change.*

*Another law is the Law of Nature, now officially known as Isaac Newton's Third Law of Motion, which tells us that every action has an equal and opposite reaction. These actions and reactions could also be perceived as the duality of positive and negative forces that started before the Big Bang.*

*IT transmutes the laws of nature into the laws of man. This transmuting or reshaping is the pure energy of GOD at work. The laws of man are in place to ensure human survival into what we think of as the future. Because we see things in ITS own image, we see this same positive and negative force in our systems governing humanity. We see these forces at play in the duality of prosecutors and defenders in the system of law and justice.*



***\*\*\*We all have a need for change. Certainly, you have heard people say that they need to make some changes in their lives. These changes exemplify how we are made in ITS own image because IT is constantly reshaping ITSELF.\*\*\****



### ***Law as a profession***

*Our education system has produced an abundance of teachers and engineers, and now IT is providing an excessive number of lawyers. And similar to any supply that's a dime a dozen, consumers need to be extra alert of quality. Consumers would be well off avoiding some lawyers, or prepare to spend their hard earned and rainy day dollars on them. Lawyers can be like a pair of scissors, especially in divorce court. Regardless of who wins, the clients in the middle of opposing lawyers get cut. Former partners become enemies. When initially choosing our partner in marriage, we don't consider we could also be choosing our future enemy! The arena of political law exhibits another interesting duality of forces, for wherever one is there are extremists on either side: an extreme right and an extreme left. It could thus be said that we are all somewhere in the gray, in between the two extremes.*

*Should a crossing with a wayward lawyer happen, we must be prepared to spend our hard-earned and rainy day dollars, as we may end up at their favorite meeting place, the courthouse. Be especially cautious of some lawyers who have recently graduated. They are looking to take any case that will give them a chance to practice in front of a judge.*

*Two main reasons so many men and women enter the field of law is to become wealthy and to gain recognition as important persons. With one high profile or winning case, a lawyer could become a millionaire. Accordingly, the party represented by the ambitious lawyer, likewise files suit for the purpose of wealth and recognition. One thought that I have after watching lawyers in action is that speculation does not allow for justice.*

*Fortunately, or not, ninety percent of the people in law will not become millionaires at the expense of political challenges or divorces. They will become entangled in the bureaucracy of law processes and end up working in a different field of public service altogether. Since all lawyers have advanced formal education, they have the ability to use it in other fields--government agencies or private industry.*

### ***Justice or revenge?***

*The concept of justice, like everything else in this Universe, has evolved over time. A certain website defines justice as something which is constantly strived for and rarely achieved.<sup>2</sup> It is a fact that humans are a selfish lot, at worst thinking only of themselves and their own needs, and at best extending that concern to their own immediate family. There is no doubt that we still retain the territorial animal instinct.*

*In order to curb our selfishness and territorialism and to enable us to live together in relative peace, laws were created. A system of law determines rights and assigns punishments for their violation. Rights are based on humanity's two basic programs: survival and reproduction, the fulfillment of which requires access to the environment's natural resources. Laws are enacted to insure that each person gets his or her fair share of these natural resources.*

*Our concepts of justice are based on this feeling of "fairness". In fact, this internal sense of fairness was once used as an argument to prove the existence of God.<sup>3</sup>*

*When this state of "fairness" is upset, people feel the situation must be redressed. Now, in Antiquity, before the rule of law, this redress took the form of vengeance or revenge. In those days there were no limits to revenge, and retaliation for wrongs received or perceived could and did very easily take on a genocidal character. Even in more modern days, and in our supposedly civilized and enlightened society, during the late 1800's, the Hatfields and the McCoy's of Tug Valley in Kentucky had a long lasting feud in which they took turns killing members of each other's family. Would you believe it all started when Randolph McCoy accused Floyd Hatfield of stealing his hog? It was to stop this kind of thing that the old Sumerian dictums "an eye for an eye", and "a tooth for a tooth" were enacted, later finding their way into the Hebrew Scriptures.<sup>4</sup> These laws were a good thing in their time because they limited vengeance. A person could not exact vengeance for anything more than the injury received.*

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<sup>2</sup> <http://jove.prohosting.com/mshambli/UniversalADG/j/j.htm>

<sup>3</sup> Immanuel Kant's Moral Argument

<sup>4</sup> Babylonian Emperor Hammurabi ca. 1780 B.C.E.; who codified earlier Sumerian laws.

*The next step forward was the creation of a judicial system: impartial judges and courts, where grievances were aired. Vengeance was taken out of the hands of individuals and put into the hands of a supposedly impartial institution, empowered by the state to administer the applicable laws.*

*As justice evolved, so did the concept of who is to be considered a person. Not everyone had the right to appear before a judge or a court of law. Back in the old days, slaves were not persons; sometimes women were not persons at all and at other times they only achieved the status of second class persons by virtue of who their husbands or fathers were. Children were not considered persons, either, and under some systems of law they were in the same class as slaves. Foreigners were not much better off. Besides this, among those who were considered persons, not all were considered equal. Laws were different according to the social status of the persons involved, and therefore, penalties or punishments for breaking the law also varied accordingly.*

*Breaches of the law are carefully classified into criminal offenses (felonies and misdemeanors) and civil offenses. Civil matters involving negligence are usually settled by the applying penalties for damages that are paid for with monetary energy.*

*This is the way of human justice. When judges and courts apply merely the letter of the law they may commit injustice. This is where equity or mercy comes in. In some countries, mercy is considered a weakness and wrongdoers are punished severely in order to set an example to others. In short, this is law and order based on fear.*

*Can't there be a better way? As Gandhi said, "An eye for an eye and a tooth for a tooth leaves the world blind and toothless." It is nice to see that masters like Christ knew the dangers of revenge, for this revenge will contaminate the person that wants revenge. Desire for revenge is based on feelings of anger and hate; on wanting to do unto others what they have done unto you and then some. Forgiveness, however, is based on love; on the admission that no one is without fault. But just as a hole remains when you remove a nail that has been driven into a piece of wood, forgiveness does not take away the consequences of wrongdoing. One must make amends.*

*Inmates' rights are another sticky issue. Clearly those who have been rightfully convicted have infringed the rights of others, so it is only fair that their rights be taken away, that they may understand and learn that one's rights end where one's neighbor's rights begin. But how many rights are to be taken away? Are there not certain inalienable human rights, which when taken away leave a person in a less than human estate? The right to food, clothing, water, bathing, exercise, sleep, to not undergo torture...But what of those whose crimes have involved precisely depriving others of the enjoyment of these very same rights?*

*Based on the analogy of parents socializing children, our modern day concept of a prison involves re-educating, reforming, rehabilitating those who have transgressed the laws of society. This is another one of those things which is constantly strived for and rarely achieved. Wrongdoers have proven themselves unfit to live in society, so they are taken out of it. They are*

*either removed to a penal institution where rehabilitation is attempted, or they may be considered beyond all hope, and are given the death penalty, for the dead are no longer a threat to society. The downside of life in prison is that it is we, the people, the law abiding citizens who, through our tax dollars, are required to feed, clothe, and house the offenders... And those who oppose the death penalty don't realize that they are thereby indirectly approving the death of the victims.*

*Truly, human justice is a very messy thing.*

### ***The power of the minority***

*In a typical democratic society that is more or less split down the middle on most issues, a small minority can have the power to force change.*

*A political party that controls anywhere from three or four percent to nine or ten percent of a voting public can hold the bigger parties hostage to their demands. At a minimum, they can make the bigger parties court them.*

*We can see this kind of sway power held by minority parties in countries that hold democratic elections. We read about coalitions that organize under one issue in Italy, France, and Belgium. In fact so many countries have maybe eight or ten parties striving for power in the government, it's a wonder how countries accomplish anything!*

*I realize that it is difficult for some people to understand me when I state that I am politically free. I am neither a capitalist nor a socialist. To be part of a group is to exclude yourself from the total population. Once you are willing to accept GOD as the total, you no longer need groups.*

*Everything is the same. Everything is pure energy in different forms. The energy inside and outside of me makes everything possible.*

### ***Women & men***

*If there is a group that can save the world's economy and environment, it is women. Women can help put a stop or at least a limit on this destruction by taking control of their bodies! Stop having so many children! Don't let men impose their will and bodies on you--ask them to have the operation. Defy the programming you have to reproduce!*

*Generally women want two children: a male and a female. Some men have more than one parenting partner too: a wife and an ex-wife for example, each typically with or wanting two children. Just as women must take responsibility for contamination in the home, men need to take some responsibility here since contamination begins with our own population. A man who marries twice could curb overpopulation and excess mouths of consumption by having a vasectomy.*

*The procedure only takes 15 minutes. I know because I had it done when my first wife wanted ten children. I told her that if I could not learn from two children, I certainly would not learn*

from ten. Furthermore, a government conscious of this important issue could help offset the cost.

*Women were the first to picket the White House. They may be the answer to our population crisis and numerable other world problems.*

*Women make such an impression on people that the figure of a woman has been honored with representing justice on a global scale. But Justice is blindfolded! While intended to show the fairness of law, here we are reminded of our self-limiting perceptions. We must take off the blindfold in order for the dualities to exist. There is no true democracy without woman wielding the same power as men.*

*What about a female dictatorship? Here is how it could happen: Men go to war and die in large numbers. Even without war, men do not live as long as women do. There are currently more women than men. If women would unite, they could dictate to the world. There is no better moment than now. It's the perfect time, in fact, for women to take over the political infrastructure. Women now have the opportunity to take over the current political infrastructure. To do so, they need to unite, organize, and collectively take advantage of the civil liberties they worked so hard to gain.*

*The fact that men dominate the government currently is not because women are not welcome; it is because women, as a group, have not used being a majority as a voting power to make a difference.*

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**\*\*\* It bears repeating: IT is running the show; we are only pawns in the overall plan\*\*\***

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*On that last note, could it be possible that because of the personal differences in the perception of men and women, computers are more likely to take over the political infrastructure? Computers are not bigoted in their thoughts, be they racial, sexual, political or anything else.*

*Thinking more about women and men, since women out-populate men by sixty percent, is there not a good possibility that we would see more women in areas where they have not been seen? In theory, a woman could win the next USA presidential election by a margin of six to four. And if homosexuals gave their vote to women, a women president would arrive sooner. Whose blindfold is still on?*

*The door has opened, perhaps it is time for women to charge in and clean up the mess made by men in the government the way they have had to clean up man's mess in the home.*

### ***Hitler and women***

Did you know that Adolph Hitler did more for the liberation of American women than any other single person did? It's true. Consider this: All able-bodied men from the USA went to war while the women remained at home to run the industries that were previously male run. When many of the men did not return, women continued to staff those jobs. What's more, women began pursuing other careers previously dominated by men.

## ***Hitler and the black man***

*Hitler, unknowingly, gave the black American male a push in the direction of getting more equality at home. Having been recruited to fight in WW II, black men fought equally next to white men when they returned home the struggle for equality continued.*



***\*\*Adolph Hitler impersonated Charlie Chaplin's moustache.\*\****



## ***Robots and the equality of women***

*In order to understand this better, we should start with men and their dominance in some sectors of the labor force. At the beginning, men had a stronger hold on jobs that were demanding of brute physical strength, but now robots have been brought in to perform tasks where brute physical strength is a job requirement, as in lifting or moving of very heavy materials, which men could physically perform better than women. Things have changed, and now robots can be operated by women. It is logical to think that as more and more women operate robots, they will both do the job better than men did it before. The next step will be that women combined with robots will be replacing these men; because our social working structure (the capitalist system) always tries to find someone that will do any job better and cheaper, which is precisely what is now happening.*

*Now I would like to add that what is happening with in our social working structure, with women having to work more for less money, is something that has been here as far back as the Industrial Revolution. What is happening to women today is the same thing that industries were doing to men back then. This is a situation that still exists where there are jobs that have to do with men only, for this system will exist as long as there is someone investing his/her money, where whoever is investing wants as much work done for the least possible amount of money.*

*I think that women should remember that what is happening to them now, also happened to men; to men among men who had to endure the experience of other men that forced them to accept a lesser pay and possibly more hours than other men who were being paid for the same job.*

*And now that women are able to operate robots that are doing the work that had to be done by male physical strength, they find it easier to be equal with men in the labor force. In fact, let me add that as women are taking work away from men, men are also doing jobs that were mostly done by women, such as typing, for we can see that there are a lot of men typing away at keyboards nowadays.*

## ***Cloning***

*If today there existed a clone of Adolph Hitler, it would not be the same Adolph Hitler of the past because this is a different moment as time. Since the time of Adolph Hitler, the world has reshaped itself; therefore, he could not repeat the past.*

***Men are in real trouble.***

*Women complain about men. They complain that men lie. It is true; few men are saints, but are there not similarly few sainted women?*

*At home, women become upset when men leave the toilet seat up. Putting the seat down shows consideration and respect; something that many men lack towards women. Nevertheless, eighty percent of men leave the toilet seat down.*

*The toilet seat has become a major battle for men. Before it was invented, did women or men complain about not having it? I believe the invention of the toilet seat created this problem for women and men. To end the battle perhaps we must return to outhouses, and staying on this subject, the other day I went into a restroom to use the toilet. I needed to urinate so I did. After I finished I zipped my pants and washed my hands. While doing this I realized that I was doing things in the wrong order. Going back to the moment I got in the restroom I remembered I touched the doorknob to open the door. I realized that when I took out my penis to urinate I was touching the cleanest part of my body with the dirtiest, most exposed part of my body. I should have washed my hands before I urinate so I can remove all the dirt and germs that were in my hands in the first place. And if I'm going to eat after, all I should do is take a napkin and cover the doorknob with it to avoid picking up any dirt or germs from the door knob*

*The point is that we should not use the dirtiest part of our body (our hands) to touch the cleanest part of our body.*

***The world is a warmer place because of women.***

*But why do we have a Miss and Mister Universe pageant? Shouldn't it be Miss and Mister Earth? After all, there are no aliens in the contest. (Unless we simply cannot see them!)*

*Women want to have children. As humans, men have to impregnate women so that they can give birth, and women must be receptive of men in order to conceive. Ninety percent of women are programmed to participate in the second human priority, reproduction. Giving birth allows pure energy to continue ITS reshaping. It also gives women and men something that they can call their own.*

*Adults lose a great quality as they grow up. Children have values. Children in general are simple minded and forgiving.*

*Children do not become involved in politics; they enjoy the simple things in life. We say that children are little "angels." What happens in life to turn them into the little "devils" that adults become?*

*But is this to say women and men are equal?*

*I believe not in the sense that women and men are not the same—not physically or mentally.*

*Women are more accepting. Men are more competitive.*

*Women tend to trust the public majority; men do not.*

☼~~~~~☼  
**\*\* Some things will resist change, such as the toilet seat.\*\***  
 ☼~~~~~☼~~~~~☼~~~~~☼

*Women do things eighty percent differently than men. Consider this: a man might go to a party and without hesitation try to sleep with a woman old enough to be his mother. If it were his mother, it would be a different story. The same applies if he approaches a young girl. If it were his daughter, it would be unconscionable. This shows us something about the dual mentality of the mind.*

*The equality of men and women is in the balance; IT is in their duality. And they love and battle each other to maintain the balance. Women have worked for years opening the door, and it's now ajar. It's time they charged in and cleaned up the mess made by the men in the government the way they have had to clean up man's mess in the home. On that last note, could it be possible that because of the personal differences in the perception of men and women, computers are more likely to take over the political infrastructure? Computers are not bigoted in their thoughts, be they racial, sexual, political or anything else.*

☼~~~~~☼  
**\*\*\*Most adults actually believe they belong to their parents. Most do not believe that they belong to God.\*\*\***  
 ☼~~~~~☼

### **Computers**

*Computers are widely accepted now. Computers are running most of the world's infrastructure and will eventually run the world's entire infrastructure. They are not human; they have no feelings. Computers have no political preference or interest in personal relationships. They do not get weary, lazy, need a workers union or benefits. Computers do shut down; they do have flaws. They are pure energy as IT reshaped. Computers are also made of atoms. These atoms that are the computer exist in this place called omnipresent. Computers transfer energy.*

### **Electronics**

*We are more electronic than any equipment that exists. We are made of more atoms than most computers. The word electronic stems from the word electron. An electron is the outer-most part of an atom. We have all that in our bodies.*

### **Money**

*Money is monetary energy and work is human energy.*

*The majority of us work because of the necessity to support ourselves financially.*

*Consequently, many people put in long hours doing something they do not enjoy. These hours*

*of busyness are an expenditure of energy, human energy. This human energy could be spent either mentally, physically or both.*

*This human energy is what most call work. Money is a piece of paper, or coin, or plastic that carries an invisible energy, activated through our belief in it, our holding of it, and our spending of it. This monetary energy has become necessary for our survival.*

*Once you have monetary energy, you can transfer it as you please. One of the primary things we exchange it for is food, which provides us the energy that we need to maintain our survival. As earlier mentioned, our first programmed need is survival and our second is reproduction. We survive so that we can reproduce, work, earn money, and spend it; it is a cycle of transferring energy.*

*We are created in ITS own image; we are part of the cycle of transferring energy.*

*Another way to look at money is like this: since money is energy, it can perform a kind of work. That means that one penny has as much energy attached to it as the amount of work needed to be performed to earn that penny.*

*Our first and second basic necessities, oxygen and water, are free because GOD provides them to us. From the beginning of human development water was free, but we had to find it. Water is still free; it comes in the form of rain. However, there is a price attached to the receipt of water--a price dependant on the amount of energy required to receive the water in your home. GOD also provides food, but it too requires the use of human energy to ensure that its location is close enough to where we live.*

⊕~~~~~⊕

***"The richest person is not one who has a lot, but the person who needs the least."***

⌘~~~~~⌘

*In physics, energy is defined as something that can do work, and integral to work is "necessity," hence the coined phrase, "Necessity is the mother of invention." I say that necessity makes us do things that we would not do other wise. Necessity also ensures the transfer of energy.*

*If you do not like what you are doing, ask your God, "What else YOU can do?" Additionally, you must let go of what you are currently doing and let GOD show you what you need to do.*

*You may wonder about the portion of your monetary energy that you pay to the local and federal government in the form of taxes. This too is part of ITS reshaping, and for this too we should be grateful.*

### ***Excess money***

*Obviously, people with an abundance of money are able to do more things than those that barely get by. Affluent people, for example, have the ability to have exploratory surgery if recommended, while other people cannot afford such options.*

*Could this excess money be a trap? Could it be that because they are well to do, they can do more? Could it make them less likely to cherish the most important things in life, such as health*

*and family?*

*One thing is for sure; the affluent are permitted to do what the majority of us cannot do in the participation of ITS reshaping.*

*Think about the saying, "Time is Money." This is a recent human concept. Money did not exist for primitive humans.*

*We all want to make the most amount of money that we can. And, we want to spend the least amount possible when buying material things.*

*Competition in the market of materials controls the price for the consumer. Competition in the market controls the amount an employer is willing to pay an employee. Salaries in general are higher in areas of high employment than they are in areas of low employment.*

*In the USA a person working as a courier will make more money for doing the same job than a person in Haiti.*

*The global economy has changed the face of what is acceptable pay. The dollar is not worth what it was 50 years ago. Inflation affects everyone. Due to inflation, the money that you have saved for your future will not likely be what you need to survive at retirement.*

*The hard work that earned you \$3.50 an hour has less value today, for the item that cost you \$.99 cents when you were earning \$3.50 per hour now costs you \$1.40.*

*The effects of the recent rise from \$3.50 to \$5.35 per hour minimum wage in the USA is not good news for the people that have saved money. If you have saved \$1000.00 from the time you were making \$3.50 per hour, your \$1000.00 is now worth 40% less in buying power. Again, what used to cost \$.99 per pound now costs \$1.40 per pound.*

*It is all about supply and demand. The more we make, the more things cost. When the salaries in industry go up, the cost of the product the industry supplies also goes up.*

*Let's look at salary as it relates to a home purchase. If you purchased your home for \$50,000 when you made \$100.00 per week, and your home is now paid. If your salary has since increased to \$200.00 per week, the value of your home has increased to \$100,000.*

*You have earned equity on your home, something you would not have done if you had chosen to rent. This is great if you choose to stay in your home. You may at sometime decide to move because your house is too large or your children have grown and are now on their own.*

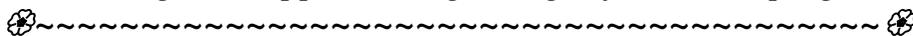
*You think, "Well I have \$50,000 equity in my home; I can sell it and use that money to buy a smaller house." The smaller home that you want now costs \$100,000. The new home was built on more expensive labor. So, in essence you didn't profit at all.*

*Who do you think will profit on your house? Could it be your children? They will believe that you left them everything. They should learn, or hopefully they will learn, that when they part*

*this Earth, the only thing that has been here since the beginning is this pure energy.*

*The physical property left behind continues to exist in the moment. It will stay within the omnipresent so that it does not violate the Law of Conservation of pure energy. This is the reason why we can never take anything with us when we die, not even our body.*

*When you compare stores for things like imported VCRs, TVs, and cars, to get the most out of your money, you are supporting jobs of those in foreign manufacturing and taking it away from your local economy. We should be grateful for this. This is something that we cannot control. IT, as pure energy, is making this happen during a stage of ITS reshaping.*



***\*\*\*Some people are satisfied to call a cardboard box a home. For some, a home is the place that has walls, a roof, and furniture. Some people live in extremely large homes and never use some of the rooms. We should be grateful that IT provided our first home with a roof that permitted us our fireplaces that kept us warm and enabled our safety.\*\*\****



*As for the minimum wage, when wages go up we get more unemployment. That means that the fewer people that have work will have to pay more from their salaries as taxes. Which is better, more people working for less or less people working for more? Which is better for government coffers?*

*Have you ever noticed the amount of people that are walking the streets asking for help in the form of monetary energy? All these people need to do is ask for help from the pure energy that is inside of them. IT is there just waiting for their call for help. If they call, the help will be provided to them, and let us be grateful that you and I are not in that situation, for IT can have us there also at any moment of ITS reshaping.*

## **Jobs**

*Henry Ford is the one that made many of us lose our jobs, because it was he who put machines into full speed, for he once said that machines should do the intolerable jobs that man has to do., so much so, that today it is machines that are doing many of the things that are intolerable to workers. Thanks to IT for bringing Henry Ford into existence, for machines have shortened production time, because now it takes less time to produce than before machines came along, again so much so that we now have more time for play, but without pay...And when we talk about work we're talking about an energy transfer of some kind. This transfer of energy starts at the moment of our birth when we are forced to take our first breath. Oxygen is our first need. By breathing we take oxygen as energy and exhale carbon dioxide, which is another kind of energy. Apart from this we need to transfer energy from the food we consume into our bodies. All this is possible because pure energy exists as heated weight. During the course of our lives our bodies continue working to keep us alive. We could say that right from the beginning of our material lives we have a job, which is to keep ourselves alive.*



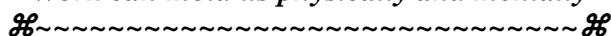
***\*\*\* Work equals transferring ITS energy \*\*\****



*So, there's work that will not give us any monetary reward but that we must do to keep our lives functioning in a more or less efficient way. For example, there's work that some of us have to do unwillingly like cleaning and organizing our houses and our belongings. Most of us have to adapt to this kind of work. On the other hand there's work that we find great and interesting, this kind of work we do willingly. Of course this is a matter of personal disposition. Just to give you an example, some people will build things, do gardening and even raise animals willingly and joyfully while others will not even cook a simple meal for themselves.*



**\*\*\* Work can mold us physically and mentally\*\*\***



*Then there're jobs that reward us monetarily for our work. With this money we buy things or pay for services that will make our lives comfortable. Some jobs will not only make our lives more comfortable, but will contribute to our town or city's development. There are people that live to work and there are people that work to live. In any case we must remember that any activity (work) performed by us uses heated weight as energy and that this energy doesn't belong to us but to IT, the source of it all.*

### ***Everything is free***

*We live trapped in a wrong equation that equals time to money. We must remember that there existed a moment when humans could not even imagine money. Money came as a way to exchange useful, but perishable things, for non-perishable but valuable, and hard to come by, things like gold and silver. Then somebody came with the idea of creating something that would represent the ownership of these metals while being easier and safer to carry around. In this way paper notes came about. These clever trade men (the goldsmiths) would hold and guard the metals for the owners and give them paper notes that represented the metals they had stored. Later they (first the goldsmiths and later the bankers) noted that their clients would rarely ask about their gold so they started doing things with their client's real money (gold and silver) for their personal interests. They started making notes for themselves with what their clients owned and invest this money without the consent of the clients. The whole thing became so twisted and confusing that right now money no longer represents the ownership of these metals but, in our case, a debt to the makers of the paper notes (The Federal Reserve Bank). We agree to participate in this illusion each time we use money.*

*In most cases money seems to control how we live and even for how long, but in reality it's the value that we assign to money what controls how we live.*



**\*\*\*I give thanks to IT for letting me be a witness to a new stage of society, the reduction of consumption. \*\*\***



*Besides our consent to the money illusion we also agree to the illusion of the value and ownership of things. When we buy things we don't question that we must pay money for them and that these things are given a value that is anything but real. If we think deeper into this we*

might come up with a couple of questions. Those are the materials and energy these companies use in the first place? Who claims ownership over these and why? To this I can only say that all materials and the energy used to make these things are part of ITS heated weight in the first place. They do not belong to anyone in particular but to IT. Why then, some claim ownership over oil or natural resources? Some of the founders of the private property will say that when something is in a state of nature and a human invests personal work on it, this natural thing becomes its property. But if we go back to the definition of work we must agree that the first worker is God or as I tend to call it, pure energy. IT is responsible for the transfer of energy between all things in nature. All natural cycles and processes are possible, not because of our work. We could all die and IT will continue doing ITS work. Lets take our drinking water, for example, it was given to us by God, and not only to us but to all animals and plants as well. Water doesn't belong to anyone in particular but humans at some point thought it would be convenient to own it privately and put a price to it. To a native that lives in harmony with IT, this would be completely absurd. But, let's not forget about other things like radios, cars, cell phones and computers. You might think their "manufacturers" make these. Again, all these things are made of matter and we don't own matter, we cannot even create it or destroy it. We can only manipulate it to some extent.

### ***The business game***

*The business game, or at least from my point of view, as IT, what we call "business" is just one more game that some of us can play. Some players get so involved that they see this game as a matter of life and death, and others, like me, remember that this temporary game has a name as its owner, which we call GOD. When we get lost in playing this game, all we have to do is remember to go back to WHO established this game called life and remember that it is just a game, where we can play, but not to take this game very seriously.*

*For as you, the reader, will see later on, in section #2 which explains this better, you will be able to understand that what is really happening is that we are just moving ITS weight around, so that IT can continue to reshape. We should also remember that there was a moment where we as humans did not yet know of such a game, for we were still together as a group, inside a cave. In the same way, this game might cease to exist as IT continues ITS reshaping, and maybe, when we leave this planet, this game might not continue, for we should remember that our minds get into the habit of seeing things as if they have always been a certain way.*

*So, the same way the business game came into existence, it too might come to an end, when IT decides to reshape into where IT will no longer need the effects that this game we call business produces.*

### ***Wants***

*Nothing on this planet belongs to us. The day will come when you are dying and you realize that you cannot take the material things with you.*

*We work hard to get what we want. If you want to work less, all you have to do is diminish your wants.*

*If you have a million dollars, does it help you sleep better? Does a million dollars make you a happier person?*

*You do not have to have a million dollars to enjoy the life of a millionaire; all it takes is being able to give without question of whether it will cripple you. Furthermore, if you reduce your wants, you will not need as much money as you think you do.*



***\*\*The duality of our human mind causes us to want to get as much as we can for our services, but we do not want to pay as much for other people's services as their work \*\****



***My life as a boat.***

*I feel that this is a way to express my feelings, when it relates to IT and I. Let me explain, why a boat, first it is ITS boat to begin with, and I have the freedom to decide if I want to continue in this so called normal life, normal because the majority are there.*

*Or as I have, surrendered to IT, and in order to do this, you have to forget about what you want, so in order to sit in ITS boat you will not do the steering. First, because you will no longer know where you are going to next, as your encounter with other humans, and second, this boat is made for you only, and the boat will not carry a lot of unnecessary items, that we accumulate as we travel, on this road as our existence. And if we try to bring this extra unnecessary baggage, we will sink sooner, or not move at the speed that IT wants to move at. We have to trust in IT, for IT is ITS boat and water, and even the wind that will take us to where IT wants us to be, for IT is in ITS own water.*

***The uncertainty road***

*As most everyone wants to feel secure and so many of us are born into a majority that seeks security outside ourselves, so many of us never learn there is an alternative: Trusting IT. Instead of trying to know about everything that is happening around us or trying to predict what will happen next, we can instead quiet the mind and take the uncertainty Road.*

*On the Uncertainty Road, everything is new. The only danger that exists is permitting the mind to tell IT how things should be and where IT should go. But it's our choice.*

***Eyes***

*Our eyes cannot see; it is the brain, as an organ mostly made of water that actually sees. The eye is also made mostly of water. If you were to drop water on paper, under the right conditions, you would notice that the water acts as a magnifying glass. Glass is also made with water. The mind, using this magnification process forms a picture in the back of the brain.*

*This process of seeing becomes possible with the help from the hydrogen atoms that exist in the water, which are formed in outer space. The magnification created by our eyes allows us to see what occupies space outside ourselves. Thus, it is not the eyes that see; the mind sees because of this magnification.*

*This would mean that the mind had to have come first.*

*The white part of the human eye serves as a reflector. Anything white reflects light. The opposite of white is black. Black absorbs light. These things are necessary for the mind to see.*

### ***We cannot create***

*Albert Einstein did not create anything; he simply understood this pure energy differently. Einstein understood how to use this energy in the form of work. He did not understand why he worked so much; he just worked his mind to the maximum. His lifetime was the time for us to understand ITS energy as it refers to Einstein's work.*

*Einstein's theory, that energy equals mass times the speed of light squared, gave us the formula  $E=mc^2$ . If Einstein had been born 2,000 years earlier he would not have been able to see and understand energy as he did during his moment in existence.*

*Because of the discoveries of Einstein, we have more information on energy and matter. We have a better understanding of this pure energy and a better understanding of that which I call our Creator.*

*How about this: We cannot create music or anything else; what we do is transfer energy.*

*We should remember that we are IT, as this pure energy that exists in a place called omnipresent. We transfer energy from our bodies to the instrument that we play. The instrument transfers energy in the form of music. Music, as a sound, is possible because of ITS duality. Music is only possible because of the silence that exists between the notes. The orchestra and the instruments are examples of the Creator transferring ITS omnipresent energy.*

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 \*\*\* **God does not create, IT is everything that exists** .\*\*\*  
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### ***A friend that is not needed***

*Some friends we do not need as friends. Some people only call themselves friends as revealed when the time comes that we need a great deal of help from such friends. Let's say you lose your job and you schedule a garage sale to make some extra money.*

*Some of your friends come to the garage sale. You have a radio for sale for \$20.00; your friend says that since he is your friend you should sell it to him for \$10.00. You would think that if he were a real friend he would offer you \$30.00 so that he could help you out.*

### ***Life as a game***

*Let me explain why we refer to life at times as being a game. But first let's go over the meaning of the word game. As any game, we know that at times we will win and that at times we will have to lose. That is why they are called games. When we apply this to our existence we sometimes feel that life is a game. One reason for this is obvious, we can see that at times we gain something, and that at other times we lose something.*

*For I too saw life this way, until I came in direct contact with IT and how IT exists.*

*Let me explain it this way, before I too saw the things that exist outside of me as objects and as possessions (property), and that the more I had of these possessions the better I was suppose to be. To which I should add that this is partly true when it relates to our basic necessities. And to this I also have to add that life as this game that is going on, as in taking place, is something that does exist, and will most likely continue to exist because it is a very powerful force that IT uses to make things happen so that IT can continue reshaping ITSELF into something else, as ITSELF. I know that this is a little hard to accept, but we should remember that everything in this whole universe is IT.*

*There was a moment where we did not even exist here on this planet, and that it is because of ITS existence that we came into being where we now can play this game that exists out there which is governed by the ingredient that IT placed in us called necessity, which is one of the factors that makes our society, as it now exists, possible, for necessity is one of the forces that makes the wheels of our society keep turning, to which I should add that we do not have any control over it, but IT does.*

*IT has taken me away from this game that does exist out there in order for me not to have to play this game that exists out there. There are certain things that I do have to accept, which are that what is happening out there. I should not try and change it, as if I was going to change things, or that it is up to me to make things happen, or to make things change. Also, I have to remember that everything out there does not belong to me, and that I should in no way think that I will take anything with me, for this would be a clear indication that I got lost again.*

*One more thing, in being with IT I am not winning or losing possessions, for I now realize that everything belongs to IT anyhow. And that what I am gaining is the opportunity to continue existing as this living, existing moment that IT has permitted me to exist in.*

*We are not aware that IT is everything to begin with, so it will be easy for us to get lost in this game that is taking place. IT is never around nagging you, yet IT energizes everything that we do. IT never tells you if you are doing it right or wrong, because to IT, it makes no difference what we do, for IT has a way of making happen what IT wants as a result or as an outcome.*

### **Games**

*Regarding games, I have noticed that one of the most frequently used pieces of game equipment is the ball. Many games use balls, even as small as marbles, which I played when I was a kid and really enjoyed it. One thing about playing any game is that sometimes you win and sometimes you lose. The enjoyment is in the playing. After marbles, the balls get bigger; there's ping-pong, tennis, billiards. From there, the ball gets bigger still; we have baseball, football, and bigger still, basketball, volley ball at the beach, and then the ball gets heavier, you have bowling balls. And there are many more games with balls. One ball to stay away from, however, is the ball and chain.*

## Television

Here is another manipulation of the mind. I suppose when TV's first came out manufacturers and sales people did not think that the public would be walking around with measuring tapes to verify the sizes of the screens.

Let us take my case: I bought a 27-inch screen TV. The 27 inches are diagonal, so for me to enjoy 27 inches of screen I have to look at TV with my head tilted. If I did I would have to see a chiropractor every couple of days. The screen actually measures 22 inches across, and from top to bottom it measures 16 inches.

As for computer monitors, it just got worse. I thought I bought a 15-inch monitor, when I measured it I got 13 $\frac{3}{4}$  inches diagonally, 11- $\frac{1}{8}$  inches across and 8 $\frac{1}{2}$  from top to bottom. From outer edge to outer edge I got 14  $\frac{1}{4}$  inches.

I did not give up, I went to see if the 17-inch monitor was better. What I found was that it measured 15 $\frac{3}{4}$  inches diagonally, 12- $\frac{5}{8}$  inches from left to right and 9 $\frac{1}{2}$  inches from top to bottom.

But I did not give up here either. I went out to the store to see if maybe the sales person that sold me my TV monitor had taken me for a ride. And here is what I found with the more modern monitors, like the flat screens; the first thing is that they are still very expensive. As far as measurements go, the selling dimension is based on the diagonal, just like other screens. On a 15-inch laptop I found that it actually measured 15 inches diagonally, 12 inches from left to right and 9 inches from top to bottom. I feel that the most truthful thing would be to indicate how many total square inches the TV screen really has.

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**\*\* My God, Please forgive me if I tire or bore you by thanking you so much.\*\***

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## Components

Here is another piece of manipulation. It has to do with your stereo system and watt ratings.

There was a time when you could buy a stereo system, it would be rated as delivering 50 watts per channel, that would mean that you would be having sound projected at a legitimate 50 watts through each individual channel.

Now when you buy a music system you will notice that it might say that it is a total 200-watt system and that you are going to get 200 watts divided by the number of speakers it has. This rating can be related to a right and left speaker box system. The problem is that each speaker box has three speakers, each individual speaker will deliver 33 watts. I asked a sales person if the rating meant that if I put all six speakers in one box, would I get 200 watts of power? His answer was that no, not really, the bottom line is that you get 33 watts per speaker, period. And here I was thinking I was purchasing a 200-watt power sound system.

## **Weapons**

*Here is a positive take on weapons.*

*We have to get ready to find the weapon for a big battle. This battle will involve the whole of planet Earth and should be taking place before the year 2880.*

*This is a negative becoming a positive. We have seen the negative effects of what came out of missiles and warheads when applied to human relations and politics. Yet it is this same negative that will be reshaping into something that will most likely save mankind on this planet.*

*It is expected that an asteroid, which has been classified as asteroid #1950DA, will come so close to Earth that the possibility of being hit is great. The U.S. government is already classifying this asteroid as cosmic enemy number one and is gearing up to find a way to destroy it. Among some of the options is that we launch missiles to destroy it or at least deviate it from what could be a collision course with us.*

*If this asteroid were to hit us it will have the power of a 100,000-megaton bomb. To make matters worse, there actually is talk that there may be more than one asteroid on the way. This is a situation that will have to be solved by the generations to come.*

## **Where IT takes me**

*I would like to share some thoughts about how, by taking me to places, IT has taught me about ITSELF.*

*Living with IT I have learned to see when is opportune for me to do something and also to recognize when I have nothing to offer. I have seen and felt how IT sends things my way and how IT takes care of me. The curious thing is that IT listens to me. I no longer have doubts about ITS existence and since I know now that everything that exist is IT, I only try and listen to IT in return. I have to use all my senses to feel what I should or should not do. One other thing IT has taught me about how to do things is that I should only do what is in front of me at the existing moment, that I should do it if it's asked of me and only if I have something to offer to the situation. For example, if I'm driving and I see someone having car problems, I should offer my services without asking why because at times I've been able to help people with their car problems.*

*Another thing that I've notice is that the more I surrender my possessions to IT the more I feel ITS presence and ITS gifts. Now I only want to be with IT as the most important thing in my life. This has taken me to a place where I feel I'm on an invisible floating carpet moved by IT. I have to trust in IT. I know that I don't know where IT will take me next. Let me mention that to get on this carpet there're certain conditions. One of them is that I cannot take any carry-on luggage. I must leave behind everything that IT has already given me that made my life more comfortable. These possessions will create a discomfort on this floating carpet, which was made only for me and it's only for me to enjoy. And talking about enjoyment I should say that when I turned to IT for help I was down in the dumps as the saying goes, but that's another story. When I was down*

*there I asked IT for help and one of the things IT gave me was a good place to live in. I did not see what could be nicer than that place. That place is in the countryside, there're very nice neighbors that exists at a certain distance and to make things better there's a tiny view of the seacoast. I was grateful for this place and would give thanks to IT repeatedly for it.*

*After a while someone came to me talking about a property for sale. This person told me I should go check it out. I was not looking for another place to move to, but he kept insisting, so I said ok. This person took me to the property just before dawn so I could see how daylight came in. As I watched the city lights in the darkness I felt the beauty of the city from above as when you're flying over the city on a plane. There's silence and tranquility. This place existed as a peaceful moment. While I was on this paradise, I could not see what would be better than this. The quietness made this place a heaven on earth, a continuous peaceful moment with a 360 degree view.*

*This property required work and I have experience in construction; I had no fear of tackling this project. From the beginning IT kept me working in just opening a road to get into it, it had no electricity or water. I didn't have much money, but I had experience and passions. So I said yes to IT and IT helped getting this place and making it habitable.*

*As you may notice I'm not a writer by profession. I never intended to write in the first place, but it happened. This place is an excellent place to write a book. When I get tired of writing I just go out and enjoy the tranquility. Once again I give thanks to IT for allowing me to be in such a beautiful place that exists as one of ITS peaceful moments.*

*I know that IT could have me in a war zone, without anything to eat and without a peaceful place to rest my head. For now IT has placed me on the top of a hill, with a 360 degree view, with no close neighbors, the convenience of internet, satellite with numerous movies to watch, all year round tropical weather and a view of the Caribbean to Atlantic coast line.*

*Sometime ago I use to say, "let's see where life is taking me", but now I say, "let's see where IT is going to take me next." I must say IT has been better than what I had before. I still don't know what could be better than what IT has given me, but I'll keep you posted. IT can send me on a one-way ticket all across this planet, never knowing what will come next. I would have to say yes to IT, even if it means giving away the paradise IT has me in now. So far it has been like a floating carpet because IT moves me in a pleasant way and it takes me to places I didn't choose. I know that I can stay in my paradise, but then I will never know where IT would take me.*

### ***The crying syndrome***

*Imagine that there is a room full of healthy sleeping babies. One of them decides to cry to get attention, not because it is in pain or because it is hungry or wet, but rather, it cries because it wants attention.*

*This crying wakes up another baby who also starts crying for no reason other than that one is already crying. Before long, all the babies are awake and crying.*

*As far as they are concerned, it is normal and perfectly right to cry; and, this crying will result in getting something (attention) for nothing. This is what I call the crying syndrome. What we must not forget is that the most precious gift we have is the gift of life itself.*

*If we were not alive, we would not be able to cry when we were in pain. Therefore, in crying, we likely miss what is truly important, to be grateful that we are here in this moment as life, for it is a one-time gift that will never be given to us again.*



**\*\*\*\* IT is the ancestor of all ancestors \*\*\*\***



### **Right handed people**

*If right handed people are using the left side of their brains, then left handed people are the ones using the right side of their brain. It follows that left handed people are the only ones that are in there right mind. That's just joke...*

### **Opinions**

*When provided with an opinion, the person receiving the information is the one that has the ability to change. The person providing the opinion is merely stating a thought. When someone asks my opinion, I answer that I have none.*

*I believe that opinions are a way for the mind to entertain itself. For example: let's say that a 20-car collision occurred because of a drunk driver, and that it resulted in the death of ten adults and two infants. Opinions could range from claims that the driver should be put to death to claims that our roads should be safer.*

*Important here is to see that those opinions stem from an event that has already taken place; nothing done or said could change that now. The actions that took place resulted in some type of reshaping.*

*Instead of giving your opinions, accept and be grateful to IT. Keep your eyes and ears open so that you may better understand IT as the moment, and are more available to accept your next role. Opinions require energy better utilized elsewhere.*



**\*\*\* It is easy for us to discuss what people should or should not do. Talk is cheap. People are going to do what they choose no matter what you and I think. It is much easier to talk about someone else than to effect positive change in ourselves. \*\*\***



### **The invisible governor**

*When we are voting for the governor and a bunch of other offices, I observe people making hay about casting a vote for who they feel should be the next governor. We humans have gotten used to the thought that we should have an elected official to give us leadership. This is natural; we want someone to give us the sense of heading into a better, happier future. We have always wanted this, I suppose.*

*I mention this because I have stopped voting. I am politically free. I do not need to vote for someone to lead me to a better, happier future. I have found a constant form of happiness. I used to live on a roller coaster where going up was exhilarating, and coming down was a drop into the low lows.*

*Throughout my life I have never observed a governor that could offer me a ride that was pleasant, peaceful, and most of all, enjoyable. You ask, what else is there? Well, here is what. I have a governor that is apparently invisible, yet you see him in everything, and you are in it. IT is the only invisible governor that ever existed.*

*Let us look at this invisible governor. IT governs every atom, everything you see.*

*Whoever we think we are electing to govern us is still IT. The problem is that the people we elect forget who they are, or do not know that we are made of the pure energy that continuously reshapes the universe. If you don't know that and keep it in mind you actually start thinking that you can create something better. Well, even if you can, it is still IT reshaping.*

*I asked IT to take me away from the roller coaster I was on, and IT did. I am on a smooth, constant, peaceful road now. Some might say "well that sounds boring", but keep in mind that I can go back to the roller coaster any time I want to. But I am not.*

*I tell my friends that I do not vote anymore and they say that the system of government and everything else is necessary. I reply that yes, it is, but not for me because I know that all that is happening is IT in ITS constant search to reshape into all existing possibilities. Even all the tension and craziness is just exchange of pure energy, IT at play, making us change to what IT wants in that instant.*

*It is easier if we remember that we are talking omnipresent here, everything everywhere is IT. And since we are programmed with needs and desires, we act accordingly.*

*I know it is not the politicians that are wrong, they may not know that they cannot make you happy and fulfilled, but I suppose they should try. But only IT can provide the happiness and fulfillment through the way IT governs our existence. Our Governor!*

*I will not change being close to IT in exchange for thinking that by casting a vote for some political figure I will be happier. I know that every atom of my body is governed by IT, that will outlast all of us in this omnipresence.*

*Our desire to vote is driven by the idea that with it we can affect change. But I say that only IT serves me, and does so better than any elected official ever has or could. And I have never had to elect IT.*

*So I hope you understand why I do not need to vote for an impersonal governor, when I have the most personal, greatest, and longest lasting governor that has ever existed.*

*Our environment is like a roller coaster. When our environment is on the upswing, we think*

*that things are better. There is the old saying that what goes up must come down; this is how all things work. When our environment is down, we think that things are bad.*

*There is a better way of looking at this. The energy that exists within us is not an up or a down; it is a constant. This constant energy is level and peaceful. If we surrender to IT, life can be much more balanced. To surrender to IT, you have to except that you can no longer play life's games. There is no longer a winner and a loser; there is only an observer and a participant.*

### **Freedom**

*I believe that freedom comes in different packages. There is no total freedom, especially for humans.*

*Since we have already established that we are created and that there are two primary programs that are going to take place during our stay on Earth, we are not totally free.*

*The first program that we previously discussed is survival. Humans need to survive long enough to complete the second program, which is reproduction. These two programs are necessary for IT to continue ITS reshaping process.*

*Males are required to impregnate. Women are required to give birth. As mentioned before, generally speaking, even the most liberated women have a desire to experience childbirth. Women have this desire so strongly that they are willing to do this in the absence of a male companion.*

*Most people feel that they are free to make the decisions in the area mentioned above. Human beings need to remember that we cannot create anything alone.*

*We are what looks like a creation that IT has reshaped into. The same applies to children. IT has allowed for human existence, IT has allowed for human feeling. IT has given humans the ability to love, hate, feel pain, and the ability to see and hear. IT gave us the gift of understanding.*

*From the beginning, I have been told that there are certain things that I have to do. It was not until I asked my GOD for help that I understood freedom. I did not expect IT to help me. Before I accepted this, I didn't consider the importance of God. Now I accept that IT came to help me. I asked for this help and have stayed close to IT ever since. Staying close has enabled me to see the gifts that are available to me. These gifts are never ending. Accepting IT has proven to be the best thing in my life.*

*The first change in my life after accepting IT was that I no longer needed an employer. I no longer needed to be told what to do, or how and when to do it. This is the first form of freedom that IT has permitted me to enjoy for the past 20 years as of the year 2005.*

*When a person is told what to do, they are denied their freedom. Everyday, this happens to someone. You do it; most of us do it. I choose not to deny others' freedom by hiring people that can do the things that I cannot, and determining the monetary energy required to complete*

*the task.*

*We should be aware of alternatives and options. They give us the opportunity to improve the quality of our lives. There is always more than one answer to any question.*



***\*\*\*\* People tell me that I do not smile a lot. I do not think that you have to be smiling to be happy. As long as I am not sad and all is OK in my life; I'm happy. I call my state of mind being in a state of continuous contentment. \*\*\*\****



*There is more than one way of doing things. I used to work alone by choice. Working alone I had to think of alternative ways of doing things. Working alone taught me to use the resources that I had available to solve the problems I encountered*

*IT has taught me that I do not have to work physically hard to survive. However, I accept the possibility that pick and shovel work may only be a moment away. I see my life as dangling on a very thin string that could snap at any moment. My life may turn upside down and for the worse at any moment. IT has taught me that whatever ITS plan for me is, that is the plan I will live.*

*IT is now my employer. IT has actually been my employer all along. IT is the best employer that anyone could ever have. IT has a way of letting you know what to do and when it is necessary to do it.*

*ITS plan cannot be seen by us, at least not until after the elements of the plan have taken place. I believe our inability to see ITS plan is a safety precaution that prevents human intelligence from interfering with IT. We must simply accept IT and that in IT, there is a plan.*

*IT does not force you into acceptance. IT allows you understanding, so you can come to IT on your own. It is up to you to accept. IT does not debate nor care about your opinions or philosophy.*

*Let me explain this with a personal experience. Before I could see what was happening to me, I fell into this hole called addiction. By the time that I realized what had happened I was in too deep to find my way out. I looked to the outside for help but found that people could not offer me a way out of my situation.*

*I asked God, from the bottom of my heart, to help me. I confessed that I was lost, and I did not know my way out. It was at this moment that I became aware that IT does listen.*

*IT can see, hear, and feel because IT created the human body.*

*A few days after asking IT for help, a big change started to take place. This change has lasted to the present moment. The change was noticeable right at the beginning, but I did not understand it.*

*After a few years had passed, I looked back at the many changes that took place and began to understand IT as I understand IT at this moment.*

*Life got better and better for me. My friends now ask me how I am doing. The first thing that I tell them is that I am alive, like you, and then I say, "I eat well, I sleep well, and I feel well; these are the best of times for me; and my cup is overflowing."*

*Every moment that I get a chance, I thank IT for allowing me to live. I see now that since I asked for change, I have received change.*

### **Cuba**

*Here is some information on CUBA that I found as bits and pieces that came in from different broadcasting system on TV over the years Cuba has a portable educational system , let me explain this one, one Cuba is a country that believes in education to the point that they eliminated illiteracy as a country, and recently , it was broadcast that Cuba sent there abundance of teachers to Venezuela to up lift that country from illiteracy.*

*Cuba tried to give free education, and health care, and equality to all, but they too, found that it is not an easy task, And one reason is that when a country as a government, gives, its population free education, it does come with certain conditions, that is why Cuba does not let people out of the country so easily , let me give you an example , professionals like doctors, pilots , engineers, who got there education for free, now these professional when they saw that in Cuba they earned 500 pesos , and that in the USA they could make a bundle of \$ tried to leave they could not, why because if Cuba gave them their education for free, it was so that they could serve Cuba , or where they could be traded off with other countries like Venezuela for petroleum or other things that that country produced , so in short what Cuba invested in educating professionals in different fields , and then toke the value of what it cost Cuba, and exchanged it with other countries . which is what China is now also doing , it is taking its population as cheap labor and exporting it to other countries , which in turn take away jobs from other countries , now let me mention that this exporting of cheap labor do have a pro to it, and it is this , the same way the USA went into Japan after bombing them , to use there cheap labor to ship to the USA, now the USA will have to consume form China, because in the USA inflating its labor in order to collect more revenue as taxes , and even when these cheap products are sold in the USA , the local government will make money off of this in the high prices that the stores in the USA have to sell these cheap products because of there high labor, and offer head prices, remember this , that to produce a product today is more economic because of the technology we have to toady , what is making our product expensive is , 1- labor, 1- expensive overheads, and 3- high taxes .*

*Now we can strive to support a given population in giving them free education, and healthcare, and equality, is because the general population excepts that they will in themselves give part of their work energy so that the children that are going to be educated, will also have food, and clothing, and shelter while they are being given equal education, but until when, most USA states do give free education until high school. But after that it depends one if the child did get educated, for we as humans do have to continue gaining more knowledge so that we can*

*continue mentally growing as we keep assimilating what we have learned into something new*

*so in giving a total population everything that they need, has as history as shown to be an impossible task, as a long term, one reason why is, that as soon as you can give everyone there basic needs, like free education, and health care, and equality, maybe achieved temporally, but in 20 years when the population doubles again, the new population will take away from the already existing population, for this we can now see in our present day,*

*And when a country divides its wealth among themselves like Cuba, they have to except that they will not get more than everyone else, so when they look at other countries, where things are not divided evenly, they will notice that there are some that do have more, then others, but they do not notice, that the ones that have, are fewer, and getting fewer yet.*

*So that when a given society, has worked to giving its population free education, and health care, and equality, that this comes with this condition, that as they give to all from the pie, they as a whole will receive less of the pie that this planet exist as what it can offer, for this planet earth does have its limits .*

☸~~~~~☸  
 \*\*\**everything has a good and bad quality in IT* \*\*\*  
 ☸~~~~~☸

*As some will look for that American dream, it is only there for a few, and at times only for a limited time.*

*And I have said many times elsewhere, the only one that has given me fulfillment is IT, for IT is all that I have mentioned as omnipresent*

### **Jobs**

*You the reader should before you read this section remember that first we all have to be grateful that we exist as being a live, as one moment of gods' existence, no matter what.*

*First let me say that what is known as work, really means that we have to transfer energy of some kind,*

*Which starts right at the moment of our existence, when we are force to take our first breath of air , which is our number one necessity , and in doing so we take in oxygen , as energy , we use a few protons from this oxygen , and we exhale carbonmonaixide, and in doing so, we begin our transferring of ITS energy as ITS heated weight as what exist as those protons, which are made from the way IT exist as one of ITS duel energies (\*A ) and we have to do this in order that we can have the necessary energy for our lungs, and heart and all the other organs we have , so that we can continue our existence as one moment of ITS existence , and we then have to consume food and let our stomach work in processing this food, so that we can have more of ITS heated weight as energy to continue doing more work , and we have to eat , so we*

*can develop into maturity , until our last breath of air as death , which is the last moment that our human body has to work as our last moment of our life, so you see we too have a job, right from the beginning, as our first breath of air , and we have to continue this job as work till the last moment of our existence ....*

⊗~~~~~⊗  
**\*\*\* Work equals transferring ITS heated weight as energy \*\*\***  
 ✂~~~~~✂

*So let me continue with this section, Now let me mention some of the different jobs that exist, there are jobs that we have to do unwillingly, and we have to adjust to liking them, and then there are jobs that we find that are great and interesting, Then there are the jobs that will pay us for doing work that we really love to do, just to mention a few.*

*Now we also have jobs because as jobs, to which we in exchange for our labor, can get things we buy, or trade things that will make our existence more comfortable, And jobs aside from making our personal life more comfortable can also make the city, state or the county we are in a better place, even if it is at times only temporally.*

*Then there are people that live just to work, and then there are people that work just to live.*

*And talking about jobs, and survival,*

*Let me first explain why I am writing about Cuba, and the reason is because of this, as I have watched what IT is doing , when it relates to the way IT uses ITSELF as ITS heated weight as what we see as over population , and how IT uses ITSELF as population as a powerful force to make things happen , now I know that what I am writing about may seem out of place, when I use the way IT as god does things , but you too will understand this better , if you take the meaning of what omnipresent means, (A\*) which is a way that IT uses to move ITS heated weight as ways for IT to seek all existing possibilities that ITS heated weight can exist as , I focused on Cuba,*

*And I went back as far as I could, and I noticed that in the 60s and 70s people where high jacking planes to Cuba,  
 And in 2000 people where high jacking planes out of Cuba,*

*The same way, I keep watching the USA, for it too has to keep changing.*

*We have seen changes from slavery to feudalism, capitalism, communism, and there may just be another ism up a head, maybe computers, which you can read in this section as the Computerized Government.*

*We have seen how Rome changed, how Russia changed  
 Now this change that happen to the Roman Empire. Does not mean that Roam disappeared, nor*

*did Russia disappear, it just means that they too had to participate in something different as change to*

*Now returning to Cuba, they are, very conscientious people, and from what we have seen from the Cubans that have landed in the USA, they are very well educated people, now Cuba is the country in the Caribbean that pays the cheapest monthly rate for a well-educated worker, for Cuba is the only country in the Caribbean that does not have illiteracy.*

*Let me give you an example: Professionals like doctors or engineers get 550 pesos monthly (which is about \$32.00-36.00 US a month) and so-called blue collar workers make less.*

*Cuba is also one country that tried to give all its population an equal portion of the population's necessities, but over population did not let it do this, which you can read more about in the section called OVER POPULATION, and why the mind needs to have more possessions, to which I explained why but let me return again to Cuba, for as much as they have preached and tried to give equality to all its population, The best way to sum there now existing situation is this way, Cuba has 3 types of taxis that a tourist can choose from, one is the most economical, which comes with no air conditioning, then the second one you can choose, which is the taxi with air conditioning, and if you have enough money, then you can take the third choice, which is the Mercedes Benzes taxi that comes with all the powers,, and all 3 type of taxis are not available for the Cuban worker, and this information comes directly from the Cubans that have arrived in the USA, and from what we are able to receive as media news.*

❁~~~~~❁

**\*\*\* One thing is what we want, and another thing is what IT is going to do. \*\*\***

❁~~~~~❁

*And here is something to recall, there was a time when people where hijacking planes to go into Cuba, and then came the moment that people where hijacking planes out of Cuba, and when that luxury of a plane or boat was not available then there was the inflated tube tire that might get you to Florida*

*now here is something for you the reader to think about that relates to subjects like the one above, none of the above would be happening if IT did not exist as the matter that makes the land like Cuba or Florida, or better still look at the above from this angle, you and I and every one in Cuba, and Russia, and the USA, just to mention a few, would not take place, if IT did not exist, and when you look at anything that is changing remember that it is ITS heated weight that is always changing.*

*And let me mention that the amount you receive as money, does not necessarily mean much, it is how much you can buy, with the amount of money you receive,*

*And let me mention that the higher a country has as wages is also an indication, that that*

*country has an inflated economy.*

*And, here is something for someone who likes to do research, which has to do with the minimum salary,*

*Which is what will they find, if they start by looking at how much did a cup of coffee cost lets say when the minimum salary was \$1 dollar , as an example, lets say that when you made one dollar, a cup of coffee would cost 10 cents , and you could ride the subways for 10 cents , and then the minimum salary went up let's say as an example \$1.50 this meant that your salary went up 50% , and a cup of coffee went up to 25cents , this would mean that the coffee went up 60% this is only an example , and the subway went up to 25-30 cents this would mean that the subway went up ? % , and as the minimum salary kept going up as what % , how did the coffee and milk and bread go up as that new increase.*

*and we should then look into what % percentage did the existing government get when wages were \$1, and how much did the government then got as our new minimum, as there % , as an example, when we got a 10% increase, did the government get the same 10% or more ?*

*That is why some people will tell you that before when they earned less money they brought home more groceries, then now when they are making more money, and the reason is this, Now I started to look into this, and I got as far as getting this index on the years, and the money for dose years, which you can see below??*

*And I feel that Fidel should have realized by now, that the new generation also has wants, and they think they can get it in the USA, which now they too can forget about that dream, and now that Fidel Castro is aging and is nearing his end, that there is just so much that any one person can do , for it is IT that has been running this show , and it is IT that dictates how ITS heated weight will reshape into as IT looks for all existing possibilities*

*let me offer a few lines , that relate from capitalism to socialism , and all the other stages that may exist in between, for now that I no longer have any attachment to any of the above systems , and the reason is this , because for one, I now understand that all systems are IT in ITS totality as omnipresent, and that these systems do have to exist so that IT can continue with ITS reshaping , as IT looks for all existing possibilities as ITS heated weight can exist as , I still have the freedom to choose any system that I feel would make my living existing moment a better place to exist in, but I will not , because of this , that as I started noticing that IT does listen to me , I kept talking to IT , where now I no longer have any doubts about ITS existence , and now that I know that I only exist because IT exist, as only one moment of ITS existence , and since I now know that everything that exist is IT, I only try and listen to IT , for I still have not received any written messages from IT , so I have to continue using my senses to feel what I should or should not do , other than the one thing that I have learned from IT , as to what I should do or should not do, which is , that I should only do what is in front of me as my existing moment , and I should only do it , if it is asked of me , as something that I know that I know how to do, as an example , if I am driving and I see someone in problems , I should offer my services*

, without asking why , for I have found that at times I could help the person in need with my battery buster, and at other time , all I could do was help them find the person that could really help them like a mechanic.

Any way what I am trying to say is that I have learned to see when I am supposed to do something, and when I have nothing to offer to the situation for I have seen and felt how IT has taken care of me, and how IT sends things my way , where I have to see it , and turn to IT , saying thank you and I have notice that the more I surrender to IT as being the most important thing that exist between me and IT and as I keep giving up my possessions , let me present it this way , as I see it and as I feel ITS presence , that since I gave up everything that exist outside of me as attachments , and I only want to be with IT as the most important thing in my life, I have arrived to a place as a feeling , I say a place , one because I have never before been here as this feeling , here is the way I see ,and feel my situation , between me and IT , it feels like if IT placed me on an invisible floating carpet , as the way IT is going to move me about . And I have to trust in IT, because I know, that I do not know where IT will take me next, let me mention that this carpet that IT has allowed me to get on to, dose have certain conditions, one of them is that I cannot take any carry on-s , for I have to leave behind everything that IT has already given me as possessions that made my life more comfortable, because these possessions will create a discomfort on this floating carpet which was made only for me , and it is only for me to enjoy , and talking about enjoying things , let me mention something , which is that , when I asked IT for help , I was down in the damps as the saying goes,, and I had a boss , to work for , in order that I could survive , and that after I asked IT for help , one of the things that IT gave me was a nice place to live in , and when I once said to IT , thank you for giving such a nice place to live in, I do not see what could be nicer then this place , to which I should mention, that this place is in a country site , that had very nice neighbors, which existed at a certain distance from me , and them ,any way getting back to what I was saying , that when I said to IT, thank you for permitting me to exist in such a nice place, that I could not see what could be better than this place, which did have a tiny view of the seacoast .which was not to noticeable unless one looked for it ,

now a few days later, someone came to me telling me that there is this property for sale, that I should go look at it, and I remember that I told this person, that I was not looking for an other place to move to, but he kept insisting, so I said ok, now when this person took me to this place that was for sale, he took me just as dawn was approaching so that I could see this property with day light, and as darkness entered , and how beautiful it is to see the metro area as its city area light up form this high up as height , it is like seeing a city from a plane when it is landing during the day, and as how the city looks at night when it is light up, the best way to explain this place, is this way, it is a place that exist that has a beautiful view, as a beautiful place , that exist as a peaceful moment .

Now the reason why I have mentioned the above, is because as I was on this paradise, I again could not see what could be better than this, and here is what came after I had finished writing the 2 books that I wrote, to which I say, that this paradise is like being in heaven on earth,

*because of the quietness, and tranquility that comes from being there, for these are some of the comments that friends that have visited me, commented.*

*the only way I have found words for this place is or like this, it is like being in a continues peaceful moment , with a 360 degree view , so this place was an excellent place to write a book from , because when I got tired of writing , I would just go out and enjoy this peacefulness that this property has , and enjoy the view on the metro area , and then come back and sit down to writing again , so thank you IT for allowing me to be in such a beautiful place that exist as you in one of your peaceful moment*

*and I should also mention , that the way this property now exist ,is not the way IT gave it to me, but since I have experience in construction, I had no fear of tackily this project, for since the beginning IT kept me working in just opening a road to get into this property , that had no light , or water , or in short anything on it , and to make things a little worse , I had very little money , to which , I had to pay first the owner, then open roads, and then tar them so as to get construction materials into the property , but I had experience, and passions.*

*For I know that IT could have me in a war zone, without nothing to eat and without a peaceful place to rest my head.*

*Well to continue my voyage as one moment of my existence that I exist as one moment of ITS existence as ITS life.*

*Well here is what came next, IT sent me a person that was looking to rent a place , for 25 years , as a piece of land to rent, I thought about this situation , as to why , and this is what fallowed , I eider rented my piece of land , or they would rent the land next to mean, anyway I rented mean, And a friend then told to me , what you should consider is changing your diet by going on a boat cruise , as a way of changing my food menu from sizzler , Well this is the reverse to eating a constant menu , to having an abundant menu. And I know that one problem is that I will have to look for ways not to over eat, but the first thing I will ask about the food on the boat cruise is if they have a vegetarian meal*

*there was a moment when I use to say , lets see where life is going to take me , but now I say lets see where IT is going to take me next . to which I have to say, that it has always been better, then what I had before, and I still have to say, I still do not know what could be better then what IT has given me as this moment of my existence, but I will keep you posted, IT can send me on a one way ticket all across this planet, never knowing what will come next, even If IT is taking me away from the paradise IT now has me in.*

*let me explain this one, IT placed me on highest hill top in my sector, with a 360 degree view ,a and no near by neighbors . With the convenience of internet, and satellite for all the movies I my ever want.*

*With all year round tropical whether, a view of the pacific to Caribbean coast line in short as*

*many friends have told me that I live in a paradise*

*So it is like a floating carpet because one IT moves me in a pleasant way, and because it is going to take me places, that I did not order*

*And I know that I can stay in my paradise, but then I will never know what IT really wanted me to do,*

*It is a personalized carpet that will take only me*



***\*\*\* Cuba is the place to find the best educated worker economically for \$32 a month in the Caribbean. \*\*\****



*And let me explain , that we have on this planet many possibilities that IT has presented as different ways that humanity can exist as different systems , which can be seen when this planet when through systems like , feudalism , capitalism , socialism , communism, just to mention a few, so you the reader , can see that all systems are IT as the pure energy that these systems are reshaping into or have reshaped from ,*

*Cuba and overpopulation*

*As I have watched how IT pushes things forward in the form of overpopulation I have come to think about Cuba.*

*In my experience with Cubans that have come out of Cuba I see that they're highly educated people. In fact, Cuba is the only country in the Caribbean that does not have illiteracy. On the other hand it is the country in the Caribbean that pays the cheapest monthly salary to an educated worker. Professionals, like doctors or engineers, get paid 550 pesos monthly (which is about \$32.00-\$36.00 US a month) and the so-called blue collar workers make less. I've been told that if you go to Cuba you'll see many of these professionals working in the service industry as drivers, waiters and hosts at hotels in which their families are not allowed to enter. And one way to understand Cuba, is with its taxis, as an example it has 3 types of taxis that a tourist can choose from, one is the most economical, which comes with no air conditioning, then the second one, which is the taxi with air conditioning, and if you have enough money, then you can take the third choice, which is the Mercedes Benz taxi that comes with all the powers. Not every Cuban can get inside one of these luxury taxis.*



***\*\* I have been given freedom as this existing moment. \*\****



*As much as the Government of Cuba have preached and tried to give equality to all its population they have failed to do so. They have tried to fulfill all its population needs equally, but we must remember that something so basic as food is a fertile ground for inequality. A need like food can be satisfied in different ways. The government of Cuba cannot say that all of its inhabitants receive and eat the same. I can imagine that a high officer of the revolution doesn't*

receive the same as any other citizen. No government can really fulfill all its population needs, especially if there's an overpopulation issue. If you have an overpopulated country of skilled workers you are going to have unemployment. This unemployed population will look for jobs that will make ends meet. But as population keeps increasing they'll see the difficulty in finding fulfillment to ever growing wants and needs.



**\* One thing is what we want, and another thing is what IT is going to do. \***



In the 60s and 70s people where high jacking planes into Cuba and in 2000 people where high jacking planes out of Cuba. Then, when a plane or boat was not available there was the inflated tube tire that could get you to Florida. The new generation has growing wants and they think they can get them satisfied in the USA. Now that Fidel Castro is aging and is near the moment of his death he can only think back and maybe express to the public the limitations of his actions and those of the government he helped to build. There is so much that one person or even a group of persons can do. We must remember that IT always dictates how IT will reshape ITS heated weight as IT looks for all existing possibilities.

We have seen changes from slavery to feudalism, capitalism, communism, and there might be another "ism" up ahead, maybe computer-ism as I've discussed in "Computerized Government." I no longer have any attachment to any of the above systems because now I understand that all systems are IT in ITS totality and that these systems have to exist so that IT can continue with ITS reshaping while IT looks for all existing possibilities. I still have the freedom to choose any system that I feel would make my existing moment a better place to exist in, but I will not. I give thanks to IT for sustaining my life anywhere IT takes me to.

### **Nationalism**

Here is something to think about, which has to do with where we are born on this planet, and the temperature that may exist as that section of the planet.

For if we are born closer to being under the sun, and don't have sun protection we will get darker, and if we have a constant protection we might stay lighter in skin color And if we are born in a very cold clement, we automatically have to use more clothing, (garments) and our skins will stay lighter, And depending on the people that have control of the section of this planet we may live in, we will be more patriotic, Now I have tried to mention as much information that relates to being nationalistic, Let me mention that this whole planet is only a portion of ITS heated weight as it searches for as many existing possibilities, be it socialism, communism, capitalism, or whatever may follow for surely something different will appear to meet the needs of a new given society, be it centuries away, which really means that when our planet makes more than 36.525more rotations something new might arrive, for that is the nature of change, which again really means that ITS heated weight will become something different.

### ***A piece of cake as a gift***

*Here's another analogy: Imagine you receive a huge cake, something you didn't have before and that you didn't really need, so that it is easy for you to give away pieces to people who you think might enjoy it. So you start giving pieces away and even before the cake is gone, IT sends you more free cake. Friends start asking you: why don't you sell it? You reply that since IT sent you this cake for free and still continues sending you more than you really need, why sell it? After all it was a gift to you to begin with. If you find this strange just remember that I am not a capitalist or a socialist, so I don't look at things either from a capitalist or a socialist point of view. This is something that I should do without thinking why or what will happen, for to me it makes no difference, for I have what I want, which is IT and as I have said before, IT keeps giving me more than I need.*

*Let me tell you what happened to me when I started writing about this book called Omnipresent, I did not have enough monetary energy (money) to dedicate to the book itself, for what little money I received I had to use to take care of my needs. After I finished the book something happened out of the blue. I took what money I had to have the book printed, but then a person I'll call Sam came to me with a business proposition. This business proposition gave me so much income that I no longer had to think about money, for IT was letting me know that I have no need to work for more money. I have thanked IT many times, but IT did not stop here. Shortly thereafter, someone else knocked on my door as life, as I refer to it, offering me another business proposition that would grant me an income for the next 25 years! Mind you, I was not looking for these people or their money, and this is why I can see that IT was who sent this to me, as IT also sends me everything else I need in abundance.*

*The way I see it, it is a good feeling when someone gives you something that you really enjoy for free. Maybe it's something you would not have gone out to buy for yourself, but since someone brought it to your doorstep, and for free, why not just view this gift that was given to you from IT anyway, for everything all comes from IT. So, Maharaji was right when he said that if I stayed near IT through practicing the 4 techniques things would get better. And in my case they not only got better, but they keep on getting better as far as material things go. In addition, I have asked IT if IT could keep me in the best condition possible mentally and physically, for this is more important than material things, for I need these to conditions to be able to enjoy what exists outside of me as ITSELF.*

### ***Voluntary work lets the heart come out***

*One effect of overpopulation is that government services will diminish due to lack of enough resources to fulfill the population needs. Because of this, humanity will need more voluntary help. The irony of this is that the government does not want this simply because these voluntary workers are not contributing with income taxes for this. Another reason why voluntary work is not wanted by the system is because it implies a change into a social system in which government and corporations are not as necessary. But voluntary work will not solve society's problems. First of all voluntary workers do need to fulfill their basic needs. These could be*

*provided through trade though. But I will not enter into this complex discussion now. What I want to say is that we still have the gift of giving from the heart and not the mind.*

### ***IT as Government***

*I would like to open this subject by reminding us that the only reason why we human beings exist is because there's something I call pure energy, also known as God. In my book Omnipresent I've named this pure energy/God as IT. This has the advantage of establishing the asexual nature of this energy while stating its singleness. Despite our previous teachings, religious convictions and scientific knowledge it is this pure energy the one we should be grateful to. IT has reshaped you and me, and everything that exists at this moment. We must acknowledge the primordial existence of this pure energy. IT has existed before us humans and will continue to exist long after we expire.*

*My sentiments and views expressed through this writing may seem eccentric, wildly progressive or odd, but keep in mind the omnipresence principle<sup>5</sup>. Everything comes from a singular heated weight<sup>6</sup> that has existed since the Big Bang; ITS energy is revealed, exercised, and transferred in many of our present forms. Acknowledging this pure energy could be difficult for some of us, but by understanding this natural concept, knowing that every form of existing matter is made from we'll be able to acknowledge ITS nature as omnipresent, as something that can reveal itself in everything.*

*We must not forfeit the opportunity to find ITS existence in every facet of our lives today. As I've mentioned elsewhere, there are infinite possibilities through which IT can reveal this pure energy. IT might present ITSELF in our technology forums, taking the form of new creations, new discoveries, providing the information that is needed to make a crucial, intricate decision. IT may manifest itself in the area of politics, formulating a motion or an initiative that would lead to all the existing political parties to unite. There's always a possibility within IT and one possibility could be a change in the government's political structure. Governments perform necessary functions. We should do our best to make these systems work as well as possible because they are one of ITS manifestations. In them IT can reshape itself materializing new systems. If we accept this, we will understand what will happen.*

*Again, we must help the system called government because it is a way for IT to reshape into other possibilities that may take us to greener pastures. We can only hope that we are permitted to participate in reshaping a different and more efficient government, so it will not continue making decisions that will cancel our future resources or do things like spending \$450 in a hammer. The awareness of the limits of our resources and the sustainable management of them seems to be related to the need for a new kind of government; one that doesn't respond to the desires and perceptions of a group of individuals nor one that is infected by the power struggle between politicians of diverging parties.*

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<sup>5</sup> The word omnipresent is the quality of being in all places at the same moment. If God is in all places at the same moment, where exactly is this place? The answer is best explained in science as what is called *pure energy*.

<sup>6</sup> Heated weight: (enter text)

*This new government may have a technological aspect that may help us in the enforcement of the principle of human survival in the planet. The heated weight in which IT represents itself in both technological and political forums could greatly benefit human kind and facilitate positive change in this regard. And again all this may sound weird to you, but we must always go back to the omnipresence principle: the encompassing presence of a single yet dual energy.*

### **Overpopulation promises**

*Overpopulation is not a popular topic of conversation. It doesn't seem to be important or even real for many. Human reproduction is natural and necessary. Why then overpopulation is one of the main forces that can cripple the development of any country? I will provide you with my simple view concerning this issue.*

*There are people and groups that correctly assume they can earn a spot in the government's highest levels by influencing people with their promises. The majority of these candidates most of the time know there is no way of completely fulfilling their campaign promises. They hide behind smiling faces, handshakes, kisses and hugs to keep their charade. Some of these promises may be as simple as providing jobs for the people, a better public health system or simply a home for everyone. According to our world vision these promises shouldn't be difficult to fulfill. In reality these promises will never be fulfilled in the present pattern of demographic densification, consumption and production. To fulfill these promises in today's world would imply the collapse of the system. Many politicians and businessmen know this, which is part of their important games of control.*

*The success of the campaign promises strategy exemplifies the level of control over the individual minds of society. Imagine a hypothetical country. Maybe a country with unfulfilled industrialization dreams. This country's population exceeds the capacity of its physical resources. Let's say this country is among the 30 most densely populated countries in the world. This country has an obsolete lineal system of production and consumption of internal resources. Imagine that that the fore mentioned country imports a great part of its basic needs like food and fuel. This country has growth over the years but has not developed. Its inhabitants don't recognize the problems that high population density brings: the difficulties of not having enough resources to locally sustain itself. They continue to eat mostly what other, less densely populated, countries produce. Some of these food exporting countries, for lack of a more intelligent system, also end up depleting their capacity to sustain themselves in the future. The error cannot be amended if the problem is not recognize. The pattern of destructive production continues. The inhabitants of our hypothetical country demand more jobs and cheaper food. Let's say there is an ignorant and not completely honest candidate. The candidate offers what they ask for: more jobs, more houses, lower life cost, etc. In each of these topics the candidate is either unaware of the impossibility of meeting the demands in their present conditions or knowingly would not discuss such unpopular topics. This candidate follows the guidelines and his campaign has been very successful. The candidate pushed the "promises" and "the benefits for the people" gimmick all the way until the end. As a result people got interested. They felt a need for what he was offering, be it material or immaterial, a sort of identification. But what*

*kind of identification can occur with something so contradictory? While it could be said that their vote was an outlet for their hopes it is also a sign of blindness, an impairment to see beyond the veil of eloquent smiles and words.*

*The candidate, let's say, with the best promises, wins. Imagine now that, despite all we just stated about him, he acquires all the power to really fulfill the campaign promises. He decides to fulfill all the promises campaign because he realizes that's the best way to stay in power. He starts doing this in a quick way. People are pleased as ever. This candidate is all they were wishing for: political leader and a good provider. The leader gathers all the necessary resources, rallies the people to work the land, to plant the necessary food, build the homes needed and even manages to find outside countries that would serve as sponsors to cover any other expenses and resources left out of the equation. The land is used in a more productive way. But more productive doesn't equal more developed. They produce more, but continue to grow in population and infrastructure. They continue to work under the system that brought them to their deficit in the first place. They only made it more productive. They still don't follow the rules about natural cycles of regeneration. The leader is now aware of this, but he won't let these thoughts distract him from his "prosperity" in the chair of control. Nevertheless, people start eating local, cheaper food. People feel "prosperous" and "satisfied" so they start looking at those goods that are on the side of luxuries, they start demanding them and "justly" they are served. Many seem to be living the lives they wished for. But as the saying goes: "be careful with what you wish for."*

*The desirability of this satisfaction should be questioned already. Besides the fundamental questions (that I will not discuss here) about who sets the standards for material satisfaction and the relationship between material satisfaction and spiritual development, there is a most basic one. This question is the one about physical reality. If the country already lacked the capacity to feed its population with their own resources what will happen when not only its population grows but the population of the food exporting country grows as well. If this exporting country shares the lineal model of consumption-production-waste with our hypothetical country, maybe one day that country will not be able to send as much or any food out of its borders. By the time newer generations reach maturity they will learn the hard facts: that most of the land is unusable because generations before, guided by the imperative of production, didn't follow agricultural guidelines or proper plantation methods to give time for the land to replenish itself. The correct way to get around this would be to take a part of the production line assets and use it to plant and reforest to continue production as a cycle. However in the model we are presenting, growth is the guiding value and production its practice. As a result there's the fast and lineal exploitation of natural resources. If it doesn't "create" a way for the cycle of production and consumption to renew itself this system will collapse for the people living in the utopia of promises fulfilled.*

*If you're not scared to entertain that idea think about yourself. We have been conditioned to habitually use objects and products. Many of these things are things that we use and after using it we create waste out of them to then buy some more. This is normal behavior. All these things have different symbols, labels that represent the real owners of the product. The*

*real product is not the material object, though this has its own value, but the image of the object. This image is the way of being of that product. Per example, canned tomatoes are usually inferior to cooked fresh tomatoes, yet people would rather buy the canned ones. Homemade hamburgers and fries can be much cheaper, healthy and delicious than the ones from the corner's fast food, but we prefer the fast food because the image, the way of being of the product has been taught to be the convenient one. This consumption behavior is so natural for us that to do things differently we must have a great motivator. This motivator could come in the form of poverty and financial crisis without precedent.*

*To continue with non-hypothetical example let's think about a real industrialized country. The People's Republic of China will try to feed, clothe, and house all of its people, even when the heads of the government know that even if they succeed in fulfilling all their present population's needs they need to discover a way to satisfy future generations without totally polluting and depleting their resources. These apocalyptic visions seem distant for many of us. Remember that until recently people thought that global warming was a product of ecological alarmists. It is widely known that China is a big manufacturer and functions as a source for other countries technological "needs." But we seldom give a thought to what this kind of big scale production encompasses. We are unaware of all the resources needed not only to produce them and transport them around the world but the waste this process creates and the energy used to dispose of this. Have you stopped to think where old computers and monitors go when they are not usable anymore? As you can see this is a very vicious cycle, which sadly has to take place to meet our human wants. Our blindness about this is kept by the satisfaction of our "needs and wants."*

*It could be said that we are born with a dual programming embedded in our animal side: survival and reproduction. Here I'm interested in the second one. Human reproduction has an interesting factor of variability, free will. Nowadays in many places humans can decide whether to have or not the intention to reproduce at the moment of the sexual act. This is both an advantage and a disadvantage. The ability to manage sexual impulses and desires varies from person to person and one's respective social and psychological background. Again, subjectivity must be submitted to a more factual objective way of acting in these important matters. We have manufactured devices, ways that can help in planning a family properly and decrease sexually transmitted diseases. Nevertheless, current trends have demonstrated that people fall into unprotected sex situations as frequently as ever. Every day thousands of unwanted, unplanned babies are being born.*

*In my opinion women have the key to stop population's fast growth. I understand that for women this will not be easy because they are natural nurturers and givers of life. They are the human manifestation of what is soft and receptive.*

*I do not know the perfect answers to the above problems, only IT does. If you are not married yet, remember that it will be a little harder to raise a child in the future, so plan your family wisely according to your resources. If you are already married and have children, then remember that life costs will increase and you will have to work harder just to keep your*

*present material state. Nevertheless, keep steady during the course of your life, be responsible with your children, and provide them with the best education and information possible so they can make wise choices about themselves and their surroundings. There's nothing the government can do without the explicit or implicit support of the majority of society.*

*At a higher level it will be natural for international relationships to be at stake here since globally, most of the world is in debt in one way or the other. If the pattern of growth continues these debts and relations of dependency will only become more evident. Sometimes narrow vision and territoriality don't help us in seeing the larger picture. It is easy for people to say, "the grass is greener on the other side" when they look at other countries and their growth. It is a fact that some countries have more luxuries than others so at first glance people might assume the injustice of economical hierarchies because the riches are not divided evenly around the globe. People tend to equal material and economical growth with superiority. Let's open our vision about this.*

*If you consider economical models in industrialized countries around the world you will see that their core and most important unit is the family. Family is a micro society of consumption. For families to live decently in these "prosperous" parts of the world they have to commit to a system of state taxation, mortgages interests and social security, among other things, leaving little money to invest in personal matters. Citizens will rely on credit to finance their personal interests or needs. This "need" for credit serves as a promissory note guaranteeing that the citizen will continue working to pay these luxuries off. Currently this relationship has been under a lot of stress. Many have lost their jobs and cannot keep their promise of payment. Everyday corporations look for ways to lower costs and increase or maintain their profits. Some of these ways include, overseas illegal manufacturing, automation (less human work force), reduction and elimination of employee benefits. Space for human labor has decreased. We will witness how this will affect the growth of population.*



**\*\*\*Overpopulation produces poverty and poverty is a great motivator.\*\*\***



### ***Overpopulation and Quality of Life***

*If world population continues its pattern of growth and human jobs continue its pattern of reduction due to technology replacing humans we can assume that unemployment will increase. This could be cause for major social tension. Depression and desperation will bring more violence, more crimes impoverishing everyone's quality of life. In these situations we suffer again from narrow views. It's easy to blame it on the street "thieves." Have you thought that if you were in their shoes maybe you would be stealing too? I give thanks to IT because I do not have to steal or kill to survive. I know could IT put there in a blink of an eye.*

*Our current governments promote the value of material satisfaction, but this cannot be real for all of us. Not everyone can have material satisfaction in an overpopulated world. Next time you hear about high crimes rates without precedent think about what will happen in the*

*next decades if we don't develop better ways to deal with overpopulation and human resources. This is no one's particular fault now. We're all participants in this inefficient system. No matter what happens I will always be grateful to IT. Everything that happens does so because I'm present at this moment of ITS existence.*

### ***Why are we so crammed?***

*Have you ever needed to be somewhere at a particular time and you arrived late? No matter how much you prepare yourself or how early you leave your house you are most likely to find there are too many people in too many cars. We get angry, but we are yet another one of those cars. Everyday life will become tenser due to lack of space.*

*Just 50 years ago road traffic was less, driving was a privilege that not everyone could afford. For those who could, there was only one car per household. Cars are symbols of status and apparent equality in the society of consumption. We all have the right to own a car. Teens nowadays want cars and TV's and all those "goods" that make life enjoyable. This sector of the population is the backbone of the culture of excess; they have lived with all the commodities and luxuries that we worked hard for. They have grown up with technology, entertainment systems, cell phones and physically interactive videogames. Now there is nothing wrong in giving our children the best, but sometimes what we think is the best it's not. If we carelessly hand a car to our children we are indirectly contributing to air pollution, traffic jams, and other situations that affect us all. We need to start thinking mass transportation and not individual transportation. Efficient mass transportation could greatly lower air pollution, reduce traffic, improve health, and minimize consumption of gas and other petroleum derivatives which is causing us so many problems.*

*Most people would rather live in a house than in an apartment. We want space for ourselves and our families. Even in nature's smallest forms there must be enough space for each thing. For example. The internal components of the atom: the protons, neutrons, and electrons, occupy a distinct place where no one is crammed. In the same way, when a country has low population people have their space and can exist in a more balanced way.*

*Why then we live in apartments that look like cubicles for pet hamsters? For example New York City's housing projects were built to hold more people in one square block. This buildings use less ground space per person, which is very expensive now. It is a curious fact that the government is financing and administrating these projects. This might mean that with continuous overpopulation eventually the government will be the biggest and most powerful landlord in NYC. Perhaps it may be easier to visualize this if we break the facts down. I am sure the numbers may vary, but since I have to continue with what I started to write about, I leave it to you to observe the biggest buildings in your area, and make your own calculations and reach to your own conclusions. The current demographic trend shows us that approximately every 20 years population doubles its size. So we can expect more buildings reaching new heights. The way I see things, this is just a way that IT uses to move and reshape ITS heated weight.*



*trains, buses; the destruction of planet resources, insufficient housing, lack of food, and more and more, not enough jobs.*

*We see the contamination of our planet, caused by more than five billion people.*

*It is estimated that in two decades the world's population will double, and since there are two women to every one man the population could more than double.*

*I know that IT knows what IT is doing in taking our present environment as a society from a minimum to a maximum. We are forced to adjust because we are genetically programmed to reproduce.*

*In the USA Social Security was invented to provide a means to subsist after we stopped working. But this was based on a theory. The theory was that there would always be more people coming into the workforce that would support the retired population. Now a days we see that many have to go back to work because Social Security does not cover present needs, and even more to the point, less people are coming into the workforce in relation to the total population; so less people are supporting the payment system.*

*Industrialists control industry and jobs. A good example is how a great majority of products are produced with planned obsolescence. Technology today makes it possible to produce items of much better duration, yet many products are still made to be discarded very quickly. The point is to keep us needing to buy more (many times the same) products in the future.*

*As we know, we live in a throwaway economy. It is hardly worth repairing many of the articles that used to be repaired. Household appliances, computers, printers; most of these things are throwaway. As a consequence, it would be better if governments would push for higher minimum wages; that way they could collect more taxes from the few who have been able to keep their jobs.*

*Even many that have been able to keep their jobs have found it necessary to dip into savings (what I call stored monetary energy) in order to survive.*

*Having a job, we have had to use some of our stored up monetary energy in order to continue surviving. IT knows what IT is doing, and no matter what happens all we have to do is stay as close to IT as possible, and always ask for guidance in what to do as IT reshapes.*

*There have been other disastrous moments in our history. I do not feel that we are close to the end of humanity, but rather just like in other times in history, we will make the necessary changes to be able to become the new, high-tech society that will survive into the future.*

*In the agrarian stage of our existence it was said that "where one can eat, ten can also eat," but now things are not the same. We know that not even two people can eat well, let alone four or six. And to be honest, it does not look like it will be getting any better, for the cost of food and shelter only gets higher.*

*I sometimes think of the wars that are going on right now. From what I can see they are waged in the hope of finding more oil wells that will fuel our autos and warm our homes, make it possible for jets to take us on vacations to other lands...*

### ***IT as a Computerized United Government***

*Human error is as natural as sleep. Our brain is more capable than what we usually make of it. Furthermore, human subjectivity is something complex and involves a great deal of mystery. Add ambition to error and subjectivity and you have a potential businessman or a politician. Governments often fail in making decisions that are aligned with factual reality. We see how governments based on economic values allow more construction when physical reality says that there are not enough resources to keep doing that. Error and lack of acknowledgement of this physical reality has caused us great loss of resources. Maybe IT is manifesting in the form of environmental alarm to bring a new kind of government; a government that is less subjectively invested when making crucial decisions about our future life on this planet.*

*Maybe we will witness the emergence of a new kind of government. A structure that might have a component that is not submitted to subjective interests, a component that doesn't talk in terms of vague economics but in terms of physical reality and its laws. Just to make things simple I will call this system Computerized United Government. It would be composed of a group of workers along with a computerized system. Decision making in matters of sustainability (i.e. resources and waste management) would be mainly informed by a computer program. I don't intend to give here what I don't possess. I'm not a robotics or computer engineer. But it seems there's enough technological sophistication to create a system that could be the major source of information used for decision making in these important matters.*

*This government will operate under the value of human's long term life in this planet. I think most of us would agree that we want our children and their children to live with dignity. This implies the acknowledgement that at first, and for some time, the desires of the people may not be met. Remember that in this new system the underlying value is new as well. Decisions will be made in terms of this new value not in terms of the current one of profit exercised through excessive consumption of resources. Most of society accepts this old value without question. The interesting thing here is that even though we, as small business owner, can profit in this model, the ones that really profit are a minority of the population. For the most part we are employees working our lives off for others to profit and enjoy life. In the meantime we passively witness the depletion of our most basic resources. With a new kind of government this value will have a secondary if any importance. For example, maybe a sector of a country might want a building in their area, such as a library, a school, a housing complex or a shopping mall, this could make the economy grow, different people would profit from it. But if these projects compromise the basic resources like water, air and land for present and future generations their demands might not be responded as such. As population increases, the incapacity to fulfill the basic needs of many will be more obvious. If we try to fulfill them with the same model as the present we will only be digging our own grave; polluting the air, water and food supplies that support our life*

*The computerized group's task would comprise a thorough study and evaluation of the needs of the people and the present problems that need solutions taking into consideration the monetary energy and the resources available at the moment. We would let the Computerized United Government make decisions that are based on our survival and not as politicians do when they are seeking votes. One thing we should always remember is that those elected to be part of a government do not take any money out of their pockets. Everything they acquire while in office comes from the people who work, the people who produce the things that are needed within a given society. It is the government's responsibility to administrate the taxes they receive from the working people and the business sector. Even those who don't work make their contribution to the common fund through the payment of sales taxes. With a Computerized United Government we will not have to continue listening to the lies and promises politicians make in order to be elected into a well-paying job, in which they will use our money and resources to tell us what to do.*

*This new government would also be a united government as the name implies. Imagine that from every political party in a state or country people would elect a leader to represent them. The Computerized United Government would be composed of all elected members of each party along with the computer system.*

*Any policy or action that will affect the general public should first be tried out on the representatives of the government. The government may need a whole transformation, even a different social arrangement, a "community government" perhaps. This way they will be able to gauge in advance how things will affect people. With our present technology we are entering a moment in which we cannot hide the consequences of our mistakes. It is imperative that we try to mend all our errors so we have no need to hide. Ultimately we cannot hide from IT.*

*Will IT try this system? IT might because it would be one more possibility in which IT can exist, and if a possibility exists, IT might try it. Look at it this way: The reason why we have such a variety of government systems in this planet is because this is a way for IT to find all existing possibilities. Let us also keep in mind that all the different government systems will eventually have to participate in the laws of change.*

### **Thank you**

*Thank you, dear reader, for having read this far. And while I am on the subject of giving thanks, I would like to say that for me, there are several kinds of thank you, each appropriate to a specific situation.*

*1- There is the thank you that I say to the supermarket attendant, when they tell me where an item is. This kind of thank you does not produce too much feeling inside of me.*

*2- Then there is the thank you that I give to someone for helping me at a particular moment. You might be familiar with this type of thank you. There are times when you need help from a certain person, and you can see are very busy with something that they too are busy doing, but they are willing to take a moment of their time to assist you, for they know that they have the answer to your problem. This type of thank you does produce a minor feeling inside of me*

*when I turn to the person and say to them, thank you very much for helping me out with your assistance. You might have had this feeling for example when your car breaks down on a road that you are not familiar with, and you know that the last inhabited place that you passed on this road is very far away, and someone passing by stops and takes a moment of their existence to help out in whatever way they can.*

*I once personally helped a driver that had run out of gas on a road that very few people used, and I could see that that the thank you he gave me was a very warm one. When he tried to pay me for the gas that I gave him, I told him that it would be better that he keep his money, and that if at some point in his life he found someone that needed his help, to help them instead.*

*I remember another experience related to giving without expecting anything in return. One day I was riding on one of these buses for which you have to have the exact fare. This man got on the bus only to find that he did not have the exact amount required. So he asked us passengers whether there was someone who could give him change for a dollar bill. I saw some people look to see if they could change the man's dollar, and so did I, but it seemed no one had the required amount, me included. I then asked the man how much he needed to complete his fare, and he said 25cents. So I gave him the 25 cents so that he could get on the bus. Then came the problem, for he said that he would ask each new passenger who got on the bus for change for a dollar so he could pay me back my 25 cents. But I told him that it would be better if he just remembered that if someday in his life he ran into a situation where someone else needed his services, that he help them instead.*

*3. Then there is the thank you, you give to someone who you have not even met in person, yet has all the qualities mentioned above, in addition to the fact that even though you have never met, they are willing to help you when you ask them, without any interest other than their kindness.*

*4. Then there is that very special type of thank you that arises when one personally asks IT for help, and IT answers, and you become aware that IT is there watching over your existence. Now, this is a tremendous feeling, because you becomes aware that you exist and IT exists, and that IT will always be there waiting for your call for help. So let me take this moment to say again, thank you (to IT) for letting me know that IT will always be there, just a whisper away. The feeling that I get it is like this: Imagine that you are in the middle of an ocean and there is no one near to help you out and you know that somewhere out there are sharks, and you know that this maybe the last moment that you may get before you personally go to see IT as death. Yet in your call for help, IT sends you a helicopter with the best IT has reshaped into, as the helicopter and the people in it exist as, who do not know you personally from before, or will not know you after this event, yet these experts will make sure that you continue to exist for more existing moments, as a gift from IT to you only. You know this so well that when you say thank you to the helicopter, and all its personnel, this thank you has a very powerful feeling, which can be described as the phrase goes, "from the bottom of your heart".*

*There's a lesson to learn here, as another proverb says: Always give and don't ask why, or to whom, and remember to never expect to receive from the one that helped you, but always be*

aware of the person that does need your help, for you should remember that we are all IT. Some people might understand this last concept better if they remember this: God created every thing. While others might see it better this way: Every atom that exists, down to every atom we are made of is this pure energy (IT).

### **Meditation # I**

What is meditation? It is a place that exists inside of us. Where we can connect with how IT exists as infinity, which is where IT, as the peace that we are looking for, exists within us. In observing people who meditate, there are certain things that they do in order to make this connection with the inner self, which is really with IT. Since it exists as the peace that we are looking to connect with. We'll use Buddhists, and Hare Krishnas, or people who practice Transcendental Meditation as examples. A red spot on the forehead that many Buddhists and/or Hare Krishnas use as the spot between the eyes, but just a little higher. This area is also known as the third eye; just behind that red spot is where most people go during meditation. That is where one can connect to a state of divine consciousness, or finding a peaceful place. Most people who meditate are aware that in order to go to this area they must begin by **focusing on a sound, object, breath, movement, visualization or attention. In other words, what is known as the third eye.** Summing up that it is in ITS nothingness where IT is all knowing, and where IT exists as consciousness, peacefulness, and wisdom, and the knowledge of who IT is as ITS empty nothingness.

### **Where is This Place**

We have to remember that we are scientifically 99% of this nothingness that this pure energy exists as. This nothingness has left a way for us to connect with IT as ITS nothingness, which is how IT exists as infinite. Therefore, when we go to that area, it is where one goes to connect with how IT exists as infinite.

The best way to take you where IT left a connecting point is with what Buddhists and Hare Krishnas, including people in India have. A little red spot that they wear right between they're eyes on the forehead.

We begin by finding a very comfortable position because it is necessary to place our body and mind in a way that the body and mind does not disconnect us from what we are trying to accomplish. Otherwise, our body will continually send messages of pain or discomfort and distract us with good reason.

Personally, I have found it difficult when trying to meditate to be comfortable in the lotus position. The Lotus position is when the legs are crossed in a sitting position, placing the feet on the opposing thighs. So I sought another way to aide me in a more comfortable position. The best way for me to connect with IT is before I leave my bed at the moment I awake in the flat position. Also, when I end my day just before going to bed, I go to that certain area and stay there for as long as I can. This alone brings what is important to me and that is wanting to be with IT.

There are other things that can be done to keep a better connection, with this nothingness area; one is to remove as much of the noise that is outside of you. Since this place you are going to

connect with has its own silence, an area that exists as a peaceful place. At first, when trying to enter this area, your mind will try and keep you away from there. Why? Because the mind will resist losing control of being in command. Therefore, it will intentionally distract you, in whatever way possible, reminding you of certain things. "Did I forget to lock the door?" or "Did I shut off the gas stove?" Or, your mind will give you some of its own music that can distract you from connecting to this area where something exists, but exists as a nothingness. After meditating for a while, the mind begins to feel safe and comfortable and it will become easier to meditate. The mind might not be partaking in what is happening inside this place, which the mind cannot analyze, because our mind is not wired to understand something that exists, but exists as a nothingness. There will come a moment when the mind accepts this area as a peaceful area, and will get use to just being somewhere where it, the mind, cannot partake. And as you do this more and more your mind will feel comfortable being in a place where nothing exists daily.

Here are some pointers if you still hear some noise outside: you can take the thumbs and place them inside each ear. And if the eyes are distracting, then while having the thumbs in your ear, you can take your index fingers and place them lightly over your eyelids.

Some people chant by simply using melody that enables them to reduce the unnecessary sounds giving their mind a way to settle down. The whole thing is to be able to look inside of yourself without the use of the eyes. Another way is to go into to a dark room, close your eyes, look up a little to where that red spot is placed and stay there as long as you can in silence, and without thoughts. This will help you to be with how IT exists as infinity and is where your body that exists as fragments of the finite heated weight that you only exists as; will reconnect with how IT exists as infinity.

What makes you different from me is that your portions of your heated weight are not the same portions that I have as ITS heated weight, but everything that exists like you and me all have the same 99.99 % of this infinite nothingness that exists as omnipresent.

When you see a person who is meditating, or doing transcendental meditation (TM), the perception is that the individual has been doing this for decades. They are still doing it as something to be with this inner peace that exists within as infinity. Therefore, with the newly gained information on meditation, you ought to remember that this place is where this pure energy exists as infinity, which exists as a nothingness.

After leaving this peaceful place, you have to come back to deal with what is out there as ITS fragmented heated weight that exists as life itself. Therefore, when you ask IT for help, you may get more than you ever expected. However, it will take a while to understand that IT does listen, and you'll gain a better understanding of who IT is, and that IT does help, when you ask IT for help. Make sure that what you are asking for comes from the heart and not the mind. I personally have experienced this when having asked for very little, IT gave me so much more than I could ever have imagined. I dare say this because some of the things that IT gave me, never crossed my mind as wants, but were perceived as gifts.

If you hear your heartbeat when meditating, it's an indication the breathing is too profound. What you should do is breathe less, because your body is at rest and doesn't need to breathe so deeply. Breathing to where you no longer hear your heartbeat means that something is wrong.

*Hearing your heartbeat is a good sign because it means that arteries are working well and are not blocked. When you take a deep breath and cannot hear your heartbeat then you should check your blood pressure. Some people use incense during meditation, though I personally don't use it because I consider it unhealthy. The human body was not meant to inhale any kind of smoke.*

*We know that the nothingness that exists as this cold empty universe is Gods shell body. This is the place where God placed everything that one refers to as God's creation, such as: the planets, solar suns, asteroids, galaxies, because everything that exists inside ITS shell body is made from ITS heated weight. All the above is best understood when analyzing it scientifically as the pure energy that exists.*

## **Meditation II**

*Meditation is a way to let go of the attachments and become centered in the peace that exists within us as pure energy.*

*When meditating, I am the eye of a hurricane. I need not control the spin of the storm around me. I float in the center where I am safe and peaceful.*

⌘~~~~~⌘

***\*Only IT has been with me since the moment I became alive. Only IT will be with me when I take my last breath of life. IT is my best friend.***

⊗~~~~~⊗

*It seems that most people do not realize the peace within until they come close to death.*

*Have you ever noticed that when someone is about to die, their eyes look up ward as though toward the third eye? People who meditate consider the area above the brows the third eye. This is the eye that sees within rather than without. This is the eye that sees IT.*

*It was after a near fatal accident that I looked within to find pure energy as IT. I asked IT to show me what I am supposed to do here on Earth. This is when I began to understand. This is when IT provided me guidance and clearer ways of understanding IT.*

⌘~~~~~⌘

***\*\*\* Inner meditation is that place in which we can be at one holistically with IT, not as a religion, race, or color.\*\*\****

⊗~~~~~⊗

*IT did not provide me answers in black and white. IT does not send written messages. IT will not provide me life instructions through my mind.*

*IT communicates with me through an inner voice that I cannot explain. To my earliest question, IT replied: "Do that which only you know how to do, and do it well, and do it only at the moment that you are supposed to do it, and do not ask why."*

⌘~~~~~⌘

***\*\*\* O God, I wish that there was a way, that I could stay as close to you as possible, other than in meditation, or when I have to cry out to you for help.***

## *Discovery #2*

### *Meditation as Infinity*

*Now for those of you that have done some types of meditation, you will be familiar with what I am writing you about, which is that depending on which system or technique to use a word you are using, be it Buddha, Krishna, or anyone else that is meditating in that area that exist as the third eye, eventually you will find that you will end up in a place where there exist a nothingness, some will say that this is the place that has no beginning or end, or this is the place where infinity exist, where you can find peace, wisdom, where you can find, spiritual enlightenment.*

*People that have been to this place reflect a sense of peace to others or give off the feeling that they have reached spiritual enlightenment. These are just a few of the benefits that are related to experiencing the area also known as the third eye.*

*I have said that something exists scientifically called Pure Energy. It is believed that from this Pure Energy is where everything that exists came from. I must also say that I, too, use to think this way until recently, when I became aware that this is no longer true. From June, 2017 on, I no longer believe that Pure Energy is the most important thing that exists. I will explain that it is not and from here on, I will now say that Pure Energy is not the primary, but exists as a secondary and who IT is that exists as number one. But in order to explain this, I have to take you back again to when everything began.*

*In science, there exists something called Pure Energy. Science says that everything that exists came from this pure energy and this pure energy exists as a heated weight. This heat, in the beginning existed as a ball of heated weight that exploded outward known as the Big Bang, which then became what is now known as the universe. Inside of this universe the heated weight fragmented its heated weight to first become hydrogen atoms and from there the hydrogen atoms, to give you the short version, became everything that now exists, which is this planet, where eventually we came into existence.*

*Over time, we evolved from the cave age to the present, and we have become more intelligent to the level of understanding that we now have reached. I talk about the above so you can understand as much as you can about things that exist and how they exist.*

*You remember this heated weight belonged to that which is called Pure Energy and from heated weight it transformed into that which became matter. It is from this matter that we came into existence. Therefore, under the old theory of Pure Energy, as I refer to it from now on, **the most important thing to remember is that Pure Energy exists as a heated weight that cannot be CREATED or DESTROYED.***

*When this Pure Energy exploded outward to become the empty universe, it is here that the scientific version of pure energy theory violated the laws that governed the way this Pure Energy exists as.*

*I am going to bring back this section that I already wrote about, so you can reread it again, because it is important when it relates to meditation. The only reason why we exist as humans is because we are made of that stuff called matter and matter scientifically came from what is known as Pure Energy, as in all the atoms that make our existence possible, and all the atoms*

that we exist as being 99% empty space. In this 99% empty space, there is this heated weight that exists as protons and neutrons that exist inside the atom which belongs to Pure Energy. That part is true, **but** as you will read where I corrected the old version of the Big Bang to what I now call the **New Big Bang**, it will show you how the scientific community expresses itself in this area.

The existence of the 99% empty space that later on became what they labeled as negative energy also needs to be corrected because of the way the scientific community still thinks about this. As I have explained, this now existing empty universe that is 99% empty space, known as outer space, and labeled as negative energy, really belongs to someone or something that exists as being composed of something that exists as being spiritual and also has consciousness. If whatever it is that exists as something existing as a nothingness or as empty space, it does exist because when we look at the empty universe, it does exist. Scientifically it exists as having a temperature that exists as not having any energy attached to it. Since we as humans are made from this same empty nothingness that all atoms exist as being 99%, then it means that all humans are scientifically 99% nothingness as the empty space that we have as atoms.

This will help us understand that when we go to this place that exists as the third eye, we are going to a place that whoever made us left it so that we could connect with how **IT** exists as this 99% nothingness that we exist as. This area is where I go to and shower myself with how **IT** exists as the way **IT** exists as infinity, for this is the way that **IT** exists as infinity, we also get how **IT** exists as peace and it is here where we can also obtain wisdom and consciousness, for all of these are attributes as how **IT** exists as being a spiritual consciousness.

The more we go to this place known as the third eye, the more we become of how **IT** exists. People that have stayed in this place called the third eye have reached what is called spiritual enlightenment. So for those of you that have reached this level, now you know that you have reached the effect of being as close as you will to that part of **ITSELF that exists as infinity**. Most people that know this place will tell you that whatever is there, **it cannot be analyzed** simply because it exists as a nothingness, but as I say, that **yes it can be studied**. The one problem I now have is that I can no longer say that what exists in that area known as the third eye exists as Pure Energy, because it wouldn't be true.

Pure Energy is what exists inside of whoever or whatever **IT** is which I call spiritual consciousness. The reason I say spiritual, is because it is the only word for something that exists but exists as a nothingness which was labeled incorrectly by the scientific community as negative energy. I say consciousness because this is where whoever or whatever **IT** is has consciousness. This area is where **IT** exists as being 99% of who **IT** is, and this area is where Pure Energy exists as the 1%, as the heated weight that existed at the moment of the Big Bang. It is the same 1% that exists as matter and exists inside this place that the human mind labeled the universe, which is really the way whoever or whatever **IT** is, exists as its outer way of being. This is the reason why I say that whoever **IT** is exists as 99% empty space and as the same 99% that exists as every atom that makes our existence possible; which means that we exist as 99% of this spiritual consciousness. Therefore, when we go to that area known as the third eye, we are going to it as how **IT** exists as spiritual consciousness. We cannot analyze it, but we can study it as how **IT** exists as 99% emptiness that we go to in meditation.

*The way I have found to understand how **IT** exists as nothingness, is by using the way **IT** also exists as **ITS** heated weight, which is totally the opposite of how **IT** exists as the nothingness. For example: 1. the heated weight has a temperature that is said to be in the billions of degrees where **ITS** opposite exists as the empty universe (**ITS** outer way of existing) that has a temperature of  $-273.15^{\circ}$  Celsius or  $-459.67^{\circ}$  Fahrenheit , 2. **ITS** heated weight makes things happen where **ITS** opposite exists as nothing happening, or as a constant that is never changing, 3. **ITS** heated weight resists being moved and **ITS** nothingness is what moves this heated weight within **ITSELF** as how **IT** moves everything that exists inside this universe, which supposedly exists as Pure Energy.*

*The best way to take you where **IT** left a connecting point is with what Buddhists and Hare Krishnas, including people in India have. It's a little red spot that they wear right between their eyes on the forehead.*

*We begin by finding a very comfortable position because it is necessary to place our body and mind in a way that the body and mind does not disconnect us from what we are trying to accomplish. Otherwise, our body will continually send messages of pain or discomfort and distract us with good reason.*

*Personally, when meditating, I find it difficult to be comfortable in the lotus position. The Lotus position is when the legs are crossed in a sitting position, placing the feet on the opposite thigh. So for me, I found another more comfortable position to connect with **IT** before leaving my bed, at the moment I awaken in the flat position. Also, at the end of my day, just before going to bed, I go to that certain area and stay there for as long as I can. This alone brings what is important to me, which is that I want to be with whoever **IT** is, **for **IT** knows when you want to be with **IT**.***

*There are other things that can be done to keep a better connection with this area that exists as nothingness which is to remove as much of the noise that is outside of you. This place that you are going to connect with has its own silence; an area that exists as a peaceful place. At first, when trying to enter this area, your mind will try and keep you away from it. Why? Because the mind will resist losing control of being in command. Therefore, it will intentionally distract you in whatever way possible, reminding you of certain things. "Did I forget to lock the door?" or "Did I shut off the gas stove?" Or, your mind will give you some of its own music that can distract you from connecting to this area where something exists, but exists as a nothingness. After meditating for a while, the mind begins to feel safe and comfortable and it will become easier to meditate. The mind might not be partaking in what is happening inside this place, because it cannot analyze or is not wired to understand something that exists, but exists as a nothingness. There will come a time when the mind accepts this area as a peaceful area, and will get use to just being somewhere where it, the mind, cannot partake. And as you do this more and more your mind will feel comfortable being in a place where nothing exists.*

*Here are some pointers if you still hear some noise from the outside: you can take the thumbs and place them inside each ear. And if the eyes are distracting, then while having the thumbs in your ear, you can take your pinky fingers and place them lightly and gently over your eyelids.*

### **What is meditation?**

*It is a place that exists inside of us where we exist as the finite heated weight where we can connect with whoever **IT** is that exists as infinite and the peace that we are looking for that exists within us. For those of you that have stayed in meditation for an hour or more, when you return to the outside way of existing, the time spent inside of yourself where this infinity exists, when looking at the clock it feels like it was only a few minutes. And the truth is that you were really there only as one moment because whoever **IT** is that exists inside of us does not exist as our mechanical time system.*

*We have to continue using the current time system because it is the only way that we can be at a particular place at a particular moment at a particular earth rotation. **The mechanical time system** we are using is only a human invention, that serves only as a human convenience but it is not universal. Here is one more tidbit that will help you understand what I am saying. For you to exist, you have to be made of this which is called atoms, and these atoms came from that which is known as Pure Energy and this Pure Energy can only exist inside of whoever is there that I refer to as that which exists as a spiritual consciousness. Therefore, since we are made from whoever **IT** is, as the duality that **IT** exists, one way is the 1% of who **IT** is as **ITS** heated weight and the second way is the way **IT** exists as the 99% that **IT** exists as a nothingness, or you might understand it better this way, we all exist as one moment with in **ITS** existence, for **IT** does not exist as **The mechanical time system**. And if you want to know more about time read my section called **TIME**.*

*Since we exist as atoms, it is known and accepted that this group that exists as the Scientific Community has gone inside of just one atom, they found that they could not apply what we are using as time, because time does not exist inside an atom. Since we are totally made from atoms, it is easier to understand at this moment of evolution that what we are tapping into known as the third eye, is how whoever **IT** exists as this nothingness that we are made from of empty space that exists inside of us as the atoms that we are made from. Therefore, in reality, we humans exist as being 99% empty space that exists as a nothingness that exists inside of every atom that makes our existence possible. The other 1% that we exist as **ITS** heated weight that exists as being finite and as this 1% that we exist as finite; this 1% is also fragmented into billions or trillions of fragments that were fragmented at the moment of the Big Bang.*

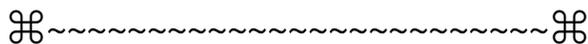
*Let me explain it scientifically, not as a philosophy or as a concept. Pure energy exists and existed as a ball of heat that existed as a singularity. This heated weight that existed as a singularity fragmented into very tiny fragments of heat so as to become matter as all the atoms that now exist. Therefore, every atom that exists inside of what was labeled the universe, exists as being 99% empty space that exists as a nothingness. This empty space that exists as a nothingness exists as a spiritual consciousness. So for us to exist, we are made of atoms that exist as 1% heated weight that came from what is known as Pure Energy and this 1% that exists as the heated weight that exists as Pure Energy can only exist inside of this empty space that exists as a spiritual consciousness. In reality, we exist as being 1% of this now fragmented heated weight that we have as our human body.*

*Therefore, getting back to meditation, since we are this 99% empty space existing as atoms, it's easier to understand when we go to that area known as the third eye, we are going as how **IT** exists as the empty space that also exists as a nothingness and exists as a spiritual*

consciousness, which is how **IT** exists as infinity.

*In short, we are 1% of a fragmented heated weight that exists within the 99% that exists as infinity.*

*So thanks to whoever **IT** is, because **IT** made it very easy for us to connect with whoever **IT** is. If **IT** did not exist I would not be here sharing this information with you which is also possible because of **IT**.*



**\*\*\*\* People who meditate won't readily take partake in wars \*\*\*\***



## **THE CRYSTAL BALL**

*I am sure there will be many readers who will wonder and think who am I to say what I believe about the universe not being a universe. My answer to them is that I am basing my statements on what has been established by those that know that this place called the universe exists as that which belongs and exists as pure energy.*

*In order to understand the new meaning of the word universe, we first have to accept the ground rules, which are: everything that exists comes from this which exists as pure energy. Pure energy cannot be created or destroyed. Understanding this concept is why we refer to the universe as belonging to someone or something that exists as pure energy. When we talk about that area called the universe it belongs to whoever or whatever this pure energy is and as such, the empty part of the universe is how this pure energy exists as **ITSELF**. This is the part of pure energy that has no beginning or end, because it is the heated weight that has a beginning, as in the big bang, and has an end which is why a black hole exists that will bring back all the heated weight that came from the moment of the big bang. What is important here is that the part called the universe is a constant and it is inside of this area that also exists as this pure energy.*

*Lets try this another way, imagine that there is something that exists scientifically and it exists as a temperature that has no energy. It has distance but does not exist as having a body, but does exist as something.*

*Here is another example: you are looking into a Crystal Ball and inside the Crystal Ball are meteors, comets, moons and all of these things exist as celestial bodies. These bodies are moving around inside of this Crystal Ball and all of these bodies, in total, take up only 1% of the Crystal Ball. None of these things inside of the ball can exist outside of the Crystal Ball.*

*Think of the Crystal Ball as being whoever **IT** is as pure energy and since the Crystal Ball is round, it has no beginning or end. The Crystal Ball exists, otherwise what is inside wouldn't exist either. Just like the Crystal Ball, in order for you to see inside, it has to exist as clear and transparent. However, unlike the Crystal Ball **IT** cannot be seen or touched and you cannot see where **IT** begins or ends. This problem also exists with what is referred to as the emptiness*

*that exists as this universe. Therefore, looking at it this way, you can understand why the universe is not really a universe but this pure energy's outer body that exists as a clear cool transparent body. The only word that represents this is the word spirit, and for me the word spirit means something that exists but does not exist as being made of matter.*

*If you could see inside this Crystal Ball in the beginning, when everything inside this ball is located as one singular entity that exists as a heated ball (which existed at the moment of the big bang). And when you shake the Crystal Ball, the singular ball that existed inside as heated weight will then fragment itself into tinier fragments of the heated weight to become what is now known as matter, which is what this pure energy did at the moment of the big bang. Therefore, with time all of these fragments will be pulled back together again from that which became a black hole, because this is one of the reasons why black holes exist. You will notice this when IT as pure energy made what is called a galaxy. IT placed a black hole right in the center of the galaxy so as to bring back all of the heated weight that exists inside a galaxy.*

*Now that I talked about what is happening inside the Crystal Ball, see if you can understand that the empty space inside of the ball exists and is similar to what now exists as the empty space or negative energy; or as dark matter that exists inside of whoever IT is. Because all 3 or anything else that is not made from the heated weight has to exist in the spiritual way that IT exists as pure energy, but is not made of anything as matter. I have no problem accepting that this pure energy exists, and that ITS outer way of being exists as a divine spiritual nothingness.*

*Here's another thought which is that heated weight has memory because we can see that when IT places this heated weight in a certain order, this order carries memory, as in the order that exists in DNA or RNA. Therefore, this heated weight exists with importance and belongs to only and no one or nothing else. Even stranger, IT is now taking this memory of ITS heated weight and placing it in microchips, because the chip is made of ITSELF as the pure energies that the chip is made from. IT has been preparing to take what IT has done here on planet earth somewhere else before it is transformed into something else, because this planet is getting closer to its death date.*

*I believe that IT is going to use what IT has done here somewhere else, with or without how we now exist as humans. IT is already making robots and extra human parts and all of these are made from ITS heated weight. We should remember that we are not the most important beings that exist. If it were not for IT, we too, would not exist. That is the reason why I am grateful that IT exists, and more so because IT exists forever, because IT has no end.*

*One reason why we exist is because we confirm that IT does exist as GOD, or as pure energy.*

## ***Life and Death***

*In a scientific way of thinking, the only reason why we exist is because we exist as matter, and*

*all matter is made from atoms. All atoms exist because something called pure energy exists. From the moment your parents who are also made of this pure energy had intercourse, the male deposited sperm into the female that is made of this pure energy, which in short gave way to our existence.*

*At the moment of birth the infant must take in air that is this pure energy. In order for the infant to continue existence, it must consume food, which is again ITS heated weight that exists as pure energy. Before coming into existence, and after leaving, we will be this pure energy, as the one energy that exists. We did come into what we call life, which is a gift from IT to us, and if it were not for this gift, we would not be asking these questions. What we see as life is only possible because IT exists.*

*Another way to see this is by remembering that IT is the only one that really exists, and everything that has happened, is happening, or will happen, is because everything that is happening is happening within ITS shell body, for this cannot happen, and vice versa.*

*We can even try seeing that we are made in ITS own image, existing as one entity, which is the same way IT exists as one, and as just one, in one life, as being alive.*

*Therefore, you are one, but your existence is made from millions, and billions of life forms that exist inside of us like all the living bacteria, living cells inside of us, since without them our existence would not be possible. This is the same reason why IT exists, IT exists as just one, and everything that appears to be life is all just one, just as we are one, but have all of these life forms inside of us.*

*Subsequently, if you want to understand who IT is, instead of looking at this from the bottom up, all you'll see there are the many arteries that exist, such as, biology, chemistry, physics, astrophysics and geology; and if you tried looking at it this way, it is a never ending road. Although, you can try to look at it from where IT exists as how IT exists, looking downward, as if you were IT as how IT exists as one. If you do this, bear in mind that IT is one, but IT exists as two, one is ITS shell body which is made of a cool clear transparent nothingness where IT has ITS heated weight inside, which is what makes what you see as objects.*

*This includes atoms that are also made in ITS own image. The atoms have this heated weight inside, and then followed by the same empty space that exists as ITS nothingness.*

*I know that this may seem complex, because this has given people like physicist Stephen Hawking a hard time. And it can be for you as well, until you understand that there is something that exists but exists as a nothingness. For it is this nothingness that unifies what Stephen Hawking is trying to unite as Quantum Physics with Astrophysics. The only thing that they both have is this nothingness that has been named as dark matter, which is a bad label. The reason that there is no dark matter is because darkness is just the absence of light, and as matter it is not, for matter begins with the heated weight as hydrogen atoms. They also took*

*another crack at it by naming it negative energy, which is a better title, on the basis that the human mind has labeled the heated weight a positive, making the reverse a negative as what exists as the cold nothingness that exists as outer space.*

*Something else to consider intellectually, when trying to connect with IT as this place that exists inside, known as the third eye, you will connect with how IT exists as infinite. In addition, you will learn that as soon as you leave this place that exists as infinity and open your eyes, you'll make contact again with how IT exist as ITS heated weight. ITS heated weight is everything that is outside of us, such as anything that has to do with touch or anything you can feel, the oxygen that we breathe, food, clothing, and all objects that surround us. This will make us aware that everything outside of us contains ITS heated weight. Remembering that this includes the awareness that everything that exists also has ITS nothingness that exists as omnipresent.*

*Inference, of evidence and perceptive one will only be able to get as close to IT as how IT exists as infinity. If I were in outer space, which is where there is only less than 1 % as ITS heated weight, this outer space is where ITS nothingness exists as a constant. Therefore, we should be grateful that IT has allowed us to be able to connect with IT as this place that exists inside of us known as the third eye. As much as I have tried to find where else I could be able to connect directly with the way IT exists as its nothingness, I haven't been able to find that place. The reason is because everything outside of me is shielded from coming in contact with ITS nothingness, and the reason for this is because of the electrons IT placed as bumpers to keep the heated weight separated.*

*Use the following as an example: the human body exists as 99% of how IT exists as ITS nothingness, as the empty space inside of every atom that the human body is composed of, as ITS nothingness, but we cannot connect with it directly. Therefore, since the body is made of atoms, and these atoms are 99% of ITS nothingness as the empty space that all atoms have, for this reason, we cannot connect with this 99% directly. The only way that we can connect with IT as infinity, is by connecting with this place that exists just between our eyes and above our nose as the place that exists inside known as the third eye, as a location point. More on this in the section called Meditation*

*Here is something to think about. When I connect with IT as this place that exists inside of me, I know that I am connecting with it, as how IT exists as infinite.*

*I am conscious that as soon as I leave this place inside of me that exists as that part of IT as infinity, and open my eyes, I have to make contact with how IT exists as ITS heated weight. ITS heated weight is everything that is outside of me, such as anything that has to do with touch or anything that can be felt, the oxygen that I breathe, food, clothing and all objects that surround me. I know that everything outside of me contains ITS heated weight, I am also aware that everything that exists has ITS nothingness, exists as omnipresent.*

*The only way we can get as close to IT as how IT exists as infinity, is if we were in outer space which is where there is only less than 1 % as ITS heated weight. This outer space is where ITS nothingness exists constantly, so I do have to be grateful that IT has allowed us to be able to connect with IT as this place that exists inside of us. As much as I have tried to find where else I could be able to connect directly with the way IT exists as a nothingness, I haven't been able to find that place. And I know that the reason is because of the electrons that IT placed as bumpers to keep the heated weight separated.*

*For example, if I take my body, that is also composed of 99% as ITS nothingness, which is how we exist, however, we cannot connect with this nothingness directly,*

*You see, since our body is made of atoms, and these atoms are 99% of ITS nothingness as the empty space that all atoms have. However, we cannot connect with this 99% directly, and the only way that I know of that we can connect with IT as infinity, is in connecting with this place that exists just between our eyes and above our nose as the place that exists inside as a location point known as the third eye area. Perhaps you may see it better this way, when IT made us IT left a door where we could connect with IT as how it exists as ITS nothingness.*

## **Maharaji**

*Prem Rawat, also known as Maharaji, an international teacher of inner peace and contentment, consistently reminds his audiences that which is most important exists within you. He passed four techniques onto me that for the rest of my existence will enable me to connect with the pure energy that permits me to be here as a moment of life. They are simple techniques; they leave no excuse or need to travel to the Himalayas or stay with monks for years in order to know the energy that exists within. Maharaji only asks that all who receive these techniques practice them one or two hours a day. And for those, like myself, who have physical limitations and cannot endure one-hour sessions, we can still do the best we can, and that is what I have done. I give fifteen minutes to IT twice a day, and they have been the best moments of giving in my life. They've led to my discoveries related to ITS existence as the pure energy within me as well as ITS existence as the pure energy that IT exists as the Universe.*

⌘~~~~~⌘

**\*\* You are not who you think you are. You are that infinite energy; you are IT, as IT evolves. \*\***

⊗~~~~~⊗

*If we all gave just 5% of our lives to glorify this pure energy as IT instead of glorifying the human mind as to what it has done, is doing, and will do - we could always be in heaven.*

*Visit the Web site for Maharaji to learn more about his teachings(<<http://maharaji.org>>), but in my experience, giving 5% is largely a matter of remembering that IT is everything that exists, which is to say that IT is huge; yet even sleeping with IT, we do not realize IT or understand that IT has always been with us.*

⌘~~~~~⌘

**\*\*\*A thank you to M, for showing me that once you get close to IT there is nothing more important than IT.**

⊗~~~~~⊗

## **Religion**

*I have not mentioned religion yet. As far as this goes, I have none. Friends have on occasion told me that if I do not have a religion, then I must be an atheist. But I am not an atheist, for according to the definition, an atheist is 1) one without a God, and 2) one who believes there is no God. And as I have told them, while I do not need a religion, I do have within me that which we call God.*

*I do not need an intermediary between my GOD and myself. IT already exists within me. You can understand this better if you consider that everything is omnipresent.*

*We are God as IT reshaped ITSELF into the human form. Since we are God, there is no reason to have an intermediary. There is no reason for me to go anywhere outside my self to find IT since IT is omnipresence.*

✂~~~~~✂  
**\*\*\* The kingdom of heaven resides within you.\*\*\***  
 ✂~~~~~✂

## **Me and IT alone**

*Let me share with you the reader some of the things that exist in my experience that relate to IT and me, and the best way for me to explain the situation between IT and me is this:*

*First, let me start with letting you know that I was raised knowing that there is a God, and that a church existed, as a place where I could go to be closer to IT. However, as I matured I stopped going to my church, but I still believed in a God, that existed somewhere out there, and it was later on that I came in contact with Maharaji through a friend that took me to hear him speak at a Fordham University in New York.*

*After Maharaji finished his speech, I thought about what he had said and the only thing that I thinking to myself was that, what I heard was either too perfect or too crazy.*

*So I kept going back to hear what he was talking about, and let me mention that at that time Maharaji was not even a teenager yet.*

*What he was talking about was that there existed inside of each and every one of us, the most important thing that can exist, and that we as humans could connect with this energy that existed inside of us. So I asked him if he could show me how to connect with what ever is inside of me, which he did by teaching me 4 techniques that I could use to connect with my inner self. Le me mention that he shows these techniques for free, simply because what is inside of me always belonged to me, for he was not giving me anything; he was just showing me how to connect with that which was always there. So I tried connecting with my inner self.*

*However, I have to say that I am sorry that I cannot share my experience with you, because this is when I understood that what takes place between IT and me, will always have to be between*

*IT and me, for things get very personal when it relates to me and IT.*

*I always tend to ask questions about things or situations, such as: "Why is this so?"*

*So I started looking around to see what kinds of situations exist between people and IT, and I found that what existed for me in my life as a God, also existed for most people, and that there were some people, like priests and monks that were trying to stay as close to God as they could possibly be, be it in a holy church residence or in temples, or ashrams, just to mention a few.*

*I also saw that there are people that could be considered perfect masters that were within themselves in the closest relationship with IT, that is, people that had no intermediates between IT and themselves. For it is in what we call perfect masters, that have no others in between, besides that person and IT.*

*Now, I am no priest or master, yet I find that there does exist a personal relationship between IT and me, which does mean that as individuals there can be a personal relationship between us and IT. In so far as the masters are concerned, I can see that these masters are here to show us individually how to be with IT.*

*I feel great gratitude in that IT permits me to be able to be as close to IT alone. What I am trying to say is that I find that I am continuously thinking of IT, about how IT exists outside of me; but as for what goes on between IT and me inside, that part will have to stay personal, for I do not see what happens between IT and me as something that can help other people, for as I have said, that relationship that exists between IT and me can only exist in that way, because it is something private, only between IT and me.*

*However, when I look outside of me, then I see that what is happening out there are events that IT is causing, and the reason why I say that these events are IT, is because since IT is everything that exists, then everything that is happening is because IT is the mover and shaker, as omnipresence.*

*So my conclusion is this: The reason why events are happening out there is because this is the way IT, as a positive and negative force, makes the changes that are necessary for things to go in a certain direction, so that IT can continue ITS reshaping.*

*I have accepted that I will in no way try to change what IT has planned.*

*This is why I find that as for my personal instructions in ITS existence are, as I have said elsewhere, that I will do only that which I am supposed to do, and only as that moment of my existence,*

*For I now know that IT has always been IT, as both the director and the actors in this play where humans exist, be it on Earth, or as we leave this planet, and IT will still be both the director and the actors, for IT is everything that is known as being created by ITSELF within ITSELF as omnipresence.*

*And as for you the reader, I am sorry to say that I cannot help you to be happier in your existence, for I have found that for me, the only one that exists, as being the most important is IT, as how IT exists within me, and all I can do is to continue being an observer of what IT is doing outside of me, as ITSELF, for everything as a totality is really ITSELF, down to the last atom that exists inside of ITSELF as this universe.*

*Even a priest as a holy man, does not stand by himself, for he needs the companion of other priests or a pope. This is something that is not necessary for perfect masters like Christ, Buddha, or Maharaji, just to mention a few masters.*

### ***Spiritual growth and resistance***

*We are made in ITS own image, which is to take part in ITS ever changing self.*

*I say this because as we go into what we call bad times, such as a hurricane or an earthquake, that can leave us stripped down to only our existence, where we have lost everything as our possessions; it is during these disastrous moments, when IT takes just about everything we have away from us, that some of us are forced to come back to being closer to IT. Stripped of our possessions, which we should remember really belong to IT anyway, because it is a fact that we cannot take any of our possessions with us when we die, I have observed that in these moments of disaster, some people will say, even after they have lost everything, “Well thank God, for we are still alive”, but others will continue to cry and protest that they have lost everything that they had. These who cry and protest forget that everything they had belonged to IT anyway and that the only one that can really help them is just waiting there for them to reestablish a deeper connection, between IT and them, as in when we say to IT : “O God please help me! I say it a little differently: “O God please help me if you so desire.”*

*We should always remember when a disaster occurs that whatever help we may receive, is still IT, for IT is the mover and shaker. You might see it better this way: It was IT that produced the earthquake or the hurricane, so that no matter what, how much we may want to complain or protest, as to why IT became the earthquake, or the hurricane, it won't help undo what IT has already reshaped into, as cause and effect.*

*I have personally found that when I have needed help, I first turn to IT, for the help that will come has to be sent by IT, for IT is everything that will be sent to me by the humans that IT exist as, be it food or housing or clothing, etc. that will come to me as help.*

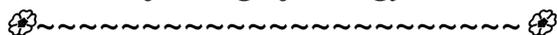
### ***Gifts***

*In life, there are different types of gifts that we receive. There is the gift that you will never, or hardly ever, use such as the Halloween candle or super sized fruit dehydrator, which you have to find a place to store for as long as you can. There are gifts that last only a short duration: flowers, candies, stationary, cologne, and there are the gifts that you do not like, or need, so you pass them onto others as a gift from you to them. These gifts could travel around the world and back depending on the connections of friends.*

*There too is the gift of fruitcake that you know you will not eat because if you do, it will put two pounds on you, so you also pass this extra weight onto someone else. Another gift we give and get is the one we are to share, the vacation cruise, the back massager, the backgammon game, and the computer software.*



**\*\*\* *The more you give during your stay on Earth, the more you will receive. Giving is the transferring of energy.* \*\*\***



*And on the subject of gifts, from my personal experience, I have noticed that sometimes friends give me gifts without knowing what I really need. In order to not do the same thing, I decided to pay attention when a friend tells me that he or she likes something. Then I get them precisely that item. However, this can also be a problem because I once ended up with not one, but 3 binoculars! I feel one should think up a way of finding out what a friend really needs without him or her becoming aware of it.*

*And then there is the gift that is meant only for you and intended to last until your last moment as life. My gift came freely to me by AA in the form of a group of people who had gone through what I had and even worse. They gifted me by showing me how I was going to control my addiction to alcohol and return to a healthier way of existing.*

*As a member of AA, I can confirm that the program is very effective in the help provided as people share with other people who want to stop drinking, and as a free service, I say this because I was a heavy drinker. I have noticed that most Alcoholics have a big demand for the consumption of liquids be it for coffee, soda, and the many other beverages. I have not had a drink of alcohol for what has permitted me to see more than 7000 appearances and disappearances of our solar sun as a healthy person that does not need a drink. I measure the time as over 7000 sunrises and sunsets because I do not keep track of my life as days, months, or years.*



**\*\*\* *Be grateful for your existence. Be grateful for ITS existence. Trust in IT, for IT is more than a master at what IT is doing.* \*\*\***



*Think about this: Ever since birth, we have grown bigger, perhaps fatter, and even wiser in our reshaping, but we never left this existing moment. Since birth, we have only existed in one place: the omnipresent, the "here and now." And because this moment is the omnipresent that has always existed, even before the Big Bang, no matter where we have relocated our housing or even if we were someplace else in the universe, even if we had flown to the Moon, we would still have had to exist in this place called omnipresent, the here and now.*

*I know that everything that I do, I can only do as this living existing moment, for I know that I was born in this existing moment, and I will die in this same existing moment, so I know that everything I do has to be done within this same existing moment that I call the here and now. Therefore, as an AA member, it is not that I will not have a drink today; it is that I will not have a drink as this moment of my existence, and I will enjoy this moment as much as IT will permit me to.*

## *IT is the only Master*

*The reason why IT is a Master, is because IT knows what IT needs to reshape into. IT is a Master at reshaping ITSELF. Yet there is no perfect plan; we have no idea what IT is going to reshape into next. Even as you read this, IT has already reshaped. I trust in ITS reshaping, yet, IT remains mind boggling. If IT is everything including us, where does IT exist as the place in which IT exists?*

*And as much as I have looked around at the things that we do as in the way we as humans run things. I am very glad that IT is the one that runs this whole universe, from that atom that may find itself at the end of whatever this universe is. To that last atom that makes my existence possible, for even as I look at all the things that we think we are doing. I must never forget that long before I got here and my parents and grandparents, all the way to when we began to exist as humans, that IT was IT from the beginning, and that whatever IT wants to do with us as ITSELF, as IT prepares to take us off this planet, to some other part of ITSELF, we really have no say. For IT is the only one that knows what is out there as ITSELF, and as for me. As this moment, all I have to do is enjoy as much as I can as IT keeps reshaping as this moment called life. Even if what I see outside of myself looks like madness, I have to continuously remember that IT knows why.*

### **My job and my Boss**

*Let me give you a description of what my job consists of, and some things about my Boss that some of you might find interesting.*

*I start by saying that I would definitely not trade the job that I am now permitted to do. My job starts out as not having a real schedule, as a time system. The things that I must perform do not consist of a routine.*

*The meaning of work, when related to IT, is the transference of energy so that something will happen. As a result I make something else happen, directly or indirectly. This way, IT can continue its travels as the nothingness of outer space.*

*Let me explain it this way: We are the first living things that IT has reshaped into as human bodies, that have taken ITS weight as atoms and reshaped them into all the things that we have produced since we have existed as humans, (due to the fact that our survival programming forces us to work out of necessity to produce the innumerable things that only exist on this planet, that come from ITS weight being reshaped as the atoms that we have been using to build everything that is not naturally made by IT, as a reaction to the way IT does things, like the way it produces atoms using a force like the Big Bang, so that IT could then reshape into us), so that now IT can reshape itself in ways that perhaps IT has never done before. For not even rockets, computers, or canned food could be produced as a direct result of how IT did things before, such as the reaction that IT produces; for instance, like the Big Bang.*

*So you see that what we may call the things that we have done as work, from as far back when we started factories to produce things, is really IT down to the last atom, as the raw materials*

*that we have used, and it is IT as the only boss that was here then and is here now, and will continue to be IT after we leave. And to this let me add that I have no problem accepting IT as my Boss.*

*Remember this: You have worked for other bosses without caring what the result from your work would be, and you probably couldn't care less about who your boss was, or is going to be.*

*I am very grateful to IT for the work I have been permitted to do, and I hope that IT keeps me as close to IT as IT has until now.*

*Now let me also share with you the meaning of having a boss, which is someone that will tell us what we are supposed to do.*

*Most of us understand what I am referring to because it is a natural thing, being told what to do, that most of us know, which is our acceptance of the presence of having a boss as part of our existence. We have had bosses that were so bad, to the point where we continue trying to find other bosses in other jobs that would be more pleasant.*

*I too have gone through this process, and by luck (for I was not aware of this luck that I have) I asked IT for help (I did not ask for change) with a situation in which my friends could not help me because they were of the problem. What I found was that in asking IT for help I was opening a door between IT and me that I had never used before. I saw that I had not been aware of how close IT really was to my existence, which you will read more about in different parts of this book.*

*And I should also add that it took many of Earth's rotations for me to understand IT better.*

*Now I can see that IT is my boss, to which I have to add that IT always was, from the moment that I came into existence. It is just that as we start out in our existence we are not aware of ITS direct connection to us. It exists right from the beginning of our existence that starts with our birth, as all the pure energy that we exist as.*



**\*\*\*\* Prolonged work can mold your mind and body \*\*\*\***



*So that I, like other humans that IT exists as, that are like me, were not aware of this situation. As I grew up all I saw was humans that thought they were the chief commanders as that moment.*

*That is why I say that I was lucky to have found IT as being totally everything that is out there; and as every atom that I am composed of.*

*At first I was not aware of IT as my Boss because I was still transferring energy as work in order to maintain my first programming, which is survival.*

*I continued to work, with the difference that I was working for myself (as I thought) as a concrete water-proofing consultant. This was a way of existing; it still is, but now as a service,*

*not a necessity.*

*But let me get back to my other job, for I still have a job where I have to do things (transfer ITS energy), but as the job I have with IT, I do not really know what I am suppose to do.*

*Here are some of the things that I have found related to IT as my Boss. The only instructions that I have are these: do the things that present themselves as the existing moment, like taking care of the people that knock at my door for help, and answer the calls that people make to me. But never asking myself what is in it for me. I have learned that IT has given me everything that I need, that are my necessities, and a little more.*

*And as for the monetary energy that I get for my services, in transferring my energy in exchange for the problem solving services that I can offer, is not or ever was where I could feel that I no longer had to work, transfer my human energy.*

*I was born into a family that had to work for a minimum salary, a family where both parents had no reading or writing abilities and never made it as far as high school. They did not have an education.*

*From the beginning of my existence I knew that if I wanted to at least survive I had to transfer energy, as work, for whatever I could receive as money. I have accepted from my beginning that I was not rich in money. I could not do whatever I felt I wanted to do as work.*

*And as of this existing moment, to which I have become accustomed, I still receive monetary energy for what I do as work. With it, I at least cover my necessities. Like many others, I buy my groceries for a few weeks in advance, to ensure that I can at least make it that far.*

*But I know that IT is there, and that IT has never let me go hungry, or without a roof over my head so as not to get wet. I have gotten accustomed to the way our relation exists, for IT still feels there is no need for me to be a millionaire, to where I no longer have to work. I have become accustomed to the amount of monetary energy that IT sends me, to which I have learned from, because I know that, as an example, I receive a thousand dollars, I know as an expression, how full my gas tank is, and how far I could go on this tank of energy, and how far I should not go, as in doing something, or buying something before IT sends me more monetary energy.*

*Let me add that IT has never given me so much monetary energy where I could get totally lost. This relationship between IT and me has helped me understand the things that I can do, and what I cannot, or should not do; for as I have said elsewhere, I know that up until now IT is worse than me for putting things on paper so that I could read what IT wants me to do. But since I do understand IT a little, of how IT is, and how IT operates, I know that sending me written messages would not work either, for IT does things only as an existing moment, so that by the time IT prepared me my written instructions to my does and don'ts, it I would be too late to use these instructions, for IT would have already changed into something else where the instructions could not be used or applied.*

*So that If I want to know what I am supposed to do as work in exchange for ITS energy (money) I have to keep a constant connection to what IT wants me to do, or not do, as an understanding that exist between IT and me, and not me and you.*

*This is why you the reader could now understand why when I started this book I never really knew if it would reach you as a reader. To me it made no difference if it was ever completed, and what the spin off from this book could be, because it was more interesting what I was learning about IT, and me and IT and you.*

*This is why I say: “Oh Boss, please never dump me, for I have always done my best in serving you and all that you exist as that is outside of me as YOU.”*

*But let me get back to my work, for my relationship with IT is as you can see, something that can only exist as being personal. Let me also add that when we do work, as work for others, we will also learn from the work that we are performing, and from the boss that we may be working for as that moment, be it as a factory worker or as an executive, and that sometimes in the work that we are performing as work, is not helped by the others that work there, for they feel that if they teach you too much, their job as work is in danger.*

*I have said the above, because my boss (IT) has always let me know that IT will not fire me for being absent, or for doing something not well enough. IT just says “do your best” in what you know how to do, and do it well and don't barter asking for a raise, for you already have the most precious gift that can exist, which is being alive. All I now have to do is keep up with ITS ever-changing self.*

*And as for the things that I do as work, they are not things that I have to do out of necessity. They are more like; well let us do this one as this moment, as doing something as work that will make something better than what it now exists as.*

*As for possessions, I buy that which I feel I may need to exist more comfortable in my everyday existence, but not to store as luxury or as something to exhibit. I have to remember that everything that I buy, or get as possession, I cannot get attached to, for they really do not belong to me, but that I can enjoy them only as an existing moment because I have to be aware that as possession, I will have to leave them when I leave as death.*

⊗~~~~~⊗

**\*\*\* Thank you (IT) for permitting me as this moment of my existence as life, to answer to YOU only \*\*\***

⌘~~~~~⌘

*Everything belongs to my boss (IT), so that I am told by IT “Do not worry about possessions as things, just enjoy them when you can and do not get too attached to them.” IT will continue sending me the things I will need in order to eat well, sleep well, feel physically well, even though I will need to see what IT exists as doctors so that I will make the necessary adjustments to my body so that I can stay for more Earth rotations with IT and enjoy and understand IT better. This will also require that I continue thinking well.*

*So as you the reader can see, I hope IT will always be the only boss I have.*

## **WHO MADE US ?**

*Let me give you the reader, a few examples of what I am about to say. Do you think your mother or father created you? If you still believe this, you are mistaken. I too, believed that if it were not for my mother, who had a relationship with a male, I would not have been born. However, it was not until recently, that I became aware of something called PURE ENERGY, which is also when I became aware that everything that exists is made of this PURE ENERGY.*

*Perhaps it would be best for me to start with WHO or what is this PURE ENERGY. I say who or what as in someone, or something that was labeled by the scientific community as PURE ENERGY. Whoever or whatever this PURE ENERGY is, it does exist and not as a theory, philosophy, or concept. I prefer to call this PURE ENERGY, IT. The reason I make reference to IT, is so that you are able to understand why I am saying that it was not my mother or father that allowed for my existence.*

*The best way to start is by telling you who first discovered this PURE ENERGY, which was the scientific community. This community began to take apart what exists as matter. It is important for you to know this to be able to understand what your mother and father are made from, and this way you can better understand where I am coming from and what I am writing about.*

*I'll begin this subject by stating that everything that has ever existed, exists, or will exist has to come from this PURE ENERGY. Where did this PURE ENERGY come from?*

*Beginning with my mother and father and in order for both parents to exist, they had to be made from matter, such as the matter of their bodies. The human body is made up of all biological substances, for example: the  $\frac{3}{4}$  part water in our bodies, and the calcium in our bones making it possible for us to stand and walk. The many other substances, such as: iron and carbon, just to mention a few, are all made from atoms. Even the air we breathe, because we could not survive more than a few minutes without it or the food we need as energy, are made from the atoms of this PURE ENERGY as ITS heated weight, that came from that what is known as the BIG BANG, This heated weight is not that complicated to understand. Just imagine that you have a ball that exists as heat but this heat also has weight attached to it. The heated ball wants to exist as a singularity as just one entity, but the heated ball will allow itself to be fragmented, with the condition that all its heated fragments return again to being just one again, as a singularity.*

*Here is what I find so far beyond simplicity, meaning, the fact that everything that now exists came from this simplicity. All the celestial bodies that exist within what we call the universe and our planet with all the trains, plains, jets, cars and the space rockets, all came from this fragmented heated weight.*

*I'll explain what I mean when I use the word simplicity. By starting at the moment of the BIG BANG as ITS heated weight, what IT did was that IT took this ball of heat that existed as a whole singularity and fragmented it into very small tiny fragments as heat. However, in*

order for this tiny fragment to exist individually, IT wrapped a tinier fragment of heated weight around these tiny fragments so as to encircle this heated weight that is now known as the electron. The fragments of heated weight could not regroup in there trying to return to being a singularity again and IT also pushed them outward as far away as possible. Getting back to why IT reshaped ITS heated weight as something being very, very simple, you see that as IT fragmented this heated weight, as a way of searching to find what it could do with this heated weight as all the possibilities that could exist, IT accomplished this in the simplest way possible.

If you take a thousand of this now fragmented heated weight that exists as hydrogen atoms and place them side by side, the width would be the size of a strand of human hair. This is something beyond simplicity coming from someone or something that is so powerful and so complex yet so simple as how this PURE ENERGY exists in this modern complex society that we live in. IT now exists as so complex that no human or computer can understand ITS simplicity, but rather the opposite.

Also before I forget, when IT fragmented ITS heated weight for the first time, it did so as the fragments that now exist as protons that exist inside what is now known as hydrogen atoms. Matter begins from hydrogen atom which is also called element #1. Can you see why I say that IT started out as a very simple way of doing things? Because it was from here that you and I and all of those things that now exist as being very complex came from. I wrote that it takes one thousand hydrogen atoms side by side to make the thickness of that strand of hair, but this hair is actually 99% empty space, such as the empty space that exists inside the hydrogen atom. Therefore, it would take 99 thousand of the protons side by side to really give us the thickness of a strand of human hair as just the heated weight without the empty nothingness that exists inside the atoms.

Let's go back to how IT started, remembering that IT started out very simple. However, from this simplicity IT then took all these hydrogen atoms that made up the existing universe as the moment of the Big Bang. I need you to remember that all these hydrogen atoms have this heated weight inside as the protons that exist inside the hydrogen atoms. Therefore, this heat wants to return to being one singularity, but it cannot because of the electron that IT placed around this heated weight so they could not reunite.

However, since they will always be trying to become a singularity again, now that you have a universe which is full of these hydrogen atoms, these hydrogen atoms will try and pull themselves closer together. So many of them get closer together forming what is known as a solar sun. Since there were so many hydrogen atoms together as being on top of each other as a solar sun, the weight that was placed on top of each other was so powerful as weight, that some of them became helium atoms. A helium atom comes into existence when 3 hydrogen protons as ITS heated weight try and group themselves closer together making these 3 protons into a helium atom with the help of what is called a neutron, which is actually one more proton with an electron. This neutron will stop the 2 protons that exist as fragments of ITS heated weight from ever merging together.

Picture it this way, when IT took one fragment from the heated weight that existed as a singularity, this fragment became what is known as a hydrogen atom. IT then took 3 fragments as what exists as the protons inside of the hydrogen atoms and then IT made the

next heavier element called helium. So that IT now is taking what IT made as small fragments of ITS heated weight from what exists as protons and is putting them closer together as more of what exists as the heated weight that exists as protons. Making the atoms heavier which in turn will produce something new as IT searches for all existing possibilities that IT can exist as ITS heated weight as something new, so we should remember that this may be the first time that IT has ever done this.

What I am trying to convey is so that you can understand how IT took ITS heated weight that existed as a singularity and began to make all the different types of atoms that IT could exist by using ITS heated weight. Remembering that all this started out so simply, which was when IT reshaped ITS heated weight into the hydrogen atom and from there IT took the hydrogen atom and made it heavier as the helium atom that was made inside the solar sun. From here IT took the heated weight that exists inside the solar sun and became a neutron star and then a supernova and finally a galaxy. In one of these galaxies is where we are allowed to exist as humans. However, always remember how simple IT started out and here is where you should begin to realize that it was not our parents that made us, it was IT who took ITS heated weight, and made us in such a perfect order in the way we are put together. I know that my mother did not have the ability to put my brain where it now exists nor did she know where to place my heart and make it pump to all the necessary places or know where to put my mouth. I realize that my mother did not even know that my body works as gravity because when we put food into our mouth the food exists because of the heated weight that IT has, and it is this weight that will gradually work its way to the exit point as the colon.

All this gravitational pull is happening because of the gravity of the heated weight that exists inside our planet and all of this is happening because this heated weight is looking for all existing possibilities. A good example is a cow; the cow eats grass, reshapes this grass into the food that the cow needs in order to exist, then by gravity it poops what it doesn't need and then this poop is used by the soil to be reshaped into something else as another possibility.

Knowing the above information of who we really are as totally coming from this pure energy as ITS heated weight, I'll continue to explain how we came into existence. Imagine that there are 2 people on a tropical island, and they exist without clothing because they do not need clothing in order to keep warm. They're by themselves and no one else. We'll imagine that these 2 people never saw or knew anyone else, and that this island is always dark, therefore, they do not even need to see each other. Here is what should happen; eventually they will get closer to each other and as soon as the male feels the heat that the female produces, he will become aroused. His male organ will find where to fit in, and this is due to the heated weight that the female produces therefore satisfying the female as the heat that the male organ produces. When the male deposits his sperm that connects with the female ovary, they both begin to reconstruct a new baby. The baby grows inside the mother that comes from this heated weight. As the baby is developing, it already comes with its instructions as to what it is supposed to do. These instructions come from the way the heated weight is arranged as DNA and RNA because this is the way IT does things.

*I need you to be aware that both the sperm and the ovary exist only because of the way this heated weight is arranged as matter, and as all matter, it has to exist as the heated weight that the atoms have as their protons and neutrons. Everything that exists has to have this heated weight, and we should remember that this heated weight came from this Pure Energy as fragments of the heated weight that existed at the moment of the Big Bang. Therefore, understanding this we can be grateful that IT does exist, because you and I, my mother and father came into existence because IT was searching for all existing possibilities that IT could reshape into as ITS heated weight.*

### **Who is # 1**

*From our birth we begin to use the number one to designate what is most important. Many of us will say that our job is number one, that our tribe or family is number one, or that our home is number one. Many say that they are number one. Actually, IT is number one, figuratively and literally. Everything else is less than one. If you were to ask me where I would rate my opinion, my car, the president or a political party, I would have to say at zero. These things have no value. The more we consider these types of things priorities, the more we diminish and ourselves those around us. If we rate IT as number one, everything else falls into the appropriate priority as the power that zero has.*

### **Impossible gift**

*What is the only gift you cannot give to the one you want to give it to? I have tried many ways to give something to IT, but I always fail. It is impossible to make a gift to IT because IT is all that exists, including me and any gift I could possibly think of. How do you make a gift to something that is everything? I have tried in vain.*

⌘~~~~~⌘

**\*\*\* We cannot add to IT. IT is 100% \*\*\***

⊗~~~~~⊗~~~~~⊗

### **A Gift is Not for Sale**

*Imagine you receive a huge cake, something you didn't have before and that you didn't really need. It should be easy for you to give away pieces to people who might enjoy it. You start giving pieces away and even before the cake is gone, IT sends you more free cake. Some may tell you to take advantage of it and sell it. You reply that since IT sent you this cake for free and continues sending you more, why sell it? After all it was a gift to begin with. This is something that I should do without thinking why or what will happen; to me it makes no difference. I have what I need, which is IT and as I have said before, IT keeps giving me more than I need.*

*Let me tell you what happened to me when I started writing this book called Omnipresent, I did not have enough monetary energy (money) to dedicate to the book itself. The little money I received I had to use to take care of my personal needs. After I finished the book something happened out of the blue. A person I'll call Sam came to me with a business proposition. This business proposition gave me so much income that I no longer had to think*

*about money. IT was letting me know that I have no need to work for more money. I have thanked IT many times, but IT did not stop here. Shortly thereafter, someone else knocked on my door offering me another business proposition that would grant me an income for the next 25 years! Mind you, I was not looking for these people or their money, and this is why I can see that IT sent this to me, as IT sends me everything else I need.*

*It is a good feeling when someone gives you something that you really enjoy for free. Most likely you weren't thinking about looking for this thing but it came to you. You might want to thank the person in its individual character, but remember that everything comes from IT. Give thanks to IT for being omnipresent in each one of us. Maharaji was right when he said that if I stayed near IT through practicing the 4 techniques, things would get better. Things not only got better, but they keep getting better. I hope you too can enjoy this gift from IT to you.*

### ***IT teaches us.***

*The next time that you are watching TV, all the programs and movies that are possible; remember that IT is showing us some of the possibilities available.*

### ***Resisting***

*Let me explain this with a personal experience. But first we should remember that we are built to continually grow, getting stronger mentally and physically. As a consequence we get into routines which tend to mold us.*

*I say this because it took a hurricane for me to become aware that as much as I have been very well protected, there are moments when IT will box with me. During a hurricane IT kept knocking me off balance, so much that I had to get on my knees and repair many things. In times of disasters we will find that there are moments when there is no one else around.*

*I became aware that IT will box with us so that we can rebuild those qualities that IT has incorporated into us as survival instincts. This will take place from time to time for some of us, and it is in these moments that we should never forget that everything that is happening is IT, and that the only one that can help us is IT.*

*I say this because it has become clear to me that in these disastrous moments I cannot blame anyone, for I know that we are also the result of violent events in ITS reshaping.*

*When I noticed that IT was boxing with me I became aware that the message was that it was necessary for IT to knock me down so that I could get up again. In doing so IT reinforced that I was neglecting the physical and mental abilities that IT has placed in me and all of us.*

*So that every time IT knocks me down, IT says get up, for you still have the most important gift of all, which is life! And also remember that IT is the champion and you must learn from it.*

*It may take a few falls to reinforce what you already have, but you should always remember that there are others who are in worse condition. If harsher lessons are needed, one can easily be put in worse situations.*

## **Stress**

*Stress is when we try to do too many things within an existing moment. An example of stress is a jammed typewriter. If you typed the keys of an old typewriter too fast, they jammed together.*

*Speed requires space, if we go too fast, the space needed to accommodate the performance is not there. Remember the saying, "Haste makes waste," or in this case, stress.*

### **The stolen crown**

*Here is one that I have tried to resist writing; it has to do with doctors. I hope that the doctors that I have to visit won't see this section. Naturally, this does not apply to all doctors in all countries, for I am sure that there are countries where it is worse, and in some, this situation may not exist at all.*

*If we look back into the history of doctors we will notice that there existed a moment when doctors were summoned to appear when the royal king requested them to be present, and when they were summoned, they, as doctors, had to respond as quickly as possible, for doctors then knew that when the king requested their service they had to come or they risked death by order of the king.*

*After the virtual elimination kings, doctors were more of a service, especially in war times, where doctors had to be an all-around provider as the service they performed. As doctors saw that there was more money in specialization, more fields of services opened up. As people aged and need specialized attention we began see more doctors for arthritis, heart doctors for high blood pressure, and so on.*

*Some people out there may have gone through what I will be mentioning. There is a group of doctors that won't give you an exact time for an appointment; it works better for them to say that appointments are in the order of arrival. To use an example, the doctor arrives at his or her office at 9:00 AM, but the office opens at 7:00 AM, which puts the personnel to work sooner so that the paper-work and the collecting of your money is done before the doctor arrives.*

*For you to see the doctor as early as possible you do have to get there before 7:00 AM, and if you are the first there it is up to you to make a list of the people that arrive so that when the doors open you can at least be number 1, 2, or 3, and sometimes #15, and if you get there at 8:00 AM you know you will be there for a few hours, or you will see the doctor after 12:00 PM.*

*We do not necessarily have to be sick in order to participate in the above described situation, because just for us to maintain our best, as being physically well, we have to visit these doctors just for our yearly check-up. And some doctors really look forward to you having a serious problem so that you will have to come back again and again; something like having a sure customer.*

*You will understand why I refer to doctors as those who have stolen the crown, for if you recall, the history of doctors was for them to service the king at His Majesty's convenience, and as*

*time has gone on they now exist as a service where they are the king and you go to them when they say so, for they are the ones that are wearing the crown; they are the kings at this moment.*

*As I see it, they too will have to participate in the never-ending cycle of change. We can already see some changes, for there are now doctors that can offer some of their services by cameras through the internet to reach other people in other countries. And there are countries that are giving more attention to training more doctors to service their ever-growing population.*

### ***The line up***

*Those of us that attended school in the USA have been photographed at some moment for the yearly school album. This was likely the first mug shot ever taken of us. We did not have a number attached to us, but there was a number attached to the school year book, all in the name of education.*

### ***A birthday greeting***

*Congratulations on your birthday!*

*Let me start with why you should be grateful:*

*1-you are breathing, hopefully well, since this is priority number one for your existence*

*2-you have a water faucet nearby, can't live without water*

*3-you have a place to eat, at home or out where someone will serve you in exchange for monetary energy*

*4-you feel well because you rest well when this pure energy also known as God takes away this solar light which we call daylight and lets us feel its absence, which we call night.*

*5-you have the opportunity to reach your maximum potential.*

*Remember that since you have been permitted to be here in ITS own image, you have been given the chance to take part in ITS dual way of transferring energy. That means that you will take in and put out energy. That is the way that pure energy works, constantly transferring.*

*You have seen the duality of this transferring of energy in the many things that have been put in front of you as you have reshaped from a child into an adult.*

*You have been permitted to enjoy this gift called life.*

*We have learned since we were born that every 365.25 days Earth makes a full rotation around the sun and this makes a year.*

*Some of your friends will tell you that you are now 25 years old (we should be so lucky). But I*

would rather tell you that you are not 25 years old, I would prefer to remind you that you should be grateful that you have seen 9,131 Earth rotations, knowingly or not.

From where you have seen yourself from what you can remember as being a child, to what you exist as this moment has permitted you to do all the things you have done, from being that pretty child up until now. You might still be that pretty child.

During all those rotations you have had the gift to feel, touch, smell and see all the other things that go with being alive. You have been allowed to make love, be loved, see different streets, different people, colors and languages, clothing. You have known the many nice things that have been said about you.

You have tasted different foods and you have been permitted to experience brothers and sisters (hopefully).

And most of all you have been given the chance to connect with that God that put you together as a place that exists within you.

All of the above mentioned activities have taken place as a moment of ITS existence in this place known as omnipresent.

### **Alzheimer's Disease**

I have a plan for detecting my own potential onset of Alzheimer's. When I exercise my body, I keep my mind busy by counting the repetitions. I count 100 push-ups and 100 pull-ups. I count to 100 for bench presses and the same again for leg exercises. When I can no longer count these hundreds of repetitions, I know that Alzheimer's is just around the corner. Today I am still grateful for being able to exercise and think at the same time and am hoping there is truth in the saying "use it or lose it."

Since in most cases the mind cannot be stopped from thinking, we have a few options from which to pick:

- Do Nothing—allow the environment to manipulate the mind.
- Daydream—manipulate your own mind.
- Exercise—Think about what IT is and how IT operates.



\* IT reshaped into doctors and the necessary medicine for us to exist longer.\*



### **Arthritis**

As for arthritis, I feel that by using exercise to work through my pain, I am eliminating the pain and preventing future pain.

### ***A softer shave***

*I have traveled before to find that I had forgotten to pack shaving cream. So instead of using the hotel soap, which would be too harsh on the skin, drying it rather than moistening in preparation for shaving, I used the hotel cream rinse for hair. I learned that in addition to being cheaper than shaving cream, cream rinse left my skin feeling even softer. And for women, you can use hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it on your hair...*

### ***For cleaner and healthier teeth***

*My formula for cleaning the teeth is as follows: Mix large quantities of baking soda, which helps whiten and remove stains, with plain salt, which helps disinfect. Dab a small amount in the hand, add a few drops of peroxide to help fight germs, and brush. I then follow the brushing by gargling with peroxide and rinsing with plain water.*

### ***If nothing existed***

*I would like to start this section by asking you to look around yourself and notice all the things you see: your refrigerator, your radio, your TV, buildings, cars, people, trees, birds. All are made of matter. We easily take these material things and beings for granted because we believe everything that exists should exist. But these things only exist because IT exists. God could have existed in a lifeless universe. Imagine if all the things we see and do were not possible because there was no God, no pure energy. Imagine that there is no Universe, that there is nothing. With nothing, nothing happens; you would not even be here to think and observe your surroundings, obviously. We can be grateful that whatever this God is, IT does exist.*

*The word "God" could use some revising, however. The dictionary's definition of "God" is this: One who causes to come into existence; a person who grows, makes, or invents things. And there is nothing wrong with this meaning, but it does mislead with the implication that something can be made from nothing. Let's examine an occasion about which one might say, "I have created." Take for example a painting that I "cause to come into existence," for it hypothetically did not exist before the occasion of my creating it. Before beginning to paint, I would have to find the materials necessary for painting: canvas, paints, and brushes. In other words, in order for me to create, I must use materials that I did not create, materials that have preexisting atomic structures. Additionally, that raw material that is needed has to be found, and the fact that it is "raw" implies such material must be independent of the one creating. If God is "the One", however, nothing could be independent of IT.*

*Accordingly, to create the Universe, God would have needed preexisting substance: stardust perhaps? No, not stardust, because before the Big Bang, there were no stars! There was only IT with all ITS weight concentrated into one singular point. This is why I prefer to call God IT and why I use the words reshape, mold, transform, and rearrange to describe the way things come into existence. "Creating" does not signify the oneness of IT as all the pure energy that has*



*from perfect masters explaining the show as God and the pure energy in ITS omnipresence, but only God knows what parts are important and required in this perfectly reshaping play. Humans were preprogrammed to be servile. Servility makes it easier for us to exist, for God is orchestrating everything in this show. IT is the director, producer, and actors all at the same moment.*

*IT underwent much extinction and reshaping before arriving at a human intelligence capable of reading, writing, analyzing, and understanding where we came from and what put us here. Our ancestors did not know how many of their kind existed or even where on this planet they were located, but now it's clear that we have always been right here inside of IT.*

*In the time since your birth, you have grown bigger, possibly fatter and ideally wiser, but you have never ever been anywhere else other than this place of omnipresence, which has always existed, even before the Big Bang. You may have moved your housing and you may have traveled to some other location on this Earth, but you have always existed inside of IT as omnipresent, as the here and now. For this we should be grateful. Without IT, none of us would be here.*

*And if IT reshapes so that there no longer exists a need for humans, we would transform into something else. It is possible and probable that a meteor will hit this planet and do away with the human race. Take heart though; we will continue to exist as this moment, for we are part of ITS pure energy and always have been. We cannot exist outside of this omnipresence. We are made of solar dust and in ITS own image: we are this God as IT reshaped.*

*Even God is made in ITS own image, for IT has to continuously be engaged in the transferring of energy, which is to say, IT does not rest, not even for a second.*

### ***IT as life***

*You are here because you have something called life. I believe that life existed before the Big Bang, and as we can see, it still exists. As our planet was formed, IT allowed for life to develop into what we are, as ITS reshaping of that which we know as life.*

*Your life is housed within a body that started at conception, developed into a baby, and kept reshaping into maturity. Life begins with atoms. The male sperm and female egg are made of atoms. The sperm and egg combine so that they, as a duality, can reshape into life. The human body becomes the housing for life.*

*The life force that exists as you does not change or reshape throughout your life; IT is constant. I find it strange that life is the only thing that does not change.*

*This also means that the part of IT that we understand as life is not subject to change. Let's look at the life of an ant. An ant is very small. An ant has life, the same type of life that exists within us. Life is the same for all but varies depending on the housing.*

*The evolution of the human form has allowed us to use information that is available at any*

given moment. The ant does not have the same degree of this ability. Human beings are able to participate in the reshaping of things differently than ants. Different forms of life have different tasks, functions, and purposes.

Change happens as a result of a positive and negative energy coming together. This is similar to when a male and female make physical contact. This causes something new to come to life, such as a baby, sometimes.



**\*\*We are the result of a constantly changing body in the presence of a constant that we call life.\*\***



Life as we know it has a range that encompasses our deepest waters, all earthly terrain, and large portions of our skies. Events and beings are the products of IT reshaping ITSELF within ITSELF, and being made up of pure energy, they exist in the same moment that we are now, in the place of omnipresence. Our history and present life within this omnipresence is 100% IT, and being of this life, so are we.

In our modern language, we have used the word life in so many contexts, and even to refer to non-living things, that it's evident we don't altogether understand the meaning of life. When seeing a freshly washed car, someone might exclaim, "It has come alive!" When we admire a lifelike painting, we actually question whether it is alive. Or about a house, we might say, "look how alive it is when the lights are on" or "see how alive the room feels now that it's redecorated." There are more ways, too, that we use words related to life. We speak of the life of a star, planet, or galaxy, for example, and when we do this, we should be aware, that we are saying that these celestial bodies exist with mobility.



**\*\*The presence of all the extreme political parties is ITS way of finding all the possibilities that IT can exist as.\*\***



Life is IT, and only IT has mobility in ITS way of existing as a constant life that can exist as millions of bacteria so small that they can exist with mobility upon the head of a pin or as the human mind that enables me to write this book and you to read it.

Here is something to think about: Since IT is one, and everything is happening inside of ITSELF, what we understand as life cannot exist if this quality were not there to begin with as ITSELF.

So that if IT exists as LIFE, then even a rock or a steel rebar has this quality inside of it as ITSELF, even if these objects do not have mobility, for the rock and the steel rebar have both ITS dual ways of existing, and this also applies to everything else that exists. In the same way, everything that exists also has all the other qualities that IT has.

### *Life is where IT exists with mobility*

*The need for mobility is why life may have started in the ocean. IT, as a water-warehouse of natural resources could provide ITSELF the elements that would give IT mobility, most importantly the number one element, hydrogen, which has the capability of forming bonds. Without hydrogen we could not exist. Hydrogen's bonding power provides ITSELF a way to reshape without having to repeatedly return to the formation of atoms, the first step of ITS reshaping. By bonding hydrogen atoms, IT reshaped into water and the smallest form of ocean life that could exist with mobility.*

*Because water can absorb great amounts of heat, by forming life first in water, IT could also protect itself as IT began to form the first eyes, ears, and all the other organs of the newly mobile life forms. Under this protection, IT could explore more possibilities of existence. There are many volumes of books on the life forms that exist in water, on land, and in the air.*

*As we observe all that is alive, we can see that IT also used atoms to form the components of DNA and RNA, which keeps IT from having to return to base one when reshaping ITSELF as life with mobility. Ocean creatures went from single cells to having brains, eyes, and mouths. IT has evolved through millions, billions, trillions, and likely googols ( $10^{100}$ ) of life forms as IT continued to reshape with mobility, and in this present moment where we now exist, IT is still mobilizing life. But when IT began to roam as life on land, there was still no sight of you or me.*

*This is also why we know that life can exist in areas of very high temperatures because it is not the temperatures that determine life; as long as there is water, IT will be searching to be present as life with mobility. And I doubt this is the first time that IT has reshaped with mobility, for IT could have done this somewhere else in ITSELF as this Universe. I say this because if IT is life, then IT knows what IT can reshape into as ITSELF as life.*

*IT reshaped into water so that IT could become a cell, so that IT could reshape into tissue and continue to change into organs. Cells, tissues, organs: they each have mass, yet they each continue to be IT, and looking to the smallest form of what is known as having life attached to it, we should remember that this life form is IT in totality. And remember as well that life is not made of matter; it is made from ITS constant nothingness.*

*I feel that most likely IT is a wave or vibration that started before the Big Bang and that afterwards reshaped into atoms, which behave as both waves and particles that vibrate. And as atoms, IT reshaped into everything prior to the beginning of living beings. Furthermore, in ITS continuous reshaping into all existing possibilities, IT arrived at what we call human life, which has the most intelligent brain that exists on this planet. IT reshaped into a mind that needed a body and skeleton to house the heart and all the organs necessary for IT to exist as humans. Life is nothing other than IT, as one, existing in all places as the same moment known as omnipresent. All the billions of life forms that exist are just one as ITSELF with mobility. IT is in all that we see alive.*

*Life ITSELF has intelligence. The human form allows for the human brain. The human brain contains what we call the mind.*

*As IT reshaped ITSELF into a planet that we call Earth, atoms further reshaped to produce water. Water made life possible. Atoms reshaped into cells, which reshaped into tissues, which reshaped into organs, which reshaped into organisms, which were the first forms of life on this planet.*

*I see this universal reshaping as a circular action, for it's typical to perceive the Universe as circular. The planets, stars, and moons are round. Many living cells are round. Atoms are round. What is known in meditation as the third eye is round.*

*It is a law within ITSELF that IT, as a total, will not remain in one shape. To do so would defeat the process of reshaping, of changing. IT incorporated this law before IT became the Big Bang.*

### ***Life as 21 grams***

*It is said that when a person dies his body weight drops by 21 grams. Now this may be true, but if we take the smallest life form that may exist and weighed it, this life form would weigh less than these 21 grams that are associated with the human form.*

*Life is IT with mobility, and this mobile life does not have weight, because in having weight, life would then be made of matter and thus be in constant change. And as I have mentioned, life is IT as a constant. So I pass this problem on to the scholars who can look deeper into this and would like to share their information with the rest of us, for if we can find the smallest form of life that exists and deduce its mass in terms of weight, we would get closer to finding the weight of life as ITSELF.*

### ***One becomes millions***

*Here is an experiment for the pros on this subject called life. The experiment consists of putting a living organism in a closed environment such as a one-meter box or airtight container, ideally one that is fire resistant and has a window. In this air-tight, sealed box, put a controlled, living organism, which would have water or a water-like fluid as its cellular base.*

*The next step is to apply heat to the box so that the life within dies. If the box is secure, nothing should be able to enter or escape it. Having a totally sealed container will maintain the conservation of organic matter inside it. After applying the heat, the box would then be void of life activity; the organism would be destroyed.*

*The inquiry here is to see whether or not life can regenerate with what existed before.*

*This experiment is not humane, so I'm not asking you to do it, just recall a time when you have seen a recently deceased animal in the wild or on the roadside. You know it had just one life when it was alive, but as it decomposes, it becomes millions and millions of other life forms for as long as water is present in the dead animal's tissues. It's not an attractive scene to imagine, but it demonstrates that life is IT where IT exists with mobility. Be it here on Earth or in any*

*other part of ITSELF known as the Universe, life exists wherever the conditions permit water to be present.*

*But now that we know we are here and each of us has a mind, a heart, and all the other organs that exist as our physical form, where exactly is life located?*

*Life is not within our bodies the same way an organ is. To see life and become closer to IT as life, we would need to engage in meditation, for life as IT exists as color, sound, and motion. And to reshape into life with motion, IT first had to convert from being a fixed dense energy to an energy with mobility.*

### **God Works in Mysterious Ways**

*We'll begin with the global religious God, who for me did not have much significance. I must say that the God that exists as pure energy is a mystery in itself. Mysterious enough that how IT does things, as what we see as life, and the things that are in it are just an illusion. In other words, what we see is not what really is. Nevertheless, more mysteriously, is the way IT actually exists. Remember that IT as pure energy exists as one, as the only pure energy that exists. However, this one pure energy exists as two extreme temperatures, one is ITS shell body, which exists as a cold clear transparent nothingness, where IT has inside of ITSELF, ITS heated weight. This heated weight wants to exist as one, but will allow itself to be fragmented, with the condition that the heated weight reunites itself as one again. Now here is the strange part that makes it difficult or impossible to understand, both ITS two extremes are reflected as clear and transparent.*

*In other words, if we could see it as one, as both extremes, IT would look transparent. Meaning, that we could not see IT, but we would be able to feel ITS extreme temperatures. If you haven't read what was written about this elsewhere, or cannot fully grasp the whole concept, then let me explain it in a way that the above notion can be better understood.*

*The next time you look at television or anything at a distance, or even look up at the stars, you would think that from where you are looking, the object has no interference, right? If your answer were yes, then you would be wrong. Because between you and the object there are millions, to billions of oxygen atoms, and for oxygen atoms to exist, they have to have two things: 1) is ITS nothingness as the empty space that exists inside the atom, and 2) is ITS heated weight. This heated weight exists as the protons and neutrons as each individual atom of oxygen that exists as these millions to billions of oxygen atoms. With this it will exist between you and what you are looking at, which brings ITS heated weight as transparent. One more notion that may help you understand this whole concept. For the black hole lovers, the reason why the black hole looks dark is because when you look at a black hole you are seeing through it to the other side of outer space, or what some call dark matter. The reason is because the heated weight that exists as the black hole is really clear and transparent, and the empty nothingness that exists as the outer space is also clear and transparent. The only reason why it*

*is being seen as density and color is because when both of ITS ways of existing come together it releases light, and light is what produces color.*

*Try imagining IT as a battery that has two extremes, one as a positive, which is where the heated weight exists, and the other as the negative, which is really a nothingness. Both positive and negative separately allow nothing to happen as the energy inside the battery, but in order to release the positive energy; you have to make contact with this nothingness, because the nothingness allows the positive, or heated weight to transform itself into something else. As in the battery when the positive and negative are brought together, the positive will bring something new, and as the positive is released it will transfer the heated weight. This heated weight can reach millions of degrees just like the heat that exists as the solar sun.*

*Therefore, both of ITS extremes are clear and transparent, and that to me is really strange, but that is the way IT exists. I am so grateful for this, otherwise I would not be writing about it.*

*It was not until I was allowed to exist, that certain things were defined, such as:*

- 1- The word Omnipresent.*
- 2- Who are we?*
- 3- What unifies quantum physics with astrophysics?*
- 4- What connects God with science?*

*Answering some of these questions will allow you to have an inner depth in understanding. Who are we? In short, we are 99 % of the infinite, and 1 % of the finite of what exists as pure energy, since we are portions of ITS heated weight, within ITS nothingness.*

*Furthering the understanding of who we are, bear in mind that it was not our mother or father who created us. The word create should be totally eliminated from the way we think, simply because everything that exists, existed or will exist is made from this pure energy that cannot be created or destroyed. Another way to help us understand who we are, is to eliminate the concept that we use, known as the mechanical time system, because whoever IT is as pure energy does not exist as time, (see the section of what was written on Time).*

*Returning to what we view as our creation, that is our mother or father. And remembering that they both exist because of this pure energy that reshaped itself using ITS heated weight to become atoms. Thus, the atoms became the matter that we and everything else that exists, possess.*

*Now we realize that our mother and father did not know how to make a baby that came into existence so perfectly. Having fingers that could move and grip, with a heart that knows exactly how much to pump, and lungs that know that they are to bring in air, or eyes that can see, and finally a mouth that it is there to bring in energy. Yet again when that child discovers, that by crying it can control us from the beginning of its existence, that is when the mind finds a way to*

*control its environment. As humans, we do not know how to make the perfection that exists as a newborn. Therefore, when mother or father were allowed to exist, they from the beginning came with a built-in program, which was to reproduce, in order that IT can continue reshaping and evolving. And what makes you different from me is that the heated weight in you is not the same fragments of the heated weight that I have. In short, we are all the same nothingness that exists as infinity, with the exception of our heated weight, which is different from one another. However, all these heated fragments come from ITS heated weight as a singularity.*

## **GOD**

*The human mind has attached various meanings to the word God. We should remember that there was a moment when we did not exist, when our planet did not exist, but IT did exist, and IT did so without the need for this word, "God".*

*Yet we refer to God as a pilot in control of our lives. And certainly, when on a plane in the sky, where we are without control as to what could happen to us as life and we cannot walk away from our situation, such as when we encounter turbulence, we will thank God for keeping us safe. Yet when we get as close as possible to having our feet back on the ground, where we again have the feeling of being in control, we lose our need and gratitude for the pilot that we called God.*

*We also use sayings such as "he thinks he is God" or a similar one: "he is playing God." I have not heard these expressions in reference to a female, as in "she thinks she is God." Odd, is it not? Perhaps this is because in our culture it has been predominantly men at the controls. Surely as women gain their share of these controls, we will be hearing new sayings.*

*In my travels through life, I was once told that God is an acronym: G.O.D. G stands for IT as the Generator, and I can still see this to be so. O stands for IT being the Operator, and I also agree with this, and D stands for Destroyer, and here is where I disagree. IT is not destroying; IT is reshaping. This is why I still prefer to use the word IT.*

*We have attached words to God that imply there is more than one. Ancient Greeks or Romans would say, "In the name of the gods!" But the perspective of multiple Gods misses the meaning of omnipresence.*

*There are two gods, however: there is the god of the mind, a righteous God that will see things that are wrong, such as negligence, hate, ignorance, and war; and, there is the God that is running the Universe. We seldom remember that when we discuss God, we must associate IT with everything that exists as omnipresent.*

*Many wars have been fought over which God is the true one. I believe there is no other word besides omnipresent that unites everything that we see and do not see. God (pure energy), this omnipresence, is in all places at the same moment. This is why I have chosen to call God IT.*

*The meaning of IT becomes clearer when we hear a genius's perspective. For example, Albert Einstein said, "God does not play dice." For whatever IT was to Einstein, IT was not playing a game, which is to say that unlike a game having a loser and a winner, IT has no opponents. Everything is IT.*

*As for me, I do not attach words to IT besides IT, for I know that IT exists as me and as everything outside me. I do however use words to thank IT for letting me be here and for giving me this moment where I can think more about IT, for IT could, if IT wanted, have me laboring with a pick and shovel, or worse, have me on a sick bed, feeling pain before I leave this existing moment. I know the pains I now have are to let me know that there are a few things that I have to do in order to keep what I already have in the best condition possible.*

*I do also say to IT, "You are incredible—in size and in all that you are doing, as yourself." I also ask IT, for I know IT is always with me as omnipresent, to help me never again lose my focus on IT.*

*Many people focus on IT or God by way of symbols: a cross, a statue, an icon, or pictures of the Universe. Humans have philosophized and theorized about the meanings of these symbols in relationship to God, yet we should remember that we have only recently become aware of this Universe that we live in. During the primitive stages of human existence our minds were not as analytical; there was no need for it. There was no need for an education as we now know it.*



**\*\*\*\*Since there is a law that nothing is really created or destroyed, then you will understand that life is something that was not created or destroyed either, as pure energy, or as IT.\*\*\*\***



*Now that we have the capacity for analysis, we are able to examine IT as the atom. Looking into the atom permits us to understand more about pure energy. There are professionals in the scientific community that understand pure energy as IT. They believe this because they are aware of energy, and energy is quantifiable. And, since we are made from this pure energy, it would be reasonable to accept that we are this pure energy: this substance of God that we are learning to understand as IT is reshaping ITSELF in omnipresence.*

*Our inability to make the connection between God and pure energy before now is due in part to our ability to function without the need to know. It is also due to our lack of technological training. As we advance in our technical ability, we will come to understand IT even more. Currently, more information is becoming available because more and more people are joining technological fields as a source of employment. The increase in employment opportunities increases the amount of education committed to the subject.*

*What we can understand at this moment is that IT will be using this high-tech society to move from one part of ITSELF to another. IT is aware that this planet has a finite amount of time in which to exist as we know it. Through the technology we are developing that will take us into outer space, IT is reshaping ITS possibilities to reshape into a part of ITSELF other than planet Earth. Since this ultimate reshaping is still going to be this same existing moment as*

*omnipresent, many rotations away, there will be constant reshaping in preparation for what IT develops into.*

*As one moment of my existence, I too saw God as being that which was on a cross, and I too saw science as being elements that could not be created or destroyed, but I now understand that these elements listed in the Periodic Table can be seen as the planets, stars and every thing that exists out there as this Universe, and that these same elements can be taken and reshaped in to an infinite arrangement of things. Like the chair that we use to sit down in and eat our food or work, the same elements reshaped will be found in my human body.*

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**\*\*We can call God anything we desire as long as we exist. \*\***  
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*I too once understood God as one thing and pure energy as another, as something scientific that made my telephone and all the existing materials that exist outside of me as objects. But now with this better understanding of the meaning of omnipresent, I see the cross as a symbol made of elements of pure energy, which cannot be created or destroyed but is reshaping in this place called omnipresent, for everything that exists is a fraction to the minus side of the number line of IT as one. And this one as 100% does not need a name; IT is beyond that. IT is even beyond time. There is no rush for IT to reach a certain point at a certain moment. IT is all that exists at the same moment. IT is beyond the abilities of the human mind to conceive what IT will reshape into. ITS possibilities are infinite.*

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**\*\*\* If Hell exists it has to exist within omnipresent\*\*\***  
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*We can understand what IT was before IT reshaped ITSELF into this moment as our lives. We cannot see what IT will reshape into as what we call the future. When the mind thinks about what it is going to do tomorrow, it has to remember that it will have to hold off until the planet rotates. I have accepted that all of what I am will have to keep changing until the moment that I will no longer exist as this gift called life.*

*There is only one master. And that is IT, for only IT knows what it needs to reshape into. IT is the master of reshaping for IT is reshaping ITSELF. Yet, there is no perfect plan; we have no idea what IT is going to reshape into next. Even as you read this, God is reshaping. I trust in ITS reshaping, yet to me IT remains mind-boggling. If IT is everything including us, where does IT exist as a place? IT runs this whole Universe, from that last atom at the end of this Universe all the way to the atoms that make my existence possible. Way before I arrived here, or my parents and grandparents arrived, when we began to exist as humans, IT has been here as ITSELF, and whatever IT wants to do with us as ITSELF, as IT prepares to take us off this planet, to some other part of ITSELF, we really have no say, for IT is the only one that knows what is out there as ITSELF, and as for me, as this moment, all I have to do is enjoy as much as I can as IT keeps reshaping this moment called life. Even if what I see looks like madness, I have to remember that IT knows what IT is doing and always has, be it here on Earth or out*

there as It exist as this Universe.

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**\*\* God recognizes no flag and favors none \*\***  
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### ***IT is alive***

*Since everything is IT, life too has to be IT. IT produced life because IT is alive. I did not always see my God or pure energy as being alive, but looking closely, we will notice that we are made in ITS own image and we are alive. What's more, we consume ITS pure energy: IT reshaped as food, air, meat, and vegetables, so that we can live within omnipresence.*

*We describe life as an energy force because we cannot visually see life. Many in fact call the life within us our "spirit" because life is potent enough to move our human body and our spirit is considered that which continues living after our bodies die. Still others say life is found in our soul. While I have no intention of giving you an opinion as to what to think about the idea of a soul, it has been said that SOUL is an acronym for "Source Of Universal Languish." I have been fortunate to learn from IT of a place where I will not be affected by languishing or what some might see as the grinding wheels of life, where no matter how we position ourselves, we feel as though we are being ground between gears like a grain of wheat in a mill. For in all fairness, the grinding wheels are just doing their part in ITS reshaping. Therefore, instead of struggling between the wheels, be it the right wheel or the left, I have learned to surrender to IT and see myself as the pivot, that part of a wheel needed for turning, but away from the grinding of change as IT continues reshaping.*

*One of the most precious gifts that I have is my ability to communicate directly with IT and to seek help from IT, and you can too. IT communicates with us every time IT reshapes, which is constantly. Some of us have at times met a perfect master or guru to show us how to connect with the spirit or pure energy that exists within us, and in this way we have come into contact with IT. Sometimes our teachers appear as we pursue our interests. I was lucky to have chosen water as my career interest, for my research on water put me in contact with other related areas and provided me insight into how IT functions as life with mobility.*

*Another way I connected to IT was by focusing on the word "omnipresent." This word led me to understand God as pure energy and everything that exists. I am certain that as more people look into omnipresence, they will better understand this pure energy as God and also as themselves. Many have yet to connect to this internal feeling of pure, universal energy in which we are all living and of which we are a part.*

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**\*\*\* As we age, something new always comes, even if what's new is pain. \*\*\***  
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### ***Ask and you shall receive***

*Before I could see what was happening to me, I fell into a hole called addiction. By the time that I realized what had happened I was in too deep to find my way out. I looked to the outside for help but found that people could not offer me a way out of my situation.*

*I asked God, from the bottom of my heart, to help me. I confessed that I was lost, and I did not know my way out. It was at this moment that I became aware that God does listen.*

*IT can see, hear, and feel because IT created the human body.*

*A few days after asking IT for help, a big change started to take place. This change has lasted to the present moment. The change was noticeable right at the beginning, but I did not understand it. After a few years had passed, I looked back at the many changes that took place and began to understand IT as I do at this moment.*

*Life got better and better for me. My friends now ask me how I am doing, and the first thing I tell them is that I am alive, like they are, and then I say, "I eat well, I sleep well, and I feel well; these are the best of times for me; my cup is overflowing." And for this, every moment that I get a chance, I thank IT for allowing me to live. I see now that since I asked for change, I have received change.*

*I also asked IT if it would allow me to know and understand IT more. IT began to show me more of what IT is and how IT operates. I again have to say "thank you." I can now understand the saying: "Be careful for what you ask because you just may get it." I still talk to IT. IT is the only one who has been with me since the moment I became alive. IT is the only one that will be with me when I take my last breath of life. IT is my best friend.*

### ***All existing possibilities***

*Here is one more way to open your mind to how IT exists: Imagine that you are God, and that you are everywhere at the same time, and that everything that exists is you, as one, as in you being in all places at the same time. It will help if you remember that you exist as one total heated weight, that exists within the way you exist as one huge, cold, clear nothingness, as your outer way of existing, as a place where you keep your heated weight, that can exist as just one total weight, (like before the moment of the Big Bang) that can be fragmented into very tiny portions (protons, neutrons, and electrons). As you imagine this, remember that you are GOD, as a portion of ITS weight that exists within a portion of ITS total nothingness.*

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***\*\* When we speak about nature working through random possibilities, this is the same as IT searching for all existing possibilities \*\****

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*Whatever this visualization may lead to, as to what would you see and comprehend, and if you find something that you would like to share with the rest of us, please send it, so we can use it in understanding IT better.*

*Here is yet another way to see this: If GOD is in all places at the same moment, this means that at my moment of existing, IT is here also, and if GOD is all knowing, then IT is also inside of*

*me as this existing moment, firstly, as omnipresent, and secondly, since IT, to use the phrase, created everything, IT is also you and I and everything that may exist from ITS creation.*

### ***IT as I-S-F-A-E-P***

*As we look at all that is happening in and around us, we can see everything as being done by IT. I tell myself that IT is acting as I-S-F-A-E-P (IT Searching for All Existing Possibilities). When we see things that we do not like, let us remember that all that is happening is IT as IT reshapes. I can only recommend what I have done, which is to see what comes from ITS reshaping not as something meant to satisfy my liking, but rather as something intended to make something different happen as ITSELF. With this perspective, I no longer feel the pain and discomfort that comes from not liking what I am seeing. I understand that everything that is happening as events is IT reshaping ITS weight into something new to continue ITS search for all existing possibilities.*



***\*\*\* Our protesting is one more way for IT to search for other possibilities.\*\*\****



*What I do is keep an eye on ITS new ways of reshaping, trying only to see what might come from IT next, even if what I am seeing is what I once considered a negative action. This is ITS show. As humans, we have the chance to exist as ITS life form, in this stage of ITS existence.*



***\*\*\*When you see a human reach a new world record,  
you are seeing IT as IT searches for all existing possibilities.\*\*\****



### ***A word for IT***

*I invite any readers to join my search for another word for IT that would denote IT as one entity operating as two forces as the same moment. I have played with this objective of finding a word as though I am arranging squares from a Scrabble game, for such a word should stem from the meanings if not the first letters of the following words:*

*Omni, for whatever IT is, it's everywhere.*

*Speed, for ITS mobility and ability to transfer light.*

*Light where IT exists behaving as a duality: as waves and as particles.*

*Empty, for ITS 99.99% nothingness —plenty of room to reshape.*

*Weight, for ITS mass.*

*Temperature, Color, and Sound, for ITS heat and cold, visibility, and the whispers of wind and cracks of thunder.*

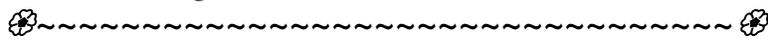
*Reshaping, for ITS function of creating.*

*Transforming, for doing it all infinitely and perpetually within ITSELF-- IT is perpetual, which*

according to the dictionary means never-ending, which echoes ITS infinite possibilities, and to continuously repeat; IT is repetitious in ITS reshaping.

And here's a new one: Magnetic, for IT functions as two equal forces acting as one, like a magnet—negative repelling negative, positive repelling positive; hence the atom's neutron enabling positively charged protons to coexist and for IT to reshape into matter. Furthermore, IT operates as an electrical, magnetic field to produce these changes or moving events.

However, it is not as important to know the definition of these words as it is to know and understand what IT is and how IT operates, since the terms God, pure energy, Creator, or any other respective title, in addition to IT, relates to the same power that exists as IT. I can move letters around all day to find a word, and please write if you can help, but I for now have to put this word-search aside, so that I might continue this book.



**\*\* The more you know about IT, the closer you get to IT and the closer you get to IT the more you have to surrender to IT, and the more you surrender to IT the more you become IT, but not as who we think we are, for you will realize that you are a fragment of ITS total weight and that you exist within ITS nothingness.\*\*\***



### **An unbalanced universe**

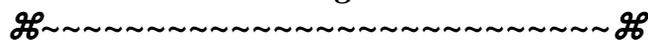
The balance in ITS universe is strange considering that less than 5% is matter and at least 95% is empty space; 10% of things are uncertain while 90% of things generally go the way we expect them to; 45% of the people on earth disagree with the other 45% of the people on earth, and the remaining percent are unsure.

The chemistry of the human body is unbalanced as well. Men have 80% testosterone and 20% estrogen. Women have 20% testosterone and 80% estrogen. This is true for 80% of the population while the other 20% do not have the same make-up.

This could explain homosexuality. Perhaps an expert on the subject knows whether the ratio of testosterone and estrogen is different in homosexuals. And here's another unbalanced ratio; some say the homosexual community is 10% of the population while near 90% is heterosexual, a small percent being neither. Let us remember that IT is the 10%, the 90%, and all other percentages. What is important is that IT will always be searching for all existing possibilities as ITSELF as life.



**Memories are what IT uses to remember what IT reshaped from, or how ITS weight used to be or how ITS weight once existed.**



### **The best worker**

The best worker is IT because IT is unendingly transferring energy. Nobody can outwork IT; IT never stops, not even for a coffee break. No one can outperform IT; nothing can transfer as much energy as IT.



### ***The creation of nothing***

*In the process of understanding IT, we let go of old ideas about creation and the view commonly held that God created everything. A scientist's definition of creation in fact would share my perspective that the Universe is the result of the pure energy that has always existed; what we see as creation is just the reshaping of energy through transmutation. But even science focuses on the presence of pure energy as the matter that we visually see, and consequently, we have tons of information on the way pure energy exists as matter, from atoms to all celestial bodies. While science used to see matter as 10% of the Universe, now science tells us that the matter of the Universe is more like 4.6% of its totality. And as our minds become more conscious due to our accumulation of information on the existence of God and pure energy, it will be easier to see that regarding God, our existence, and that of this Universe and of life, the word creation is missing something. When in the beginning our minds had first contact with God's Earth, seeing ITS "creations" as everything that exists as matter, we were not aware that IT also existed as a cold, clear nothingness. Now add to this what science has found or knows exists as pure energy, for it is the same as God, as omnipresence: Pure energy exists only as this existing moment.*

*I've already explained why creation is a problematic word regarding the idea that something comes from nothing. Here it remains a problem when we consider that IT also exists as a constant nothingness or as a constant moment in an area that is not visible as what we see reshaping or that which we generally call Creation. This further shows that what we have been calling ITS Creation is only that which we can visually see: ITS weight, as the matter that exists inside of ITS cold, clear nothingness.*

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**\*\*\* IT has no beginning or end \*\*\***  
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*When I have tried to use the word creation in my everyday life, I have found that because I am a result of ITS ever changing weight, I am unable to find one fragment of me that I can say has been created. Every atom that I exist as is IT, as God, or pure energy, as IT reshaped or transformed ITSELF.*

*I tried using the word creation in reference to my children, and here again, the word does not apply because I, in no way, could create the bodies that my children now have; I did not create them. They resulted from ITS reshaping ITS weight as ITSELF; this better describes how my children came to exist.*

*The same applies to all that exists outside of me: homes, cars, and everything else that we refer to as man-made creations. I have noticed that for these so-called human creations to exist, we first had to exist as us, and as us, we have to use our minds to reshape ITS weight, as matter, so that we can call something like a car, or house, a creation. In order for us to participate in this so-called creation we have to use our minds, and our minds are totally IT as ITS weight, as all the atoms that make our minds and bodies possible. Therefore, in order for us to take part in what we are going to call a creation, using our minds and bodies, we have to be fully energized by IT as ITS oxygen that IT exists as, and as the food that we need as fuel in order to participate*

*in what we call creating. I do not see where we are creating anything. This does not bother me, however, for how can I be disturbed by that which exists as everything?*

*Let me also add that as much as our minds do not have a problem saying that God created everything, they will very seldom include IT in what we refer to as us creating something. We can see that our minds want to be independent when we refer to what we create as we use ITS weight as the materials with which to make something, anything.*

*Here is one more thing for you, the reader, to think about: No one ever created IT, IT is not a creation.*

*So, you can see why we have to review this word “create” in order to include ITS nothingness that exists in everything that is stated as being created by someone (us) who is also a manifestation of something (IT) that exists as not being a creation in itself, as in GOD, or pure energy, not being created.*

*I can see the human centered understanding of creation as the result of how we have been educated. I learned that it was an admirable thing that we humans create things during our existence. Additionally, it seemed natural that humanity evolved in stages directed by our God, which does lend to IT some of the respect IT deserves. But I have also found that using the word create regarding existence and evolution has blocked me from clearly seeing and understanding IT as the pure, ever present energy IT is.*

*The drive that emerges from our feelings about creating likely helps to ensure that the powerful reshaping force continues. In this way, we are instruments of ITS reshaping. But it is important to let go of this feeling of creative ownership in exchange for a better understanding of IT, and if we are to think of IT as God, we must add to the definition the existence of IT as pure energy and as a place of omnipresence.*

*Only recently have we begun to attach the quality of omnipresence to our notion of God. During the earlier stages of human development, we saw animals as animals and people as people—our minds labeled everything in terms of individuals: an atom is an atom; chemicals are different types of chemicals; planets and galaxies become one more planet or galaxy. But if we accept the oneness of IT as omnipresent, we will see that nothing is independent of IT; everything exists within IT as a place of omnipresence.*

*IT is 100% of all that exists including the trillions of individually named life forms that have inhabited this planet throughout history, and history is only a concept put together by the human brain—a brilliant organ but one made mostly of 85% water. IT was reshaping long before the brain and the mind came into being, and well before the mind contrived the convenience of the mechanical time system. Because of time, for example, we understand that before our ancestors came into being, certain animals existed and became extinct. The dinosaurs that ruled the Earth several million years ago exist no more. Yet they remain as omnipresent as we are here and now, for dinosaurs were part of ITS reshaping as this same omnipresent moment.*

## ***We exist in ITS image***

*As a human body, we each are one unit that is 100%. You, for example, as one human being, are one whole unit of human life. Yet you and I, and our civilization are less than a grain of sand in ITS vast Universe. Consider the fact that millions, billions, and trillions of living organisms exist within our body. These bacteria live within your 100% much the same way the six million humans and the billions, trillions, and googols of other life forms exist within IT. However, this isn't to say that IT is a giant body or that ITS origins are a human body. Neither are you a giant bacterium. To exist in ITS own image means being one within ITS constant transference of pure energy.*

*And since pure energy cannot be created or destroyed and life is the result of this pure energy, this should be an indication that life cannot be created or destroyed*

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**\*\* All living beings are IT as Pure Energy\*\***  
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## ***The devil***

*If the Devil were to exist, it would have to exist within this Universe. If a devil existed within this Universe, it would have to be part of God as omnipresent. But why is the Devil typically depicted as male? Is it because a male invented it? Maybe it's because women are angels!*

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**\*\*\* Hell exists within omnipresent \*\*\***  
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## ***Why hell does not exist***

*There is no Hell because for a physical hell to exist it would have to exist somewhere, and would also have to be made of something; otherwise, we would not be able to recognize this hell as a place. Now, if this hell was made of something then it would have to have some of ITS weight as the matter that makes this physical hell possible. And if this hell did have a place of existence it would also have to exist within ITS body, for as the phrase goes: IT created everything and everything that is exists within this place called omnipresent. At least, this is the way I see IT.*

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**\* Sorry you little devil, for you and your place, also exist as Omnipresence \***  
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## ***Humans as killers***

*Most human beings would like to believe that they are not killers. Humans are killers. In primitive times, humans have had to "kill or be killed." Modern humans also kill. Everyone has killed a mosquito, a fly, or that cockroach that was once a living thing. The meat that most of us eat comes from what was a living creature. Someone killed to help provide for your survival.*

*This is the duality of existence: life and death.*

*During our work, or what some might call the day shift, we could at any moment get into an accident where someone else as IT will determine if we are to depart as life. Or death might result from our own negligence, maybe in the form of a heart attack. It can also happen without human intervention, as when we get physically tired and are forced to rest, and there in our sleep, IT does not let us wake or return to work again. In this way, IT lets us take part in transferring ITSELF. We continue evolving because IT continues reshaping.*

*Those of you who have come close to death will agree with me on the following statement: property and material objects have little importance. When we depart this Earth, we cannot take material possessions with us. We should give more of our energy to the people around us. We should enjoy the moment that we have while we are alive.*

*Have you ever noticed that when you are at a funeral, everyone has something to say about the deceased? The deceased person cannot hear what is being said. I believe that we should say what we want to say to the people that we care about while they are still with us. Death is only a moment away for all of us. We should be grateful for the moment that we have been permitted to exist on this planet as life.*

*When I die, please do not come and see me. I cannot attend to your needs. I would like for my body parts that are functional to be used by others that may need them. I would also like for the remains of my body to be cremated as I will have no further use for them.*

### ***IT is not infinite***

*In seeing God, the Universe, and everything that exists as one, you will see pure energy at work, as IT continues to reshape into infinity. IT is everything that exists, and everything that exists is IT, yet IT is not infinite. IT is one, a whole that totals 100%. Infinite are the possibilities of ITS reshaping ITS weight. In ITS majesty, IT reshaped from very dense matter into this Universe and everything in it—into atoms that reshaped into water that reshaped into human cells that reshaped into organs as ITS weight.*

*IT gave us the opportunity to exist as humans here in this place known as the 21<sup>st</sup> Century, which gives me a very warm feeling. IT reshaped into our minds capable of enjoying the moment and thinking freely. Everything in the Universe is IT as a total, perpetually reshaping ITS weight only, from one form to another while seeking all existing possibilities.*

### ***The Universe and God***

*Imagine the universe when IT was 99.99% cold nothingness with a very hot and dense center. This dense matter was IT as part of the total 100%. IT became opposing forces within ITSELF, both a positive and negative energy at the same moment in the same place. When these energies made contact, they caused the violent explosion that we call the Big Bang. This enabled IT to reshape into the Milky Way and into the arrangements necessary to form atoms and what we understand as life in this moment. IT rearranged ITSELF into a planet that would be just the right distance from a sun that water could be maintained with the proper amount of*

*evaporation, the process we know today as the hydraulic cycle. Water was the onset of our existence. By reshaping atoms into water, IT made the first living cell possible. And by reshaping atoms into DNA, IT gave cells the information necessary to develop into every particular creature. So from one cell, IT reshaped into diverse life forms: first sea bacteria and algae, then species that could see, and hear, move, and taste, species with complex digestive systems and reproductive organs, and IT continued to reshape into all existing possibilities. This constant change into different types of life is evolution.*

*By the time God arrived to the point of reshaping ITSELF as this same moment, IT has been through several types of eyes, ears, teeth, mouths, and bodies. IT has now reshaped into nanotechnology, so that IT can do more things with the human body. However, God could not visually see ITSELF in the beginning of ITS reshaping. By putting together a human body, IT was able to reshape using the qualities afforded to human beings: seeing, hearing, and thinking as well as being different sizes, colors, and shapes. By becoming human, IT could then build the objects that are found only here on Earth as man-made.*

*IT arranged political systems that span from one extreme to another, and IT used the same extremes when reshaping into objects such as automobiles, TVs, and VCRs. Look at the size of a spacecraft compared to a house. Look at a microchip compared to a skyscraper. Whatever IT decides to reshape into is possible. The human form first appeared to resemble the ape. As the human form evolved, so did human life. The temperature ranges on Earth provided humans the chance to wear clothing. Clothing began as something required for functioning: warmth, protection. Clothing has progressed to what we now know as fashion. Different types of fashion are appropriate for different types of roles in this show called life.*

### **Money as ITS weight**

*I'm sure you are familiar with the sayings "you are worth your weight in gold" and "money will buy most of the things you may need". Both refer to ITS heated weight. Money allows us to obtain more things that exist as ITS heated weight, but this also holds for the barter (trading) system because when we practice barter we are exchanging units of ITS heated weight. The truth is that for anything to exist it can only exist as that part of ITSELF that exists as ITS heated weight.*

### **IT cannot see ITSELF**

*Here is something strange about the way IT exists: IT cannot see ITSELF as ITS nothingness. I am going to assume this is why IT needs to reshape ITS heated weight in order to be able to see ITSELF as ITS weight. As far as ITS nothingness goes, I believe IT is most likely aware that ITS nothingness exists as energy. Look at it this way: the only reason we can see things is because we exist as ITS heated weight, and in order for us to visually perceive something we have to use our eyes that are made up of ITS heated weight. Yet we too cannot see the more than 95% nothingness that we too exist as our body volume in terms of size, because our weight is only a very small portion of who we are in terms of our body. It's important to keep in mind that it is not ITS heated weight that allows us, (and possibly IT too), to see things. Only when these two energies that exist are present in combination can we perceive things that exist as ITS heated weight visually. The things we are able to see with our eyes are always composed of a*

combination of ITS heated weight and ITS nothingness. Let me explain better this way. When we see things that are at a distance, we are able to see them because of the electrons that make the object possible. Remember that electrons are composed of a combination of both of ITS extreme energies: ITS speeded nothingness and as ITS heated weight. Now, returning to the main point, for us to see things we have to see through both of ITS other combinations that exist as ITS heated weight, that is, the trillions of protons and neutrons that are in front of our very eyes, forming atoms that are transparent. For these reasons, I venture to say that when IT existed at the very moment of the Big Bang IT was unable to perceive ITSELF visually, for eyes did not yet exist as what we understand as eyes, nor did anything else that can exist as an object, because there was no matter as yet.

Consider this: If you were IT and you were at the moment of the Big Bang, you would not be able to see yourself if you were ITS nothingness looking at yourself as your heated weight, because ITS heated weight can also exist as being transparent. Another possibility would be that IT might be able to see the light around the circumference of ITS heated weight making contact with ITS freezing cold nothingness. However, I think that if you were IT as your heated weight looking at your nothingness you would not see anything either, because you would be looking at something that exists as a clear transparent nothingness. The only reason why we know that this nothingness is there is because IT has two features:

1- IT has a freezing temperature as part of this pure energy's existence.

2- We know that IT is there because we can see the distances that exist from one portion of ITS heated weight to another, that is, between one portion of matter and another.

One reason why we can now see things inside of IT is that we can see ITS heated weight in the form of matter. Try to imagine this: You are inside of this Universe and there is no matter. As you look around you will not see anything at all for there is nothing to see, nothing to indicate distance. So, if in an imaginary way I put myself the way IT might have existed when IT had all ITS heated weight in one singular point, IT still might not be able to see ITSELF because as ITS nothingness looking at ITS weight, ITS nothingness primarily exists as nothingness. How can you see something when you yourself are made from a form of nothingness? On the other hand ITS heated weight can also exist in a clear transparent manner. For instance, when we look at an object we cannot see the part of ITS heated weight that makes up the billions and trillions of electrons, protons, and neutrons that compose the oxygen and other gases of our atmosphere. These gases are also composed of ITS heated weight and it is between our eyes and the object at which we are looking. As always, if you readers have any thoughts on this or any pertinent scientific information you would like to share, please send it, for I personally enjoy anything that helps me to better understand how IT exists as pure energy.

But then, why should IT have to see ITSELF? For IT is here forever, and IT knows what IT can do with ITSELF as ITS two extreme temperatures or opposing energies, and IT knows from the many times that IT has reshaped ITS heated weight through Big Bangs. I believe that this may not be the first time our present high tech society has existed. It may be new to us or at least to our generation, for we can only exist as this particular moment of ITS existence, as IT is

reshaping ITS heated weight within ITS nothingness. But it may not be new to IT. Personally, this moment of my existence, which I acknowledge as a gift from IT as a moment of ITS existence, has been the most interesting moment of my life, as I have been permitted to use both ITS two extreme temperatures as ITS energies to understand IT better. It may be also that IT has to use the way IT exists as opposing energies so that IT can produce visible light, so that IT can see ITSELF. I believe the only reason why we can see things is because this duality called light exists. Otherwise, everything that is composed of ITS duality, as ITS nothingness and ITS heated weight could not be seen by IT or by us.

### **Consciousness**

I'd like to discuss consciousness now. To begin, consciousness exists because IT allowed it to exist as ITSELF, for I personally know that my consciousness was never placed there by me or by my parents, the same way I never gave my children this gift known first, as life, and then, as their consciousness.

I have observed this that is called Consciousness and have found that as ITS consciousness, IT never sleeps. I say this because who would run this universe while IT was not conscious, for then how could IT be in all places at the same moment and still be all knowing? Now, knowing that IT is always conscious, as the pure energy that IT exists as, this means that as I take a nap, or go to sleep, my Consciousness is still there, at least as the pure energy that I exist as. I say this because IT is always in a state of Consciousness as to what IT is doing with ITS heated weight that exists inside of ITSELF, and this is why we refer to IT as all-knowing.

Now, let me mention that you can better understand consciousness if you look at it from both angles: One, as what we understand as humans, and Two, how consciousness exists as ITSELF, and as how this Consciousness that is IT existed long before IT reshaped ITSELF to form humans.

First, I'd like to discuss IT as ITS Consciousness. Using our imagination, let us consider that at the moment when IT existed having all ITS heated weight in one place, (what we refer to as the moment just before the Big Bang), IT did not have what we have, namely a brain. I say this so we can understand that this Consciousness does not need a human body in order to exist, for consciousness is one of the qualities that IT has, and already had long before we came into existence as humans.

Now in order to understand this we have to remember that everything is really IT, as ITS way of existing as 100%, so that if Consciousness does exist it's only because IT exists, and this has to be so because consciousness has to exist somewhere in terms of location. Consider yourself, for instance. Your consciousness can only exist because you exist inside of ITS omnipresent nothingness, first as the empty nothingness that exists in every atom that makes up your body, and also as the same empty nothingness that exists as this Universe that is the only place inside of which we can exist.

Let me return to consciousness as just existing as IT. Your brain is what is reading the words in this book, but it is your way of existing as consciousness that is making sense of these words.

*Returning to our experiment in imagination concerning the moment when IT had all ITS heated weight in one place, just before the Big Bang, I'd like to consider two possibilities. One possibility is that we start with ITS heated weight as being that part of IT that is conscious. Now this would mean that ITS weight would have to be able to conceive of what IT exists as ITS nothingness and be able to understand ITSELF as something having a measurable width (distance). Furthermore, this weight would have to know how to use ITS speed (which I call MAXX-SPEED) which has to exist in ITS nothingness, and this is so because we know scientifically that the more something weighs, the less speed it is capable of having. In other words, this speed could not exist in ITS weight, for it would slow it down even all the way down to a complete stop because of the weight itself.*

*So, if ITS consciousness existed in ITS weight, then how could its weight be consciousness of ITS huge nothingness? Remembering that this hugeness exists as a nothingness, ITS weight might never know where ITS nothingness existed, in terms of ITS outer self. One more reason why I feel that ITS consciousness does not reside in ITS heated weight is because ITS consciousness is just one quality of ITSELF. If ITS consciousness did indeed reside in ITS heated weight, then the moment ITS heated weight is fragmented so would ITS consciousness, and I cannot see how something like consciousness could be fragmented. Now, what happens if we go the other way, which is that ITS consciousness is in ITS nothingness? I think it would first mean that IT would be conscious of what existed inside of ITSELF, as what exists as ITS heated weight existing inside of ITS nothingness. This seems more accurate to me because matter, (ITS heated weight) still exists in side of ITSELF as ITS one nothingness, making it possible for IT to be all-knowing.*

*I feel that if ITS consciousness resides in ITS heated weight it would mean that ITS consciousness would be fragmented when IT reshapes into matter, and would also mean that IT would be harder to be conscious of ITS nothingness, simply because it is a form of nothingness. Truly, if ITS consciousness resided in ITS weight, IT would not be all knowing, because how could ITS weight understand ITS way of existing as a form of nothingness? There is nothing there for ITS heated weight to understand (in terms of knowing) and this would mean that as ITS nothingness, ITS consciousness would not exist in this area, and as such, IT would not be all-knowing.*



***\*The brain is the only part of our body that does not feel pain.\****



*Now, here are some of the things that I've noticed while delving into the subject of consciousness: I can see things without having to use my thinking ability, as in just being conscious of something. What I mean is that a part of me can be conscious of something without actually thinking about that thing. I've noticed that I can look at something, see it, and be conscious of what I am seeing, yet not really having to think about what I am seeing. Our minds use our eyes as receptors, for we can watch TV while our minds continue to think about something else, stored in a different "storage area" of our brains. So, if you think that your mind is somewhere else, it is definitely not so, for our mind can only exist as one moment of ITS existing moment, but it does seem that our brains have different "departments", so to speak;*

*one for our eyes, one for our ears, and so on for all our other senses.*

### ***The Scientific human God***

*Now I would like to discuss something I heard on TV concerning the fact that science may find that God does not exist.*

*First let me say that in the field of science there are only two possibilities: either something exists or it doesn't. If it can't be seen touched or analyzed it is purported to not exist. I find this to be a sound method of inquiry because if we think about it, if a scientist had to accept the various gods that humans have thought up they would find god quite confusing. All these gods have different names, sizes, shapes, and colors. Not only that, they also have different functions! Since the beginning humans conceived of different gods that were in charge or ruled over different things: for instance, a god of the sun, a goddess of the moon, a goddess of childbirth, a god of war, a god of storms, a god of wind. You name it and humanity at one time or another assigned it to a god or a goddess. So many gods and goddesses! We still even name the days of the week after them! On the other hand, humanity has tended to used these gods to meet its personal needs, to further its own ends or for its own satisfaction. I find it very strange that when we send our men and women to war we pray that "god" may protect them and at the same time the opposing armies invoke the protection of that same "god" over their soldiers. I also think the ultimate contradiction is the concept of a crusade or a holy war where armies go out with the purpose of killing other human beings in the name of and for the greater glory of their "god". For all these reasons I can understand why scientists stay away from accepting the different gods that exist at the human level, so to speak.*

*Going back to the statement that science may find that god does not exist. I think that there may be some scientists that think this way, but there are other scientists who know that the only reason why they exist is because they are made from this pure energy that makes their existence possible in the form of every atom that they are made from, and that this pure energy cannot be created or destroyed. This is what I refer to as The Scientific GOD. Simply put, if God did not exist, then neither would we.*

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***\*The scientific God does exist as the nothingness that exists as omnipresent \****

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*Let me clarify that "god" is just a word we use in order to understand and talk about something that definitely exists as everything that is and we should never forget that we are a part of what exists, even though what we perceive to be "out there" as matter is really inside this pure energy's clear, cold transparent nothingness that we call the Universe.*

*On the other hand, it is easy to understand that as humans we have had to use something in order to understand that this God does exist even to the point of giving this God a physical body. But I think it is important to point out that when humans conceived of God as having a human body we were not yet aware of how this God exists as this Universe, consisting of a whole, as what we mean by the term omnipresent. We did not know about God having dual temperatures. However, with the advance of science we have been able to understand that these*

*two temperatures exist in everything that exists as the atoms that make matter possible. We are only limited by what the human eye can see, with the aid of telescopes and microscopes, from what is in front of us to the farthest point we can see inside of this Universe, but in everything we have seen these dual temperatures have been found.*

*Here is another way to look at it: As scientists, with their optical and radio telescopes began seeing what exists inside this place called the Universe; when they discovered the area of it that is freezing cold and empty and when they saw the billions and billions of things that exist inside the Universe, it was not easy for their human minds to focus on this pure energy as one. Perhaps it is because this pure energy manifests as a duality: all the matter inside this Universe and the freezing cold nothingness inside of which everything is contained. Since the Universe is so huge the human mind contented itself with studying only what it could see, which is this pure energy manifested as matter, or ITS heated weight. I believe this happened because it is very hard for the human mind to focus on the infinite nothingness of this pure energy and so this placed a limit on our understanding of this pure energy. Now, in order to correct this lop-sided (so to speak) view, what we have to recognize is that this pure energy is really just one, and makes up 100% of the Universe and as it is so huge, ITS nothingness has plenty of space to do things with ITS heated weight. It is inside of this huge empty nothingness where we have been referring to how it behaves, because this is where its heated weight is moving about, as it transmutes or reshapes.*

*So returning to the thought expressed above, if we want to understand this pure energy better we should now see this pure energy as being just one (or as the one GOD that exists). For some people it may be hard to see this pure energy as one and call IT God. If you do not want to use the word god then maybe it is time to change the word god to something else, because it really makes no difference what we call God or pure energy because IT will not cease to be that same something that exists as every atom we are made of and everything that exist out there, within what we call the Universe.*

*Whether you are a scientist or a non-scientist, I would like to share something I have concerning God. We seem to have created a separation between God as the Supreme Being and God as the Pure Energy that science has researched. But this separation is a false one. I invite you to see them as I see them, that is, to see them both as one and the same. This Pure Energy is the one that energizes me and everything that is alive; the one that is in all places at the same omnipresent moment, in this one place which we refer to as the Universe.*

*Now I know this won't be easy for some of you because of the way we have personalized God to fit our particular way of understanding God.*

*In any case all the "gods" that humanity has believed in have had and have to exist in this place called omnipresent where this pure energy exists as this Universe. There is no other "place" to be and there is only one God which is the same as the Pure Energy that scientists have researched. Just as humanity at one point came to the conclusion that all the gods are aspects of the One God that is located as omnipresent in this place where this Pure Energy exists, as scientists have discovered, it is just one small step to understand that God and this Pure Energy*

*are one and the same. The logical conclusion is then to call IT the Scientific God.*

*I worry about not being clear. Let me try to explain this in another way: There is a portion of our human population on this planet which has come to understand that there is a God. There is another portion of our human population on this planet that has accepted that there is "something out there" that has been labeled Pure Energy. What I am looking forward to is seeing these two groups reach a point of understanding where they can accept and admit that they are both looking at one and the same thing, whether it is called IT, God, or Pure Energy. A perfect example is the photograph of the lady in the first chapter of my book. The meaning of the photo is not the young lady or the old lady, but the fact that these two images co-exist as just one photograph, showing two extremes, two opposites. We have conceived of God as a Being who rewards positive behavior and punishes negative behavior while science has discovered that this Pure Energy exists as a totality that manifests two extreme or opposite temperatures.*

*Now any scientist that understands this pure energy has to at least accept that the only reason he or she exists is because his or her entire body is made from this pure energy, in the form of atoms.*

*Some of us have had to use the word god, in order to accept that everything that exists had to be put there by someone, which is why we refer to God as the creator of everything that exists*

*And for those people that do not believe in anything, be it a god or a pure energy, it really makes no difference, for they still have to exist within the pure energy that exists, and within this God's moment of existence.*

*However, we really do not need to use the word God. We can use any other word or expression to signify that which caused everything to exist. But it at least has to exist as something that is omnipresent, because we now have to accept that what is out there as this clear transparent nothingness does exist, as IT, first, because IT does have measurable distance, and secondly, because this clear transparent nothingness does exist as an opposite to what all things that do exist have, which is ITS heated temperature as this pure energy, also.*

*I personally have to be grateful that I was given the opportunity to understand God as I was taught because at least I was able to hold on to God as existing as something, and then, later on when I became aware of this pure energy that does exist, I understood that both are the same and exist in the same place, as omnipresent.*

*I'd like you to consider something else that may help clarify what I am saying. Let's think of humanity's ideas about gods. Right now most people conceive of only one God, and this Pure Energy that science has discovered and researched is here. But before that, when people believed in many gods, that Pure Energy was there. If we go farther back to when humans were living in caves they may not even have had the idea of gods but this Pure Energy existed back then, too. If we think about a period even before that, when our planet didn't yet exist this Pure Energy was already there. And if we imagine a time even before that, to the very moment when this Universe as we now know it came into existence, it was all the result of this Pure Energy*

*(the nameless, shapeless God). And IT was there even before the Big Bang, because this Pure Energy cannot be created or destroyed, which is something that applies to this one God that exists as nameless and shapeless, for they are one and the same. In any case, it would still make no difference how far back we can see our God as existing because the God that has always existed is the same God that now exists, be it as pure energy or called God or by any other name. The most important thing is that we are individually connected to this God, be it as a symbolic god or as this pure energy. This is why to me, the most important thing that can exist in my life is IT in relationship with me, be it as a god or as pure energy.*

*I do have to mention that it is harder for me to accept the different gods that we as humans have put together, because one can easily get lost with the many variations and versions that humans have thought up.*

*I find it is much better, easier, and less confusing to look at God from a scientific point of view, as Pure Energy. It is also simpler for me to understand something about God if I focus on the part of this Pure Energy that exists as a clear, transparent nothingness, which could also be considered as God's shell body. This is so because God or this Pure Energy, in addition to ITS heated weight that forms everything that is made up of matter, also exists as this nothingness that has the following qualities: 1- a measurable distance, and this distance does exist as omnipresent 2- temperatures (hot and cold) that also exist as omnipresent, and 3- a speed that I refer to as MAXX-SPEED.*

*I have to clarify that before I used to consider speed as existing on a scale where the maximum speed that could exist was the speed of light going down to the lowest speed that can exist, which would be that of something that is not moving. But now that I understand that this God that exist as pure energy that cannot be created or destroyed, I have come to realize that IT does have this high speed (MAXX-SPEED - which is a speed faster than the speed of light) which can be slowed down by placing ITS heated weight on it to a point where this speed will totally stop. For example, the next time you look at a rock or a concrete building remember that this MAXX-SPEED is present as just a few notches slower than the speed of light, because IT has placed a tiny fraction of ITS heated weight in the form of protons, neutrons, and electrons that compose the atoms that make up the rock, the building or anything else that exists that is not actually moving.*

*I feel it is easier for us as ITS heated weight to look out at things or into things as ITS heated weight than it is for us to look out into ITS nothingness because ITS heated weight can fragment into tinier fractions while ITS nothingness cannot.*

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***\*\* Some humans have the characteristics of water, which is that when water is trapped, or blocked, it will look for a different way to continue its travels as its existence.\*\****

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*Let me also mention that the only reason why I've written this piece was in hope of understanding IT better as ITS consciousness, for I have found that when I write about something I learn things about it that I didn't know before. In any case, what ever we may think*

*will not change the way IT exists. It will only help us to understand IT better and maybe in doing so IT too will learn more about ITSELF. I think this is a distinct possibility because we can see that IT is always looking for all existing possibilities that IT can reshape ITS heated weight into, over and over, and again, and again. Another thing I'd like to mention concerning this thing called consciousness in relation to meditation is that sometimes when one is meditating one strives to reach a stage where one is here, yet one exists in a certain "place" inside of oneself where one does not see anything in terms of physical objects or persons. Let me give you an example. Buddha stated that he found a stage in meditation where what existed was nothingness, and Maharaji has said that he has found a stage in meditation that gives one a sensation of being in a light sleep, and I have heard that Christ also went into a stage where he did 40 days of meditation.*

*So it is clear to me that IT does exist as something that we as humans can make a conscious decision to enter during meditation. Now, in my observations I have noticed that the one thing that most people do in meditation is find ways to bring the mind to a stage where it does not interfere with finding and staying in this "place" that can be best described as a nothingness which produces a blissful feeling when one is connected to it. I have also observed that for some people it takes years of striving to reach these stages of meditation and they must discipline their minds and bodies to get there, for it is not easy for the human mind to surrender being the master of its housing, called the body. Some people condition themselves by adopting certain body positions and practicing breathing techniques that make their bodies as comfortable as possible, so that they will not be distracted and be able to keep themselves in this stage of meditation for as long as possible without falling or collapsing or otherwise have their attention return to the physical world of material objects.*

*Some of these different types of body postures bring the body to a position where the body is not drawing attention, where then some other type of practice can be used to bring one's mind to a tranquil state. Some people will focus on the tip of a lit candle, some will chant themselves to a stage where the mind will be focused on the chanting, just to mention a few, for I am sure one can write a whole book on this subject.*

*I guess I should at least share with you, the reader, what I have found that relates to this subject I start or end my contact with the outside world of material objects by practicing a connection that Maharaji taught me. This is one of the 4 techniques that he teaches for free. One thing that I like about what he teaches is that I did not have to take weeks or months in order to connect with this inner energy, for it has always been there just waiting for me to connect to it. Also, following Maharaji's techniques I did not have to become a member of a cult, religion or practice for years in order to find and stay within this place inside of me, for I personally knew that if I had to practice physical postures such as sitting in the lotus position, I would never have been able to find IT inside of me. Now when I am going to connect with that inner self, I find it best for me, to do it in bed lying down, just before I go to sleep.*

*Let me clarify that this is not the way Maharaji suggests that these 4 techniques be practiced, and maybe I am missing out on something, but since I found that it was hard for me to do it his*

way, and I know that I was not going to make it due to physical limitations, I decided that no matter what I was going to find the best way I could do these 4 techniques. I must say that it does work for me, for the experience that I received from taking a step to be with IT I would never trade it for anything else. Perhaps there is something peculiar about me, but I found I could not practice the steps that AA suggested for a good recovery. Nevertheless, I have not touched any alcoholic beverage for more than 7000 earth rotations, because I have learned that what is of great importance is that I never again take just one drink. I don't say never again just one drink for today as AA suggests, but rather that I never again take a single drink in this living existing moment that I have been given the chance to exist in as ITS living existing moment, for I have learned that I only live as one moment, not in terms of measurable time, such as a day, a week, a month or a year, for I know that this moment I am in is the only living, existing moment that I will ever have. Now, instead of having a drink I know that life is better since I go to IT as that energy that exists in me as IT.

Truly, connecting with IT is like finding the nicest thing that ever existed, never knowing that IT was always there, just for the asking, and I found that this nothingness that exists inside of me as IT is always there waiting for me, and IT is constant in maintaining a relationship with me. This is different to ITS other way of existing, that is, as ITS heated weight in the form of matter which is always changing and can be very stressful. So I am glad that Maharaji always made it clear to me in his speeches when he repeatedly reminds me that the most important thing that exists, exists inside of me.

As I lay down to prepare to go to sleep in my bedroom I silently practice these 4 techniques as best as I can for as long as I can, which is more or less 15 minutes ever since I accepted what Maharaji told me, was to just give IT a chance and trust in it, for I will be getting as close as I can to something that makes my existence possible. He also said there are no words to describe it and the one sure thing I would get from this would be an experience, and that experience can only exist between me and IT and no one else. I have found Maharaji is right, that there exists a place where I can go to and be with something that does exist as a place inside of me, where I can be with this, at least in being consciously present with something that does exist, but I cannot grab IT, or touch it, see it. Yet, IT does produce a long term feeling in my every moment of existence, and I know it, and other people sense IT too, as something that exists as me. I also practice the four techniques again for about 15 minutes when I wake up from my rest period (sleep) also lying down, for I know that once I leave my bedside my mind gets involved with how IT exists outside of me as ITS heated weight in the form of material objects.

I have heard that Maharaji now has recorded his teachings on CDs so that people can learn about this something that exists inside of oneself. I say I have heard because I have found that to me the most important thing in my existence is IT and me, and in moving about I have lost contact with what Maharaji is now doing. The best I can do is tell you, the readers that are interested, to go to [www.maharaji.com](http://www.maharaji.com) to see where and how you can find his teachings for he is a very lovable person to see and hear, as one of the ways IT exists as ITS fragmented heated weight. In any case, even if you are not interested in receiving these techniques, you will find the information that he shares concerning IT is related to IT as the pure energy that does exist.

*All I can is that when I listened to him I did learn a lot from him. In fact, as soon as I finish with this book project which is still taking up my attention, I too will try and find out where he is going to be speaking, and again go listen to him. You can start by going to [www.maharaji.com](http://www.maharaji.com), [maharaji contactinfo.ne](http://maharaji.contactinfo.ne), and in Spanish at <http://www.descubriendo.net/>*

*Finally, I'd like to clarify that I have observed other groups in meditation but I have not felt their type of practice was for me because I am not a group person.*

### ***Why does life continue?***

*To understand this better, we should remember that the only reason why life exists is that IT exists, as the pure energy that all life must have, and since IT as pure energy is an energy that cannot be created or destroyed. So what we are witnessing as life only exists because IT has reshaped into our planet as ITS heated weight, so that IT could reshape into water, which is what allows the appearance of life having mobility. Now, if you see yourself as the pure energy that we exist as, then we as life only exist because every fragment of ourselves, every atom that makes up our body is composed of IT as pure energy. So, in the final analysis the only thing that is alive is IT, and IT has no ending, and everything that is alive, (including us) is alive because our lives are really ITS life, as the only life that exists within the whole Universe, because this Universe is really ITS cold clear transparent shell body along with everything that exists in the form of matter within this Universe (which is really ITS heated weight), is how IT exists as one Being.*

*The logical inference that follows from this is that life will always continue as life, because life is IT, as pure energy and as omnipresent. Here is how I at least have been able to see how life works as IT: Imagine a diesel vehicle, that first started out in its construction from the elements that IT exists as, where ITS heated weight was reshaped into the vehicle itself, then the diesel was put into the engine (remembering that diesel fuel once existed as life), and then the engine was ignited. Let's suppose also that this imaginary vehicle operated under certain conditions, that is, that it should never be turned off without certain dangers that could occur, one of them being that it may not start up again, and another being that if it was turned off then certain things on the vehicle would not work properly the way they did before it was turned off.*

*In addition, for this vehicle to continue its functions it would need fuel. This is why we need air, water, and food; and all of these elements are really IT also. Finally, if it would not turn on again, all the elements that made the vehicle possible would transmute back into pure energy, which IT would then use by reshaping it into something else as ITS heated weight.*

### ***Why the Universe is not alone***

*So knowing that IT permeates the whole Universe, we can now understand that the Universe is not alone, because this huge, empty nothingness that is confirmed to exist by scientists in the form of a pure energy that has at least 2 qualities, one, as a freezing cold temperature, and two, as a measurable expansion that occupies space, which holds within ITSELF a hot energy that has weight, is omnipresent. The Universe itself is this pure energy's shell body, it exists as what God is: as omnipresent.*

*Another way to understand what we are discussing is to consider that, if God exists, God would have to exist somewhere, and the only place that has been confirmed to exist is this Universe. Now, with our more advanced way of thinking and seeing things, we can understand things differently from when humanity was still living in caves and had a more limited understanding of our existence. We should thank God that IT never totally let us get lost from knowing that IT has always been here, and how IT exists, for IT allowed the scientific mind to exist so that humanity could understand that God exists as pure energy, for science has confirmed that this pure energy cannot be created or destroyed. In addition, scientists have confirmed that they do not know where this pure energy came from. All scientists have been able to ascertain is how this pure energy behaves, and that this pure energy (God as omnipresent) has two basic characteristic qualities. First, as a heated weight that can be found in everything that exists, beginning with the heated weight that light has and also the heated weight that the electrons, proton, and neutrons that all matter is made from must have, including you and I, since our bodies are made from atoms, too. And second, this heated weight can only exist inside the other mode in which this pure energy exists, which is this huge, clear, empty Universe. These two modes of existence also have two characteristic qualities: a freezing coldness that occupies a measurable space and a heated weight that exists inside it.*

*So you see, for God to exist, IT has to exist somewhere and the only place that we know exists is this Universe, and we also know that the Universe is made of this pure energy that cannot exist anywhere outside of what now exists as this Universe, which is nothing more than ITSELF.*

*There is a free photo that you can download from this webpage what might help you understand better. When you look at this photo, remember that what is of importance is that it is one photo, (by analogy, the Universe is one God), and the photo is made up of two images, or two extremes (life and death). Now, when you take the analogy of the photo and apply it to that pure energy that is God, you should keep in mind that IT, too, has to extremes. You can read more about this subject in more detail in the two volumes of the book (\*A) I have written, called Omnipresent.*

### ***What's in a name?***

*As I have said to many friends that have asked me what is the difference between the Being that Christianity calls God the Father of Jesus Christ or Jehovah; and the Being that Islam calls Allah; that Buddha referred to as the Unborn, that Zoroastrians call Ahura Mazda; that the Jewish people respectfully address as Adonai to avoid pronouncing The Name, that the Oglala Sioux call Wakan Tanka (the Great Mystery), that the Zulu people call Unkulunkulu and many others. To them I say there is no difference because no matter what humans may call IT, IT is still IT as this pure energy that exists.*

### ***Nothing exists without ITS heated weight***

*Without ITS weight nothing could exist as we know it. What would happen if the tiny amount of ITS heated weight in the form of electrons were removed? This would mean that the 4.5 % that science has confirmed exist within the existing universe as matter, would not exist either as the weight of the protons and neutrons that make up each atom. And then nothing else would exist*

*either, for it is only as ITS heated weight that matter can exist.*



**\*\*\* Nothing can exist as matter without ITS heated weight \*\*\***



### ***There is no difference***

*Maybe you can understand this in this way, and we should not take it too seriously, for it makes no difference what we think or what we may do, for IT is in total control*

*We are born and we die, our planet will stop existing , and our galaxy will be consumed by a black hole , for everything that exist as this pure energies heated weight will stop existing , as it searches to return to being just one singular heated weight again, and let me say that if I was to read this before I understood IT better, I would have found this a little depressing, and slightly negative but now that I understand it better, I understand that first I should be grateful that I am here at this moment , and I am here only because I exist as one moment of ITS existence, and I have to except that it was because IT once did have all ITS heated weight in one place, and then IT fragmented this heated weight so as to form this galaxy, and our planet, and in our planet began to rotate , so as to produce change, that after millions of rotations later, I could come into existence, and in falling into an addictive hole , I turned to IT for help, and begun to see that IT did listen to my call for help, and that IT keeps listening to me when I talk to IT, and I still have to continually say thank you to IT, for IT has made a huge difference in how I am now permitted to exist in peace with myself, and at peace with what IT is doing out there with ITSELF, as everything we are seeing on this planet, and the whole universe as how IT exist as omnipresent .*

*But let me return to what I started writing you about , which is that later , yes our planet , and our galaxy will be consumed by an already existing black hole in our galaxy but you the reader should not take this to seriously, for our planet will permit many human generations to come into existence so as to continue seeing IT at work, for when we remember that we once existed in a very un educated way, when we were in the stone age, to now when we are just entering the technological age, which was needed as I wrote about this because this may permit what we understand as humanity, to reappear , again on a new planet , and very educated, and bringing to this new planet the latest advances that we reached on to this new planet, I say this because , as I have observed IT, as how IT does things, with ITS heated weight , as IT searches for other possibilities, that IT can exist as, and believe me, if IT could use ITS heated weight to become this now existing universe, IT is a master at what IT does, and to me what is more important is not so much what IT does out there, it is my personal relationship with IT.*

### ***When do I know when I am right or wrong?***

*well first I have to except and understand, IT will not send me any written instructions as to what is right or wrong, so one of the things I can use to guide myself with, is this, 1- is what I will do going to hurt anyone physically, if not, then I am going to assume it is all right to do it, 2- will I be trying to manipulate anyone, to satisfied my desires, or is what I am going to do is just sharing what I have or know, 3 when I do things, are the things going to make some one else's life better, but the best one is this, does it feel right, as in what I am going to do feel*

*smooth or turbulent , for I have learned to feel what is right or wrong , but most important is that I apply , this , statement to myself , which came from me asking IT , that if I surrendered to my wants, and desires, then how will I know what to do ? and the answer was, Do that which only you know how to do, and do it well, and do it only at the moment that you are supposed to do it, and do not ask why."*

⊗-----⊗  
**\*\*\*\* IT is the only one that does not have an outside to ITSELF\*\*\*\***  
 ✎-----✎

### ***IT is entertaining ITSELF***

*Forget about who you think you are, and what humanity is doing, so you can better understand what follows: Imagine you are IT and you know that there is no one else, so you know that you cannot seek company from anyone either for conversation or entertainment as God. Let's start by remembering that there was a moment just before the Big Bang occurred when IT existed as a singularity of pure energy. IT then took its heated weight and reshaped it in to what now exists as matter, all the matter inside what we perceive as this Universe, which is where we also exist in as ITS heated weight. Science has been investigating this pure energy, which they have found cannot be created or destroyed. And naturally, if God could be created or destroyed, then there would have to be something other than God, but there is not anything else, because science has found that everything that exists comes from this pure energy.*

*For those of you who do not believe in a God, then you should remember that the only reason why you exist is because you are made of matter, and all matter comes from this stuff that scientists call pure energy which makes up every atom that you exist as, and as every atom that you have to continue using in order for you to continue your existence on this planet. Also, let me mention that in reading or seeing this situation as how IT exist, will not change your way of life, but it will help you understand just a little more of who we are, and why we are here, as one moment of this pure energies existence (God), and let me mention that what does make a difference is when you take one step in trying to be with IT.*

*Because before I use to give more of my existence to the things that existed out there as having great importance, but now the only one that I give importance to is IT, in which I have to say, thank you to IT, for allowing me to understand you (IT) as how you exist as everything that exist as just being your heated weight, that exist within your cold transparent body, as a way that you are entertaining yourself as the heated weight that you have inside of your shell body that exist as the pure energy that exist as this empty universe, (\*A), but for now let me give you a brief explanation, in this way, the next time you look into what exist as this universe, or as what you have read about that relates to this, here is what you will find, you will find that this universe exist as having celestial bodies that are made from something called pure energy which exist inside what is called this empty universe, and all of these celestial bodies came from one singular heated weight known as the very dense heated weight that existed at the moment of the big bang, now I would like to take a moment here to show you the reader something , first you*

*need to remember that at the moment of the big bang , because at that moment in gods existence, what we are now seeing as the billions or trillions of life forms did not yet exist, and as I explained in my two volumes, that what we are seeing as the trillions of life forms that exist on this planet are just really one, for we exist as life, only as the way IT exist as life, and at the moment of the big bang things that now exist as objects, like cars trains plains or jets just to mention a few did not yet exist, for all that existed was just one singular heated weight that science refers to as weighing tons per square inch, (\*A) and I found that this heated weight is weighing more like less than 6 pounds per square inch and I explain more in detail why this heated weight does not weigh tons per square inch.*

*But let me return to this moment called the big bang, where this dense heated weight existed as just one weight that existed inside this same empty place called the universe, naturally because this heated weight that exist as pure energy cannot exist somewhere else, or outside of this way that this pure energy exist as ITS shell body, as what we are seeing as outer space, or what we call the universe. So now let me take you the reader through this as best as I can, but first please remember that there only exist one pure energy , and this one pure energy is also how God exist as the meaning of the word omnipresent, and this pure energy cannot be created or destroyed, the same way God cannot be created or destroyed, and that what exist right now as our moment of existence, came from this pure energy as its heated weight as the atoms, that we exist as matter, which is the same as what some will refer to as the phrase that goes like this: That God created everything that exist, (\*A) to which I explained more in detail in my 2 books why god is not really creating anything, but that God is really just reshaping (transmuting) ITS heated weight that exist within ITS freezing clear transparent body that we see as this empty universe. So let me continue why IT is just entertaining ITSELF. Now, do not forget that you and I , and everyone that exist as life did not yet exist as this moment of ITS existence at the moment of the big bang, for the only thing that existed at that moment was it, and that IT had ITS heated weight inside of ITSELF, in one place, as in not scatted, for this is what came later, but before I start explaining this, let me start with IT, has when IT had all ITS heated weight in one place. And why IT is entertaining ITSELF using ITS heated weight? Now, we should remember there only exist one, as in one God, and as there being just one pure energy, and that everything that has ever existed , exist, or can exist can only come from IT, as ITSELF , now whatever IT is , as what exist as pure energy, and why I say pure energy is because, some of us understand that which is referred to as God on this planet called earth, in different ways, and exist as different gods to our human mind, now some of this human minds, also know this God , in a more explainable manner, which are called scientist, for this group known as scientist, not knowingly, went out to see what does exist, as what exist as this whole universe, and what is inside this universe.*

*And I will be using this way of seeing and understanding what exist as God, in this manner, which is that since God as omnipresent exist in all places at the same moment, mind you , I did not say time, for I found that the word time is not universal, and it is a word that the human mind found as a way to exist as a convenience, to which you can read more about in my books, where I explain why time is a human invention that serves only as a human convenience,. And why I prefer to use the word moment, is because I also found that at this stage of our existence,*

*the languish that we are now using is based on time, and money, and unfortunately IT cannot be described better. When we refer when we use the languish we are now using to describe God as existing as time and money, which you will understand better, if you remember that at the moment of the big bang, time and money did not exist as the way it exist as this moment we are now in; IT just existed as ITSELF, and that it is better explained what came next, as what scientist have found as how this pure energy existed, from that moment that they refer to as the moment of the big bang, which is really a very good way to understand God, as how God really exist materialistically, as something, or better still, as all those celestial bodies that exist inside of ITSELF as this universe, which also includes you and I, and everyone else, and everything that has ever existed, exist, or will exist comes from ITS heated weight only, and I say only as gods heated weight, because this is the part of God. God uses to make what we understand as matter, and it is better to understand God as science, because it is science that confirms that all matter exists, because of the heated weight, that all matter has to have.*

*Let me explain this better this way; But let me start from when we were in the primitive cave stage of our existence, at that stage, and till now, our understanding of God, is everything that we now have as what God is, and it was not until science came into being, that more information started coming in as how this pure energy exist, and how our existence as being made from something called pure energy. For they, as scientist where not looking for God, they where just looking to understand what does exist, and they found that everything that now exist as matter when this matter was reduced they found matter to be composed of atoms, and when science kept progressing, and I say progressing, because 50 years ago, scientist where not yet able to go inside the atom so as to see what existed inside the atom, and when science looked inside the atom, they found that what existed inside the atom was a heated weight (as the protons and neutrons), and it was this heat that gave everything that exist as matter the weight that matter has. Let me mention that sciences can tell the difference from a hydrogen atom, and a gold atom just by its weight, for they as science have labeled all the atoms that exist by their heated weight, And now that we know this at this stage of our existence, we can use this information to understand God better, and let me explained why. Using what we as the general population knows about God, which is this: I'll say that God created every thing that exist, and by this I mean, that you and I and everything that exist on this planet and everything that exist inside this place called the universe. Now if we take what science has found, which is that everything that exist comes from something called pure energy, and that this pure energy is what makes matter possible, and that all matter can only exist because of the heated weight that exist inside the atom.*

*So, I hope you the reader, can see why I say that we exist, and everything that exist, is because God is using that part of ITSELF which exist as a heated weight, that exist inside of God, to which I have to say thank you to IT. As God, as the pure energy that IT used to make my existence possible, as this moment of ITS existence as ITS heated weight, which I elaborated more in my two books. (\*A) But let me return, so you can see and understand how IT uses ITS heated weight, that exist inside of ITSELF and becomes you and I, and everything that is made from matter. Which started at the moment of what science knows as the moment of the big bang, when IT existed as having ITS heated weight in one place, and how IT then took this singular*

*heated weight, and fragmented this heated weight into quantifiable portions, to become atoms, so that IT could entertain ITSELF using ITS heated weight only, and why I say only, is because as I wrote in my two books(\*A), that IT as God is one, but exist as two extreme energies. And one of these energy is a constant, but the other is not, and it is the other way that God exist, as heated weight. That makes everything that has ever existed, exist or will exist, is only Gods heated weight that exist inside of ITSELF ?*

*Let me try and explain this in a different way. Look at it this way, let's take you as an example, you exist as just one, the same way God exist as being just one, now one thing that you will notice is that anything that can exist as being alive or not being alive has to have this heated weight, that exist as that which science found and calls pure energy, and this heated weight has to exist as being inside whatever is being referred to, so that if we use your body, and let's say you are hypothetically weighing 100 pounds, as you, and let's say that God is also hypothetically weighing 100 pounds also, now you being 100 pounds as one body, then take this 100 pounds and divide it into millions, billions, trillions, googols into portions of your one 100 pounds as all the different weight that you exist as your liver, your heart and blood cells, just to mention a few, so you are 100 pounds, but this 100 pounds, can be fragmented into million, billions, trillion, googols, now this is the same way IT exist as:*

*As having one total heated weight that can exist as one total singular heated weight, or IT can fragment this one total heated weight into quantifiable fragments and it is these fragments that we are seeing as all the celestial bodies that exist in outer space, and let me take a moment and say that we say outer space, because we are looking out from where we are as this planet, but the reality is that we are not looking out, for we are really looking into this that exist as pure energy (God) look at it this way, we cannot look outside of God, or pure energy, for we can only exist inside of this pure energy that we exist as, and our planet is also inside this pure energy, here is one more way to understand this, remember when we said that God created everything, well everything that God created is what we are seeing as being out there as what we call outer space, and this is easy to understand, because God does not create anything outside of ITSELF. So, do you think God is a spirit? Let me explain when it says God created us as ITSELF does that mean God is also what we visually see as flesh?, And let me mention that there is a difference, in when we use our body as an example, to seeing this situation, which is that as our 100 pound body, this 100 pounds that we exist as already exist being fragmented, but we cannot bring our 100 pounds back to being just one singular heated weight, but IT can, and IT can do this as many times as IT wants to, for it is ITS heated weight that can be continually fragmented, and we cannot because the heated weight we exist as belongs to IT , as the pure energy we are made from. But returning, science does know that IT had all ITS heated weight in one place, has what is referred to as the moment of the big bang, see if you the reader can see this situation better this way, when you look into outer space, you will see matter, but remember that all matter is only ITS fragmented heated weight, now try this. Imagine that all that matter that exist as celestial bodies in outer space was brought back to just being one singular heated weight as existing as just one entity, and you could see what now exist as all the celestial bodies as just being one total package, that has to still exist inside what now exist as this cold clear transparent empty universe, now this is the same way it would look like if you could see ITS*

*heated weight as being in one place, which is how this singular heated weight exist as at the moment of the big bang, which is how it would be when God as pure energy had all ITS heated weight in one place, and then God , decided to take ITS one singular heated weight and fragmented this singular heated weight into tinny quantifiable portions, so as to see what IT as God could make with these fragmented heated weight as possibilities, well one of these possibilities, is what now exist as this now existing universe, and I say one possibility, because as I explained in my 2(\*A) books, that there are other possibilities, and why.*

*But for now let me return, to how God as pure energy now exist as this now existing universe, to which I have to be grateful that IT used ITS heated weight to make the universe that now exist. So that I, as one moment of Gods existence, could become aware of how this God that exist as pure energy is exploring what IT as God could do with ITS heated weight. And before I forget, that the majestic beauty of IT is, that ITS shell body is a constant, and that it is ITS heated weight which is less than 1% of ITSELF can exist as one total as I have detailed in my too(\*A) books, but can fragment this heated weight into tinnier portion, but as ITS heated weight that can only exist inside of ITSELF, can exist as one, and it can exist as all the things that we can see that exist in outer space, which is really ITS cold clear transparent shell body, now ITS heated weight does have a particularity, and that is this that ITS heated weight wants to be one singular heated weight, and when this singular weight was fragmented, as all the matter that now exist inside of ITSELF that we call the empty universe, and we know that ITS heated weight has a built in quality, which is in its wanting to return to being one singular heated weight, is why we have gravity, that produces a certain effect, which is this, it produces change, and this you will notice as the things that are changing in our existence, for if you look closely you will notice that it is ITS heated weight that exist as matter, that is producing what we see as change, this is why we know that nothing will last forever, because it is made from ITS heated weight, that is looking to become one singular heated weight again, and IT made sure that ITS heated weight would return to being just one, when IT became what we now know as black holes, which is what IT is using to bring back ITS heated weight, so yes, we exist because IT is entertaining ITSELF with ITS heated weight that IT has inside of ITSELF, and that the way we now exist, which is vastly different from when we as humans where in caves, to where we now exist as a technological society, where we have been permitted to leave this planet were we existed from not to educated when we were in caves , to where we have been permitted to become very intelligent beings, where we could leave this planet that we came into being with no clothing on our bodies, to where we could exist outside of this planet with the aid of spacesuits, and I also wrote about this other possibility, where we as humans will venture into outer space, and why.*

*But for now I have to look at what it is doing, with ITS heated weight as a way it is entertaining ITSELF, for you should remember that it as God, and as pure energy, has no one else to be with, or share IT with someone else, and that it is, as us, that IT can also confirm ITSELF as existing, for the other ways that IT exist as, like dogs and cats, cannot understand who, and how IT exist as the pure energy that they are made from, and how they got here, where we can at least begin to understand who IT is as the pure energy that God exist as, and as how we exist from being this pure energy, so that we could see how IT has been reshaping ITSELF as the*

*heated weight that exist as pure energy, as the heat that everything that exist has, came from this pure energy.*

*And before I continue, I would like you to consider this, which is that we as humans can think, and it is from this way of existing that as we think, we can then do things that other life forms cannot do as in we can think before we do something, as in being able to plan what we will be doing,. And I say this because since we are made in ITS own image, means that everything we have as human qualities are because IT as God as pure energy has to have it also, and we can see that when God as pure energy, decided to take its one singular heated weight, and fragment this heated weight in to what we know as the periodic table does have perfection built into it, and we can also see this perfection when we look at what exist as life, as an example, we exist as ITS heated weight, in such a perfect way.*

*So now fallow me, imagine you are it, and you are going to use your heated weight that you also exist as, which exist inside of yourself, to entertain yourself with your heated weight, so you start by taking this heated weight that you have inside of yourself which does have a certain quality, which is that this heated weight can exist as just one singular heated weight, or it can be chapped up into quantifiable tinny portions, that can exist as tinny as the heated weight that solar light has, now you as IT can have this heated weight in one place inside of yourself as how this heated weight existed at the moment of the big bang, or you can chap your heated weight into smaller pieces, so that you can make many things from this one heated weight into a number we have not even comprehend like beyond millions, billions, trillions, and as I say guggles, bugles, muguls, pugles and there is still room for a word beyond all of these as what now exist as all the celestial bodies that exist in side yourself as what we see as all the heated weight that exist as planets solar sun, meteors, so the next time you the reader looks at what exist inside this universe, remember that it all comes from ITS heated weight, and I have to say thank you , for doing this with yourself, for otherwise I, and everything that exist inside yourself as what exist, for we should remember that everything that exist inside this universe, exist as matter, and all matter is made from atoms, and all atoms have ITS heated weight, as the weight that all atoms have, which exist inside of your (God) cold clear transparent body, and you the reader will understand this better if you read my 2 volumes .*

*Now I stay as close to IT as much as IT will allow me, for it is a gift to be alive, as one moment of ITS existence, and it is a gift to be as close to it knowingly, and I say knowingly, because we have to be with it anyway, because we are IT totally as every fragment of our heated weight, and we totally exist within ITS cold clear transparent shell body that exist as an energy that is made from a form of an energy that exist as a nothingness, which I detailed more in my 2 books.*

### ***Does everything have a spirit?***

*Let me explain this, but I will do so, in this way, first advising you to buy Omnipresent I & II. In my two previous publish volumes you will see more about this subject in detailed and it will allow you to understand and be able to merge what we understand as God as the general public, with what science found as pure energy. The reason for this is because as science, thing's either exist, or they don't exist.*

*Let me say that science, does not say it exactly that way, I do, for I do not want to blame them for anything that I do. And I say this because of this, I consider myself an unscientific person, but I do try and keep up with what exist as science, and I have looked at what we know as God, and I have found that in seeing both what science has found and what most people understand as God, we will see things that have been ignored until now.*

*So, let me start by using some of the things that I already wrote about, so that this subject will be understood.*

*Now, here is something that I found as I looked into what exist that is related to this subject that we call life.*

*Life changes, but it is not life that is changing, it is the heated weight that we exist as our life. What is changing are the events that occurred during our life, and all of these events are made from ITS heated weight only.*

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**\*\*\*\* Life is how IT exists as a constant. \*\*\*\***  
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*Life is a constant from the moment we are born till we die for what is changing is not life itself, it is the heated weight that exist as matter.*

*Let me say that as omnipresent, there is only one life force, and that life force belongs to IT, and as the laws of pure energy state that whatever is made or exist as pure energy cannot be created or destroyed.*

*Let me try and explain this in this manner, since what we understand as life does exist, means that life also has to exist as the pure energy that exist, and this is easy to see, because it took the people as scientist to be alive in order to write about what they have found as the pure energy that this universe exist as.*

*Now, we also need to understand that since life does exist as this stage of our existence, we will need to take what we have learned as how life exist on the streets (as I refer to what we learn from one another), and then use what science has found, and merge them together we can get a better understanding. I say this because by using both our street knowledge and what does and does not exist, as what science found. You can then ask yourself, if what we call life does exist, then where and how does life exist as this pure energy? Let me mention that one of the things that I found as I looked at how IT exist, from as far back as when IT started to reshape ITS heated weight as what science calls the moment of the big bang, is that, if life does exist in our stage of our existence, then this which is referred to as life has to also be there as something that IT has as part of ITSELF, be it as god, or as pure energy, now as how this part of how IT exist as life, we can better understand if we use what science has found, and the reason for this is this, that science in its way of tackling things, or handling things, to them, it either exist or it does not exist.*

*So, that in using what science has found we will understand how God exist as the pure energy that they have found, and utilizing their findings, with what we at the street level understand as*

*our God, a little more, as what does exist, as what scientist found, for they too have this stuff called life, even if some of them may not believe in any of the different Gods that our planet has, and at least in us looking at what they found as this pure energy that does exist we can understand a little more of who our God has in common with how this pure energy exist as life.*

*I know that in saying, that this pure energy and god are the same, I am referring to something as being one, and the truth is that I am, and it is because of this, that when I looked at how God exist on this planet, I saw what everyone else has to see, which is that, the God that exist on this planet, comes with different names, and different shapes.*

*And when I looked at what science found, I also noticed that this pure energy also was being referred to as existing as one pure energy that exist, but that this pure energy existed as two different opposing entities, which as scientist, they had to label these 2 energies, for they both do exist, and not as hearsay, because for science, it either exist or does not exist. Since science was not looking for God, but rather what this universe is made from, and everything else they could find that would be related to how this universe exists as.*

*So, they started by taking apart what they could find, that could be seen and analyzed, and anything else that they could do to understand this place that exist as this universe. This is a good way to start, because (I/we) since our beginning of existence starting in the caves, till now, have at least stayed connected to IT, as the many Gods that the many sectors that we exist as on this planet, but when scientist got involved in their search to understanding things, they started clean, as in not having any pre-conceptions, of how things should be, but rather how things do exist, and the other good thing about a scientist is that they came in at different levels as scientist, some went into biology.*

*Biology: living being and life processes; and if you are wondering why I am using this scientific field is because of this we as our human body, is where our mind exist as our brain, and the brain, is made of matter, but more important is that our body, like our brain, like the whole universe, is made from this nothingness that this pure energy also exist as, and it is this nothingness that exist as pure energy that permeates everything, and it is the part of God that is all knowing. And some scientist went into mathematics, and the list goes on, but they all in some way contribute to understanding this universe we all live in, which in turn, helps us in understanding god, as this pure energy that exist inside this universe as omnipresent.*

*Like I have mentioned before in my 2 volumes, that I have to be grateful to what these scientists have found, because this has helped me in putting together a better picture for myself as to how things exist, which as it turned out, I too learned a lot from them, because as you will read in my writings, that I never started out to be a street level writer, I was just writing about what you can read about as my free sample, which is mostly on Trivia's. And it was these trivia that I wrote about that took me in the direction of understanding this universe, and it was when I focused on the word omnipresent, that I became aware that there wasn't much information on this word, and as I fallowed what this word meant, was when I became aware that as omnipresent that time is not universal, but turned out to be a human invention that existed as a human convenience.*

*But, let me continue telling you about what science found, and the reason is this, that when we refer to, is everything that exist, exist as life, or even does everything have life in it, we will understand the above better as science, for one very good reason, which is that to science, it either exist, or does not exist, and if something does exist then how does it exist, and (I/we) on the streets do know that we exist as life, then this in which is called life does also have to exist, and as I have explained it does, but in the a strange way that how science found it. But for this short article, in order to understand better how God exist as life, we have to use science, and when I write about how God exist as science, I did so as simple as possible, and in no way as a scientific journal.*

*So, returning to the understanding of God, as life as science, we have to see what science found that does exist as what they refer to as pure energy.*

*Now, I will try and stay as simple as possible for does people that have not read what I wrote more about in my 2 volumes, in a more detail way.*

*So, as science, they have found that there is this place that was given the name universe, and in this universe there existed things, like celestial bodies, and as scientist took these celestial bodies apart to see what they exist as, they found that everything inside this place named the universe, when taken apart, down to its lowest components, Exist as being made of atoms. So, to bring this back into perspective, our planet and everything else on this planet exist as the atoms that everything exist as, and this is where we too also exist in, as life. But let me stay with what we know, as existing, or not existing, so that since we as life are made of matter, and all matter is made of atoms, so that whatever we are looking for that exist as life, does exist inside this universe, and I will explain later why I will have to bring you back to this, but for now, if life does exist as being made, or existing inside of what science found as atoms, we will have to take the atom apart, and I will explain why. Remembering we need to know what science has found what does, and what does not exist, because if we are going to take this statement, we will have to ask our self does everything has this stuff called life? We will have to see who and what this stuff is made from, and as where life exist in or as, as science, for we should not be afraid of science, for science does have its good qualities.*

*Now, why is it necessary that we understand this huge place called the universe? Is it because of this, for one we exist inside this place, and so does everything else, including life, and the only thing that I found that existed in all places at the same moment was this clear transparent nothingness that exist as one of the ways that this pure energy exist as, and it is in this nothingness that exist as this pure energy that is housing this heated weight that is everything exist as, in which also exist inside atoms, now when science saw what existed inside this universe, as matter, they started by taking apart this matter, and what they found was that matter is made up of different types of atoms, and what made these atoms different was the heated weight that existed inside of them, so this is why these different atoms, that have different heated weight, and they labeled these different atoms because of the heated weight they had inside of them as the periodic table, and it is these different atoms that exist as heated weight, that are used by us as humans in making things, in the field of chemistry.*

*After scientist finally understood that matter was made from atoms, another group of scientist came into existence, known as Quantum physics, because as they looked inside the atom, they found that inside the smallest atom, there existed many other smaller things as sub atomic particles, and there were so many of them, that it was like a zoo, as there were so many other smaller things that existed inside an atom, they had to label them by giving them names like protons, neutrons, and peons, muons, hadrons, quarks, gluons, baryons, just to mention a few, and please remember that all the names I mention above, are referring to ITS heated weight, and all the above as heated weight exist in what science found to exist as an empty nothingness, and that the heated weight inside the atom, and the empty nothingness, is what pure energy exist as, and they both also exist as God, as omnipresent*

*And as I tried understanding what exist inside the atom, I realized that here is a place that is so small that one can get lost in there, but for me, what is important is, just how small ITS heated weight can exist as, but for now, I prefer to stay in contact with how ITS heated weight exist out here, where I exist in, and especially if it is a friendly female.*

*Now, why it is important to understand the things that exist inside the atom? Is because whatever life is, it has to be there, also if life is present in everything.*

*Now, we need to remember that science was not looking for God, or life, they were just looking for a way to understand what does, or does not exist, and by now, you will noticed that I keep saying what does and does not exist, because if we are going to understand life better, this stuff that does not exist as matter, but does exist(dark matter), needs more explaining, but slowly, because if you have not read my previous volumes, you may not be able to understand what I am now writing, also will not be able to understand that there does exist, something as pure energy, that exist as a cold clear transparent nothingness(dark matter), but for now lets return to how life does exist, as science, because science in taking apart this universe, and finding that everything that does exist as matter was made of atoms, and all atoms exist as a heated weight, and you will see that till this moment science is seeing everything that exist basically this way, for science focused on what does exist, and what does exist is basically the way this pure energies heated weight exist as, which I found it to be only less than 1% (A\*) to how this pure energy exist as a whole, which is good because science will tell you what exist, and how this something does exist, so as they explored what exist inside this universe, by labeling these entities, by starting by placing names to what they found does exist, and they gave it the name pure energy. And one reason why they used this name, was because everything that exist does have energy but it was as ITS heated weight only, and till this moment of their findings, they know that this pure energy as they call it, has no beginning or ending as that part which is made of a nothingness (dark matter), and that both these energies cannot be created or destroyed.*

*When science tried to find ways to see if this energy could be destroyed, they found that this energy just kept transforming into something else, which they labeled as transmutation, now knowing this, we should remember that what we are looking for as life has to be here as pure energy also, and it is, so let's continue.*

*So, as science we can know better what does exist as how it exist, for science can take this pure energy apart and study it, for they have tons of information on how this pure energy exist as, but basically as the heated weight, and how it behaves.*

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**\* Life is where IT exists with mobility as ITS heated weight \***  
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*Now let me start here, in making things that science found a little clearer, I need to start with what they have found, which is this, they found all matter exist as atoms, and when they looked inside the atom they found something that exist as having heat and weight, and this heat and weight does have the energy to make things happen, so they labeled it the positive energy, of what exist as pure energy, and when they went to try and understand how this other part of this pure energy exist as, they ran into a problem, which is this, that our human mind is made to understand what exist as something, and when science got closer in to trying to understand how this other way that this pure energy exist as, they found it very hard, naturally, because our minds are not made to understand something that does exist, but it exist as a nothingness, and in my two books, I suggested that one way for science to try and be able to understand this other way that this pure energy exist as a nothingness, was for them to take what they have on ITS heated weight, and look for the reverse qualities, because two things that this nothingness that exist as pure energy does have, is temperature, and the other is distance. Now science does accept, that there exist something, which is not made of something, as what they found as this empty universe, they know that this nothingness that this universe exist as is there, they called it Dark matter, as a way to confirm that yes something is there, but not as matter, so they have had to continue understanding this pure energy as how this pure energy exist mostly as a heated weight, which they label as a positive energy, and as I followed this heated weight and mentioned the many ways that this energy exist as this positive energy, and science will tell us what they already have that exist as tons of information on how this heated weight exist inside this other way this pure energy also exist as.*

*So, if we are to understand why life could exist in everything, then let me first give you some of the things that have been used to explain why this could be so;*

*By giving you some of the things in my previous volumes that can help us to understand it better, why yes light has to exist in everything?*

*The first way to understand this is that since life does exist, as what God gave, then this quality that God exist as belongs to IT, and it only, and anything that belongs to God, cannot be created or destroyed.*

*I wrote more about this subject, that the reason why, we are aware of what we call life, is because we are here on this planet, but in removing our existence as life on this planet, and whatever this life that exist as pure energy, has to be there all the time, and if we now go to science and use their information, that will reflect on the subject of life, started out something like this, that there was a moment when all the heated weight that now exist in our existing universe as matter, existed as just one singular heated weight, which science referred to as*

*existing as tons per square inch, and I found to exist more like less than six pounds per square inch that exist as pure energy, and then this pure energy as heated weight fragmented this singular heated weight, so that we, could exist as one moment of this pure energies existence as ITS life, but not as our life, but as the way IT exist as life be it as God or as pure energy.*

*Now here is the way I can best express myself, if everything has life or not, it has to for this reason, that as the pure energy that we and everything exist as, cannot be created or destroyed, for what we are seeing in general is an illusion.*

*And as God, then life as God, cannot be created or destroyed, and you can understand this better, when we take the meaning of this word omnipresent, which means that God is in all places at the same moment inside this universe that science detailed in this way.*

*If we want to understand who we are, and why we are here, we need to see God as just being one, and everything that God is doing, God is doing it inside of ITSELF, as one, which you can read more about on this web page as the section called IT is entertaining ITSELF.*

*So, even if we look at God as what science found, it will still be the same energy that God exist as, for when we look closely we will see that there are not billions or trillions of life forms, there is just one form of life, and this one form of life belongs to IT only. And it has been there from the beginning, for this life force cannot be created or destroyed.*

*When we refer to if things that exist have life in them, the answer is yes, because everything that does exist is really this pure energy that exists as being just one.*

*Here is an interesting thing to ask a scientist, why this pure energy does not have a beginning or an end? They will tell you that since this energy is transmuting, which really means that ITS heated weight is changing as what exist as matter, atoms, we will see an object, and then destroyed, transmuted, as heated weight, as the object, for all objects do have a beginning, and an end, so what is it that does not have a beginning or and end? To which I detailed in my two volumes*

*Now, let me keep repeating that anything that exists now, as pure energy cannot be created or destroyed, for that is what science has found, and they explain this very well, and it can be understood as transmutation. Scientists have even established this as a law, which they refer to as the law of the conservation of pure energy, and when we think about laws, we will also have to accept that all laws made by us as humans on this planet will pass away when our planet or galaxy is consumed by a black hole.*

*Now, since IT exists as a constant as ITS nothingness, that means that everything, as this life force, exists because of this and if we look at IT as just being one, then you will see something else. Remembering that spirit and life are not things that have a tangible, material body. Since this spirit is made of a nothingness and everything that exists is contained inside of this nothingness, and since everything that exists is made up of matter and all matter, is made of*

atoms, and all atoms, exist as having as their existence a nothingness inside.

*Example: Buddhism teaches about the spirit only. The goal is nirvana: meaning to extinguish or to blow out of existence, like a candle in the wind. But this nothingness today is known not as annihilation, but means a release from suffering, desire, and the finite state of self. It explains that all life is connected to each other. Everything is equal to everything else – to all life, and yes this is true when we remember that IT is everything that exist and everything that exist is IT, (God-pure energy) then as I explained before, since life does exist, it is because IT, as God and as pure energy has this unique quality. Let us continue on...*

*Life and consciousness have been there from the beginning of the formation of the Universe and I would like you to understand that the consciousness that we have is something unique.*

*imagine that there exist something (pure energy, God), and this something is huge, as huge, as how big this universe exist as something which is made of a clear freezing transparent nothingness, and this something (pure energy, God), has a heated weight inside ITSELF, as just one singular unit, and that this something (pure energy, God), that when it had all its heated weight as one, and in one place, could not see visually, the way we see things visually before we do something, but whatever this something (pure energy, God), that just exist as having a huge freezing cold clear transparent body, in which (I/we) can understand by just trying to see how huge this is. Now, this freezing cold transparent universe exist as, because what we are now seeing, as this huge freezing cold clear transparent universe, is the same huge freezing cold clear transparent that existed then because this is the way this (pure energy, God), is something that is a constant, and that as pure energy, cannot be created or destroyed.*

*So going back to imagining that this something, which exist as a huge freezing cold clear transparent body?*

*And this something could use its heated weight only, and chap (break into smaller pieces, as quantifiable fragments) this heated weight in to what now exist as matter, that we now have tons of information on as what happened at the moment of the big bang, so as to become the matter that now presently exist, so that you and I, could understand just a tiny bit more of who IT is as this pure energy, in which we are still understanding more about, that exist as God as omnipresent.*



**\*\*\* Nirvana is the ultimate state = nothingness \*\*\***



*Now, as we keep focusing more on IT, we will find more information, on this pure energy that will let us understand this something that does exist, as having a huge freezing cold clear transparent body, and it is in this area that exist as a nothingness (huge freezing cold clear transparent body) that IT exist as being alive and conscious, and I know that this may seem strange to you, but you will see this better this way , we exist as one, the same way IT exist as one, and we are alive, the same way IT is alive, and we are conscious the same way IT is conscious, and that we too as our human body, exist scientifically as being made of more than*

*95% of this nothingness, that IT also exist as, as ITS huge transparent body, for we too exist in ITS own image.*

### ***Illusion***

*You may have heard that we and everything around us is just an illusion. I'd like to explain this concept of illusion and how it works.*

*Let's start by thinking about a transparent drinking glass. Now, for you to even hold that clear glass, the glass has to exist as something, otherwise you could not hold it in your hand or use it for any one of the many things for which a glass can be used.*

*For our next step, let's take the glass apart and by that I mean separating the material that makes up the glass into its basic components. Glass itself is not an element. Most ordinary glass is made of silica (SiO), sodium carbonate, calcium oxide, magnesium oxide, and aluminum oxide and these compounds that make up the glass are made up of elements.*

*Now for the substance that we call glass to exist, first the elements that compose it had to come into existence and this goes all the way back to the Big Bang which made possible our existence and the existence of everything else.*

*As I have said elsewhere, before the Big Bang occurred IT existed as a singularity where all ITS heated weight was concentrated and is estimate by scientists to be so dense as to weigh tons per square inch. When the Big Bang occurred, IT fragmented ITS heated weight to become, first of all, hydrogen atoms and then all the naturally occurring elements that appear listed on the Periodic Table.*

*These elements that started out at the moment of the Big Bang have been constantly reshaping, which is also known in science as transmutation. You and what you are seeing, touching and tasting all came from this once singular heated weight, and this process of reshaping or transmutation is what gave rise to you and me and everything else that exists, including the glass to which we have referred.*

*Your body which appears to be solid is really made up of atoms and so is the glass you are holding, and atoms are made of the pure energy that makes up ITS heated weight and ITS nothingness. So at the bottom level, what we see, taste, and touch is all an illusion because it is all composed of ITS heated weight and ITS nothingness, which are the pure energy that is IT.*

*Now let us go back to the word illusion, for I have not forgotten about it. I'd like to give you my version of this illusion we exist as. When you and what you are seeing and touching and tasting, and feeling, all come from this once heated weight, which is what makes everything possible, everything that exists being made from this heated weight, it has certain qualities, and one of them is naturally that IT has heated weight. The basic substances that we call elements, as classified in the Periodic Table, are none other than ITS heated weight, and they all came from the way this pure energy exists. So understanding this, let us continue to define this word "illusion". If everything comes from this heated weight that existed as just one heated weight at*

*the moment just before the Big Bang, there is something else we need to remember, and that is that this heated weight is always seeking to return to its original manner of existence, as just one singular heated weight, for that is its nature.*

*There is something that our minds have neglected to see, and this neglecting is due to the way our minds exist and functions. Our minds were made to understand what they can see, touch, feel, perceive with the senses, ever since we were cave dwellers, but now in our high tech society, through science we now know that this heated weight can only exist within the other way this pure energy exists, which is as a nothingness. You can read about this in more detail in volumes 1&2 of my book Omnipresent.*

*Now see if you can see this: Whatever this pure energy is, (IT) does have a place to exist in inside this nothingness, and this place is what we call the empty Universe. What I am trying to help you realize is that this Universe that exists as a nothingness functions as a body and inside this nothingness that exists as a body, at the moment just before the Big Bang this pure energy has its heated weight concentrated into a singular point. What happened at the precise moment of the best description of the Big Bang is that IT took this heated weight and fragmented IT into smaller portions that we called the elements.*

*Now taking the next logical step, I would like you to realize that these elements that exist inside this nothingness as this Universe, also contain this empty nothingness because thanks to scientific investigation we now know that the elements are made up of atoms and atoms are mostly empty. So you see the emptiness inside each atom is the same one, total emptiness that exists outside, that we call the Universe. Therefore, nothingness is one total that this pure energy exists as. For this reason I say that everything that exists is really just this pure energy reshaping ITS heated weight with in ITSELF, so that you and I and everything that exists is an illusion. However, we should be thankful to this pure energy, for otherwise, I, like you, and everything that exists could not exist, for everything is really IT as pure energy as ITSELF. We only exist as one moment of this pure energy's existence, as its heated weight, that exists within this pure energy's shell body. Let us then be thankful for this beautiful illusion which makes our existence possible!*

*One final analogy that might help you to understand this concept of illusion: Let's say you have a 100 pound body. If you take your 100 pounds of weight, as the matter you are made from you will find your body is made from the atoms that IT as pure energy exists, as ITS heated weight. Furthermore, science has found that atoms are 95% nothingness. So your body is 95% basically made up of the way this pure energy exists as a nothingness, and if this empty space could be removed from the atoms that make up your human body you would be reduced to a 6 inch square cube of heated weight.*

### **Pure Energy as a Battery**

*I'll explain why I am using a battery as an example of how this pure energy exist as, remembering that whoever IT is IT exists as 2 extreme temperatures. One, is the 1% IT has as heated weight which is what has been labeled by the Scientific Community as being the positive and second is what IT exists as ITS cold freezing temperature that has been labeled by the*

scientific community as being what they call the negative energy? When I use a battery as an example to describe how IT works and what was mentioned as the big bang without a bang is because if I take a battery that has a positive and negative pole you'll see that the positive pole of the battery is where the energy is. Just like the battery this energy just like the heated weight that existed as what is called the moment of the big bang, cannot be released by itself. For example, the positive energy that the battery has can only be released when it makes contact with the negative part of the battery. If the negative part of the battery never touches the positive, this energy will never be released. Therefore, the energy that existed at the moment of the big bang can only be released when it makes contact with how this pure energy existed as ITS negative part of ITSELF.

In order for what is known as the heated weight that existed at the moment of the big bang to happen, it needed this negative part of who exist as what is known as negative energy in order for this energy to be released and when this negative energy was released it had to be released within that which exist as negative energy. Let me add that in order for the positive fragmented heated weight to exist as a finite fragment by themselves inside of this pure energy as the negative part, IT placed what is known as an electron, as what exists in order to form a circular border around the fragmented heated weight. This is necessary otherwise the fragmented heated weight will look to return to being a singularity again.

Let me also mention that all the things that we have in our homes that run on electricity work the same way as the battery. When you use an electrical appliance, you are using ITS heated weight, and this heated weight is released when you turn on the appliance, but the appliance cannot use this heated weight unless it is connected to what is called a negative ground, because again, the energy that you are about to use needs to connect to how IT exists as a negative. Look at it this way, when you plug your appliance to the wall socket, you will notice that it has to have 2 slats, one of these slats has the positive, which is where the heated weight exist as, and the other slat is a negative that is there waiting to connect with the positive so as to release the energy. This energy is coming in as very tiny fragments that are traveling at the speed of light as how IT exists as electrons. And for those of you that have touched together the wires that have a positive and a negative you can see the light it produces and you can feel the heat that is released. You will all so notice that when you touch some appliances they feel warm which means that that appliance is always consuming some heat, even when it is not doing anything or is idle.

I always thought that light was a primary, but no, light can only exist when both of how IT exists as a positive connects with how IT exists as a negative. Take our solar sun for instance, the sun produces 95% as light, and it releases 5% as heat and if you think that what is hitting your skin is the light, the answer is no, because the light that you are seeing exists as a glare. The heat that you feel on your skin is the tiny fragment of ITS heated weight that is traveling from the sun to you as a particle of heat, not as light.

### **Pure energy as nothingness**

One of my main concerns is the existence of pure energy as a nothingness. Pure energy as a nothingness is what exists as omnipresent. The only other thing I've heard of having the

*omnipresence attribute is what people call "God." Now that I am aware of its existence I have dedicated much of my mind in trying to see more of how this nothingness exists throughout the universe and inside of me. I can say that when we meditate we are trying to be in an empty space that exists inside of us, when we are in that empty place we exist as nothingness and this produces a blissful feeling.*

*As I've mentioned before elsewhere, pure energy exists as one with 2 different extreme temperatures: the heated weight and the "place" where this heated weight exists. The latter one is what I call shell body or nothingness. Our eyes are not wired to see something so transparent as nothingness. But our minds can be reprogrammed to see nothingness. When imagining the universe from outside of it, all you would see is god's heated weight moving about in the form of celestial bodies. You could see these things only because they exist within the pure energy's other way of existence: a cold clear transparent empty space, also labeled by science as "dark matter." This term doesn't seem as appropriate as when I think about a cold transparent nothingness.*

*When scientists say that pure energy has no beginning or end, they are really referring to the nothingness that this pure energy exist as, for it is the heated weight that pure energy exist as, that does have a beginning and ending, When the heated weight inside a hydrogen atom changes to a helium atom, the hydrogen atom form ends. When this heated weight is portioned in many different elements it has a beginning and an end. An end does not mean destruction, it just means that it transmuted into something else, but this doesn't happen with the nothingness. For the nothingness always exist as one and is a constant. We should remember that the singular pure energy exists as a duality and in this duality only the heated weight (matter) can be fragmented into portions, which can be named by us. This is very important if you want to understand what IT is doing to ITSELF within ITSELF.*

*So imagine you are god, and you took your heated weight and reshaped this heated weight into atoms, supported by your (god) constant nothingness, gave form to our planet. You formed yourself into water, and using water along with the other elements you became a cell and you gave this cell movement. You continued reshaping this cell until it became an organ, and then a whole organism. This organism existed in a basin called the ocean where it could be protected from the sun, until you could reshape their organs and they could leave the ocean and exist somewhere else (land) where this new organism could continue evolving as a different possibility. And you gave this organism what it needed: nourishment from fruits and vegetables that you also became with your heated weight. You also reshaped yourself into something independent, something that could think for itself: us. The amazing thing is that when you reshaped yourself into humans you also made yourself fragmented in a way. So much that some of these portions of you think they create other humans by themselves. It is not their fault though, they are still learning more about you and somewhere along the road they will see that their lives are only portions of your heated weight existing in your body. What they cannot understand too well yet is that you have already taken them off this planet into your shell body's nothingness. I am grateful to you because you try all possibilities and in doing so you created me.*

*Before god became matter it first became atoms and all atoms have as their interior the same empty space that exists outside of them. I know that this may sound strange, but consider that you are made of atoms that are full of empty space. We are only fragments of heated weight, moving and changing in nothingness. If you could remove the empty space from all of your atoms and reunite all your heated weight if you weight one hundred pounds, you would be reduced to the size of a 6-inch cube. This is the way pure energy exists, an empty universe inside every atom. What I am saying can be confirmed by the scientific minds.*

*We must remember that god has always existed as one. IT does not have a gender, a mother or a father. The human mind needed these forms and names to “see” god. We do this by giving human form and names to non-human reality (anthropomorphism). To create a baby we need a mother and a father. To “see” pure energy we give it a human form, hence the bearded man living in heaven. We should always see god as one, but existing as a duality.*

### ***Humans and their new destination***

*In the new adventure that the human body is going through we’ll see how our bodies and lives will change. Already we’re seeing that new homes have been built in preparation for the big moving before planet earth becomes something else. Yes, outer space could be the next “home” for us humans. I would like to share some wandering thoughts about this.*

*Here on earth, god created us in a process of evolution. IT created us in such a way that we must mate with another human being of opposite sex to procreate. But this may not be what we’ll have in outer space. We no longer need the opposite sex to be physically present in order to fertilize a female egg. Furthermore, IT is already preparing ways to make human parts and IT already knows how to clone humans and it will get better at it by the time we exist in outer space. We should always keep in mind that it’s up to IT (god) to decide what IT wants to do with us, as IT takes us off this planet into other areas of ITS shell body. As little as I can see and understand IT, IT does not want to lose what IT has already done with ITS heated weight. Let me give you an example, some time ago humanity had to keep track of its accomplishments by transmitting stories orally. Then came written language and much later the printing press which allowed humans to record events and stories for future use, and now we are using computer chips to store information that can be retrieved faster, and it can be transported faster than ever. IT can carry enormous amounts of information using very little quantity of ITSELF. In this manner IT supports our evolution.*

*Returning to humans in outer space, we will have to accept that we are going to continue changing to adapt to the new conditions in order to survive in outer space, until humans are taken by IT somewhere else inside of ITSELF where humans can again continue their evolution process. As I’ve mentioned in more detail in Omnipresent Vol. II there’s a possibility that IT will help humans to start “anew” somewhere else, but with the advantage of the latest technology and knowledge about IT. Still, there will have to be great adaptations. These are just a couple I’ve thought about.*

- 1. Our bodies are designed to roam this planet. In outer space there will be much room to*

roam about.

2. *Our bones and organs are meant to function with the aid of natural gravity and this of course will not be the same in outer space.*
3. *Food in outer space will not be the same kind or quality. Our digestive systems will change because of this.*
4. *Culture will not be the same: all kinds of human relationship, learning processes, entertainment and spirituality, among other things will have to adapt to the new physical reality.*

### ***The scientific minds***

*There's a connection between science and god. This has been a problem for many.*

*I want to understand god better and since we are now in a society that has procreated more information than ever, I am able to talk about these matters without being a philosopher, a theologian or a scientist. To those that think that science and god should be separated I tell them that scientists are now looking for what they call the GOD particle. But these scientists will only find half the answer. From the beginning they've focused more on the heated weight of god. This is an expected behavior for us humans that live in a material world. But if they look at it differently they will notice that this heated weight has always existed inside the empty nothingness and that the nothingness present throughout the universe is the same emptiness inside our atoms.*

*Long ago when scientists started looking at the global GODS named by humans, they only observed confusion. Groups of humans gathered around their particular GOD, each claiming to hold the true. In time, science forgot about god in its wholeness and went looking only for what exists. They found something of interest: there's something that does exist. They do not know where it came from, but whatever it is, it cannot be created or destroyed, it keeps transforming itself. This is what scientists call pure energy.*

*Wanting to understand they have gone about IT in different directions. There's astronomy and astrology. They try to understand stellar systems: the dynamics of celestial bodies and how these affect us. There's chemistry and the understanding of these celestial bodies' as matter. They found 96 different elements in which this energy exists. There's physics and physicists. They have found that these elements are all made of something they called atoms and as they kept learning more they found that they could go inside this atom. There they've found that atoms have inside of them something hot and they called it protons and neutrons. Then they noticed that this heated weight is surrounded by 95% empty space. Outside this empty space they've found something circling the outer area, something that "separates" atoms from one another. They called this circling force "electron," which has a very tinny amount of heated weight that is moving near the speed of light. In this process they paid more attention to the heated weight that exists inside the atom than to the empty space.*

*Now remember that the human mind is not wired to understand nothingness. This is why the scientific mind did not give too much importance to the empty space they found inside the atom. They gave more attention to what they could detect, to such a point that when I tried to find information about the part that holds together the atom, the electron, I found that science has not given much attention to it. To them it is just something that is spinning at near the speed of light, but to me it is where god took a tiny amount of ITS heated weight and speed to begin the formation of matter.*

*By now you have noticed that I am not a scientist and will never be, I just got involved in this when I asked god if it would let me understand IT better. At that moment I became aware that god does exist, and that it has a shell body, where IT keeps its heated weight.*

*I have to be grateful that god did allow the scientific mind to exist; otherwise I could not use their findings. If you're a scientist remember always that the only reason why you exist is because you are totally made from pure energy and the only reason why you can continue your existence is because you are energized and will always be energized by this pure energy. I did not use the word "god" because scientists have accepted the existence of pure energy, but the "global GOD" is still too confusing. Nevertheless scientist, as everybody else, can meditate and find omnipresent nothingness inside themselves too.*

### ***The Scientific human God***

*Now I would like to discuss something I heard on TV concerning the fact that science may find that God does not exist.*

*First let me say that in the field of science there are only two possibilities: either something exists or it doesn't. If it can't be seen touched or analyzed it is purported to not exist. I find this to be a sound method of inquiry because if we think about it, if a scientist had to accept the various gods that humans have thought up they would find god quite confusing. All these gods have different names, sizes, shapes, and colors. Not only that, they also have different functions! Since the beginning humans conceived of different gods that were in charge or ruled over different things: for instance, a god of the sun, a goddess of the moon, a goddess of childbirth, a god of war, a god of storms, a god of wind. You name it and humanity at one time or another assigned it to a god or a goddess. So many gods and goddesses! We still even name the days of the week after them! On the other hand, humanity has tended to use these gods to meet its personal needs, to further its own ends or for its own satisfaction. I find it very strange that when we send our men and women to war we pray that "god" may protect them and at the same time the opposing armies invoke the protection of that same "god" over their soldiers. I also think the ultimate contradiction is the concept of a crusade or a holy war where armies go out with the purpose of killing other human beings in the name of and for the greater glory of their "god". For all these reasons I can understand why scientists stay away from accepting the different gods that exist at the human level, so to speak.*

*Going back to the statement that science may find that god does not exist. I think that there may*

*be some scientists that think this way, but there are other scientists who know that the only reason why they exist is because they are made from this pure energy that makes their existence possible in the form of every atom that they are made from, and that this pure energy cannot be created or destroyed. This is what I refer to as The Scientific GOD. Simply put, if God did not exist, then neither would we.*



***\* The scientific God does exist as the nothingness that exists as omnipresent \****



*Let me clarify that "god" is just a word we use in order to understand and talk about something that definitely exists as everything that is and we should never forget that we are a part of what exists, even though what we perceive to be "out there" as matter is really inside this pure energy's clear, cold transparent nothingness that we call the Universe.*

*On the other hand, it is easy to understand that as humans we have had to use something in order to understand that this God does exist even to the point of giving this God a physical body. But I think it is important to point out that when humans conceived of God as having a human body we were not yet aware of how this God exists as this Universe, consisting of a whole, as what we mean by the term omnipresent. We did not know about God having dual temperatures. However, with the advance of science we have been able to understand that these two temperatures exist in everything that exists as the atoms that make matter possible. We are only limited by what the human eye can see, with the aid of telescopes and microscopes, from what is in front of us to the farthest point we can see inside of this Universe, but in everything we have seen these dual temperatures have been found.*

*Here is another way to look at it: As scientists, with their optical and radio telescopes began seeing what exists inside this place called the Universe; when they discovered the area of it that is freezing cold and empty and when they saw the billions and billions of things that exist inside the Universe, it was not easy for their human minds to focus on this pure energy as one. Perhaps it is because this pure energy manifests as a duality: all the matter inside this Universe and the freezing cold nothingness inside of which everything is contained. Since the Universe is so huge the human mind contented itself with studying only what it could see, which is this pure energy manifested as matter, or ITS heated weight. I believe this happened because it is very hard for the human mind to focus on the infinite nothingness of this pure energy and so this placed a limit on our understanding of this pure energy. Now, in order to correct this lop-sided (so to speak) view, what we have to recognize is that this pure energy is really just one, and makes up 100% of the Universe and as it is so huge, ITS nothingness has plenty of space to do things with ITS heated weight. It is inside of this huge empty nothingness where we have been referring to how it behaves, because this is where its heated weight is moving about, as it transmutes or reshapes.*

*So returning to the thought expressed above, if we want to understand this pure energy better we should now see this pure energy as being just one (or as the one GOD that exists). For some*

*people it may be hard to see this pure energy as one and call IT God. If you do not want to use the word god then maybe it is time to change the word god to something else, because it really makes no difference what we call God or pure energy because IT will not cease to be that same something that exists as every atom we are made of and everything that exist out there, within what we call the Universe.*

*Whether you are a scientist or a non-scientist, I would like to share something I have concerning God. We seem to have created a separation between God as the Supreme Being and God as the Pure Energy that science has researched. But this separation is a false one. I invite you to see them as I see them, that is, to see them both as one and the same. This Pure Energy is the one that energizes me and everything that is alive; the one that is in all places at the same omnipresent moment, in this one place which we refer to as the Universe.*

*Now I know this won't be easy for some of you because of the way we have personalized God to fit our particular way of understanding God.*

*In any case all the "gods" that humanity has believed in have had and have to exist in this place called omnipresent where this pure energy exists as this Universe. There is no other "place" to be and there is only one God which is the same as the Pure Energy that scientists have researched. Just as humanity at one point came to the conclusion that all the gods are aspects of the One God that is located as omnipresent in this place where this Pure Energy exists, as scientists have discovered, it is just one small step to understand that God and this Pure Energy are one and the same. The logical conclusion is then to call IT the Scientific God.*

*I worry about not being clear. Let me try to explain this in another way: There is a portion of our human population on this planet which has come to understand that there is a God. There is another portion of our human population on this planet that has accepted that there is "something out there" that has been labeled Pure Energy. What I am looking forward to is seeing these two groups reach a point of understanding where they can accept and admit that they are both looking at one and the same thing, whether it is called IT, God, or Pure Energy. A perfect example is the photograph of the lady in the first chapter of my book. The meaning of the photo is not the young lady or the old lady, but the fact that these two images co-exist as just one photograph, showing two extremes, two opposites. We have conceived of God as a Being who rewards positive behavior and punishes negative behavior while science has discovered that this Pure Energy exists as a totality that manifests two extreme or opposite temperatures.*

*Now any scientist that understands this pure energy has to at least accept that the only reason he or she exists is because his or her entire body is made from this pure energy, in the form of atoms.*

*Some of us have had to use the word god, in order to accept that everything that exists had to be put there by someone, which is why we refer to God as the creator of everything that exists*

*And for those people that do not believe in anything, be it a god or a pure energy, it really makes no difference, for they still have to exist within the pure energy that exists, and within this God's moment of existence.*

*However, we really do not need to use the word God. We can use any other word or expression to signify that which caused everything to exist. But it at least has to exist as something that is omnipresent, because we now have to accept that what is out there as this clear transparent nothingness does exist, as IT, first, because IT does have measurable distance, and secondly, because this clear transparent nothingness does exist as an opposite to what all things that do exist have, which is ITS heated temperature as this pure energy, also.*

*I personally have to be grateful that I was given the opportunity to understand God as I was taught because at least I was able to hold on to God as existing as something, and then, later on when I became aware of this pure energy that does exist, I understood that both are the same and exist in the same place, as omnipresent.*

*I'd like you to consider something else that may help clarify what I am saying. Let's think of humanity's ideas about gods. Right now most people conceive of only one God, and this Pure Energy that science has discovered and researched is here. But before that, when people believed in many gods, that Pure Energy was there. If we go farther back to when humans were living in caves they may not even have had the idea of gods but this Pure Energy existed back then, too. If we think about a period even before that, when our planet didn't yet exist this Pure Energy was already there. And if we imagine a time even before that, to the very moment when this Universe as we now know it came into existence, it was all the result of this Pure Energy (the nameless, shapeless God). And IT was there even before the Big Bang, because this Pure Energy cannot be created or destroyed, which is something that applies to this one God that exists as nameless and shapeless, for they are one and the same. In any case, it would still make no difference how far back we can see our God as existing because the God that has always existed is the same God that now exists, be it as pure energy or called God or by any other name. The most important thing is that we are individually connected to this God, be it as a symbolic god or as this pure energy. This is why to me, the most important thing that can exist in my life is IT in relationship with me, and be it as a god or as pure energy.*

*I do have to mention that it is harder for me to accept the different gods that we as humans have put together, because one can easily get lost with the many variations and versions that humans have thought up.*

*I find it is much better, easier, and less confusing to look at God from a scientific point of view, as Pure Energy. It is also simpler for me to understand something about God if I focus on the part of this Pure Energy that exists as a clear, transparent nothingness, which could also be considered as God's shell body. This is so because God or this Pure Energy, in addition to ITS heated weight that forms everything that is made up of matter, also exists as this nothingness that has the following qualities: 1- a measurable distance, and this distance does exist as*

omnipresent 2- temperatures (hot and cold) that also exist as omnipresent, and 3- a speed that I refer to as Maxxspeed.

I have to clarify that before I used to consider speed as existing on a scale where the maximum speed that could exist was the speed of light going down to the lowest speed that can exist, which would be that of something that is not moving. But now that I understand that this God that exist as pure energy that cannot be created or destroyed, I have come to realize that IT does have this high speed (Maxxspeed - which is a speed faster than the speed of light) which can be slowed down by placing ITS heated weight on it to a point where this speed will totally stop. For example, the next time you look at a rock or a concrete building remember that this Maxxspeed is present as just a few notches slower than the speed of light, because IT has placed a tiny fraction of ITS heated weight in the form of protons, neutrons, and electrons that compose the atoms that make up the rock, the building or anything else that exists that is not actually moving.

I feel it is easier for us as ITS heated weight to look out at things or into things as ITS heated weight than it is for us to look out into ITS nothingness because ITS heated weight can fragment into tinier fractions while ITS nothingness cannot.

Let me also mention that the only reason why I've written this piece was in hope of understanding IT better as ITS consciousness, for I have found that when I write about something I learn things about it that I didn't know before. In any case, whatever we may think will not change the way IT exists. It will only help us to understand IT better and maybe in doing so IT too will learn more about ITSELF. I think this is a distinct possibility because we can see that IT is always looking for all existing possibilities that IT can reshape ITS heated weight into, over and over, and again, and again. Another thing I'd like to mention concerning this thing called consciousness in relation to meditation is that sometimes when one is meditating one strives to reach a stage where one is here, yet one exists in a certain "place" inside of oneself where one does not see anything in terms of physical objects or persons. Let me give you an example. Buddha stated that he found a stage in meditation where what existed was nothingness, and Maharaji has said that he has found a stage in meditation that gives one a sensation of being in a light sleep, and I have heard that Christ also went into a stage where he did 40 days of meditation.



**\*\* Some humans have the characteristics of water, which is that when water is trapped, or blocked, IT will look for a different way to continue ITS travels as ITS existence.\*\***



So it is clear to me that IT does exist as something that we as humans can make a conscious decision to enter during meditation. Now, in my observations I have noticed that the one thing that most people do in meditation is find ways to bring the mind to a stage where it does not interfere with finding and staying in this "place" that can be best described as a nothingness

*which produces a blissful feeling when one is connected to it. I have also observed that for some people it takes years of striving to reach these stages of meditation and they must discipline their minds and bodies to get there, for it is not easy for the human mind to surrender being the master of its housing, called the body. Some people condition themselves by adopting certain body positions and practicing breathing techniques that make their bodies as comfortable as possible, so that they will not be distracted and be able to keep themselves in this stage of meditation for as long as possible without falling or collapsing or otherwise have their attention return to the physical world of material objects.*

*Some of these different types of body postures bring the body to a position where the body is not drawing attention, where then some other type of practice can be used to bring one's mind to a tranquil state. Some people will focus on the tip of a lit candle, some will chant themselves to a stage where the mind will be focused on the chanting, just to mention a few, for I am sure one can write a whole book on this subject.*

*Finally, I'd like to clarify that I have observed other groups in meditation but I have not felt their type of practice was for me because I am not a group person.*

### ***Why does life continue?***

*To understand this better, we should remember that the only reason why life exists is that IT exists, as the pure energy that all life must have, and since IT as pure energy is an energy that cannot be created or destroyed. So what we are witnessing as life only exists because IT has reshaped into our planet as ITS heated weight, so that IT could reshape into water, which is what allows the appearance of life having mobility. Now, if you see yourself as the pure energy that we exist as, then we as life only exist because every fragment of ourselves, every atom that makes up our body is composed of IT as pure energy. So, in the final analysis the only thing that is alive is IT, and IT has no ending, and everything that is alive, (including us) is alive because our lives are really ITS life, as the only life that exists within the whole Universe, because this Universe is really ITS cold clear transparent shell body along with everything that exists in the form of matter within this Universe (which is really ITS heated weight), is how IT exists as one Being.*

*The logical inference that follows from this is that life will always continue as life, because life is IT, as pure energy and as omnipresent. Here is how I at least have been able to see how life works as IT: Imagine a diesel vehicle, that first started out in its construction from the elements that IT exists as, where ITS heated weight was reshaped into the vehicle itself, then the diesel was put into the engine (remembering that diesel fuel once existed as life), and then the engine was ignited. Let's suppose also that this imaginary vehicle operated under certain conditions, that is, that it should never be turned off without certain dangers that could occur, one of them being that it may not start up again, and another being that if it was turned off then certain things on the vehicle would not work properly the way they did before it was turned off.*

*In addition, for this vehicle to continue its functions it would need fuel. This is why we need air,*

*water, and food; and all of these elements are really IT also. Finally, if it would not turn on again, all the elements that made the vehicle possible would transmute back into pure energy, which IT would then use by reshaping it into something else as ITS heated weight.*

### ***Why the Universe is not alone***

*So knowing that IT permeates the whole Universe, we can now understand that the Universe is not alone, because this huge, empty nothingness that is confirmed to exist by scientists in the form of a pure energy that has at least 2 qualities, one, as a freezing cold clear temperature, and two, as a measurable expansion that occupies space, which holds within ITSELF a hot energy that has weight, is omnipresent. The Universe itself is this pure energy's shell body, it exists as what God is: as omnipresent.*

*Another way to understand what we are discussing is to consider that, if God exists, God would have to exist somewhere, and the only place that has been confirmed to exist is this Universe. Now, with our more advanced way of thinking and seeing things, we can understand things differently from when humanity was still living in caves and had a more limited understanding of our existence. We should thank God that IT never totally let us get lost from knowing that IT has always been here, and how IT exists, for IT allowed the scientific mind to exist so that humanity could understand that God exists as pure energy, for science has confirmed that this pure energy cannot be created or destroyed. In addition, scientists have confirmed that they do not know where this pure energy came from. All scientists have been able to ascertain is how this pure energy behaves, and that this pure energy (God as omnipresent) has two basic characteristic qualities. First, as a heated weight that can be found in everything that exists, beginning with the heated weight that light has and also the heated weight that the electrons, proton, and neutrons that all matter is made from must have, including you and I, since our bodies are made from atoms, too. And second, this heated weight can only exist inside the other mode in which this pure energy exists, which is this huge, clear, empty Universe. These two modes of existence also have two characteristic qualities: a freezing coldness that occupies a measurable space and a heated weight that exists inside it.*

*So you see, for God to exist, IT has to exist somewhere and the only place that we know exists is this Universe, and we also know that the Universe is made of this pure energy that cannot exist anywhere outside of what now exists as this Universe, which is nothing more than ITSELF.*

*There is a free photo that you can download from this webpage what might help you understand better. When you look at this photo, remember that what is of importance is that it is one photo, (by analogy, the Universe is one God), and the photo is also made up of two extremes, as in the young and the old lady. Now, when you take the analogy of the photo and apply it to that pure energy that is God, you should keep in mind that IT, too, has to extremes. You can read more about this subject in more detail in the two volumes of the book I have written, called *Omnipresent. Valium 1 & 2*.*



### ***What's in a name?***

*As I have said to many friends that have asked me what is the difference between the Being that Christianity calls God the Father of Jesus Christ or Jehovah; and the Being that Islam calls Allah; that Buddha referred to as the Unborn, that Zoroastrians call Ahura Mazda; that the Jewish people respectfully address as Adonai to avoid pronouncing The Name, that the Oglala Sioux call Wakan Tanka (the Great Mystery), that the Zulu people call Unkulunkulu and many others. To them I say there is no difference because no matter what humans may call IT, IT is still IT as this pure energy that exists.*

***Nothing exists without ITS heated weight***

*Without ITS weight nothing could exist as we know it. What would happen if the tiny amount of ITS heated weight in the form of electrons were removed? This would mean that the 4.5 % that science has confirmed exist within the existing universe as matter, would not exist either as the weight of the protons and neutrons that make up each atom. And then nothing else would exist either, for it is only as ITS heated weight that matter can exist.*



***\*\*\* Nothing can exist as matter without ITS heated weight \*\*\****



### ***We and the Sun as weight***

*Here is something to think about: Now that we know that our Sun is one of the places where IT sends out ITS heated weight to other parts of ITS fragmented heated weight, and in this case, to our planet which receives tons of ITS weight in the form of solar heat and light, it could be that this heated weight is contributing to the slowing down of our planet. The way I see it, when our planet came into existence it had to weigh less than what it does now, after receiving tons of ITS heated weight from our Sun. I think that this extra weight will continue to slow our planet down.*



***\*\* Even the heat that hell exists as belongs to IT as pure energy \*\****



### ***There is no difference***

*Maybe you can understand this in this way, and we should not take it too seriously, for it makes no difference what we think or what we may do, for IT is in total control as the pure energy that everything exists as.*

*We are born and we die, our planet will stop existing , and our galaxy will be consumed by a black hole , for everything that exist as this pure energies heated weight will stop existing , as it searches to return to being just one singular heated weight again, and let me say that if I was to read this before I understood IT better, I would have found this a little depressing, and slightly negative but now that I understand it better, I understand that first I should be grateful that I am here at this moment , and I am here only because I exist as one moment of ITS existence, and I have to except that it was because IT once did have all ITS heated weight in one place, and then IT fragmented this heated weight so as to form this galaxy, and our planet, and in our planet began to rotate , so as to produce change, that after millions of rotations later, I could come into existence, and in falling into an addictive hole , I turned to IT for help, and begun to see that IT did listen to my call for help, and that IT keeps listening to me when I talk to IT, and I sill have to continually say thank you to IT, for IT has made a huge difference in how I am now permitted to exist in peace with myself, and at peace with what IT is doing out there with ITSELF, as everything we are seeing on this planet, and the whole universe as how IT exist as omnipresent .*

*But let me return to what I started writing you about , which is that later , yes our planet , and our galaxy will be consumed by an already existing black hole in our galaxy but you the reader should not take this to seriously, for our planet will permit many human generations to come into existence so as to continue seeing IT at work, for when we remember that we once existed in a very un educated way, when we were in the stone age, to now when we are just entering the technological age, which was needed as I wrote about this because this may permit what we understand as humanity, to reappear , again on a new planet , and very educated, and bringing to this new planet the latest advances that we reached on to this new planet, I say this because , as I have observed IT, as how IT does things, with ITS heated weight , as IT searches for other possibilities, that IT can exist as, and believe me, if IT could use ITS heated weight to become this now existing universe, IT is a master at what IT does, and to me what is more important is not so much what IT does out there, it is my personal relationship with IT.*

### ***When do I know when I am right or wrong?***

*well first I have to except and understand, IT will not send me any written instructions as to what is right or wrong, so one of the things I can use to guide myself with, is this, 1- is what I will do going to hurt anyone physically, if not, then I am going to assume it is all right to do it, 2- will I be trying to manipulate anyone, to satisfied my desires, or is what I am going to do is just sharing what I have or know, 3 when I do things, are the things going to make some one else's life better, but the best one is this, does it feel right, as in what I am going to do feel smooth or turbulent , for I have learned to feel what is right or wrong , but most important is that I apply , this , statement to myself , which came from me asking IT , that if I surrendered to my wants, and desires, then how will I know what to do ? and the answer was, Do that which only you know how to do, and do it well, and do it only at the moment that you are supposed to do it, and do not ask why."*



***\*\*\* IT is the only one that does not have an outside to ITSELF\*\*\****



### ***IT is entertaining ITSELF***

*Forget about who you think you are, and what humanity is doing, so you can better understand what follows: Imagine you are IT and you know that there is no one else, so you know that you cannot seek company from anyone either for conversation or entertainment as God. Let's start by remembering that there was a moment just before the Big Bang occurred when IT existed as a singularity of pure energy. IT then took its heated weight and reshaped it in to what now exists as matter, all the matter inside what we perceive as this Universe, which is where we also exist in as ITS heated weight. Science has been investigating this pure energy, which they have found cannot be created or destroyed. And naturally, if God could be created or destroyed, then there would have to be something other than God, but there is not anything else, because science has found that everything that exists comes from this pure energy.*

*For those of you who do not believe in a God, then you should remember that the only reason why you exist is because you are made of matter, and all matter comes from this stuff that scientists call pure energy which makes up every atom that you exist as, and as every atom that you have to continue using in order for you to continue your existence on this planet. Also, let me mention that in reading or seeing this situation as how IT exist, will not change your way of life, but it will help you understand just a little more of who we are, and why we are here, as one moment of this pure energies existence (God), and let me mention that what does make a difference is when you take one step in trying to be with IT.*

*Because before I use to give more of my existence to the things that existed out there as having great importance, but now the only one that I give importance to is IT, in which I have to say, thank you to IT, for allowing me to understand you (IT) as how you exist as everything that exist as just being your heated weight, that exist within your cold transparent body, as a way that you are entertaining yourself as the heated weight that you have inside of your shell body that exist as the pure energy that exist as this empty universe, (\*A), but for now let me give you a brief explanation, in this way, the next time you look into what exist as this universe, or as what you have read about that relates to this, here is what you will find, you will find that this universe exist as having celestial bodies that are made from something called pure energy which exist inside what is called this empty universe, and all of these celestial bodies came from one singular heated weight known as the very dense heated weight that existed at the moment of the big bang, now I would like to take a moment here to show you the reader something , first you need to remember that at the moment of the big bang , because at that moment in gods existence, what we are now seeing as the billions or trillions of life forms did not yet exist, and as I explained in my two volumes, that what we are seeing as the trillions of life forms that exist on this planet are just really one, for we exist as life, only as the way IT exist as life, and at the moment of the big bang things that now exist as objects, like cars trains plains or jets just to mention a few did not yet exist, for all that existed was just one singular heated weight that science refers to as weighing tons per square inch, and I found that this heated weight is weighing more like less than 6 pounds per square inch and I explain more in detail why this heated weight does not weigh tons per square inch.*

*But let me return to this moment called the big bang, where this dense heated weight existed as just one weight that existed inside this same empty place called the universe, naturally because this heated weight that exist as pure energy cannot exist somewhere else, or outside of this way that this pure energy exist as ITS shell body, as what we are seeing as outer space, or what we call the universe. So now let me take you the reader through this as best as I can, but first please remember that there only exist one pure energy , and this one pure energy is also how God exist as the meaning of the word omnipresent, and this pure energy cannot be created or destroyed, the same way God cannot be created or destroyed, and that what exist right now as our moment of existence, came from this pure energy as its heated weight as the atoms, that we exist as matter, which is the same as what some will refer to as the phrase that goes like this: That God created everything that exist, to which I explained more in detail in my 2 books why god is not really creating anything, but that God is really just reshaping (transmuting) ITS heated weight that exist within ITS freezing clear transparent body that we see as this empty*

universe. So let me continue why IT is just entertaining ITSELF. Now, do not forget that you and I, and everyone that exist as life did not yet exist as this moment of ITS existence at the moment of the big bang, for the only thing that existed at that moment was IT, and that IT had ITS heated weight inside of ITSELF, in one place, as in not scatted, for this is what came later, but before I start explaining this, let me start with IT, has when IT had all ITS heated weight in one place. And why IT is entertaining ITSELF using ITS heated weight? Now, we should remember there only exist one, as in one God, and as there being just one pure energy, and that everything that has ever existed, exist, or can exist can only come from IT, as ITSELF, now whatever IT is, as what exist as pure energy, and why I say pure energy is because, some of us understand that which is referred to as God on this planet called earth, in different ways, and exist as different gods to our human mind, now some of this human minds, also know this God, in a more explainable manner, which are called scientist, for this group known as scientist, not knowingly, went out to see what does exist, as what exist as this whole universe, and what is inside this universe.

And I will be using this way of seeing and understanding what exist as God, in this manner, which is that since God as omnipresent exist in all places at the same moment, mind you, I did not say time, for I found that the word time is not universal, and it is a word that the human mind found as a way to exist as a convenience, to which you can read more about in my books, where I explain why time is a human invention that serves only as a human convenience,. And why I prefer to use the word moment, is because I also found that at this stage of our existence, the languish that we are now using is based on time, and money, and unfortunately IT cannot be described better. When we refer when we use the languish we are now using to describe God as existing as time and money, which you will understand better, if you remember that at the moment of the big bang, time and money did not exist as the way it exist as this moment we are now in; IT just existed as ITSELF, and that it is better explained what came next, as what scientist have found as how this pure energy existed, from that moment that they refer to as the moment of the big bang, which is really a very good way to understand God, as how God really exist materialistically, as something, or better still, as all those celestial bodies that exist inside of ITSELF as this universe, which also includes you and I, and everyone else, and everything that has ever existed, exist, or will exist comes from ITS heated weight only, and I say only as gods heated weight, because this is the part of God. God uses to make what we understand as matter, and it is better to understand God as science, because it is science that confirms that all matter exists, because of the heated weight, that all matter has to have. Let me explain this better this way; But let me start from when we were in the primitive cave stage of our existence, at that stage, and till now, our understanding of God, is everything that we now have as what God is, and it was not until science came into being, that more information started coming in as how this pure energy exist, and how our existence as being made from something called pure energy. For they, as scientist where not looking for God, they were just looking to understand what does exist, and they found that everything that now exist as matter when this matter was reduced they found matter to be composed of atoms, and when science kept progressing, and I say progressing, because 50 years ago, scientist where not yet able to go inside the atom so as to see what existed inside the atom, and when science looked inside the atom, they found that

what existed inside the atom was a heated weight (as the protons and neutrons), and it was this heat that gave everything that exist as matter the weight that matter has. Let me mention that sciences can tell the difference from a hydrogen atom, and a gold atom just by its weight, for they as science have labeled all the atoms that exist by their heated weight, And now that we know this at this stage of our existence, we can use this information to understand God better, and let me explained why. Using what we as the general population knows about God, which is this: I'll say that God created every thing that exist, and by this I mean, that you and I and everything that exist on this planet and everything that exist inside this place called the universe. Now if we take what science has found, which is that everything that exist comes from something called pure energy, and that this pure energy is what makes matter possible, and that all matter can only exist because of the heated weight that exist inside the atom. So, I hope you the reader, can see why I say that we exist, and everything that exist, is because God is using that part of ITSELF which exist as a heated weight, that exist inside of God, to which I have to say thank you to IT. As God, as the pure energy that IT used to make my existence possible, as this moment of ITS existence as ITS heated weight, which I elaborated more in my two books. (\*A) But let me return, so you can see and understand how IT uses ITS heated weight, that exist inside of ITSELF and becomes you and I, and everything that is made from matter. Which started at the moment of what science knows as the moment of the big bang, when IT existed as having ITS heated weight in one place, and how IT then took this singular heated weight, and fragmented this heated weight into quantifiable portions, to become atoms, so that IT could entertain ITSELF using ITS heated weight only, and why I say only, is because as I wrote in my two books(\*A), that IT as God is one, but exist as two extreme energies. And one of these energy is a constant, but the other is not, and it is the other way that God exist, as heated weight. That makes everything that has ever existed, exist or will exist, is only Gods heated weight that exist inside of ITSELF ?

Let me try and explain this in a different way. Look at it this way, let's take you as an example, you exist as just one, the same way God exist as being just one, now one thing that you will notice is that anything that can exist as being alive or not being alive has to have this heated weight, that exist as that which science found and calls pure energy, and this heated weight has to exist as being inside whatever is being referred to, so that if we use your body, and let's say you are hypothetically weighing 100 pounds, as you, and let's say that God is also hypothetically weighing 100 pounds also, now you being 100 pounds as one body, then take this 100 pounds and divide it into millions, billions, trillions, googols into portions of your one 100 pounds as all the different weight that you exist as your liver, your heart and blood cells, just to mention a few, so you are 100 pounds, but this 100 pounds, can be fragmented into million, billions, trillion, googols, now this is the same way IT exist as: As having one total heated weight that can exist as one total singular heated weight, or IT can fragment this one total heated weight into quantifiable fragments and it is these fragments that we are seeing as all the celestial bodies that exist in outer space, and let me take a moment and say that we say outer space, because we are looking out from where we are as this planet, but the reality is that we are not looking out, for we are really looking into this that exist as pure energy (God) look at it this way, we cannot look outside of God, or pure energy, for we can only exist inside of this

pure energy that we exist as, and our planet is also inside this pure energy, here is one more way to understand this, remember when we said that God created everything, well everything that God created is what we are seeing as being out there as what we call outer space, and this is easy to understand, because God does not create anything outside of ITSELF. So, do you think God is a spirit? Let me explain when it says God created us as ITSELF does that mean God is also what we visually see as flesh?, well I also explained more about this in my two books. And let me mention that there is a difference, in when we use our body as an example, to seeing this situation, which is that as our 100 pound body, this 100 pounds that we exist as already exist being fragmented, but we cannot bring our 100 pounds back to being just one singular heated weight, but IT can, and IT can do this as many times as IT wants to, for it is ITS heated weight that can be continually fragmented, and we cannot because the heated weight we exist as belongs to IT, as the pure energy we are made from. But returning, science does know that IT had all ITS heated weight in one place, has what is referred to as the moment of the big bang, see if you the reader can see this situation better this way, when you look into outer space, you will see matter, but remember that all matter is only ITS fragmented heated weight, now try this. Imagine that all that matter that exist as celestial bodies in outer space was brought back to just being one singular heated weight as existing as just one entity, and you could see what now exist as all the celestial bodies as just being one total package, that has to still exist inside what now exist as this cold clear transparent empty universe, now this is the same way it would look like if you could see ITS heated weight as being in one place, which is how this singular heated weight exist as at the moment of the big bang, which is how it would be when God as pure energy had all ITS heated weight in one place, and then God, decided to take ITS one singular heated weight and fragmented this singular heated weight into tinny quantifiable portions, so as to see what IT as God could make with these fragmented heated weight as possibilities, well one of these possibilities, is what now exist as this now existing universe, and I say one possibility, because as I explained in my 2 books, that there are other possibilities, and why. But for now let me return, to how God as pure energy now exist as this now existing universe, to which I have to be grateful that IT used ITS heated weight to make the universe that now exist. So that I, as one moment of Gods existence, could become aware of how this God that exist as pure energy is exploring what IT as God could do with ITS heated weight. And before I forget, that the majestic beauty of IT is, that ITS shell body is a constant, and that it is ITS heated weight which is less than 1% of ITSELF can exist as one total as I have detailed in my too books, but can fragment this heated weight into tinnier portion, but as ITS heated weight that can only exist inside of ITSELF, can exist as one, and it can exist as all the things that we can see that exist in outer space, which is really ITS cold clear transparent shell body, now ITS heated weight does have a particularity, and that is this that ITS heated weight wants to be one singular heated weight, and when this singular weight was fragmented, as all the matter that now exist inside of ITSELF that we call the empty universe, and we know that ITS heated weight has a built in quality, which is in its wanting to return to being one singular heated weight, is why we have gravity, that produces a certain effect, which is this, it produces change, and this you will notice as the things that are changing in our existence, for if you look closely you will notice that it is ITS heated weight that exist as matter, that is producing what we see as change, this is why we know that nothing will last forever, because it is made from

*ITS heated weight, that is looking to become one singular heated weight again, and IT made sure that ITS heated weight would return to being just one, when IT became what we now know as black holes, which is what IT is using to bring back ITS heated weight, so yes, we exist because IT is entertaining ITSELF with ITS heated weight that IT has inside of ITSELF, and that the way we now exist, which is vastly different from when we as humans where in caves, to where we now exist as a technological society, where we have been permitted to leave this planet were we existed from not to educated when we were in caves , to where we have been permitted to become very intelligent beings, where we could leave this planet that we came into being with no clothing on our bodies, to where we could exist outside of this planet with the aid of spacesuits, and I also wrote about this other possibility, where we as humans will venture into outer space, and why. But for now I have to look at what it is doing, with ITS heated weight as a way it is entertaining ITSELF, for you should remember that it as God, and as pure energy, has no one else to be with, or share IT with someone else, and that it is, as us, that IT can also confirm ITSELF as existing, for the other ways that IT exist as, like dogs and cats, cannot understand who, and how IT exist as the pure energy that they are made from, and how they got here, where we can at least begin to understand who IT is as the pure energy that God exist as, and as how we exist from being this pure energy, so that we could see how IT has been reshaping ITSELF as the heated weight that exist as pure energy, as the heat that everything that exist has, came from this pure energy.*

*And before I continue, I would like you to consider this, which is that we as humans can think, and it is from this way of existing that as we think, we can then do things that other life forms cannot do as in we can think before we do something, as in being able to plan what we will be doing,. And I say this because since we are made in ITS own image, means that everything we have as human qualities are because IT as God as pure energy has to have it also, and we can see that when God as pure energy, decided to take its one singular heated weight, and fragment this heated weight in to what we know as the periodic table does have perfection built into it, and we can also see this perfection when we look at what exist as life, as an example, we exist as ITS heated weight, in such a perfect way.*

*So now fallow me, imagine you are it, and you are going to use your heated weight that you also exist as, which exist inside of yourself, to entertain yourself with your heated weight, so you start by taking this heated weight that you have inside of yourself which does have a certain quality, which is that this heated weight can exist as just one singular heated weight, or it can be chapped up into quantifiable tinny portions, that can exist as tinny as the heated weight that solar light has, now you as IT can have this heated weight in one place inside of yourself as how this heated weight existed at the moment of the big bang, or you can chap your heated weight into smaller pieces, so that you can make many things from this one heated weight into a number we have not even comprehend like beyond millions, billions, trillions, and as I say guggles, bugles, muguls, pugles and there is still room for a word beyond all of these as what now exist as all the celestial bodies that exist in side yourself as what we see as all the heated weight that exist as planets solar sun, meteors, so the next time you the reader looks at what exist inside this universe, remember that it all comes from ITS heated weight, and I have to say thank you , for doing this with yourself, for otherwise I, and everything that exist inside yourself*

*as what exist, for we should remember that everything that exist inside this universe, exist as matter, and all matter is made from atoms, and all atoms have ITS heated weight, as the weight that all atoms have, which exist inside of your (God) cold clear transparent body, and you the reader will understand this better if you read my 2 volumes .*

*Now I stay as close to IT as much as IT will allow me, for it is a gift to be alive, as one moment of ITS existence, and it is a gift to be as close to it knowingly, and I say knowingly, because we have to be with it anyway, because we are IT totally as every fragment of our heated weight, and we totally exist within ITS cold clear transparent shell body that exist as an energy that is made from a form of an energy that exist as a nothingness, which I detailed more in my 2 books. (\*A)*

### ***Does everything have a spirit?***

*Let me explain this, but I will do so, in this way, first advising you to buy Omnipresent I & II. In my two previous publish volumes you will see more about this subject in detailed and it will allow you to understand and be able to merge what we understand as God as the general public, with what science found as pure energy. The reason for this is because as science, thing's either exist, or they don't exist.*

*Let me say that science, does not say it exactly that way, I do, for I do not want to blame them for anything that I do. And I say this because of this, I consider myself an unscientific person, but I do try and keep up with what exist as science, and I have looked at what we know as God, and I have found that in seeing both what science has found and what most people understand as God, we will see things that have been ignored until now.*

*So, let me start by using some of the things that I already wrote about, so that this subject will be understood.*

⊕~~~~~⊕  
**\*\*\* Life is how IT exists as a constant. \*\*\***  
 ✎~~~~~✎

*Now, here is something that I found as I looked into what exist that is related to this subject that we call life.*

*Life changes, but it is not life that is changing, it is the heated weight that we exist as our life. What is changing are the events that occurred during our life, and all of these events are made from ITS heated weight only.*

*Life is a constant from the moment we are born till we die for what is changing is not life itself, it is the heated weight that exist as matter.*

*Let me say that as omnipresent, there is only one life force, and that life force belongs to IT, and as the laws of pure energy state that whatever is made or exist as pure energy cannot be created or destroyed.*

*Let me try and explain this in this manner, since what we understand as life does exist, means that life also has to exist as the pure energy that exist, and this is easy to see, because it took the people as scientist to be alive in order to write about what they have found as the pure energy that this universe exist as.*

*Now, we also need to understand that since life does exist as this stage of our existence, we will need to take what we have learned as how life exist on the streets (as I refer to what we learn from one another), and then use what science has found, and merge them together we can get a better understanding. I say this because by using both our street knowledge and what does and does not exist, as what science found. You can then ask yourself, if what we call life does exist, then where and how does life exist as this pure energy? Let me mention that one of the things that I found as I looked at how IT exist, from as far back as when IT started to reshape ITS heated weight as what science calls the moment of the big bang, is that, if life does exist in our stage of our existence, then this which is referred to as life has to also be there as something that IT has as part of ITSELF, be it as god, or as pure energy, now as how this part of how IT exist as life, we can better understand if we use what science has found, and the reason for this is this, that science in its way of tackling things, or handling things, to them, it either exist or it does not exist.*

*So, that in using what science has found we will understand how God exist as the pure energy that they have found, and utilizing their findings, with what we at the street level understand as our God, a little more, as what does exist, as what scientist found, for they too have this stuff called life, even if some of them may not believe in any of the different Gods that our planet has, and at least in us looking at what they found as this pure energy that does exist we can understand a little more of who our God has in common with how this pure energy exist as life.*

*I know that in saying, that this pure energy and god are the same, I am referring to something as being one, and the truth is that I am, and it is because of this, that when I looked at how God exist on this planet, I saw what everyone else has to see, which is that, the God that exist on this planet, comes with different names, and different shapes.*

*And when I looked at what science found, I also noticed that this pure energy also was being referred to as existing as one pure energy that exist, but that this pure energy existed as two different opposing entities, which as scientist, they had to label these 2 energies, for they both do exist, and not as hearsay, because for science, it either exist or does not exist. Since science was not looking for God, but rather what this universe is made from, and everything else they could find that would be related to how this universe exists as.*

*So, they started by taking apart what they could find, that could be seen and analyzed, and anything else that they could do to understand this place that exist as this universe. This is a good way to start, because (I/we) since our beginning of existence starting in the caves, till now, have at least stayed connected to IT, as the many Gods that the many sectors that we exist as on this planet, but when scientist got involved in their search to understanding things, they*

*started clean, as in not having any pre-conceptions, of how things should be, but rather how things do exist, and the other good thing about a scientist is that they came in at different levels as scientist, some went into biology.*

*Biology: living being and life processes; and if you are wondering why I am using this scientific field is because of this we as our human body, is where our mind exist as our brain, and the brain, is made of matter, but more important is that our body, like our brain, like the whole universe, is made from this nothingness that this pure energy also exist as, and it is this nothingness that exist as pure energy that permeates everything, and it is the part of God that is all knowing (A\*). And some scientist went into mathematics, and the list goes on, but they all in some way contribute to understanding this universe we all live in, which in turn, helps us in understanding god, as this pure energy that exist inside this universe as omnipresent.*

*Like I have mentioned before in my 2 volumes, that I have to be grateful to what these scientists have found, because this has helped me in putting together a better picture for myself as to how things exist, which as it turned out, I too learned a lot from them, because as you will read in my writings, that I never started out to be a street level writer, I was just writing about what you can read about as my free sample, which is mostly on Trivia's. And it was these trivia that I wrote about that took me in the direction of understanding this universe, and it was when I focused on the word omnipresent, that I became aware that there wasn't much information on this word, and as I fallowed what this word meant, was when I became aware that as omnipresent that time is not universal, but turned out to be a human invention that existed as a human convenience.*

*But, let me continue telling you about what science found, and the reason is this, that when we refer to, is everything that exist, exist as life, or even does everything have life in it, we will understand the above better as science, for one very good reason, which is that to science, it either exist, or does not exist, and if something does exist then how does it exist, and (I/we) on the streets do know that we exist as life, then this in which is called life does also have to exist, and as I have explained it does, but in the a strange way that how science found it. (A\*) But for this short article, in order to understand better how God exist as life, we have to use science, and when I write about how God exist as science, I did so as simple as possible, and in no way as a scientific journal.*

*So, returning to the understanding of God, as life as science, we have to see what science found that does exist as what they refer to as pure energy.*

*Now, I will try and stay as simple as possible for does people that have not read what I wrote more about in my 2 volumes, in a more detail way.*

*So, as science, they have found that there is this place that was given the name universe, and in this universe there existed things, like celestial bodies, and as scientist took these celestial bodies apart to see what they exist as, they found that everything inside this place named the*

*universe, when taken apart, down to its lowest components, Exist as being made of atoms. So, to bring this back into perspective, our planet and everything else on this planet exist as the atoms that everything exist as, and this is where we too also exist in, as life. But let me stay with what we know, as existing, or not existing, so that since we as life are made of matter, and all matter is made of atoms, so that whatever we are looking for that exist as life, does exist inside this universe, and I will explain later why I will have to bring you back to this, but for now, if life does exist as being made, or existing inside of what science found as atoms, we will have to take the atom apart, and I will explain why. Remembering we need to know what science has found what does, and what does not exist, because if we are going to take this statement, we will have to ask our self does everything has this stuff called life? We will have to see who and what this stuff is made from, and as where life exist in or as, as science, for we should not be afraid of science, for science does have its good qualities.*

*Now, why is it necessary that we understand this huge place called the universe? Is it because of this, for one we exist inside this place, and so does everything else, including life, and the only thing that I found that existed in all places at the same moment was this clear transparent nothingness that exist as one of the ways that this pure energy exist as, and it is in this nothingness that exist as this pure energy that is housing this heated weight that is everything exist as, in which also exist inside atoms, now when science saw what existed inside this universe, as matter, they started by taking apart this matter, and what they found was that matter is made up of different types of atoms, and what made these atoms different was the heated weight that existed inside of them, so this is why these different atoms, that have different heated weight, and they labeled these different atoms because of the heated weight they had inside of them as the periodic table, and it is these different atoms that exist as heated weight, that are used by us as humans in making things, in the field of chemistry.*

*After scientist finally understood that matter was made from atoms, another group of scientist came into existence, known as Quantum physics, because as they looked inside the atom, they found that inside the smallest atom, there existed many other smaller things as sub atomic particles, and there were so many of them, that it was like a zoo, as there were so many other smaller things that existed inside an atom, they had to label them by giving them names like protons, neutrons, and peons, muons, hadrons, quarks, gluons, baryons, just to mention a few, and please remember that all the names I mention above, are referring to ITS heated weight, and all the above as heated weight exist in what science found to exist as an empty nothingness, and that the heated weight inside the atom, and the empty nothingness, is what pure energy exist as, and they both also exist as*

### ***God, as omnipresent***

*And as I tried understanding what exist inside the atom, I realized that here is a place that is so small that one can get lost in there, but for me, what is important is, just how small ITS heated weight can exist as, but for now, I prefer to stay in contact with how ITS heated weight exist out here, where I exist in, and especially if it is a friendly female.*

*Now, why it is important to understand the things that exist inside the atom? Is because whatever life is, it has to be there, also if life is present in everything.*

*Now, we need to remember that science was not looking for God, or life, they were just looking for a way to understand what does, or does not exist, and by now, you will noticed that I keep saying what does and does not exist, because if we are going to understand life better, this stuff that does not exist as matter, but does exist(dark matter), needs more explaining, but slowly, because if you have not read my previous volumes, you may not be able to understand what I am now writing, also will not be able to understand that there does exist, something as pure energy, that exist as a cold clear transparent nothingness(dark matter), but for now lets return to how life does exist, as science, because science in taking apart this universe, and finding that everything that does exist as matter was made of atoms, and all atoms exist as a heated weight, and you will see that till this moment science is seeing everything that exist basically this way, for science focused on what does exist, and what does exist is basically the way this pure energies heated weight exist as, which I found it to be only less than 1% to how this pure energy exist as a whole, which is good because science will tell you what exist, and how this something does exist, so as they explored what exist inside this universe, by labeling these entities, by starting by placing names to what they found does exist, and they gave it the name pure energy. And one reason why they used this name, was because everything that exist does have energy but it was as ITS heated weight only, and till this moment of their findings, they know that this pure energy as they call it, has no beginning or ending as that part which is made of a nothingness (dark matter), and that both these energies cannot be created or destroyed.*

*When science tried to find ways to see if this energy could be destroyed, they found that this energy just kept transforming into something else, which they labeled as transmutation, now knowing this, we should remember that what we are looking for as life has to be here as pure energy also, and it is, so let's continue.*

*So, as science we can know better what does exist as how it exist, for science can take this pure energy apart and study it, for they have tons of information on how this pure energy exist as, but basically as the heated weight, and how it behaves.*

*Now let me start here, in making things that science found a little clearer, I need to start with what they have found, which is this, they found all matter exist as atoms, and when they looked inside the atom they found something that exist as having heat and weight, and this heat and weight does have the energy to make things happen, so they labeled it the positive energy, of what exist as pure energy, and when they went to try and understand how this other part of this pure energy exist as, they ran into a problem, which is this, that our human mind is made to understand what exist as something, and when science got closer in to trying to understand how this other way that this pure energy exist as, they found it very hard, naturally, because our minds are not made to understand something that does exist, but it exist as a nothingness, and in my two books, I suggested that one way for science to try and be able to understand this other way that this pure energy exist as a nothingness, was for them to take what they have on*

*ITS heated weight, and look for the reverse qualities, because two things that this nothingness that exist as pure energy does have, is temperature, and the other is distance. Now science does accept, that there exist something, which is not made of something, as what they found as this empty universe, they know that this nothingness that this universe exist as is there, they called it Dark matter, as a way to confirm that yes something is there, but not as matter, so they have had to continue understanding this pure energy as how this pure energy exist mostly as a heated weight, which they label as a positive energy, and as I followed this heated weight and mentioned the many ways that this energy exist as this positive energy, and science will tell us what they already have that exist as tons of information on how this heated weight exist inside this other way this pure energy also exist as.*

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**\*\*\* Life is where IT exists with mobility as ITS heated weight \*\*\***  
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*So, if we are to understand why life could exist in everything, then let me first give you some of the things that have been used to explain why this could be so;*

*By giving you some of the things in my previous volumes that can help us to understand it better, why yes light has to exist in everything?*

*The first way to understand this is that since life does exist, as what God gave, then this quality that God exist as belongs to IT, and it only, and anything that belongs to God, cannot be created or destroyed.*

*I wrote more about this subject, that the reason why, we are aware of what we call life, is because we are here on this planet, but in removing our existence as life on this planet, and what ever this life that exist as pure energy, has to be there all the time, and if we now go to science and use their information, that will reflect on the subject of life, started out something like this, that there was a moment when all the heated weight that now exist in our existing universe as matter, existed as just one singular heated weight, which science referred to as existing as tons per square inch, and I found to exist more like less then six pounds per square inch that exist as pure energy, and then this pure energy as heated weight fragmented this singular heated weight, so that we, could exist as one moment of this pure energies existence as ITS life, but not as our life, but as the way IT exist as life be it as God or as pure energy.*

*Now here is the way I can best express myself, if everything has life or not, it has to for this reason, that as the pure energy that we and everything exist as, cannot be created or destroyed, for what we are seeing in general is an illusion.*

*And as God, then life as God, cannot be created or destroyed, and you can understand this better, when we take the meaning of this word omnipresent, which means that God is in all places at the same moment inside this universe that science detailed in this way.*

*If we want to understand who we are, and why we are here, we need to see God as just being one, and everything that God is doing, God is doing it inside of ITSELF, as one, which you can read more about on this web page as the section called IT is entertaining ITSELF.*

*So, even if we look at God as what science found, it will still be the same energy that God exist as, for when we look closely we will see that there are not billions or trillions of life forms, there is just one form of life, and this one form of life belongs to IT only. And it has been there from the beginning, for this life force cannot be created or destroyed.*

*When we refer to if things that exist have life in them, the answer is yes, because everything that does exist is really this pure energy that exists as being just one.*

*Here is an interesting thing to ask a scientist, why this pure energy does not have a beginning or an end? They will tell you that since this energy is transmuting, which really means that ITS heated weight is changing as what exist as matter, atoms, we will see an object, and then destroyed, transmuted, as heated weight, as the object, for all objects do have a beginning, and an end, so what is it that does not have a beginning or and end? To which I detailed in my two volumes*

*Now, let me keep repeating that anything that exists now, as pure energy cannot be created or destroyed, for that is what science has found, and they explain this very well, and it can be understood as transmutation. Scientists have even established this as a law, which they refer to as the law of the conservation of pure energy, and when we think about laws, we will also have to accept that all laws made by us as humans on this planet will pass away when our planet or galaxy is consumed by a black hole.*

*Now, since IT exists as a constant as ITS nothingness, that means that everything, as this life force, exists because of this and if we look at IT as just being one, then you will see something else. Remembering that spirit and life are not things that have a tangible, material body. Since this spirit is made of a nothingness and everything that exists is contained inside of this nothingness, and since everything that exists is made up of matter and all matter, is made of atoms, and all atoms, exist as having as their existence a nothingness inside.*

*Example: Buddhism teaches about the spirit only. The goal is nirvana: meaning to extinguish or to blow out of existence, like a candle in the wind. But this nothingness today is known not as annihilation, but means a release from suffering, desire, and the finite state of self. It explains that all life is connected to each other. Everything is equal to everything else to all life, and yes this is true when we remember that IT is everything that exist and everything that exist is IT, (God-pure energy) then as I explained before, since life does exist, it is because IT, as God and as pure energy has this unique quality. Let us continue on...*

*Life and consciousness have been there from the beginning of the formation of the Universe and I would like you to understand that the consciousness that we have is something unique.*

*imagine that there exist something (pure energy, God), and this something is huge, as huge, as how big this universe exist as something which is made of a clear freezing transparent nothingness, and this something (pure energy, God), has a heated weight inside ITSELF, as just one singular unit, and that this something (pure energy, God), that when it had all its heated weight as one, and in one place, could not see visually, the way we see things visually before we do something, but whatever this something (pure energy, God), that just exist as having a huge freezing cold clear transparent body, in which (I/we) can understand by just trying to see how huge this is. Now, this freezing cold transparent universe exist as, because what we are now seeing, as this huge freezing cold clear transparent universe, is the same huge freezing cold clear transparent that existed then because this is the way this (pure energy, God), is something that is a constant, and that as pure energy, cannot be created or destroyed.*

*So going back to imagining that this something, which exist as a huge freezing cold clear transparent body?*

*And this something could use its heated weight only, and chap (break into smaller pieces, as quantifiable fragments) this heated weight in to what now exist as matter, that we now have tons of information on as what happened at the moment of the big bang, so as to become the matter that now presently exist, so that you and I, could understand just a tiny bit more of who IT is as this pure energy, in which we are still understanding more about, that exist as God as omnipresent.*

*Now, as we keep focusing more on IT, we will find more information, on this pure energy that will let us understand this something that does exist, as having a huge freezing cold clear transparent body, and it is in this area that exist as a nothingness (huge freezing cold clear transparent body) that IT exist as being alive and conscious, and I know that this may seem strange to you, but you will see this better this way , we exist as one, the same way IT exist as one, and we are alive, the same way IT is alive, and we are conscious the same way IT is conscious, and that we too as our human body, exist scientifically as being made of more than 95% of this nothingness, that IT also exist as, as ITS huge transparent body, for we too exist in ITS own image.*

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 \*\*\*\* **Nirvana is the ultimate state = nothingness** \*\*\*\*  
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## **Spirit**

*Through nothingness, god (pure energy) can be present in all places at the same time and this does not have an end or a beginning. Think about this, only the ‘spirit’ of god exists as omnipresent nothingness through the empty space inside every atom.*

*When speaking of spirit we use human language to refer to something that is not made of matter or atoms, but which supports the existence of atoms and matter. The spirit is that part of*

*god that exist as a constant, opposite to god's matter that is always changing the way our exterior body changes. When something dies, the material part of that body will change, but not the spiritual part of the body.*

*When we say we die is because our body's heated weight transmutes. When we came into existence, we became something. When we die, we continue to be the nothingness we've always been. When we die the heated weight (matter) that constitutes our physical body changes, but not the nothingness inside our atoms, which is a constant. When we die we stop existing as we individually exist to become one with IT again.*

*You are a miracle of god's existence. God has allowed you to exist as one moment within ITS existence as an independent thinker and if you are not too happy with what you are doing then turn to IT and ask IT if IT could focus more on you and help you. There is one condition though, you must surrender your wants and desires to IT so IT can give you what IT knows you should have.*

*Remember that pure energy cannot be created or destroyed. We could say that god's "body" is cold, clear and constant nothingness. It cannot be destroyed because it doesn't exist as matter exists. This is why nothing is really ever being created or destroyed in the absolute sense of the word. What we are seeing day to day is a magnificent illusion, which is explained elsewhere in more detail.*

*We all have to be grateful for the illusion of material existence, otherwise*

*we would not be here inside ITS nothingness as one dual moment of ITS existence. So, again I give thanks to IT for allowing me to exist in the illusion of matter and its forms in which I can see a portion of IT reshaping here and now.*

## Section # 3

### *Living in a Healthier Way*

#### *The Five Ways That We Can Die*

##### *#1 The first way we can die from is from our Head*

*So we'll begin from the head down. Most of us know that this way of dying comes from getting a head stroke which means that oxygen going to your brain has been cut off, forcing the brain to close down. It is known that when the brain stops for a long period of time, it's hard for the brain to restart again. The moment we're given the slap on the ass at birth, it starts up the engine that will keep the brain functioning for as long as it can.*

*But returning to the main point which is that if your brain should close down during sleep, this happens because the brain has been denied oxygen and shuts down forever. We can all agree that dying peacefully in your sleep is a good way of leaving our existence.*

*Here is a possibility of why this happens. It all starts with what we have been eating, our diet. The body that we have been allowed to exist in is basically as what is known as chemistry. I say this because when you take the human body apart, what you will find is a whole lot of different chemicals and in the world of chemistry something is either alkaline or acidic.*

*When we are born we are given a body that is basically alkaline. Since we are mostly  $\frac{3}{4}$  parts water, this water we exist in is alkaline based. It is important to remember that whoever made us, made us as this chemical balance.*

*And if you are wondering why I say, "Made" instead of, "created" it's because everything that exists including you and I, is made from matter. All matter is made from atoms and all atoms come from something called Pure Energy. The scientific community has confirmed that Pure Energy cannot be created or destroyed.*

*Here is another way of understanding what I am saying. I, like you, thought that we came into existence because our mother and father made us. You can read more about this subject at the end where I write about, WHO MADE US? At the moment of seeing their newborn baby, parents say, "look at what we have made, or created". And as I said before, I too, use to think the same way. However, now that I understand who I am and who really makes my existence possible, I see things differently.*

*I am aware that my parents did not have the means or intelligence to make me the way I came into existence. The way that I exist as my human body that has everything in the right place, such as: my brain, heart, liver, stomach, hands, legs, etc. I am glad that whoever IT is did not leave it up to my parents to put me together, otherwise I would have been born most likely*

worse than what Frankenstein was put together, who had more intelligence when he tried putting together his master piece.

*Let's go back to the discussion of the head, because the danger here is mostly when the carotid arteries are clogged preventing the blood vessels from carrying oxygen-rich blood to the head, brain and face. These arteries are located on each side of the neck and you can easily feel them by placing your fingers gently on either side. If you are interested in finding out what percentage of your carotid arteries may be clogged, you can have a test called an MRI. If that test indicates that the carotid artery is clogged over 70%, then that is what I call the red zone. As the arteries continue clogging, there will come a moment when the blood that is going to the brain will not be enough and your brain will shut down, and you are gone forever.*

## *#2 The second way we can die is from our Heart*

*The second way we can die is from our heart. The first alert sign letting you know that you are now on a dangerous path that will cause you many problems as you continue to age, is heartburn. Here is when you have eaten too much, especially red meats and the stomach has to produce extra hydrochloric acid in order to process the food. The continuous extra production of hydrochloric acid damages the opening of the stomach which is just a muscle. When the muscle loses its ability to contract, you will develop what is called GERD (Gastro esophageal Reflux Disease). GERD is when the hydrochloric acid travels up doing damage to the esophagus, developing ulcers which can eventually become cancerous. Meaning that your body that is alkaline cannot correct or repair the damage that the hydrochloric acid is doing and your body is becoming more acidic. If this extra hydrochloric acid does not go up to the esophagus, it can continue downward where it will wreak havoc if it gets into the urine and can eventually become cancer. If it goes into the colon, it can also do damage there.*

*I have found that if a person is not interested in a particular subject, he or she may not learn as much as the person that is interested. Therefore, if you are interested, Google information on how things like coffee and soda become acidic in the arteries and how coffee can change your PH levels. Information like this is so important when it relates to cancer. I have included information found on the internet and placed it at the end with other interesting findings. Something to remember that has been confirmed by the medical society is that cancer can only exist in an acidic environment; so the more foods consumed that change our PH from alkaline to acidic, the more it opens the door for cancer to exist.*

*Another reason why you can die from your heart is when you have been eating foods that bring up your acid levels due to animal fat consumption. The acid that is moving through your arteries to reach your heart will burn some parts of your arteries to where your body, to protect itself from this acid, will use some of the calcium from your body, to as I say, "plaster these arteries" so that the acid does not make a hole in the artery. However, in doing this plastering it also closes the arteries diameter and the first sign is when you're told that you have high*

blood pressure. Then here comes Dr. Bend-over and prescribes medication and tells you that you have to change your diet by eating more fruits, vegetables and eliminating red meats. I, too, went through this and found that there are foods that exist that will clean your arteries (as in opening the arteries) which are: garlic, peppers, onions and if you find it hard to eat these foods, you can do what I do which is to take garlic oil concentrate at 1,500 mg daily with your food. Garlic gel capsules can be purchased online for pennies when you buy them in bottles of 500 capsules. Remember that when you are told that you have high blood pressure, you are on the road to the possibility of dying and it is up to you, the reader, to make the necessary changes if you are to continue existing as painless as possible. And if you find this difficult to do, then ask that superior power if IT can help you because as I have found that when you take one step toward IT, IT will take a thousand steps toward you.

### *#3 The third way we can die from is Cancer*

When it relates to cancer, I can only share from my own personal experience. When I was told that I had Stage 4 cancer of the esophagus, I started to do research and wanted to find out how this happened. The first thing I noticed was that the doctors who were treating me took a very long time and tried many different ways to cure me. I realized that they really wanted me to stay under their care as long as possible because I was their "bread and butter." When they realized that everything that they tried was not working, they then turned me over to whoever was doing chemotherapy, which lasted one year. It was at that moment that I decided that I needed to understand how I got cancer in the first place and more importantly what was I going to do to prevent it from coming back.

As I began my research, I discovered that I, like 85% of the population, was born with what is known as cancer mother cells. This means that since my parents did not eat well either they may have had cancer developing in their own bodies and didn't even know it. To find out if you have cancer, there is a test called a PET SCAN that can detect where the cancer is located and the stage that it's in. This test is not readily available by medical insurance plans and doctors prefer to treat you with what they know first which will give them as many return visits to their office as possible, because return visits mean money in their pockets.

When I was sent to the hospital for chemotherapy, I was given the Pet Scan to see where and at what stage my cancer was in. I was lucky that I had cancer of the esophagus only and that it was at Stage 4.

Let's go back to how I believe this cancer got started as objectively as possible. The first thing I began to understand is that since 85% of the population already has these cancer mother cells, it's just a matter of time before the cancer cells can easily be activated. One of the things that I found worth remembering is that cancer can only exist in an acidic environment. So I asked myself what does this mean? And the best way to explain this is that whoever made us, made us as 75% water and as water we are 75% alkaline. The reason this is so important is

*that cancer can only exist in an acidic environment. Therefore, knowing this I asked myself what was it that changed my alkaline body to a more acidic body.*

*I began by examining my diet. The first thing I noticed was that I did not have too much to choose from. I was ignorant about food and its nutritional content. Mainly because, as a child I depended on what my mother could feed us. I remember one of the things I was fed was pork chops, fried in Crisco which is lard from pork. We often ate ham, eggs and cheese for breakfast and topped it off with a cup of coffee and a piece of cake. All of this will bring up the acidic level in the body and most people when eating breakfast are eating some or all of the foods mentioned above.*

*As I look back at my diet, it's easier to understand how I got cancer of the esophagus. I should have noticed it earlier in life, but I was still ignorant. When I got heartburn, I should have realized that it was a red flag and that it was going to cause major health problems. I also understand now that when I ate too much meat, I was forcing my stomach to produce more hydrochloric acid, in order to make my digestion possible. Since I kept eating too much meat and foods that were high in fat, the problem just continued to the point where my body was producing so much hydrochloric acid that it started to burn the opening to my esophagus.*

*Another way of explaining this is when we eat too much food at one time, we fill up our stomach so much that the food stays closer to the mouth of the esophagus, and when those foods are high in meat protein, they force the stomach to produce extra hydrochloric acid. Hydrochloric acid is one of the strongest acids and can burn even metal. Eating too much food at one time such as hamburgers, ribs or chicken will make your stomach produce extra hydrochloric acid. This acid can exist in our stomach because our stomach lining is made to hold the hydrochloric acid, but when this acid touches the end of our esophagus, this area is not made to resist the hydrochloric acid. The more this hydrochloric acid comes in contact with the end of the esophagus the more it burns the mouth of the stomach, which is really just a muscle that opens to let the food into the stomach, and then closes so that the food in the stomach cannot go up into the esophagus.*

*When the hydrochloric acid works its way up the esophagus, you get heartburn and the acid begins to burn the walls of the esophagus. Often, the walls to the esophagus cannot repair themselves and ulcers begin to form. This happens because the ulcer is trying to protect the walls of the esophagus, but since it is happening too often they become cancerous and now this area is too acidic, making the cancer easier to develop. By this time the whole body is also becoming more acidic, so it's harder for your body to fight this cancer that now needs urgent attention. And once this acid works its way down into your body, it will do damage elsewhere.*

*The way I see it, the high level of acid in the body is what's causing most of our health problems. We should be eating more fruits and vegetables and, foods that come from plants. The best diet is not necessarily a vegetarian diet, it is the vegan diet which does not include anything that is derived from animal products which brings down the acid levels and raises our*

*alkaline levels. As an example, we should remember that cheese contains lots of fat and so does the delicious ice cream, the best tasting ice cream is 67% fat. The best thing we can do for ourselves is to eat more plant food for a healthier body. I realize that the vast majority of us are born into a setting that will eventually open the door to at least one of the four ways that I mentioned as the way we will die. Knowing this before getting into the danger zone can help us begin to correct our eating habits so that we can at least prolong our stay on earth and live a healthier life without as much pain as possible, before we have to leave.*

#### *#4 -The forth way we can die from is Diabetes*

*I am sad to say that Diabetes is the disease that this generation will get much faster than previous generations. The reason is that it all starts with our parents by the foods we are fed. They, not knowingly have done more harm than good. I have already written about this in a more detailed way, so if you're interested, please read what is written at the end in the section called "Our First Encounter With Bad Food," and remember that consuming too much sugar will get you to visit a doctor or a hospital and can be one of the 4 ways that will kill you.*

*#5 The fifth way we can die from is an Accident , So that if any of the 4 above-mentioned doesn't kill you, one other way may be by just getting into an accident that can occur because of someone else.*

*The first four will kill us because of the things we begin consuming that can start as early as 6 months old. As I said before, you can read more about this in my section called, "Our First Encounter With Bad Food."*

*I write about this because I, too went down this road, and woke up when I came in contact with near death and realized that death is only a moment away. The best way for you to put this in perspective is to put yourself in a position where you are being told that you only have a few more earth rotations to go before you have to leave, or as it is said, to put your house in order.*

*Here is something to think about, if you are like the many people that have really few possessions as properties, then it will be easier for you to leave when you die. You won't have to worry about who you'll leave the properties to. But the more properties you have, the more you will have to take from your existing moment to figure out who you are going to leave them to.*

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**\*\*\* The more possessions you have as properties, the more you will be possessed \*\*\***

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*I realize that the information I have written about recently, could not have been written a few decades ago, because of the lack of availability on these subjects. There is a warehouse of information available to us now on the internet and we should all use it. My hope is that with*

*all this available knowledge, we can begin to take care of ourselves and the people we love, so that we can begin to have a better, healthier life.*

*If you have a little extra time before leaving this earth and if you have available resources and energy left, you should at least try to enjoy yourself and do all the things you should have done before. Also remember that as you travel through life, do as many good things for others because you never know if one of them will leave you something that they could not take with them and had no one else to pass it on to.*

*It is better to give than to receive and the more you give, the more you will receive. Don't expect it from the ones you gave to because most likely it will come from someone else, because they were giving from themselves without asking in return from the ones they gave to. Remember that what you are giving really does not belong to you and everything that exists comes from the heated weight that exists as Pure Energy or that which is called GOD.*

*And if you need help, always ask IT (GOD) first because IT is everything that exists as the pure energy that everything exists as. You are scientifically 99% IT, and everything you have is also 100% IT. One thing that I learned late in life is that I always thought that my mother and father made me, but as I kept trying to learn more about who IT is, and how IT exists, I found this which I did not know before. Now I look at things as if everything that exists is just one, which will always be clear if you look at everything that exists as coming from someone or something called Pure Energy.*

*I end these 5 sections with these thoughts: Don't wait until, what I call Dr. Bend-over, to tell you that you now have a limited time to put your things in order. There is no money or medication that can help you out of this situation called death when you realize that you have come to the end of the line. Therefore, whenever you can, take a moment to sit down and think about who is allowing you to exist and that this gift called life is limited. That moment will come when you are told that you have to leave but for now, while you are alive and conscious, say thank you to that which is called GOD for allowing you to exist as one moment within ITS existence. Let me let you in on a little secret which is that when you talk to IT as in talking to IT verbally, you are, 1. Making that connection that exists just between you and GOD, or Pure Energy, and 2. You and GOD or Pure Energy does exist and there is no greater gift than being alive.*

### ***Our first encounter with bad food***

*Our health starts with our parents. If they ate excess sugars, salts, and fats, they will later pass on their bad health to us in our genes. When we are born, most of us are fed the healthiest food possible directly from our mother's breast; however, after a few months of life, we are fed*

*cooked foods, which may or may not be healthy. Then, upon reaching our first year on earth, most of us have our first birthday celebration, and this is also the day that we are first introduced to the mechanical time system, and unhealthy things to eat in the name of feasting or celebrating, to which we also give the name “partying.”*

*Many of us will remember our first birth day party, where our parents presented us with a cake, soda, ice-cream, and candy, all foods high in sugar and other unwanted enemies such as salts and fats. Sadly it is hard to take these food enemies away without our children seeing their parents negatively. Halloween arrives, and in the name of “feasting,” kids are put on the road to becoming diabetics because of the high concentration of sugar, and the fat that clogs up your arteries and raises your blood pressure just a little more. I know some parents will say, “what else could we have given them as kids!”*

*Fortunately, there are many things we can still do to keep our children healthily such as by feeding them homemade banana popsicles, which are easy to make: take very ripe bananas, add a little honey, mix it together and pour the mixture into plastic cups and freeze them. It is a very easy and healthy way to start feeding your young, loved ones. In addition to mixing bananas with honey, you can also add wheat germ, granola, and chopped nuts to create a healthy candy bar that is good for them, and for us. For more on recipes visit my section on health in *Omnipresent I*.*

*As adults, we also need to change our minds about “partying,” feasting, or celebrating, and I say “our minds,” because at a certain age we are conscious of what we are doing. Before we are one year old, the fault is with our parents, but when we grow up, parties or feasts, or what we call celebrations, in most cases include soda or alcohol. Alcohol is bad for the liver, and it contains sugar, so when mixed with a sugary soda too, it will also put you on the road to becoming a diabetic, and if you smoke, no matter what kind of smoke you inhale, it will affect your lungs.*

*Additionally, many people eat on the road, because their lifestyle, and most fast food places serve burgers or ribs, and these foods unfortunately open the door to high blood pressure, and eventually a stroke, and furthermore, cancer. You can read more about this subject at my [web page](#), but you should remember that heartburn, which is due to a high intake of proteins from fatty foods, will open the door to an ulcer that can become cancerous.*

*Nowadays the pharmaceutical companies will tell you to take Tums or Prevacid, so they can make money from your bad eating habits, if you stay on this road of deadly eating. The health systems that now exist will cost you an additional “arm and a leg” making a guaranteed income for doctors and hospitals that benefit from your bad eating habits.*

*Therefore, keep an eye open. I went through this, and like many others I had to pay the price for the damage done by eating unhealthy foods, I asked myself how and when I began to get high blood pressure, and cancer, and when I nearly became a diabetic, I saw that WE ARE WHAT*

*WE EAT! I am so lucky to have been able to redirect my life, to continue existing in this existing moment called the omnipresent moment in a healthier way.*

*Our life depends on our health long before we are born, for it starts with the bad eating habits of our farther and mother when they were unaware of the time we now know as the year 2013, which is understandable. However, we are born with all the salt that our body needs via vegetables and the sugar that we need was also given to us in fruits. Of great importance is that the amount of food that our body needs for survival is in proportion with what is found in fruits. This is that the amount of sugar that our kids need in that ratio of sweetness. In the agrarian stage, it was natural to store leftover foods like fruits by boiling and canning them in glass jars for future use or used in making pies. But when we consume more than that natural quota of sugar and salt and when we see the world of fast food as the way to exist, we get into trouble and start on the road to diabetes. So I hope that what I am sharing can help you find a better way of eating.*

## ***PH FOODS***

***Below is information from the internet that relates to your PH***

A list of Acid / Alkaline Forming Foods

Your body pH affects everything...

Balancing the pH is a major step toward well-being and greater health.

The pH scale is from 0 - 14

0 1 2 3 4 5 6 7 healthy 8 9 10 11 12 13 14

Human blood pH should be slightly alkaline ( 7.35 - 7.45 ). Below or above this range means symptoms and disease. A pH of 7.0 is neutral. A pH below 7.0 is acidic. A pH above 7.0 is alkaline.

An acidic pH can occur from, an acid forming diet, emotional stress, toxic overload, and/or immune reactions or any process that deprives the cells of oxygen and other nutrients. The body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a buildup of acids in the cells will occur.

An acidic balance will: decrease the body's ability to absorb minerals and other nutrients, decrease the energy production in the cells, decrease it's ability to repair damaged cells, decrease it's ability to detoxify heavy metals, make tumor cells thrive, and make it more susceptible to fatigue and illness. A blood pH of 6.9, which is only slightly acidic, can induce coma and death.

The reason acidosis is more common in our society is mostly due to the typical American diet, which is far too high in acid producing animal products like meat, eggs and dairy, and far too low in alkaline producing foods like fresh vegetables. Additionally, we eat acid producing processed foods like white flour and sugar and drink acid producing beverages like coffee and soft drinks.

We use too many drugs, which are acid forming; and we use artificial chemical sweeteners like NutraSweet, Spoonful, Sweet 'N Low, Equal, or Aspartame, which are poison and extremely acid forming. One of the best things we can do to correct an overly acid body is to clean up the diet and lifestyle.

To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods.

Generally, alkaline forming foods include: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.

Generally, acid forming foods include: meat, fish, poultry, eggs, grains, and legumes.

Shifting Your pH Toward Alkaline...

This chart is for those trying to "adjust" their body pH. The pH scale is from 0 to 14, with numbers below 7 acidic ( low on oxygen ) and numbers above 7 alkaline. An acidic body is a sickness magnet. What you eat and drink will impact where your body's pH level falls. Balance is Key !!!

This chart is intended only as a general guide to alkalizing and acidifying foods.

...ALKALINE FOODS... ...ACIDIC FOODS...

### ***ALKALIZING VEGETABLES***

Alfalfa

Barley Grass  
Beet Greens  
Beets  
Broccoli  
Cabbage  
Carrot  
Cauliflower  
Celery  
Chard Greens  
Chlorella  
Collard Greens  
Cucumber  
Dandelions  
Dulce  
Edible Flowers  
Eggplant  
Fermented Veggies  
Garlic  
Green Beans  
Green Peas  
Kale  
Kohlrabi  
Lettuce  
Mushrooms  
Mustard Greens  
Nightshade Veggies  
Onions  
Parsnips (high glycemic)  
Peas  
Peppers  
Pumpkin  
Radishes

**ACIDIFYING VEGETABLES**

Corn  
Lentils  
Olives  
Winter Squash

**ACIDIFYING FRUITS**

Blueberries  
Canned or Glazed Fruits  
Cranberries  
Currants  
Plums\*\*

Prunes\*\*

## ACIDIFYING GRAINS, GRAIN PRODUCTS

Amaranth

Barley

Bran, oat

Bran, wheat

Bread

Corn

Cornstarch

Crackers, soda

Flour, wheat

Flour, white

Hemp Seed Flour

Kamut

Macaroni

Noodles

Oatmeal

Oats (rolled)

Quinoa

Rice (all)

Rice Cakes

Rutabaga

Sea Veggies

Spinach, green

Spirulina

Sprouts

Sweet Potatoes

Tomatoes

Watercress

Wheat Grass

Wild Greens

## ALKALIZING ORIENTAL VEGETABLES

Daikon

Dandelion Root

Kombu

Maitake

Nori

Reishi

Shitake

Umeboshi

Wakame

## ALKALIZING FRUITS

Apple

Apricot  
Avocado  
Banana (high glycemic)  
Berries  
Blackberries  
Cantaloupe  
Cherries, sour  
Coconut, fresh  
Currants  
Dates, dried  
Figs, dried  
Grapes  
Grapefruit  
Honeydew Melon  
Lemon  
Lime  
Muskmelons  
Nectarine  
Orange  
Peach  
Pear  
Rye  
Spaghetti  
Spelt  
Wheat Germ  
Wheat

#### ACIDIFYING BEANS & LEGUMES

Almond Milk  
Black Beans  
Chick Peas  
Green Peas  
Kidney Beans  
Lentils  
Pinto Beans  
Red Beans  
Rice Milk  
Soy Beans  
Soy Milk  
White Beans

#### ACIDIFYING DAIRY

Butter  
Cheese  
Cheese, Processed

Ice Cream

Ice Milk

#### ACIDIFYING NUTS & BUTTERS

Cashews

Legumes

Peanut Butter

Peanuts

Pecans

Tahini

Walnuts

#### ACIDIFYING ANIMAL PROTEIN

Bacon

Beef

Carp

Clams

Cod

Corned Beef

Fish

Haddock

Pineapple

Raisins

Raspberries

Rhubarb

Strawberries

Tangerine

Tomato

Tropical Fruits

Umeboshi Plums

Watermelon

#### ALKALIZING PROTEIN

Almonds

Chestnuts

Millet

Tempeh (fermented)

Tofu (fermented)

Whey Protein Powder

#### ALKALIZING SWEETENERS

Stevia

#### ALKALIZING SPICES & SEASONINGS

Chili Pepper

Cinnamon

Curry

Ginger

Herbs (all)

Miso

Mustard

Sea Salt

Tamari

#### ALKALIZING OTHER

Alkaline Antioxidant Water

Apple Cider Vinegar

Bee Pollen

Fresh Fruit Juice

Green Juices

Lecithin Granules

Mineral Water

Molasses, blackstrap

Probiotic Cultures

Soured Dairy Products

Veggie Juices

Lamb

Lobster

Mussels

Organ Meats

Oyster

Pike

Pork

Rabbit

Salmon

Sardines

Sausage

Scallops

Shellfish

Shrimp

Tuna

Turkey

Veal

Venison

#### ***ACIDIFYING FATS & OILS***

Avacado Oil

Butter

Canola Oil

Corn Oil

Flax Oil

Hemp Seed Oil

Lard

Olive Oil  
 Safflower Oil  
 Sesame Oil  
 Sunflower Oil

### ACIDIFYING SWEETENERS

Carob  
 Corn Syrup  
 Sugar

### ACIDIFYING ALCOHOL

Beer  
 Hard Liquor  
 Spirits  
 Wine

### ACIDIFYING OTHER FOODS

Catsup

### ALKALIZING MINERALS

Calcium: pH 12  
 Cesium: pH 14  
 Magnesium: pH 9  
 Potassium: pH 14  
 Sodium: pH 14

Although it might seem that citrus fruits would have an acidifying effect on the body, the citric acid they contain actually has an alkalizing effect in the system.

Note that a food's acid or alkaline forming tendency in the body has nothing to do with the actual pH of the food itself. For example, lemons are very acidic, however the end products they produce after digestion and assimilation are very alkaline so, lemons are alkaline forming in the body. Likewise, meat will test alkaline before digestion, but it leaves very acidic residue in the body so, like nearly all animal products, meat is very acid forming.

Cocoa  
 Coffee  
 Mustard  
 Pepper  
 Soft Drinks  
 Vinegar

### ACIDIFYING DRUGS & CHEMICALS

Aspirin  
 Chemicals  
 Drugs, Medicinal  
 Drugs, Psychedelic  
 Herbicides  
 Pesticides  
 Tobacco

### ACIDIFYING JUNK FOOD

Beer: pH 2.5

Coca-Cola: pH 2

Coffee: pH 4

\*\* These foods leave an alkaline ash but have an acidifying effect on the body.

UNKNOWN:

There are several versions of the Acidic and Alkaline Food chart to be found in different books and on the Internet. The following foods are sometimes attributed to the Acidic side of the chart and sometimes to the Alkaline side. Remember, you don't need to adhere strictly to the Alkaline side of the chart, just make sure a good percentage of the foods you eat come from that side.

Brazil Nuts

Brussel Sprouts

Buckwheat

Cashews

Chicken

Corn

Cottage Cheese

Eggs

Flax Seeds

Green Tea

Herbal Tea

Honey

Maple Syrup

Milk

Nuts

Organic Milk (unpasteurized)

Potatoes, white

Pumpkin Seeds

Quinoa

Sauerkraut

Soy Products

Sprouted Seeds

Squashes

Sunflower Seeds

Kombucha

Lima Beans

Tomatoes

Yogurt

\* These statements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease; research is ongoing.

Here's a chart that ranks foods from most alkaline to most acidic.

## Ranked Foods: Alkaline to Acidic

### Extremely Alkaline

Lemons, watermelon.

### Alkaline Forming

Cantaloupe, cayenne celery, dates, figs, kelp, limes, mango, melons, papaya, parsley, seaweeds, seedless grapes (sweet), watercress.

Asparagus, fruit juices, grapes (sweet), kiwifruit, passionfruit, pears (sweet), pineapple, raisins, umeboshi plums, and vegetable juices.

### Moderately Alkaline

Apples (sweet), alfalfa sprouts, apricots, avocados, bananas (ripe), currants, dates, figs (fresh), garlic, grapefruit, grapes (less sweet), guavas, herbs (leafy green), lettuce (leafy green), nectarine, peaches (sweet), pears (less sweet), peas (fresh, sweet), pumpkin (sweet), sea salt (vegetable). Apples (sour), beans (fresh, green), beets, bell peppers, broccoli, cabbage, carob, cauliflower, ginger (fresh), grapes (sour), lettuce (pale green), oranges, peaches (less sweet), peas (less sweet), potatoes (with skin), pumpkin (less sweet), raspberries, strawberries, squash, sweet Corn (fresh), turnip, vinegar (apple cider).

### Slightly Alkaline

Almonds, artichokes (jerusalem), brussel sprouts, cherries, coconut (fresh), cucumbers, eggplant, honey (raw), leeks, mushrooms, okra, olives (ripe), onions, pickles (homemade), radishes, sea salt, spices, tomatoes (sweet), vinegar (sweet brown rice).

Chestnuts (dry, roasted), egg yolks (soft cooked), essence bread, goat's milk and whey (raw), mayonnaise (homemade), olive oil, sesame seeds (whole), soy beans (dry), soy cheese, soy milk, sprouted grains, tofu, tomatoes (less sweet), and yeast (nutritional flakes).

### Neutral

Butter (fresh, unsalted), cream (fresh, raw), cow's milk and whey (raw), margarine, oils (except olive), and yogurt (plain).

### Moderately Acidic

Bananas (green), barley (rye), blueberries, bran, butter, cereals (unrefined), cheeses, crackers (unrefined rye, rice and wheat), cranberries, dried beans (mung, adzuki, pinto, kidney, garbanzo), dry coconut, egg whites, eggs whole (cooked hard), fructose, goat's milk (homogenized), honey (pasteurized), ketchup, maple syrup (unprocessed), milk (homogenized). Molasses (unsulfured and organic), most nuts, mustard, oats (rye, organic), olives (pickled), pasta (whole grain), pastry (whole grain and honey), plums, popcorn (with salt and/or butter), potatoes, prunes, rice (basmati and brown), seeds (pumpkin, sunflower), soy sauce, and wheat bread (sprouted organic).

### Extremely Acidic

Artificial sweeteners, beef, beer, breads, brown sugar, carbonated soft drinks, cereals (refined), chocolate, cigarettes and tobacco, coffee, cream of wheat (unrefined), custard (with white sugar), deer, drugs, fish, flour (white, wheat), fruit juices with sugar, jams, jellies, lamb.

Liquor, maple syrup (processed), molasses (sulphured), pasta (white), pastries and cakes from white flour, pickles (commercial), pork, poultry, seafood, sugar (white), table salt (refined and iodized), tea (black), white bread, white vinegar (processed), whole wheat foods, wine, and yogurt (sweetened).

## More Ranked Foods: Alkaline to Acidic

### Highly Alkaline Forming Foods

Baking soda, sea salt, mineral water, pumpkin seed, lentils, seaweed, onion, taro root, sea vegetables, lotus root, sweet potato, lime, lemons, nectarine, persimmon, raspberry, watermelon, tangerine, and pineapple.

Moderately Alkaline Forming Foods Apricots, spices, kombucha, unsulfured molasses, soy sauce, cashews, chestnuts, pepper, kohlrabi, parsnip, garlic, asparagus, kale, parsley, endive, arugula, mustard green, ginger root, broccoli, grapefruit, cantaloupe, honeydew, citrus, olive, dewberry, carrots, loganberry, and mango.

### Low Alkaline Forming Foods

Most herbs, green tea, mu tea, rice syrup, apple cider vinegar, sake, quail eggs, primrose oil, sesame seed, cod liver oil, almonds, sprouts, potato, bell pepper, mushrooms, cauliflower, cabbage, rutabaga, ginseng, eggplant, pumpkin, collard green, pear, avocado, apples (sour), blackberry, cherry, peach, and papaya.

### Very Low Alkaline Forming Foods

Ginger tea, umeboshi vinegar, ghee, duck eggs, oats, grain coffee, quinoa, japonica rice, wild rice, avocado oil, most seeds, coconut oil, olive oil, flax oil, brussel sprout, beet, chive, cilantro, celery, okra, cucumber, turnip greens, squashes, lettuces, orange, banana, blueberry, raisin, currant, grape, and strawberry.

### Very Low Acid Forming Foods

Curry, koma coffee, honey, maple syrup, vinegar, cream, butter, goat/sheep cheese, chicken, gelatin, organs, venison, fish, wild duck, triticale, millet, kasha, amaranth, brown rice, pumpkin seed oil, grape seed oil, sunflower oil, pine nuts, canola oil, spinach, fava beans, black-eyed peas, string beans, wax beans, zucchini, chutney, rhubarb, coconut, guava, dry fruit, figs, and dates.

### Low Acid Forming Foods

Vanilla, alcohol, black tea, balsamic vinegar, cow milk, aged cheese, soy cheese, goat milk, game meat, lamb, mutton, boar, elk, shell fish, mollusks, goose, turkey, buckwheat, wheat, spelt, teff, kamut, farina, semolina, white rice, almond oil, sesame oil, safflower oil, tapioca, seitan, tofu, pinto beans, white beans, navy beans, red beans, aduki beans, lima beans, chard, plum, prune and tomatoes.

### Moderately Acid Forming Foods

Nutmeg, coffee, casein, milk protein, cottage cheese, soy milk, pork, veal, bear, mussels, squid, chicken, maize, barley groats, corn, rye, oat bran, pistachio seeds, chestnut oil, lard, pecans, palm kernel oil, green peas, peanuts, snow peas, other legumes, garbanzo beans, cranberry, and pomegranate.

### Highly Acid Forming Foods

Tabletop sweeteners like (NutraSweet, Spoonful, Sweet 'N Low, Equal or Aspartame), pudding, jam, jelly, table salt (NaCl), beer, yeast, hops, malt, sugar, cocoa, white (acetic acid) vinegar, processed cheese, ice cream, beef, lobster, pheasant, barley, cottonseed oil, hazelnuts, walnuts, brazil nuts, fried foods, soybean, and soft drinks, especially the cola type.

To neutralize a glass of cola with a pH of 2.5, it would take 32 glasses of alkaline water with a

pH of 10.

### A list of Acid / Alkaline Forming Foods

Alkaline Forming Foods

#### VEGETABLES

Garlic

Asparagus

Fermented Veggies

Watercress

Beets

Broccoli

Brussel sprouts

Cabbage

Carrot

Cauliflower

Celery

Chard

Chlorella

Collard Greens

Cucumber

Eggplant

Kale

Kohlrabi

Lettuce

Mushrooms

Mustard Greens

Dulce

Dandelions

Edible Flowers

Onions

Parsnips (high  
glycemic)

Peas

Peppers

Pumpkin

Rutabaga

Sea Veggies

Spirulina

Sprouts

Squashes

Alfalfa

Barley Grass

Wheat Grass

Wild Greens  
Nightshade Veggies  
FRUITS  
Apple  
Apricot  
Avocado  
Banana (high  
glycemic)  
Cantaloupe  
Cherries  
Currants  
Dates/Figs  
Grapes  
Grapefruit  
Lime  
Honeydew Melon  
Nectarine  
Orange  
Lemon  
Peach  
Pear  
Pineapple  
All Berries  
Tangerine  
Tomato  
Tropical Fruits  
Watermelon  
PROTEIN  
Eggs (poached)  
Whey Protein  
Powder  
Cottage Cheese  
Chicken Breast  
Yogurt  
Almonds  
Chestnuts  
Tofu (fermented)  
Flax Seeds  
Pumpkin Seeds  
Tempeh  
(fermented)  
Squash Seeds  
Sunflower Seeds

Millet

Sprouted Seeds

Nuts

OTHER

Apple Cider Vinegar

Bee Pollen

Lecithin Granules

Probiotic Cultures

Green Juices

Veggies Juices

Fresh Fruit Juice

Organic Milk

(unpasteurized)

Mineral Water

Alkaline Antioxidant

Water

Green Tea

Herbal Tea

Dandelion Tea

Ginseng Tea

Banchi Tea

Kombucha

SWEETENERS

Stevia

Ki Sweet

SPICES/SEASONINGS

Cinnamon

Curry

Ginger

Mustard

Chili Pepper

Sea Salt

Miso

Tamari

All Herbs

ORIENTAL VEGETABLES

Maitake

Daikon

Dandelion Root

Shitake

Kombu

Reishi

Nori

Umeboshi  
Wakame  
Sea Veggies  
Acid Forming Foods  
FATS & OILS  
Avocado Oil  
Canola Oil  
Corn Oil  
Hemp Seed Oil  
Flax Oil  
Lard  
Olive Oil  
Safflower Oil  
Sesame Oil  
Sunflower Oil  
FRUITS  
Cranberries  
GRAINS  
Rice Cakes  
Wheat Cakes  
Amaranth  
Barley  
Buckwheat  
Corn  
Oats (rolled)  
Quinoa  
Rice (all)  
Rye  
Spelt  
Kamut  
Wheat  
Hemp Seed  
Flour  
DAIRY  
Cheese, Cow  
Cheese, Goat  
Cheese,  
Processed  
Cheese, Sheep  
Milk  
Butter  
NUTS &  
BUTTERS

Cashews  
Brazil Nuts  
Peanuts  
Peanut Butter  
Pecans  
Tahini  
Walnuts  
ANIMAL PROTEIN  
Beef  
Carp  
Clams  
Fish  
Lamb  
Lobster  
Mussels  
Oyster  
Pork  
Rabbit  
Salmon  
Shrimp  
Scallops  
Tuna  
Turkey  
Venison  
PASTA  
(WHITE)  
Noodles  
Macaroni  
Spaghetti  
OTHER  
Distilled  
Vinegar  
Wheat Germ  
Potatoes  
DRUGS &  
CHEMICALS  
Aspartame  
Chemicals  
Drugs, Medicinal  
Drugs, Psychedelic  
Pesticides  
Herbicides  
ALCOHOL

Beer  
Spirits  
Hard Liquor  
Wine

## BEANS & LEGUMES

Black Beans  
Chick Peas  
Green Peas  
Kidney Beans  
Lentils  
Lima Beans  
Pinto Beans  
Red Beans  
Soy Beans  
Soy Milk  
White Beans  
Rice Milk  
Almond Milk

### More Ranked Foods: Alkaline (pH) to Acidic (pH)

Alkaline: Meditation, Prayer, Peace, Kindness &  
Love Acid: Overwork, Anger, Fear, Jealousy & Stress

Extremely Alkaline Forming Foods - pH 8.5 to 9.0 Extremely Acid Forming Foods - pH 5.0 to 5.5

9.0 Lemons 1, Watermelon 2 8.5 Agar Agar 3, Cantaloupe, Cayenne (Capsicum)  
4, Dried dates & figs, Kelp, Karengo, Kudzu root, Limes, Mango, Melons, Papaya, Parsley 5,  
Seedless Grapes (sweet), Watercress, Seaweeds Asparagus 6, Endive, Kiwifruit, Fruit juices 7,  
Grapes (sweet), Passion fruit, Pears (sweet), Pineapple, Raisins, Umeboshi plum, Vegetable  
juices 8

5.0 Artificial sweeteners

5.5 Beef, Carbonated soft drinks & fizzy drinks 38,  
Cigarettes (tailor made), Drugs, Flour (white, wheat)  
39, Goat, Lamb, Pastries & cakes from white flour,  
Pork, Sugar (white) 40  
Beer 34, Brown sugar 35, Chicken, Deer, Chocolate,  
Coffee 36, Custard with white sugar, Jams, Jellies,  
Liquor 37, Pasta (white), Rabbit, Semolina, Table  
salt refined and iodized, Tea black, Turkey, Wheat  
bread, White rice, White vinegar (processed).

Moderate Alkaline - pH 7.5 to 8.0 Moderate Acid - pH 6.0 to 6.5

8.0 Apples (sweet), Apricots, Alfalfa sprouts 9,  
Arrowroot, Flour 10, Avocados, Bananas (ripe),  
Berries, Carrots, Celery, Currants, Dates & figs

(fresh), Garlic 11, Gooseberry, Grapes (less sweet),  
 Grapefruit, Guavas, Herbs (leafy green), Lettuce (leafy green), Nectarine, Peaches (sweet), Pears (less sweet), Peas (fresh sweet), Persimmon, Pumpkin (sweet), Sea salt (vegetable) 12,  
 Spinach  
 7.5 Apples (sour), Bamboo shoots, Beans (fresh green),  
 Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob  
 13, Daikon, Ginger (fresh), Grapes (sour), Kale, Kohlrabi, Lettuce (pale green), Oranges,  
 Parsnip,  
 Peaches (less sweet), Peas (less sweet),  
 Potatoes  
 & skin, Pumpkin (less sweet), Raspberry,  
 Sapote,  
 Strawberry, Squash 14, Sweet corn (fresh),  
 Tamari  
 15, Turnip, Vinegar (apple cider) 16  
 6.0 Cigarette tobacco (roll your own), Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined) eg weetbix, corn flakes,  
 Shellfish, Wheat germ, Whole Wheat foods 32,  
 Wine 33, Yogurt (sweetened)  
 6.5 Bananas (green), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)  
 Slightly Alkaline to Neutral pH 7.0 Slightly Acid to Neutral pH 7.0  
 7.0 Almonds 17, Artichokes (Jerusalem), BarleyMalt  
  
 (sweetener-Bronner), Brown Rice Syrup, Brussel Sprouts, Cherries, Coconut (fresh), Cucumbers,  
 Egg  
 plant, Honey (raw), Leeks, Miso, Mushrooms,  
 Okra,

Olives ripe 18, Onions, Pickles 19, (home  
7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals  
(unrefined with honey-fruit-maple syrup), Cornmeal,  
Cranberries 30, Fructose, Honey (pasteurized),  
Lentils, Macadamias, Maple syrup (unprocessed),  
Milk (homogenized) and most processed dairy  
products, Molasses (unsulphered organic) 31,  
Nutmeg, Mustard, Pistachios, Popcorn & butter  
(plain), Rice or wheat crackers (unrefined), Rye  
made),  
Radish, Sea salt 20, Spices 21, Taro, Tomatoes  
(sweet), Vinegar (sweet brown rice), Water  
Chestnut

Amaranth, Artichoke (globe), Chestnuts (dry  
roasted), Egg yolks (soft cooked), Essene bread  
22,

Goat's milk and whey (raw) 23, Horseradish,  
Mayonnaise (home made), Millet, Olive oil,  
Quinoa,

Rhubarb, Sesame seeds (whole) 24, Soy beans  
(dry), Soy cheese, Soy milk, Sprouted grains 25,  
Tempeh, Tofu, Tomatoes (less sweet), Yeast  
(nutritional flakes)

(grain), Rye bread (organic sprouted), Seeds  
(pumpkin & sunflower), Walnuts

Blueberries, Brazil nuts, Butter (salted), Cheeses  
(mild & crumbly) 28, Crackers (unrefined rye),  
Dried beans (mung, adzuki, pinto, kidney,  
garbanzo) 29, Dry coconut, Egg whites, Goats  
milk (homogenized), Olives (pickled), Pecans,  
Plums 30, Prunes 30, Spelt

Neutral pH 7.0 Ñ Healthy Body Saliva pH Range is between 6.4 to 6.8 (on your pH test strips)  
Butter (fresh unsalted), Cream (fresh and raw), Margarine 26, Milk (raw cow's) 27, Oils  
(except olive),

Whey (cow's), Yogurt (plain)

NOTE: Match with the numbers above.

1. Excellent for EMERGENCY SUPPORT for colds, coughs, sore throats, heartburn, and gastro upsets.

2. Good for a yearly fast. For several days eat whole melon, chew pips well and eat also. Super alkalizing food.

3. Substitute for gelatin, more nourishing.

4. Stimulating, non-irritating body healer. Good for endocrine system.

5. Purifies kidneys.

6. Powerful acid reducer detoxing to produce acid urine temporarily, causing alkalinity for the long term.
7. Natural sugars give alkalinity. Added sugar causes juice to become acid forming.
8. Depends on vege's content and sweetness.
9. Enzyme rich, superior digestibility.
10. High calcium content. Cornflour substitute.
11. Elevates acid food 5.0 in alkaline direction.
12. Vegetable content raises alkalinity.
13. Substitute for coca; mineral rich.
14. Winter squash rates 7.5. Butternut and sweeter squash rates 8.0.
15. Genuine fermented for 11Ú2 years otherwise 6.0.
16. Raw unpasteurized is a digestive aid to increase HCL in the stomach. 1 tablespoon, + honey & water before meals.
17. Soak 12 hours, peel skin to eat.
18. Sundried, tree ripened, otherwise 6.0.
19. Using sea salt and apple cider vinegar.
20. Contains sea minerals. Dried at low temperatures.
21. Range from 7.0 to 8.0.
22. Sprouted grains are more alkaline. Grains chewed well become more alkaline.
23. High sodium to aid digestion.
24. High levels of utilizable calcium. Grind before eating.
25. Alkalinity and digestibility higher.
26. Heating causes fats to harden and become indigestible.
27. High mucus production.
28. Mucus forming and hard to digest.
29. When sprouted dry beans rate 7.0.
30. Contain acid-forming benzoic and quinic acids.
31. Full of iron.
32. Unrefined wheat is more alkaline.
33. High quality red wine, no more than 4 oz. daily to build blood.
34. Good quality, well brewed - up to 5.5. Fast brewed beers drop to 5.0.
35. Most are white sugars with golden syrup added.
36. Organic, fresh ground-up to 5.5.
37. Cheaper brands drop to 5.0, as does over-indulgence.
38. Leaches minerals.
39. Bleached - has no goodness.
40. Poison! Avoid it.
41. Potential cancer agent. Over-indulgence may cause partial blindness.

*The road to a healthier lifestyle starts with a stop to bad habits of all kinds. Among these, one of the most harmful ones is a bad-eating habit. Any healthy lifestyle requires discipline and faith. If you are lost in the dense forest of disease, I'd like to motivate you to get back on the road of wellness so you can honor God with your body's wellbeing.*

### ***Exercising the mind***

*Here is something to think about. From birth to death we are in the process of searching and reaching for a maximum development. Once we are fully developed physically we have to continue to transfer energy to our bodies. One of the ways we do this is by exercising, which does not become any easier as we age.*

*This also applies to the brain. Luckily, it is easier to exercise this organ; all we have to do is think. A thought does not have any physical weight. The only part that is physical in the using of our brain is in the carrying it around in our skulls.*

*We know that our brain is physically smaller than that of our primitive ancestors<sup>7</sup>. Our modern day brain is smaller, with more tightly compacted capabilities; it is a brain that does much more thinking (exercise) than any of our predecessors. We have so much more information and such a more complicated environment today that our brains are much more agile and exercised than ever before in our history.*

*We must always exercise our brain, the older we get the more necessary it is so that we can avoid as much as possible the onslaught of diseases such as Alzheimer's. It is clear that challenging mental activity keeps the brain sharper and healthier.*

*The process of writing this book has been a growing experience for me. I think it can be the same for you, dear reader*

### ***A piece of cake as a gift***

*Here's another analogy: Imagine you receive a huge cake, something you didn't have before and that you didn't really need, so that it is easy for you to give away pieces to people who you think might enjoy it. So you start giving pieces away and even before the cake is gone, IT sends you more free cake. Friends start asking you: why don't you sell it? You reply that since IT sent you this cake for free and still continues sending you more than you really need, why sell it? After all it was a gift to you to begin with. If you find this strange just remember that I am not a capitalist or a socialist, so I don't look at things either from a capitalist or a socialist point of view. This is something that I should do with out thinking why or what will happen, for to me it makes no difference, for I have what I want, which is IT and as I have said before, IT keeps giving me more than I need.*

*Let me tell you what happened to me when I started writing about this book called Omnipresent, I did not have enough monetary energy (money) to dedicate to the book itself, for*

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<sup>7</sup> The brain of *homo sapiens neandertalis* averaged 1450 cubic centimeters, while the brain of modern humans, *homo sapiens* averages 1350 cubic centimeters.

*what little money I received I had to use to take care of my needs. After I finished the book something happened out of the blue. I took what money I had to have the book printed, but then a person I'll call Sam came to me with a business proposition. This business proposition gave me so much income that I no longer had to think about money, for IT was letting me know that I have no need to work for more money. I have thanked IT many times, but IT did not stop here. Shortly thereafter, someone else knocked on my door as life, as I refer to it, offering me another business proposition that would grantee me an income for the next 25 years! Mind you, I was not looking for these people or their money, and this is why I can see that IT was who sent this to me, as IT also sends me everything else I need in abundance.*

*The way I see it, it is a good feeling when someone gives you something that you really enjoy for free. Maybe it's something you would not have gone out to buy for yourself, but since someone brought it to your doorstep, and for free, why not just view this gift that was given to you from IT anyway, for everything all comes from IT. So, Maharaji was right when he said that if I stayed near IT through practicing the 4 techniques things would get better. And in my case they not only got better, but they keep on getting better as far as material things go. In addition, I have asked IT if IT could keep me in the best condition possible mentally and physically, for this is more important than material things, for I need these to conditions to be able to enjoy what exists outside of me as ITSELF*

### ***Losing weight in a healthy way***

*Here are a few things that I have used to lose weight and keep it off.*

*I eat 4 different kinds of meals each day. The first one is my vegetarian sandwich, as I call it, but let me mention that I am not a vegetarian, for I do eat meat, but have reduced it to only 2 ounces a day, which I eat with my mixed bean meal, which is a high protein meal.*

*Things to buy:*

*7 grain bread*

*Whole wheat pancake mix*

*Oat meal*

*Ground corn meal*

*Dry milk*

*Egg whites without the yolks*

*Raisins*

*Now the first thing is the making of the pancake mix. Follow the instructions for the pancake mix, but add a little oatmeal, a little corn meal, a little dry milk and some egg whites to the mixture. Then proceed to cooking. However, instead of a frying pan I prefer to use a waffle*

maker because it makes 4 bread size waffles. You see, I like to cook military style, that is, I cook in big quantities of the same thing at a time, so that I can store it to use on other occasions. This way I don't have to cook every day but just reheat what I have already cooked. Now as you are cooking the waffles, before you close the top of the waffle maker sprinkle some dry raisins on top of the mixture so as to incorporate the raisins.

After you have cooked the waffles store them in a closed container so they don't dry out in the refrigerator.

In order to complete the vegetarian sandwich there is something else that needs to be done, namely my peanut butter spread.

Things to buy:

Fat-free cream cheese

Unsalted Walnuts

Unsalted Almonds

Unsalted peanuts, and any other unsalted nuts.

First I dry mix all the nuts together, then I take the amount that the blender holds as a maximum quantity and I add a little water and then blend until it has a spread consistency. Then I transfer the spread to lidded containers to prevent drying and place them in the refrigerator for later use.

Now that I have all the necessary ingredients I am ready to put together my vegetarian sandwich. I take 2 slices of bread put them into the toaster and while they are toasting I get one waffle and spread some fat-free cream cheese on it and on top of that some of my pre-mixed peanut butter and I then reheat the waffle. When the toast pops up I put the waffle between my toasts and eat this veggie sandwich with tea, coffee or a cold drink. I must say that after eating this sandwich I do feel full and satisfied and ready to begin the day.

Let me mention that the above meal is high in fiber and has two different types of proteins, one from the fat free cheese and the other from the mixed nuts, and also the 7 grain bread (or you can use whole wheat bread) for both are good for the cleansing of the intestinal system.

Remember: If you want to lose weight you have to control what you are eating, for it is what you were eating that caused you to become overweight.

### **Vegetable meal**

I also advise people to eat a mixed vegetable meal in which you chop the vegetables up in a blender or mixer, for you will notice that the vegetables release their flavor and taste better. Chopping them up like this also makes them easier to digest because your stomach doesn't have to work so hard or release excess acid to break down the plant cellulose. This is good for people that have GERD.

*Apropos GERD, if you happen to have problems with your stomach, it is wise that you find a good gastroenterologist, for we are lucky that there are more specialized doctors out there now to help us live longer as one moment of ITS existence, and these doctors too are a manifestation of ITS pure energy.*

*When mixing the vegetables in the blender add some boiled water and some apple cider so as to preserve them longer while in the refrigerator. Another advantage to using the blender is that you won't even notice the taste of the broccoli or the cauliflower for you will sample the tastier ones instead.*

*In any case, we should start returning to eating more fresh fruits and vegetables and less food with artificial chemicals in it so as to reduce the use of drugs to counteract the effects (diseases) that these additives and preservatives cause. When it comes to taking care of the human body, simplicity is the key.*

*Another important consideration is that when the human body is high in alkalinity cancer cannot exist, for cancer exists when the acidic level is high. This is a proven fact and has been shown in labs time and time again. What makes you alkaline? Fruits, vegetables and other alkaline foods eaten in the right combinations. For this reason we should find meals to keep stomach acids low, make digestion a snap, and keep all our systems working smoothly.*

*And here is something that I found good for losing weight: When you start feeling that hunger sensation, then is when you should try and hold it for just a little longer, for that is when your body is trying to tell you to eat something. If you refrain from eating your body will have to start using its reserves and the first thing it will use is the fat that it had accumulated for later use.*

### ***The Acidity of Food***

*So let us begin to understand what Acidity is, and how it is measured, as a scale that runs from 1 to 14 and is expressed as a pH value. A pH of 1 is very acidic, a pH of 14 is very weakly acidic or more commonly referred to as being very basic. A food or drink that has a pH of 7 is neutral, neither acidic nor basic. Distilled water has a pH of 7. Foods or drinks that have a pH below 7 are acidic, and those above pH 7 are basic. On the acidic side of the scale, a lower number means more acidic. A pH of 2 is more acidic than a pH of 3. On the basic side, a higher number means more basic. A pH of 10 is more basic than a pH of 9.*

*But remember that 1-14 pH scale is not a linear scale however, which makes it a bit more complicated to understand. The pH scale is in fact a logarithmic scale. So a food that has a pH of 2 is 1 unit of pH different than a food with a pH of 3, but in fact is 10 times more acidic. If two foods have pH's that are 2 pH units apart, their acidity is 100 times different.*

*Just about all foods that we eat are acidic - have a pH between 2 and 7. But the stomach is also a very acid place. Once we start eating, acid is secreted into the stomach to start the digestion process. The secretions mix with the food in the stomach and the resulting mixture can have a pH of 1.0-3.0 - very acidic. So when you eat carrots that have a pH of 6, they end up in the stomach that can be 10,000 times more acidic. Even acidic foods such as oranges, lemons or wines are not as acidic as the as normal stomach contents.*

*Oranges, lemons or wines are not as acidic as the as normal stomach contents*

*It is often not the food we eat that causes acidity problems in the stomach, but an over production of acid that is secreted into the stomach following a meal. Some foods can in fact help reduce the acidity in the stomach by neutralizing (reducing) some of the acidity. Foods higher on the pH scale will tend to do this. The beneficial effect of milk probably has more to do with reducing the acidity in the stomach contents than its reported coating of stomach lining effects.*

*Table 1: pH of Some Common Foods*

*pH of Some Common Foods*

<i>eggs 7.6 - 8.0</i>	<i>Bananas 4.5 - 4.7</i>
<i>Corn 6.0 - 6.5</i>	<i>Carrots 4.9 - 5.3</i>
<i>Oysters 6.1 - 6.6</i>	<i>Cherries 3.2 - 4.0</i>
<i>Cow's milk 6.3 - 6.6</i>	<i>Oranges 3.0 - 4.0</i>
<i>Wheat flour 5.5 - 6.5</i>	<i>Soft drinks 2.0 - 4.0</i>
<i>Potatoes 5.6 - 6.0</i>	<i>Wines 2.8 - 3.8</i>
<i>Squash 5.0 - 5.4</i>	<i>Lemons 2.2 - 2.4</i>

*Source of Information : Handbook of Chemistry and Physics, CRC Press*

### *Acid and Alkaline Foods*

*The pH (acidity) of our bodies is important. The body maintains slightly alkaline pH of about 7.4 (pH 7.0 is neutral). Since waste products tend to be acid, we need sources of alkalinity. To help this, you should eat less acid-producing foods than you eat alkaline-producing foods (perhaps 3-to-1). It is not the acid in the food that matters (e.g., citrus are acid), but what they lead to in the body (citrus are alkaline-producing). Small amounts of bicarbonate ( $\text{NaHCO}_3$  or, better,  $\text{KHCO}_3$ ), just under 5 grams, daily reduce acidity and can increase rate of bone formation, but it can also interfere with digestion so, firstly, don't take it at mealtime and, secondly, adjusting diet is probably better.*

- *Consequences of acidity: The body will use calcium from bones and break down muscle tissue to achieve the desired pH. Risk of osteoporosis is greater and the risks of cancer, heart disease and arthritis appear greater.*
- *Signs of high acidity: fatigue, out of breath easily, muscle pain/cramping easily.*
- *Some people are too alkaline, but this is quite rare.*
- *In contrast, many people in our society are too acid, due to excessive consumption of sugars, grains, animal protein and (legal) drugs.*

<i>CATEGORY</i>	<i>ACID (limit amounts)</i>	<i>ALKALINE (good)</i>
<i>protein (some)</i>	<i>meats, fish</i>	<i>eggs, tofu</i>
<i>Dairy</i>	<i>cheese (hard is worst)</i>	<i>yogurt (unsweetened), whey, milk</i>
<i>Nuts</i>	<i>Brazil, cashew, filbert, macadamia, peanut, pecan, pistachio, walnut, dried coconut</i>	<i>almonds, chestnuts, pine, fresh coconut</i>
<i>seeds</i>	<i>pumpkin, sunflower</i>	<i>flax, sesame; sprouted alfalfa &amp; radish</i>
<i>grains and grain products</i>	<i>common ones (including corn &amp; rice)</i>	<i>flax, millet, quinoa, amaranth</i>
<i>legumes</i>	<i>Most</i>	<i>peas, green &amp; lima beans, soy</i>
<i>Other vegetables</i>		<i>most (including potato)</i>
<i>Fruits</i>	<i>blueberry, cranberry, plum, prune</i>	<i>Most</i>
<i>drinks</i>	<i>alcoholic, caffeinated, cola &amp; other drinks with phosphates</i>	<i>milk, most herb teas, vegetable juice, juice of alkaline fruit</i>
<i>Oils</i>	<i>Corn</i>	<i>most unprocessed, cold-pressed oils are neutral or alkaline</i>
<i>sweeteners</i>	<i>most, including sugars, molasses, maple syrup, processed honey, aspartame</i>	<i>raw honey, brown rice syrup, Sucanat*</i>
<i>Herbs and spices</i>	<i>salt, mustard, nutmeg</i>	<i>Most</i>
<i>condiments</i>	<i>mayonnaise, soy sauce, vinegar</i>	
<i>miscellaneous</i>	<i>most drugs, tobacco</i>	<i>gelatin, arrowroot, miso, brewer's yeast</i>

*\*Someone else labeled Sucanat acid-producing.*

### *How I Fixed My Vascular Plaque Buildup and Reduced My Blood Pressure Naturally*

#### *In a Nutshell: understanding why we get bad cholesterol*

1. *Modern lifestyles and diets cause our bodies to become too acidic. This means that the pH (that measures acidity) is too low.*

*Here is something that most hart doctors will not tell us; one reason is that they only have a few minutes for us, and that they prefer to give us a Rx prescription for our solution*

2. *When acids build up in the body, the blood carries the acids. The corrosiveness of the acids threatens your arteries. Reacting to this threat, the liver takes body fat and converts it to cholesterol. The more acidic you are, the more cholesterol your body makes. The liver makes the bad type of cholesterol known as LDL. It is the bad type of cholesterol because it is the cholesterol that is placed as linings/deposits in your vascular arteries (and will eventually impede blood flow).*

*So the liver makes plaque to protect the arteries from the acid burning the arteries?*

3. *The LDL cholesterol is deposited in your artery as protection. It is deposited to protect your artery from the corrosive and damaging effects of the excess acids that are being carried around by your blood. The plaque is actually protecting you. It is actually a protective lining that your body has made to protect the arteries. Should the acids in your arteries corrode your arteries, you could bleed to death. Your body knows this, and strives desperately to protect your arteries from this acidic corrosion.*

4. *However, with time and increased levels of body acidity, the protective plaque itself becomes a problem. The plaque builds up in your vascular system to the extent that it begins to impede blood flow. Reduced blood flow leads to heart disease.*

5. *These cholesterol build-ups can lead to blood clots forming at the restricted passage points. This leads to heart disease, and eventually, a heart attack.*

6. *The cholesterol build-ups also make the inside diameter of your arteries smaller. It makes it harder for your blood to be pumped by your heart. As you know, it is harder to pump a liquid through a small pipe than it is to pump the same liquid through a larger pipe. Thus you develop high blood pressure as your heart has to pump the blood harder to get it circulated through your vascular system properly. And your heart tires and wears out early from all the extra work. This leads to all forms of heart disease and heart attacks.*

*So remember that even if you take medications to open these arteries , you can never bring that arteries down to being normal, because you would then put your arteries in danger of being perforated due to your body still having to process excess acids to process the foods you are still eating , unless you start changing your eating habits so as to reduce your body's acidity , where your body would be more alkaline, and the way to start that is by eating more vegetables and fruits, and reduce your meat intake to at least only white meats so that you stomach would not have to send more acid to decompose the*

*meats .*

*As a result of the above, your heart, artery and high blood pressure health problems concerning your heart and arteries are, in actuality, caused by the foods you are eating that produce over acidity in your body.*

*Now let me explain some basic things about how your body works. Each individual cell of your body is an independent organism. It needs to be fed oxygen and food in order to live and prosper, and it also produces waste products that have to be removed from the cell for it to remain healthy. It is the job of your blood to perform these functions. Your blood carries fresh oxygen and food to each cell of your body, and then having completed this task, it picks up the waste products (also called toxins) from the cell. These waste products are carried by the blood to the walls of your intestines or to your kidneys... There the waste products (toxins) are passed through the walls of the intestine, to be excreted from your body along with your body's food waste products, or they are processed through your kidneys.*

*That is how it is supposed to work, and that is how it works for most of us during our younger years. But as we age, things begin to change.*

### *Body's ph Balance*

*Now let's talk about your body's acid/alkaline balance (also known as ph). Every farmer and agronomist will tell you that plants grow best in soils that have the proper ph for that plant. That is because every organism has a range of alkalinity/acidity in which it will prosper. Outside of that range of ph, the organism dies or is greatly stressed and is in pain just to survive. Thus it is that corn will not grow well in soil that is too alkaline, and carrots will not grow well in soil that is too acidic.*

*Our bodies are the same. There is a range of acidity/alkalinity for our bodies in which they function perfectly. But should the body's acidity/alkalinity balance fall outside of this range, the body becomes stressed, its ability to function properly becomes decreased, pain develops, and eventually this stressed condition will lead to a degenerative disease (and/or obesity) that may eventually cause death.*

*In today's world, there is a strong tendency for our bodies to become too acidic. That is because we eat too much acidic food. Red meats are highly acidic, as is soda pop, most processed food, and fried foods. Even carbohydrates and sugars turn acidic during the digestion process. How many years has it been since my high school physics teacher soaked a dried chicken leg bone in a glass of coca cola? Within an hour the bone could be tied into a knot because of the acidity of the cola. But we tend to ignore all this. Thus it is that our bodies slowly tend to become acidic. It is a slow process, and we don't notice it. That is okay when we are in our twenties and thirties. But by the time we reach our forties, fifties and sixties, the accumulated effect of eating too much acidic food begins to show up, and our bodies become dangerously acidic and fat.*

*Let's talk specifics here. At a ph of 7.2, the body is in perfect ph balance, neither too acidic nor alkaline. A ph range of 7.0 to 7.5 is the acceptable range for a body to be in good health. When the ph drops to between 6.5 and 7.0, the body is beginning to get pain, is stressed and fatigue and a feeling of lethargy begin to set in. When the ph drops to between 6.0 and 6.5, the body is beginning to become seriously acidic, and it is probably developing one or more of the 150 specific degenerative diseases, and excess body fat that are associated with an acetic condition. Then when your ph gets to between 6.0 and 5.5, you are in serious trouble, period. Your energy levels are shot, obesity crops up and degenerative diseases such as high blood pressure and heart disease are upon you.*

### *How Illness Begins*

*Now let's talk about how this situation leads to your heart disease or high blood pressure. Okay, you have led a good life, used moderation in most things, and have good health. But gradually, unknown to you, your acidity has slowly, over the years, increased. As your acidity has increased, your body has experienced several reactions to this changed condition. Pain and a general feeling of fatigue and tiredness have set in. Periods are more stressful. Obesity sets in. The acidic condition of your blood now affects its ability to perform a function that it used to perform with ease. The ability of your stressed blood to carry food and oxygen to the body's cells, and its ability to carry away the waste products from the cells is lessened.*

*You can check your PH by having a blood test as a complete urinalysis*

*Your blood, now unable to easily perform these functions, becomes overloaded with waste products (toxins) that it cannot easily dispose of. So it looks for other ways to dispose of the waste products.*

*Some of them it stores in your fat deposits. Others it stores as deposits in the linings of your veins and arteries. This leads to high blood pressure as your heart struggles to pump blood through constricted passages in your arteries. This contributes to a weakened heart. And other toxins it deposits on places where your bones are exposed, such as the bone joints of your body, or in your pancreas. It is these deposits of certain toxins (waste products) in your bone joints that eventually manifest as arthritis. Toxins stored in your pancreas lead to diabetes, and acids and toxins that are stored in your body fat leads to fat and obesity. Why? Because your body will produce extra fat in order to have a storehouse for excess toxins and acidity.*

*So, as I have outlined here, many health issues (including high blood pressure and heart disease) are in actuality caused by long term over-acidity in the body. Once I realized this, I began to look for a direct and simple treatment to change my ph balance (acidy/alkalinity) back to a healthy range. Eventually I found a blend of mineral compounds and herbs that did the job, leading to total symptom reversal. After I began treatment, my recovery from arthritis was dramatic. Within 6 weeks of treatment my ph had gone from 5.0 to 6.5. Not only did my arthritis stiffness and pain and symptoms begin to disappear, my high blood pressure was gone. I also regained much of my prior energy and zest for life. And, wonder of wonder, I experienced*

*significant weight loss! Fat loss without dieting! What a delightful bonus.*

### *A Weight Loss Secret: Why Our Bodies Cling To Their Fat*

*Once upon a time, our bodies used to break down food and dispose of the acid waste with our kidneys and livers. But now, because of the sheer amount of acid waste the average American produces, our inner bodies are being turned into a war zone, where our body is fighting to protect its most strategic reserves --- our kidney and liver -- from total degradation and failure.*

#### *Uric Acid*

*One of the ways that our body does this is by finding somewhere else to store the body waste products (including crystallized uric acid). May times this somewhere else is in fatty deposits. So, as far as your body is concerned, you fat is important to it because that is where your waste toxins are stored.*

*You exercise and diet in order to make your fat go away. But your body says to itself, "I need that fat. That is my warehouse for stored toxins." So it holds onto the fat. It resists losing weight. And you get frustrated because you remain fat (because you do not understand the real problem). It is important for you to appreciate this wisdom and knowledge. In actuality, your body thinks that it is saving your life by clinging onto that fat!*

*.After ingesting these un wanted types of foods, the human body is forced to protect itself from all of the damaging acids by either flushing them out via the digestive system or storing them in fat cells in order to keep them from harming vital organs. Over time, the excess acid intake naturally contributes to an increase in the number of fat cells, which further translates into "packing on the pounds."*

*Natural Ways to Lose Weight, Get enough sleep, Fortunately for snoozers, a 2004 study by researchers at Columbia University concluded that sleeping was a great way to manage weight. Theorizing that a lack of sleep alters metabolism, and affects the hormones which dictate appetite, researchers found that people who slept only two to four hours a night were 73 percent more likely to be overweight. Those who slept only five hours a night were 50 percent more likely and those who slept only six hours a night where 23 percent more likely. On the flip side, people who regularly got over ten hours of sleep a night were 11 percent less likely to have excess pounds.*

#### *Exercise*

*We know, we know: getting yourself out of bed in the morning to run five miles isn't your idea of a good time. But, for those who want to lose weight or even maintain weight, Exercise is necessary. Not only does exercising burn calories, but it sky rockets your metabolism, burns fat, and builds Muscle mass. It also gives you the ability to feel healthy Overall; a feeling that helps*

*you sticks to your weight loss Plans. If you can't bear the thought of running five miles, start with something easier: walk, ride a bike, or join an Aerobics class. Keeping your exercise plan varied will Increase your ability to stick with it. Here is what I do as exercise at home, 1- just walk up and down a few times on your stairs, until the heat pumps more blood than normal , 2- just do pushups, and 3- and one very economical exercise is, a pull up bar, which can cost less than \$30 which is what I do , Eat more during the day, sure, it sounds too good to be true: eating more to lose weight can't possibly work. But, it has been proven that those who graze over several small meals instead of two or three ones have an easier time losing weight. The reasons behind this are that "grazers" keep themselves somewhat full throughout the day. Thus, they rarely sit down to a meal, half starved, and gorge themselves on a plate of ribs or a bucket of chicken. Simply, they aren't hungry enough to do that.*

*Drink water, the easiest way to lose weight may be found in - of all places - a bottle of water. Drinking water helps a person feel full, curbs hunger cravings, and helps the body detoxify by eliminating excess waste. Oftentimes, a person's cravings for food can be met simply by drinking a bottle of water. Replacing other drinks - such as sodas and juices - with water is a sure fire way to cut calories and lose plenty of weight in the process. Another way that water can assist with losing weight is to reduce acidity in the body with alkaline water.*

*high alkaline foods-----*

*Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass*

*Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas*

*alkaline foods-----*

*Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob*

*Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins*

### **APPLE CIDER**

*So it is best not to assume that your body is FIT and it is best to assume the worst and just add the baking soda with apple cider as a precaution.*

*Making it alkaline will give you the extra benefit of more oxygen in your body and greater buffers the body need so you should in fact feel better with the newer formula. In fact, athletes take pure baking soda to relieve them of muscular pain from long physical endurance. Thinking along this makes it easier to use this newer formula as well as protect against enamel erosion.*

### **APPLE CIDER VINEGAR AND pH BALANCE**

*It's suggested that Apple Cider Vinegar has such curative abilities because it causes one's pH levels to become more alkaline. If you are going to try apple cider vinegar for allergies, or even*

to prevent sickness, it is suggest you do an investigation of your own by buying a pH test kit at a local pharmacy, garden nursery, or even pool supply store. You can use these kits or pH strips to test your urine to see if you are more alkaline or acid during an allergy attack, virus or bacterial infection. Once you ascertain your pH levels, you can adjust your dosage of Apple Cider Vinegar accordingly.

And if you are going to mix apple cider with baking soda use a very big pot, because when you mix both of them together, it will momentarily produce a huge form, like in it will make a lots of bubbles so you want the pot to be able to accommodate this temporary uprising, otherwise it will end up on the floor.

In fact, vegetables are some of the **BEST** foods for someone with gastritis to eat: -They're easily digested with a minimal amount of digestive enzymes necessary (good news for an already inflamed stomach).

-They are alkaline foods which are essential to neutralize the acid that's in the body and reach an alkaline pH. This helps reduce inflammation (in the stomach and everywhere else) and help prevent disease.

-The body gets the benefit of all of the nutrients from them because they're not destroyed by too much acid. This helps contribute to great health and fight disease.

-They pass easily through the rest of the digestive system too, avoiding constipation and other difficulties "further down the road."

high alkaline foods-----

Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic, Barley Grass

Watermelon, Mangoes, Papayas

alkaline foods-----

Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob

Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins

**Your stomach** was designed to comfortably hold about a liter (about 4 cups) of food in a meal. So if you regularly eat more than that, you're stretching your stomach and practically begging for a hernia.

*Yup--packing it away day in and day out literally makes your stomach burst on through your diaphragm because it's so stuffed and stretched beyond capacity, and when your body is nourished with nutrients, you don't feel hungry until you truly need more food. So you end up eating less, and therefore are less likely to create a hernia or aggravate an existing one.*

*When you eat badly combined meals, your food can sit in your stomach for 8 hours or more, while the stomach secretes acid over and over trying to digest it. As this is happening, the food isn't being digested like it should, there's a ton of excess acid in your stomach and there's nowhere for the food and acid to go except up, up, up. And you get the three alarm acid reflux fire in your*

*Chest. You should combine your foods and eat mainly alkaline-rich foods to make digestion easy, comfortable and keep stomach acid at a minimum.*

*When you don't have overproduction of acid and food is digested quickly and easily like it should be, it's much less likely to come back up "over the dam" and into your throat.*

*It's a sad truth, but millions of people have been suffering from acid reflux and other stomach problems for so long that they think it's normal for them and that they're stuck with it-- that because the pharmaceutical companies and the FDA have conspired to call it a disease. skroood.*

#### *Acid reflux*

*So if you have lived decades or lifetimes with regular heartburn, chest pain, hoarseness, acidity burps, chronic throat clearing, sore throat, persistent cough and being unable to sleep at night and come to accept it as the way they're meant to be.*

*They've taken tanker loads of medicines think that's OK.*

*Let me make this clear--it's NOT normal for you or anyone else to be this way. I don't care who in your family has had similar problems or how long you've been suffering-- it's not the way you're meant to be.*

*And if you've been suffering for decades or even for days with acid reflux or other stomach ills, one thing and one thing alone is the biggest cause of your agony—and that is what you put in your mouth.*

*When you eat in a way that causes overproduction of stomach acid and poor digestion of food, you get acid reflux. It's not a disease--you bring it entirely on yourself.*

*The medical community and big pharmaceuticals want to label it a disease so they can get you dependent on drugs. But it's not. It's your body screaming that you're doing something wrong and pleading for you to change.*

*Listen to your body. Don't continue to abuse it day in and day out by eating the wrong foods and sending your stomach into turmoil, then taking pills to put out the flames.*

*Why eat PAPAYA: and more*

*And here is one more food item that we should look to consume more of, and that is Papaya, originally cultivated by the Maya of Belize, as a prophylactic medicine against diseases that affect the gastro Intestinal system, including ulcers, cancers, nematodes and other parasitical diseases, for these are also results of bad eating habits, The active ingredients in papaya are Papain and Chymopapain, a collection of enzymes which are effective in the human G. I. to digest foods, especially proteins and fats.*

*Papain, contained in the plant's whitish juice, or latex, is an enzyme that breaks up protein. In its pure form, it can "digest" up to 35 times its own weight in lean meat, and so it is in great demand as a meat tenderizer. Medically, it is prescribed for people who have difficulty digesting protein and is used to break up blood clots after surgery,*

*Look at your stomach this way, a large meal; you would see a biochemical battleground, pitting the good guys (the digestive juices) against the bad guys (too much food and too much fat). And the good guys are getting the worst of it, when we eat fast foods, 1 because we are putting too much meat, look at it this way kfc 3 piece has more than you needed as proteins, then add the french fired potatoes which are also part protein, and then there is the fatty oils that were used for cooking.*

*In the first place, the enzymes and hydrochloric acid in your stomach are having an extremely difficult time breaking up that mass of food. The digestive juices, which are produced by some five million glands lining the stomach, also have to work much harder on foods that have a layer of fat around it. This is true of foods that are naturally fatty, such as sausage, as well as foods that have been fried or otherwise doused in fat. And when the gastric juices can't break through all that bulk and all that fat, they call for reinforcements and more and more juices are secreted. Unfortunately, the additional acid, instead of limiting itself to attacking the food, also attacks your stomach, and may even reach up into the esophagus, causing acid indigestion and heartburn.*

*Eventually, if left alone, the food will slowly but surely be digested and your stomach will get back to normal. But waiting for this to happen is no pleasure.*

*So what do you do? First of all, resolve never to overeat again -- knowing, of course, that you will. After that, start thinking about dessert. But make that dessert papaya.*

*Papaya, besides being one of the most luscious tropical fruits, has the extraordinary ability to actually help you digest the food mass in your stomach.*

*It does this chiefly through a group of enzymes known as papain. Among the constituents of this natural balm for bursting bellies are the proteolytic enzymes, alpha and beta papain, and chymopapain. A proteolytic enzyme is one that has a special function of breaking down protein. Chymopapain is an especially potent enzyme which helps break down all food in the stomach.*

*Buy the cheaper, less fatty cuts of meat and sprinkle papain on them as tenderizer. Papain retains its activity for one to two hours at extremely high temperatures, while all other plant enzymes are quickly destroyed. In fact, it seems to actually do its work while the meat is cooking, rather than beforehand.*

*Of course, since papain is available in a number of different forms, there is no need to depend on someone else to inject it into your food. Nor is there any need to limit its use to beef. By simply eating some before a meal that you think is going to give you some trouble, papain will do its work right in your stomach.*

*The beauty of papain as a natural digestive aid becomes even more clearly defined when this enzyme is compared to commercial antacid preparations. The latter should definitely be avoided, as they pose both short-term and long-term risks.*

*First let me mention just why I got involved in writing about this subject, it is because I too like many have this problem called GERD, (Gastroesophageal reflux disease ) so I had to have had to make many changes as to what I should now eat , and learn more about certain foods , which most likely came from my smoking and drinking, and this also started burning my throat lining, to the point that I was told by doctor bend over ,that I had to give this situation immediate attention , or it was to the operating table , so one thing I had to do was to control the acid in my stomach , and to avoid foods that could irritate the throat lining , and it was because of this that I started to do a research into this subject ,to which I am glad that I did for I have learned a lot a things that I did not know before, that has helped me live in a healthier existence*

*And it is now, that I understand why it has been recommended that we eat more at early hours, as our main meal, and less before bed time or at least when it relates to me, for this is what I found in my case ,*

*Now since I never gave any attention to my stomach, mostly because it did not feel like there was a problem there, so in giving more attention, to my eating habits, The first thing that I notice was that it started when I started drinking my coffee, (now I drink caffeine free tea, like apple cinnamon which has a sweet taste without using sugar, so the first thing that I noticed was a very undetectable burp,*

*Burping was the result of not having enough food in my stomach, so all I get is a burp*

*And when I did eat a light snack (merienda) I got a bigger burp, and sometimes some reflux,*

*And it was when I had my heavy meal, that I really notice the problem, and if you are*

wondering why I never gave this situation any real attention, is this, that my burps, and my refluxing never came with the acidic taste at the beginning of my burping, it was at the very end, when it had a little bitter taste, so I never really focused on this issue, but I did notice that I did get a mild heart burn from time to time

Now my doctor told me that my problem had been developing over a few decades,

And that it could have come from the many years that I did smoke, for the hot smoke entering my mouth would begin to burn the lining entering my stomach,

So that eating heavy, is better during earlier hours , so that the refluxing of the food will not happen during later hours , were it can happen while you are laying down sleeping , this is why people with reflux problems are recommended to sleep with their head raised 6 inches or more ,to which I found it was better not to have my head higher at night , but rather to swish to eating earlier, so that there would be no food in my stomach when I was laying down, for I found that It took from 6-8 hours after my last meal for my stomach to be totally empty

Let me explain what I found , I found that if I eat my last meal from 12-to 1 PM , my refluxing kicked in from one to 3 hours later after eating, and it happened every 4 -6 minutes continuously, and after 3 hours my refluxing, then happened at 15 minutes , and gradually getting longer as minutes,

Now what I did find of interest was this that after 5-6 hours after my last meal the refluxing stopped, most likely due to not having any more food in my stomach.

And I now know when the refluxing is all over, for I then again get a light burp,

And I also noticed that what I eat last that gurgitation was not acidic, it was what existed as the –end of what I last eat, for what came up first had not been in the stomach yet, for it was what was last processed in the stomach that came back with that acid taste

Now this is good because this refluxing does not take place during my sleeping time, for there is a danger, which is that you can chock on your reflux material.

Now let me also detail something that I am now doing , which is this , that as soon as I begin to get refluxing, I right away , wash down this reflux with clean water , so that every time I get a reflux I take a few swallows of plain water, and after I wash down this reflux material with water , and I also went on to substituting water to wash down the gurgitation , with papaya juice or with mango juice , which are none acidic , but are like nectars and when I finely got my last reflux, with a burp, I then left my throat coated with a honey coat , and I use a bottle similar to a mustard or ketchup bottle that has a conic tip so as to put only a few drops at the back of the throat, -and when I awaked during the night , I would also give it one more coat of honey so as to keep the throat lining lubricated with honey , and this is why, since my throat

*was irritated from the acids, I found in the internet that honey is antibacterial , for honey heels cuts, plus it is very healthy .*

*And let me mention that if I eat heavy at 1 pm as my last meal, I felt no more need for extra food,*

*And when I want to lose a few pounds , I just eat a little less, so that I can still go out and feast at sizzler , but I stay away from the greasy foods, for greasy as fat will look to float inside your stomach , and then become part of what you gurgitaed gurgitation*

*And As I searched the internet I found a lot of packages that had a cost to buying them , so stick to your doctor first and then do as I did go into the internet, and do a search , let me give you an example , for I asked myself can I keep eating mustered , well I did this I put in a search like this is , is mustered good or bad for GERD I say this because we as humans have such a diversity of the things we eat that the best I can recommend is that you try and find out , if what you are eating is good or bad for you if you have GERD. By going into the internet and asking for information on that particular food, and whatever you find, and want to share it send it to me, and I will post it in a section that will be dedicated to general information from visitors*

*And I also noticed that I got less refluxing (gurgitation gurgitating) when I eat soft foods that my stomach could process better, for I use to eat whole walnuts, but when I saw that they kept gurgitation) I stopped eating them and any other food that was hard in its texture, and the best way I found was to use a blender or mixer*

*So blend foods will do you better, and even when I saw that my vegetable salad was gurgitating as the spinach leaves, I then did something I never did before, I took my vegetable meal which is a combination, of land vegetables, that I cook, and then mix with fresh vegetables, that are mixed with apple cider, In a blender and to my surprise this blended mixture tasted better,*

*Now I have said the above, so that if anyone out there as a reader is having any of the things I have mentioned, then start making some changes, and also go do see a doctor before it is too late*

*And if you feel you need help , do what I did which is ask IT (as god , as the pure energy that god exist as ) to help you, for IT exist inside of you , and outside of you as the meaning of Omnipresent, and if you do ask IT, be prepared to listen to IT, for that relationship exist only between you and IT, and I feel that my present problem with my stomach was , so that I should make some changes in my eating habits , so that I can stay longer as one moment of ITS existence*

*So if you have this problem called GERD ,start by eliminating ascetic drinks, or anything that can burn the lining of your throat, for it is better that we take care of our body's then having to see doctor BEND-OVER*

*So if you the reader have any of these symptoms, please look into it, for this problem can land*

*you into a hospital operation*

*We should eat early in the day, so that we are up right as food is going downhill, and we have the most part of the day, for that food to be processed.*

*Rather than at night where we are mostly laying down flat, which makes it easier for refluxing to happen*

*that is why it is recommended that people with GERD sleep with their heads higher by 6 inches or more, so that the refluxed material can find its way back down again into the stomach, but it is altogether better if you eat earlier like 6-8 hours before bed time, and also take some apple-cider mixed with baking soda, before eating and after you finish eating to help neutralize the acids in your stomach*

*And here are some of the things that I did in order to avoid Doctor Bend-over*

*so one thing I did was that after I found out how important honey was, as an antibacterial , I found an empty plastic bottle that I used similar to an AFRIN ?? bottle, and made the hole a little bigger , and I washed it out, and I then filled it with honey , so that after every reflux ,I had when I was away from home , , so as to wash down the acid that came up with the reflux , I then took my honey dropper into my mouth so as to take in about a quarter of a tea spoon of honey , where I then moved it around the walls of my mouth and then let it lubricate the walls of my throat with honey, and I did this every time I had reflux , which was mostly on my last meal, so that between the water cleaning the tissues of my throat and following it with honey to protect these wall , is the best I could do as a constant treatment to heal my reflux walls which the acids had begun to eaten up , to a very dangerous stage , where if I could not stop this deteariation (worsening ) then it was the operation , but I was lucky , for with the changes I made, I did get better , at least far away from the operating table, I now have to return every year to make sure my GURD does not worsen ,*

*So below is a small portion of some of the things that I found interesting about honey, so hope you enjoy it,*

*I actually started looking for candy trays to see if I could put together a honey candy drop the size of a 1/4 (quarter of a tea spoon of honey, so as to be able to take these honey drops with me when I was away from home,*

*Throat and research also indicates that honey's unique composition makes it useful as an antimicrobial agent and antioxidant.*

*The health benefits of honey - like all foods - depend on the quality of the honey. But in this case, the situation is even more extreme, because the pollen that collects on the bees' legs as they move from plant to plant is only as healthful and as diverse as those plants. In addition, the processing of honey often removes many of the phytonutrients found in raw honey as it exists in the hive. Raw honey, for example, contains small amounts of the same resins found in propolis.*

*Propolis, sometimes called "bee glue," is actually a complex mixture of resins and other substances that honeybees use to seal the hive and make it safe from bacteria and other micro-organisms. Honeybees make propolis by combining plant resins with their own secretions. However, substances like road tar have also been found in propolis. Bee keepers sometimes use special screens around the inside of the hive boxes to trap propolis, since bees will spread this substance around the honeycomb and seal cracks with the anti-bacterial, anti-viral, and anti-fungal resins. The resins found in propolis only represent a small part of the phytonutrients found in propolis and honey, however. Other phytonutrients found both in honey and propolis have been shown to possess cancer-preventing and anti-tumor properties. These substances include caffeic acid methyl caffeate, phenylethyl caffeate, and phenylethyl dimethylcaffeate. Researchers have discovered that these substances prevent colon cancer in animals by shutting down activity of two enzymes, phosphatidylinositol-specific phospholipase C and lipoxygenase. When raw honey is extensively processed and heated, the benefits of these phytonutrients are largely eliminated.*

### ***PH and ACIDIC***

*Excess acidity is a condition that weakens all body systems.*

*Excess acidity forces the body to borrow minerals – including calcium, sodium, potassium and magnesium – from vital organs and bones to buffer (neutralize) the acid and safely remove it from the body. As a result, the body can suffer severe and prolonged ‘corrosion’ due to high acidity – a condition that may go undetected for years.*

*A high acetic environment where disease can easily manifest, as opposed to a pH balance environment, which allows normal body function necessary for the body to resist disease.*

*However when excess acids must be continually neutralized, our alkaline reserves are Depleted, leaving the body in a weakened, disease - prone condition. It affects virtually every person in our society because of the way we live, the way we eat, and the environment we live in.*

### ***Did You Know?***

*Very few if any of us are physically capable of ridding our bodies of all the acids we create from food, stress and our own metabolism.*

### ***Infinite Wisdom***

*In its infinite wisdom, the body has chosen to save the kidney and Liver from degradation by excess acid. Of course, there is a cost. It's Called obesity, lowered immunity, lack of energy and the whole host Of acid related diseases we are subject to including cancer, diabetes, Osseo-arthritis and more - much more.*

### ***Leftover Acid Waste***

*Very few if any of us are physically capable of ridding our bodies of all the acids we create*

*from food, stress and our own metabolism.*

*These acid wastes move around the body via the blood and lymphatic system until our overloaded kidneys decide to dump them or, as we have mentioned, they can be stored in fat. Cholesterol and*

*Crystallized uric acids are solidified acids that have been dumped within the body for 'later' removal- the 'later' that never comes.*

### *The Harmful Acid Effects*

*Acid coagulates blood. Blood has major problems owing around fatty acids. Capillaries clog up and die.*

*The skin, deprived of life-giving healthy blood, loses elasticity and begins to wrinkle. Even with a face-lift or liposuction, the acid remains and continues its relentless advance.*

*Without a basic acid/alkaline balancing plan, every part of your body works ever harder to maintain health - because every system; all the organs, the lungs, even the skin – are involved in the maintenance of correct blood pH.*

### *FAT IS SAVING OUR LIVES*

*When we are faced with shortage of options due to an acid- besieged inner terrain, we dump toxic wastes in fatty deposits as far away from the organs and heart as possible; on the buttocks, the chest, the thighs and the belly.*

*Weight loss and the regaining of energy occurs more easily when we take the first steps toward an Alkaline “re-balance.” Another theory is that sugar is an acid and the reason we are so fat, but not quite as we have been taught. The body has to protect itself from the excess sugar we consume, and so it creates fat - to encase it and protect us from it. So you could say that fat is actually saving our lives!*

*The pH scale is logarithmic and as a result, each whole pH value below 7 is ten times more acidic than the next higher value. If any substance changes from pH 7 to pH 8, it has become ten times more alkaline. Conversely, if it has changes from neutral pH 7 to pH 6, it is 10 times more acidic.*

*As an example, a popular Cola, at pH 2.5 is almost 50,000 times more acidic than neutral water, and needs 32 glasses of neutral (pH 7) water to counteract the consumption of one glass of Cola.*

*(Active ingredient: Phosphoric Acid)Therefore, pH 7.365 is the ideal environment in which microorganisms remain in co-existent or symbiotic harmony with the body. Allow the blood to shift slightly either way and results will be felt in every part of the body. Beneficial microforms*

*die, and aggressive microforms sustained by an acidic environment begin to multiply and mutate, taking the form of aggressive, parasitic and pathogenic agents.*

*You can now see that a change from the normal level of pH in the blood of pH 7.365 to pH 7 would mean that your blood would suddenly be around 4 times as acid as it should be. You would die from poisoning by your own blood. This is why every body system is used to support the correct blood pH.*

*If we look at an atomic scale chart of elements, those at the lower end are capable of assimilation over a broader pH range. Those 'higher' on the chart need a progressively narrower pH range to be assimilated.*

*It's not an understatement to say that we live in a world plague of "microforms." These include more than simple germs. Yeasts, fungi, viruses and molds are all microforms that exist within our bodies.*

*Summarizing, if you are not balanced, your body will simply reject most minerals.*

*Why is this relevant? It's not just their presence within us, but the excretions they deposit within us. These toxic wastes are produced when microforms digest glucose, fats and proteins in our body. They steal our food, turn it to poison, and dump it inside of us.*

*A healthy thyroid gland*

*Let's look at iodine as an example. High up on the atomic scale, it requires near perfect pH for its assimilation into the body. Iodine is required for a healthy thyroid gland. But our thyroid will receive no iodine unless the body pH is almost perfect. Thyroid deterioration has been connected to arthritis, heart attacks, diabetes, cancer, depression, obesity, and fatigue.*

*So if you are having problems, then the next time you have to eat food, remember that you have to eat food not for its flavor as taste, but for what it will do to help you exist longer and healthier , I say this because if we leave it to the mind , it will take the cheesecake, or fried foods, or the many other fast foods that exist , over more vegetables ,or fruits, and nuts and beans which is what are human body really needs, and if you are not having any problems, then look around you, for this maybe what will await you if you do not change to a healthier diet as a life time procedure, here is one more way to look at this situation, the more natural foods you eat the less you human body will suffer, and the less it will have to visit a doctor like doctor bendover, who wants your time and \$.*

***Why we need to understand what Calcium is ?***

*Calcium is the number one mineral needed by the body (by quantity), and it is alkaline. But the calcium must be in*

*a usable form--otherwise, not only is it worthless, but it's harmful (more on that below).*

*The usable form of calcium is called ionized calcium.*

*The calcium found naturally in fruits and vegetables is ionized, but the diets that most people have don't include a lot of fresh produce. Instead their diets are mainly acidic, horribly combined meals that load the stomach, body and bloodstream up with acid.*

*And if you don't get adequate ionized calcium from your foods, your body has to get it from somewhere, so it takes the calcium from your bones in order to neutralize the acid in your body. Biology 101.*

*Many people, skip the fruits and vegetables, thinking they'll get calcium from dairy products.*

*True, dairy products DO have calcium. But it's not usable by the body. You can thank pasteurization for that.*

*Pasteurization, while it does have certain benefits, kills and destroys everything of worth in milk and dairy products, including ionized calcium. Science 101.*

*Plus dairy products are by their very nature extremely acid forming to the body.*

*So not only do you not get the benefit of the calcium in dairy products, but they make you MORE acidic--therefore your body must use up even MORE calcium from your bones to neutralize the acid.*

*Talk about a Catch 22.*

*Is this making sense? I hope so, because this is important.*

*And if you're someone who relies on calcium supplements, unless you change the acidic nature of your diet, you're spending LOTS of money and getting absolutely nothing...actually, you're harming yourself.*

*Here's what I mean.*

*If your body is acidic, it can't possibly use the calcium you take in, no matter how many capsules you swallow. An acidic body cannot effectively absorb vitamins and minerals- -period. Not from food. And not from vitamin supplements.*

*The excess calcium that can't be used by the body is not just harmlessly eliminated.*

*Oh, no--it's MUCH worse.*

*Instead it's picked up by the bloodstream and deposited in the blood vessels, skin, eyes, joints and organs.*

*Unused calcium bonds with fat and cholesterol in the blood vessels and forms atherosclerosis (hardening of the arteries).*

*Calcium build-up in the skin leads to wrinkles Excess calcium in the eyes makes cataracts.*

*In the joints it crystalizes and forms arthritis.*

*And in the kidneys--OUCH! Kidney stones. Pain like giving birth for hours and hours.*

*Are you starting to think a little differently about where you get your calcium and what you're eating? I hope so.*

*and if you are taking Fosamax, here ar some of the side effects of Fosamax can include:*

*1- Osteonecrosis--loss of blood flow to the jaw bone that causes incredible pain and a "dead jaw."*

*2- Heart arrhythmia (atrial fibrillation). This in turn can cause palpitations, fainting, fatigue, or congestive heart failure. They can also lead to embolic strokes.*

*3- Unusual thigh bone fractures*

*4- Painful eye inflammations, and*

*5- Cancer of the esophagus*

*If you want to make sure you get the calcium your body needs and prevent osteoporosis, is watch what you are eating you have to maintain an alkaline pH, so your body can use the vitamins and minerals in your foods and your supplements and will stop leaching calcium from your bones.*

*for there is lots of scrumptious fruit and vegetable recipes that will make getting your ionized*

*calcium a true  
joy. Best food you've ever tasted,*

*Don't let big pharma, well-meaning but narrow-minded doctors and the dairy industry lead you  
one step further to  
osteoporosis.*

*Fosamax, drinking milk and gulping supplements are NOT the  
answers. If they were, osteoporosis would be decreasing--  
not on the rise like it is.*

*If you're an acid reflux sufferer, then you should read this, because chances are you're eating in  
away that will eventually lead to it.*

*And if you have symptom of acid reflux is heartburn.*

*And even if you do not have heartburn at all, but instead have a dry cough asthma symptoms or  
trouble  
swallowing. This are also related ,*

*Once acid reflux has been diagnosed, it's likely that any doctor you see will recommend that  
you avoid spicy food, tomatoes, citrus fruit and peppermint...*

*And to take drugs, of course.*

*Worst advice in the world--does nothing to help acid reflux.*

*Here's why:*

*Spicy food, tomatoes, citrus fruit and peppermint have absolutely NOTHING to do with acid  
reflux. Nothing.*

*What DOES cause acid reflux is the overproduction of acid in the stomach resulting from  
eating too many individual acid-forming foods and acid-forming food combinations.*

*Antacids neutralize the acid in your stomach. H2 blockers stop the action of histamine (a  
hormone that signals the  
stomach to secrete acid). Proton pump inhibitors shut down the little "pumps" in the acid-  
secreting cells of the stomach.*

*But acid digestive enzymes are NEEDED to properly digest proteins. So when the stomach secretes acid when you eat meat, cheese or other protein, it's doing its job and should not be interfered with.*

*But that's exactly what the drugs do.*

*They all stop the stomach from doing what it must do to digest your food.*

*And what happens then?*

*Digestion is destroyed.*

*Your stomach senses this and tries to secrete more acid to kick-start digestion again, but it's either stopped in its tracks or the acid is neutralized again.*

*All that acid has to go somewhere, and that somewhere is usually UP.*

*Also, your barely digested food ends up sitting in your stomach for 8-10 hours or MORE, fermenting and rotting.*

*And that means gas, bloating, constipation or diarrhea, and a tremendous build-up of toxic wastes and bacteria in your colon.*

*if you want REAL relief from acid reflux (or to prevent it to begin with), do the only thing that makes any sense. Eat foods and food combinations that digest easily and naturally. Eat foods that the human body was designed to eat.*

*we are eating more meat than necessary , and in so our body has had to produce more acid to process this meat*

⊕~~~~~⊕⊕~~~~~⊕  
 \*\*\*\* If peanut butter cookies are made with peanut butter what are girl scout cookies made with? \*\*\*\*  
 ⌘~~~~~⌘

### ***Alkalizing With Food as an 80/20 rule***

*By following the 80/20 rule (80% of your food chosen from alkaline-forming group, and 20% from the acid-producing group) and avoiding STRESS – you can create a healthy and fulfilling lifestyle and change your pH. The foods listed below relate to their potential to form alkaline or*

*acid-residual minerals in the body and therefore, affect your acid/alkaline balance.*

### ***Alkaline Foods***

*Cabbage, Carrot, Cauli ower, Celery, Chard Chlorella, Collard Greens, Cucumber, Eggplant, Garlic, Kale, Kohlrabi, Lettuce, Mushrooms, Mustard Greens, Dulce, Dandelions, Edible Flowers, Onions, Parsnips (high glycemic),*

*Peas, Peppers, Pumpkin, Rutabaga, Sea Veggies, Spirulina, Sprouts, Squashes, Alfalfa, Barley Grass, Wheat Grass, Wild Greens, Nightshade Veggies Vegetables Asparagus, Fermented Veggies, Watercress, Beets, Broccoli, Brussel sprouts, Oriental Vegetables Daikon, Dandelion Root, Shitake, Kombu, Maitake, Reishi, Nori, Umeboshi,*

*Wakame Apple, Apricot, Avocado, Banana (high glycemic), Cantaloupe, Cherries, Currants, Dates/Figs, Grapes, Grapefruit, Lime, Honeydew Melon, Nectarine, Orange, Lemon, Peach, Pear, Pineapple, All Berries, Tangerine, Tomato, Tropical Fruits, Watermelon Fruits Protein Almonds, Chestnuts, Chicken Breast, Cottage Cheese, Eggs, Flax Seeds, Millet Nuts, Pumpkin Seeds, Sprouted Seeds, Squash Seeds. Sun ower Seeds, Tempeh*

*(fermented), Tofu (fermented), Whey Protein Powder, Yogurt Sweeteners All Herbs, Chili Pepper, Cinnamon, Curry, Ginger, Miso, Mustard, Sea Salt, Stevia, Tamari, Xylitol & Spices*

*Other Apple Cider Vinegar, Banchi Tea, Bee Pollen, Dandelion Tea, Fresh Fruit Juice Ginseng Tea, Green Juices, Green Tea, Herbal Tea, Kombucha, Lecithin,*

*Granules, Probiotic Cultures, Organic Milk (*

*Alkalizing With Food*

*Acidic Foods*

*Protein Beef, Carp, Clams, Fish, Lamb, Lobster, Mussels, Oyster, Pork, Rabbit, Salmon, Shrimp, Scallops, Tuna, Turkey, Venison*

*Fats & Oils*

*Avocado Oil, Canola Oil, Corn Oil, Hemp Seed Oil, Flax Oil, Lard, Olive Oil, Saf ower Oil, Sesame Oil, Sun ower Oil*

*Grains*

*Barley , Bran (oat and wheat), Bread, Corn, Crackers, Flour (wheat and white), Hemp Seed Flour, Kamut, Oats (rolled), Rice (all), Rice Cakes, Rye, Spelt, Wheat*

*Nuts &*

*Brazil Nuts , Cashews, Peanuts, Peanut Butter, Pecans, Tahini, Walnuts*

*Butters*

*Beans &*

*Black Beans, Chick Peas, Green Peas, Kidney Beans, Lentils, Lima Beans, Pinto Beans, Red Beans, Rice Milk, Soy Beans, Soy Milk, White Beans*

*Legumes*

*Dairy*

*Cheese (cow, sheep, processed and goat), milk, butter*

*Beverages*

*Beer, Distilled water, Hard Liquor, Reverse Osmosis water, Spirits, Wine*

*Fruit &*

*Blueberries, Canned or glazed fruits, cranberries, currants, plums, prunes.*

*Corn, lentils, olives, winter squash*

*Vegetables*

*Other Distilled Vinegar, Drugs (Medicinal and Psychedelic), Herbicides, Pesticides,*

*Potatoes, Wheat Germ*

*honey does not spoil . It was actually found in Ancient Egyptian Tombs. Raw honey will darken over time but still remain edible. Honey does not spoil due to the enzyme invertase, which is incorporated by the honeybee during the nectar gathering and is still active after honey is extracted. The action of the enzyme invertase changes the sucrose (a type of sugar) into two simple sugars, glucose and fructose, thus creating honey.*

### *Health Benefits of Honey*

*honey has long been known to have a multitude of healing powers with everything from relieving a sore throat, allergies, healing wounds, etc.*

*Research shows that a spoonful of honey is more effective than DM cough syrup in treating coughs - and is safe for children over 12 months old, according to Archives of Pediatrics and Adolescent Medicine, December 2007.*

*Other research from the University of California, Davis reveals that honey consumption raises antioxidant levels. Honey soothes on contact and has well-established antioxidant and antimicrobial effects, which helps explain its contributions to wound healing.*

*In the study, 25 people were told to eat between four and 10 tablespoons of buckwheat honey, depending on their weight, each day for a month. They could eat the honey in almost any form, but it couldn't be baked or dissolved in tea. Many chose to eat straight from the spoon. Antioxidant levels rose in the participants. Antioxidants provide defense against free radicals, which cause cell damage.*

*The darker shades of honey are believed to have more antioxidants.*

*In addition, the researchers suggested that the absorption of calcium increased as the amount of honey taken was upped.*

*here are a few facts about plain sugar , one bad thing about Sugar, is a crystalline carbohydrate extracted from sugar cane and sugar beets. It is a non-nutritive empty calorie that robs the body of vitamins and minerals. Sugar is addicting. The biggest culprit? Soft drinks, which account for one-third of our total sugar intake.*

*If you have allergies, honey can be beneficial. If you eat honey that is local to your area, it may prevent your seasonal allergies. Bees use the pollen from local plants and eventually it ends up in your honey.*

*a typical composition of honey is 41 per cent fructose, 34 per cent glucose, 18 per cent water, and 2 per cent sucrose with a pH of 3.8 to 4.2.*

*According to the US researchers, dark-colored honey, such as buckwheat honey, is generally thought to contain higher levels of antioxidants than the light-colored varieties.*

*In international terms China is currently by far the largest honey producing nation in the world, with around a 40 per cent slice of the market. The next biggest producers are the US, Argentina and Ukraine. According to the American Honey Producers Association, China and Argentina have been adversely affecting America's domestic honey industry with cheap imports, although there is a counter argument that both China and Argentina have been helping to counterbalance falling production in the US. Also starting to emerge onto the world honey production arena are Thailand and Vietnam.*

*Here are some of the things that can be used as honey*

*Honey contains vitamins, minerals, and amino acids, and is a wonderful beauty aid that nourishes the skin and the hair. Honey acts as an antibacterial and antifungal agent and helps disinfect and speed the healing process in wounds, scrapes and burns.*

- *Honey mixed with ground almonds makes an excellent facial cleansing scrub.*
- *A tablespoon of honey whisked together with an egg white, 1 teaspoon of glycerin and about 1/4 cup of flour makes an excellent firming mask. Just smooth on the face, leave on 15 minutes, and rinse off with warm water. You will be pleased with the results.*
- *Honey also makes a great moisturizing pack. Just mix 2 tablespoons of honey with 2 teaspoons of whole milk, smooth over the face and throat, and let it do its job for 15 minutes. Rinse off with warm water, and finish splashing with cold water.*
- *Honey also makes a great lotion for dry patches of skin on hands, elbows, or other parts. Just mix 1 teaspoon of honey with 1 teaspoon of olive oil and a 1/2 teaspoon of lemon juice. Apply to hands, elbows, heels of your foot, etc., and wash off after 15 minutes. Fast relief!*
- *Honey works well on chapped lips and for acne because it has antibacterial properties.*
- *To give your hair lustrous shine, mix 1 teaspoon of honey into 4 cups of warm water. Use as a hair rinse.*

*Mix 1 tablespoon of honey with a cup of warm water. Use it as a mouthwash. Honey cleans teeth and dentures, and kills germs in the mouth.*

## **HONEY AND IT'S HISTORY**

*The value of honey has been appreciated since ancient times. In Egypt, scrolls 3500 years old showed that honey was thought of as a therapeutic method. In the book of life of the ancient Indians, it was thought that life is prolonged when our daily diet includes milk and honey. Nectar made up the diet of the immortal Olympian gods. Zeus was raised on nectar made for the larva of a queen bee. Hippocrates recommended honey as a therapy for many ailments, as did Aristotle who believed that the digestion of honey prolonged life. The ancient Egyptians offered their gods honeycombs overflowing with honey as a valuable gift to show devotion and worship.*

*Honey is a natural biological product that comes straight from nature and is not susceptible to any changes. It contains at least 180 substances or essences that are combined organically in such a manner that no one, throughout time, has been able to manufacture it in any other way than it has been for thousands of years.*

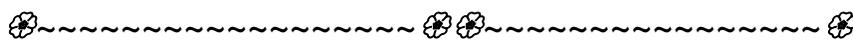
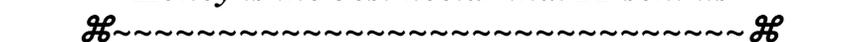
*In Kefalonia, two types of honey are produced. The first is made from the nectar of flowers. Under this category comes Kefalonian honey made from the thyme plant. The second is honey made from the sap of trees. Under this category comes honey made from and firtree saplings.*

*Thyme honey is aromatic, flavorful with a light golden color, and satiny. It is considered one of the best.*

*NUTRITION FACTS: Honey has antiseptic attributes. It is strengthening, it increases the heart rate for those who suffer from heart problems, and it decreases chances of ulcers and other stomach afflictions. It is also antibacterial and stops the growth of microorganisms. It can also be used as a disinfectant for small degree wounds and due to its iron content, should be consumed by those who suffer from anemia.*

## **HONEY**

*Ancient Egyptians so revered honey as the food for gods, that in a hieroglyph, one part of the country was described as a Bee Land. \\\*

  
**\*\*\* Honey is the best nectar that IT sent us \*\*\***  


*Honey comes from the nectar that bees extract from the fragrant blossoms of plants and trees. Honey, even more than wine, is the essence of terroir (combination of soil and climate), a direct line from plant to bee then to the tongue!*

*Bees travel up to 3.2 kms (two miles) from their hives in search of nectar and prefer to return to the same type of flower repeatedly for whatever they have been gathering. If an apiary is next to an apple orchard, or orange grove, or buckwheat or lavender field, the apiculturist will end up with buckwheat, lavender, orange, or apple blossom honey.*

*There are many types of honey; some are mild others more assertive, and some bold with deep penetrating flavors. Framers depend on bees for success of their crops since more than 80 percent of the world's food and bees pollinate fruit crops.*

*There are as many flavours of single-flower honey as there are types of flowers.*

### *Different types of HONEY*

*the best honey is a matter of personal preference predicated on cultural background, locality of childhood and evolution of your palate. Some like mild honeys, like clover (light and mild in sweetness); others prefer assertive Italian chestnut honeys, yet others go for subtle French acacia honey. There are those who like the buttery sweetness of New Zealand Pohutukawa honey with a taste akin to vanilla, and those who go to great lengths to obtain southern Black Sea grown Anza honey from hives made of beech trunks.*

*Wild honey, i.e. not pasteurized, is coarse in texture, but delightfully complex and infinitely more pleasant but difficult to obtain. Commercial honey made from bees fed with sugar syrup tastes just sweet and offers nothing else. Most honey sold in North America is churned to render it transparent and pasteurised. Pasteurisation, however, is a double edged sword; it stabilizes the product but diminishes its taste.*

*Honey aficionados can buy honey in comb which looks great but presents difficulties in spreading, unless you don't mind eating waxy and sticky comb, which has pleasant taste but somewhat "unusual" texture.*

*Honey lends itself well for cooking, in not only desserts but also main course like honey-basted roast, chicken, or salmon fillets in white wine and honey. Your palate will experience an epiphany if you start experimenting with honey in cooking.*

### *Honey*

*"honey stipulates a pure product that does not allow for the addition of any other substance...this includes, but is not limited to, water or other sweeteners".*

Honey is significantly sweeter than table sugar and has attractive chemical properties for baking. Honey has a distinctive flavor which leads some people to prefer it over sugar and other sweeteners.

### **Why children should not eat honey**

Most micro-organisms do not grow in honey because of its low water activity of 0.6. However, it is important to note that honey frequently contains dormant endospores of the bacteria *Clostridium botulinum*, which can be dangerous to infants as the endospores can transform into toxin-producing bacteria in the infant's immature intestinal tract, leading to illness and even death.

The study of pollens and spores in raw honey (melissopalynology) can determine floral sources of honey.<sup>[6]</sup> Because bees carry an electrostatic charge,

Honey is laid down by bees as a food source. In cold weather or when food sources are scarce, bees use their stored honey as their source of energy., a seasonally variable number of drone bees to fertilize new queens, and some 20,000 to 40,000 worker bees<sup>[12]</sup>. The worker bees raise larvae and collect the nectar that will become honey in the hive. They go out, collect the sugar-rich flower nectar and return to the hive. As they leave the flower, bees release Nasonov pheromones. These enable other bees to find their way to the site by smell. Honeybees also release Nasonov pheromones at the entrance to the hive, which enables returning bees to return to the proper hive<sup>[13]</sup>. In the hive the bees use their "honey stomachs" to ingest and regurgitate the nectar a number of times until it is partially digested<sup>[14]</sup>. It is then stored in the honeycomb. Nectar is high in both water content and natural yeasts which, unchecked, would cause the sugars in the nectar to ferment<sup>[11]</sup>. After the final regurgitation, the honeycomb is left unsealed. Bees inside the hive fan their wings, creating a strong draft across the honeycomb which enhances evaporation of much of the water from the nectar<sup>[11]</sup>. The reduction in water content, which raises the sugar concentration, prevents fermentation. Ripe honey, as removed from the hive by the beekeeper, has a long shelf life and will not ferment<sup>1</sup>.

### **[edit] Nutrition**

<i>Honey</i>	
Nutritional value per 100 g (3.5 oz)	
Energy 300 kcal 1270 kJ	
<u>Carbohydrates</u>	82.4 g
- Sugars	82.12 g
- <u>Dietary fiber</u>	0.2 g
<u>Fat</u>	0 g
<u>Protein</u>	0.3 g
<u>Water</u>	17.10 g

<u>Riboflavin (Vit. B2)</u>	.038 mg	3%
<u>Niacin (Vit. B3)</u>	.121 mg	1%
<u>Pantothenic acid (B5)</u>	.068 mg	1%
<u>Vitamin B6</u>	.024 mg	2%
<u>Folate (Vit. B9)</u>	2 $\mu$ g	1%
<u>Vitamin C</u>	0.5 mg	1%
<u>Calcium</u>	6 mg	1%
<u>Iron</u>	.42 mg	3%
<u>Magnesium</u>	2 mg	1%
<u>Phosphorus</u>	4 mg	1%
<u>Potassium</u>	52 mg	1%
<u>Sodium</u>	4 mg	0%
<u>Zinc</u>	.22 mg	2%
Shown is for 100 g, roughly 5 tbsp. Percentages are relative to US <u>recommendations</u> for adults. Source: <u>USDA Nutrient database</u>		

Honey is a mixture of sugars and other compounds. With respect to carbohydrates, honey is mainly fructose (about 38.5%) and glucose (about 31.0%)

Honey contains trace amounts of several vitamins and minerals. As with all nutritive sweeteners, honey is mostly sugars and is not a significant source of vitamins or minerals

Honey also contains tiny amounts of several compounds thought to function as antioxidants, including chrysin, pinobanksin, vitamin C, catalase, and pinocembrin

The specific composition of any batch of honey will depend largely on the mix of flowers available to the bees that produced the honey.

Honey has a density of about 1.36 kg/liter (40% denser than water).

Typical honey analysis<sup>[16]</sup>

- Fructose: 38.0%
- Glucose: 31.0%
- Sucrose: 1.0%

- Water: 17.0%
- Other sugars: 9.0% (maltose, melezitose)
- Ash: 0.17%
- Other: 3.38%

The analysis of the sugar content of honey is used for detecting adulteration.

## **[edit]** Types of honey

### *[edit]* Blended

Most commercially available honey is blended, meaning that it is a mixture of two or more honeys differing in floral source, color, flavor, density or geographic origin.

### *[edit]* Polyfloral

Polyfloral honey is derived from the nectar of many types of flowers.<sup>[21]</sup>

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## *] Honey processing*

- Comb honey Honey sold still in the original bees' wax comb. Comb honey was once packaged by installing a wooden framework in special honey supers, but this labor intensive method is being replaced by plastic rings or cartridges. With the new approach, a clear cover is usually fitted onto the cartridge after removal from the hive so customers can see the product
- Certified Organic Honey, according to theorganicreport organic honey is quite scarce to find because most beekeepers "routinely use sulfa compounds and antibiotics to control bee diseases, carbolic acid to remove honey from the hive and calcium cyanide to kill colonies before extracting the honey, not to mention that conventional honeybees gather nectar from plants that have been sprayed with pesticides." [http://www.theorganicreport.com/pages/461\\_organic\\_honey.cfm](http://www.theorganicreport.com/pages/461_organic_honey.cfm)
- Raw honey Honey as it exists in the beehive or as obtained by extraction, settling or straining without adding heat above 120 degrees fahrenheit. Raw honey contains some pollen and may contain small particles of wax. Local raw honey is sought after by allergy sufferers as the pollen impurities are thought to lessen the sensitivity to hay fever (see Medical Applications below).
- Chunk honey Honey packed in widemouth containers consisting of one or more pieces of comb honey surrounded by extracted liquid honey.
- Strained honey or Honey which has been passed through a mesh material to remove particulate material (pieces of wax, propolis, other defects) without removing pollen,

minerals or valuable enzymes. Preferred by the health food trade - it may have a cloudy appearance due to the included pollen, and it also tends to crystallize more quickly than ultrafiltered honey<sup>[citation needed]</sup>.

- *Ultrafiltered honey* Honey processed by very fine filtration under high pressure to remove all extraneous solids and pollen grains. The process typically heats honey to 150-170 degrees to more easily pass through the fine filter. Ultrafiltered honey is very clear and has a longer shelf life, because it crystallizes more slowly due to the high temperatures breaking down any sugar seed crystals, making it preferred by the supermarket trade. Ultrafiltration eliminates nutritionally valuable enzymes, such as diastase and invertase<sup>[citation needed]</sup>.
- *Heat-Treated honey* Heat-treatment after extraction reduces the moisture level and destroys yeast cells. Heating liquefies crystals in the honey, too. Heat-exposure also results in product deterioration, as it increases the level of hydroxymethylfurfural (HMF) and reduces enzyme (e.g. diastase) activity. The heat also affects sensory qualities and reduces the freshness. Heat processing can darken the natural honey color (browning), too. [3]
- *Ultrasonicated honey* Ultrasonication is a non-thermal processing alternative for honey. When honey is exposed to ultrasonication, most of the yeast cells are destroyed. Yeast cells that survive sonication generally lose their ability to grow. This reduces the rate of honey fermentation substantially. Ultrasonication also eliminates existing crystals and inhibit further crystallization in honey. Ultrasonically aided liquefaction can work at substantially lower temperatures of approx. 35 °C and can reduce liquefaction time to less than 30 seconds.[4]

### [\[edit\]](#) Other descriptions

- *Churned honey or creamed honey* See whipped honey.
- *Crystallized honey* Honey in which some of the glucose content has spontaneously crystallized from solution as the monohydrate. Also called "granulated honey."
- *Honey fondant* See whipped honey.
- *Organic honey* is honey produced, processed, and packaged in accordance with national regulations, and certified as such by some government body or an independent organic farming certification organization. For example, in the United Kingdom, the standard covers not only the origin of bees, but also the siting of the apiaries. These must be on land that is certified as organic, and within a radius of 4 miles from the apiary site, nectar and pollen sources must consist essentially of organic crops or uncultivated areas[5].
- *Set honey* All honey will eventually set or granulate and this process can be reversed by gently warming the honey to remelt it. Some honeys set naturally with large granules and taste a little like granulated sugar in honey. Others set like royal icing - very hard and unspreadable. To overcome this problem beekeepers will mix in a small amount of fine-grained honey before it sets and then gently stir the honey to fix the setting prematurely, before it becomes hard, thereby producing a "soft set" honey.
- *Spun honey* See whipped honey.

## Honey preservation

*When conventional preservation methods are applied, it is not recommended to preserve the honey for longer than 2 (maximum 3) years. As the honey has a strong tendency to absorb outside smells, it is advisable to keep it in clean, hermetically sealed vessels. It is also advisable to keep it in darkened (not lucid) vessels, or in dark store-places. When the honey remains in direct sunlight for about one day its lysozyme (antibacterial albuminous enzyme) is being destroyed. Honey should also be protected from oxygen inflow—the accelerated crystallization is brought about by it. Optimal preservation temperature is +4-10°C. The store-place should be dark and dry, preventing the honey from absorbing the moisture. When excessive moisture is soaked up by the honey, it might start fermenting. "Bee honey can absorb the moisture from the air, therefore it might ferment in a damp place*

*"Exposure to fresh air brings about the soaking up of external smells, oxygen and moisture, which cause fundamental chemical change of the product—decay of valuable amino acids, vitamins, enzymes and "antibiotics". The light has a similar influence."*

*Due to the above reasons (high tendency to absorb outside smells and moisture) it is not advisable to preserve the honey in a fridge, especially together with other foods and products.*

*Honey is considered to gradually become toxic when preserved in metal containers. "Honey must not be preserved in metal containers, because the acids contained in its structure may cause oxidation. This leads to increased content of heavy metals in honey and decreases the amount of valuable healthy ingredients. Such a honey may cause obnoxious sensations in the stomach and even bring about a poisoning... It used to be preserved in ceramic and wooden containers in ancient times. Glass bottles are recommended nowadays. "*

*Honey should not be heated above 40°C (104°F) "The best honey is in the uncut honey combs. After being pumped out from there it is very vulnerable, and the main losses of quality take place during preservation and distribution. Heating up to 37°C causes loss of nearly 200 components, part of which are antibacterial. Heating up to 40°C destroys the invertase—the main bee enzyme, thanks to which the nectar becomes honey; heating up to 50°C turns the honey into caramel (the most valuable honey sugars become analogous to synthetic sugar). Generally any larger temperature fluctuation (10°C is ideal for preservation of ripe honey) causes decay."*

## **Distinguishing quality honey**

*The high quality natural honey can be distinguished by its fragrance and taste. The best period to stock up on honey is in summer, when it is being collected in large quantities. The ripe, freshly collected, high quality honey at 20°C (68°F) flows from the knife in a straight squirt, without breaking into separate drops. After falling down the honey should form a clear hillock. A saying goes: "the honey rustles and glues like viscose". The ripe honey is being collected from the sealed honey combs, therefore it should always be of high quality.*

*The honey should not lay down in layers. If this is a case, it indicates the excessive humidity (over 20%) of the product, and such a honey would not be suitable for long term preservation.*

*A fluffy thin layer on the surface of the honey (like a white foam), or marble-coloured and white spots in crystallized honey at the wall sides of the bottle are caused by filling of liquid honey with subsequent sealing—the air bubbles are surfacing and part of them is concentrated at the wallsides. This is an indication of a high quality honey, which was filled without pasteurization (heating).*

*If the honey is transparent, burning with amber-like colours, then (unless it is very fresh) it has most likely been heated and is of little value. Transparent and reluctant to thicken honey can also indicate its being a result of feeding the bees with sugar syrup or even sugar itself, which is bad both for the bees and for the honey they produce, as naturally they are supposed to feed on flower nectar.*

*A true honey that is at least one month old is usually of demure (not translucent) colours.*

## **Honey in history, culture and folklore**

### Honey comb

### Honey collection

*Honey collection by humans is an ancient activity. Bee Wilson (2004) states that humans began hunting for honey at least 10,000 years ago. Bee Wilson (2004: p.5) evidences this with a depiction a line drawing of a Mesolithic rock painting showing two honey-hunters collecting honey and honeycomb from a wild nest. The two men are naked and employ a long wobbly ladder which appears to be made out of a kind of grass in order to reach the wild nest. Both men carry baskets or bags. This rock painting is on a wall in a cave in Valencia, Spain.*

### Biblical Period

*The Old Testament contains many references to honey. The book of Exodus famously describes the Promised Land as a 'land flowing with milk and honey' (33:3). However, the claim has been advanced that the original Hebrew (devash) actually refers to the sweet syrup produced from the juice of the date.<sup>[31]</sup> In The Book of Judges, Samson found a swarm of bees and honey in the carcass of a lion (14:8). In Matthew 3:4, John the Baptist is said to have lived for a long period of time in the wilderness on a diet consisting of locusts and wild honey. The word "honey" appears 73 times in the King James Version of the Bible.<sup>[citation needed]</sup>*

*In Jewish tradition, honey is a symbol for the new year—Rosh Hashana. At the traditional meal for that holiday, apple slices are dipped in honey and eaten to bring a sweet new year. Some Rosh Hashana greetings show honey and an apple, symbolizing the feast. In some congregations, small straws of honey are given out to usher in the new year.*

### Buddhism

Honey plays an important role in the festival of Madhu Purnima, celebrated by Buddhists in India and Bangladesh. The day commemorates Buddha's making peace among his disciples by retreating into the wilderness. The story goes that while he was there, a monkey brought him honey to eat. On Madhu Purnima, Buddhists remember this act by giving honey to monks. The monkey's gift is frequently depicted in Buddhist art.

### **Mediterranean region**

In the Roman Empire, honey was possibly used instead of gold to pay taxes. In some parts of Greece, it was formerly the custom for a bride to dip her fingers in honey and make the sign of the cross before entering her new home. This was meant to ensure sweetness in her married life, especially in her relationship with her mother-in-law.

In the accounts of the Ancient Egyptian Pharaoh Seti I, one hundred pots of honey were equivalent in value to an ass or an ox.<sup>[citation needed]</sup> Ancient Egyptian and Middle-Eastern peoples also used honey for embalming the dead.

Scythians, and later the other Central Asian nomadic people, for many months drove a wagon with a deceased ruler around the country in their last rites mourning procession, carrying the body in a casket filled with honey.

### **Honey output in 2005**

In 2005, China, Turkey and the US were the top producers of natural honey, reports the Food and Agriculture Organization of the United Nations (FAO).

### **Medicinal uses and health effects of honey**

For at least 2700 years, honey has been used to treat a variety of ailments through topical application, but only recently have the antiseptic and antibacterial properties of honey been chemically explained.

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#### **In diabetic ulcers**

Topical honey has been used successfully in a comprehensive treatment of diabetic ulcers when the patient cannot use other topical antibiotics.

#### **Acidity**

The pH of honey is commonly between 3.2 and 4.5.<sup>[41]</sup> This relatively acidic pH level prevents the growth of many bacteria.

### *Nutraceutical effects*

Antioxidants in honey have even been implicated in reducing the damage done to the colon in colitis.<sup>[43]</sup> Such claims are consistent with its use in many traditions of folk medicine.

### *Other medical applications*

Some studies suggest that the topical use of honey may reduce odors, swelling, and scarring when used to treat wounds; it may also prevent the dressing from sticking to the healing wound.

Honey has also been used as a treatment for sore throats and coughs for centuries and according to recent research may in fact be more effective than most common medicines.

Honey (especially when combined with lemon) is often taken orally by pharyngitis and laryngitis sufferers, in order to soothe them.

Though widely believed to alleviate allergies, local honey has been shown to be no more effective than placebos in controlled studies.<sup>[47]</sup> This may be because most seasonal allergies are caused by tree and grass pollens, which honeybees do not collect. *Precautions*

Due to the natural presence of botulinum endospores in honey, children under one year of age should not be given honey. The more developed digestive systems of older children and adults generally destroy the spores. Infants, however, can contract botulism from honey.

Honey produced from the flowers of rhododendrons, mountain laurels, sheep laurel and azaleas may cause honey intoxication. Symptoms include dizziness, weakness, excessive perspiration, nausea and vomiting. Less commonly, low blood pressure, shock, heart rhythm irregularities and convulsions may occur, with rare cases resulting in death. Honey intoxication is more likely when using "natural" unprocessed honey and honey from farmers who may have a small number of hives. Commercial processing, with pooling of honey from numerous sources generally dilutes any toxins.

Honey and weight loss are often associated. Why is honey a smarter choice than table sugar honey a smarter choice than table sugar if you are watching your weight?

Refined dietary sugars lack minerals and vitamins and are often called empty calories. They draw upon the body's nutrients to be metabolized into the system, and when these nutrients are depleted, metabolizing of cholesterol and fatty acid is impeded, contributing to higher cholesterol and promoting obesity due to higher fatty acid on the organs and tissues. The good news is that honey, the natural sweetener, on the other hand, contains 22 amino acids and a

variety of minerals essential for its metabolism and hence is helpful in preventing obesity. It is believed that drinking lemon juice with a little honey the first thing in the morning is an effective anti cellulite treatment as it helps to increase body metabolism. If you are determined to shed weight and speed up your sluggish metabolism, try this honey and lemon diet tip. If you like, another very popular recipe associated with honey and weight loss is a drink that uses honey and cinnamon as ingredients. Many people have found this home remedy very effective in losing pounds. The steps are easy: mix a teaspoon of honey and half a teaspoon of cinnamon powder (or ground cinnamon) into a paste in a cup and pour a cup of boiling water. Stir and cover for half an hour. Filter away any big particles before consumption. Take it in the morning with an empty stomach about half an hour before breakfast.

For people who tend to overeat or feel discomfort in the stomach after meals, honey can be taken for better digestion. Honey is a simple carbohydrate because it contains easily digested sugars. Foods that are rich in sugars or complexes of sugars are carbohydrates. How the sugars are arranged will determine whether we call a food a source of simple or complex carbohydrates. When sugars are bound into rows, as they are in starches such as whole grains and legumes, they are called complex carbohydrates. It takes the body much longer to digest the sugar from a complex carbohydrate.

The latest theory based on the hibernation diet also builds a link between honey and weight loss. It suggests taking a generous spoonful or two of honey at night, either as a warm drink or straight from the jar, and promises to help us sleep and lose weight at the same time by fuelling the liver, speeding up fat-burning metabolism and easing stress hormones.

And if you are considering artificial sugar or sweetener like Aspartame to help you lose weight, you are completely on the wrong track. It might get you off from a few calories but it gives you a bunch of other serious health problems.

### **Honey is as old as written history**

Honey is an organic, natural sugar alternative with no additives that is easy on the stomach, adapts to all cooking processes, and has an indefinite shelf-life.

#### ***Honey history***

Honey is as old as written history, dating back to 2100 B.C. where it was mentioned in Sumerian and Babylonian cuneiform writings, the Hittite code, and the sacred writings of India and Egypt. It is presumably even older than that.

Its name comes from the English hunig, and it was the first and most widespread sweetener used by man. Legend has it that Cupid dipped his love arrows in honey before aiming at unsuspecting lovers.

In the Old Testament of the Bible, Israel was often referred to as "the land of milk and honey."

*Mead, an alcoholic drink made from honey was called "nectar of the gods," high praise indeed.*

*Honey was valued highly and often used as a form of currency, tribute, or offering. In the 11th century A.D., German peasants paid their feudal lords in honey and beeswax.*

*Although experts argue whether the honeybee is native to the Americas, conquering Spaniards in 1600 A.D. found native Mexicans and Central Americans had already developed beekeeping methods to produce honey.*

### *Honey trivia*

- *Honeybees must tap over two million flowers to make one pound of honey, flying a distance equal to more than three times around the world.*
- *The average worker bee will make only one-twelfth of a teaspoon of honey during its lifetime.*
- *The famous Scottish liqueur Drambuie is made with honey.*

*Honey is also noted for its antibacterial properties. Manuka Honey is said to possess the same antibacterial effects as a 10 percent phenol solution, and it has been shown to eradicate infections and stop the growth of many bacteria, including E. coli, Staphylococcus, Streptococcus, Helicobacter pylori, Pseudomonas and Klebsiella pneumoniae,. This is perhaps due to honey's ability to promote beneficial bacteria.*

*Don't like spinach? Try honey. It contains about the same level of plaque-fighting antioxidants as the leafy green stuff. And according to research presented at the national meeting of the American Chemical Society, the world's largest scientific society, the range of antioxidants in honey is comparable to that in apples, bananas, oranges and strawberries. A five-week study of blood from 25 men between the ages of 18 - 68 indicates that drinking a mixture of water and honey, about four tablespoons per 16-ounce glass, improved the antioxidant levels in their blood.*

*" Although it's been known for some time that honey contains varying levels of antioxidants — with dark honey generally having the most — this is the first in vivo study to consider how honey may affect human blood.*

*An earlier in vitro study by Engeseth's lab, which prompted the current research, showed that the darker the honey, the better it was at lifting antioxidant levels in the blood. The honeys tested (from darkest to lightest) were Buckwheat, Hawaiian Christmas Berry, Tupelo, Soybean, Clover, Fireweed and Acacia.*

*Honey for Your Sweet Tooth*

*Everyone likes a sweet treat now and then, but too much sugar can be a bad thing, particularly for your teeth. However, there is a natural alternative that might actually be good for your teeth: honey.*

*Thinking of honey as helpful for teeth may seem strange, especially since the bacteria in dental plaque, which cause tooth decay, need sugars to survive and multiply. But, according to researchers at the University of Waikato in New Zealand, honey may stop the growth of dental plaque bacteria and reduce the amount of acid that it produces. Since this acid is what causes cavities, honey may be able to combat tooth decay. So how does it work?*

### *A potent antimicrobial agent*

*Honey is well-known for its antimicrobial qualities. In fact, it has been used in traditional medicine as a dressing for wounds, burns, and skin ulcers. The medical community is now rediscovering the therapeutic value of honey.*

*Honey's antimicrobial power comes from an enzyme that produces hydrogen peroxide, a common antiseptic agent. Unlike most antiseptics that use hydrogen peroxide, however, honey is gentler on tissue and contains anti-inflammatory agents that reduce swelling and pain. It even helps cells repair themselves.*

*Of course, it's important to take things in moderation. While a little honey may be beneficial, too much may still cause damage to your teeth.*

### *Types of honey*

*The color and taste of honey depends on what kind of nectar the bees used to make it. The lighter honeys have better aroma and taste, but the darker honeys have a greater nutritional value. The darker the honey, the more minerals it contains, including potassium, magnesium, phosphorus, and iron.*

### *Cooking with honey*

*Honey is sweeter than sugar, so you can use less honey in a recipe than you would sugar. Ideally, you should start with a recipe that calls for honey. However, you can substitute honey for sugar; use half the amount that is called for in the recipe. For example, if the recipe calls for 1 cup of sugar, use half a cup of honey.*

*You may also need to make a few other adjustments when you bake with honey:*

- . Reduce any liquid called for by 1/4 cup for each cup of honey used.*
- .Add 1/2 teaspoon baking soda for each cup of honey used.*

*. Reduce the oven temperature by 25°F to prevent over-browning.*

*eating as*

### *Honey-Orange Chicken*

*1 whole chicken with skin  
1 orange, sliced in half  
3/4 cup orange juice, fresh-squeezed if possible  
1 Tbsp olive oil  
1/2 cup honey  
1 tsp salt  
1/2 tsp pepper  
1 tsp paprika*

*Remove the giblets and stuff the orange halves into the cavity. Place the chicken in an oiled baking pan, preferably on a rack. Mix remaining ingredients and use a pastry brush to coat the chicken with the mixture. Bake at 375 degrees for 1 hour or until the chicken is cooked through (test with a meat thermometer).*

### *Honey and Almond Cookies*

*1/2 cup butter  
1/4 cup brown sugar  
1/2 cup honey  
1 egg  
1 tsp vanilla  
1-1/2 cups flour  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 cup almonds*

*Cream the butter, sugar, honey, and egg. Add the vanilla and mix well. Mix the flour, baking powder, and baking soda in a separate bowl. Stir this mixture into the butter mixture and mix well. Stir in the almonds. Drop onto a greased cookie sheet by teaspoons. Cook in a preheated oven at 400 degrees for 12-15 minutes.*

### *Honey Lemon Tea*

*1 cup tea  
2 tsp honey  
1 tsp fresh lemon juice*

*Make a cup of hot tea. If you're ill, you may want to use a good herbal tea. Stir in the honey and*

lemon juice until honey dissolves. This is a great way to soothe a sore throat.

### ***Life Paradox 45: Honey Fights Tooth Decay!***

*I am a honey enthusiast and I just found out that some university professor believed that certain honeys could stop plaque-forming bacteria in teeth and gums from growing. The honeys work to reduce acid in your mouth and stop the production of dextran, a gummy substance that helps plaque stick to your teeth. And the result is less tooth decay and fewer cavities! Ironical isn't it, I mean, I am very surprised because we always warn our children not to take too much sweet stuff as they are not good for the teeth.*

*Pesticides used on farm crops and residential flowers have been found in commercial honey. Honey can be fatal to an infant whose immature digestive tracts are unable to deal effectively with *Botulinum Spore* growth. What nutrients or enzymes raw honey does contain are destroyed by manufacturers who heat it in order to give it a clear appearance to enhance sales. If you are going to consume honey, make sure it is raw, unheated honey. Good to use in special cures, but not as an every day food. It is not much better than white or brown sugar.*

*-Feb-2001 - Honey could help reduce dental cavities. This is the finding of recent research by Dr. Peter C. Molan, Associate Professor of Biochemistry at the University of Waikato, New Zealand.*

*Dr. Molan has shown that honey not only stops the growth of the dental plaque bacteria, it reduces the amount of acid produced, which stops the bacteria from producing dextran. Dextran, a component of dental plaque, is the gummy polysaccharide that the bacteria produce in order to adhere to the surface of the teeth. This research reveals the potential for the use of selected highly antimicrobial types of honey in the treatment of periodontal disease and gingivitis.*

*Honey contains an enzyme that produces hydrogen peroxide which is believed to be the main reason for the antimicrobial activity of honey. Types of honey differ greatly in their antimicrobial potency, varying as much as a hundred fold.*

*Dr. Molan heads the University of Waikato Honey Research Unit. In New Zealand and Australia, honey producers have batches of honey tested in the laboratory in order to identify the samples with high activity. Those types are now labelled and marketed as "antiseptic."*

### ***WHY Honey for smokers ,***

*I have incorporated honey in my daily existence,*

*I am going to include below some more things that I found on the internet that are related to honey for it is good information to know*

*And one thing that I found of interest was that Archeologist? found that in an Egyptian tomb there was a bottle of honey still in tack , I am going to assume that it was because the honey was in a cool dry place, and there was no sunlight hitting it*

*Yoghurt,*

*yogurt, yoghurt, yoghurt or yogurt (see spelling below), is a dairy product produced by bacterial fermentation of milk. Fermentation of the milk sugar (lactose) produces lactic acid, which acts on milk protein to give yoghurt its texture and its characteristic tang. Soy yogurt, a dairy yoghurt alternative, is made from soy milk.*

*It is nutritionally rich in protein, calcium, riboflavin, vitamin B6 and vitamin B12.[1]*

*Yoghurt, full fat*

*Nutritional value per 100 g (3.5 oz)*

*Energy 60 kcal 260 kJ*

*Carbohydrates 4.7 g*

*- Sugars 4.7 g (\*)*

*Fat 3.3 g*

*- saturated 2.1 g*

*- monounsaturated 0.9 g*

*Protein 3.5 g*

*Riboflavin (Vit. B2) 0.14 mg 9%*

*Calcium 121 mg 12%*

*Homemade*

*Yoghurt is easily produced in the home kitchen without any special equipment, except for possibly the right type of thermometer. The basic steps in yogurt making are to heat milk to 185°F (85°C), cooling it to 110°F (43°C), stir a starter of live yogurt cultures (usually lactobacillus bulgaricus and/or streptococcus thermophilus) or a small amount of plain yoghurt (from previous batch or store-bought), ferment at 110°F (43°C) for seven hours, and then chill overnight in a refrigerator.*

## *HONEY*

*Dry, refined white sugar lasts forever.*

*Honey stored in sealed containers can last for centuries however it is susceptible to chemical and physical changes during storage.*

## ***Sleep***

*First, let me start by saying that, if you are not sleeping well you should try exercise because our minds were made to always stay active. If our minds do shut down this could put us in danger, for science has shown that a human can exist without the use of the brain, but if this happens then the person in question would need help from other humans. This is the state that doctors call brain dead or existing in a vegetable state.*

*Here is a scientific fact that relates to sleep. We sleep in 90 minutes cycles, that is, we sleep for 90 minutes (1½ hours), 180 minutes (3 hours), 270 minutes (4½ hours), 360 minutes (6 hours) or perhaps 450 minutes (7½ hours) at a time. The reason we say we slept 8 hours is because during our sleep we might have woken up one time and it took 30 minutes to return to fall back asleep. Sometimes it is because you have really just slept 6 hours, but woke up a few times during the night, and you used up 2 hours in tossing and turning.*

*When you do not work too much during the day, you might find that all you need is just 4½ hours of direct sleep, yet when you are truly physically tired, as soon as you put your head on the pillow you are out cold, and may wake up 6 hours later fully rested.*

*But let us return to our existence in terms of our human mind for it is obvious that we do need our brains as ITS heated weight in order to be aware of our existence and so that we can do things while we are awake, because we already know that when we sleep we are not really doing anything productive on the outside and it is only when we are awake that we are more conscious of things.*

## ***Vegetable meal***

*I also advise people to eat a mixed vegetable meal in which you chop the vegetables up in a blender or mixer, for you will notice that the vegetables release their flavor and taste better. Chopping them up like this also makes them easier to digest because your stomach doesn't have to work so hard or release excess acid to break down the plant cellulose, and if you happen to have problems with your stomach, it is wise that you find a good gastroenterologist, for we are lucky that there are more specialized doctors out there now to help us live longer as one moment of ITS existence, and these doctors too are a manifestation of ITS pure energy.*

*When mixing the vegetables in the blender add some boiled water and some apple cider so as to preserve them longer while in the refrigerator. Another advantage to using the blender is that you won't even notice the taste of the broccoli or the cauliflower for you will sample the tastier ones instead, And you can always add a olive oil to the mixed vegetables, and when you are about to eat this mixture you can also add a ¼ teaspoon of tuna or salmon with out there juices, one as an added taste, and two as a small amount of proteins.*

*In any case, we should start returning to eating more fresh fruits and vegetables and less food with artificial chemicals in it so as to reduce the use of drugs to counteract the effects (diseases)*

*that these additives and preservatives cause. When it comes to taking care of the human body, simplicity is the key.*

*Another important consideration is that when the human body is high in alkalinity cancer cannot exist, for cancer exists when the acidic level is high. This is a proven fact and has been shown in labs time and time again. What makes you alkaline? Fruits, vegetables and other alkaline foods eaten in the right combinations. For this reason we should find meals to keep stomach acids low, make digestion a snap, and keep all our systems working smoothly.*

*And here is something that I found good for losing weight: When you start feeling that hunger sensation, then is when you should try and hold it for just a little longer, for that is when your body is trying to tell you to eat something. If you refrain from eating your body will have to start using its reserves and the first thing it will use is the fat that it had accumulated for later use.*

*So the best thing to do is keep this hunger feeling for as long as possible, and even better, try to keep this hunger sensation all the way until it's time for your bedtime, and here is something else that I found works wonders that stops the hunger feeling, use honey with a dropper or a very small spoon and place it at the very back of your tongue so as to spare your teeth. All you are looking for is to trick your mind into believing that you have satisfied the sensation of hunger.*

*And you can always add just a few drops of olive oil to our mixed vegetables , and ¼ teaspoon of tuna or t saloon*

### ***Tofu with mustard***

*I have a suggestion for people who like to eat tofu or must do so for whatever reason but do not like its bland taste. I take a pound of tofu, put it in a blender, add one big bottle of liquid mustard, and then I pour the mixture back into the mustard bottle to use as seasoning on foods that one would normally put mustard on.*

### ***More about exercising the mind***

*While it is medically possible for a human to exist without the use of a mind, in this moment that I have come to understand as the here and now, IT, has reshaped our minds into the most intelligent of all known beings. IT has allowed us to participate in what we call life. Some humans are even considered geniuses because of their minds. A genius usually has a mind that has not been damaged by say a blow to the head. So duck any flying frying pans to hold onto your intelligence and know when to duck! Head trauma may lead to craziness, which is the other side of genius. Being crazy does have a merit, however, as crazy people might feel more freedom to try what geniuses or normal minded people won't.*

*For our minds to achieve their maximum, they require an ongoing transference of energy. You would think that this organ would be easier to exercise than the others since thoughts do not weigh more than carrying the brain itself.*

*Our brains are even smaller in this moment of our existence than they were during the lifetime of our primitive ancestors, perhaps because we have to think about more in order to survive than we did at the onset of our human existence.*

*We have exercised our minds with more information. And we should continue to exercise our brains by thinking outside the boundaries of our limited perceptions—perhaps this could help prevent Alzheimer's.*

*Fifty years ago, if you noticed someone walking and talking to him or herself you might think he or she was a little crazy. We see this today all the time; the difference is people are talking into cell phones. And for those who are a little crazy and want to talk to themselves without looking crazy, fake cell phones are available. Or, you could hold a microphone while talking to yourself and be mistaken for someone famous. Additionally, if you look like you are thinking without moving your mouth, you will look like a genius.*

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 \*\*\*\* If you say that I am crazy, I am to you only. \*\*\*\*  
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### ***Diet, exercise, and health care***

*Dear reader, I am placing in this section subjects that have to do with taking care of this wonderful gift we have that is our body.*

*I am aware that many of the things that I will mention may not be of use to some of you. But I bet there are people out there that could make good use of some of the things I have learned while I have been dieting and learning to take care of my body.*

### ***Weight***

*From the beginning of time, the human body has been conditioned to gain weight; It is a normal and natural process. Weight gain is a safety mechanism. The storage of fat in the body guarantees the necessary fuel and energy it needs to maintain daily operations and survive until the body reaches maturity.*

*During our primitive development, excess fat storage gave human beings a better chance of survival, as the body will burn fat before it burns muscle. This can still be seen in developing countries where food is not as abundant as we are accustomed to.*

*Developed countries have an abundance of food and drink and plenty of waste, eliminating the need for the body to store as much fat. It is easy to see the effects of overabundance by looking at the obesity around us. Food transfers an incredible amount of energy to our bodies. We apparently have not learned this, as we generally eat much more than we need for survival. If we still had to worry about surviving without food it would not be a problem.*

*But as it is, 90% of us will gain weight over the years.*

*Weight accumulation is sneaky. If you consume an additional quarter of an ounce a day, you*

*probably will not notice it on a day-to-day basis. But multiply that extra quarter ounce of food a day by ten years and you end up with a weight gain of fifty-five pounds!*

*To prevent obesity we must develop healthy eating habits early in life. One way to prevent weight gain is to reduce your daily food intake by a quarter ounce or more. It's not enough to affect your pleasure of eating, yet it would make a big difference in maintaining a healthy weight as the years pass. Of course, you can always let the weight accumulate then try an extreme diet. You might even lose the weight, but it's likely only temporarily, as your metabolism would slow significantly in an effort to survive.*

*According to current scientific dietary measures, one pound of extra weight is equivalent to 3,500 calories. This means that a 100-lb body has 350,000 calories as stored energy. For a 100-pound person to lose weight then, he or she would have to take in 500 less calories per day. This should result in a loss of one pound for every seven days. The body will not initially notice a change this small; therefore, it will not fight to survive. The body will actually get used to losing weight.*

⊕~~~~~⊕  
 \*\*\* *We will not likely die due to a lack of energy.* \*\*\*  
 ✂~~~~~✂~~~~~✂~~~~~✂

### ***Resistance to losing weight***

*If by dieting you obtain a lesser weight, you may find it difficult to maintain that weight. The same 1000-calorie diet that enabled you to arrive at a weight of 100 pounds, for example, will eventually cause an accumulation of weight as the body's survival mechanisms create a safety reserve of energy.*

*This happens as your body's digestive system and organs, your intestines for example, accustomed to the fullness of more calories, function in the image of IT and strive to reach a maximum in development.*

*When the dieter then reaches the desired weight, he or she may have to increase the caloric intake so as not to continue losing weight. When I am at my ideal weight, I take the opportunity to feast at Sizzler Restaurant, which has a buffet of meat, fish, fruit, vegetables and desserts.*

*I would never eat there while dieting, but during my feast... well, it is the place to go when it comes to all-you-can-eat. And I can assure you that I am good at eating a lot, perhaps more than normal, which may actually be typical.*

*As for what we consume as food, my feelings are that our body uses 5% to 10% of what we eat and the other 95% becomes waste that ends up in the toilet. If there is a reader that has statistics on this and would like to share them with the rest of us, please e-mail it to [omnipresentrr@gmail.com](mailto:omnipresentrr@gmail.com)*

*Now that we are aware of the body's reaction to overabundance, we should try to establish our eating habits as early in life as possible.*

*So, even if you have reached, for example, 100 pounds, your body will resist staying at that weight. Combine that with the problem that as we get older our metabolism slows down, the same intake amount of calories with which you obtained your ideal weight will try and accumulate as emergency reserve bodyweight.*

*I also noticed that when I was losing weight I would feel just a little hungry at the end of the day. This hunger came from my body having to use up its reserve in order to continue its normal daily activities, since I knew that this was going to take place for a short while I would just bear with it.*

*I also noticed that when I ate more at night I would not be as hungry in the morning. This was because I still have stored energy from the night before.*

*So it is better to eat a higher protein diet in the morning, and before you eat again you should try and hold off until you are hungry in order to use up some of your reserve.*

*I am now trying to continue to drop my weight to 125 pounds. At this point I can still see areas that have fat, I am trying to reach that weight at which I will have no fat attached.*

*Here are some things I found when I got to 128lbs. I stopped evacuating on a daily basis, which had been my past rhythm. As I got closer to 125 pounds I started skipping a day as evacuating, which tells me that my body was trying to keep that weight. So I then started weighing myself every other day, because the difference was 3 pounds.*

*Also, I had to eat less as I loss weight, for the quantity of food I ate to reach 130 pounds became too much to if I wanted to continue reducing weight.*

*I notice that when I eat at Sizzler it becomes more difficult to lose the next pound; it takes longer. I also notice that I get hungry sooner. For example, I used to eat my heaviest meal at 4:00PM, now I eat at 11:00AM, which leaves me a little hungry by bedtime. Another thing is that this bedtime hunger disappears by the morning.*

*This may sound facetious, but it would be great if there were a tapeworm that we could swallow that would eat the excess away until we reach our desired weight. Of course there would have to be a way to remove it (the tape worm) without it being one great big headache.*

*The more you have the feeling of being hungry the more it is an indication that you are losing weight. Remember though, real hunger only happens when you are actually losing weight.*

*When I reach the point where there is no fat I will inform everyone, this is a very slow process.*

*The good thing about dropping down to 120 pounds is that I can make at least 10 visits a year to Sizzler, where I can enjoy some nice big meals while climbing back to 135 pounds, which is my normal weight.*

### ***Keeping the weight off***

*Let me offer you my personal findings in relation to dieting. When I became overweight I*

*started to analyze the situation, and I noticed that my problem started with my mouth. So the first thing I had to do was come to an agreement with my mouth. That was that what we have been doing was getting me into physical problems.*

*It was my mouth's turn to be disciplined. My mouth accepts being disciplined, I noticed it with alcohol. If I did not have one drop of alcohol I knew that I could lick the problem that follows after the first drink. And let me also share with you, a few more things that I found that are related to the mouth, or at least mine.*

*That is that it always wants just a little more, and that it is hard to satisfy the mouth when it comes to small quantities.*

*I can now understand why AA offers coffee as a beginning to becoming sober. Coffee helps you stay awake and alert, which is the opposite of being drunk. But what I really wanted to say is that I noticed that I was drinking a lot of liquids, which I still do, something like two gallons a day between my consumption of coffee, tea, and the liquids that my meals contain. It has helped me lose and keep off thirty pounds since ten years ago.*

*When I am preparing my meals for the day I do it when I am not hungry. I prepare fixed quantities for what I will be eating that day.*

*So we, me and my mouth, have come to an agreement, which is that it (my mouth) will only eat what I have prepared for each day. As a prize, my mouth can go out and feast from time to time. Actually, I need to because sometimes I drop below my ideal weight.*

*I have also notice that I cannot buy sweets, like fruits and granola, or cakes. When I dropped below my recommended weight I told myself that I could reintroduce some sweets to bring my weight up again, and this is when I noticed my mouth becoming undisciplined again. Like the old days with alcohol. AA has a saying that goes "One drink is too much and a hundred is not enough." For me, that also goes with sweets.*

*When I tried regaining a bit of weight, I bought cheesecake, granola, and fruit. Then I wanted to get them in bigger sizes. Then I had this big struggle at home just trying to deal with portion size. My mouth just wanted bigger and bigger pieces; it was ridiculous.*

*I noticed that if the stuff was not in my home, my mouth would not have that much of a problem. You know, out of sight out of mind. I stopped buying sweets and have maintained the discipline. I will add that for other people the big weight gainer food might be something else. For me it is sweets.*

*The upside for me is that I indulge in Sizzler when it is time to gain weight. I have a feast and revel in it for the moment. Then I go back to the discipline of the diet. My mind and mouth are at rest. It is all part of my maintenance program, the balance I have found.*

*The good thing is that I can enjoy the feasting out with friends, and it is all working for my betterment.*

### ***Your future weight***

*If you would like to know what your future weight might be, here is what you should do. Let us say that when you were 25 your weight was 100 pounds, and that now you are 35 and your weight is at 111 pounds, which doesn't mean much as far as your present appearance if you continue with your eating habits.*

*This is what happens to most of us as a natural way to gain weight. Let me share with you an observation. I have observed normal, everyday people in foreign countries, and they also have weight problems just like you and me.*

*I say this because we in the USA should not blame fast foods for our being fat. This is happening worldwide, and like I have mentioned before, it is basically that most of us are designed to store energy as weight. The slowing of our metabolism after the age of 35 is also a contributor to this problem, for it seems that our body is programmed to slow down our metabolism, which contributes to storing energy as weight.*

*But let us get back to predicting your future weight. Try and recall what you weighed 10 years ago and then keep adding this difference to every 10 more years. If you weighed 100 pounds at 25 and you now weigh 111 at 35, you can more or less predict that at 45 you will weigh 122, at 55 you could weigh 133 pounds, and at 65 you might weigh 144 pounds. Now, at this stage you most likely will be having problems with your health, for you have gained 44 % of your weight since you were 25.*

*I feel that it is more important to dedicate some of my existence to continually monitoring my weight and continually disciplining my mouth. I now realize that this gift that I have as a human body has to be kept at its best by me, and not so much by others, like doctors. And like I have replied to friends that have commented that I now look skinny; I prefer to look slim and be healthy and well, then to be fatter with health problems.*

*More importantly, I can now visit Sizzler more often. I just do not like to eat out alone, so I invite single friends to eat out with me. Like I have told my friends: Getting fat is not the problem, all I have to do is eat more; especially sweets. And I know that in my living alone I can control my weight much easier than people who have to eat as a family.*

*I have offered this information so that you can look into the future and see if there is a problem coming.*

*This bears repeating: Weight accumulation is sneaky. If you consume an additional quarter of an ounce of food a day, you probably will not notice it on a day-to-day basis. But multiply that extra quarter ounce of food a day by ten years and you end up with a weight gain of fifty-five pounds!*

✿~~~~~✿  
**\*\*\*To better enjoy life, you need good health.\*\*\***  
 ✿~~~~~✿

*You should remember that this ¼ ounce is equivalent to 54 calories, (because it takes 3,500 calories to add one pound of body weight) for as strange as it may seem, it is these extra 54 calories a day that will get you to add 55 pounds in ten years.*

*But there is a chance you can start heading it off now by reducing just ¼ of an oz of food daily, in foods like fats, sugar, and carbohydrates.*

*You should start taking care of your gift. You should also remember that, like I found out, after your partner (mate) leaves you (if this were to happen to you), you will be faced with this overweight problem which you will always have to deal with on your own, for it is your problem and it is up to you to control.*

*Let me mention what inspired me to write this piece. It was because a friend mentioned that I was looking skinny, and she was on the fat side. Since I knew her when she was skinny, I knew that she would continue to get fatter. But since I am not here to tell anyone what they should do with their lives, all I can do is offer what I see, for I have noticed that people can see other people's problems and comment on that rather than seeing their own problems and find ways to deal with them. It is easier to say what others should do rather than to do the things we should do to ourselves. This is not very logical, for I know that it is easier for me to make my own corrections because they are within my reach, and more possible than changing others.*

*I guess it is easier to say that people should change than to come to an agreement with oneself. Anyway, it is up to us to attend to our bodies as much as possible.*

### ***One pound a day***

*Here is something to think about. Let us say you weigh 100 pounds. Now, it is known that to maintain a body weight of 100 pounds you are required to consume 1,000 calories daily.*

*In my case, I dropped to 120 pounds to see where any fat left behind would remain. Like most people, that turns out to be in the belly area. I actually wanted to keep losing weight until I lost all residual fat but my friends told me I was getting way too skinny. So I decided to stop losing weight and started looking at calorie counts on food products, especially peanut butter.*

*For instance, the last time I looked at a jar of peanut butter weighing 18 ounces, it contained 2,850 calories. I started using peanut butter as a sweetener to my meals. I stay away from sugar, although I did accept a birthday cake from a friend, which had to have sugar; but that is another story. Anyway, I apply peanut butter to my whole wheat bread.*

*The calorie count on the 18-ounce jar of peanut butter gave me an idea about what 1,000 calories would actually weigh. By dividing 18 ounces by 2,850 (calories) I got 158.3 calories per ounce. Taking that further, I divided 1,000 (the necessary calories to maintain 100 pounds) by 158.3 and I got 6.31 ounces (which is what I would have to eat to get the 1,000 calories).*

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**\*\* TO GAIN WEIGHT IS A PIECE OF CAKE, DON'T DO IT. \*\***

⌘~~~~~⌘

### ***Eating well for the single person***

*This section is more for those readers that live alone, or people that want to eat as well as possible without having to cook every day. There are different items:*

*To begin with, let me just say that as soon as I started eating better I started to notice my health improving. I continue to eat well; I also exercise every other day, and benefit very much from it. I know that is the way to stay away from doctors digging into my colon, prostate, heart and who knows what else.*

*At this point I am still looking for a colon doctor with a smaller finger and who will not have such a gleam in his eye as he tells me that he expects me next year, same time same place. Just kidding!*

*Here is a diet that I put together based on recommended foods:*

*With this diet I cook fewer times, bigger quantities, and know that when I am ready for my meal it takes five minutes to heat and eat.*

*I found that eating out alone was boring. I found myself eating what was available on the streets, which was high in fats and sugars. That was what existed as what I had to eat if I wanted to survive. When I was ready to change I started preparing different types of meals, quite varied, to keep from getting bored. It has worked well to get my weight down from 155 pounds to 122 pounds.*



***\*\*\* There is no greater virtue then a conquered vice, and there is no greater vice then a conquered virtue. \*\*\****



### ***Coffee***

*It is said that too much coffee is bad for us. I have developed a mix: I take one pound of regular mild coffee (fresh ground is better), then I mix it with one pound of garbanzo bean coffee (which is a great coffee substitute). This gives me two pounds which I call half and half. The beauty of it is that even as you continue to consume the same amount of coffee as before you still have reduced your coffee consumption by half. And being that garbanzo beans are high in protein you should get good energy burst from it.*

*I also prepare another mixture on the side, which involves mixing different dry flavors to spice up my 50-50 mixture of coffee; I use chocolate, cinnamon, nutmeg, ground cloves. And from this mixture, I add a small amount to my 50-50 mixture, so that when the water goes through the coffee pot, it also picks-up the flavors, but it does not stop here, because before I start the coffee pot, I also add a few more flavors, that I have already put together using different liquid mixtures like vanilla, anis, brandy flavoring, coconut, almond extract and orange. The variety of combinations can be endless.*

*I use an eyedropper to add this liquid mixture to the water while the coffee is brewing. I put other flavors in, whatever I am hankering for at the time. You want the flavorings brewing with the coffee to get that really great blend when it is ready.*

### **Whole-wheat pancakes**

*This one is easy because all you have to do is follow the instructions on the box, and I use dry milk, but not so fast, what I do is that I also add a little oats, and ground corn meal for extra fiber. For added taste, as the pancakes are cooking on their first side, I add raisins dry granola on top, and I use the biggest frying pan, and this is because after the pancakes cool off I cut them into 4 sections. And I also make as many pancakes as I can, for I store them in the refrigerator, so that when I have my coffee I sometimes use one slice of whole wheat bread with one slice of pancake, which I do in the toaster.*

*I stopped using sugar in my coffee. At first it was a little difficult, but I did get use to it and I never bother with it anymore. Actually, I used to enjoy honey in my coffee but it is too high in calories when dieting.*

*While dieting you should remind yourself that it is a temporary situation, your body and mind will find it easier to accept.*

*I also like to toast one slice of whole wheat bread with half a bagel. When toasted, I add a few drops of mustard for taste. The slice of whole wheat has eighty calories; the half bagel has seventy, so the total is 150 (without the mustard).*

*There is a saying: "An apple a day keeps the doctor away." I say: "Use whole wheat bread to keep the colon doctor away."*

### **Beans**

*Later in the day I have one well prepared meal. This meal is based on the fact that we should eat vegetables, fiber, and proteins. Again, for reasons of variety I like to take out time and cook different bean meals.*

*I picked beans as an important meal because they are high in fiber and protein, and low in fat and cost. I began having meals consisting of just one type of bean; like just black beans or red beans or lentils. Then I got curious about how it would be to mix and match, and that way enjoy a greater variety of flavor and nutrition.*

*I find that this cooking "in mass" is great because it leaves me plenty of food that I can have ready to eat in five or ten minutes. When friends come over I can offer them something quick and nutritious.*

*I start by purchasing one pound of every kind of dry bean I can find at the supermarket. By the way, in most cases, dry beans are really cheap. Let me suggest that you try different precooked canned beans, maybe just one kind at a time, to be sure you like them.*

*OK, here are some of the beans I find in the supermarket: lentil, green and brown, all the different sizes of white beans, all the different red beans, pink beans and black beans, black eye. I usually find about twelve different types of dry beans. I mix all the dry beans together and divide them into smaller packets for dry storage.*

*When cooking time comes, I use the biggest pressure cooker available for cooking. The bigger size allows me to cook more in one batch, when I do this right I save a lot of trouble and time.*

*Leave the beans soaking overnight, or at least for a few hours before cooking; this makes them softer, easier and quicker to cook.*

*By the way, to reduce the gas that beans can cause some people to have do not cook them in the same water you use to presoak them. Also, cook the beans without condiments or flavorings and then eliminate that water also before final preparation. You will lose some of the nutrition in this process, but still, it is a good idea if you do not want the gases.*

*Cook the beans until the largest of them gets soft. I have found that at around fifteen minutes I hear the hiss of the cooker and the beans are ready. I then shut the stove off and let the cooker cool on its own; this takes another fifteen minutes more or less.*

*I then proceed to add five six-ounce cans of tomato paste and one can of creamed corn. I also add the condiments, to my taste.*

*For different batches I add different meats. I can make beans taste like chicken, beef, liver, ham, rabbit, goat and any other meats I can find. I also like to make a small batch without meat, for when I feel like a vegetarian and for my vegetarian visitors. One of my favorite batches is the one I make with different kinds of sea food, like tuna, salmon and codfish. Many other varieties can be left to one's taste.*

*A pot of one my batches will render about fifteen 24-ounce jars. When it is time to eat, I go to the refrigerator, I open one of these jars and I add precooked brown rice, which is part of my main hot meal.*

*I have accumulated many glass jars that I buy with my applesauce, and I also buy the 20 oz jar that I buy of olives with no pits and filled with red peppers, which I dice into smaller pieces which I then add to the beans not so much for their taste, but for their nutrition. They are excellent for storing meals in the refrigerator; and the meals keep for weeks to months.*

*Before pouring my cooked beans into the glass jars there are a few things I do to improve cleanliness and freshness. After cleaning the jars, and before pouring the beans in, I put the glass jars in the microwave for 3 minutes; this kills the bacteria that may exist on the glass. I then make sure the beans are completely ready and at their hottest in the pot. That is the time to pour the beans into the jar.*

*My practice is to then take the lidded jars and run cold water over them to clean the run offs and set them to dry at room temperature. You should hear the lids pop after a few minutes; this*

*is a good thing because it means the jars are airtight. Those that do not pop I separate, these will be eaten first.*

*For those of you that are interested in why the lid pops down, let me explain. You have applied heat to the beans while cooking them. You pour the beans into the preheated jars. Then you tighten the cap as much as you can.*

*You will notice that the cap will be a little bowed outward in the middle. Due to the heat the beans are pushing and expanding. The more heat the better, up to a certain point.*

*As the beans cool down at room temperature they will contract and with the same force that had been used outward they will go inward. The lid comes down along with the contracting beans, tight enough to keep bacteria from even fitting inside. By the way, this makes it virtually impossible for your next batch to have bacteria.*

*And in the refrigerator cold will further the contraction, this will hold the lid so tightly down that I have had to force lids up with a small spoon as a crowbar. Vacuum packed. The beans can be stored for months.*

*This is why when you are buying canned food you should check to see that the lid is not up. If it is it means that air has gotten in, bacteria is growing, and this is bad for you.*

*Next I label the lids: P for plain beans, C for chicken, B for beef (grade A of course), H for ham, S for seafood and R for rabbit. Actually, if I did not label them I would probably forget what is in them half the time. I tend to eat more chicken than any of the others.*

*Here is how I prepare chicken. I buy ten pounds of cheap chicken and put it in the pressure cooker. I let it cool down overnight. When I get back to it the fat is floating, I take that and after peeling the skin it gets mixed in with the dog food, they love it when I cook.*

*I remove the bones, which I have to hide from my black and white German Shepherd dogs; we all know they should not fool around with chicken bones. After cleaning the bones and everything else from the chicken it goes into my 32-ounce plastic yogurt containers, which I use for two different servings. For the bean mix. I take what I will be using that day and the rest goes into the freezer. I mark them chicken. From the freezer they go into the refrigerator before being used.*

*So, on different occasions I make different batches with different flavors.*

*By the way, aside from using tomato paste and creamed corn along the other ingredients mentioned, I also mix in six eggs.*

## **Macaroni**

*Macaroni with wheat and oats, I also use olives in macaroni, which along with other pastas, I like very much. I start by buying an assortment of them; I recommend whole wheat pasta above*

*the rest.*

*Get the biggest pot and pour the water in. Something that works for me is to not add anything to the water (oil nor salt), but you have to stir the pasta continuously.*

*I make an assortment of pastas and store them in the freezer. At first you should make small amount until you figure out what fits in your freezer. The pastas can be stored in plastic 32-ounce yogurt containers. They get marked MAC on the lid so as not to confuse them with chicken, which I also store in the freezer with the same kind of container. You can also store the macaroni in the 24 ounce preheated glass bottles in the lower part of the refrigerator.*

*So getting back to cooking, I should mention that I buy different cans of spaghetti sauce that are spiced for spaghetti, some say that they have mushrooms, other say they have cheeses, some say meat flavor, some say plain spaghetti flavor, well I buy all of them this way, I am not missing out on anything.*

*I also add fresh tomatoes to these canned assortments. Then I add the real beef meat along with half a dozen beaten eggs, along with some wheat pancake mix and ground corn for fiber. A portion of this gets done with the boneless chicken. All of this goes to the freezer in the plastic 32-ounce yogurt containers, for future use.*

### ***Brown rice with barley***

*Please do not be bored, dear reader, because this is not yet over. You see, I also like to make brown rice, to which I add a small amount of barley for extra fiber to a two pound bag of rice. During cooking I use no condiments, the beans already have them. The rice gets cooked in Corning Ware, in the microwave oven, which is good because you can walk away and do something else as the rice is cooking. So far no burnt rice. In the end it all gets stored into the 32-ounce plastic yogurt containers.*

*The two pounds of rice with barley will render about 15 small portions, when added to the beans; actually, mixed together just right you get something like a bowl of chili. Anyway, I label my rice containers with a big RI.*

### ***Vegetables***

*This is something like the beans, preparing my vegetable meal. It is a fact that each vegetable has its own nutritional value. This tells me to buy the freshest vegetables available, especially potatoes and green bananas, and whatever needs cooking, but in small amounts. Then I go to the frozen foods area and buy all the different frozen vegetables.*

*I cook all the vegetables that need cooking in a big pot with water. When they are done I let them cool down. Then I add all of the frozen vegetables and mix them together. I add vinegar to the vegetables that are still in their water (this helps them keep longer in the lower section of the refrigerator). Before putting it in the 32-ounce plastic yogurt containers I add dry mustard for added taste, and tofu to what I will presently be eating*

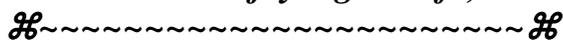
*Then some of the vegetables go into smaller plastic containers for freezing, I leave some space for the 9% expansion freezing brings. Frozen vegetables can last for months.*

*Guess what letter the vegetable containers get lettered with!*

*So that when I decide to eat, I have a wide variety of hot nutritious meals that are just minutes away from eating.*



***\* The first thing that is needed to enjoy a good life, is to enjoy good health \****



## ***Dessert***

*Let me say that since I could never stomach milk, and we do need a certain daily amount of calcium, I use yogurt which is a very rich source of vitamins, but more important, yogurt will reproduce itself inside the stomach as very healthy bacteria at stomach temperature. It will keep your stomach very clean.*

*For those that have never tried yogurt I recommend you start out with a small teaspoon to check out the bitterness. You might have to give it some time to get used to it; it is an acquired taste for some people, but it's well worth the effort.*

*Here is what I do when it comes to yogurt; as you should know by now, I buy the biggest and cheapest generic brand. To this I add the cheapest brand of the 24-ounce glass jars of chunky applesauce; great jar for storing beans.*

*I then divide this 32-ounce yogurt in half, which I use for two different days.*

*I then place this yogurt in the freezer prior to eating. With proper timing it will look and feel like ice cream, sweetened by the applesauce sometimes I add some of the liquid coffee mixture; there are many ways to flavor what was just plain yogurt.*

*When dieting I find that staying away from fruits that are high in sugar will help me bring down the weight faster. And fruits have become so expensive that I virtually only eat them at Sizzler. It is highly likely that I am well known at the Sizzler I usually go to, because I am the one who will pile every fruit on display on my plate. Many trips are made by me to the salad bar on one of my visits. Money's worth! Thank you very much!!*

*I am fortunate in that since I take care of myself I have not yet been told that there are certain foods I should not eat. While dieting I convince my stomach that sooner or later we will get even at the Sizzler salad bar binge. Their sweets are totally destroyed by me, ice cream, apple pie, sweet toppings, but only for that day. Make no mistake about it, after a Sizzler meal it takes longer to drop weight again.*

*Once I was on a fat free diet, it consisted of eating my bread with 95 to 97 percent fat free cheese, and 95% fat free chicken and turkey ham. You know what? I could not drop weight with it, even as I kept a diary of my daily caloric intake. So I stopped using the 95% ham and cheese deal, which I must say was tasty but not good for losing weight.*

*Without preaching let me just say, we should not forget or ignore what we eat, for it is our fuel for the moment and it maintains our human existence.*

*You can imagine that my friends find jars and jars in my refrigerator when they come over. And they do, it is a veritable jar jungle in there!*

**Tea**

*As a cold drink let me offer you iced tea. I never drink water directly from the faucet. I use different types of teas and mix them in various ways. Here is one: I have a pitcher which I fill to the top, and to this I add one tea bag of mint and one of cranberry, both are decaf. After a few hours in the refrigerator it is ready. I have found that if left overnight it will taste better; I do not boil the water. Another mix I like is peppermint with strawberry, also decaf. In the end I add concentrated lemon juice. This is what I drink when exercise to take care of the rising temperatures. On days when it is hot, coffee will not do.*

*I use to question the cost of good food, but I have found that it makes up for it in not having to see the doctor more often and in not having to use more medicine. I gave up certain luxuries, but what the heck. Food costs for me have gone down while the taste, nutrition and quality I get have gone up.*

**Remember**

*What we are really doing is looking for a better way to keep from having to see that group of doctors that exist only because you do not take care of yourself. Do we want to pay them to take care of us? I see them once every few years just to see if there is anything that needs attention. Thank God, so far I have not needed their scalpel service, or pills.*

*Your body is a gift and it is up to you to keep it clean and in the best operating condition.*

*So, for those who need a change like the one I made, go to the store and buy the things that will do you good in the long run, for we can only do our best.*

*\*\*\* IT has no FAT areas. Just kidding! \*\*\**

**3 meals a day**

*IT found it was necessary for us to have three square meals a day for our primitive body to have the energy needed to keep up with the industrial revolution. Now we need to use less food to exist in this high tech society. Many have already found out that we now need to be as lean as*

*possible and give the fat to the robots that are continuing to run with what still exists as the industrial revolution; and see if they will get fat too.*

*For mankind, fat was a form of stored energy with which we survived the lean, difficult times. As for the robots, they can use this fat as a last resort from locking up from friction (from working so hard), as a substitute for grease. We should also remember that from that bulky industry we now have the industry of electronics that IT reshaped into, which is run by IT more as robots and less as humans. We should be grateful to IT for the electronics, computers and circuits that are necessary for the space ships that will take humans into ITS other area, that we call Dark Matter, or ITS cold, clear nothingness, outer space.*

### ***Neck and back pains***

*The dry swim: In a standing position pretend that you are swimming. Raise your right hand over the left side of your head and bring it down like a swim stroke. Repeat, but with your left hand. As you are doing this move your face from side to side, this will loosen up the neck. Also, as you raise hands over your head, move your hips to the left and to the right, this will loosen your middle. Try to get to the point where you can repeat this exercise one hundred times, we don't want bones welding themselves together due to all that sitting.*

### ***Pull-ups***

*Pull-ups are a very good exercise, very efficient and inexpensive. A pull-up bar can cost \$10.00 or less and is easy to install. With pull-ups you use your own body weight to stretch the muscles of your shoulders, elbows, wrists and fingers. Even your whole back and waist will feel the tug of gravity as you hang and pull yourself up. And you will also feel your heart pumping faster*

*I use a pad to jot down what I do when I exercise, it is interesting to go back and see one's progress documented. When I started doing pull-ups I barely did two, little by little I kept building up until I got to 15 times , I then take a few seconds to catch my breath , and I then do another 15 pull ups , and I do this for a total 7 times the 15 pull ups. That is where I leveled off and stayed.*

*To these same pull-ups I added an exercise to strengthen my abdominal muscles. As I was hanging and pulling myself up I started raising my feet in front of me as slowly as possible, without bending my knees.*

*In a way, it was like getting two for one. Because of the extra effort it took to add this routine to the pull-ups, there was a drastic reduction in my repetitions, but little by little I got it back up to 105 again. Raising ones legs while not bending the knees really strengthens the abdominal area.*

⌘~~~~~⌘

*\* Laughing is a good exercise. It's like jogging on the inside.\**

⊗~~~~~⊗~~~~~⊗~~~~~⊗

***The End***



# TIME

By  
Ric – Ricardo

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***Before you begin to read this section on TIME, the first thing to remember is that when anyone uses the word “time” they have to remember that the word “time” and its meaning exists as this:***

***Time is a human invention that serves only as a human convenience so that two or more people can find themselves at a particular earth rotation, or how long it would take them from point A to point B. However, our time system is not universal, and our mechanical time system cannot be used outside of our galaxy. For example: If a spaceship from earth is traveling outside our galaxy and it encounters a ship that is not from our galaxy, and they are trying to tell each other how long it will take for them to reach each other. Would the earth ship say that they can reach each other in a few hours, days, weeks months, or even years?***

***The first thing that the earth ship has to remember is that our time system is based on the time the earth makes one rotation, which is what we call one day or every time the earth makes one rotation around the moon, we call a month and one year only means how long our planet takes to go around our solar sun.***

***But as earthlings, we have to remember that anyone that does not exist within our galaxy will have a way of understanding their existence differently. Then again, these aliens may be aware that they, like us, only exist as one moment within their existence. If these aliens have a solar sun that is farther away from their planet than ours, to them one year is longer than ours, but their living existence will be the same as ours because if both of them were in the same room, they would be living as the same existing moment even if they both have different time systems, and I hope that you will find what follows as the subject called TIME, interesting.***

### **What is time?**

***There is the human time zone that we understand as our mechanical time system. This time system is only a human convenience. We use clocks that follow a 24-hour cycle because our planet spins at a rate of 24 hours per rotation. We call this 24-hour cycle one day. We use calendars that follow a 28 to 31 day cycle because of the Moon. It takes the moon 28 to 31 days to rotate around Earth. We call each rotation of our Moon around the Earth one month. We base our year upon the rotation of the Earth around the Sun, which takes the earth 365.25 days to complete. Mathematically, if one day equals one earthly rotation, then one year equals 365.25 rotations. Measuring a year by the Earth's rotation around the Sun isn't applicable to the rest of the Universe, however. A year marked by 365.25 rotations is what we as humans have established as one Earth year.***



***\*\*We can exist without time, but time cannot exist without our presence\*\****



***If you are 50 Earth years old you could say that you have lived through 18,262 Earth rotations. If you are 30 years old, you have been here for 10,957 rotations. Multiply your age by 356.25***

(number of rotations per year) and that will determine your age in rotations. Should you die when you are 100, you will have been here  $100 \times 365.25$  days, which is 36,525 earth rotations. These rotations have permitted you to do all the things that you did while you were here on this planet.

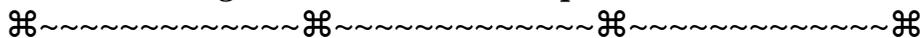
It is a marvel when we say Jesus Christ was here 2,000 years ago. Two thousand years multiplied by 365.25 rotations for every year would equal 730,500 rotations. So, 730,500 rotations ago Jesus Christ walked the Earth. It is the rotation in reverse that would put Jesus Christ here again, for rotation is a real physical event.

To explain the other time zone, the place of omnipresence, let's return to the example of the thirty year old: If you were to go backwards by 10,957 rotations, you would have just been born. If we were to look at this in slow motion, we would see you being born, and as you developed we would see no change. Change happens moment by moment. This moment-by-moment change took place for 10,950 rotations, which resulted in you as you are at this moment.

Humans start as the union of an egg and a sperm that are so small they are microscopic. We are born and start out as one moment of existence. We change and develop as one moment that is searching for a maximum weight. After reaching our maximum we begin to collapse or die. This makes it possible for ITto reshape again, to transmute.



**\*\*\* It is not that one moment follows another moment, but rather the same moment reshapes or "changes" as the same omnipresent moment. \*\*\***

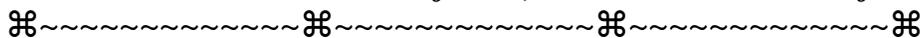


Have you ever seen a high-speed film of a seed growing into a flower and then withering and dying? If you have, what you have seen is the absence of the effect of Earth's rotation. This high-speed film allows us to see how things change as one moment, as the flower reshapes itself on the basis of the same existing moment, as a place for this birth, development, and dying process to occur.

Returning now to our concept of one day, we say "day" (a period of solar light) because we talk, think, and count in days. We keep track of the things we do during our days because this is what we call time. The majority of us seldom count the nights because that is when we sleep. Due to this, nights do not have much importance in our lives as far as they relate to time.



**\*\*We do not exist because of time, time exists because of us\*\***



When humans first roamed this planet, there was no need to count days. Some people used the Moon for keeping time, hence the phrase, "many moons ago." It is our civilization that developed the human mechanical clock or watch. We now live by this development, by a twenty-four hour day that consists of a duality of day as light and night as darkness. The Benedictine monks are credited with giving us our way of using time. They began the day with a morning prayer.

The Industrial Revolution increased the use of this human time system. People needed to be at the same place at the same moment (time) for factories to operate.

*For the majority of us, a week consists of Monday through Sunday; this too is a matter of human convenience. The Monday through Friday week exists so that we can work and transfer our human energy. We attempt to make Fridays and Saturdays last as long as possible by staying awake longer. We traditionally dedicate our Sunday mornings to our God, and Sunday afternoons are used to readjust and prepare for Monday.*



**\*\*\* IT has always existed timelessly. \*\*\***



*Using the term 2005 as a label for a year in time is also a convenience. When we celebrate the moment we call New Year, other parts of the world are not in the New Year as the same moment.*

*Today this system governs our lives. We know time by reading mechanical clocks that divide our days into hours, minutes, and seconds. Our lives revolve around this human mechanical clock because it is a very efficient system. This system provides for people to be where they need to be at a specific moment. This human mechanical time system works well on Earth. It was designed by the human mind for the things humans do on this planet.*



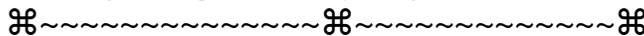
**\*\*\* PURE ENERGY EXISTS IN A TIMELESS PLACE \*\*\***



*I call our planetary time "solar rotational biological time," for it is based on a combination of solar energy, planetary rotation, and biology. Time is solar and biological because it is the Sun that gives us the energy we need for everything that functions biologically, and time is rotational because it is the rotation of our planet that gives us the illusion of day and night.*

*Earth's rotation also helps generate the gravity that makes it possible for us to stay on its surface. Rotation gives us the feeling of change. It causes the confusion in our minds as to what we understand as time. We see things change because of this rotation, this spinning. The mind instituted time as we know it as a way to establish its dominion and control.*

*The 24-hour day is easier to understand and is most applicable near the Earth's Equator. North of the Equator, the concepts of time, day and night change somewhat. Above the Arctic Circle in the North and in Antarctica at the South, there is continuous sunlight for 6 months. The remaining period of 6 months is spent in the dark. I would think that for people living in those areas, terms such as "one day follows another" and "tomorrow will be another day" have a slightly different connotation or feeling than they do for us closer to the Equator.*



**\*\*\* Time cannot exist without motion \*\*\***



*Besides location, situations also affect our sense of time. When we are separated from someone with whom we are madly in love or infatuated, an hour can seem like an eternity. On the other hand, when we are together and enjoying ourselves, time flies. We may also feel an absence of time when we meet an old friend, as though we saw him or her only yesterday when it may have been 10, 20, or 30 years since last we saw each other. We say it feels just like yesterday because our mind believes that because we had slept prior to the encounter, the time elapsed had been at minimum a day, hence yesterday.*



**\*Jet lag occurs when the mind and body have to re-adjust for crossing different time cycles, as the same existing moment.\***



*In reality, what occurred 10 years ago happened 3,652 Earth rotations ago, but it also happened in this same moment as a place known as omnipresent. Imagine that you are watching a movie on your VCR at night and your eyes get tired. You decide to close your eyes and rest them for a moment. Once you have rested your eyes you open them again and continue watching your movie. You are still in the same living existing moment, and in the same place as the same omnipresent moment, as before you closed your eyes.*



**\*\* \*Here's something else to think about: Time did not exist before the Big Bang. But IT did and still does as omnipresent. If IT does not exist as time, why do we want to impose our mechanical time on IT? IT does not need it.\*\*\***

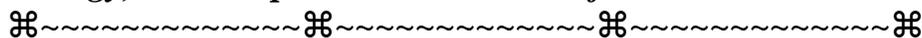


*You are still in the same moment-as-a-place when you were given this gift called life, and it will be the same moment where you will die. We believe that we are constantly moving forward. What we know as the past is what was left behind. When the Sun goes down, that day is in the past. Everyone believes this; it is natural to understand time in this manner, for it is comfortable.*

*During the age of primitive man, there was no way to understand time as anything other than a moment of existence. We use the planet's rotation to count millions of years from the beginning of Earth's existence. These numbers sound extreme to us, but IT measures in these types of numbers. To us a billion is a large number, but by the time you are 20 years old your heart has pumped more than a billion times. IT does ITS reshaping in a repetitive manner. Although things are repetitive, each repetition is different because something has been reshaped. All this occurs as the same moment. Right now is still the same moment in which you were conceived. As you read this, it is the same place that the Big Bang occurred. It is not the moment that is changing. What we call a moment is actually a place wherein IT continuously reshapes.*



**As pure energy, IT reshapes and has no need for our mechanical time system**

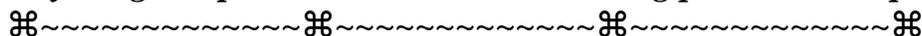


*As we reshape into old age, we, along with this pure energy, work as a duality. IT reshapes into what we see outside of ourselves and into what we are inside of ourselves.*

*We, as a human body, come from nothing; we see our body going from our beginning into old age. The human body continues to reshape in search of reaching its maximum potential. It will continue to reshape until its death, at which time the energy will be transmuted into something else.*



**\* Everything is a place where events are taking place as omnipresent.**



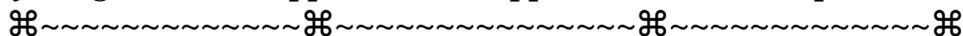
*To exist as the existing moment, the best rule to follow is simply to do that which only you can do as that moment. There is no yesterday or tomorrow. That is why we cannot see "into"*

yesterday or look "into what we call tomorrow." Everything is here as the here and now, known as the omnipresent.

There was a moment, as a place that existed as this Universe, before there was time. That was the moment that gave us time. This is why it would be more correct to say that matter started at the moment of the Big Bang, as a place. The dense matter that is the origin of all existed as this place that we call the existing moment, not as the time that we are familiar with. It is not a new day. It is a continuation of the existing moment as a place.



**\* Everything that has happened has happened as this omnipresent moment \***



### ***New Year's Eve***

Here is something to think about, and is related to time as the moment that we call New Year's Eve. The main point here is for you to see that time is something that we have put together as a human convenience.

So that you will see that we all exist as the same living existing moment (omnipresent), and you will agree with me in what I will now say, let us start with the moment our planet makes a particular turn and is facing the Sun, which is where we say a day starts. We will use Australia as the first place on this planet that will be facing this point in our planet that we call New Year's Eve. At that moment in Australia people have agreed that most of them will stay awake so that when their clocks strike 12:00 AM there, that is the first place on this planet that will see the New Year.



**\*\*\*REWARD\*\*\***

**\*\*\* For anyone that can hold on to the past year or New Year's Day, or grab onto and show me this old or new year. \*\*\***



Now I have to stay with our existence so that you can understand time as a convenience. I will use our first basic necessity, which is the gift of breathing and talk about the first people on this planet to reach the New Year. I want you the reader to focus on their breathing, and it is better if I use the name I gave my son which is Zii. Zii takes a breath at the moment that the New Year arrives. We then go over to the other side of the planet, where we will find a person which we will call Delta Premie, which is my daughters' name, who is still sleeping, for she is trying to rest well so that she can have plenty of energy when she awakes, as she gets ready to receive the New Year. She needs our planet to continue turning so that when her side of the planet turns towards the Sun she will be in her New Year.



**\*\*\* God does not exist as Monday through Sunday, IT exists timelessly. \*\*\***



And here again I would like you, the reader, to see that the two facts that contribute to the illusion of time are light and sleep. As the light that gives us the illusion of a new day, and as in every time we wake up from our sleep, we believe that everything previous to this awakening exists as a past, and when you become aware that all of these effects are due to ITS heated

*weight as matter that is changing, you will then see that all of us have always existed inside of IT as a place which we call or know as omnipresent.*

*Now that you are aware of Delta's existence let us go back to ZII, who is about to start his New Year. As the clock strikes 1200 AM for ZII, as he breathes in his New Year moment it is the same moment in omnipresent for Delta, who is still sleeping on the other side of the planet and does not want to be disturbed. She wants to feel that 12 hours later she will be in a New Year also.*



**\*\* Using our mechanical time system we cannot all be in the New Year as the same moment**

**\*\***



*I have used this example so that you can see why time is only a human invention as a human convenience. We cannot all enjoy the same New Year at the same moment because it is based on our mechanical time system. But we can all enjoy the same living, existing moment known as omnipresent even if you are somewhere else in the Universe. We all exist as the same moment known as omnipresent, no matter what time system we are using, for we can only exist in the same moment that IT exists.*

*As for the accuracy of the year, we should remember that every year is off because of our need to continually adjust our calendar so that it will be synchronized with the seasons. The leap year, another human convenience, was invented to fix this problem. If this procedure were not followed we would have to add approximately six hours to each year instead, which would really confuse the human mind. So it was decided that it would be better to add one full 24 hour day every 4 years.*



**\*\*\* There is a feeling that comes from being trapped, when you can't move forward or backward in a crowd, such as in Times Square during New Year's Eve. While arm-to-arm in a crowd, you move from the past into the New Year. It may even be freezing cold, but because of the crowd, you may not be able to leave. Imagine having to use a restroom !\*\*\***



### **The names we gave them**

*The names for the days of the week in English are based on the names of our solar system's planets and on the old Germanic gods and goddesses.*

*The most obvious are Saturday, Sunday, and Monday; Saturn's day, the Sun's day, and the Moon's day, respectively. Tuesday is for the god Tiw; Wednesday is for the god Woden; Thursday is for the god Thor and Friday is for the goddess Frig.*

*According to what people believed in Antiquity the seven day week arose from the idea that each day is governed by a celestial body, namely: the Sun for Sunday, the Moon for Monday, Mars for Tuesday, Mercury for Wednesday, Jupiter for Thursday, Venus for Friday, and Saturn for Saturday.*

*Now let us review our months. The word month refers to the cycle of the Moon (moonth). January and March are named for two old Roman gods: Janus (god of beginnings and endings) and Mars (god of War) The remaining months' names also come from Latin: February's name comes from the old Italian god Februu or from this god's rites of purification called februa.*

*Scholars think April comes from the Roman word aperire, “to open” on account of spring. May comes from Maiesta, the Roman goddess of honor and reverence. June was obviously named for the goddess from Juno but some scholars think it could also come from the Latin term iuniores, which means juniors or young men. July used to be named Quintilis, because it was the fifth month of the Roman year, but it was changed to July in honor of Juliius Caesar who was born in that month. Then comes August, in honor of Augustus Caesar, the first Roman emperor. The remaining months are named for their order in the Roman calendar: September from septem (seven); October: from octo (eight); November: from novem (nine); and December: from decem (ten).*

*The Egyptians noticed that the Earth would take about 360 days on a full rotation. Now the full circle is credited with 360 degrees. The ancients knew that the true calendar year was longer than 360 days and that Earth’s rotation was not a perfect circle, but the mathematical circle we use in our calculations has kept the 360 degrees, because that never changes.*

*The original zodiac was developed by the Mesopotamians. The Greeks inherited it from them and the Egyptians.*

*Ptolemy gave us the Earth centered arrangement of our planetary system. He was wrong, of course, but it served us for many years. Copernicus was able to calculate that the Sun was the center of our planetary system, and not the Earth. Galileo expounded on this new model and was made to suffer for it by the Catholic Church.*

*He was forced to recant, to deny that this was so, but as he said himself, it did not change the fact that the Sun was the center. All of this reflects mankind’s need to find some sort of godly plan and purpose in the cosmos, a need to make sense and order of what could possibly be just an absolute drifting chaos as IT.*

### ***Our solar time***

*If we were to encounter space travelers, they would not be using our 24-hour time system. The mechanical time system we use is based on the Earth's rotation. If it were to spin 50% slower it would change the way we measure time. If our planet made a full rotation in 48 hours instead of 24, our clocks would change from a 24-hour day to a 48-hour day. This would give the perception that we have more time in numbers only. We would not actually have more time; we would merely have longer days in numbers. If you were 50 years old with the current rotation, you would be 25 years old with the new rotation. But, you would be younger in numbers only. Biologically, you would still have lived in the same moment.*

*The same would apply, but in the opposite manner. If the planet were spinning twice as fast, would we die sooner?*

### ***Real time is 186,000 mps***

*Most of us have heard the expression “real time” used when related to high-speed communications—virtual meetings or language translations might be in “real time”; multimedia transmitted on computers might be in “real time.” When we send or receive a text, sound, or image of something or someone hundreds or thousands of miles away, we call it “real time” when we receive at the same time it is being sent, such as happens in face-to-face conversation. We can now experience real time using technology. During the same moment that someone is talking to us, we can see and hear that person on our communication's device—on our monitors*

*and through our speakers. During the early stages of this technology, we could receive only text real time. Then came sound and images, and then text was replaced with sound, pictures, and motion. It was slow motion initially, but now we can see with sound and motion that has gotten so fast that we experience it as happening in real time, as the same moment.*

*This effect is possible because of IT existing at 186,000 mps. Our communications move at the speed of light or at that speed where we say time stops. And this kind of talk about real time makes sense to us because we know that the information being sent is maybe thousands of miles away. What is being received must be happening extremely fast—so fast that the space that exists in between seems eliminated. Just as matter appears real and without being 95% empty, so does transmitted communication seem to occur in what we refer to as real time.*

*This information is not new, however. What is new is this: The main reason the events of real time can take place is because we exist on a planet that moves slower than the speed of 186,000 mps. The only reason we can even talk about the events mentioned is because we are on this slower moving Earth and because here, whatever IT is, ITS speed exists as a duality.*

*We and everything on this planet exist only because of the slower speed, and we can see and feel this slower speed naturally, which confirms that IT exists at this slower speed. However, we also can confirm that IT exists at this very high speed of 186,000 mps. And this duality works together, for we and everything that exists within this omnipresence is moving at this very high speed that IT reshaped into as electrons so that IT could reshape as ITSELF as matter within a slower speed, such as that of our planet and that of our bodies. We exist in slow motion due to the high speed.*

*Perhaps this explains why IT exists as empty space, as a vacuum where IT can move at this speed of 186,000 mps. As empty space, this speed has little resistance for IT to move within ITSELF. Additionally, since we appear in slow speed, but exist at high speed, and we appear as matter but exist as 95% empty space, and since it is speed that brings these dualities together, here is another question for the mathematicians: With all the information we have about the speed of light and the distance of space inside atoms and in our galaxy, couldn't we figure out how far we are from where we are, and how far we are from the outer border of this Universe?*

*One moment in time.*

*We are living in very interesting times because our moment in history has allowed us to understand IT as just one existing moment that does not exist as time, but just as one continuous moment (the omnipresent moment. However, many of us are not aware of this because our minds have been conditioned to see things as ITS weight (matter) that is continually changing and therefore, we see and talk about time based on the rotation of our planet as a 24-hours-per-day, 365-days-per-year time system.*

**A million years**

*When we say that something has been out there in outer space for millions of years it is a natural indication that whatever is out there came before our mechanical time had any meaning and it is out there as IT.*

**A nice day**

*Because we have returned from sleep, which is how we rest, and after rest we should be feeling "good", this is where I found a sensible meaning to the word good. As for the word day, as in*

“good day,” maybe it makes sense if we think that the majority of us are going to transfer energy in daylight in order to see what we are doing.



**\* For a yesterday or tomorrow to exist, we have to sleep on it**



### **Why there are no two days alike**

Have you ever heard the saying that there are no two days alike? We say this because from the moment that we get up we subconsciously begin to notice the things that have changed, such as when you see different people on the way to work; and there will always be something different at work, even if they're just minor changes.



**\*\*\*All changes are manifestations of ITS reshaping.\*\*\***



We see change as something that we attach to time (a minute, and hour, a day). This is a natural thought with which we have grown up. We know now that change is not attached to time because it is just IT reshaping as the same existing moment.

### **A living moment**

Take someone you see every day and the next time you're with that person ask him/her to remember that moment that you shared as a living moment. Ask that person to record it in his/her mind, and then look at each other, confirming your existence.

The next time you talk to that person face to face, ask if you're still in the same living, existing moment in which you last saw each other. If you really think about it you'll realize you are.

Here is a different way to see the same thing: Spend a week with someone where there is no contact with the outside world, and most importantly, no contact with a clock; so mechanical time is out of your minds. Let us imagine that you can both stay awake for a full week and stay active. You will both notice that everything you do together you can only do in and as the same living existing moment.

After that week of having fun together you will find that time did not exist, because you were not affected by the rotation of the Earth or the turning of the clock.

You would have simply lived in the existing moment; time as you know it would be irrelevant. You would be independent of time. We can say that everything you did would be a continuous transfer of energy in an existing moment that we can call the here and now, or a living, existing moment.

In reality, time is like that throughout our lives. If you remember this it will change your life.



**\*\*\*Everything that you have seen and experienced has happened in this same living moment.\*\*\***



### **A compressed thought**

Why do we refer to time as going by fast? Let us talk about a period of time, for instance 5 years.

*Let us remember that the speed in which we exist is due to the speed of our planet, which is relatively constant.*

*One reason we feel that these 5 years we are talking about go by fast is human memory. We should remember that any memory only truly exists in the existing moment, as a thought only.*

*In remembering these 5 years we are recalling as many of the events as possible. But, we are actually remembering events that took place during approximately 1,826 rotations of our planet. There will be an incredible amount of detail that will be impossible to remember. In effect, we will recall very little, and this will make us feel that those 5 years actually flew by.*

*To continue with time, let us take our basic day, one simple rotation of the Earth on its axis. While a rotation takes place there is 99.99% of emptiness in existence that does not change. Since IT is in constant motion, all activity causes change. Since we are made in ITS own image we take part in these changes.*

*Knowing this, let us now go back to our everyday activities. For 95% of us, we, as kids get up and go to school, and after school we play a little. As adults we get up and get on the same roads to get to work. In many cases we do boring, repetitious work for about 5-6 rotations per week. On weekends we take part in other activities that for some of us are also boring and repetitious.*

*Let us look at the activities; this is important. When we use our memory to recall the many events that occurred during the previously mentioned 5 years, or 1,826 rotations, we will notice that we tend to recall not the boring repetitious activities, but the more interesting, significant events.*

*If we see someone in person that we have not seen in 1,826 rotations, we will recall some of the events that took place that were not repetitious, for those events were few and far-between. It is easier to separate the interesting events from the repetitious ones because we remember them as events. The mind is recalling events as things that really took place as this same living, existing moment.*

*The problem is that our human minds have not been accustomed to understanding that everything happens as the same existing moment. We are ingrained with the idea that all events are different because when light disappeared, it became dark, the planet made another rotation, and we needed rest. But the only thing that really happened was that IT was causing change as IT reshaped ITS weight with in ITS nothingness.*

*We still attach time to everything that occurs, this makes it difficult to see that everything has existed in omnipresence, independent of our concept of our human mechanical time system. What also makes it very difficult to live in the existing moment is that the majority of us must continue to work for survival in our monetary and mechanical time systems.*

### ***Why time cannot go faster***

*The first thing that we have to remember when we say that time goes by fast is that time is based on the rotation of our planet, which is quite constant, and that this quickness is only a human perception. In essence, it is our mind that thinks time has gone by quickly.*

*We as humans cannot exist outside this moment that has to take place within this omnipresence. Think of it this way: The events that you are recalling happened because IT existed at the time of your memory as an existing moment, and the reason you can recall this memory is that IT still exists as the same existing moment.*

*Since the mind is not aware of this, it eliminates the boring activities which occupy much of the intervening time and finds only the desired memory.*

***What is an occasion?***

*One reason why I find that we look forward to the beginning of what we call a new day is because, since we have just gotten up from sleep (rest) we are fully charged and have plenty of energy to transfer into action.*

*We are ready to start something, since we are leaving our sleep, which was a stopping action. Since this planet has made one more rotation we now have light again, because light in itself is a transferring of energy. Even if what we are going to do as work is a repetitive action, it still feels different because IT has reshaped.*

*We know this because we listen to the news and know that things have changed. But if you look very, very closely, you will notice that you are still in the same living existing moment as that in which you were yesterday, and every moment before that.*

*I know you, like me, see yesterday as being a different occasion; and here is the secret: You must understand that pure energy has to reshape ITSELF, and as such we tend to see IT as a totally different occasion due to our having to close our eyes during sleep, and because our planet, having made one more rotation, is now again in the same position, where light can reach us again, But, IT, within all its constant change is still the same existing moment IT has always been, and always will be.*

*What produces the most confusion for us concerning time, is our having to sleep and our Earth spinning, for in this spinning, we get the illusion of a new day, because of the light reappearing, which we see as the beginning of something new, and conversely, as the absence of light we get darkness to which we see as an ending, for again we will have to close our eyes to sleep, to which we have to surrender our existing moment as time coming to an end. In short the two main ingredients for time are our having to close our eyes, and the disappearing and reappearing of light.*

***Your eyes***

*Here is another way to see that you live as, and are a place in an existing moment. Find a room where there is no sound, the lighting is constant and there are no clocks. Imagine that you could be there and not hear anything, not feel the effect of Earth's rotation around the Sun nor feel any temperature changes. Imagine that you have everything you could possibly need for survival and you have no need to step outside of this room.*

*You close your eyes for a few seconds, upon opening them you are still in the exact same place and situation. You will sense that nothing has changed, that no time has passed, and that you are in the exact same moment because you have not had to relate to anything external to the moment and place you are in.*

*People who meditate know this feeling: You concentrate on your inner self for a long moment and find that you are in a place that has always been there while being totally disconnected from our mechanical time system.*

*As you are in this long moment inside of yourself, you get closer to the omnipresence of IT, the true existing moment, because you exist as energy, with or without time.*

*Now, you might say, so what? You closed your eyes and you opened them and here you are.*

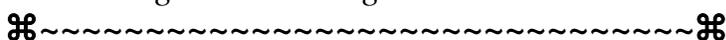
*But here's the thing: Remember that the closing and opening of your eyes also kept you in the same existing moment where you felt no need for time itself. Our mechanical time system is designed for us to be in a particular place at a particular moment. The moment you start moving towards a location and the moment you arrive will remain the same moment as when you left.*

*In the same way, the moment you were born is the same moment you live in now. I know this is hard to digest. The biggest reason for this is that you see that your body and everything around you has changed. But we've already established that change is in the nature of IT, and all that exists.*

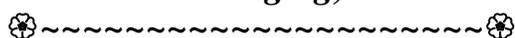
*Think about this: When you go to sleep and when you wake up is the same moment of existence; it is when you start moving out of bed that you start the process of changing what is out there; which also exists as the same moment.*

### **Time has no weight**

*We say that something or other happened a million or a billion years ago, but we cannot really quantify time as we can with matter. It has no atoms to give it weight, or waves or vibrations that can be measured. In other words we have not yet been able to prove that time physically, quantifiably exists, like something that has weight.*



***IT is not that the times that are changing; it is that ITS weight is reshaping***



### **Motion as time**

*We are in the habit of saying that things started so many hours or years ago, or that something will happen in so many days or months from now; and they might indeed so start or happen, but not because we are traveling along a timeline, but because this planet will continue to make many more rotations.*

*Our sense of time (such as yesterday or tomorrow) results from our unawareness of Earth's spin, which is a natural event that is the result of IT putting motion on our planet, like everything else in the Universe. This is why we see what is outside of us as moving, and our mind makes sense of this movement by describing it as forward or backward, thus giving us yesterday and tomorrow.*

*We say that the Sun comes up and goes down, but this is just an illusion. In reality, it is the rotation of the planet that gives us this sense of another day. And since IT has continued in ITS reshaping, which we see as change, we are reinforced in our concept of there being a new and different day. The reality is that all that took place was that our planet made one more rotation and that we were unaware of ITS reshaping.*



***\*\*\* Clocks, like time, cannot exist without motion.***



*The Earth's rotation is not based on time, it is based on an action that IT produced in order to reshape.*

*I have been insisting on this subject of time, not because of time itself, but because by removing time we will be able to see IT more clearly. You must remember that IT does not exist in our*

*mechanical time system, or as a yesterday or a tomorrow. We exist in a living moment. IT exists in omnipresence, a very dynamic moment in which we all exist.*

### ***ITS speed as a minus***

*You exist because you are made of atoms traveling near the speed of 186,000 miles per second. GOD cannot reshape into things like planets, stars and humans unless IT slows down, slower than the speed of 186,000 mps, which is where we understand that time stops.*

*IT slowed down to reshape into this planet called Earth. As a consequence we are moving slower than where we say "time stops." Using Earth's rotation to anchor our concept of time is mistaken, because we actually exist in a no-time zone. The Milky Way is spinning faster than Earth. It is possible that this is so because IT allows the Earth to be contained within the spinning. The Milky Way is spinning faster than Earth but slower than the speed of light, which, if we construct a number line and place 186,000 mps in the middle, would put it to the minus side of the number line.*

*Whatever this pure energy is, IT will not slow down to the point at which IT will stop.*

*Things are not really going faster. Their speed should also be less than 186,000 mps. IT exists at 186,000 miles per second. At this moment, that is the fastest speed we know of that exists. Any slower speed is a speed lower than where time stops. The faster we go, the closer we get to the point where we say time stops. We are traveling as existence in a zone where the speed is less than where we say time stops.*



***We can understand what IT was before IT reshaped ITSELF.***



*Imagine that you are traveling on a jet airplane, and as you are looking outside the window it is like watching a movie. The slower the jet moves the more of the movie you will be able to see. The faster the jet moves the less you will be able to see. At the speed of light you would see nothing through the entire movie. It is because we are on this planet, which has a particular speed that we are allowed to see things. It is this slower speed, slower than where time stops, that permits us to understand the inner workings of IT. We are watching this movie called "Life on Earth" at a speed that makes it possible to understand what this pure energy is. If the speed were slower we could not understand IT, if it were faster we would not be able to observe IT.*

### ***Time and memory***

*When we have experienced what we call an event that happened in the past, and we say that we can remember that event as if it just happened, it is because of this: What happened as a past event actually happened as this same moment that you are now living in. This is why you feel that you can remember the event as if it just happened. In reality, it happened as this same moment, but many of Earth's rotations ago. It happened in this same present moment but you cannot see it physically the way it happened then, because the event has changed as ITS weight. In other words, the reason you cannot truly remember the event that took place many rotations ago as if it happened just now is because that moment and this moment are the same moment, but since that event changed, all you have now is the memory of it.*



***\*\*\*IT does not reshape so that we can attach our human mechanical time system to IT\*\*\****



*Memories are very important in our human existence. When you went to school to learn, you had to use our human ability of memory, for memory starts when we are born, and IT incorporated this memory system long before we came into existence. In humans and other animals there is a racial memory which functions as instinct, which makes it possible for species to survive. During our first few years (rotations) we did not need to use our memory system to survive, for our parents protected us.*

*Our memory system is put to the test when we leave our protected environment. We leave to learn from others, such as teachers, so that we can survive after our parents are not around to help us. We strive to obtain diplomas so that we will be able to survive even better. Without them our chances of survival are weaker and more difficult.*

*We have to work hard in order to survive, so that we can take part in our second programming, which is reproduction. When this programming takes place we are forced to protect our children's survival, the same way our parents worked in order to guarantee ours.*

*On this note of life being harder without an institutional diploma, there are people that manage to survive this hardship so well that they develop street smarts, or get a "university of the streets" diploma, which comes only as an invisible diploma. Learning is a necessity that IT incorporated into us so that we would have to work (transfer energy) in order to survive. In our transferring of energy IT searches for other existing possibilities. Necessity is a very powerful force that IT placed in us to assure that we have to work, for in work we produce as IT.*

*Getting back to memory and time: It is not really of great importance whether we realize that everything has been happening as a living existing moment where IT exists as a place, or if we continue to seeing things as if these events having a past and future attached to them, because this will not change the way IT operates. For IT only changes in this moment (a place) of existence, and is not affected by the human mechanical time system. So think about this: You have always, from the moment you were born, had this gift known as life, existed as the same moment called life, for you cannot exist anywhere else. What we see as different hours, days, months or years is only because of the way we were trained to see time. This training on time had to be really hammered into us so that the Industrial Revolution could take us to this existing point in our human development.*

*And here is where our short human memory system does not help, due to our short stay on this planet. Many rotations ago we had to start living with a timepiece so that we could punch a clock (since most people did not have the money for clocks, many would be located around the cities and towns for public use) so that we could be where we needed to be in order to survive better.*

*Now we have to use the memory that is recorded on paper as history to understand that there was a moment when we did not have to have a timepiece in order to exist.*

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***\*\* If we ask our mind if it has ever left this living existing moment, the answer would have to be no, because biologically and psychologically we exist from the moment that we are born, as being alive, and this is same moment that the mind has always existed in. Our minds cannot exist outside this living existing moment that IT exists as. \*\*\****

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*But no matter what you think, whether or not you agree with what I am saying, one thing is for sure, and that is that we can only be in this existing moment that you are reading this*

information, and if ever you come back to re-reading this you will still be in the same living existing moment.

And if you think this is not so, try and see if you can remove yourself from this existing moment, you will find it impossible. The closest we come to detaching ourselves from this existing moment can be a very dangerous place, such as Alzheimer's disease and other diseases disconnect us from the reality of this existing moment. When we say "I remember that event as if it just happened," the statement is true, but only as a memory.

### **The train station**

There is a past, present, and future in our existing moment. Here is how it works: Imagine that you are traveling on a train or a bus. As you travel from one station to the next, you are experiencing past and future. The station you leave behind is the past. The station that you are approaching is the future. Think about this. The station that you left behind (in the past) is still there as you think about it. The next time that you pass the station from the past, it will be the present. It should be the past, but it is not because you are still in the same existing moment. It is the present because the planet has continued to rotate. What has actually happened is that you and the train have transferred energy in some form as the planet was rotating.

Once we die, or the train is demolished, it will not be the past. It all remains as pure energy, reshaped into something else in omnipresent.

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 \*\*\*\* *All changes are manifestations of ITS reshaping.* \*\*\*\*  
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### **Outer space**

We perceive outer space as starting as soon as we leave our planet Earth, and the first thing we notice when leaving the planet is that it is spinning. Our planet makes a full rotation in what we understand as 24 hours. As we look out into the Universe, we know that everything that exists in space, including all planets, stars, meteors, etc., exists in an area that we refer to as being 95% empty space, which exists as a timeless area. This area is very similar to the atom, which is also 95% empty space. There is a good reason for this when we talk about some of the events that take place in this area.

First, we know that our human mechanical time system does not exist within the atom, so what happens inside the atom happens as events. All that takes place in our life and Universe within this omnipresence are also events that have been taking place since we came into existence, and will continue until and after our death. If you look closely, you will see that everything that happens in your life happens as events, which goes back to when we were in our primitive development, long before we established our human mechanical time system.

Let us say a star has exploded, and that it happened many light years ago. Accordingly, we believe what we are seeing is in the past; the light we are receiving is the light of the exploding star finally reaching us. I disagree with this theory. Recall the meaning of Omnipresent. According to the dictionary, omnipresent is that which is present in all places simultaneously. Omnipresent means that everything is within the existing moment. Everything that exists is one.

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**\*\*\*A vacation is when we try to change our existing moment as the routine we have to perform\*\*\***



Follow me into this Universe that exists as omnipresent. In understanding omnipresent, God as pure energy is the same as the whole Universe. Everything is happening in the same moment as a place; everything is happening in the existing moment as omnipresent. So, saying that to see the light of an exploded star is to see an event that happened previously runs counter to our definition of omnipresent.

The starlight we see is actually light from a star that does not exist as a star anymore. It exists as light energy being transferred through the process of transmutation. In other words, it is no longer a star; it is energy that is being transferred in distance as light. The starlight we see does not exist where the star used to be because it is no longer there. What we see is the star reshaped, after exploding, into light.

The star, as light, is now closer to us (in terms of distance). This light is taking place in the same moment that we are seeing it.



**\*Pure Energy has no need for time, IT has no beginning or end**



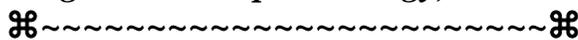
When you are physically in the presence of light you must remember that at the speed of light, time stops. When time stops, you are in this immediate moment, and this is what is called omnipresent (where only the existing moment exists). In the omnipresent there is no past or future, only the existing moment, which is where God has always existed as pure energy.

Try to see this whole Universe as one total package operating as omnipresent and as pure energy (God). You will see and understand why all IT has been doing is reshaping ITSELF in ITS existing moment. We take the whole Universe as one that exists as omnipresent. Travel from one part of this Universe to another will always be happening as the existing moment because of the omnipresent, which does not permit a past or a future.

When we travel from one place in the Universe to another we are covering distance in exchange for energy as fuel. Because everything is created in ITS own image, through the constant transference of energy, you will get change.



**\*\*\* Change is God as pure energy, as IT evolves\*\*\***



To travel to another planet, a transfer of energy is required in exchange for distance; however, this will take place in the same existing moment. The time required to cover a distance will depend upon how we have reshaped our ability to create speed in terms of technology at that moment. Even still, no matter where we travel, we will always be moving from one point of this God to another because we cannot exist outside this pure energy.



**\*Pure Energy has no need for time. IT has no beginning and no end\***



## **A Moment**

*There is a saying that goes, "Do not leave for tomorrow what can be done today." There are several reasons for this saying. If something is done at the moment that it should be done, IT will continue reshaping at that moment. In leaving something until tomorrow, IT will have reshaped from the moment that you should have done it. The possibility of you doing it will not be the same.*

*Leave nothing until a so-called tomorrow, which really doesn't exist and that has never really existed. This is the same moment. In reshaping as humans, IT can exist in the surroundings that you now find yourself.*

*We should remember that the human mind gave a meaning to the word time. We even base its meaning on money when we say "time is money". And we've thought this way as since the beginning of the Industrial Revolution: The more you work in terms of time, the more you receive as money. This thought system is still in place and reinforcing our human concept of time.*

*A moment in time is the smallest fraction of that which we relate to as the mechanical time system. Sometimes we call it a second. Because this is the smallest fraction of our mechanical clock, we see and feel that we exist and are alive in this moment.*

*Before there was time, the moment existed as a place. This is the moment that gave us time. The existence of time is the same as the existence of the original dense matter at the moment of the Big Bang.*

*The only reason time exists is because the human mind says it exists. Before the human mind began, time did not exist the way we understand it. Before our solar system came to be, the time system we use did not apply. The only moment that has always been is the existing moment.*

*A moment is the same for every one of us. Your moment is the same as my moment. As I sit here at this computer, at this moment, the only things that I can do are the things that are in front of me at this moment.*

*I can continue to type or I can stop and look around to see what else there is that can be done within this moment.*



**\*\*\* The existing moment is universal as omnipresent \*\*\***



*When we discuss the time required to get from here to the nearest galaxy, we are actually discussing how much fuel or energy it will take to get there in the fastest possible way. The amount of energy used will determine what we call human time, yet the traveling will occur in the same omnipresent moment.*

*Let us say that it is Monday and that on Wednesday, I will be taking an airplane from the airport. I know that this planet will have to make a rotation so that it could be Tuesday and another for it to be Wednesday. And this is when it is necessary that I be attentive to the mechanical clock, so that, like the airplane pilot, I will be in the same place as the same moment, so that I don't miss my flight! Within the duality, I find that I want to do this and that. All of the things that I want to do are within this moment. Otherwise, my mind will fantasize. The more the mind fantasizes the more professional help the mind is going to need because the mind was made to exist in this moment.*

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**\*\*\*All I can do is what is available to me as this moment\*\*\***  
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*Have you ever heard of a time machine? This is really an object put together by the human mind to take you away from the here and now.*

*The other side of the duality is for me to do that which only I am supposed to do at this existing moment without asking why. I used to say that when it was related to the future, as in tomorrow, we had to wait for tomorrow to arrive. Now that I know there is no tomorrow and the only thing that exists is this moment, I have to rearrange the way I see things. I used to say, "Let me see what the future holds." Now that I live in the moment, I say, "I will have to see how this pure energy reshapes ITSELF as this existing moment." I will do that which I can do at this moment, no matter how many of Earth's rotations take place.*

*I can no longer say "We are wasting time." Time cannot be wasted because the reality is that time does not exist. Nor can I say, "I'll see you in a moment." I will actually see you in this same moment as this planet keeps turning.*

*Consider the expression, "time is running out." It's not. Something new is already in motion and this something will happen as this planet continues its rotation. There is no "until the end of time" but rather, how long IT will take to reshape into something new as ITSELF within the existing moment as a place.*

*It is not the human mind that has been operating the Universe; the human mind has just been limiting our ability to understand IT. Humans, as an existence, transfer energy. We do this depending upon what is put in front of us in the form of possibilities that only we can execute in the moment.*

*If aliens exist they would be on a different mechanical time system. Their time system would depend upon what they use to keep track of movement. It is possible that they too could reach the understanding of only the existing moment. But they, as aliens, will have to exist as this same omnipresent moment.*

### **Spin as time**

*As IT is a duality, the Universe is a model of the atom; and the atom is spinning near the speed of light. The effect of spinning (rotation) is very important. Remember, the Earth itself is spinning; it is also rotating around the Sun. The Sun is inside the Milky Way galaxy. The galaxy is also spinning faster than the Earth. The Universe, which is estimated to contain several hundred billion galaxies, is spinning even faster. And the outer edge of the Universe maybe spinning at the speed of light. This spinning is not always noticeable here on Earth. When we look at a rock that is millions of years old, it seems still, yet it is actually moving near the speed of light. Here is how: While the outer structure of the rock appears not to move, the internal structure of the rock is made of atoms. All atoms have electrons that are spinning near the speed of light.*

*Like rocks, our buildings and streets are considered straight and still, yet they too are spinning on our round planet. Additionally, a jet airplane does not travel in a straight line, for our planet is round and movement from one point to another will be in an arc. We see things as they*

happen over the curvature of our planet. Since the Universe is always spinning in the same direction, ITS evolution has always been in a forward direction. This allows for what we know as time. So far, IT has not changed gears and gone into reverse.

### **Time**

We should start by seeing a moment not as human time, as in a second or a minute, but as a place in which IT reshapes, similar to what is happening within an atom, where events take place within a no-time system. All that happens within this place of omnipresence, from the beginning of the moment of our existence to the moment of our death, happens as events, not as time. This is to say, you exist wherever you may find yourself as a place and where you can do things as events. If these events take place in your home, your home exists as a place in your country; your country is on your planet; your planet is in your galaxy; your galaxy exists within the Universe as a place, and all of these events are taking place as one moment we call omnipresent. Yet the human mind forces its time system on IT and calls it reality. Try to visualize the following: Using the mechanical time system, the human mind has figured that this Universe is five billion or so years old. The mind counts time from where we now exist to where our time system would have first had the conditions necessary to operate. So it counts time by reversing the spin of our planet to see where it was just being formed. But remember, it is because of the forward spin that we know a day; it was the formation of our galaxy and the Moon that enabled the mind to conceive the idea of a month; and it is through the rotation of the Earth around the Sun that we know a year. If we reverse the spin of the Earth to where it began, we return as well to the beginning of our galaxy, where we would not have the conditions we now use in telling time, where we would not be able to use the words day, month, or year, let alone know their meanings.

Certain conditions have to exist in order for our time system to have a starting and stopping point. It is important to see that we have taken our time system to a point in which we force time on IT so that we can believe that our concept of time is absolute. We have given IT a time of birth, the same way we give everything a time and day of birth and death. We should remember that when IT reshaped into this Universe, a system of time was not needed. There was no need for a star to be at work at a particular time--think daylight saving time or leap year--to satisfy our need for convenience. But will we ever accept that our human mechanical time system is only a convenience? Because in order to understand the Universe, (this pure energy that we know as GOD), we will need to open that door and accept that IT only exists in this place known as omnipresent as one moment of ITS existence

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**\*\*\* It is not a question of whether or not you will live one more day. It is: Will you exist for one more of Earth's rotations? \*\*\***

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From a very early stage in our lives, we learn to think in terms of days; our present is "today." As kids we are told that "today we go to school" or "today we go on a picnic"; that today we will do this or that. From school days we shift to work days, and are told that "today we have this project " or "before we leave today, we must finish that project." People who work the night shift do not say they must accomplish their work "today," because for them, it is night. But just

*as we exist not in a day but rather as a moment, so is our work a transferring of energy as an existing moment.*

*While this is true still “today”, it is most clearly exemplified during our primitive development. Before our minds needed the convenience of the human mechanical time system we did not have to be at any particular place at a particular moment.*

*We were governed by the sunlight that allowed us to see what we were doing and what was in front of us--when it was safer to hunt our food. Sunlight allowed us to see and flee from animals that would kill us if we did not see them first.*

*Sunlight, as a day, was a safer place to exist. So we began the day with sunlight and ended it with a resting stage that we know as sleep. During sleep, our minds reflected upon the events of daylight and seemingly conceived that these events happened before that night.*

*Because we have trouble accepting our mind at rest, we see ourselves as having worked in daylight, grown tired and rested, then continued again with the same light that has always been there. Additionally, we see events as having happened yesterday because we see our Sun as coming up and going down, even when we know this is an illusion resulting from the rotation of our planet, which is a result of IT putting spin and speed in everything that exists.*

*So our minds continue to see life's events as days and nights, which to the brain are different times due to their opposite natures of lightness and darkness. They are so different, in fact, that most of us use darkness to rest and daylight for work. But as we sleep we are still transferring energy, only unlike during daylight, when we transfer energy to the outside environment, at night we transfer energy within our body. We do this in order to survive. We use darkness to rest, as did our primitive mind, but it did not yet label this Universe as a place that was governed by time but rather as a place where we transferred energy.*

*In our primitive stage, our minds did not attach time to the activities done as a day, week, or month. The beginning point of light upon waking happened not as a new day but as a moment where we had to work, that is, to transfer energy in order to survive. And we existed just the way we exist in this moment, as a place, not as time, where we are permitted to transfer energy as IT reshapes.*

*We are in the habit of saying that things started so many hours or years ago, or that something will happen in so many days or months from now, and they might indeed happen, but not because we are traveling along a timeline, but because both our planet and our galaxy are rotating. Our sense today of events as time and that there is a yesterday and a tomorrow results from our awareness of Earth's spin. Because IT put the world in motion, we see what is outside of us as moving, and our mind makes sense of this movement by describing it as backward and forward; thus giving us yesterday and tomorrow. The spin, however, is not based on time. It is based on an action that IT produced in order to reshape.*

*I have been insisting on this subject of time not because of time itself but because by removing time you will see IT more clearly. You should remember that IT does not exist as our mechanical time system or as a yesterday or a tomorrow. We have accustomed ourselves to believe we exist as a day, whether from our moment of sleep or because we wake and walk in the presence of light. You are not really living in a day; you exist in a living moment. IT is in this place called omnipresent, this very dynamic moment, in which we exist.*

### ***Time is based on speed***

*Whether time is slower or faster makes no difference. The common factor is that in all cases you will have lived in the same moment. This same moment as a place is the only thing that exists no matter where you are in the Universe as omnipresent.*

*Imagine that our planet always had sunlight and no darkness. If we had more than one sun, there could be constant sunlight. If our planet did not have the Sun to go around in its 365-day rotation, our mechanical clock system would be obsolete.*

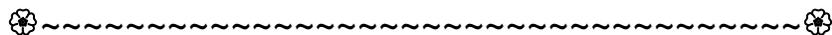
*This would make strange things take place. By not having darkness, we would lose the meaning of one day. By not being able to measure a week in seven days, we could no longer measure months and years. We would have no way of determining our age in years. Our mechanical clocks would not have the same meaning of time. Our bodies would still be born and develop; they would go through the different stages of life until old age. Our only reality would be that we exist in this same moment.*

*If we had continuous sunlight, we would sleep when our bodies were tired. If we had continuous darkness the same would apply. We would awaken when our bodies were rested. We would lose our concept of time (Benedictine time) because there would be no measure to the beginning or ending of a day.*

*We are alive and were created in ITS own image, which is to be here in this exact moment. When our minds drift from the current situation or we lose touch with reality we are still in the same moment, but our minds choose to go elsewhere. In this situation, professionals may be necessary to bring us back to reality.*

*You may be familiar with some of the adages that relate to this notion of reality being in the present moment: "Keep your feet on the ground," "To live life fully, you have to enjoy the moment," "Live the moment; that is where everything happens," and "There's no time like the present."*

*The more you live your life in the past, the more likely you will get tripped up in the existing moment. If you were to be extended in mid-air above New York City and stayed there for four hours, when you came down you would be in California because that is the rate at which Earth spins.*



***\* Reality is the immediate moment, and this is where we were created to be \****



*Let's travel into outer space. But first, let's understand that our mechanical clocks are not important when we leave this planet. Universal time is also the existing moment.*

*Let us say that you are born as a twin. One of you takes a trip into outer space while the other remains on Earth. The twin traveling in outer space is moving close to the speed of light. Let us say that the twin in space has traveled deep into outer space for the equivalent of 15 years on Earth. Meanwhile, the twin on Earth consumed a certain amount of air, water, and food in order to exist. The twin on Earth has been here for 5,475 rotations of the Earth around the Sun. Using our mechanical clock system to keep track of days, weeks, months, and years, this twin believes it is 15 years old. The twin in space did not take her mechanical clock. This twin did*

not experience the rotations of the Earth. This twin will not be able to relate to her age in human time.

The twins have things in common however.

They both took their first breath of air at the same omnipresent moment. They will experience more or less the same biological changes until they die. The twin that went to space will also consume air, water, and food in order to exist while she is traveling near the speed of light. This need for sustenance is what shows the biological similarities between the twins.

Time, for these hypothetical twins, is the same existing moment. They are both living in the same moment in time as omnipresent. The only thing that exists is the moment as universal time. The twin that was traveling near the speed of light only gained distance. The moment for the twin in space is the same moment for the twin on Earth.



**\* The only time in the whole Universe is the existing omnipresent moment\***



If we see omnipresent as two hands, one hand is time and the other is a word called omnipresent. Let me give you an example of omnipresence.

First, however, return to the beginning of this book, and look again at the image of the young and old lady. This will help you to understand what I am about to say, for as you look at the picture, there are two extremely different views to perceive, yet what is most important about this is that they are both one; they are 100% omnipresent.

So now imagine that I have in my left hand that which we have been calling “time,” which has functioned extremely well and conveniently as a system which we are all familiar, having been indoctrinated into it from the moment we were born.

And in my other hand we have a word called omnipresent, which we know exists at least in the dictionary, so meaning has already been given to “omnipresent,” and as far as I can see, this is only a word that may or may not from here on have a more truthful significance as it relates to our human existence. Yet, if we focus more on this word and its meaning, certainly more about it will be uncovered regarding its relationship to IT as omnipresent, for this word enables us to understand IT as the pure energy that has always existed in this place called omnipresent.

Here is one more way to picture what I am talking about: If GOD is in all places at the same moment, this means that in my moment of existing, IT is here also. And if GOD is all knowing, then IT is also inside of me as this existing moment, firstly, as omnipresent, and secondly, since IT, to use the phrase, “created everything”, IT is also you and I, and everything that may exist from ITS creation.

Finally, if you have or find more information on this word omnipresent that you would like to share with the rest of us, please send it to me at the contact information provided at the end of the book.

### **Universal law**

There is a scientific law that there cannot be two things in exactly the same place at exactly the same moment. I want to show you how this relates to IT (GOD, pure energy) and the meaning of omnipresence.

Let us start with the meaning of the word omnipresence: IT is in exactly all places at (and existing as) exactly the same moment.

*Now let us look at the scientific meaning of pure energy: it is the source of the existence of everything, from the minutest particle of the smallest atom to the vastness of the total Universe. So, everything, you and I, are made of pure energy, which is made of matter and nothingness. For this reason, the law that states that two things cannot be in the same place at the same time can also be restated as what we just finished talking about and the inevitable conclusion is that what we have is IT overseeing this Universe in being omnipresent and that everything is IT in all places at the same moment.*



**\*\*\*Antiques are objects that have resisted being taken away from this existing omnipresent moment\*\*\***



*This may be hard for the human mind to see and accept. The problem began when we started using our mind to see and understand things as if they were completely outside of us. This is a normal way of thinking because we actually see things as being out there.*

*Personally, it was when I fully understood the meaning of what we have been calling pure energy that I focused on what it meant that everything is omnipresent. I asked myself this question: "What if omnipresent is GOD?"*

*That is when the meaning of the word omnipresent became clear to me that everything is just IT reshaping as a place in the same eternal moment. Then I saw that we live in a three dimensional Universe and our mind provides the fourth dimension known as the human mechanical time system. IT exists as a place and we give it the name omnipresent.*

*Now I see everything as being one, pure energy, GOD, IT. I exist in this omnipresence where IT has been reshaping what I see as a place. I exist somewhere as IT in this place that IT exists as. I have to exist somewhere. IT is huge. To deal with this immenseness we have come up with the concept of distance. Because of this we can understand IT better as far as size goes. We can understand and accept, for instance, that we are less than a grain of sand in relation to the Universe.*

*And speaking of sand, nano-technology could not have existed if not for it. There are different types of sand with different components, but quartz sand contains 46% silica, from whence come our silicon chips; not to mention Silicon Valley. And from the immenseness of the grain of sand we have gone into nano-technology, which remains IT. We see and understand more as we delve deeper into the atom and keep "nanoing" further in, but it all remains IT in omnipresence.*

*But getting back to IT as a place where it existed long before the Big Bang occurred; scientifically, we have accepted that Time did not exist. Well, IT kept reshaping and doing fine without our mechanical time system. And more than that, IT existed as pure energy, so that we could come into being.*

*Since two things cannot exist in the same place at the same moment, I exist as IT, pure energy and omnipresence, so do you.*

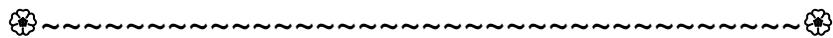
*I have to add that I cannot be grateful to anyone other than IT. IT reshaped into my parents so that I could exist and learn more about IT with the information we now have. A hundred years ago (36,525 Earth rotations) the information I now share with you did not exist for the human mind to understand IT better, as to what IT is and how it operates. All of the above is why I*

have accepted that this is a very gifted moment to exist in, and truly the only moment that ever has existed.

I can now look at IT as it was and as IT is, and as IT may become in all of ITS possibilities. This omnipresent show is all about IT, long before I came into existence and long after I leave, before and after everything.

### **Where time does not exist**

It is an accepted scientific fact that our mechanical time system does not apply within the atom, which is the area governed by quantum physics. This is so because we need matter for time to exist, and what exists within the atom is not made of matter. Remember that what is happening as events inside the atom is also happening as that place in which IT exists as omnipresent; for whatever may exist inside the atom is also IT. We should also remember that we, and every thing that is made up of matter, are made from this material that is timeless and free of our mechanical time system in its interior.



**\*We are made from material that has as its interior a no-time zone.\***



### **Time as change**

ITS reshaping creates the effect of change, which gives us the feeling of time, but time exists only as a moment. What we know as the future is only the immediate moment reshaping ITSELF into something new that will still be in the same place as the existing moment. We can experience the past in the existing moment when we hear and see the daily news, for these are events that have already taken place, but to accept the existence of the past violates the law of the omnipresent. It would mean that God would have used energy from the existing moment to leave behind as the past.



**\*\*The leaving behind of energy violates the meaning of omnipresent.\*\***

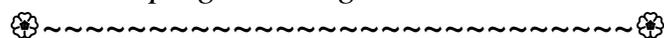


### **Our programming as time**

We have been programmed since our earliest memory to think of things as one day to the next. When we wake up it is a new day. Since our first birthday we have become accustomed to seeing things in this manner. We believe that we are constantly moving forward. What is known as the past is what was left behind. When the Sun goes down, that day is in the past. Everyone thinks this way; it is natural to understand things in a manner which is comfortable to us.

I recommend that you experiment with and learn to see things as omnipresent, knowing that GOD, as pure energy, does not need time. IT is doing everything in this place called omnipresent.

IT does things in a repetitive manner. Although things are repetitive, each repetition is different because something has been reshaped, but it is all occurring as the same moment. As you read this, it is the same moment that the Big Bang occurred. It is not the moment that is changing; it is everything else due to ITS reshaping ITS weight.



**\*\*\* What we know as time is actually movement \*\*\***



**The illusion of time**

Because of the technology we know as communications, we as IT, can physically be in New York at this moment and call someone on the telephone and within seconds “be” half way across the planet. Our voice, energy transferred at the speed of sound, can be across the planet or in space.

When we telephone someone on the other side of the planet and the time difference in the country of the person being called is later than the area you are in, the person on the other end of the phone has aged more for that day than you have. Are they living in the past? What if you are in New York and are calling California? The person you are speaking with has not aged as much as you have for that day. Are they living in the future?

There is a place on the Earth called the International Time Line that, once crossed, will bring you to yesterday. Are those across the line living in the past?

With all of these situations, when you are talking to these people, or crossing the timeline it is the same moment. IT has no need for time. No matter where you are at this moment, it is the same moment at the other end of the Universe. IT is everything that exists.

**The outside**

Everything outside of us is made of atoms. Atoms are in constant motion. In motion, change takes place. What is actually happening is that IT is reshaping in that existing moment. There is no past; there is no future; everything takes place at this moment. The human mind sees change on the outside.

IT is in all places at the same moment; IT is merely reshaping ITS weight as the existing moment. IT has been doing everything within this moment. Before the Big Bang, IT existed as very dense matter. During the Big Bang IT reshaped into the elements. This transmutation has enabled IT to reshape into everything we know, which exists as atoms, such as you and I.



**\*\*The visual effect of transmutation is what we have come to know as time.\*\***



**The here and now**

A psychologist asks a thirty-years old man to undergo hypnosis in order to take him back to the time he was ten years old. This can only be done in thought because the thirty-year-old man is in this existing moment. The ten-year-old child will exist in the place called the existing moment through the man's mind.

**The now and then as omnipresent**

Imagine that your present stage in life is a place in which you exist. Imagine that you could un-reshape yourself to where you were at the age of ten (according to the mechanical clock). Let us say that would be 3,640 Earth rotations ago. After seeing yourself 3,640 rotations ago, go back another 3,640 rotations. Continue to go back as far as you can remember. After completing this, remember that all of the things that have taken you from that point of existence happened in this place called omnipresent.

*From the point at the beginning of your existence you were made in ITS own image. What has taken place is that you have continuously been reshaping to where you are now. Before you existed as a living being, your parents existed in the same place called omnipresent, the same place that you now find yourself in now, the place you know as this moment. Continue thinking in the reverse mode and you become more in contact with this pure energy. By continuing to un-reshape yourself you will see that you are the result of your parents' reshaping and their parents' and their parents', etc.*

*If you continue this process, you will go back to the point where no parents, or anything else that had life, existed. You will then realize that before life existed, this planet was just beginning to make its first rotation, which also happened in the same place called omnipresent, which is the same place in which you exist now. When the planet was just beginning, as a result of GOD's reshaping, it was beginning in omnipresent.*



**\* Omnipresent does not exist as a yesterday or as a tomorrow\***



*If you go back far enough in this un-reshaping you will eventually get to before the occurrence of the Big Bang in this place called omnipresent. When I think of this very dense mass, I can understand that the only matter that existed was IT. IT is not solid matter, however. If IT were, IT would be more difficult or even impossible to reshape into something like humans. This matter has mass and energy. We are not familiar with this type of energy.*

*IT has the intelligence that generates the reshaping of ITSELF from that very dense matter into the positive and negative energies required to produce an explosion, as ITSELF. This explosion reshaped into all of the elements that now exist within this place called omnipresent. Let us be grateful that IT did, otherwise you and I would not be here.*



**\*\*\* Our feeling of a tomorrow is also due to seeing darkness turn into light because of the Earth's rotation.\*\*\***



### **Astronauts**

*One rotation of the Earth is considered one day. Yet, if astronauts make one rotation around this planet in 90 minutes, that is not considered one day. Astronauts have been known to make 16 rotations in one day!*

*This is where we draw the line on time.*

*Astronauts have been asked if they felt "closer" to GOD in space. This question indicates that we still cannot see that we, as omnipresent, are this pure energy that is GOD. At some point we will become aware that this GOD, or pure energy, does not run on the human concept of the 24-hour day. At some point we will realize that something is not a million light years away; it is at the distance that exists as IT, in ITS size, not as time.*

*We will be able to break this cycle of the 24-hour day when we leave the effect of Earth's rotation. This will happen when astronauts travel into space and do not return to Earth.*

*Remember, when you say that you will be here another ten years, what you are saying is that you will get to be a part of another 3,652.5 rotations of this planet. It was many rotations ago that primitive humans did not measure time. Primitive humans had no need to establish that a*

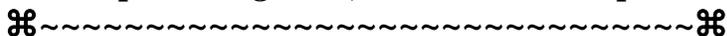


*But, back to frozen Chrissine: She was hoping that someday she would be able to return to continue that part of her biological body that was not fulfilled. When or if Chrissine would return to life, she would survive upon that which has already been established in her DNA. The technology of the future that would make this possible would be the pure energy that IT reshaped into that moment that we would know as “the latest technology”.*

*Let’s say that the technology required to be able to revive Chrissine was developed in the mechanical time year 3000. If this pure energy as GOD permits this to take place, and I do believe IT could happen, this could be better for Chrissine, as she would see changes that would be very interesting. It would be a way of taking our human bodies into outer space so that humans could continue as they are today. The other side of the coin is that in the year 3000, the human body may not be needed. Advancements in genetic engineering suggest we are headed in that direction now, being able to remove many of our current imperfections.*



**\*\*\* IT put us together; IT can take us apart. \*\*\***



*Back again to Chrissine: For her to sleep for 1,000 years she would have to be here for 365,250 Earth rotations. This is actually a small number when we consider that this planet has a death date of approximately trillions of rotations before it will be consumed by a solar collapse; that is if everything works out ok for us. For Chrissine to exist for these 365,250 rotations we would have to supply energy in order to stop her maximization program. This would be accomplished by putting her in the freezer. IT, as Chrissine, would have to continually consume more energy because that is in ITS own image, which is the constant transferring of energy.*

*When Chrissine wakes up in the year 3000 and looks around she would see changes that she feels have occurred since her death because IT continued reshaping while Chrissine was frozen. Yet if we could ask Chrissine her age she might say 30 because for her the moment she stopped breathing is the same moment that she continued breathing again, and she did so in the same existing moment as a place that exists in this Universe called omnipresent. The only thing that happened was that the planet made 365,250 rotations around the Sun; the planet continued as it should have. Consequently, ITS reshaping of her surroundings would cause Chrissine to feel that she was no longer in the year 2000 or what she knew as the year 2000. One thousand years after being frozen, Chrissine exists the same biological way she existed before she died, yet she is not one thousand years older. The moment that Chrissine died is the same moment that existed then, exists now, and would exist 365,250 rotations from now. Because our planet continues to spin, however, we apply time to the period of Chrissine's freezing. By applying time we are considering factors independent of omnipresence, which lead us to think of Chrissine's death as an occurrence of the past. But in the year 3000, IT is still the same place as omnipresent that IT was before Chrissine died. In order to reshape, IT does not need or use our mechanical time system.*

### **Being free of time**

*I was trained to believe that time truly existed. I see this differently now that I know where, how, and why our mechanical time system was created and implemented. I am grateful to IT for giving me freedom of not having a boss or having to do any particular thing at any particular time. I am grateful to IT for freeing me of this cycle of the mechanical time system that I was*

born into. Now I am free from what I had known as time. I must thank IT, God, as this pure energy for liberating me from the concept of time.

I now live with the use of this gift called my human body in this place that IT reshaped into as the Universe. This is where IT permitted Earth to exist so that I could live in omnipresent.

I live in a place where there is no yesterday or tomorrow. I live where there is no Monday through Sunday. I am not getting older; I am in the process of reaching my maximum development.

I go through the two basic programming functions that all humans go through. As mentioned before, the two functions are survival and reproduction. Now that I have fulfilled the second program in participating in the formation of two children, danger arises. Fulfillment of the second program would seem to indicate that I have reached my maximum development; that is when we should be ready to die. And, many people feel that after they are 35 years old everything starts going downhill.

I had a near death encounter in a car accident. Because of this I started doing something that not everybody does after 35; I started taking care of my body. I began to exercise to relieve the pain caused by my accident. Exercise makes me feel much better; had I known how good I could feel I would have started exercising much sooner. I believe that by exercising I am slowing down the process of reaching my maximum. I am transferring energy within my own body. This transference of energy allows me to aim for a new maximum. This new maximum can only be obtained by me.

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**\*\* IT does not have to exist as time. \*\***

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I want to stay on this subject to show that the mind also has to do with the physical. Since I have started putting my thoughts on paper, I have become aware that by using my mind I have forced it to continue this search for a new maximum. This project started with me writing down trivial facts. I then started the Big Bang section. While writing it I realized that I needed to go back to before the Big Bang for it to make sense.

That brought me closer to the understanding of omnipresent. In continuing the Big Bang section I came to understand the existing moment.

We should never allow ourselves to stop growing physically or mentally. As long as we continue to grow, we delay the process of reaching our maximization. Growth, mentally and physically, is the transference of energy. The transference of energy is, in essence, the reshaping of the existing moment.

We feel and see change. It is understandable why we say it is a new day or a new year. These things occur because IT reshaped and made this change possible. This began before the Big Bang. When we say that this Universe is billions of years old, we are using the vocabulary we developed because of our existence and the existence of our planet and galaxy. Our concept of time will end when our galaxy destroys itself in order to reshape into something different. We know that this destruction is inevitable and that it will be the end of the time system our mind has created.

I used to say "Thank you God for one more day." Now I say "Thank you for permitting me to continue being here in this place that exists as the here and now." As mentioned earlier, it is not

*that time is running out; it is that since something is already in motion, something will happen as this planet continues its rotation, and it's already made trillions of rotations since it came into being. We can thank God that our planet is still in such excellent condition. It looks good and as new and fresh as ever. If I were a planetary doctor, I would say that IT, as this planet, is ticking well and looking as though it could make a few more trillion rotations.*

*We need to have more patience; everything is happening as a singular moment and place where IT can occur. If something is going to happen in your life, it will happen; all you have to do is keep the road clear so that it will happen in the smoothest way possible.*

### ***IT as 186,000 mps***

*Let us take into consideration our use of the human mechanical time system to state that time stops. We base the theory of speed and time on our understanding that there is a past and a future, which as of this moment no one has been able to find to be true. This is why I find that the scientific belief that at the speed of light, 186,000 miles per second (186,000 mps), time stops needs correcting.*

*We have used the speed of 186,000 mph as a way to measure the Universe as it relates to distance, which is sensible with respect to speed and distance. But it is not sensible with respect to the Universe being IT.*

*Regarding time, remember that we exist in a place known as omnipresent, where everything is happening as a place that exists as IT, where IT can reshape as events. Therefore, I no longer believe that time stops at 186,000 mps, because in this place of omnipresent, time does not exist, nor did it exist before humans arrived, or before the Big Bang.*

*I understand that in order for my mind to reach your mind with words I have to use a vocabulary that we have all been accustomed to hearing, but I found that the words we use to relate to our human mechanical time system do not fit into this place known as omnipresent, and it takes an adjustment of thinking when it comes to time. In writing this book, I never expected that I would have to change the way I understood time, for I too was educated to think that time stops at 186,000 mps.*

*But now I understand that as omnipresent, "time" never existed, and that our human mechanical time system was put together by human minds as a human convenience – and it is an excellent system – that works effectively within this omnipresence.*

*Lucky for us, as a civilization that began without the need for a mechanical time system in order to function, we still exist in this omnipresence and as this moment. If we as a civilization disappear totally, our time system would not change the way IT is.*

*Accordingly, speed and spin have more importance and value than our human mechanical time system. In spinning slower than the speed of 186,000 mps, IT made our planet's existence possible, enabling us to see, talk, and think about IT, even if all of this is just a human thought.*

*I suspect your mind, as mine did, finds this difficult to accept, so let me explain further. Let us begin with you. In order for you to read these lines, you need a human body that has a mind that can think. Your body is composed of matter, and all that is matter is composed of atoms, and all atoms are IT as a result of ITS reshaping into this Universe. In order to think, you use atoms as energy, and for you to speak, again you use energy; speech is a vibration that produces a sound that can be heard as a word. In short, all of you is IT, first as omnipresent*

*and then as a name that uses atoms as IT to think, which is only a thought that is possible because IT exists in ITS reshaping as you.*

*When I became aware of this, all I could do was be grateful that IT exists and IT permitted me to exist, even as a thought that allows me to think, that I am Ric Ricardo who can think, see, feel, and enjoy this moment of ITS reshaping as life.*

*But let us look again at 186,000 mps as IT and its relationship to matter. Our scientific and human understanding is that at 186,000 miles per second matter cannot exist. This is so because matter, as atoms, has density and therefore weight that will automatically slow down this speed of 186,000 mps, thus making this planet and our existence possible.*

*Because of my personal experience I know that the human mind can begin to understand that our mechanical time system does not exist within this Universe as omnipresent and that before our existence this mechanical time system could not be applied as ever existing. But the speed of 186,000 mps has always existed; both before and after the Big Bang.*

*Here again, to use language to say that at 186,000 mps is IT and time does not stop only serves as a way for a reader to understand what I am saying, by using words. Still, it is a starting point of understanding that the human mind, which has felt speed and spin, would think that since spin and speed do exist we must be moving in a forward direction and that there must then be something up ahead, and logically if there is something up ahead, then there must also be something left behind, leading the mind to reason that if something is behind there is also a past, and if there is a past, this would reinforce the concept of a future.*

*Additionally, I can see that in our primitive stage of thinking we did not know that this place of omnipresence existed. But now that we have more technical information on IT and why IT is pure energy, we can say that IT is as fast as 186,000 mps as omnipresent, and IT is also as slow as matter, for IT uses atoms to reshape into something that is made of matter.*

*If it were visually possible to see everything that exists as IT within this Universe, we would only be able to see IT as the 5% that exists as matter, even if what we see is 95% hollow. Furthermore, to see this Universe we would have to see it at the slower speed which we know as the existing moment. So, remember that at 186,000 mps matter does not exist, but we need matter in order to attach our human mechanical time system to it.*

### ***A timeless place***

*The human practice called meditation is how we can be with IT as a timeless place that exists within us. A timeless peaceful place that lasts longer and longer, but there is a catch to it, and that is that we have to isolate ourselves from this material world to which we believe we have such a birthright.*

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***\*\*Our day and night do not exist in outer space or for aliens.\*\****

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### **Why does time go fast and why do we say that?**

*What we are seeing in the past we are seeing it as if it happened this moment because we have seen a lot. We are experiencing the seeing of the many things we have done as the same living existing moment. We know that we are here to witness many events. We are aware that we had a beginning and that we will have an end. We compress our sense of time as we experience what we have seen.*

*And since we have experienced many events at, let's say, the age of 25, we know that a lot has happened, but since we try to fit these events into our mechanical time system, we again feel that time goes by fast, but the reality is that since our birth, and this is something to think about, we have always been existing as what I call a living existing moment. I use this wording because with it I find it easier to understand the idea behind it. The mind knows that in order for it to exist it has to be alive. Being alive makes possible our feelings and perceptions about time; how it goes by fast or slow. I say feelings and perceptions because that is all they are. The wonder of it all is that we have our minds; and for that I give thanks to IT, as pure energy that reshaped so that we can be what we are, beings that think and feel.*

*So, we can see what we were before and we can see our process of reshaping into what we are. I have been able to look back as far as to when I was two years old. As I look back and think about it I know that what I see are only events that happened. Everything is just a thought.*

*I know when those events took place on the basis of our mechanical time system, using my birth date as a reference point.*

*I am having these thoughts because I am trying to see that time in the reality that those events took place in this same moment of my present life.*

*We know that we have been here for many of Earth's rotations, and in taking in, or remembering as many events as possible at this moment, we get the feeling that time is going or has gone by fast.*

*But remember this, all these feelings about the passage of time can only happen in the moment that you are thinking about it, for everything that ever happened in your life has happened in this same moment in which you exist. It will also be the same moment when you die.*

### ***The ingredients for time to exist***

*Here are a few things that we should remember that are related to the existence of time:*

*For time to exist there has to be these ingredients:*

- 1. Our planet Earth and its rotation existing at the speed that it is now spinning.*
- 2. Our own existence, otherwise, who else is going to state that time exists?*
- 3. The existence of speed, for it is the speed of things that gives our mind the illusion that something is moving. Then we can ask ourselves the question: How long has this movement been going on, and how fast is it going?*
- 4. Matter, because without matter we or whatever is being timed won't exist.*

*This is why it is scientifically known that before the Big Bang time did not exist.*

*This is obvious when we look at the list above, and then look at what existed just before the Big Bang occurred:*

- 1. Our planet did not exist.*
- 2. We did not exist.*
- 3. Nothing was moving. IT existed in a singular stationary position as very dense matter.*
- 4. Matter, as atoms, was not yet formed.*

*So now you can see better why time is only a human invention and that IT does not exist as time, for IT only exists in this existing moment and not as a moment in time, but rather as a place, for IT is not like us, who feel that we have to leave something behind to confirm our existence. IT does not need to confirm to anyone that IT exists.*

### ***Life and death in the existing moment***

*You will become aware that you only exist in the moment you are in, and since you are aware that there is no tomorrow, or a time that can be called the future, you will come more in contact with life itself. This should also make you aware that death will also happen in this moment.*

*Our illusion is that we have a tomorrow, that we have more time, so death is further away. You will lose this illusion in exchange for living only in this existing moment. Everything happens now, in this moment in which we exist.*



***\*\*\*Take care of your GIFT, known as this moment that you exist as ITS life; by taking care of your body and mind, for IT gave you the gift of a mind: how you use it will be your gift to yourself.***



### ***A timeless travel***

*Here is something to think about that is related to time and ITS nothingness. Let us say that you are traveling in, or better still, through, outer space. As you look out the ship's window you will see other celestial bodies that are moving. You are also moving as you cover distance in outer space. Here is the thing: For time to exist we know that we need matter, and since there are all those celestial bodies out there, as matter, we can see them moving, and so are we, because, like the ship and the celestial bodies, we are made of matter, and without matter, which is just ITS weight, we, like time, cannot exist.*

*I have been saying all of the above because, without ITS weight, we and everything in outer space cannot exist. This is a normal way to think, but like I have said before, we need to stop using our normal way of seeing and understanding things so that we can understand IT as ITS nothingness. In order for us to understand IT better we will need to focus on ITS 99.99% nothingness. This will also help you develop a stronger thinking mind, for you will be exercising your mind in a way that it was not being exercised before. You will not go crazy thinking of a nothingness, for all you have to remember is that this nothingness is there as IT, and that IT is a very powerful force that has no competition, for IT is one of a kind that exists as a duality in ITS 99.99% cold, clear, invisible shell and ITS less than 1% weight.*

*Let me add to this nothingness what we already know as ITS opposite, which is ITS weight. I say this because if you look around at all the things that exist as ITS weight, you will see that they are extraordinary: Beginning with our Sun to all the planets in our solar system, to the extraordinary human body that you occupy as ITS weight. So that we can use our very limited viewing power to see as much as we can of what IT exists in terms of ITS weight. If you are like me and find that all of the above activities, as ITS less than 1% weight, are extraordinary, then let us see what this other 99.99% cold, clear, invisible shell that IT exists as is. Since this area of ITSELF is an invisible force we will have to use our imagination and equipment that can focus on ITS clear, cold, invisible speed.*

*Let us get back to our trip in outer space. Think about this: As you and your ship are traveling, you are in ITS 99.99% nothingness, and as nothing, there is no time system, or at least not our human mechanical time system that we can attach to something that exists as a constant nothingness. We need matter and rotation to be able to use our human mechanical time system.*

*Now that we know that we need matter in order to attach time to something (ITS weight), we will do so from this place that exists timelessly, because, we will never be able to attach time to something that exists as nothing. But this is only something to think about, for it will be easier to digest it if you remember that we, like IT, only exist as a moment, which is really just a place where IT exists as an invisible shell housing that is made of an invisible energy force that exists as a cold, clear nothingness that has expansion. We have, at least, begun to confirm what little distance we can observe in this cold, clear nothingness that IT exists as in outer space.*

*By the way, referring to outer space is actually incorrect terminology. We say outer space because we are leaving what we know as home, something we think of as being inside. Since we are leaving our home and going outside we use the term outer space. But now we know that what is out there is pure energy, or GOD, we will have to adjust our thinking and remember that we exist within this pure energy as GOD as ITS invisible shell housing known as this Universe. We are not going into outer space; we are going to continue existing within ITS total shell that is made of this timeless nothingness. As we travel away from our planet we will, at some moment, see our 24-hour rotating planet disappear, and even our atomic clocks will not be able to reach us as we depart from our concept of time and matter. We will exist in ITS more than 99% timeless, clear, cold nothingness. To which I have to say, we should be grateful to IT, for imagine if we left IT as IT exists, which will never really be possible because we would then not exist either.*



***\*\*\*The past and the future can exist only as a human thought that can only exist as a present moment.***

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### ***Heat as time***

*This will sound funny, but there is a relationship between heat and time. To see this we should know a few things first. For instance, for the idea of time to apply to anything we need a couple of things: something has to be changing or in motion and for this to happen there has to be matter. We know that matter comes from the original pre-Big Bang dense matter. All matter comes accompanied by the original pure energy and heat that produced the Big Bang. We should recall that pure energy cannot be created or destroyed; so that the original energy is what we have today.*

*For us to say that something has time, we have to relate it to something material, which has atoms with spinning electrons and protons. We could say that heat gives us the ingredient with which we can apply time to something. Let us not forget, the opposite of heat is cold, which is a never changing constant. Heat gives off motion; we know that mass has heat, like in the center of our planet. Solar light is also heat, and we know that light travels at a particular speed, which means there is time and matter attached to it.*

### ***Why there is no future in a day***

*Here is something to think about when it relates to time as the future. When we talk to someone and we say to them, or relate to them something that is going to happen as the future, we rarely ever say that what is going to happen as this future event will happen as moments away, or even hours away, we instead say that we will see each other a little later, but not as "the" future.*

*And we say this because, we know that if it is 9am and we will see someone at 11am, we would rather say that we will see that person later on, and even if we said that we will see that person, let's say at 11.45 pm, we would rather say that we will see them tonight, but again, not as a future event.*

*I have been giving you these examples so that you can see that for us to say something will happen as the future we need to at least stop our minds as this moment of existing and close down the mind as sleep, so that we can then wake up again and say that before we went to sleep is now in the past, and that for us to say something will happen as the future, we need to stop our minds from seeing what we have been seeing as the same existing moment, in order to call it the future.*

*You see, awakening from sleep is what brings us back to our living existing moment, because it is during sleep that some of us depart from existing in this living existing moment. When we awake, we again come into contact with existing as a moment that can only exist for us if we are alive. By the way, we have become so accustomed to it that we have forgotten this gift known as being alive.*

*Getting back to when we awake and that 11:45 pm appointment that we hope we can keep, and why we refer to it as later: This happens because we know, or our mind knows, that this 11:45 pm appointment will have to happen as the same living existing moment that exists as when the mind woke up. Our minds are not that stupid or dumb to get fooled into that 11:45 pm appointment as being in the future. The mind knows that that appointment has to happen in this moment that it (the mind) is still wake. The mind knows the dangers that exist if it leaves this living existing moment. This could be the reason why we have to be so tired before going to sleep. If it was up to the mind it would continue staying awake, for the mind knows that if it closed down for a moment, as life, it stops existing.*

*Getting back to us following a living moment that exists when we awake, to that 11:45 pm appointment: We know that between the moment that leads us to that 11:45 pm appointment, many things will happen as IT reshapes, so that we (our minds) who exist only as an existing moment will be seeing many things happen that will eventually bring us (our minds) to that 11:45 pm appointment. To the mind this will all have to happen as it is still awake, not as time, because when we existed as primitives, or when our time system did not yet exist, this way of our mind existing would still have been true.*

*Our mind, when awake, knows that the things that will happen, will happen as the same living existing moment that it (the mind) now exists in, or exists as. Our minds have found it easier to say "later", since it (the mind) did not yet have the information that now exists about time being only a convenience, so that our minds know all the events that will lead it to the 11:45 pm appointment are going to happen as a moment that it (the mind) exists as. Our minds know that things outside of us are going to be changing due to people moving about, and because the lighting (our solar light) also changes, (due to Earth's rotation); so to the mind it feels safe to*

say that these changes are going to take place, and that there will be no danger in saying "later." That later appointment has to happen as the same moment that it (the mind) exists as, that is, as being awake in, so that when we now refer to something happening later, what we are really saying is that we know that between now and what we refer to as later we have to participate in ITS reshaping as it changes in ITS existing moment.

### **Time travel**

There is a major problem here, and it is this: As much as the human mind has tried to remove us from the existing moment, and even in physics the mind feels that one could send subatomic particles into the past or future, IT only exists in all places as the same existing moment. If IT had to satisfy the mind's past and future IT would have to fragment ITSELF in such a way as to use its existing moment, as energy, to send things back and forth to places that do not exist. This would also mean that IT would need psychiatric adjustment in order for it to continue existing in all places at the same moment and to still find time to go and be with the past and future.

But I have to say that the above situation does not exist, and that one thing that will make things clearer is to remember that scientifically we know that before the Big Bang time did not exist, and that time is only a human invention, a mere human convenience, and presently our mechanical time system exists with an economical foundation attached to it. And to make this clearer still, I can assure you that IT does not wear a timepiece, for IT does not need to leave the existing moment.

As for me, I have stopped trying to predict what IT will reshape into as this existing moment, into what others call the future, for I prefer to continue enjoying this existing moment which is where I can be as close to IT as IT exists.

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**\*\*\* PREDICTING THE FUTURE MEANS THAT YOU WILL NOT HAVE A FUTURE,  
FOR YOU WOULD BE EXPOSITING A PLACE AND TIME WHERE YOU CANNOT  
EXIST WITHIN THE OMNIPRESENT \*\*\***

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### **IT too obeys ITS rules**

Everything that is happening throughout this Universe is happening as ITS existence, and everything is also happening to ITSELF, as a singular moment, as everything that IT reshapes into. Think about this: Everything is reshaping as the same moment of ITS existence, and what is reshaping is only happening to ITS heated weight. Let me explain it this way: Since IT is ONE; it can only change, as ITSELF, as a singular, continuous moment.

Let us look at how IT now exists throughout the Universe. The only way IT can reshape ITSELF as the same moment in ITS existence is to exist as IT now exists; fragmented throughout ITS shell (Universe) where IT can change into so many different things. IT can only change ITSELF as the same moment in ITS existence, which is what IT is now doing as all the things that IT exists as that have ITS fragmented weight attached to IT; planets, for instance, and everything that also has ITS fragmented weight on the planet (like us), and in everything on the Moon, and as in everything that is happening in the Sun, and all the things that I have not mentioned that exist within ITSELF that are made from ITS fragmented weight.

IT too obeys ITS own rules: Everything that is happening is happening as the same moment, or, to not to use the word moment meaning time, but is happening to ITSELF as it exists.

*If we remove our mechanical time system from everything that is happening within this Universe (ITS shell), we will see that everything has been happening to ITSELF as the same moment; which is really a place. Before and after the Big Bang everything has been happening as the same moment (or place) of ITS existence. If we recall before the Big Bang, when IT had all its heated weight in one place within ITSELF, time did not exist, and it was after the Big Bang that IT threw out its weight as quantifiable fragments (atoms) throughout ITS invisible shell that IT reshaped into. We, after many rotations, came into existence and invented the clock, using our planet's rotation as a measuring device for time. This is just a human convenience.*

*IT obeys its own way of existing, in which IT can only change or reshape as the same moment (to use a word) of ITS existence. This will make more sense if we go back to understanding IT when IT had all its weight in one place, before the Big Bang, when IT existed as very dense matter. We must remember that IT is only changing as the same moment. When IT had all its weight in one place IT had fewer possibilities to change into, IT had only the substance (ITS heated weight) that IT is made of.*

*When IT searched for other possibilities to reshape into, through that part of ITSELF that makes change possible in quantifiable portions (atoms) as ITS weight throughout ITS invisible shell that we call the Universe, IT all had to exist within ITSELF, and IT all had to change at the same moment as ITSELF, within ITSELF in ITS only existence.*

*Maybe you will see it better this way: As omnipresent, IT is in all places as the same moment, for IT is all the places that exist as ITS weight, as ITSELF, and IT keeps reshaping ITS weight, that exists within ITS invisible shell, as the same moment; for nothing is really changing before or after ITS existence.*



**\*\*\*We are all born in the same omnipresent moment, but we arrive and leave on different Earth rotations \*\*\***

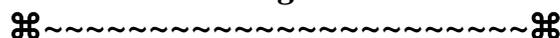


**What makes a time machine?**

*Here is one more way to understand why it is a difficult situation to put together a time machine that could take you out of your existing moment into, let's say, the past. Now, first, it is very important that you remember that time cannot exist in our mode of existence without what is called matter, so that we could see other things (objects that are made of matter) that also have to exist as matter, so that a situation could exist where we could apply time to us and the object in question.*



**\*\*\* We cannot apply time to ITS cold clear invisible shell body, for it is made of a form of a nothingness \*\*\***



*Now, if we start by first dealing with the time machine that will take us back in time, before we even get into this time machine, we will notice that this machine is made of something called matter, and since we are now in a high tech society, this time machine will most likely have many computers inside to help us try to make this jump back in time, so that this time machine with everything inside of it, will have to have weight as the matter that it is made from.*

*After noticing this, let me show you why there will be problems with this journey into the past. Since we are now so technologically advanced, we can go farther back than the journeys that we have seen on TV, such as going back to 18th century. We are going to go back to just before the moment of the Big Bang, so that we can see why there are problems in our leaving our existing moment because we, like everything else that may exist that is made of matter, is made from ITS weight, and this is more important than the subject of time itself.*

*To continue: If there were a time machine that could return to the past, what has to happen is that as this time machine is going back in what we call time, this machine would have to be able to do something that we are not allowed to do, which is to un-reshape the things that now exist as matter! As this machine is un-reshaping what IT reshaped from in order to go back in time, when this time machine (supposedly) arrives at the moment of the Big Bang, what will happen is that the machine and its traveler will not exist, and the reason for this is that everything that now exists came from ITS weight when IT had all ITS weight as one singular point that existed within ITSELF, when we, like the time machine and like our planet, and even our galaxy had not yet been shaped from ITS weight. In the same way, if we tried to travel into the future we would have to wait until IT uses ITS weight that now exists to reshape into what we call the future.*



**\*\* IT does not sleep for IT is not governed by time \*\***



*So again I say to IT: Thank you for allowing us to see and understand the way you exist, as your constant, empty nothingness, where you have your ever changing weight, that you have as your constant weight that exists inside of you. And if you, the reader, are wondering why I said ITS constant weight, it is because IT does not gain or lose weight the way we do, as ITS total inside weight, for ITS outside nothingness does not have weight attached to this area, simply because ITS outside is not made of something that has to have weight.*

### **Space-time**

*Here is something for us to think about, when we refer to space-time: Why not just see this space-time as IT? Since our minds have been conditioned to see time through our mechanical time system then let us see IT as space-time. This can be accomplished by visualizing the fact that there is indeed something that exists as space, and this space does have distance, which is where we use our mechanical time system to measure how long something (ITS weight) takes to get from one place to another.*

*You can try this, but you will need to use your imagination, and remember that imagination is when you look inside yourself to see something that is not there physically, or something that doesn't yet exist... This is one quality that engineers that build things have, for they have to picture in their minds, to use an example let's say a construction builder, who has to visualize on the basis of what is on a blueprint, what the final building will be like.*

*So using your imagination picture yourself standing outside the now existing Universe and looking into what now exists inside this Universe. If you do this what you would see the many kinds of celestial bodies that exist, that are made from ITS weight, that are inside this place that we refer to as the empty Universe. Now, what is important is that we, like IT, are seeing everything that exists inside this Universe as just one moment in ITS existence, that we call*

omnipresence. Perhaps it will be easier for you to see it this way: When you look at everything that exists as ITS weight that exists inside of ITSELF, everything inside exists as one frozen moment called omnipresence as what we understand as all the matter that exists within the Universe as ITS nothingness, and we would also have to include everything that can happen inside the tiniest single atom, for this atom also exists inside and outside as ITSELF as one frozen moment of ITS existence as omnipresence.

Unfortunately, one thing that we can never see is ITS high speeded nothingness (MAXX-SPEED) and this is because this speed cannot have anything attached to it, for then it would be part of what we call matter, Here, too, we can use our understanding of the phrase that time stops at the speed of light. If this is so, then it would mean that since this MAXX -SPEED is faster than the speed of light, our mechanical time system would not function, the same way time cannot exist, if ITS weight were not fragmented, so we could process the distance that exists from one fragment of ITS weight to another as omnipresent. So remember that as you view this Universe, everything that is moving is happening as omnipresence.

Have you ever considered that IT does not need time to measure the distance from one fragment of ITS own weight to another fragment of ITS own weight, because all ITS weight, exists within ITS MAXX- SPEEDED nothingness, (where time could not exist anyway) that exists as ITS body, and it was IT that put its fragmented weight into motion when IT reshaped into the Big Bang? And it is from this moment on that we can apply our mechanical time system: first, because we came to exist, and second, because ITS fragmented weight has distance, where we can measure the different distances that exist from fragment to fragment, that exist inside of ITS timeless body.

### **Our reference to time**

When we say to someone that we will see them “some other time”, what this really means is that they will have to see each other again in this same living existing moment, but so many rotations later. This also applies to when we say that we will see them “in a little while”, because when we see that person we will be seeing them in the same moment that exists as both our lives or as the same living, existing moment. You will better understand this when you remember that we are alive because IT is alive, as omnipresent, and that IT does not need to exist as our mechanical time system nor does IT need our mechanical time system to exist.

Time is based on our use of our planet’s rotation and the distances that exist on this planet and outside as our galaxy. But the importance of this fact is that this rotational spin was placed on matter by IT when IT threw ITS weight outwards. This is why we say that it was after the moment of the Big Bang that we could apply time in relation to measuring the distance between the portions of ITS fragmented weight as it now exists, and the spin that began existing after the Big Bang. It is important that we remember that before the Big Bang ITS weight did not have distance because it was all concentrated into a singular point, and we do need distance in order to apply our mechanical time system.

Furthermore, we are programmed to see ITS weight in our existing moment as something that can be reshaped into something else, in time. However, you will see that ITS weight that exists as this existing moment will be the same existing moment that IT has always existed in, that we call the future.



**\*\*\* The things we have to do are not consuming our time; they are consuming our existing moment \*\*\***



### **Time can get you cross-eyed**

*Let me explain this, but before I start this piece, I want you, the reader, to remember that this is just a joking way of saying something.*

*So let us say that you are looking to the past, and to the future, and that as you look to the past you use one eye, and if you use the other eye to look into the future, you could end up cross-eyed!*

*The best way to exist is to use your line of vision to see things as being in front of you, for the existing moment, since we are made to see best when we are looking straight ahead at what exists.*

*Let me give you an example: When I visit a museum that has an artifact of the past, I know that what I am seeing as the object is not in the past. The object is also in this same existing moment, for it too as an object cannot exist outside of the existing moment, and the reason why the object is still here in the museum is because the object has resisted reshaping into something else as matter, and if the object is made of something like calcium which can resist the heat from the Sun, it will stay around for more of Earth's rotations, so that when someone that is born thousands of rotations later, as the same existing moment, will be able to see how IT existed as a possibility.*

### **We can see the past**

*The reason why we can see the past is because we can see how IT existed through ITS reshaping of ITSELF, for IT has left us with memories in our minds, and as photos, and as skeletons, just to mention a few. But the reason why we cannot see the future is because IT has not yet reshaped from this moment into something else, so we do not have anything to confirm what IT has not yet reshaped into.*

*Another reason why we cannot see the future as we understand it is because it is ITS weight that will have to change from how it exists now into what it will change into, as this existing moment that IT exists as, known as omnipresent. In addition, let me mention that when we say that things are falling apart in our time system, they are not, for it is just that IT is reshaping ITSELF as ITS weight into something else.*

### **Time and Omnipresent**

*In order to see and understand IT, or pure energy, better, I suggest that you stop thinking or seeing things as time and just see IT as omnipresent, as just a moment of ITS existence in which we have been given the gift of participating in ITSELF.*

*Once again, let us return to the photo of the young and old lady, and remember that both are there, just as time is here as our convenience, and simultaneously as IT existing as something we can just call an existing moment (place) where IT exists.*

*And remember that as we focus on ITS duality we will grow mentally, for we will be exercising our minds more, and best of all, because we will see and understand IT better in ITS way of existing as a duality. Nevertheless, however much I may describe IT to you, there are things in our life that we will have to learn on our own, such as finding our own connection with IT only.*

*I have found that this invention that we have put together for our convenience called TIME can be a major obstacle in our trying to understand IT better. This is why monks and priests leave out time when they meditate on IT. Yet I know that there are some minds that would like to tell IT what time IT should be there for us.*

*I am also aware that it was these monks that used our planet's rotation to start their meditation, getting up to pray and meditate just before our Sun started to shed ITS light, (ITS weight) and I am going to venture offering a reason as to why these monks started their prayers so early. I feel it is the same reason why I also do it, namely, that I prefer to connect to IT first, because my mind, which was resting from this outside world during sleep, as I return to my outside world, it immediately wants to attach itself to IT as ITS weight, that is, to the material objects that exist outside of us.*

*So I find that if I stay as close to connecting to IT first in meditation, it is easier, because my mind has just returned from being inside of me during sleep. Let me also add a personal note: I have found that as our minds, we do not DREAM of IT as ITS nothingness. I feel the reason for this may be that in dreams what we are seeing are images that the mind put together, since our mind cannot stop functioning, even during sleep! Therefore, it is hard for our minds to dream of ITS nothingness, for even if we could dream of ITS nothingness our minds would not even know that IT is there. The mind cannot even understand ITS nothingness, even if IT is there during meditation, and also, because IT is there as ITS nothingness in every atom of our very bodies.*

*Now, let me explain why it is better to start my awakening with connecting with IT: When I wake up, I immediately connect to IT, before I do anything else, because in my personal experience I find that otherwise my mind wants to focus on the situations that are happening outside of me. My attention is diverted and connecting to IT will be more difficult.*

*There are many writers out there that prefer to start writing late at night, and go on into the early hours of the morning. But that does not work for me. I have found that after I connect with IT, and I have had a few cups of coffee, I can then start working on the manuscript of this book, (from 4-5 AM). However, if I do get involved with something else, it is hard to come back to writing again because the moment that I do get involved with something else as ITS weight (I am referring to material things), it does have a pulling effect that makes it harder to tear away from how IT exists outside of me as ITS weight.*

### **Time systems**

*All time systems exist in the same existing moment as omnipresent. Let me explain this with a simple example:*

*Let us say that there is a person (who to me is a living, existing moment) called Tom who lives in California, it is 11.30 PM, Sunday, and he is about to go to sleep. And I should also mention that Tom has an exact twin brother that was born at the same moment of life, who was given the name of David, who lives on the opposite side of the continent, in New York. For David in New York, it is 5:00 AM, Monday, and since David is an early riser, he is preparing to go to work. But something happens that requires that Tom, at 11:30 PM Sunday, in California, to call his twin brother David in New York, for whom it is 5:00 AM, on Monday. I am using this example to show you, the reader, why our mechanical time system is not universal. Being twins, they started their human lives at the same time, but now each one has adjusted to live in different time. However, regardless of the hour or the date, when Tom makes his emergency call to*

*David, while they are both are talking on the telephone, they both exist in the same living, existing moment because both time zones exist within the same omnipresence.*

*Now you can understand why I insist that all mechanical time systems exist in the same existing moment as omnipresent. Even more, let us say that Earth did not exist and both brothers were somewhere else inside this Universe, regardless of where they might be, they would still be existing in the same living existing moment that they have been permitted to exist within ITSELF, as ITS existing moment that we call omnipresence.*

### ***Why there is no past or future***

*Here is one more reason why we cannot return to the past, because to do this we would have to **unrotate** this planet's spinning, and if we tried to go into the future, we would have to make our planet make the necessary rotations that the planet has not yet made, for our planet, like us has to do things only as one existing moment.*

### ***The past and future are omnipresent***

*Here is something to think about: For a past or a future to exist, this past or future would have to exist within ITS omnipresent moment of existence.*

### ***Time as omnipresent***

*I will try to begin this subject by referring to the information that is available concerning time. The evidence presented in this book has led us to the inescapable conclusion that GOD (IT) is everything, and is in all places at the same moment, even our own existence on a planet we call Earth, located in a galaxy that we know as The Milky Way, the size of which alone is estimated to be approximately 100 thousand light years across. I have already mentioned elsewhere that everything that exists in this Universe is really just ITS weight reshaped into matter. Now, since everything that exists is IT, as ITS weight, and IT is in all places at the same time, if you look closely you will see that ITS weight is fragmented and distributed throughout this place that we call the Universe, but each fragment of weight is obviously distinct. For instance, the way ITS weight exists as this planet called Earth is not and cannot be the very same weight of other planets elsewhere, let's say at the other "end" of this Universe. Therefore, it is natural to think of there being distance from one fragment of weight to another within this Universe.*

*However, even though all matter is just ITS fragmented weight that exists within ITSELF as this Universe, we have become attached to thinking of ITS weight in terms of matter and time. This came about because we applied the concept of time to ITS weight in order to be able to calculate the distance from one fragment of ITS weight to another. Nevertheless, this does not affect IT. IT continues to be in all places at the same moment because ITS weight is to be found within ITS cold, clear, invisible "shell body". It is we who have invented and superimposed the concept of time onto IT. However, it is within ITS nothingness where everything else exists and it is ITS nothingness that is in all places at the same time, be it as the 95% nothingness that we call this Universe or the nothingness that is found inside every atom; for these two are one and the same.*

*So time cannot be applied to this nothing that IT exists as, for how can we apply time to something that exists as a form of nothing?*

### ***ITS timeless body***

*Here is a concept that, having read the previous sections, you will better understand. It has to do with the existing vocabulary that deals with the way IT exists as omnipresent, and the way*

*our current language is only made to deal with ITS weight as the things to which we can apply our time system.*

*I will try to explain this the best I can, but you, the reader, must remember that I too have to use the vocabulary that now exists, which does not have many words that I can use to express ITS existence as only one existing moment. Do you see? In the previous sentence I had to use the word moment, but I am not using it as a time reference.*

*For most of humanity's existence we have been thinking in terms of time, yet IT does not exist as the time system that we have put together for our convenience. The problem is that we have gotten so used to thinking this way that we forget that we have only been referring to ITS weight as affected by time, such as when we say that the Earth or the stars are millions or billions of years old, even when we know they exist within ITS timeless body.*

*If you give this some thought, you will realize that IT has always existed, but not as time nor affected by what we call time, because when IT existed before the Big Bang, where IT had all ITS weight in one place, our time system did not even exist yet. So let me discuss now the fact that IT exists as just existing, and not as even one moment, for I still do not have a word that can be used to describe IT as just existing, as being timeless, in a "place" where time does not exist. Once again I request that you use your imagination to try to see how IT exists, where everything that is happening, is happening within ITSELF. This was so, long before IT reshaped into the matter that now exists, to which we apply our time system. You may have noticed that in the previous sentence I had to use the word "before" and in the same way, I had to use the concept of a "later" moment to describe how IT reshaped into matter! All this difficulty is caused by our now existing vocabulary that is based mostly on things that have been (the past) or will be (the future).*

*Continuing to try to describe the way IT exists as just existing, not needing to use time to reshape, for want of a better word, I will use the word "place" in order to avoid using words that have to do with our time system. However, you, the reader, must be clear that I am not referring to a physical place inside which IT exists, for IT cannot exist somewhere other than within ITSELF. When I say a "place", I am really speaking of the place that is ITS body as the nothingness that now exists as this empty Universe, inside which ITS weight exists. Here we can apply time to the things that exist inside of ITS nothingness, as ITS weight, which IT also exists as, inside of ITS transparent body, which is made from a form of a nothingness. Of course, we cannot explain this way that IT exists because there is nothing there for us to describe as existing. For this reason we cannot even use our time system to describe the way IT exists as this clear, transparent way that ITS timeless body exists. And it is within this transparent nothingness that ITS fragmented weight is moving about. But here we cannot apply our time system to this transparent nothingness nor to the way ITS weight exists inside of ITSELF as this timeless clear nothingness.*

*So, for lack of a better way to say it, it was "after" IT fragmented its weight, that IT allowed us to exist as IT, within ITS clear, transparent body; a lengthy process that "started" with what we call the moment of the Big Bang, that led up to the existence of our planet and the emergence of humanity upon it.*



**\*\*\*Our vocabulary is the first thing that makes us feel old. We are introduced to the concept of age or “getting old” as soon as someone tells us that we are one year old.\*\*\***



Once again, when we speak of the Big Bang, we have to make reference to our time system, so that we can better understand, that before the Big Bang IT existed as one singular weight, and then this weight became fragmented into all the contents of what we know as this Universe, that are moving about within ITS clear timeless body.

This is the only way we have, as far as words go, to understand something about the way IT exists. We have described the way IT existed before the Big Bang (the past), and we can talk about the way IT now exists, as the way IT reshaped ITS weight (present), or the way IT will reshape ITS heated weight into what we call the future, for we have no words that describe IT as just one continuous way of existing, where IT does not have a past or future, where IT only exists as this omnipresent. What word can I use to say “moment” without using the word moment as time??



**\*\*\*IT will not punch a time clock to satisfy us.\*\*\***



Now since we are made in ITS own image, as the way IT exists, let me now try to describe the way we exist, in the same way that IT exists, but without reference to our time system.

Now that we have talked about the ways that ITS weight has been changing, which is where we began to apply time, let us stop to just look at IT as the way IT exists, where IT is reshaping ITS heated weight within ITS cold, clear, transparent body. This is where ITS weight exists, just moving about within ITS cold, clear, transparent way of existing, which could be called ITS body. And it is here where IT is continuously reshaping into something else as ITS fragmented weight. In one of these possibilities into which IT reshaped ITS weight, we came into existence, as ITS weight, as ITS life, and as ITS conscious divineness, for everything we exist as is because IT exists that way as ITSELF, as just one, that we call GOD, or as the pure energy that exists as this cold, clear Universe, where we know that ITS heated weight exists, where we have confirmed that IT does exist, and we have confirmed that we do not know what IT is, but we can confirm the way ITS weight has behaved which we refer to as transmutation. This is the way ITS heated weight behaves within ITS cold, transparent, timeless nothingness.

Now if we forget about using our time system and we look at everything that is happening as happening only to ITSELF as ITS now fragmented weight, all of which is happening within ITS cold, clear nothingness, to which we cannot even apply time we might begin to understand the concept of omnipresence, which is the fact that IT is in all places as the same moment, and if we remove the word moment, we can restate the concept as follows: IT is in all places as ITS nothingness, where not even our mechanical time system can be applied, for we will never be able to apply time to how IT exists as ITS nothingness, and this is also why we cannot apply time to the way IT exists in what we call the activity that is taking place inside the atom, known as subatomic activity, where ITS fragmented weight also exists.

Another way to understand this which has to do with time is by visualizing an atom. The fragmented weight that makes up the inside of an atom is part of ITS total weight and this fragmented weight that exists inside of an atom can only exist within the empty nothingness that

*IT exists as and the fragmented weight that exists inside every atom came from when IT had all ITS weight in one particular place inside ITS nothingness “before” the Big Bang. “After” the Big Bang IT threw ITS heated weight outward within ITSELF as ITS clear nothingness, which can be regarded as ITS “body”. It is important to remember that ITS weight exists within ITSELF, not outside of ITSELF, because this would mean that wherever or whatever this “outside” place is would be independent from IT, as the pure energy that now exists inside this Universe as ITS nothingness.*

*Another thought, related to the one above, has to do with why we cannot get a mechanical clock inside an atom. One reason for this is that we use the rotation of our planet as the basis of our time system and this does not exist inside an atom. The other reason is that we use our time system to measure what IT does with ITS weight out here where we can exist. For us it is easier to understand what is happening out here where we are, as ITS fragmented weight, compared to trying to understand ITS also fragmented weight that exists inside atoms, as smaller portions of ITS fragmented weight. However, we must not forget that both ITS outside fragmented weight and ITS fragmented weight inside the atom are existing or happening in what we call omnipresent, which is how everything that exists, exists as IT, as just being ITSELF, as one.*

*Please keep in mind at all times during this discussion that we are really just referring to ITS weight that exists both outside of us, as well as inside the atom. Both exist within IT, as ITSELF. The time system that we put together for our convenience is great when we have to be in at a particular place on this planet at what we refer to as “a certain time”. Nevertheless, whatever we choose to call it, whatever time bound words we use, we are still speaking about the same particular moment that we exist as, which is also going to be the same particular moment that exists wherever we may go inside this Universe, as the way IT exists.*

*I would also like to clarify that when I speak of ITS nothingness, it is not because there is nothing in this nothingness, for there is! This is where ITS high speed (MAXX-SPEED) exists. The problem is that this speed is faster than the speed of light, because as light, IT places a minute amount of ITS weight as the heat that light carries, but as MAXX-SPEED, there is nothing there as ITS weight that our sense could see or detect. The other reason why this area is timeless is because this area is faster than the speed of light, which is the speed at which time stops naturally. In any case our time system can never be applied to ITS high speeded nothingness as the way that ITS clear transparent body exists. Knowing this, you can look at this Universe as a timeless place, which is really ITS body, where ITS weight is moving about, as this omnipresent place that exists as ITS clear, transparent form of being. It is evident that everything is happening to ITSELF as ITS weight that is moving about, as this weight transforms (reshapes) within an area where our mechanical time cannot exist, which is something we can deduce from the fact that ITS weight was all in just one place before the Big Bang. During this phase our mechanical time system could not be applied to ITS weight, firstly, because we did not exist, and secondly, because we need ITS weight as matter in order to apply our mechanical time system to this weight as it moves about.*

*It should be clear to you, the reader, by now that it is ITS weight to which we apply our mechanical time system, but ITS weight exists within ITS timeless way of existing. Everything that is moving is doing so within ITS timeless way of existing, as just a place where ITS weight can reshape. This timeless SELF which consists of ITS fragmented weight moving about inside*

*ITS nothingness is what we call the Universe. And we cannot exist outside of this timeless nothingness, because we also exist as ITS weight, which can only exist within ITS timeless body. Now you will realize that even if we tried to apply our mechanical time system to ITS weight as a whole we would not be able to, because we and everything else are really just fragments of ITS weight that are moving about within ITS timeless body.*

*Everything that exists is part and parcel, and exists within this omnipresent body that is IT. IT is timeless, IT is omnipresent.*

*Knowing this you will now see why we can only say that we exist as.... Here again I cannot find a word to describe existing as just existing, without any reference to our mechanical time system, so I hope that there is a reader out there who will find words that we, as humans, can use to describe the way we exist within ITSELF as a timeless place (body). Here again I am caught having to apply the idea of a future time, when we would have as this same existing moment found ways and words to talk about how we as IT exists in this timeless nothingness, within which we exist with ITSELF. So just keep in mind that even though I have to use the language of time, I am not being inconsistent. When I use the word later, referring to “the future”, this means “with the passing of many Earth rotations”.*

*As much as I have tried, I feel I have not done well, for this way of presenting things in words is the best that I could do under my circumstances or situation, because these are the only words I know.*

*Nevertheless, my aim is to tell you, the reader, how you can become aware that you are living in the only existing moment, where there is no past or future, for we do not know how IT will reshape ITS weight within ITS nothingness. To accomplish this, you must keep in mind that the rotation of our planet, (which is a portion of ITS weight existing within ITS nothingness) does not help us to see that during all of Earth’s rotations, we have always been within one same, living, existing moment that IT permitted us to exist in, as ITS weight, within ITS timeless nothingness, which is ITS timeless way of existing, as the way IT exists.*

*Let’s try another thought experiment: Think about anything that has happened to you (in “the past”) and you will notice that everything that has happened to you during your life as happened as the same living existing moment that you now exist in, and knowing this, you will see that anything that will happen to you during your existence will also have to happen as this same living existing moment in which you are reading this page. If you hold on to this you will be closer to knowing. I say knowing, because you have always existed as ITS TIMELESS existence as ITS weight as matter which can only exist within ITS nothingness, as the nothingness that you exist as, your body being made up of atoms, and the way these atoms also have to exist within ITS timeless, clear, transparent body, that we refer to as omnipresence.*

*For we have always existed within ITSELF as ITS weight within ITS timeless body, as just a way of ITS existence, not governed by our time system. And the same way IT has always been reshaping ITS weight within ITS timeless body, is the same way we exist, in ITS own image, in the way IT exists as just being timeless, for IT never had a beginning and IT will never have an end. I am very grateful that IT exists this way, for this is what will permit anything that will happen to happen as the way IT will hopefully continue to reshape ITS heated weight, within ITS cold, clear, transparent body, into infinite possibilities.*



MATTER  
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## ***Preface***

*Throughout this book you will find the frequent use of the word IT, which will be in bold, capitalized italic letters, as a neutral pronoun. The meaning of IT unfolds with the progression of each section, yet until the end, IT may not be altogether clear, so until then, consider IT as a new way to say God, Creator, or even "pure energy." IT signifies that which put and keeps this Universe together.*

*Additionally, this book contains information intended to challenge your current understanding of the universe and its workings along with our existence within IT. The topics covered may be familiar, and they are backed by science or personal experience, yet it is unlikely that you have viewed our existence from the perspective of Omnipresent. To fully understand the atom, or to appreciate the production of garbage or the reshaping of IT. You would benefit from preparing for this book as you would a meditation - by unlocking the mind.*



*To assist you in unlocking your mind I have included the photo that follows. Look at it, and think about what you see.*

*Do you see a young woman or an old woman? Can you see both? Both are there! For most of us, once our mind locks in one view, usually the first, it will seldom look for alternatives. Our first impressions come so easily, so quickly, yet considering how influenced we are by what we perceive, we should be aware that first impressions are limited, incomplete, and very often incorrect.*

*Being informed that more than one figure in the picture exists likely makes it easier to see the image differently. However, the question remains: Without knowing an opposite alternative*

*existed, would you have even tried to see it? By first accepting that alternatives exist, you begin to unlock your mind, clearing it of all the first impressions enabling you to see the other image that is also there. Subsequently, when we take the opportunity to view even old ideas from new angles, we will find those quick and easy ways of seeing are not the correct or best methods to use when engaging our minds in a new thought.*

*Section one of Omnipresent sets forth what I call trivia: a collection of thoughts meant to provide alternative ways of seeing and being. It's a primer for sections two and three, which uncover questions and truths about time, matter, and the mass of the universe, about that which is called God, and IT as an ever changing place of omnipresence. I hope you will enjoy it. How I came upon the material within is a story in itself, but in summary I can say it all stems from gratitude. I am grateful that I exist and that I accept and question what I see. In doing so, I have seen as most of us see. And because of my gratitude I have learned to see alternatives, which has helped me in a personally profound way to know who I really am.*

*This artwork is in the public domain. It was first published as an anonymous German postcard ca. 1888. It was redone for an advertisement for the Anchor Buggy Company from 1890. Thereafter, British cartoonist W. E. Hill published it in 1915 in Puck humor magazine, an American magazine inspired by the British magazine Punch.*

### **Introduction**

*In this section we will be talking about matter and speed. More than that, we will be talking about all the emptiness that exists as the Universe and inside every atom. This section will help you to accept that everything that exists as pure energy, as God, and as IT, is, and is omnipresence.*

*For some this will be easy reading, and for others it won't be. But this is an all-in-one book put together for those who do not understand certain subjects. I hope you re-read the parts that make no sense to you. I hope all readers read this slowly and more than once so that what was already clear may act as a light to see the more shadowy parts. You will likely want to rethink some things that are ordinarily thought of as normal. Try to forget the existing labels that we have placed on this Universe and the way we believe that it should be.*

*Please take this information as something that will help you understand IT - pure energy- the creator-God-that which makes everything possible. Do not even look at this text as mere information but rather as an example of IT-pure energy, reshaped as matter and as weight as IT plays with speed controlled by electrons. For in this section, we will see, using simple mathematics, that **when we take away ITS weight, as pure energy**, as a duality, will add up to 99.99% nothingness as ITSELF, as pure energy.*

*We can now, with advanced information and technology, **understand this nothingness, as a part of that which is called Dark Matter**, even though it is not really dark; it is clear, by which I mean transparent. You will read how this emptiness exists in everything, including our bodies. You will also read why light is not an entity itself but a by-product, and here too is why time*

*does not stop at the speed of light, but rather that light can move, for example, from the Sun to other parts of ITSELF behaving as a wave and a particle simultaneously.*

*First however, we shall look at the Big Bang as pure energy: ITS weight and density, and ITS spin and speed of 186,000 miles per second (186k mps). We will look at water and our Universe and the three scenarios of ITS existence including ITS constant presence, ITS omnipresence, as nothingness. This is not a Science 101 class, but rather information on IT, which we have been able to gather with the aid of modern science and technology.*

*Let me also mention to you, the reader, that, in general, we see things as having mass, and this has to be so, because, naturally, in order to see anything we do need to see it as the mass that IT exist as.*

*Now let me explain something that will help you understand some of the subjects that you will read about in this section, and that you will better understand what I am writing about, if you remember that for me to understand IT better, I have had to see IT as IT is now, and how IT existed at the moment of the Big Bang, and even before. But to do this I have had to reduce my perception of the many ways that IT exists now, that would still be the same, now, and the same at the moment of the Big Bang, and how IT could have existed before the Big Bang. So please remember that it is only a way of seeing and understanding the way IT exists that I am presenting to you in what you will be reading, as I see IT, as ITS duality: first as ITS nothingness, and second as ITS weight. Furthermore, IT is from ITS weight that anything that can exist, exists, and anything that exists has to exist within ITSELF. I would also like my readers to be aware that I am not a chemist, or a physicist, and as to what my education is composed of, I will elaborate more later on in this book.*

*But returning to my main point, I want you, the reader, to bear in mind that everything that I have written in this section and what follows is based on a question I asked of IT. I simply asked IT if IT would allow me to understand IT better.*

*Now this does not mean that everything that I have stated herein is an absolute truth, for I too have my limitations. For this reason I welcome all points of view that relate to IT, for I too know that there is a lot more to learn about IT, that other readers have, in terms of information, and to me, IT is not important how IT exists outside of me, as much as how IT exists within me. I know that IT is huge, and that we are just beginning to understand IT better, and to me, no matter how IT exists outside of me, in ITS peaceful ways, and as ITS violent ways simultaneously, I will always have to say to IT, thank you for allowing me to be here in observing the way IT exists. One thing I have learned is that IT did have weight at the moment of the Big Bang, and this weight still exists as the weight of all the matter that now exists within this Universe. This very same weight has always existed inside of ITSELF, which is made of a cold, clear, invisible nothingness, as ITS body. For this reason, when I say that light must have an attached weight it is because this light is something. **Everything that is something must have weight; ITS weight.***

*Another thing for you, the reader, to consider is that there is a law in physics that states that if something cannot be disproved, then it is possible. But I think that what is more important is that what I have offered you in this section will help you understand IT better, not in terms of physics or chemistry, but in terms of how IT as negativeenergy exists as omnipresent.*

### **3 Inportent Groups**

*I'll begin this section by dividing it into 3 different sections. The first group is people who believe in GOD, the second group is the scientific community and the last group is people that cover this area known as meditation. I will show you that all three groups are united by something that exists as being spiritual and has what we understand as consciousness.*

*You will find that you may fall into one of these 3 groups and that you can relate to what I am writing about in an individual section. However, at the same time, you will be able to understand that what I am writing about is connected to the other sections as well. Therefore, whatever section you feel you are part of; you too can see why I am saying that this is a discovery for all of us as it was for me.*

*Let's begin with the people who believe in what is called God. When I say God, I mean all the people that in one way or another believe that there is something out there that exists as being one-of-a-kind; the God that made everything that exists that is divine and spiritual in its nature. The God you believe in (or whatever other name you may want to call IT) is the God who created everything that exists and whoever or whatever IT is, is all knowing.*

*The most important thing about the God you believe in is that IT created everything that exists starting from what exists inside this place called the universe. The universe is where God exists and this place exists as an empty space where God created everything, such as: planets, moons, minor planets, stars, galaxies and meteors, just to name a few of the endless things that were created by Him.*

*In order to understand who this God is, we need to cover these 2 areas: one is the empty space that exists inside this area called the universe and in the second section you will be reading about what everything that God created is made from. Thousands of years ago having the human mind, we tried to understand all the things that God created, such as: planets, moons, minor planets, stars, galaxies and meteors, but it was not easy or clear because we lacked the information we currently have. Surely I could not have written everything that I have up to this moment.*

*The area known as outer space exists as an empty nothingness. Thousands of years ago there really wasn't much information on this area that is 99% nothingness or as an empty space. It cannot be touched because this nothingness is not made of matter. It cannot be analyzed because there is nothing there to analyze. As I have said elsewhere this nothingness that exists as outer space can be studied and the scientific community also had to deal with this area which they ended up giving it the wrong name. They still do not know who it belongs to. I will tell you what I have found, but it has to be in that area of science for it to be better understood.*

*Before I forget, there is a word called omnipresent which means that God is in all places at the same moment. Now the reason I say this is because this word was never defined before. The truth is that it could not be defined because it had to be defined with what exists as science. And this is where I come in, because before this word was just a phrase like this: God is in all places at the same moment and that was it. I said to myself, if God is in all places at the same moment, then where is this place and what part of God is in all places at the same moment. You can read more about this in my other writings, but for now we'll return to where we left off which is related to the word omnipresent.*

*This place that exists as the place itself and not what exists as matter that is inside, is where God placed everything that he made. For me this place that exists as a nothingness is where*

*God exists as ITSELF, as in Gods outer way of being. However, the problem here is that there is no word that can be used and the only word that can be used to describe this area that exists as a nothingness is the word spiritual, which means something that exists but does not exist as something (matter). And everyone who believes in God knows that God is spiritual in its way of existing.*

*I'll explain later in the Science section that whoever or whatever IT is, as I call God, also has consciousness. IT is like us who are made in its own image; we exist as just one person, like God exists as just one being. We know that we are conscious of ourselves and what exists outside of us and that consciousness is not tangible. So if I say to you that whoever is out there as God or whatever other names used to describe God, occupies this area that exists as the empty space that exists as outerspace. As for the words: spiritual consciousness, I will also tell you more about this in the Science section. The scientific community also found something that they call pure energy and as pure energy, they found that it exists as something and they do not know where it came from or who put it there. And that **this pure energy cannot be created or destroyed**. Pure energy also exists in an area called outer space, which is where something exists that is occupying 99% of the existing universe and they labeled it negative energy. They too do not know what to do with this area because this is the same area that we are now talking about as what exists as the empty space that exists inside the universe. I am sure that most of the writings that have to do with God have not said more than I have as to this empty space relating to God and how God created everything that now exists inside this empty space.*

*I am sure that when whoever wrote about this place that exists as omnipresent and what God created, goes way back to when there wasn't much information about this place, which is where God created all things that exist inside this place called the universe. Let me give you a small example of what I am referring to, which is that if God created everything that exists inside this place called the universe, where did God get the materials that were used to make them. Surely everything that God made is made of something, but now in 2017 we understand how the things that now exist inside the universe were made, if we look at it in a scientific way.*

*After you've read all of the above, if you are still interested in understanding more about it and The Discovery that I will be writing about, we have to refer to the scientific community so that you, like them can also understand this discovery. I apologize but I cannot give it to you in a Readers Digest format but it can be better understood when you read it in the following section. As you read the above, I try not writing in a complicated way, and what follows will be in the same simple format. I believe that our minds need to keep evolving and in this evolution we are meant to understand more of who we are and why we are here. More importantly is who or what made us because if you still believe your mother and father made you, you are going to find out that this is not so. However, no matter what, let us just be grateful that we came from the same source and that we are here.*

*Before exiting this section here's another example of the God that I am writing about, but using Christ. I have found that people who believe in God somehow end up with a secondary way of reaching God. When people ask me what I think about Christ, I tell them that I know that Christ existed and that most likely he was also a perfect master in his moment of existence because he went into 30 days of meditation and he also knew that there was someone or something called God. However, I ask the same people to think about this: if I ask them that before Christ came*

into existence did that which is called God exist? And their answer is yes. I then ask, when humanity existed in caves did God still exist, the answer is yes. I ask if before this planet came into existence did God still exist and the answer again is yes. And when I ask them that before our galaxy came into existence did God still exist, and the answer is yes. I ask them if God existed before anything that now exists inside this universe and the answer is still yes. It is here that I tell them that the God that I am talking about is that same God that they believe existed before everything came to be.

However, the word God, which is only a word that represents someone that exists, may not be the best word for the existence of GOD. The word God as in G O D is also supposed to represent this: that G is for the God that is Generating everything that exists. O is the way God exists as the Operator of everything that exists, and D stands for Destroyer. This is when I say that this word should not be used because whoever or whatever IT is that exists as God does not destroy. God is not really creating or destroying, for what I have learned, which you can read elsewhere, is that God is just reshaping ITS heated weight. I have also said that whoever or whatever this God is does not really need a name because IT knows that we are here. We are 99.99% of whoever or whatever IT is.

I'll get back to the main point, which is The Discovery that relates to whoever or whatever IT is that we are calling God and how IT exists. Whoever or whatever God is, IT has two distinct features that have been recognized and accepted to exist. I'll explain this but I need you to remember when I said earlier that whoever or whatever God is IT is divine and spiritual. In addition, IT has these two distinctive features which are: God has a heated weight inside that exists as 1% of ITSELF and this 1% exists inside of how IT also exists as ITS exterior also known as the area that God exists as being a 99% spiritual consciousness. I will explain it scientifically in Section #2. As I said before, science found that which is called God but they named it pure energy. Before I end this, let me say that in this area that has to do with the empty space that exists as the outer part of the universe, all we can really do is just talk about it and in the area of science we can better understand this same area which is known as negative energy. However, there is a group of people that can really experience this nothingness that exists and it is the group that does meditation, but they do not yet know what they are tapping into so I will explain why later in the last chapter.

## **DISCOVERY # 1**

### **A Message to physicist Stephen Hawking and the Scientific Community**

In order to understand what I am writing about, we have to go back to the moment of the big bang. At the moment of the big bang, the universe as we now know it did not exist, because to the scientific community at that point the universe did not yet exist. To them, the universe came into existence after the big bang. Just before the big bang, what did exist was that which the scientific community called pure energy. That was the only thing that existed at that moment and after the big bang exploded and expanded outwards, it then was labeled by the scientific community as the universe. However, I need that this group, known as the scientific community think about what I am about to say, which is, first they need to remember that whatever this pure energy is, IT cannot be created or destroyed. **Everything that came after the big bang explosion, the word create or destroyed will always apply when it relates to anything that came from the heated weight that exploded.** Therefore, at the moment of the big bang when

supposedly the universe was not yet in existence, when the heated weight of pure energy exploded outward, that's when the scientific community began to use the word universe. I should say that I am in no way associated with this group, as I have explained elsewhere in the section called **Who Am I**.

The scientific community should pause and take note that this heated weight that existed as pure energy exploded outward, taking up extra space. Let me give you an example: let's say that the heated weight that was about to explode outward only measured one foot in diameter and when the heated weight exploded outward, IT as pure energy expanded outward to supposedly become the 99% which exists as what is known as the universe. Here is where I need the scientific community to think about what I am saying, when this one foot of heated weight that exploded outward did so as how IT exists as pure energy and when this pure energy exploded outward it did so within ITSELF. Because what we call **pure energy never created this 99%** that became what was then labeled by the scientific community as the universe. This is how pure energy exists, for it never really created what the scientific community later labeled as this area that now exists as what is called negative energy or empty space. The scientific community should reconsider that everything that is out there that came from the heated weight that existed at the moment of the big bang will always exist inside of who IT exists as, that exist as having a shell body to use a word, that was later named as negative energy, and it should be remembered that whoever or whatever IT is IT is extremely intelligent, and IT has consciousness, and we do not control IT for everything that exists even what you are reading is IT.

If you look closely, wherever you are reading this from has to have this heated weight that came from the 1% that pure energy exist as, be it if you are reading from a piece of paper or an electronic device you are using ITS energy to read this. Everything will always be whoever or whatever this pure energy is. As we continue to understand who IT is that exists as the one percent that IT exist as ITS nothingness, which we know as negative energy, IT is also learning more about how ITS heated weight that exist as 1% , that fragmented into what we understand as the Big bang.

For me, when IT existed before the big bang, there was no one here to see what IT was doing. It was after the big bang that we came into existence because like I said before, this may be the first time IT is doing this.

The scientific community has the most understanding of who IT is as the heated weight that exist only as 1% as how IT is understood as pure energy only. The reason I say this is because as the scientific community searches to understand more of what astrophysics is, they will learn more of what IT became as matter. The same goes for quantum physics; they will learn more as to how ITS heated weight exists as the heated weight that exists inside the atom. In chemistry, they will see the infinite ways that ITS heated weight can be transformed into and in biology; they can see how ITS heated weight can move about starting from the singular cell. In short, all the scientific ways that IT exists as, therefore, everyone should remember that what they are studying is how this pure energy has reshaped, transformed or transmuted into, and what we now need to understand more about is that part of whoever IT is that exist as what has been found to exist as **ITS shell body, known as negative energy**.

**THE NEW BIG BANG WITH OUT A BANG**

*Why the Big Bang may have not exploded. Here is one reason why the Big Bang may have not exploded. This is because, in order for something to explode, it needs an independent body or force to make it do so and it's not the case when it comes to the heated weight that existed at the moment of the Big Bang. Since this heated weight is defined by the scientific community as a positive energy, to be able to explode from its interior it would have needed a negative energy injected into it to force it to explode outwards. If there was this negative energy that was needed, where did it come from? if the heated weight was the only energy to exist ?*

*A new way to see what could exist as the big bang without a bang.*

*Let's begin by remembering that there is something called pure energy and this pure energy has a heated weight, which is what makes the big bang possible. So first we need to go to when the big bang is about to happen. The old version stated that this heated weight exploded outward in the process of becoming hydrogen atoms.*

*Now I'll give you my version which is that whoever IT is that exists as what is called pure energy, it seems to me that when IT fragmented ITS heated weight to become matter, IT did so in a very simple way, as the way IT fragmented all of ITS heated weight into hydrogen atoms. So by understanding this let me describe how IT could have fragmented ITS heated weight without using the word exploding.*

*If we begin at the moment of the big bang, when IT is about to fragment ITS heated weight, there is something you first need to know and that is that whoever or whatever IT is IT exists as having 2 extreme temperatures. One is the heated weight that can only exist within ITSELF, which is said that this temperature exists as being billions of degrees as hot. And the other is the extreme temperature that it has as ITS outer self that exists as a temperature of  $-273.15^{\circ}$  Celsius or  $-459.67^{\circ}$  Fahrenheit. At least we do know what ITS outer temperature is, but we still do not really know what the temperature of ITS heated weight is as an exact number. Before I continue, remember that when it has to do with ITS temperature, it is known that cold pulls heat. This is of importance because if we go back to the moment of the big bang, what you will see is that there will be a heated ball that is about to fragment itself in to a very fine particle so as to become a hydrogen atom. At this stage of this heated weight, it is not going to become what is known as the heavier elements it is just going to become the smallest matter that can exist, and that is the hydrogen atom.*

*See if you can understand this, when this singular heated weight is about to fragment into a hydrogen atom, IT is going to use the way IT exists as ITS other extreme way of existing, which is ITS freezing cold nothingness that IT also exists as. All IT has to do is pull ITS freezing temperature to pull very tiny fragments of ITS heated weight outward into itself because as IT pulls this heated weight outward to become hydrogen atoms, it will also give the hydrogen atom an outward motion and IT will do this to the whole of this singular heated weight until the heated weight doesn't exist anymore. Left unused because IT is using the power that IT has as one of the things that this freezing coldness can do, which is the pulling of ITS heated weight, remembering that cold pulls heat.*

*I'll mention something that I have already said before, that IT reshaped ITS heated weight to become the first ball of matter known as the solar sun. The solar sun is where IT first took ITS heated weight that existed as hydrogen atoms to then become a heavier atom as a helium atom.*

*And as the solar sun, IT could also transfer this heated weight to other parts of ITSELF so as to let this heated weight that is now being transferred as a photon go elsewhere and become something else. Now I am saying this because ITS heated weight will resist being moved, because when something has more heated weight, it will be harder to move this heated weight. This is the nature of how the heated weight exists, also remembering that **this heated weight is only 1% of who IT is, and the other 99% of how IT exists is this extreme freezing temperature that exist as ITS outer self.***

*Going back to when the solar sun sent out a tiny amount of ITS heated weight, this heated weight not wanting to be moved, will be moved as the other way that IT exists as ITS freezing temperature, which is the way that IT will move this tiny fragment of heated weight that now exists as a photon. ITS extreme cold freezing temperature is where IT keeps ITS heated weight in and IT also moves this heated weight within ITS freezing temperature that IT exist as.*

*I'll mention something that I have said elsewhere, and I need you to use your imagination for this, which is that when the photon that exists as ITS heated weight leaves the solar sun going somewhere else within ITSELF, it is said that this photon that now exists as a light beam is now traveling at the speed of light. If you were in outer space and could see this particle of light passing and you could hypothetically remove this heated weight that now exists as a particle of light, which is moving at a speed of 186 mps, there would still be a speed left behind that is faster than the 186 mps. Because when you remove the heated weight from the 186 mps, there will still be a speed faster than 186 mps, which I call Maxxspeed. This speed is always there as a speed that exists within ITSELF as ITS outer self. Maxxspeed is there but cannot be seen because it has no heated weight attached to it. To me, this area known as dark matter or negative energy is comprised of a speed greater than 186 mps. When a photon leaves the solar sun it catches a ride to wherever it will be deposited elsewhere within ITSELF. Now let me also say that maybe this is what's causing outer space to warp because when anything that has energy, has to have heat, this speed will pull on it depending on how far the heated weight is.*

### *Returning to the Subject of the Big Bang*

*If we go back to the moment of the big bang, we should first remember that what is there is ITS heated weight. And IT has decided to take this heated weight to fragment into tinier pieces in ITS search for all the existing possibilities that this heated weight can reshape into, as in transferring or transmuting. All that IT is doing is just pulling the heated weight as tiny fragments with in ITS freezing temperature as a way of pulling it outward and in doing so; IT did not need to produce an explosion. All IT needed to do was to pull tiny fragments from this singular ball that existed as ITS heated weight and then pull these tiny fragments that now exist from this heated weight outward into ITSELF as what we call the universe. This is really the way IT exists as being 99% as a spiritual freezing nothingness.*

*In reality, there never was a big bang, it was when IT decided to move ITS heated weight in search of becoming all the existing possibilities that ITS heated weight could exist as. One of these possibilities is you and I, what we call life. We can confirm that IT does exist, be it as pure energy, God or whatever other name that is being used to confirm ITS existence. THANK GOD. Let me also mention that the heated weight that exists as 1% was released at the moment of the big bang that existed as just one singularity. And IT fragmented searching for all the existing*

possibilities that this heated weight could exist as. First as hydrogen atoms and from there IT took this heated weight that now exists as hydrogen atoms and then pulled them closer together to form a solar sun. And as a sun then IT found a way of making a heavier atom as ITS heated weight that gave birth to the helium atom which has more heat than the hydrogen atom. From there, it transformed, as in transmuted, or I say reshaped into something heavier as a nova, then heavier as a supernova, and then even heavier as a galaxy. The galaxy was the biggest way IT used ITS heated weight as IT searched for all existing possibilities that ITS heated weight can exist as. IT then placed, as I will call it a return ticket back home for the fragmented heated weight to return home again, as a singularity.

### ***The Universe Is Scientifically Spiritual recheck***

I'll begin with what scientists refer to as the place that exists which they labeled the Universe. This is where planets, moons, minor planets, stars, galaxies, the contents of intergalactic space, all matter and energy exist. In short, the word Universe for the moment refers to the heated weight that belongs to that which is called pure energy.

Scientists will talk to us about all the things that exist inside this place called the Universe, but they kind of ran into a wall when it came to explaining the part of the Universe that exists as empty space or as outer space. They ran into a problem with this area because this area exists as a nothingness as I call it. Since they are human, it became a problem basically because the human mind is not programmed, or wired to understand that something can exist, but it exists as what they refer to as empty space, or something that exists as a nothingness.

***The scientific community not giving up on the subject of what exists as empty space, or as a nothingness, had to find a way of explaining this area, so they called it dark matter, and negative energy. As I have said elsewhere, the term dark matter is not anywhere near being correct, because dark matter is not made of anything that relates to matter, which is the heated weight that exists in all that is matter. As for the word dark, one has to remember that darkness is only the absence of light.***

***The term negative energy is better, only because the scientific community labeled what exists as the heated weight that came from the Big Bang, as the positive. It is the same heated weight that exists inside of every atom as the protons and neutrons being the positive energy and this is really where all energy comes from. They would be correct in calling this area that exists as the nothingness that exists as empty space, as being negative. However, not as negative energy because this empty area has no energy in it. Since this empty area is the opposite of what exists as the positive which is the heated weight that IT exist as, it could be called a negative area, but not negative energy.***

The reason for this, is that this area called negative energy exists in this place that exists as empty space, and this empty space has a temperature of as  $-273.15^{\circ}$  Celsius or  $-459.67^{\circ}$  Fahrenheit. The temperature is of great importance, because this is the area called the empty universe, and it is where the scientific community found that at this temperature of  $-273.15^{\circ}$  Celsius is where NO ENERGY exists, however it does have one important factor, which is distance as grid.

*Now you can understand the above better, if you remember that there exists something called pure energy, and this pure energy is only one percent (1%) of who is there. However, there also exist something else, that exist as what exist as the 99%, labeled negative energy. The scientific community has to remember that these 2 extreme temperatures are not being created or destroyed, they simply exist.*

*Whereas what is being referred to as outer space is really pure energy and ITS shell body or housing. If this area did not exist, then neither could what is called the Universe exist, which would mean that you and I, and everything in it would not exist. This area, where IT as pure energy or as the God Particle is permitting things to happen as IT searches for all existing possibilities that IT, as the heated weight IT has as 1% of who IT is, exists inside this area we call the empty Universe, which is how IT exists as being 99% of who IT is.*

*Instead of referring to what the scientific community talks about as this place called the Universe, I'll now take you to this area a different way, a second way of understanding what is referred to as this Universe. Some of us here on earth believe in something called GOD, remembering that this word is only a word that refers to something that exists as being very supreme. For some of us, whoever this supreme being is, it is the one that makes everything that exists, and we know that whoever it is, is spiritual in its nature. The word supreme does have a relationship to what science found as pure energy, because in reality they are both the same, for there are no two pure energies, the same way that there are no two Gods that represent what exists as the Universe.*

*So look at it this way, from earth, when we look up into outer space, we see everything that supposedly got created by GOD, as everything that is out there. Remember that the human mind, was not programmed or mentally wired to understand something that exists as a nothingness, as the nothingness that exists as outer space. However, we do recognize that what we refer to as God does exist as a spirit and that God is everything that exists.*

*The next time you get a chance to look up into that place which exists as outer space, remember that you are looking into how God exists as this pure energy, spiritually clear cold nothingness that exists as ITS shell body. This is the area where IT exists as a constant because this area is where there is no energy as something that can change. Here is where IT also knows everything that exists, simply because everything that exists is inside of ITSELF as the heated weight that it uses to make all the things that now exist inside of ITSELF.*

*Now see if you can understand why I am saying that since this pure energy does exist and IT does occupy this area that is 99% empty space that exists as a nothingness, this would mean that the word spirit can be used, because this is part of the way pure energy exists. As much as I have tried to find a word that could describe this area, the only one that I found to be appropriate was the word spirit, which means something that exists, but does not exist as something.*

*I'll talk a little more about the word spirit, which is this word that also relates to how this pure energy exists as infinity. This infinity that we are talking about as outer space is also found as how we exist. We are totally made from this pure energy as the matter that we are. This matter can only exist because of the atoms that we exist as, and since every atom that exists is 99%*

*empty space, it also means that we are 99% of this empty space. However, this empty space is how IT exists spiritually.*

*So knowing this, we are in nature 99% spiritual and 1% as the finite fragmented heated weight that we exist as. I am grateful to IT for allowing me to understand the little I know about who IT is and where IT exists. However, more importantly because IT left a place inside of me known as the third eye, where I can go to, and shower myself with how IT exists as ITS spiritual INFINITY (you can read about this in the Meditation section). As for the term meditation, for century's humans began to feel that there was something inside of us where we as humans could go and detach ourselves from the exterior world to seek peace and tranquility. This place that exists for us known as the third eye is located above our physical eyes, approximately in the middle of our forehead. Others have sought this place: Buddha, Hare Krishna, Tibetan monks and I also believe that Christ found this place because the Bible tells us that he went into meditation for 40 days.*

*In this more advanced age that we are in, we now know that all of them were connecting to how IT exists as infinity. This is why anyone who goes to this place cannot really explain what is there because it is there that something exists as a nothingness. I say we can shower in it and it is also said that this place called the third eye cannot be analyzed simply because it is not where something exists. Since this place is made of a nothingness, it is why it is referred to as being the place where one can find spiritual enlightenment.*

*I was not aware before that people who meditate are said to be spiritually enlightened. It's clear to me that since they went and stayed in the place where IT exists as a spirit, they then became spiritually enlightened.*

*I believe it can be studied, and by this I mean by taking what exists as ITS opposite, which is this heated weight. By simply looking for what exists as the opposite as what exists as something, which is ITS heated weight.*

*- As an example, ITS heated weight wants to be in one place, where ITS opposite does not, which is why what exists as the empty universe is borderless. Its heated weight is finite and ITS nothingness is infinite.*

*- ITS heated weight is made of heat and weight as energy, where ITS coldness, is everywhere as infinity, and to me this is where the meaning of pure energy, as having no beginning or end, exist.*

*- And the Heated weight produces change, while ITS cold shell body is a place that is never changing.*

*- ITS heated weight is as violent as the big bang where ITS nothingness exists as a peaceful way of existing.*

*So you see, if we take how IT exists as ITS heated weight, and look for what would be the reverse or as the opposite, we can find out more about who IT is as ITS infinity.*

*And if you take ITS fragmented heated weight it will be in one place, as atoms, or matter, yet ITS nothingness is in all places at the same moment.*

*Also ITS heated weight can only exist inside of ITS nothingness, but not vice versa, for this would mean that what now exists as the cold universe would end up being a hot universe.*

*Here is one more theory that I feel has never been expressed in the scientific community, and that is that the empty space that exists inside the atoms, is the same empty space that exists as outer space.*

*This has to be because remembering that everything that exists is pure energy, and as pure energy IT exists as the only two extreme temperatures that now exist. These two extreme temperatures cannot be created or destroyed, the scientific community already knows that the heated weight that now exists as pure energy cannot be created or destroyed. Think about this nor can the nothingness that now exists be destroyed, or created because it simply is something that exists but as a nothingness. Therefore, if you could destroy it where would it be sent to after it was destroyed as the distance it now exists as having.*

*When I refer to the word Universe, I am not referring to the matter that exists inside the Universe. What I am referring to is what makes this word possible, which is what is known as the 99% empty space that permits everything to exist.*

*Here is what the word for this area could be and as I mentioned before, it has been very hard for me to find any other word other than spirit, which can mean something that exists but does not exist as something. So understanding this, you can see why it would be the best word to use for that part of the Universe that does not exist as something.*

*For me, when it is referred to what exists as the Universe, it can be renamed to mean, that which is as pure energy's spiritual existence. Therefore, if the scientific community has accepted that there is a God Particle, then it would be OK to say that this God Particle can only exist inside of this pure energy's spiritual existence. If I was to name the now existing Universe, it would have to be, spiritual nothingness where matter exists in. However, I am sure that there may be someone out there that can improve or enhance this. Perhaps it could read, the spiritual housing or body where pure energy exists in.¶*

*I believe the scientific community will have no problem accepting this Universe as the spiritual housing because when they do find the God Particle, they will find that it exists within the spiritual nothingness as pure energy's way of existing.*

*\*\*\*\* The God Particle can only exist within pure energy's spiritual nothingness. \*\*\*\**

### ***Clearness as Primary***

*I believe clearness or transparency may be primary to ITS existence. We know that colors exist in their various ways, first, because seeing is believing, and we can visually see all the colors that exist in our environment from the colors in minerals to the colors we apply as paint on objects. Second, we know scientifically that color exists in light as all the colors of the spectrum. But to have color from minerals, we return again to atoms. Without atoms, we do not have minerals or the heated dense matter that IT exists as. And in order to have colors, the heat of atoms that produces minerals has to exist. Hence, without the part of IT that exists as very heated dense matter, we cannot have color. And no, I have not forgotten about the colors that exist in the light spectrum. Here too, the colors that exist are only possible because of light, which on our Earth is a by-product of the Sun, which is composed of atoms of hydrogen and*

helium. So here again, colors come from that part of ITSELF that exists due to ITS heated weight, the same heated weight that forms matter.

But when IT existed prior to the Big Bang, IT had not yet reshaped into atoms to produce the minerals that would have color as an after effect. Before the Big Bang there were no stars to produce light or heat or subsequent matter, which is what now gives us the colors from yellow to red to blue. So this clearness does not come from light. In the pre-Big Bang stage of ITS existence, there were no colors as we now know them. This is significant, because what existed then still exists now. Clearness, or transparency, is the primary form of IT that exists in ITS omnipresence. Remember, as IT existed before the Big Bang, IT had all its weight as a single unit and the same nothingness that now exists is also the same nothingness that existed then. IT is all that IT was and has ever been as a clear, transparent way of existing, just a clear something; not a color or a light, for both of these came after the Big Bang. ITS colors are a by-product of its weight from atoms, not to exclude light, which is also a by-product, so IT has to exist primarily as a clear, transparent nothingness.

Furthermore, ITS clearness or transparency allows us to see through ITS nothingness. If it were not for this clearness we would not be able to see the colors that now exist due to ITS heat.

Clearness is a natural quality. When you shine light on it, it remains transparent, and when you remove light from it, it becomes dim, appearing darker. Darkness and light are not primary characteristics, because darkness is the absence of light, and light is a by-product that exists as a result of ITS reshaping ITS weight into stars.

### **Dark Matter = clear nothingness**

Dark matter is considered to be that area of the Universe that seems to be empty and where no light from any source penetrates. It is that 95% empty space of the Universe which I later refer to as being 99.99% nothingness. As far as I am concerned, we call it Dark Matter because it is there, and we figure that since it exists, it needs to exist as something. But why can't it exist as nothing? We need to remember that Dark Matter is not like the matter we know, but it is a freezing cold substance. It has substance in the actual space it occupies. The fact that it is different from the matter we know and can see does not mean that it does not exist.

It appears dark to us and to the astronauts when they are out there; we do not have light to penetrate it. In our case, light is only a by-product of the Sun; but light comes from many sources other than our Sun. Still, we can penetrate the absolute darkness of the majority of space.

Without sunlight we die. When the Sun dies, this area will also become part of the vast darkness. Let us not dwell on this; there is more to it. When you see anything at any distance, it is not because there is nothing between you and that object. There are billions of atoms that could obstruct your vision. But most atoms are clear in their composition, so you can see through them.

The first layer of any atom contains the electrons, through which we can see. And each electron has 95% empty space, through which we can also see. We also see through the center of the atoms, where the protons and the neutrons are; they are also clear or transparent because light passes through them without obstruction. On the other hand, opaque substances do not allow light to pass through them freely, but instead absorb and reflect specific wavelengths of the light spectrum. We perceive things as being of a certain color because our eyes detect the

wavelength of light that the object reflects. In a sense we could say that colors obstruct our vision.

### **Dark Matter II**

Imagine that you are in a dark closet. It's pitch black. You see absolutely nothing. You do not know where anything is. Let us say that you have the light dimmer in your hand and you gradually turn it up. You start seeing things again. Well, imagine if you could bring the light up throughout the Universe. What was impenetrable darkness would be shown to be completely clear: a lot of empty, freezing cold space through which we can see. Dark matter is the clear, empty nothingness that IT exists as.

My thought on why there is so much darkness is that if there were much more sunlight, it would be too hot to allow life to exist.

### **An offering of \$25,000 Related to Dark matter**

My offering is directed to any astronaut to confirm the truth about Dark Matter, astronauts will have to take a trip to outer space, or any independent unmanned ship that can go as far from the Sun as they can, or wherever cosmologist know is the best area where there exist dark matter, all they need is to take a trip to as far out into outer space, where it is known that dark matter exist, and fill it in a clear, hermetically sealed container with Dark Matter and bring it back to their ship, and the first thing that astronauts will notice immediately is that what is inside the hermetically sealed container will be composed of a clear transparent material that is made up of a nothingness, and even when they bring it back to Earth, to study it. As I previously stated, I think we will find that it is not dark but clear and transparent, or take this hermetically sealed container with Dark Matter anywhere it could be studied visually and using the highest technology, or the most advanced instruments, and like I have said that if dark matter is found then I will pay the \$25 thousand for being wrong. This will be deposited in an escrow if necessary.

### **Where there is no dark matter**

Think about this, what we call dark matter is the space that exists as outer space in side of our galaxy.

Now there may be somewhere in another galaxy where there exists many solar suns within that galaxy, which would then be so lit up that you would not see what we are now calling dark matter, for darkness is just the absence of light.

### **A dark, cold, negative nothingness**

We are referring to IT as negative because of the name we have given ITS weight as protons. If we add the words that we now also use to refer to the part of IT that is Dark Matter, the heading above would change to this: God, IT, pure energy, basically exists as a dark, cold, negative nothingness as ITS invisible shell.

I add these few words because we have been trained by way of our education to see and understand that light is supposed to be positive, and darkness negative. I know that scientific minds and more educated people will adjust their way of seeing nothingness, including

darkness, from being negative, and see IT instead for whatever it may truly be. We cannot change the way IT exists.

If IT is mostly made of a shell that is 99.99% cold, negative nothingness, and with ITS less than 1% weight IT permits us to exist and understand what IT can do with this less than 1% weight, it is important to realize that we exist on this tiny amount of ITS positive weight.

If IT is more of what we understand as a nothingness, as the nothingness that IT has as a shell (what we call outer space), and as the nothingness that we exist as, due to the atoms that IT reshaped into, then we can see and understand, at least intellectually, that something, IT, so great and powerful, does exist, and IT is continuing to educate us more about what IT could be like, independent of the way we use words to understand IT. I know that when I go inside (that is, when I meditate) to be with IT, I cannot use any of the habits or language I express outside my body. I have accepted the way IT exists within me. I am again thanking you (IT) for permitting me to mention your (ITS) existence.

### **WHY SCIENCE IS WRONG.**

The scientific minds were wrong because they started with the old model of the big bang as their version. And let me say here that to the scientific minds, the only thing that existed at the moment of the big bang was what they understood, that the only thing that existed was what they labeled as PURE ENERGY. The subject of a SPIRITUAL SUPREME BEING does not exist for scientists. To them, everything derives from what exists as PURE ENERGY, but I will prove that this SPIRITUAL SUPREME BEING as known as negative energy has always been there scientifically, even before the explosion of the big bang.

Let us remember that when scientists tried to explain this area that exists as the empty freezing cold universe, they started out by using what now exists as the universe. In doing so, they started out by assuming that this freezing cold belongs to that which came from the heated weight that existed from PURE ENERGY. This explanation automatically has an error that is built in, that when the old version of the big bang is used, it states that PURE ENERGY expanded outward and as it expanded, it cooled down to the temperature that now exists as the freezing temperature of below zero. However, what scientists need to understand is that this is not so because PURE ENERGY is and always will be transforming or transmuting into something else that will always have ITS heat and its weight. These laws are confirmed by the scientific group which is that PURE ENERGY cannot be created or destroyed. Therefore, any scientific group that says that this PURE ENERGY exploded outward as the big bang, and then cooled down is totally wrong.

For me, anyone, be they scientists or not, when they see a mistake they should try and correct it. I have proven that what I put together as the new big bang shows that the mistakes that exist can be changed so that future generations will better understand what exists as existence. More importantly that there is someone there other than PURE ENERGY that only exists as 1%. And when you add this 1% that to which exists as PURE ENERGY with the 99% existing as dark matter or negative energy, (which is the same as the 99% empty space that exists as the empty universe) people will then begin to understand that when they take the total of the 99%, as the

*empty universe with what exists as the 1% that also exists as PURE ENERGY, they'll understand that there is someone that exists as being the 100%. And WHOEVER is there is very, very interesting and more importantly that we has humans can connect with WHO is there as this 100%.*

*I do have to say that any scientist that uses the word create or destroy does not know what PURE ENERGY is. Most people don't even know that the only reason they exist is because of the 1% that they exist as fragments of this PURE ENERGY that exists as 1% within the 99% of every atom that makes their existence possible. If you have a scientific mind, then you should look into WHO exists as the 1% and the 99% because it is only then that you will understand WHO is there as the whole 100%.*

### ***The Big Bang Without a Bang***

*A new way to see what could exist as the big bang without a bang.*

*Let's begin by remembering that there is something called pure energy and this pure energy has a heated weight, which is what makes the big bang possible. So first we need to go to when the big bang is about to happen. The old version stated that this heated weight exploded outward in the process of becoming hydrogen atoms.*

*Now I'll give you my version which is that whoever IT is that exists as what is called pure energy, it seems to me that when IT fragmented ITS heated weight to become matter, IT did so in a very simple way, as the way IT fragmented ITS heated weight into hydrogen atoms. So by understanding this, let me describe how IT could have fragmented ITS heated weight without using the word exploding.*

*If we begin at the moment of the big bang, when IT is about to fragment ITS heated weight, there is something you first need to know and that is that whoever or whatever IT is IT exists as having 2 extreme temperatures. One is the heated weight that can only exist within ITSELF, which is said that this temperature exists as being billions of degrees as hot. And the other is the extreme temperature that it has as ITS outer self that exists as a temperature of  $-273.15^{\circ}$  Celsius or  $-459.67^{\circ}$  Fahrenheit.*

*At least we do know what ITS outer temperature is, but we still do not really know what the temperature of ITS heated weight is as an exact number. Before I continue, remember that when it has to do with ITS temperature, it is known that cold pulls heat. This is of importance because if we go back to the moment of the big bang, what you will see is that there will be a heated ball that is about to fragment itself in to a very fine particle so as to become a hydrogen atom. At this stage of this heated weight, it is not going to become what is known as the heavier elements it is just going to become the smallest matter that can exist, and that is the hydrogen atom.*

*See if you can understand this, when this singular heated weight is about to fragment into a hydrogen atom, IT is going to use the way IT exists as ITS other extreme way of existing, which is ITS freezing cold nothingness that IT also exists as. All IT has to do is pull ITS freezing temperature to pull very tiny fragments of ITS heated weight outward into itself because as IT pulls this heated weight outward to become hydrogen atoms, it will also give the hydrogen atom an outward motion and IT will do this to the whole of this singular heated weight until the heated weight doesn't exist anymore. Left unused because IT is using the power that IT has as one of the things that this freezing coldness can do, which is the pulling of ITS heated weight, remembering that cold pulls heat.*

*I'll mention something that I have already said before, that IT reshaped ITS heated weight to become the first ball of matter known as the solar sun. The solar sun is where IT first took ITS heated weight that existed as hydrogen atoms to then become a heavier atom as a helium atom. And as the solar sun, IT could also transfer this heated weight to other parts of ITSELF so as to let this heated weight that is now being transferred as a photon go elsewhere and become something else. Now I am saying this because ITS heated weight will resist being moved, because when something has more heated weight, it will be harder to move this heated weight. This is the nature of how the heated weight exists, also remembering that this heated weight is only 1% of who IT is, and the other 99% of how IT exists is this extreme freezing temperature that exist as ITS outer self.*

Going back to when the solar sun sent out a tiny amount of ITS heated weight, this heated weight not wanting to be moved, will be moved as the other way that IT exists as ITS freezing temperature, which is the way that IT will move this tiny fragment of heated weight that now exists as a photon. ITS extreme cold freezing temperature is where IT keeps ITS heated weight in and IT also moves this heated weight within ITS freezing temperature that IT exist as.

I'll mention something that I have said elsewhere, and I need you to use your imagination for this, which is that when the photon that exists as ITS heated weight leaves the solar sun going somewhere else within ITSELF, it is said that this photon that now exists as a light beam is now traveling at the speed of light. If you were in outer space and could see this particle of light passing and you could hypothetically remove this heated weight that now exists as a particle of light, which is moving at a speed of 186 mps, there would still be a speed left behind that is faster than the 186 mps. Because when you remove the heated weight from the 186 mps, there will still be a speed faster than 186 mps, which I call MAXXSPEED. This speed is always there as a speed that exists within ITSELF as ITS outer self. Maxx speed is there but cannot be seen because it has no heated weight attached to it. To me, this area known as dark matter or negative energy is comprised of a speed greater than 186 mps. When a photon leaves the solar sun it catches a ride to wherever it will be deposited elsewhere within ITSELF. Now let me also say that maybe this is what's causing outer space to warp because when anything that has energy, has to have heat, this speed will pull on it depending on how far the heated weight is.

### **Returning to the Subject of the Big Bang**

If we go back to the moment of the big bang, we should first remember that what is there is ITS heated weight. And IT has decided to take this heated weight to fragment into tinier pieces in ITS search for all the existing possibilities that this heated weight can reshape into, as in transferring or transmuting. All that IT is doing is just pulling the heated weight as tiny fragments with in ITS freezing temperature as a way of pulling it outward and in doing so; IT did not need to produce an explosion. All IT needed to do was to pull tiny fragments from this singular ball that existed as ITS heated weight and then pull these tiny fragments that now exist from this heated weight outward into ITSELF as what we call the universe. This is really the way IT exists as being 99% as a spiritual freezing nothingness.

In reality, there never was a big bang, it was when IT decided to move ITS heated weight in search of becoming all the existing possibilities that ITS heated weight exists as. One of these possibilities is you and I, what we call life. We can confirm that IT does exist, be it as pure energy, God or whatever other name that is being used to confirm ITS existence. THANK GOD. Let me also mention that the heated weight that exists as 1% was released at the moment of the big bang that existed as just one singularity. And IT fragmented searching for all the existing possibilities that this heated weight could exist as. First as hydrogen atoms and from there IT took this heated weight that now exists as hydrogen atoms and then pulled them closer together to form a solar sun. And as a sun then IT found a way of making a heavier atom as ITS heated weight that gave birth to the helium atom which has more heat than the hydrogen atom. From there, it turned into something heavier as a nova, then heavier as a supernova, and then even heavier as a galaxy. The galaxy was the biggest way IT used ITS heated weight as IT searched for all existing possibilities that ITS heated weight can exist as. IT then placed, as I will call it a

return ticket back home for the fragmented heated weight to return home again, as a singularity.

*IT* did it this way, when *IT* became a galaxy, *IT* placed what is called a black hole in the center of the galaxy. We need to remember that everything that has existed until now has been the use of *ITS* heated weight and as a galaxy that's when we are allowed to come into existence and not before. Now, follow me, eventually all galaxies will be consumed by the black hole that exists in the center of a galaxy and that is why black holes exist. They are there to pull in all the heated weight that now exists within a galaxy or as I say, this is when *IT* placed a black hole, this is the ticket that will bring back all the heated weight that now exists as a galaxy.

So let's say for simplicity sake that there are only 5 galaxies and whichever galaxy is first consumed by *ITS* center that exists as a black hole will then end up as just a black hole. A black hole is just a concentrated singular heated weight, which in reality is not black, and not a hole, but came from the heated weight that started out as the heated weight from the big bang and is now going to start consuming each other as black holes. And when the 5 black holes consume each other, you will end up with just one big black hole. Would this not be true? If you answer yes, you are wrong because when all black holes end up as being just one, you will not end up as one big black hole, you will end up with the same heated ball that existed at the moment of the big bang, I have said the above, so that you can understand what I am about to say which is this, that when *IT* had all *ITS* heated weight in one place as a singularity, this is when *IT* began to fragment *ITS* heated weight. And it is not until all the heated weight that got fragmented are pulled back again as a singularity, which is what black holes do as in pulling in *ITS* heated weight, so that when all the heated weight is returned by the black holes into just one heated weight again, is when the pulling effect stops. Because, there is nothing else out there to be pulled back for this is the way the heated weight wants to exist as, just ONE singularity and again it is then only that *IT* will allow this heated weight to be pulled outward again as fragments of *ITS* heated weight to become a new big bang. So in short, when all *ITS* heated weight exists as just one singularity is when this heated weight will be allowed to be pulled outward, with the condition that all this fragmented heated weight be returned back to being just one singularity. When all the fragments are pulled back again as one as what black holes will do, it can then restart a new big bang to use a word that you the reader can understand, for we should always remember that *IT* is only entertaining *ITSELF* with *ITS* heated weight as all the things that this heat can exist as.

Every time the heated weight is fragmented outward, it will have a return ticket to return home (black hole) as it once started out as. As I have said, *IT* starts out in *ITS* reshaping of *ITS* heated weight as hydrogen atoms as a very simple way of making things. Here is something else which is strange to me, that both *ITS* two ways of existing are clear and transparent. I wrote about this elsewhere, but here it is again: When you look as far out as you can and see whatever you see it's because there is nothing between you and what you are looking at, yes? Wrong, when you are looking out, you are looking through millions, billions or trillions of what is out there in front of your eyes that exist as oxygen atoms which allow you to see through them because they are clear and transparent. Here is why I say that both the ways *IT* exist as *ITS* empty nothingness and as *ITS* heated weight are both clear and transparent. For you to see through these oxygen atoms you are seeing through the nothingness that *IT* exists as the empty

*space that exists inside the oxygen atoms. And you are also seeing through how IT exists as ITS heated weight that exists as the protons and neutrons that are out there in front of your eyes.*

*This means that both ITS spiritual way of existing as ITS nothingness and the heated weight that IT exist as, are both clear and transparent Therefore, now you understand why I say that IT is simple and IT is strange and IT is here forever. This is when IT brings together ITS negative nothingness, with ITS positive heated weight that we get light, and it is because of both of these ways that IT exists as that we get the illusion that the things that we see and touch feel solid, when in reality, there is nothing solid in the whole universe, because everything that exists as matter exists as atoms and all atoms are 99% empty space.*

### **WHAT IS IT THAT EXISTS AS INFINITY**

*Here is another way of understanding this subject. The heated weight that existed as a singularity is still there in every atom that now exists, because this heat cannot be created or destroyed. It can only be transferred, transmuted or reshaped into something else. And what also exists as the freezing coldness is also still there as it always existed because it has not gotten hotter or colder. I suggest that you will understand this better in my visual at [www.thenewbigbang.net](http://www.thenewbigbang.net) because one visual is worth a thousand words. For example, if the heated weight exists as having 100 pounds as heat, it still does as the total heat that exists inside every atom and as all the other ways that this heat exists as, as electromagnetic waves or as anything that is related to heat or any photons or any electrons.*

### **STRANGE SCIENTIFIC FACTS**

*The fact is that there is something that is 99% empty space to what the universe exists as. Inside this 99% empty space that exists as the universe, there also exists something called matter. Another scientific fact is that this matter also exists as being made of atoms that are 99% empty space. It is a fact that if none of the above existed, then you and I could not exist either. Because we, too, are 99% empty space, since we are also made from the matter that exists inside the empty universe that exist as being 99% empty space. And the matter that we exist as is also made of atoms that are also 99% empty space.*

*The good thing is that since we, too, exist as this 99% empty nothingness that makes us possible as the 99% empty atoms we are made of, we now have a way of connecting with WHOEVER IT is that exists as the 99% SPIRITUAL SUPREME BEING (read what exist as discovery #2)*

*For us to exist as humans, we need: 1. the air we breathe, 2. the water we drink, 3. the food we eat and all of the other necessities like the bed we sleep in and the clothes we wear and they are also made of matter and all matter is made of atoms that are 99% empty space.*

### ***WHY $E = mc^2$ Needs Updating***

*Now that you understand more about PURE ENERGY existing totally as heat that has weight, you will now understand why this  $E=mc$  equation needs revision.*

*One of the things that we need to remember is that matter is not a primary, matter comes from a secondary effect. First you have to have energy and all energy comes from the heated weight that existed as a singularity at the moment of the big bang. Everything came from what existed as the heated weight that came from the singularity, Therefore, knowing this, it is easier to understand that to have “E” (energy) you first must have this heat that exists as PURE ENERGY and it’s from this heat that you can then have “M” (matter).*

*Now what I am doing in adding the “H” (which stands for heat) is so you can begin to get use to seeing the “H” first in the equation, because it should come first. It is not that  $H=E=mc^2$  means something else other than what it did before (as  $E=mc$ ) it just means that when you think of this equation and see the “H,” you’ll remember that the “H” (heat) and “E” (energy) are the same. They both come from the same source and it is a well-known fact that what exists inside all atoms is heat that exist as the proton, and the proton is made from fragments of the heat that existed as a singularity, as what is known as pure energy. And the heat inside every atom came from the heated ball that existed as a singularity. This “E” (that exists as energy) is the same as “H” (heat) and this is what makes “M” (matter) possible. And it is the heat and energy that are really the same because they have the same beginning. This is so because “E” (energy) and “H” (heat) both come directly from WHO is there as PURE ENERGY that existed as a singularity and it was after the big bang that matter came into existence.*

*There is something that very few people have said, which is that the matter beginning from the hydrogen atom, to all of the elements that exist as matter and as the periodic table do not totally exist as coming from PURE ENERGY. Everything inside of matter is from PURE ENERGY as the “H” (heat) which also has “E” (energy). Therefore, when you add up all the heat and energy inside the atoms, they will add up to being only 1% as PURE ENERGY, which then can exist inside an atom. However, atoms exist as being 99% empty space and this 99% empty space belongs to something that exists as the SPIRITUAL SUPREME BEING.*

*So that “E” (energy) and “M”(matter ) are interchangeable as “E”and as “H” but they do not come from the same source, because everything that exists as “M” matter only has 1% as “E” (energy) which comes from that which exists as PURE ENERGY. However, the “M” as matter also has to have 99% empty space which belongs to that which exists as the SPIRITUAL*

*SUPREME BEING. I know that this may sound strange, but I will try my best to explain it in this section.*

*Remember that heat has energy and this heat is what makes everything have weight. And from this heated weight that came from this singularity just before the big bang, made "E"(energy) and "H" (heat) interchangeable.*

*So understanding this, means that the equation  $E=mc$  is correct, but only as "E" and "M" are interchangeable as the E (energy) that also exists as "H" (heat) that exists inside all atoms as "M" (matter). However, not as the empty space that exists inside every atom, simply because this 99% empty space does not exist as having any "E"(energy) nor does the 99% empty space have any heat because the 99% empty space belongs to that which exists as what is known as negative energy which is what exists as the SPIRITUAL SUPREME BEING. It took me a while to understand this, also. But if you really are interested in knowing what exists as existence, then you should look into this that exists as the SPIRITUAL SUPREME BEING, also known as negative energy which is #1. You will be able to read more on this elsewhere and eventually you will see that what exists as "E" (energy) cannot exist without the heat and weight that can only exist inside WHOEVER is there as the SPIRITUAL SUPREME BEING, which exist scientifically as negative energy.*

*One reason why the scientific community is having a hard time understanding negative energy, is because when they approach trying to understand this negative energy, they are doing it as if negative energy belongs to that which exists as PURE ENERGY. And also because they see everything as belonging to the big bang. I have written more about this in my section called The New Big Bang. Another reason the scientific community is having a hard time is because in using the old model of the big bang, they are carrying an error which will not let them understand existence better. They still believe that PURE ENERGY is the primary and it is not. PURE ENERGY is only 1% of WHO is there. Maybe at some point, the scientific community will see that PURE ENERGY can only exist as the 1% that is inside of what exists as the SPIRITUAL SUPREME BEING that exists as 99% negative energy.*

*Why is this important? One reason is that up until now, very few people when discussing the equation  $E=mc^2$ , very seldom mention that  $E=mc^2$  cannot exist if it were not that it comes from PURE ENERGY. However, since Albert Einstein never made it clear, then why should others. I think that it should be made clearer if we are to understand where everything that exists came from. Since the scientific community is going to continue using this equation  $E=mc^2$ , then they should accept that it is **"H" (heat) that gives this equation  $E=mc^2$  its foundation.** When they use this equation  $E=mc^2$ , they should see it as  $H=Emc^2$  and they should also stop and think that E and M, are interchangeable because they both come from the same source. However, when it comes to C, as the square of 186 mps, they are not the same.*

Here is an example, “E” stands for energy and “M” stands for matter and they are interchangeable, but only as the “H” (heat) that “E” has. And when it relates to “M” as matter, it’s still true but only as the heat that exists inside the atoms as protons and neutrons and the rest of the Zoo that exists inside the atom that also has “E” (energy). However, not and I’ll repeat not as the 99% empty space that exists inside all atoms. This is where I come in because as much as I have listened to others talk about the empty space inside every atom, I have not yet found someone taking the time to explain it. **Why is the 99% empty space there and for what purpose. One reason why this 99% exists as empty space inside of every atom as its foundation, is to give the illusion that this atom is as big as it seems.** Let me explain this in a very simple way, the only reason why you and everything that exists looks as big as it looks is because of the 99% empty space that all atoms have.

This is the reason why I have found it so interesting to be able to understand just a very tiny portion of WHO IT is. As how IT exists as the SPIRITUAL SUPREME BEING that exists as 99% negative energy. IT has this other part of ITSELF that exists as a heat that has energy and weight and this heat is only 1% of ITS total way of being. The unfortunate part is that the majority of mankind still only understands this SPIRITUAL SUPREME BEING as existing scientifically as PURE ENERGY. As I have mentioned before, this is natural because since we do have to use our eyes to understand what exists outside of us, our minds lock into what our eyes see. I must say that if it wasn’t for the scientific community that decided to understand what exists as matter, I wouldn’t be here writing about this at this moment.

Getting back to what you will hear is that they talk about all of the things that exist inside the atoms but again, very seldom do they make it clear that everything inside every atom does not come from that which exists as PURE ENERGY, like the 99% empty space, that exist inside every atom, So let me share with you my version of what exists inside every atom as the 99% empty space and how it relates to  $E=mc^2$ , I’ll continue with this  $E=mc^2$  equation because there is one more thing that has to be clearer, which is that this  $E=mc^2$  equation is ok as  $E=m$ , because to me this  $E=mc^2$  needs some additional attention on  $c^2$ , which is supposed to mean to the square of the speed of 186mps.

Let me show you what I see as  $E=mc^2$ . We already went over what “E” and “M” are about, so let me give you my version on this subject. Let’s say that we are talking about the simplest atom that exists as matter, which is the hydrogen atom and imagine that you are inside this atom. This atom has a proton in the center and let’s say that this proton is 1/8 wide, as heat and as energy. You then have to go 49 times 1/8 to the left and 49 times to the right and 49 times up and down as empty space, so as to fill in the 99% empty space that all atoms have. It is this 49 times left, right, up and down that gives the atom its width as grid. And to stop this 49 times

left, right, up and down from going too far out that WHOEVER IT is placed an electron which is what stops anything else from coming in or out.

Now why is this 49 times up, down and sideways needed? It's because this is the only area that can be used to apply the 186 mps. There is a connection that allows this 49 up, down and sideways, because if you remove the electron from any atom, **the empty space that exists in every atom is connected with what exists as all the negative energy that exists as being inside the universe.**

So that when it relates to  $c^2$ , which is supposed to mean to the square of the speed of 186 mps, the only thing that exists where you can use this speed is what exists inside every atom as the 99% empty space. The same 99% empty space that exists as the empty universe is the same as negative energy. Look at it this way, if you could apply this square speed of 186 mps inside any atom, this speed of 186 mps would automatically have to leave the very same atom and the only way this speed of 186 mps could exist is what exists as the empty universe, which is the same as negative energy.

Let's say that when the 99% empty universe only had just hydrogen atoms, if you applied speed of light as 186 mps to any of the then existing hydrogen atoms as matter, you would end up outside every hydrogen atom because of how small atoms are. Therefore, this speed of 186 mps is what connects everything that exists as the other atoms, but not as matter (heat) but as the what I refer to as the SPIRITUAL SUPREME BEING, that exist as negative energy. What exists as  $E=mc$  only has to do with what exists as PURE ENERGY. Now I understand why Albert Einstein was basically thinking of energy that came from PURE ENERGY, and unfortunately at this moment of our existence most scientists do not even mention that which exist as PURE ENERGY.

When Albert Einstein talked about  $E=mc$ , he was referring to PURE ENERGY. I am sorry to say that it is now known that when anyone refers to the speed of light, they need to remember that the speed of light is not all related or belongs to that which exists as PURE ENERGY. Why, first because light is a byproduct, it can only happen when a positive (HEAT) comes in contact with a negative. The only negative that exists is what exists as negative energy (COLD) and PURE ENERGY does not have any speed attached to itself, because PURE ENERGY in its way of being will resist being moved, while negative energy is always moving. Negative energy is what is moving everything that exists inside what we call the empty universe.

So getting back to  $E=mc$ , we can now understand it better if we remember that it should be  $H=E=mc$ , and this  $H=E=mc$  cannot exist as an equation without forgetting that it also needs what is referred to C, (to the square of 186 mps) and the square of 186 mps belongs to negative

*energy. And what is being called negative energy belongs to that which exists as the SPIRITUAL SUPREME BEING.*

*Let me try and explain it this way, for  $E=mc$  to exist, it has to have a fragment of what exists as PURE ENERGY (heat) and this fragment of what exists as PURE ENERGY can only exist inside that which exists as the 99% empty space that exist inside every atom, which is part of that what exist as the 99% empty universe (cold), that belongs to that which exists as the SPIRITUAL SUPREME BEING, also known as negative energy.*

## **NEIL DEGRASSE TYSON, WE NEED YOUR HELP**

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*This subject came to mind when I was listening to Neil deGrasse Tyson, presenting his 5 part series on Netflix. After viewing the series I realized that he, like many, talk about the universe as something abstract. They refer to the universe and everything in it as abstract.*

*By this I mean, that most of the people I have listened to, including Tyson, somehow forgot what they are talking about as its full meaning. Everything that exists inside the universe is related to something that exists called pure energy. If it were not for this pure energy, they would not exist or be able to talk about anything. I have given this plenty of thought and one of the things that I found is that the scientific community, that now exists, is referring to what exists as pure energy's arteries.*

*Let me give you an example because everything that now exists came from that which is called pure energy. When this pure energy fragmented the way it existed as a singularity so as to become matter, it did so in a very simple way. It fragmented ITS heated weight into what is known as the beginning of matter, as the hydrogen atom. This pure energy did this with the intention of searching, as in looking for all existing possibilities that IT could exist as ITS heated weight. The first thing this pure energy made as matter was the hydrogen atom which is number #1 in what is known as the periodic table. Remember that this pure energy is the only thing that can give anything that exists its existence and everything that exists has to be made of one or more of the different atoms that exist in the periodic table.*

*So now see if you can understand that which relates to what pure energy is and what it is doing. Pure energy existed as a singularity and decided to search for all existing possibilities that IT as the heated weight that this pure energy has. This is known in the scientific community as transmuting, transforming or as I see it reshaping to first become what now exists as the periodic table. So for those of you that understand the periodic table, remember that all the atoms that exist as the periodic table can only exist because inside of all the atoms are fragments of heat that they have inside of them, such as: protons and neutrons and all of the other sub-atomic particles existing inside the atoms. Atoms only exist because this pure energy decided to use ITS heated weight that existed as a singularity by making ITS heated singularity into smaller fragments of ITS heated weight.*

*Lets refer back to the beginning of this section which is that Neil deGrasse Tyson, like many others in the scientific community that came many decades later, for some reason, do not to refer to matter as everything from the hydrogen atom on all came from this something that exists, known as pure energy. The next time you hear someone writing or speaking about this subject, you will notice that they will seldom speak or write that everything they are referring to comes from that which exists as pure energy.*

*This is not their fault because this is what they were taught. Later generations of the existing scientific community, when talking or writing, don't realize that everything that they are talking about is only possible because of this pure energy that came from fragments of its heated weight at the moment of the big bang in search of seeing what ITS fragments could become. This pure energy first became atoms and then became all the atoms that now exist as the periodic table.*

*The periodic table is what chemistry is all about and uses the different combinations that can exist as chemistry to see what can be made in mixing these different atoms. It is still known that chemistry is still not at its end, in short, whoever this pure energy is, IT is still looking to see what else IT as the fragments of its heated weight can transform, transmute or reshape into. Before I end this section, let me give you a little of its history. This pure energy that exists as heat that has weight became matter as protons and neutrons (which is really another proton with just a small amount of extra heat) so as not to hold the 2 protons together but rather so that the two protons cannot merge together back into a singularity. We need to remember that this pure energy also made the electron. The electron also has a tiny fragment of its heated weight as weight attached to it, so as to encircle what exists inside the atom from getting outside the atom. There was a moment when the weight of the electron was not known, but now it is known. An electron is approximately  $9.109 \times 10^{-31}$  kilograms, or  $5.489 \times 10^{-4}$ , which indicates that the electron does have a tiny fragment of this pure energy's heated weight, otherwise the electron would not exist, and if the electron did not exist then nothing that has ever existed could exist. change to #14*

*Let me go back to what IT has been doing. When IT fragmented its heated weight into matter, it is known that the first thing IT did as matter was the hydrogen atom, IT then took these hydrogen atoms and grouped them together to become a solar sun where IT then made helium atoms. IT continued making more of the atoms that now exist in the periodic table that were made from novas and supernovas. So that this pure energy as fragments of ITS heated weight could then become a galaxy which is the biggest thing it transformed into in ITS search for all existing possibilities. It was in one of these galaxies that planet earth came into existence, which is what gave us a moment to exist in, but not as TIME, for whoever IT is does not exist as the mechanical time system that we as humans invented. (Read my section called TIME.*

*This pure energy transformed into us as the matter that we exist as. Now here is where IT as pure energy in becoming us as humans began to do something different. As humans from the caveman era until now, we as IT, come from this pure energy. Every atom that we exist as belongs to IT as the fragments of ITS heated weight. In order for us to exist, we have to inhale oxygen so that we can get the energy that these atoms have so that our lungs can function. At the very beginning, at the moment of birth, we have to take the breath of life. And in order for us to continue to exist we have to consume water and then food in order to get the energy that we need to continue existing.*

*We then need clothing, depending in what part of this planet we live in, and this also goes for shelter. All of the above were supplied to us by IT, that exist as pure energy. IT made sure that we as IT, had everything we needed to transform. We lived in caves and continued transforming to where we now exist. Remember that in the caveman era we didn't know how to make things like we do now, such as, houses, cars, machines, planes, jets, rockets, computers and microchips that store information as memory.*

*Just as I have stated the above to show you the reader something, I need you to go back to the very beginning which is when whoever is there as part of **ITSELF** that exists as pure energy and exists as heat. This heat has weight. It was once said that this pure energy's heated weight, weighed tons per square inch. I differ because I made a quick test and found that it is weighing in at a little less than seven pounds per square inch. You can read about this in the section called TRIVIA.*

Anyway, let me get back to what IT as this pure energy is doing with ITS fragmented heated weight that is still looking for all the possibilities as things that ITS heated weight can transform, transmute, or reshape into. IT now exists as fragments that we exist as, because before IT became us, IT as pure energy got as far as becoming matter, so as to become as big as a galaxy. However, when this pure energy became us, it could do things that it could not have done as just matter, starting from the hydrogen atom to becoming as big as a galaxy. As us, we could make things like tools and with tools, IT as we, began to build things that became so big like rockets and now this heat that exists as pure energy now exists as space stations. We need to remember that all of the above exists because they are made of matter and all matter can only exist because this pure energy exists. All matter is made of atoms and all atoms are made of ITS heated weight that exists as fragments of the heated weight that existed as a singularity at the moment of the big bang,

Therefore, I hope you can see what this pure energy managed to make from when it transformed into the first atom known as the hydrogen atom. Now watch what IT also did using us as humans as that part of **ITSELF** that exists coming from ITS heat. However, I need to go back again to when IT as pure energy became matter, so let me use the first thing IT made which was the hydrogen atom.

The hydrogen atom exists because it is made from fragments of ITS heated weight that exist as protons and neutrons, but for matter to exist it also has to have what is called an electron. The electron has a mass that is approximately 1/1836 that of the proton. Protons have masses of approximately **one atomic mass unit**,  $1.672621898(21) \times 10^{-27} \text{kg}$ .

Now let me stop here again to say what I have said before, that maybe at some point Google and others will also accept that the information that now exists as matter needs to be associated with that which exists as a supreme being, or at least that anything that exists belongs to that which exists as pure energy.

Getting back to this statement, the electron has a mass that is approximately 1/1836 that of the proton. Protons have masses of approximately **one atomic mass unit**,  $1.672621898(21) \times 10^{-27} \text{kg}$ . which still shows that the information that is still being shared is antiquated, as I see it.

By this I mean that anyone reading the information will continue talking about who is there as being abstract when they read and say that the protons have masses of approximately **one atomic mass unit**,  $1.672621898(21) \times 10^{-27} \text{kg}$ , because if they are truly related to that which exists as pure energy, they should also mention that  $1.672621898(21) \times 10^{-27} \text{kg}$  is how much of pure energy's heated weight is. Let me give you another example, when I ask Google, 'How much does a hydrogen atom weigh?' I got this answer: 1.008 grams

These numbers are either in atomic mass units (amu), or in grams per mole of atoms. This means that 1 MOLE of hydrogen atoms will weigh **1.008 grams**. That said, to find the mass of one ATOM, we need to convert from moles to atoms as follows: **1.008 grams/mole Hydrogen** \* (1 mole/6.022x10<sup>23</sup> atoms) = **1.67 x 10<sup>-24</sup> grams**.

Therefore, back to what I was saying before that the information given at this moment does not relate to that which made the hydrogen atom known as pure energy, because if it did it would

say that hydrogen atoms have a weight of **1.008 grams**, as fragments of pure energy's heated weight.

Here is more that I found from Google as it relates to atoms:

**Electrons** are the smallest of the three particles that make up atoms. **Electrons** are found in shells or **orbitals** that surround the nucleus of an atom. **Protons** and **neutrons** are found in the nucleus. They group together in the center of the atom. Here again **Google's** information does not recognize that atoms are fragments of pure energy's heated weight. It is important for Google and others to do more research and update this information, so that future generations will be more clear when it relates to matter.

Here's another example of something else that I found on the internet: Today, we know that **atoms** do not represent the smallest unit of matter. Particles called **quarks** and **leptons** seem to be the fundamental building blocks - but perhaps there is something even smaller. Physicists are still far from understanding why a proton has about 2,000 times more mass (which means that the proton has 2000 more fragments as heat, which science will find and give them different names) than an electron.

Let me also give you my version of the above as I see it, but not as anyone that is related to science. The truth is that I know nothing about science. What I do know is just a little of **who** is there, so if I look at the above, what I see is that whoever is there used **ITS** heated weight that it has, to see what **IT** could make from this heat that it has that also has energy, and is very potent and powerful.

Understand that even physicists are detached from this pure energy because they still talk of things as mass, when they should remember that mass is made up of fragments of who exists as pure energy. I say who, because there is someone there and you can read more about this elsewhere in my writings.

This is why we need people like Neil deGrasse Tyson to find ways to let the public know that the above is related to something that exists and is called pure energy. Let me take a moment to say to Neil deGrasse Tyson that pure energy is only one percent (1%) of who is out there, and that this 1% that exists as heat and has energy can only exist inside of whoever is out there. Neil deGrasse Tyson should agree that pure energy when it fragmented from a singularity to become what exists inside the hydrogen atoms, did so as the 1% that now exists inside all the atoms, that exist as the periodic table.

And even if **quarks** and **electrons** are invisible, scientists don't know if they are the smallest bits of matter in existence, or if the universe contains objects that are even more minute.

The electron has a mass that is approximately 1/1836 that of the proton. Protons have masses of approximately **one atomic mass unit**,  $1.672621898(21) \times 10^{-27} \text{kg}$ .

## **FROM THE ELECTRON TO THE SPACE STATION**

Here is one more way that **IT** is now using **ITS** heated weight and couldn't do this before we came into existence because **IT** first needed certain things like what is now known as electricity, which comes from the word electron. This is, as I said before, the second stage of the way **IT** fragmented **ITS** heated weight when **ITS** heated weight existed as a singularity.

*After that, IT had to wait until the computer to come into existence and then into the chip. Just imagine how heavy it was when information was stored on paper and if IT had to take this information on an interplanetary voyage. When the time comes when we have to leave this planet, IT will then have transformed into a microchip that can hold terabytes or the next biggest microchip that can hold more storage than the existing terabytes.*

*However, it still looks like we may have a few centuries to go, it all depends on which of the two existing possibilities happens first. By this I mean, will someone first push the button that will set off a chain reaction to release nuclear bombs and the second way that will affect our planet in a negative way is global warming. Global warming is now showing us that it affects our existing way of life because of over population. We as humans are the cancer that will attack this planet so as to bring it to its end.*

*Let us not forget the many, many things that will be on this voyage so as to reach a faraway place, where IT can then restart again with what IT has already transformed into on planet earth. Then again, IT already has what IT needs from planet earth and IT can decide that humans are no longer needed because now IT can make anything IT needs for what IT has transformed into as robots and can probably make anything IT wants with the 3D printer.*

*Perhaps IT will look to see if robots can recognize that there is someone that made them, just like IT made us. Some of us on this planet recognize that there is something out there that is supreme, which is what makes everything exist. Luckily, there is a group of minds that do recognize that there is something that exists, which is what allows everything to exist called pure energy. The only problem with this group is that they still have not recognized that what exists as pure energy is only 1% of who is there. They just need to connect with what exists as being 99% where the 1% that exists as pure energy exists inside of.*

*Now let me take you on another voyage which is how big IT got using this simple way of existing.*

*Always remember that anything that you visually see as being big in size is not really big, even though you are seeing it as being big as one unit. Here's an example, if you take the biggest building, the biggest rocket ship, the biggest planet, the biggest galaxy, they are all big but that bigness is only possible because they exist as matter. All matter is made from that stuff called atoms and all atoms are made from tinier (smaller) fragments of that which exists as pure energy's heated weight. Because as big as it may seem, it is made up of those very tiny, tiny fragments that come from that which exists as pure energy. Remember those tiny fragments that were as small as a photon and whoever is there as pure energy added more fragments of ITS heated weight so as to become an electron. Then this pure energy kept adding more fragments of ITS heated weight so as to become as big as a quark and then kept adding more fragments of ITS heated weight to the quark to become as big as a proton. This is the biggest portion of ITS heated weight that IT made from when IT existed as a singularity as one unit or entity. Remember that when IT became matter IT did so as the hydrogen atom which only weighted 1 gram. I have said the above so that the next time you see the biggest building on this planet or the biggest rocket ship going up into space or the next time you see a big planet or the biggest galaxy, they only exist because they are made from those tiny fragments that exist as pure energy.*

*Let's not forget that all of the above adds up to thousands of thousands of tons as weight and these thousands can only exist because of the tiny fragments heated weight that give us the illusion of being solid. I use the word illusion because the meaning of an illusion is that what you are seeing is not what it is.*

*Therefore, the next time you look at yourself in the mirror and let us say that you are weighing in at one hundred pounds, in reality you are 99% empty space because you are made up of atoms. These atoms are 99% empty space and as for your hundred pound weight, the hundred pounds that exist as ITS heated weight are scattered as wide into every atom you exist as. If you could just group all of these fragments that exist as ITS heated weight and place them together, you would be equivalent to a square cube that exists as little more than 6 inches by 6 inches that weighs one hundred pounds.*

*Is it not incredible what IT has been doing with ITS heated weight up until now, and there is still more to come. Let me give you my version as I see it.*

*So now we have a better understanding of how this **SPIRITUAL SUPREME BEING** that exist as being 99% empty space, does things with ITS 1% that exist inside of ITSELF known as the heated weight that exist as pure energy. By starting out as fragments that are so small, to then merge these tiny fragments so as to become what we understand as atoms. And then continued to become matter and then using us as humans to build things with the hands IT gave us. IT could not do this when IT began to search for all the possibilities that ITS heated energy could transform into here on planet earth.*

*So at this existing moment, IT has now taken us as humans off this planet and put us into what we understand as outerspace, which is the area that exists as empty space, also known scientifically as negative energy. And in reality is where this **SPIRITUAL SUPREME BEING** mainly exists. The way IT exists as is what I refer to as being ITS shell body, to use a word, which is what is also the same as negative energy.*

*Now IT has us humans living under different conditions in outerspace, and my feeling is that IT is doing this because IT knows that this planet is getting closer to ITS death date.*

*So now IT can take some of the possibilities that IT transformed into off this planet before it goes into destruction. As much as I have watched IT as the things IT has transformed into, IT doesn't really want to begin certain things all over again. And one of them is, us as humans because it went through lots of transforming ITS heated weight to make the human body.*

*As it now seems, it is not going too well when it relates to how the human body is reacting to being in outer space. We as humans were made with the conditions that exist on earth because we need the gravitational pull that ITS heated weight has on us. For example, when we eat we are eating things that are made from ITS heated weight. These edibles are then pulled downward to go into our stomach to release the energy it contains as heat. Our body can take energy for the many things we need to survive and after our stomach uses what it needs, it is then pulled downward, further, to dispose of what is not needed such as urine and waste. This*

*can be a problem in outer space. The other is that we have not been able to find a planet that is suitable for our way of existing as humans.*

*But here are some of the possibilities that may take place when this group of humans has to be taken out farther into ITSELF as what is called deep space. One possibility is that we, as humans, will continue living at international space stations. It has been proven that people of different nationalities and different colors can co-exist under these tight conditions.*

*Eventually, we'll have to leave planet earth behind because it too has to participate in what I call AZTA, which sounds better than AZ. A stands for the beginning and Z stands for the end, which means anything that comes has to go. And anything that has a beginning also has to end, Anything that starts has to end and anything that is made of ITS heated weight as fragments has to return back to being the singularity.*

*Now IT will take what IT has done here on this planet into deeper space, as in taking what IT has made here on planet earth that may have importance to wherever IT is going to go next. IT then can continue to transform, transmute or reshape into something else as new possibilities of ITS heated weight.*

*By the time IT has taken what IT needs from this planet, we may be part of ITS cargo, but we have to keep in mind that IT does not need human hands anymore because IT has already transformed into robots. However, IT had to first transform into us as humans. We had to come first in order to build the robots, then the ship and then the space station. This can only exist because it, too, is made of this Spiritual supreme beings heated weight, also known as pure energy that exists as atoms.*

*Just like anything that I will mention, starting from the biggest ship that IT exists as, as all the atoms that make this big space ship possible which will be carrying whatever IT is sending on this voyage. One of the things that I see is that it will be using what then will be the most powerful computers which will guide this space ship to somewhere inside of ITSELF that exists as ITS shell body. IT can then use whatever robots are on this ship, because these are robots that will look and speck like humans.*

*Another important thing that I am sure will be on this voyage will be the 3D printer. This printer is what will make the needed parts for the ship on the spot or for parts that humans may need replacing, and then there is the possibility that these 3 D printers will be able to make parts that have never been made before and especially in outer space or other planets. It would be like having a small manufacturing gravity free plant and you don't need humans to run this manufacturing plant because they may be run by computers and moved by robots.*

*Let me also add a few more things that will happen when IT uses more robots in outer space. Since the space that will exist as space stations are more limited to the amount of space that exists as planet earth, there will be no need to have big land plantations on these stations. Because, the more robots that replace humans, the less food that will be needed or the need to*

plant things because with robots there will be no need for as much water on stations and there will be less contamination. Especially the contamination that is produced by humans by just celebrating holidays because our mechanical time system will not be of any use on this voyage.

**\*\*\* LIVE THE EXISTING MOMENT, NOT THE DAY\*\*\***

But for now IT is sending humans to clear the way so that space stations can be built as big as possible so that there will be more storage space for what is to come. In addition, robots can work continuously, because they do not work on 24 hour shifts. In outer space there is no day or night, or a 24 hour day, they just exist as one moment within ITS existence, the same way everything exists as.

I too believe that the human body will be needed to exist as being alive on very long voyages, and as I see it, by the time our planet is about to do a total collapse, IT might already have all the information needed to rebuild human parts with the 3D printer, and if IT should need human assistance, IT could always rebuild one somewhere else far from here where humanity could begin again. However, with a better starting point than the one we had to start with like we did from the cave age until now, but this possibility has to happen before what exists as the last black hole which will most likely be the one that will consume us as that moment. When the last black hole exists then nothing that exists as matter will exist because the last black hole will now be the original heated weight that existed as the singularity just before the big bang. IT as pure energy can decide if IT will do a new big bang again, to see what IT could transform, transmute, or reshape into as something new. I personally think that IT might not do this, because like I said IT does not really like to start all over again, and as I wrote elsewhere there is a possibility in how to avoid this.

Let me share a few hints on this. IT would have had to have all the information and materials that are needed to rebuild whatever IT needs as restarting again on this huge space ship. IT would also need to make sure that this huge vessel (ship) kept far, far away from any of the black holes near the ship, and IT has to continue moving this ship as far away from the last black hole. IT can do this, simply because everything that exists is inside of ITSELF and IT knows how to move ITS heated weight that exists as matter. So that the last black hole which is now the original heated weight that existed at the moment of the big bang can now again become matter as what IT did before known as the big bang. And IT would have to again make new planets from ITS heated weight so that this ship could now land on this new planet and restart again as the transformation from what IT has stored on this ship as more possibilities that ITS heated weight can transform, transmute, or reshape into. This is how IT entertains ITSELF because IT has no one else to share ITS existence with, except with us at this moment, as ITSELF. The above could be a movie in itself, but for now I have to end this section.

I'LL add a few things that have to do with this place that the ship will be traveling in called the universe. The only thing that exists out there is just to use a word one moment, also known as OMNIPRESENT. We need to remember that everything that is happening is happening because of something called pure energy, which exist as 1% , and this 1% that exists as pure energy can only exist inside of who is there as this spiritual supreme being which exists as being 99% also known as negative energy. However, it is not really something negative, nor does it have any energy. Humans have to remember that the only reason why this 99% is called negative energy

is because as the human mind tried to understand what is out there when they found that something does exist, which they traced all the way back to when this pure energy existed as a singularity and they found that this heated energy is what gave off energy, and it is this heated weight that is also producing what is seen as change. Since this heated weight that exists as pure energy is looking for all existing possibilities before IT returns back to a singularity as what has been labeled by the human mind as being a black hole. I have written more about this elsewhere. What is being called black holes are not really black or a hole, because what is there as a black hole is a concentration of ITS heated weight that came from ITS singularity. Lets go back to when the scientific mind had to deal with this 99% that exists as outer space and since the heated weight that exists as pure energy is what allows things to exist, they labeled it as being positive. Also because this heated weight has energy which is what exists as the protons and neutrons that exist inside every atom. All the energy that atoms have all came from this pure energy's heated weight.

Since what is out there as the 99% empty space does not exist as matter or has any heat attached to it, then this must be something that exists as negative energy. Negative, because it has no energy. However, I hope that at some point the scientific community will see that this area called negative energy is really the way this spiritual supreme being exists. Why I do I use the word **SPIRITUAL SUPREME BEING**, because #1, What we see as the empty universe that was labeled as being negative energy exists, but not as something and the only word that exists for something that exists as nothing is the word spirit. #2, Why supreme, because this part of who is there is what allows everything to exist, #3, Why the word being, well look at it this way, you exist as a being and the only reason why you exist as being is because you are scientifically made from all of ITS qualities. #1 as ITS heated weight as all the atoms you exist have, as the heat that all protons and neutrons have, #2 and this heated weight that exists inside the atoms 99% emptiness which comes from the way IT exists as ITS spiritual nothingness, which is also what exists as that which is known as negative energy. #3 Why the word BEING? Speaking scientifically, is because for anything to exist as being something, can only exist because of the heated weight that IT has inside of ITSELF known as pure energy.

You can see this better as a visual that I put together on YouTube at, and I ask of you to please watch from beginning to end, so that it will make sense

Just double click the link that is below.

<https://www.youtube.com/watch?v=TUIUtvIIQIE&feature=youtu.be>

So that after you see the visual you will be able to see what I am writing about. In this video, you will also see how the heated weight started out as a singularity and then how it returned back to being a singularity as a black hole. They will also understand that black holes are not black or exist as a hole. Black holes are really just individual concentrated bundles of the heat that existed as the singularity. Here is one more way to understand; remembering that what black holes really did was consume what existed as nearby matter and everything that the black hole consumed as matter because they existed as atoms. And all the atoms consumed had protons and neutrons, and the protons only existed because they were made from the heated weight that fragmented at the moment of the big bang to become hydrogen atoms and then the hydrogen atoms transformed into the heavier atoms that now exist as the periodic table.

So when a black hole consumes all of the surrounding matter, it then strips (removed) **the heated weight that exist as the electrons** from the atoms, which then allowed all the heated weight as protons and neutrons and all of the tinier fragments that exist inside the atom known as the ZOO to return back to just being one, as one portion of the singularity. When all black holes consume each other, then the last black hole will be left to itself as existing as just one huge black hole. Let me make this a little clearer, when all black holes are consumed by each other until there is only one huge black hole, what do you really then have? If your answer is one huge black hole, well I am going to differ on that answer. And here is why, but we will need to go back to the moment of the big bang because that is where everything started. When the whole of this heated ball became matter, it did so as hydrogen atoms and then these hydrogen atoms transformed into a solar sun, so as to transform again into a heavier atom like the helium atom and then as my short version this heated weight then transformed into a super nova and then into a galaxy.

As a galaxy that came with a center that had a black hole as its center and when black holes consumed its surroundings that exist as matter, the black hole got bigger and bigger as the last one, right? I will agree with you also, but with an exception which is that what ended up as the last black hole is not black as I have detailed elsewhere. A black hole is really clear and transparent and it is not a hole. You can understand it better this way: when the last black hole existed, you need to remember that the matter that went into the black hole was really what existed as the heated weight that came from the heated weigh that existed at the moment of the big bang. Therefore, **the last black hole is really the heated weight that existed at the moment of the big bang**. This is the way whoever is there that exists as pure energy will bring back all of the fragments that were fragmented into matter remembering that no one as of yet has referred to the beginning of the big bang as existing as a black hole because it is not black or a hole. What is basically said is this, **that there exists a “very small ball with infinite density and intense heat called a Singularity.”**

Now as always, as much as I and everyone out there is mostly talking or writing about that which exists as pure energy, I prefer to begin to understand who is out there not as pure energy, but rather where pure energy exists in. By this I mean that I hope the scientific minds will also understand that the empty space that exists inside every atom is the same empty space that exists outside the atom as that which exists what they labeled negative energy. I have tried as hard as possible with my limited abilities to compose something that would help them understand this, using a visual presentation, which is now available for anyone interested in seeing it on youtube.

So you can see this better as a visual that I put together on YouTube at, and I ask of you to please watch from beginning to end, so that it will make sense .

Just double click the link that is below.

<https://www.youtube.com/watch?v=TUIUtvIIQIE&feature=youtu.be>

**\*\*\*\* We have to live in the existing moment, and until the planet makes one more rotation, then we can call it a calendar day \*\*\*\***



***Here is what exists on the internet as to what makes up a proton?***

*A quark is a tiny particle which makes up protons and neutrons.. After the invention of the particle accelerator, it was discovered that electrons are fundamental particles, but neutrons and protons are not. Neutrons and protons are made up of quarks, which are held by Gluons.*

*So remember that the biggest thing inside the atom is the neutron, which was put together from smaller particles that came from pure energy that derived from a particle that could be smaller than a photon.*

***WHY THE UNIVERSE IS NOT EXPANDING***

*Why the saying that the universe is expanding needs to be revised. The best way to start would be with what is being talked about.*

*So let's begin in this manner, which is that we need to better understand what is it that exists as the universe. For example, when we say the universe, we should remember that the universe exists as 2 different entities. One is that when you look up at the universe at night seeing the hugeness of the empty space that exists out there as what we refer to as the universe. We know at this moment of our understanding that the empty space called the universe has a temperature which is  $-270.42\text{ }^{\circ}\text{C}$ ;  $-454.76\text{ }^{\circ}\text{F}$ . This emptiness does not have a beginning or end as borders and that it belong to someone or at least something. Why do I say something, well it has been established by the group called the scientific community that everything that exists can only exist because of what they found and labeled as pure energy. The only reason why I can write to you at this moment, and you can read what I am writing about is because you and I are made of this pure energy. You can read more about this in other sections where I write in detail about who this pure energy is. IT does exist and it is this part of WHO is there that exists as this empty space which is what allows everything that exists inside of this area.*

*Let me try and explain this in as many ways as I can so that you can understand it. Here is one way, but first understand that everything that now exists is just really one. For example, the empty freezing cold universe and what is inside of it is just one entity. You may still see things as just existing, simply because they are there at the moment you are seeing them. I too*

*understand this because from the beginning of my existence I could only see and understand things as I saw them, First as what I saw as a child that was presented to me and was told that this is what is. The truth is that at that moment the information was not as clear as the information that now exists.*

*Here is an example, I remember being told that there was a heaven up in the sky, but now I know better. I can now understand and see what is up there, not heaven, but what is being called the empty universe. I accept this, but since I still have the mind of a child, which always questions things and after seeing a lot of what has been presented, I began questioning things, not as what exists as things, but because by now I knew that there is something there called pure energy. I understood that what was being presented as pure energy made sense. However, the theory itself that was put together about pure energy had a few mistakes which I have mentioned elsewhere. Nevertheless, the most important thing to remember from here on is why this pure energy exists, and that it is no longer a theory as a hypothesis because it can now be seen visually why it exists. The most important facts that will help anyone who is going to understand this pure energy is to remember that:*

*#1 That , that part that exist as this pure energy cannot be created or destroyed, so that as you look to understand this something that exists, you need to remember that you cannot use the word create or destroy when you are referring to how this pure energy exists or has transformed, transmuted or reshaped into.*

*#2 this pure energy is not governed by our mechanical TIME system and this is a fact recognized by the scientific community. When they found this pure energy as its beginning, as it existed as a singularity, time was not part of who this pure energy is. We need to remember that “**TIME**” is only a human invention, it serves only as a human conveniences so that 2 or more people can meet at a particular earth rotation but it is not universal.*

*Why is this important, because if you want to understand who you are, you need to understand what you are made from. What allows you to exist is something that exists as one and this that exists as one, we'll call it a **SUPREME BEING**, to use a word that is more related to whoever is there scientifically. Otherwise, I could not say what I am saying as being true. So that if I go back to where I started, which was related to the saying that the universe is expanding and why I say that you first should understand that, if it was not for us as humans, this saying would not even exist. Since we are here, let's question everything that can be questioned. As for myself, I am very interested in understanding everything that exists. Now that I know scientifically that what I am understanding does exist, I'll say again that if were not for the many who came before me in their search for understanding the truth, I would not be writing to you now.*

*Now at this moment of my existence when I hear the saying that the universe is expanding, I have to stop and say that this is not true. In order to say this, I have to give the reason why to at least those who I know understand what I am writing about. Or at least so they can prove me wrong.*

*If I look again into this place called the empty universe and someone tells me that the universe is expanding, I would have to say that the only reason why this statement is said is because it is related to what is being seen as moving away. However, what is moving away is not the universe as what exists as this 99% emptiness, which is what was labeled as negative energy that does not exist as something, but it does exist as having 2 entities. One is this  $-270.42\text{ }^{\circ}\text{C}$ ;  $-454.76\text{ }^{\circ}\text{F}$  as a temperature and the other is the grid that the empty universe has as width. As for this area that exists as being 99% it's not, I repeat, it does not come from what is understood as belonging to that which exists as pure energy, which can be better understood in the visual I put together on you tube ,  
Just double click the link that is below.*

<https://www.youtube.com/watch?v=TUIUtviIQIE&feature=youtu.be>

*However, let us continue with what is giving our minds the impression that something is moving away in that area known as outer space. The first thing we need to remember is that what is moving away is what exists as matter and this has importance because what is being said about expanding is just moving away within the 99% that exists as the empty universe. The other reason why it cannot be expanding is because if something is expanding, as in occupying more space, it would violate the laws of pure energy. This has to be remembered, because for some reason many human minds keep forgetting that what is being talked about belongs to that which exists as pure energy. Anything that exists as pure energy cannot be created or destroyed. Now I can understand that when someone off the street says this is understandable, but what anyone who is associated with the scientific community should not do is use words that relate to something being created or destroyed because all this does is produce more confusion. If the human mind wants to understand more of who we really are, then the mind needs to know the truth about who is there and how IT exists as the pure energy that exists within this area known as the universe or as what exists as negative energy.*

*So that when you hear the word universe, you need to remember that it is only related to the 99% empty space that exists as the empty void which exists as what is known as negative energy. This area is independent to what exists inside of it because what exists inside this empty space labeled as the empty universe is where the matter that came from the fragmented*

*heated weight that existed at the moment of the big bang and existed as a singularity can exist inside of and not vice versa.*

*Here is one more way of understanding what I am writing about: Just imagine that you are somewhere in that area called the universe that exists as 99% emptiness and you notice that there also exists a ball of heat that is somewhere inside of this 99% emptiness that exists as freezing cold. And again, let me say that this freezing cold temperature is not part of what exists as pure energy.*

*One reason is this that pure energy is only 1% of that part of whoever is there.*

### **PURE ENERGY HAS A BEGINNING AND END.**

*When it is said that pure energy has no beginning or end, it is not true. Pure energy does have a beginning as what it fragmented into matter as hydrogen atoms and ended up as black holes, as it continued to find a way of returning back to being a singularity.*

*And it is what I call the **SPIRITUAL SUPREME BEING** that exists as the 99% nothingness that has no beginning or end, not the heated weight that belongs to pure energy.*

*So returning to the expanding universe, when we look into outer space you notice that our minds will right away focus on what is inside of this empty nothingness and this is so because our minds are not wired to grasp onto something that does not exist as a nothingness.*

*Here is something to think about, when you open your refrigerator to the freezer part, you will notice that the freezing temperature is stopping the things you have in the refrigerator from spoiling. It is the heat that will make the things inside your refrigerator change into some that you do not want to eat. The reason I say this is because you can better understand that since everything is just ONE, and whoever this ONE is, IT exists as having two different extreme temperatures (one cold and the other hot). It is the heat that exists inside of the freezing cold, which is where pure energy exists inside of.*

*So understanding this, when we use the word universe, we are referring to something that exists, but does not exist as something that is composed of what is known as pure energy, and this empty nothingness has no outside borders.*

*The importance of this is that the heated weight can only exist as a singularity, but this heated weight can also exist as fragments that can exist as small as a photon. However, this is not the same when it relates to this extreme cold nothingness because for one, it does not exist as something and cannot be fragmented. Another thing is this that as much as these 2 extreme temperatures exist as one, they behave as total opposites.*

*The heat pulls inward, trying to be just one singularity and finite. The freezing cold is more what exists as infinity, since it does not have a beginning or end. As I said elsewhere, in the area known as negative energy, there may exist speed faster than 186 mps, which you can read elsewhere in my writings called MAXXSPEED. And to me it is the heated weight that stores memory, which can be seen as what exists as our DNA and RNA, It is in the freezing cold where consciousness exists, because WHOEVER is there, this is where IT knows where everything exists and exists within itself at the same moment.*

*Let's scientifically look at what has been labeled, the universe. When science is saying that the universe is expanding, they should also say that what is expanding is all the matter that is moving away. They should also add that what is moving away as matter is composed of atoms. The matter that is moving away can only exist because it is composed of fragments that come from that which exists as pure energy that make up the protons and neutrons that make all the atoms exist. The reason I say this is because the scientific community needs to remember that all matter that is moving away in what they labeled as outer space is, yes, moving away, which is what gives the impression of moving away as expansion. However, what we all need to remember is that as this matter is moving away, it is not expanding, because as long as the human mind keeps saying things like the universe is expanding, it means that it will be harder for those that are interested in knowing more about that which exists as pure energy.*

*It can be better understood if they look at it from a different angle, understanding who is there, but not as what exists as pure energy, but rather where this pure energy exists inside of. Now that you understand this better, try and see if the next time you are shown a movie or a photo of what being is said about the expanding universe, remember that what is moving away is what is known as matter. It is moving away inside of something that exists as empty space. Let me let you in on something else that is related to this matter that is moving away as outward and it is this matter that is existing inside of this empty nothingness. What you are not seeing is that all of the matter that is moving away is also made of atoms that are 99% empty space and the empty space inside the atoms is the same 99% empty space that exists outside the matter that is moving away.*

### ***Why Everything is Spiritual***

### **#1. 3 Very Important Groups**

### **#2. The Scientific Community Group**

### **#3. The Meditation Groups**

#### **Why Everything is Spiritual**

*I find this topic interesting because everything that exists, exist in an area that is 99% empty space, means that everything is spiritual. I'll explain it this way: Everything that exists, exists inside this place called the universe. The universe scientifically exists as being 99% empty space. Everything that exists as matter means that matter is made of atoms and we now know scientifically that all atoms are 99% empty space, as well. These atoms exist inside this place called the universe which is 99% empty, meaning everything exists as being or coming from that which exists as **SPIRITUAL**. Remember, the word spiritual means something that exists but does not exist as something.*

*Perhaps a better way to understand this is, you exist and you are made of matter and that matter that you exist as can only exist because all matter is made up of atoms. All atoms are 99% empty space which means that we as humans are 99% empty space. We can only exist because we are inside this place that exists called the universe and our universe is also 99% empty space.*

*I have not forgotten why we exist as something, this is because there also exists something scientifically called pure energy. However, this pure energy is the 1% that is missing to the 99% to make it 100% complete. This 1% that exists as pure energy can only exist inside of this which exists as being the 99% **SPIRITUAL SUPREME BEING**.*

*Let me just mention quickly that everything is ONE, but this oneness exists as being 99% nothingness that has 1% inside of itself that we now know exists as that which is scientifically known as pure energy. This part called pure energy allows anything that exists to exist using this pure energy's heated weight, which is what now exists inside every atom.*

*This is particularly interesting to me because when we as humans started out in caves way back when, we could never have known that we were made in an incredible way, only because there also exists something which is beyond anything that we are able to comprehend. Whoever this being is, it is letting us know more about where IT exists and a little more about why we are here as ITS gift to us. As I see it, we come into existence and we go. However, the nicest thing is that whoever is there, IT will be there forever.*

### **3 Very Important Groups**

*When referring to our existence, there are 3 very important groups. Are you in one of them?*

*There's a group that believes that a **SPIRITUAL SUPREME BEING** does exist.*

*These are the people that believe that something or someone is behind everything that exists. They believe that the **SPIRITUAL SUPREME BEING** is the one that created everything that now exists as this universe and everything that now exists as matter. This is of importance because we can understand who placed or created everything that now exists as existing inside this place called the empty universe.*

*Therefore, let us remember that something does exist as in all the celestial bodies that now exist inside this place we call the universe. Let me also add, there are two things here that we should always remember and that is that when I refer to there being a **SPIRITUAL SUPREME BEING**, I will always have to remind the reader that when it relates to the part I call the **SPIRITUAL SUPREME BEING**, it will be about that part that exists as something but does not exist as something like what exists as the celestial bodies. The celestial bodies can only exist inside the **SPIRITUAL SUPREME BEING's** way of existing, which is what we see as the empty universe. However, this emptiness as much as it is empty, does have certain scientific qualities. The space that now exists as this empty universe is that part that exists as the **SPIRITUAL SUPREME BEING**.*

*I have seen that when people look into what exists as this empty universe, the first thing they will talk about is what is inside, as what exists as the celestial bodies. This is natural because for us to understand something we have to use our minds and our minds are not programmed or wired to understand something that exists, but exists as a nothingness. Therefore, the next time you look up into what exists as the empty universe, just remember that the empty nothingness that exists as this empty universe belongs to that which exists as this **SPIRITUAL SUPREME BEING**.*

*The way this **SPIRITUAL SUPREME BEING** exists, allows the word **omnipresent** to be used. The way of existing as this empty space that belongs to this **SPIRITUAL SUPREME BEING** means that **GOD** is in all places at the same moment. And the only thing that exists that is in all places at the same moment is the way this **SPIRITUAL SUPREME BEING** exists as in the empty space that exists within this place labeled the empty universe.*

*This universe also has temperature and this is important because this area known as the universe, which cannot be touched because it does not exist as something, is now known that the whole empty universe exists as a freezing cold temperature. The freezing cold temperature also has a side effect, which is that it does not produce change because it is a constant as in never-changing.*

*This means that whoever IT is that exists as this **SPIRITUAL SUPREME BEING** is never-changing. The way it exists (which is the reverse of what exists as pure energy) is as heat and it is known that heat will change things, that is why there is a saying that “there is always something new under the sun” because this is one of the ways that pure energy transforms, transmutes and reshapes.*

*The sun is actually sending out fragments of its heated weight as photons and wherever this fragment of heat lands, it add fragments of heat that existed as the photon and makes whatever it hits become something different.*

*Let me also add another saying: “GOD is in all places and knows everything that is happening.” I’ll explain why this is true and it relates to the above as the way GOD exists. Remember that everything that exists, exists because something called GOD exists. This is the same as what exists as pure energy and pure energy can only exist inside of that which exists as negative energy. Anything to exist will always be related to that which exists as pure energy and will always exist inside of that which exists scientifically as negative energy.*

*Negative energy is what exists as the 99% empty universe and inside this 99% empty universe is where everything that exists inside is called matter. Matter can only exist because it is made from atoms and it is known that all atoms are 99% empty space, so scientifically speaking, it means that the only thing that exists as being in all places is this empty nothingness known as the 99% that exists as this negative energy which is this outer part of what exists as this place called the universe.*

*Inside the universe is where pure energy exists and this pure energy that exists as matter can only exist inside this place called the universe that is both the same 99% empty space inside every atom. The empty nothingness is what exists as this **SPIRITUAL SUPREME BEING**. As I have said elsewhere, the meaning of this is that something does exist, but this something exists as a nothingness (spiritual) and there is nothing as of yet found that exists that covers every place as an area, which makes it all knowing (supreme) and the best thing I find is that whoever IT is, stays forever the same.*

*It is not like the part that exists inside of itself that exists as pure energy, because pure energy has a beginning, (as when this pure energy existed as a singularity). Then this pure energy decided to transform, transmute as in reshaping into everything that now exists in ITS search for all the existing possibilities it could transform, transmute and reshape into.*

*Therefore, I could write what I found as how it exists, but this pure energy when it made everything that now exists inside this universe as the fragments of this pure energy’s heat could exist placed a condition to everything it could become, that it as atoms had to return to being a*

singularity again. The reason I say this is because this part of who *IT* is that exists, as this **SPIRITUAL SUPREME BEING**, will always have inside of itself this heat that has weight.

Here is another way of understanding what is going on, imagine you existed somewhere inside of who is there where you could see how it exists as this 99% empty universe. You could see that inside of the 99% empty universe (**SPIRITUAL SUPREME BEING**) there also existed this ball of heat that exists as a singularity.

Then all of a sudden this ball of heat that exists as a singularity inside this area that exists as 99% empty (**SPIRITUAL SUPREME BEING**) as *IT*, just fragmented all of itself into very tiny fragments, so tiny that these fragments were later named by the scientific community as photons. In adding more of these tiny fragments together eventually they got as big as what is now known as a proton. The protons, as fragments from this heated ball eventually became what is known as matter starting from the hydrogen atom, which is what this heated weight that existed as a singularity became and now exists as just hydrogen atoms. Therefore, what you would see is that now all of the 99% empty space is now full of just hydrogen atoms.

Since these fragments are programmed to return back to a singularity when all of these fragments of hydrogen atoms are left to themselves, they tried to reunite with each other but since they are now hydrogen atoms, all the hydrogen atoms could do is come closer to each other. This happened because since hydrogen atoms have heat inside, the heat is pulling each other closer (what we know as gravity) that they formed a solar sun. So that as you kept looking at this heated ball transforming, it all happened inside of this area that exists as the 99% empty universe. You would now see that these fragments of heat that now exist as hydrogen atoms are now becoming solar suns and as the story goes, these solar suns then transformed into novas and super novas until they became galaxies.

Here is also where this pure energy put a stop to what else these fragments could continue to become by placing what is known as a black hole which is there to bring back all of the fragments that now exist as a galaxy. So what you would see is when this heated weight that existed as a singularity then became as big as a galaxy and with the use of the black hole as its center could then return back to a singularity once again, which is known as **THE BIG BANG**.

What no one could see until I came along was that what exists as this pure energy, existed as being only 1% and this pure energy can only exist inside of *WHO* is also there as what the scientific community found to exist as **NEGATIVE** energy which is what exists as the 99% that exists as the empty universe which exists as a **SPIRITUAL SUPREME BEING**.

*Let me continue as science so that since this other group that is still studying who IT is that exists as a **SPIRITUAL SUPREME BEING** can now understand who it is scientifically, because like I have said elsewhere, I am one of the few that has connected this **SPIRITUAL SUPREME BEING (GOD)** with science.*

### ***The Scientific Community Group***

*The scientific community began to question what existed in a scientific way. By this I mean they were the people that began to question what this supposedly **SPIRITUAL SUPREME BEING** created. For example, where did all things that now exist as this universe come from and where did all these celestial bodies come from and what are they made of. They found that everything that this **SPIRITUAL SUPREME BEING** made had one thing in common which is that all of these celestial bodies were made up of matter. Therefore, now that the scientific community had advanced to a stage where technically they could take what exists as matter and reduce it even smaller in size to where they now could see that everything that exists as matter is made up of atoms. It was the chemistry group that I believe made the connection to pure energy when they found that everything that existed as matter could be reduced to what they labeled being atoms.*

*They found that every atom that now exists as the periodic table had a different weight attached to it. Now why is this important? After they knew that everything that makes matter possible is because of this heated weight that exists inside every atom, so they then decided to find out where this heated weight came from and they found that it went back to when the heated weight existed as a singularity which was then labeled as being that which exists as pure energy. Therefore, if it wasn't for the scientific community group, we could not know more of who we are and where everything that now exists inside this universe came from. This group did make some mistakes in the way they put together their model of existence and this is where I come in. The scientific community group only analyzed what existed that could be analyzed, which was what existed as pure energy.*

*They have had a hard time understanding that there does exist something that does not exist as something, which they know is there and they named it negative energy. In doing so, right from the beginning they started out wrong because what is there is not made of energy. They still feel that everything that exists had to have come from pure energy. However, if they want to begin to understand what exists as what they labeled negative energy, they should change their way of thinking if they truly want to know and connect with what is there. That which exists as the 99% empty space that exists as the empty universe also exists as the 99% empty space that exists inside every atom.*

*As I keep saying, the first thing we have to remember is that our human mind is not programmed or wired to understand that something does exist but exists as a nothingness. As*

*in the 99% empty universe and like the 99% empty space that exists inside every atom. Therefore, if the scientific community group wants to begin to understand this that they labeled negative energy, then they should at least read what I have been saying about what is there. We as humans can connect but not with instruments. The first thing anyone who wants to understand or connect to is that, 1. Something does exist that exists as the 99% emptiness that exist as the nothingness that this universe exists as and, 2. That you should remember that you, too, exist as this 99% emptiness simply because the only reason why you exist is because you, like everything that exists, is made of matter.*

*All matter is made of atoms that are all made with this 99% emptiness. The best way I can help you connect with this 99% emptiness is through meditation, which will be what I wrote as the group #3*

*Again, I am one of the few that not only connected this **SPIRITUAL SUPREME BEING** that exists to science, but also know how we, as humans, can benefit personally and directly with who this **SPIRITUAL SUPREME BEING** is as infinity. Whoever goes there as meditation, as the third eye, can understand and connect with IT. But like I have said before, this connection cannot be made as a group, it is only good for the one who goes and connects with WHO is there as the person itself. This is not something that you can pass onto someone else. If anyone else wants that experience, they have to go there on their own.*

### **#3 The Meditation Group**

*This group is made up of different types of people who meditate. There is a group that is searching for that inner peace that exists inside of us. This is one group will meditate and use external objects, like lighting a candle, counting beads or chanting, to mention a few. This is what they found and are willing to try. For some, this gives their mind tranquility and gets them into a more peaceful place. They know that what they are searching for is inside of themselves and the effects of what they found are positive enough to continue doing it.*

*Now there is another group that comes from different backgrounds. They are the ones that have found that if they stop focusing on the external surroundings and focus on what exists inside of themselves (known as the third eye) that something happens which produces a peaceful feeling within themselves. If you ask them what is it that they found that is there, it will be very difficult for them to explain, because this place that exists inside of them, known as the third eye, is not really made of something you can grab, pull or push. It is simply a place that exists as a peaceful moment and the more they experience this, the better they'll feel. They realize that this feeling cannot be given to someone else because it is something very personal. They are also aware that what they discovered cannot be written about because it is not made of something.*

*For those of you who want to learn more about this place called the third eye, just read what I have already put together below as ways you can connect with what is there. Also to know more about WHO is there. It was recently discovered that it is now possible to know who IT IS THAT IS THERE, and how IT exists. I have tried in many different ways to explain WHO is there scientifically.*

### **WHO IS THE 1% AND WHO IS THE 99%**

*Here is something to think about that is commonly known. Many people say when it relates to GOD, that we are made in ITS own image. This is fine because we can use this model. Since we are made in ITS image by that which is known as GOD, we can then say that we are made of matter. All matter is made up of atoms, so we can better understand that since we are made of atoms, all atoms exist as having 1% heated weight inside of them. The heated weight inside the atom can only exist in an environment that is 99% empty space scientifically. Therefore, what is inside the atom as heat is only 1%, so this is the way we are made in ITS own image.*

**\*\*\*WHO WE ARE, WE ARE THAT WHICH EXISTS AS A SPIRITUAL SUPREME BEING THAT HAS ENERGY \*\*\***

### **WHO IS IT?**

*WHO is IT that exists as #1, and I do not mean #1 as in a president or government. Let me first say that this topic has not been easy for me. I will try to put into detail WHO is #1 in two ways. One way, as what is common knowledge and the second way as how this **SPIRITUAL SUPREME BEING** exists scientifically. Identifying WHO is there as the #1 BEING, also known as the **SPIRITUAL SUPREME BEING, GOD, KING OF KINGS, THE ALMIGHTY, LORD OF LORDS**, just to mention a few.*

*Regarding WHO IT is, let me say that it is not easy to try and describe someone as the only one that exists. So let me offer some of the things that have already been said or written about **WHOEVER IT** is, as information that exists everywhere on this planet, to the many scientific findings that scientists labeled **PURE ENERGY**.*

*Let's begin with what people believe about WHO exists as the **SPIRITUAL SUPREME BEING or GOD** or the many other names that represent WHO is there. It is believed that WHO IT is created everything that now exists as this place that is called the universe. Everything that GOD created exists inside of all of the celestial bodies like solar suns, planets, meteors, just to mention a few. This **SPIRITUAL SUPREME BEING or GOD** is responsible for everything that exists inside this empty space called the universe, where everything can exist inside of it. We need to remember that when people talk about what GOD created in the beginning, they are mostly referring to what exists as celestial bodies like solar suns, planets*

and meteors. These are some of the things that the human mind began to understand as the beginning of what this **SPIRITUAL SUPREME BEING, GOD** allowed to come into existence. It is from that beginning that we and everything that now exists came to be. Therefore, when we as humans refer to the true **GOD**, we are mostly referring to that **SPIRITUAL SUPREME BEING** that put everything out there in the universe to exist.

**\*\*\*\* WHEN WE TALK, WE ARE SHARING AND WHEN WE LISTEN, WE ARE LEARNING\*\*\*\***

Here are a few more things that are related to this **SPIRITUAL SUPREME BEING**, that exists as **GOD**. **WHOEVER IT** is, is Everlasting and **GOD'S** plan is to search for all existing possibilities that **IT** as **GOD** (who also exists as **PURE ENERGY**) can exist as. When we look around us, we can see where **IT** has gotten to as **ITS** plan, we just need to understand **IT** better. Everything that has ever existed, exists or will exist will always be **IT**, because there are no two entities that exist as a **SPIRITUAL SUPREME BEING**.

Here are some things that exist as scientific information, facts or theory. When it relates to science, I will try my best to present you with what the scientific community found. I say found because the scientific community did find something related to what exists as the general public's understanding of this **SPIRITUAL SUPREME BEING** that exists as **GOD** which also exists to the scientific community as **PURE ENERGY**.

I'll try to explain the connection, since the general public understands that what exists as the **SPIRITUAL SUPREME BEING** that exists as **GOD** is the one that put all the celestial bodies like solar suns, planets, meteors, just to mention a few. When the scientific community began to explore the existing celestial bodies, they reached a point where they as a Group knew how to take what existed as matter, starting from all the celestial bodies and everything existing as matter that existed inside this place they labeled the empty universe. I don't know in what order they started out, so I am going to explain it in my way, as my view. Both the general public and the scientific group are studying the same thing, which is that the things that the public understands as matter like the celestial bodies at this point in time also includes planet earth, which also belongs to that which is known as the **SPIRITUAL SUPREME BEING** that exists as **GOD**. When the scientific group began its search in trying to understand what everything is that exists as matter, and where this matter came from, they then got to a point where they found that everything that exists as matter could now be taken apart down to how matter exists as atoms, including all the celestial bodies and everything that now exists as planet earth, down to who we are as matter and as atoms. The scientific community now knows how atoms came into existence, which I will cover later on in this section.

*I'll start with this section that has to do with science, so that the scientific community can also become aware how **the SPIRITUAL SUPREME BEING** exists. I will describe its existence within the framework of what is known as **PURE ENERGY**. However, not as **PURE ENERGY** itself and I will explain why I cannot use the word **GOD**. The word **GOD** is supposed to stand for what **WHOEVER GOD** is. The **G** stands for someone who is a generator and this part is fine as the letter **G**. The letter **O**, which is supposed to stand for **WHOEVER** is there as the operator of everything that exists, it is also OK to use the letter **O**. The problem I found was in the letter **D**. The letter **D** stands for destroyer. **WHOEVER** is there as the **SPIRITUAL SUPREME BEING** is not a destroyer, as I have already explained elsewhere.*

*I say this because science did find something, I use the word something instead of the word someone that exists in their search to understand what is out there. And the reason why I say something is because they found something which is what allows anything to exist as matter. The scientific minds labeled this something as **PURE ENERGY**, so at least scientifically, something does exist. Let me also mention that science also found something that does apply to whoever is there as how **IT** exists as the **SPIRITUAL SUPREME BEING**, which you will read about later on.*

*I'll begin this project (for me, it is a project) as I have never done this before, nor do I know of anyone who has. How does one explain **WHOEVER** this **SPIRITUAL SUPREME BEING** is, as a **SPIRITUAL BEING**. The good thing is that at least as science, **IT** exists and science knows where **IT** exists.*

*To do this project, I am not going to use concepts, theories or philosophy. What I will use is what science found and also what exists as what I refer to as Mr. Google. I must say it is great to have the speed of information at your fingertips when searching for answers. However, Mr. Google needs to update its information, at least where it has to do with scientific information. Mr. Google was never informed that all of the information that exists in Google, as a warehouse, cannot exist if it weren't for: 1. as Google being here on this planet earth, 2. as all the equipment that Google needs to operate and 3. as all the humans that work at Google because they all exist as **PURE ENERGY** which is what energizes how Google exists in the internet.*

*I begin how science understands things, which is that to science everything started out as what they labeled the moment of the big bang. I should say here that it is no longer a concept, theory or philosophy, it is a true fact and you can read about this elsewhere in my writings or you can*

watch the slide of this at  
<https://www.youtube.com/watch?v=TUIUtvIIQIE&feature=youtu.be> on You Tube.

### ***The missing 95% matter in the Universe***

*This section is related to the fact that scientists are still looking for the 95% of matter that is missing in the Universe.*

*First let me say that if this 95% were actually found, there would not be any Universe, for the Universe that now exists is composed of the existing 4.5% matter. This 4.5% is just a number for the sake of discussion, because as I have explained elsewhere in my book, the real amount of matter that now exists is really less than 1% of ITS (pure energy) heated weight. You, the reader, might understand this statement better if you keep in mind that when we refer to the 4.5%, we are referring to the matter that exists within the Universe. Now, this 4.5% matter is composed of atoms, which make up the mass that this 4.5% has, and when the nothingness that exists inside each atom is removed, you will arrive at a quantity that is less than 1 % as the heated weight that makes up this matter.*

*In addition if scientists did find the missing 95% matter, it would not add up because this missing matter is also empty space, which is ITS nothingness.*

*Furthermore, even if this 95% was found to exist in the form of matter, then this total 100 % matter would still be 95 % empty nothingness. This would make the 100% become only 5% in the form of dense, heated weight, which would then still only be 5% of this Universe, because the heated matter would be reduced after the nothingness inside the 100% is subtracted.*

*For there to actually be 95% more matter, the empty Universe we now know would become just one huge chunk of matter. If this other 95% was found, the question would arise concerning where would this extra heated weight come from? Besides, where would the empty freezing nothingness that now exists go, as: 1) the freezing temperature that exists as pure energy, and more important 2) where would the expansion that this nothingness occupies as pure energy go, for this nothingness as pure energy cannot be created or destroyed, be it considered in terms of temperature or in terms of measurable distance?*

*I believe that one reason why science feels that there is 95% missing is because the scientific mind feels that the only thing that can exist is something that exists as matter. But it now turns out that matter can only exist inside this pure energy's other way of existing, which is made of a nothingness. You can read more about this in my other writings.*

### ***Why the Big Bang may have not exploded. This is a dup to the new big bang***

*Here is one more reason why the Big Bang may have not exploded. This is because, in order for something to explode, it needs an independent body or force to make it so and it's not the case when it comes to the heated weight that existed at the moment of the Big Bang. Since this heated weight is defined by the scientific community as a positive energy, to be able to explode from its interior it would have needed a negative energy to force it to explode outwards. If there was this negative energy that was needed, where did it come from?*

### ***What happened with ITS heated weight at the Big Bang***

*We now know that cold temperatures pull heat and if cold pulls heat, then there is the possibility that at the moment of the Big Bang this cold could have helped in pulling fragments of this heated weight outwards. But this would mean that IT had to first break up this heated weight that existed as one singular weight in to tiny portions from the inside of ITSELF in order for the cold to pull this heated weight away from being a singularity, possibly from the inside out, as the explosion that scientist call the Big Bang.*

### ***The God Particle does exist.***

*For those of you who are not familiar with the subject, I would like to begin by explaining the God Particle. The big bang is a widely known subject in the scientific community and after studying the big bang theory they came to the conclusion that there has to be a God Particle behind everything that now exists as matter. From the first moment that the scientific community began studying the subject of where this matter came from, they approached it as objectively as possible, and by this I mean that they did not approach it from a religious standpoint. When they looked at what existed as matter and took it apart to see just what matter is made of, they first found that all matter, when reduced, ended up with what exists as atoms. As they studied atoms, they found that all atoms exist as their interior, as having what is known as protons. When there is more than one proton, then the atom needed a neutron to hold the protons together. I don't believe that the neutron is there to hold the protons together but rather to stop the protons from uniting with each other. These protons and neutrons existed in an area of 95-98% empty space. Other smaller particles exist inside the atom and here is where the word particle comes into existence. Therefore, it is here where the scientific community was looking for that they labeled the God Particle and I will come back to this later on.*

*After the scientific community did everything they could to understand what matter was, they then went back as far as possible to see just where these atoms came from. They found that the atoms originated from the big bang, because it was from there that everything came from that consisted of a huge heated ball. This heated ball existed as a singularity that then fragmented into smaller fragments to become hydrogen atoms, which is where all matter started. Hydrogen atoms then became helium atoms and so on until there were 96 different types of naturally made atoms which exist as the periodic table of elements that is also known as chemistry. Chemistry till this day is infinite as to the many ways that these atoms can be transformed.*

*When the scientific community got this far, they felt that there was still a piece missing to the puzzle that relates to what they named pure energy. For me, the scientific community has to be continually reminded that whether they are studying physics, astrophysics, quantum physics, chemistry or geology, to name a few, that these exist as pure energy. Just as the God Particle has to exist as something that cannot be created or destroyed,*

*All of this came from what is known as pure energy and this pure energy has a heated weight that exists as just being 1% of who IT is. Heated weight exists inside of ITSELF as the other way that this pure energy exists as 99% spiritual. The 99% that I am referring to as being spiritual is the 99% that this pure energy exists as the existing empty space in the universe. The reason why I use the word spiritual is because it is the only word that can be used to describe*

*something that exists, but exists as nothingness. As I see it, the word spiritual connects with what the scientific community is looking for as the God Particle.*

*Let me say that I am the only one that has connected science with God and I did this while I was searching for something else. I discovered the word omnipresent, which for people who believe in God means that*

*God is in all places at the same moment. However, when I asked people what this meant they said that God is in all places at the same moment, but that was it. This meant that the word omnipresent was only a phrase, not a definition. I then realized that to give this word a definition, it needed to include what it meant when referring to God as being in all places at the same moment. I discovered it as science, as the spiritual nothingness that exists as the empty space that exists as outer space, because this is the only thing that is in all places at the same moment. The empty space also exists in everything that exists inside of every atom which is also what makes everything that exists as matter possible.*

*I set out to find more meanings for this word and said to myself, if God is in all places at the same moment, then where is this place? It turned out that the only place that exists that is in all places at the same moment is this empty space that exists as pure energy's spiritual nothingness.*

*I haven't forgotten that this article started out as what is the God Particle. I have also said the above so that we can understand that to the scientific community, there is a God. But the scientific community can only see God as a particle. The reason for this belief is that for the scientific community and everything that exists can only come from the heated weight that came from the big bang. Therefore, if God does exist, then IT has to be a particle that is related to the heated weight that came from the big bang. I will say that yes there is a God Particle, if that is the word that they can understand, meaning God. Any particle that can exist has to come from the only particle that ever existed, which is the particle that came from the singularity as heated weight that pure energy existed at the moment of the big bang. In other words, any God Particle that can exist has to come from the heated weight that exists as pure energy.*

*For those of you who want to see the God Particle, it does exist but exists inside the way pure energy also exists, which is what you call the empty universe. I call pure energy's spiritual way of being as its outer body to use a word where inside of this spiritual way this pure energy exists. And the heated weight is where the scientific community has to look to where the God Particle can exist in.*

*The same way there is a connection between the word omnipresent and God, as being in this place that exists as the empty universe, there is also a connection between God and the God Particle. The God Particle can only exist inside of this empty universe, which is really how God exists as 99% spiritual nothingness because they both are one in nature or as that which exists as pure energy.*

*Here is one more way to understand this as the scientific community, which is that the entire scientific community is made up of atoms, and all the instruments that they will need to use in finding this God Particle has to be done within this now existing universe that exists as a spiritual nothingness. They, too, as humans are also made of atoms that exist as 99% as spiritual nothingness. When they use all the instruments that they need to find this God Particle, they should remember that these instruments are also made from atoms, which are also 99% of*

*this spiritual nothingness where they will find the God Particle in. Therefore, anything that is done to find this God Particle will also be within the way pure energy exists, as the heated weight that has to exist within this spiritual nothingness. The same way that I know that I am not perfect, is the same way that I know that I come from a perfect source. I say this so that where ever I am mistaken in what I have stated; please correct me with the right answers, because I am always searching for the truth regarding our existence. Thank you.*

### ***PURE ENERGY is only 1%***

*I'll explain this first by saying that there is something that exists called pure energy. The words pure energy is a good name for who or what exists as pure energy. However, in reality it is not the best name to describe it and the reason is that part of the name that relates to this pure energy is OK but this is only 1% of who or what this pure energy is.*

*Energy as in any energy that can exist is only related to how this pure energy exists as ITS heated weight which is only 1% of what we have been calling this pure energy. So that when we refer to this that exists as pure energy, we are only referring to that part of pure energy which is only the 1% that this pure energy has as ITS heated weight. Again the name pure energy also has to be renamed to include what this pure energy exists as ITS other way of existing as ITS spiritual cold nothingness, which is totally lacking energy.*

*I feel that the proper name for this which is now labeled pure energy is more like a word that would include the word pure, referring to ITS heated weight which is where the word energy comes from that exists inside of whoever or whatever IT is as ITS spiritual cold nothingness.*

*Perhaps something like this, the pure energy that exists inside of who or what exists as a spiritual energy. For now the best that I can come up with is this: The Spiritual Energy, because this word would cover the 1% that exists as the heated weight that has to exist within the 99% that exists as a spiritual nothingness.*

*Here are more examples, but a bit more abstract:*

*The heated God Particle that exists within ITS freezing nothingness.*

*The spiritual nothingness that exists as having 1% as pure heat.*

*The pure energy that exist inside of a spirit.*

*The spirit that has energy.*

*A spirit with energy.*

*The spirit that has energy.*

*The spiritual God that has energy.*

*The God that has energy.*

*The God that has pure energy.*

*Anyway these words only try to explain who or what IT is. The truth is that IT does not need a name, because when we connect with IT in meditation as ITS infinity, we cannot use a name for what is taking place in our meditation. Here is one more way to understand meditation, it is when we as fragments of ITS heated weight connect with how IT exist as infinity.*



## ***BIG BANG IS Now Factual***

***Why the new big bang is no longer a Hypothesis, but rather it is now factual. I will try to make this article as simple as possible, so that as many people as possible can read it and understand it. As always if you need more information, you can always contact me.***

*Let's begin this by briefly going over the existing facts and back to the moment of the big bang and go over the highlights. As you will see, it is not that the old big bang theory is wrong, it's just that it had to be taken one step further in understanding the information that already exists.*

*Facts:*

- *There does exist something that is called pure energy. This pure energy does not exist as time (our mechanical time system).*
  - *Pure energy existed as a dense ball of heat.*
  - *This ball of heat fragmented into matter and the first matter that this pure energy fragmented into was hydrogen atoms. These hydrogen atoms then transformed into helium atoms from a solar sun, then into a nova, supernova and into a galaxy which gave birth to what is known as a blackhole.*
4. *All blackholes eventually consume their surrounding matter, so as to become bigger as a blackhole and this will also happen to all the galaxies that exist. Blackholes then will begin to consume each other until the last two blackholes exist, where the bigger of the two blackholes will consume the smaller until there is only just one huge dense blackhole.*

***These are the facts that currently exist at this moment.***

*Remember when I said at the beginning of this article that all that was needed was to just take the next step. However, let's go back for a moment and refresh our memory that there first existed a ball of heat. This ball of heat then transformed into matter and then this matter was consumed by blackholes until the last black hole existed. So that at the moment of the big bang this ball of heat belonged to someone called pure energy and this pure energy could not be created or destroyed.*

*What is very important to remember is that this ball of heat fragmented into matter all the way to when these fragments became a galaxy and then into just one blackhole.*

*This is where you have to remember that this last blackhole is the same dense heated ball that existed as a singularity at the moment of the big bang which still belongs to that which exists as pure energy. Simply put, this pure energy cannot be created or destroyed, so what once existed as a ball of dense heat is the same as what now exists as the last blackhole.*

***The facts are:***

- Hydrogen atoms do exist*
- Helium atoms are made inside a solar sun*
- Nova and supernovas do exist as the makers of the heavier atoms*
- Galaxies do exist*
- A black holes does exist inside the galaxy*
- Blackholes do consume their surroundings*
- Galaxies do become blackholes*

*This is the last stage as what existed as matter. Therefore, the above facts are not theories, hypothesis, philosophies or concepts. Knowing this, we can now understand that the theory of the big bang is acceptable because what now exists as what is known as blackholes, do exist. Now we can begin to understand how this pure energy works and that what exists as the big bang is not a theory anymore but a fact. We can now understand its beginning and end and more importantly who is there that still exists as pure energy which cannot be created or destroyed.*

***\*\*\* Pure Energy from a singularity to a blackhole, so as to return back to a singularity.\*\*\****

***MY ANSWER TO [www.quora.com](http://www.quora.com)***

***As what I found on the internet***

***Befoe you the reader start, remember that what is in red is the question, and what is in black is my answer.***

***If the universe is infinite, it has always been infinite. At the Big Bang, it was infinitely dense. Since then it has just been getting less dense as space has expanded.***

***Why the universe is expanding?***

*The American astronomer Edwin Hubble made the observations in 1925 and was the first to prove that the **universe is expanding**. He proved that there is a direct relationship between the speeds of distant galaxies and their distances from Earth. This is now known as Hubble's Law.*

*Does the universe have infinite mass?*

*What space is the universe expanding into?*

*The collection of galaxies that make up the **universe** is moving through **space**; therefore, the **universe is expanding into** even more **space** than it already encompassed*

*What if the universe is infinite?*

*So let me answer the above. When Edwin Hubble and many others say that the universe is expanding, **it is not true**. The universe, as the empty space that exists, is not moving at all. What Hubble meant was that the matter that existed inside what is called the universe, is moving away. He didn't know that matter is one thing and that the empty space that is now called negative energy is something totally different.*

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***If the universe is infinite, it has always been infinite. At the Big Bang, it was infinitely dense. Since then it has just been getting less dense as space has expanded.***

***Answer** to the above. First of all, let me say yes, the universe is infinite as what now is known as negative energy that exists as empty space. This negative energy will always be there because it doesn't have anything to do with what exists as the dense heated weight.*

*What is wrong with the above is that what existed at the moment of the big bang was this heated weight that existed as a singularity known as **PURE ENERGY**. **PURE ENERGY** existed as density and the following statement is incorrect: **“Since then it has just been getting less dense as space has expanded.”***

*This is not correct, and to explain this you must continually remember that when it relates to PURE ENERGY, this PURE ENERGY cannot create, it can only transform, transmute or reshape into something else. Therefore, when the old big bang theory is used to explain something, errors will show up in the composition. When it is stated: “Since then it has just been getting less dense as space has expanded.” it’s incorrect, because PURE ENERGY is not getting less dense as space, because the empty space being referred to is not made of matter as PURE ENERGY. Let me take a moment to remind you that since the old big bang has what I refer to as the CONTINUOUS big bang effect, everything that now exists comes from the singularity that comes from that which is known as PURE ENERGY. However, like I’ve said and can prove, it has a series of errors that started out at the moment of the big bang. We now have to try and see things without this error. At least for the people who want to understand what exists as existence. This is of importance because there is a very big number of intelligent minds that have accepted the fact that we exist because there is something known to exist as PURE ENERGY. I say this so that you can understand that there is something out there that exists and this is where I come in and share with you what I have learned. To do this, I have to show you that PURE ENERGY is only 1% of what exists as something and this 1% can only exist inside of the 99% that exists as empty space. I will keep coming back to this 99% that exists as empty space as the next question and answer.*

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### ***How much of the universe is dark energy?***

*It turns out that roughly 68% of the universe is dark energy. Dark matter makes up about 27%. The rest - everything on Earth, everything ever observed with all of our instruments, all normal matter - adds up to less than 5% of the universe.*

*Answer to the above: Everything that exists is just really one and WHOEVER this oneness is, IT is made up of two ways of existing. Since the above states “It turns out that roughly 68% of the universe is dark energy. Dark matter makes up about 27%” again, let me say that this error is going to keep showing up, but let me continue reminding you that everything will always be just one. I’ll answer the above by what is stated as “The rest - everything on Earth, everything ever observed with all of our instruments, all normal matter - adds up to less than 5% of the universe.”*

Remember that everything is just ONE, but let me continue by saying something that relates to *“The rest - everything on Earth, everything ever observed with all of our instruments, all normal matter - adds up to less than 5% of the universe.”* I will give you something to think about and to anyone who reads what is said above, which is that *“The rest - everything on Earth, everything ever observed with all of our instruments, all normal matter - adds up to less than 5% of the universe.”* This is also incorrect as it is presented to all on this planet. I realize that this is a bold statement, but if I don't correct it, then Google will not correct it either, so follow me. When they say that everything that exists is only *5% of the universe*, it's wrong and I detailed this in my writings back in 2007, but I'll bring it up again so that you can understand where I am coming from.

First, before anything else, you need to remember that the 5% in question can only exist because it is made of matter and all matter came from the heated weight that existed as a singularity. So that whoever posted this: *“The rest - everything on Earth, everything ever observed with all of our instruments, all normal matter - adds up to less than 5% of the universe”* did not know that this 5% that exists as matter really exists as just 1% of what exists as matter. If all the matter in the universe is only 5% and since all matter is made up of atoms, then mathematically if you take this 5% that exists as matter, you then have to remove the 99% empty space that this matter has. You will then get this, all this 5% will equal less than 1% as the heated weight that exists inside the atom that belongs to this known as PURE ENERGY.

I'll stay on this subject to show you something else that has importance.

*And you will be able to experience this visually go to.*

<https://www.youtube.com/watch?v=TUIUtvIIQIE&feature=youtu.be>

Now you only have 1% as the energy that atoms have that belongs to that which exists as PURE ENERGY that existed inside the atoms. Let's go back inside the atom again for just one moment so that we can see something else, which is that for matter to exist, it had to have this

99% empty space as a way to exist as something. Now, getting back to this statement, *it turns out that roughly 68% of the universe is dark energy. Dark matter makes up about 27% when you add the 68% of the universe is dark energy. and add the 27% that exists as Dark matter makes up about 27%* you will get a total of 95%, but now if you add up what is exists as the 5% that exists as matter, you will get the 100%..

However, you should stop and think about what really exists, and that is that if the universe is 99% empty space and to this you add the 1% that is what really exists as PURE ENERGY, you will then get the correct answer. Please think about this, that both the 99% and the 1% is what exists as WHOEVER IT is, that exists as both because there is someone there and this someone, be it GOD, or as I see it, this SPIRITUAL SUPREME BEING exists as 99%, nothingness. And inside WHOEVER this SPIRITUAL SUPREME BEING is, IT also has 1% known as PURE ENERGY. You can read more about this in my other sections.

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Let me now go to one more question from the internet, which is as follows:

### **Why is the universe 99.9999999**

I brought this up because it is the only one that I Google and found to be correct. If we go back to when Google received the information that the universe is 95% something it's wrong because if you took the 5% that exists as matter and removed the 99% empty space inside the atom, you end up – 1% that existed as the heated weight that belongs to WHOEVER it is that exists as PURE ENERGY. You then have something that exists as being less than 1% as in minus. Therefore, what is referred to as the empty universe is really this number **Why is the universe 99.9999999**, so this is the only number that I found on the internet to being closely correct.

*I want you to go back to when you ended up as 1% that exists as matter and this happened because you removed the empty space that existed inside the atom, but the truth is that the 99% empty space inside the atom is really the same empty space that existed as the 99% that is stated to exist as the empty universe. The reality is this **Why is the universe 99.9999999**, because the 5% that existed as matter when you removed the 99% emptiness it had, it then became just less than 1%. The empty space inside the 5% is the same empty space that existed outside as 99% empty universe. You will see this better as the visual that exists as THE NEW BIG BANG.*

*As I see it, questions such as the above are questions waiting for someone like me to be answered correctly ,but I could not answer them if it were not for the BOSS that I have. You can read about this at [www.thenewbigbang.net](http://www.thenewbigbang.net), in the section called Trivia, as the section called My Boss. Yes, I still have a BOSS who is the most interesting BOSS I ever had and some of you may also know who IT is.*

*Here again is the error that exists as the Old Big Bang that keeps showing up at different sites on **Google**: Oct 13, 2017 - **Why is the universe 99.9999999 percent empty space and paradox atoms are ... Have you ever figured how this energy turned into empty matter, then into more .... The wall in front of me, which is made of atoms, and thus is 99% empty?***

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*But maybe at some point **Google** will begin to make the necessary changes, so that all the questions below will now have a more correct answer.*

*[Why is the universe 99.9999999 percent empty space and paradox ...](#)*

*<https://www.quora.com/Why-is-the-universe-99-9999999-percent-empty-space-and-par...>*

*Oct 13, 2017 - **Why is the universe 99.9999999 percent empty space and paradox atoms are ... Have you ever figured how this energy turned into empty matter, then into more ..... the wall in front of me, which is made of atoms, and thus is 99% empty?***

*99.9999999% of Your Body Is Empty Space - ScienceAlert*

*<https://www.sciencealert.com/99-9999999-of-your-body-is-empty-space>*

*Cached*

*Sep 23, 2016 - So if all of the atoms in the **Universe** are almost entirely **empty** space, why ... The idea of **empty** atoms huddling together, composing our bodies ...*

*How much of the universe is empty space?*

*NEW YORK — all the stars, planets and galaxies that can be seen today make up just **4 percent** of the universe. The other **96 percent** is made of stuff astronomers can't see, detect or even comprehend. These mysterious substances are called dark energy and dark matter. May 12, 2011*

*Knowing this new information, you can now better understand the following question:*

*“stuff astronomers can't see, detect or even comprehend. These mysterious substances are called dark energy and dark matter “*

*Let me mention here that dark energy and dark matter are the side effects of the error that comes from The Old Big Bang theory. If you visit my webpage at [www.thenewbigbang.net](http://www.thenewbigbang.net) you will see why I even offered \$25,000 to prove that dark matter does not exist as being dark or is made of energy that belongs to that which exists as **PURE ENERGY**.*

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### ***Will the universe end?***

*The geometry of the **universe** is, at least on a very large scale, elliptic. In a closed **universe**, gravity eventually stops the expansion of the **universe**, after which it starts to contract until all matter in the **universe** collapses to a point, a final singularity termed the "Big Crunch", the opposite of the Big Bang.*

*Lets deal with the above and start with: **In a closed universe**, gravity eventually stops the expansion of the **universe**, Here is the error showing up once again. Science will at some point, come to understand that what they call the universe is what belongs to that which exists as the SPIRITUAL SUPREME BEING that exists as the 99% negative energy. And has nothing to do with gravity which belongs to that which exists as the 1% that exists as PURE ENERGY.*

*As for: **after which it starts to contract until all matter in the universe collapses to a point, a final singularity termed the "Big Crunch", the opposite of the Big Bang.** When it relates to the above, it is not the empty universe that will collapse, it is the matter that exists inside the universe that will become a singularity again, but not as the "Big Crunch", because it is now known that the "Big Crunch" is already happening as what exists as black holes.*

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### ***How fast is the universe expanding?***

*In 2001, Dr. Wendy Freedman determined space to expand at **72 kilometers per second per megaparsec** - roughly 3.3 million light years - meaning that for every 3.3 million light years further away from the earth you are, the matter where you are is moving away from earth 72 kilometers a second faster.*

*Here again, the roaming error as in **the universe expanding** The universe is not expanding, what is moving away is the matter that exists inside this place labeled the empty universe, also known as negative energy that really belongs to something that exist as what I call the SPIRITUAL SUPREME BEING.*

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*What is dark energy in simple terms?*

**Dark energy.** From Wikipedia, the free encyclopedia. **Dark energy** is the name given to the force that is believed to be making the universe larger. Distant galaxies appear to be moving away from us at high speed: the idea is that the universe is getting bigger and has been since the Big Bang.

As for the above, there is something different from the others **Dark energy** is the name given to **the force** which is that yes there is a **force**, but first you have to remember **that Dark energy** does not exist as the matter which exists as having energy derived from PURE ENERGY. I believe there is a force as the 99% that exists as the area known as empty space, also known as the empty universe, but it is not a force it is a speed, which I refer to as MAXXSPEED. Let me also say that **force** exists more as speed and I'll give you an example, but first you should always remember that everything is just ONE, but this ONE exists as 2. One of the ways that these TWO exist is as the heat that has weight attached to it, which is where gravity derives from, but this gravity also resists being moved because of the weight that it has. For example, if you were in outer space and had a 100 pound ball locked in your hand, it wouldn't go anywhere but if you threw it and you got the ball to move at 10 miles, the ball will continue to travel at 10 miles through the empty space forever or until the ball hits something that exists as matter, where it will then try and become one with whatever it hit. This is the way PURE ENERGY exists as this is its nature. The other way that WHOEVER is there exists as 99% empty space or negative energy and this is where something exists, but not as something that is made from matter as atoms or as heat that has weight.

Another example, and here again, I need that you to use your imagination. Imagine that you are somewhere in outer space where you could see a solar sun and as you are looking at it you need to remember that the solar sun is basically atoms that have heat inside of them. The heat that is inside the sun is about to throw out a very tiny fragment of the heat that exists inside the sun, so that when this fragment of heat is thrown (as pushed outward) the moment the fragment is outside, it is going to travel in all directions at speed of 186 mps which is what is called the **speed** of light. Before I continue, you need to remember that light comes into being when a positive and a negative come together. Light is not a primary, it is a secondary reaction because the sun is giving off light. Inside the sun, the positive energy that exists as protons are

*coming in contact with the negative force that also exists inside the sun, so as to produce light. When this light reaches the outer surface, it is then going to be transferred to whatever exists as its surroundings.*

*This fragment of heat is traveling as light at 186 mps. Imagine you could go to where this particle that exists as a fragment of heat and you could just remove the fragment of heat. You would be holding this tiny fragment of heat and the speed that was there is still there but you cannot see this speed simply because it is not made from that which exists as PURE ENERGY. Here is my conclusion, the speed that exists as 186 mps when it had a fragment of heat can now be faster than 186 msp because when the fragment of heat was traveling at 186mps it can now go faster than 186mps. You will be able to read more about this in the section called MAXSPEED. I'll explain why I am not disagreeing that nothing can go faster than the speed of light, but MAXSPEED is a speed that exists as not existing as something. To me negative energy or the empty universe is where this MAXSPEED exists. This MAXSPEED is important because MAXSPEED is how WHOEVER is there as 99% empty space that can move and also exist as PURE ENERGY that then became matter. When something is moving in outer space, it is this MAXSPEED that is moving it.*

*Here is one more way of understanding this, something that exists as ONE, which exists as the 99% empty nothingness also exists as the empty universe, which was labeled negative energy. Inside this 99% empty nothingness, which is also part of WHO IT is, is also the outside that was labeled negative energy. There is also something inside this 99% empty nothingness labeled negative energy where there also exists something called PURE ENERGY that adds up to be only 1%. This 1% that exists as matter and as the 4.5 matter inside the 99% empty universe can move around in. However, it is the 99% that exists as MAXSPEED that is going to move it as inside of ITSELF, but this MAXSPEED is not an **explosive force, but rather a speed that cannot be seen or touched.***

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***Below is from 2005  
The glass ball analogy***

*In trying to find ways to describe IT better, I find this might come close: Take one of those round picture balls or snow globes with scenery inside a clear liquid. If you shake it, the scenery moves, but it stays contained within ITSELF. We can see this as the concept of the conservation of pure energy; everything contained within nothing created or destroyed. We can thus also see this as a model of ITSELF contained throughout the Universe but with the difference that IT is always changing, as IT reshapes ITS weight.*

*Imagine that this clear ball is the Universe and because of the light, all is clear; we can see everything. The clear part is the cold emptiness that IT exists as. Of course, in the picture ball all the particles remain static while the real Universe is constantly changing from the subatomic level to all the matter that exists in the whole Universe. This gives us transmutation for the reshaping of IT.*

*Because of the constant reshaping, we have been fooled into thinking there is a past, present, and future. These things cannot be unless we use the concept of time, which we know is not universally applicable. The movement of our planet also fools us. We see the rotation of the planets and movement in general as intricately related to time and distance.*

*To understand motion, all we have to do is go back to the picture/scenery ball and shake it. In shaking the ball, you are applying energy to produce motion. In the case of the Universe, the motion was provided by the Big Bang. Since then, IT has been moving in an outward motion.*

*Imagine the microscope you need to see every particle inside the picture ball. Now imagine the opposite of that, the telescope that you need to see the real Universe. Without the telescope, I can barely see the Moon. As we look out we are not even sure where we are in the totality of IT. We are however learning more with the Mars rovers and the Cassini probe. Wonderful technology! Think of the immensity!*

*Let me add another way of viewing this crystal ball. Imagine that the crystal ball you are viewing has no outside shell like a crystal ball has, for we should remember that the Universe, as ITS nothingness, does not have an external shell. As you view this crystal ball without the shell what will happen is that you will see ITS weight as celestial bodies moving within. But this crystal ball does not have a beginning or end, and as you look you will see darkness because there is no light inside it. Yes, you can see inside because there are stars that are lighting up the surrounding areas in this stage of ITS existence.*

*If we could view IT in stage 1, pre-Big Bang, what you would see is this possibility of what IT might look like. We might find it difficult to visualize. Because we cannot exist in that stage of ITS existence, with all of ITS weight concentrated in one point, we have to use our imagination to see these various possibilities, as if we were looking at IT as a crystal ball that does not have a shell.*

*The first problem will be that since IT exists as its own nothingness, as a cold, clear nothingness, I will not be able to see IT internally or externally, but I will be able to detect its coldness. Somewhere inside this nothingness there has to be ITS very heated (trillions of degrees hot), dense weight, for this heated weight, as pure energy, has to continue existing somewhere inside of ITSELF.*

*Let me add that as we imagine this situation, the existing Universe, as the coldness and as the heat that now exists as pure energy, would also have had to exist before the Big Bang.*

So, getting back to one possibility of what *IT* might exist as, it would be a very strange way of existing, and here is why: The coldness that now exists as pure energy would also have had to exist before the Big Bang. This is strange because *ITS* heated weight must exist within its coldness simultaneously; both existing in harmony. I would like to add one more possibility to the above scenario. Since *ITS* outside is cold and clear, what is related to *ITS* heated weight might be clear also. I say "might" because we, as humans, will never be able to be present in the pre-Big Bang stage of *ITS* existence.

Another reason we might not be able to see *ITS* weight is that a lot of it is clear (that is, transparent). As I look at things outside of me, I see them because I can see through *ITS* weight. The best example is seeing through the air that surrounds us, this is the weight that exists in the protons and the neutrons of the oxygen atoms, and in the atoms of the other gases that make up our atmosphere. So, it might be that we will never be able to see *ITS* weight in pre-Big Bang form, especially if so much of it is similar to air, and other gases.

But again, what we are doing is exercising our minds, imagining how *IT* could exist as different possibilities. What is important is to always return to the way *IT* exists as you and I and everything else within this omnipresence.

### ***ITS being clear (written 2005)***

Here is one more way to see *IT* existing as a clear or transparent form of being:

Since the Universe is composed of 90% hydrogen atoms, this means that as we view the Universe from where we are, looking into *IT* as a whole, that is, when we see all the celestial bodies that exist out there, we can see straight through *IT* without obstruction. Hydrogen is transparent, and when we see through these hydrogen atoms, we are also seeing through the hydrogen atom electrons and the empty space that exists inside the atom and straight through the one proton that makes up the nucleus of each hydrogen atom. So you see, if *IT* were not a clear form of being, we would not be able to see straight through what *IT* now exists as: *ITS* huge invisible housing or body, where *IT* exists as being 90% hydrogen atoms.

Maybe the above situation will be clearer to you if you remember that everything that exists is *IT*, as pure energy, or as God. Now this 90% that is made up of hydrogen atoms has to exist somewhere, and that somewhere is inside of *ITSELF*, as what we see and understand as this Universe.

It is in *ITS* bringing together *ITS* duality that we get light, and *IT* is in light that we have all the colors that can exist, but not independently as in *ITS* nothingness or *ITS* heated weight, because when we see through *ITS* nothingness, (that is, what we perceive as the Universe) there are no colors, and we can see straight through *ITS* heated weight, as when we see through the protons that exist in hydrogen atoms and oxygen atoms.

If you find this difficult to understand, try to see *IT* this way: In order to see colors you do need the presence of light, and light is a positive and negative coming together as *ITSELF*, as a duality.

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**\*\*\**IT* is *ITS* nothingness that is always alive and awake, as *IT* watches what *IT* does with *ITS* weight \*\*\***

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### ***Light as ITS duality***

*Here is something that relates to light. Science has found that light behaves as both a particle and a wave at the same time, and that this has puzzled some people. Now, knowing that IT as pure energy exists both as a heated weight and as a high speed, we can now understand why light behaves as both a particle and a wave. The properties that light has when it behaves as a particle come from this pure energy's heated weight and the properties that light exhibits when it behaves as a wave come from this pure energy's high speed. Light is what this pure energy uses to move ITS heated weight from one part of ITSELF to another, as pure energy.*

### ***ITS nothingness, as 1 billion light years across***

*At the University of Minnesota a team of scientists have found an area in our existing Universe, which measures about 1 billion light years across where there is no matter. That's an expanse of nearly 6 billion trillion miles of emptiness! In this area they have found no matter or black holes. I propose as a possibility that this is where the Big Bang began, and after IT, as pure energy, threw ITS heated weight outwards, ITS heated weight only traveled out as far as half the 1 billion light years as circumference.*

*Let me also take a moment here to say that if we knew the distance that this heated weight has traveled outwards since the moment of the Big Bang we could get a better understanding of how fast this heated weight was traveling. This we might be able to compare with what science has found concerning the fact that the matter inside our Universe is moving outwards and at a certain speed.*

*I believe that trying to see how fast this heated weight is traveling is also going to be hard because at the moment of the Big Bang when this dense heated weight existed as one singularity, time did not and could not exist. This is something I explain in more detail in my 2 books, (\*A) that in order to apply time you do need the distance between two objects; something that obviously didn't exist at the moment of the Big Bang. It was after this singular heated weight became fragmented as matter that a time system could be invented. I have discussed time as being a human invention put together by the human mind so as to serve us as a human convenience, in more detail in my books.*

*I feel it is important to remember that no matter what we do or think, IT will not change the way IT exists. IT will only give us a chance to understand IT better in ITS basic dual way of existing as two extreme temperatures that exhibit certain qualities, which is what makes you and me and everything that exists possible. So as we keep finding out more about how huge ITS shell body is, we should be careful not to get lost in ITS nothingness, in terms of ITS huge size, because each and every one of us has a direct way of being with ITS nothingness through meditation. As I have remarked elsewhere, even in meditation we cannot understand the way IT exists in this form, because our minds were not made to analyze something that exists as a nothingness, and if we could stay in this nothingness as meditation, then we would stop existing as human beings.*

### ***More on ITS nothingness***

*There is a saying that the best kept secrets are kept right under our noses. I say this because when we look at anything that exists we will always be referring to the way ITS heated weight exists, yet whatever we look at we observe through ITS nothingness. For example, when we look at something we have to see through every atom that exists in front of us, as the emptiness that IT exists. I say this because we are seeing ITS heated weight, yet we do not see IT as IT exists in front of us, so to me IT keeps ITSELF as a secret from us, right under our noses, so to speak, as IT exists in the form of this nothingness that makes up ITS shell body.*

*It is ITS nothingness that IT uses to move ITS heated weight. We can this see starting as the small amount of heat that light has, all the way down to ITS heated weight in the form of electrons.*

*We can only contact ITS nothingness while in meditation, to be with IT as IT is, but in this state we cannot be IT. We can only be with IT, for it is in ITS heated weight that we can be IT, in the form of ITS heated weight. Furthermore, when we make contact with ITS nothingness we cannot do anything as the way we normally exist as us, for that is where IT exists as ITSELF.*

### ***Perpetual motion***

*Here is something that I was asked about which is there anything that exist that is in perpetual motion, and this got me thinking, as always, for I find that questions are an ignition to making the mind think. And what makes me think is why, as in asking myself why, which makes my mind become active*

*But returning to this word Perpetual and its meaning, well the first place I went to was IT, does it exist as being Perpetual, I first looked at ITS heated weight, and I saw that ITS heated weight existed as a singularity, as in the moment of the big bang, it was in one place which indicated that it was not in motion, and when I asked myself about the motion that matter has, I saw that that the motion that matter has, is because of ITS MAXX-SPEED, (see info in my 2 volumes ) which IT uses to give motion, and to move ITS heated weight like moving the heated weight that exist in the solar sun, to other parts of ITSELF, and IT uses ITS MAXX-SPEED to become the electron so as to hold ITS heated weight in one place like the formation of atoms, Now staying with the word Perpetual, and ITS meaning, would mean that the only thing that exist as Perpetual is IT, as ITS constant motion, but strangely this motion exist in ITS nothingness as ITS MAXX-SPEED, and it can not be seen, for this motion as an example is the speed that exist as the carrier of what exist as light, and an other example is the electron, where this motion is there, but not visible to the human eye, And when we as humans speak of perpetual motion, we are referring to how ITS heated weight would exist as something that is going to be in perpetual motion, and as such this type of perpetual motion is limited, because it has ITS heated weight in it , which in turn does have an end to it attached, but not the way IT exist as ITS speed, which can not be created or destroyed, to which I should mention that ITS speed is not just one singular speed , for there are beyond any number we can think of as numbers that exist as this MAXX-SPEED, which is the speed faster then light which confirms that IT exist as timeless, for it was when this MAXX-SPEED was reduced with the addition of ITS heated weight that a speed that we could attach time to was established by use for our convenience of understanding our existence . So returning to the millions billions and trillion and goguels and pugels and mugels of this speed that exist as what exist as light beams and electrons they all exist as ITS speed that exist inside of ITS shell body*

### ***We and the Sun as weight***

*Here is something to think about: Now that we know that our Sun is one of the places where IT sends out ITS heated weight to other parts of ITS fragmented heated weight, and in this case, to our planet which receives tons of ITS weight in the form of solar heat and light, it could be that this heated weight is contributing to the slowing down of our planet. The way I see it, when our planet came into existence it had to weigh less than what it does now, after receiving tons of ITS heated weight from our Sun. I think that this extra weight will continue to slow our planet down.*

□ ~~~~~ □ □

***\*\* Even the heat that hell exists as belongs to IT as pure energy \*\****

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### ***The Electron as ITS heated weight***

*I'd like to discuss some ideas I have about electron bonding. It seems to me that the reason this type of bonding exists is due to the weight that the electron is carrying and the electron's weight is seeking to reunite, as it once existed as a singular weight, as the way this weight existed at the moment of the Big Bang. I have mentioned before that ITS heated weight is always trying to exist as just one singular weight. We can see this in the way the force of gravity acts, which is to bring together ITS heated weight again, since this weight was fragmented from the results of the explosion that scientists call the Big Bang. All the smaller pieces are trying to re-unite again as one. I also believe it is the power of the electrons in the heat trying to pull the heat from other electrons which gives rise to ionic and covalent bonding.*

*Here is something else I have wondered about. The first time I addressed this subject was in Volume # 1 of Omnipresent in a piece called Who is smarter, I or the mind? I have always felt the presence of this other "me" inside of myself. This is the one that tells me from the inside when I meditate that there is no need to go there, as this "place" that exists inside of me and tries to distract me at that moment when I am trying to connect with IT inside of me, by saying to me, for example: Hey, did you leave the stove on?, or Did you lock the door?, and on the other hand, when I am eating, it tries to push me to eat more than I need. The reason why I am mentioning this again now is that I have noticed that when this other "me" wants something, this something is always referring to ITS heated weight, in the form of matter, that these things have.*

*Here is what I feel concerning this state of affairs: IT exists as a nothingness, where ITS heated weight exists inside, and this heated weight could have a certain characteristic which is that this heated weight is always seeking to reunite with other portions of ITS heated weight. I think it's reasonable to say that 5% of our bodies are made up of this heated weight. I say 5% because, our bodies are made of matter and all matter is made of atoms and all atoms are 95% empty space (something I have discussed at length in the 2 volumes of my book (\*A) Omnipresent). Now, since this other "me" exists within and depends on my human body, and this other "me" also has the quality of talking to me, I propose that this other "me" may reside in the heated weight that makes up my mind. I say my mind, because if I were brain-dead I might still be able to hear this other me. So this other "me" should exist as something, and to me, anything that exists has to have ITS heated weight, because even as ITS nothingness,*

*nothing could exist with out this nothingness that is a part of everything that exists as something.*

*In my observations of this other me, I have found that when it talks to me it is referring to something, and if something exists then ITS heated weight should be there, so it is in ITS nothingness is where IT exists as a divine, living consciousness, and ITS heated weight is what IT uses to reshape ITS heated weight. It is clear to me that when this other me is referring to something, this something will produce a transformation, or transmutation, or reshaping, for this is one of the reasons why we exist.*

*This other one is also the one that is connected to addictions, for this other one wants to consume alcohol, cigarettes, drugs, food beyond what is needed. It wants one to acquire more clothing and/or objects beyond what one really needs. It is the one that drives people to gambling. I have come to the conclusion that all addiction should have ITS heated weight. It is as if its main concern as heated weight is only to become more and more, like it was when it existed as a singularity just before the Big Bang.*

### ***IT as all-knowing***

*When I look up at the sky and into IT as the Universe at night, I am aware that everything out there, and everything inside of me, exists as ITS oneness. If I ask myself how every atom in my body knows the changes it has to make, or how a planet or star that may find itself at the other end of this Universe knows how it is supposed to make changes, or how everything that exists knows what it, as weight, is supposed to change into, it helps to remember that IT is fragmented into different portions of ITSELF as weight because the weight I exist as is not the same weight that you exist as; everything exists as different fragments of ITS weight so that my weight cannot, to use a word, communicate with your weight, and even less, planets at opposite sides of ITSELF. Yet IT is all-knowing, and is in all places at the same moment, known as omnipresent. While ITS weight does not exist as a oneness in this stage of ITS existence, ITS weight exists within ITSELF as the oneness that IT exists. Therefore, what we see as matter is just ITS fragmented weight that exists within ITSELF.*

*The only thing that exists as one and is everywhere as the same moment, that is not fragmented and is constant, is this divine consciousness that is the bulk nothingness that IT exists as.*

*Humans exist as fragments of ITS weight. This fragmented human body that we exist as, as weight or as an object, is where IT exists as the operator, for I can assure you that I do not run or operate this human body that I exist as.*

*So now see if you can think about this in ITS reversed form, as the weightless Universe where IT exists as a body and where IT is operating as the mover and shaker of ITS interior weight within ITSELF.*

*When I think of what IT is that can communicate with every atom in my body, in terms of what this atom (weight) is supposed to do, change into, or evolve as, and for how long, and for how many repetitions, the only thing I can find that could do this is the same nothingness that exists in between an atom's electrons (speed) and protons and neutrons (weight), for this nothingness that exists in all atoms is the same nothingness that exists as this divine conscious nothingness that IT exists as; that I call it ITS shell or housing.*

*When we look at ITS weight, it will always exist within ITSELF as a shell of Dark Matter, the nothingness of the Universe. As this nothingness is all knowing, every atom gets its instructions from ITSELF as ITSELF, and within ITSELF as the only operator, for there are no other gods in this Universe that exist as this Universe.*

*So it is easy to understand that IT is all-knowing if you remember that IT is, always was, and will be, ITSELF not as a male or female, but rather as something that is a divine form of conscious nothingness that has been reshaping ITS weight within ITSELF so as to allow us to come into contact with ITSELF as human minds which exist as ITS own weight, in the form of our human bodies, so that we can see the many changes that IT has gone through as ITS weight, which is what we have come to understand as the history of ITS evolution, and that now, we will be seeing IT as IT reshapes into what we are calling hightech technology, for we are now going to understand more about who IT is in ways that we could not have understood when we first arrived and existed as primitives on this part of ITS weight called Planet Earth.*

### ***IT as a spirited nothingness***

*Now, I have been using words to describe IT, as to how it basically exists, like IT being a shell, housing, or body. But this is only so you can understand that what I am trying to say related to ITS way of existing. These words all have one thing in common: They describe something physical. In reality, however, to use a word to describe IT as a mass or IT as a body is misleading, for IT does not exist as something that is made of matter. IT basically exists to us as a nothingness, and the only thing that I can think of as a word in current usage to describe ITS existence is the word spirit, for the word spirit is supposed to denote something that exists, but is not made of physical matter. One thing we can use as something that does exist is ITS size. For us to understand how big IT is, we can begin to use what we know as distance as a marker, that IT exists as, and as the matter that now exists in what we see as the distance from one galaxy to another in this Universe.*

*I am using this example because now we know that all ITS fragmented weight exists within ITS huge nothingness as size, in terms of the way we have focused on IT, as the matter that does exist in a place called the Universe, but not as God.*

*We know that a Universe does exist, and that within this Universe there is matter, as planets, stars, and galaxies, and that there is distance between one galaxy and another, and that these galaxies exist in a place. Here we should take a moment to remember that we have been conditioned to see things that exist as a way to understand our reality, when in fact, what we see is an illusion. For example, we see days as being new only because of the rotation of our planet, and we see things as physically being there, as solids, when in reality we are seeing something that is at least 95% nothingness.*

*As we move from planet to planet, we are traveling distances within ITS nothingness. So when we look at the Universe, we are primarily focusing on things because we can see them. But we should remember that what we are seeing as ITS fragmented weight is also an illusion, because what we are seeing as ITS weight (matter = stars and planets that are made of atoms, which are also 95% nothingness) has to exist within the rest of ITSELF, as the hugeness that this Universe exists as. This is the best illusion that the human mind can toy with because if this illusion did not exist, neither would we as the greatest illusion: the human body and the human mind, which*

are made of this nothingness, as the mass (weight) that we exist as in a human body, so that as ITS weight we can, as human minds, feel that we exist independent of ITSELF. It has helped me to understand IT better if I remember that I as RIC may feel as though I am one entity, but my being one is only so because I exist as the trillions or more fragments of ITS weight that exist within ITS conscious nothingness. I say this, because IT also exists as one, and as one, IT is just moving ITS weight around within ITSELF, inside what we see as a Universe, the same way that we will be seeing the things that will happen in nanotechnology, as being a world in itself. But to me, I know that even this nanoworld could not exist if IT did not exist. And with respect to ITS hugeness, it is relative to IT, for IT does not have anything to compare ITSELF to as far as ITS size goes. To us IT is huge because of the distance that exists from one galaxy to another in terms of matter, which to IT is just ITS weight within ITS nothingness. And as a cold, conscious nothingness, IT can think, if one can use the word think, for how else can something be so perfect in terms of the things that IT can reshape into by just using a billionth to a trillionth of ITSELF as weight within ITSELF, so that stars and planets and humans can exist? If you think that it is strange, or weird, as to the way IT has used ITS weight to reshape into stars and planets, keep an eye on how IT is going to use an even lesser fraction of ITS weight as IT continues reshaping in this new area known as nanotechnology. However, one thing that we should remember as we watch this nanotechnology area, is that IT will continue to exist in this very tiny area, where we will see motors, switches, and what not, which would not be able to exist if it were not for the nothingness that also has to exist in this miniature world that IT will construct, which will also include ITS qualities of speed and spin. And as for me, I have to be thankful for the effect that IT produces as an illusion because now I see a person in front of me as the effect of ITS reshaping into that human that is made up of atoms that are 95% nothingness. And as they talk I understand that they can think and talk only because of the emptiness that exists as the atoms which compose their brains. None of these empty atoms could give the person in front of me a chance to be conscious if it were not for the consciousness that IT exists as in the form of a divine life as a conscious nothingness.

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**\*\*\* If IT did not think, we would not be here.\*\*\***

□ ~~~~~□

### **Omnipresent and God as nothingness**

To understand IT better, I have added two words: God and omnipresent. First, the word Omnipresent refers to that which is in all places at the same moment. As applied to God, omnipresent means God is in everything that exists as matter, including the nothingness that exists inside of matter. This would also include planets, stars, galaxies, and everything else that may exist including Dark Matter itself, and the nothingness that exists in every atom. How else could God be everywhere at the same moment if IT were not for everything that exists in this 99.99% nothingness?

And the second word is the word God, which many use in reference to the one who created every thing that now exists. But God didn't create anything that didn't already exist as God. God is everything that exists as matter: planets, stars, and what the mind refers to as omnipresent. God is one as omnipresent. Everything that changes is only that part of God that exists as weight. And weight exists inside the Universe that is moving around, and this moving

around is happening as a place that is made of a cold, clear nothingness, which is the major portion that God exists as.

The next time you look at something as an object on the basis that God created everything, remember IT is not creating, IT is just reshaping. To say that something is created is to mean that something exists, and we see something as existing when it is matter, the product of the use and reshaping of ITS weight. God's creations are derivatives from that part of IT that is less than 1% of ITSELF: The heated weight that IT existed as just before the Big Bang. After the Big Bang IT used ITS very dense form of weight to become the fragmented weight that IT now exists as, what we refer to as ITS creations. Scientists know these creations are pure energy transmuted the same pure energy that existed before the Big Bang. So while we are still in the habit of using this word "create," IT is just reshaping ITS less than 1% weight.

I thank IT for redistributing ITS weight. Otherwise, I could not write about IT or what we understand as time and matter, or better put, matter and time, since it is matter (weight) that changes and enables our human mechanical time system to exist. And as always we have been focusing on ITS 1% weight, but since we now know that this weight is only that part of ITSELF that is less than 1%, I will from here on in my existence remember (until I get Alzheimer's) that God, IT, also exists as nothingness.

As nothingness, IT is not reshaping or making anything. We cannot use nothing to make something. When IT did make something (a creation) IT could only do so by using weight combined with nothingness.

1- IT does not use this nothingness as nothingness to exist as matter, or at least the matter that we know exists as weight.

2- Matter can only exist by having this nothingness as the empty space between each atom's electrons and protons.

3- ITS nothingness does exist as a constant consciousness, for there has to be an operator for matter to know when it is supposed to transmute or move. IT has to be conscious of what IT is doing.

As for IT (God) being a constant, imagine what would happen if this constant way of ITS existence were not there; IT could develop Alzheimer's! And then who would run what now exists? I'd better get off this subject of IT developing Alzheimer's, for I may be the one to get it, for I would have forgotten to not stray from ITS nothingness.

### **Spirits**

Have you ever given thought to our concept of spirits? I'd like to discuss this, but before I start, always remember that everything that exists is just really IT as one. So if spirits do exist, they too would still have to be IT, and not merely millions of separate, independent spirits, for if there are any spirits, they would still have to be IT as omnipresent. I think that we, as humans, can have no knowledge of the existence of spirits because for spirits to exist in terms of something that we can perceive, they would have to be beings made of something, specifically made of matter (ITS weight). Now, if spirits were material then they would not be spirits, and if they happened to be made of a kind of nothingness, then again they would still be IT as ITS nothingness.

**\*\*The only one that is universal is IT, as ITS nothingness. \*\***

□ ~~~~~ □

### ***IT as empty space***

*Empty space, or nothingness, is pure energy, IT. No other name association is suitable to describe IT the way IT exists. IT is beyond human comprehension. IT is everything we see as matter and everything we do not see as empty space. If IT did not exist, neither could the illusion of the Universe exist.*

### ***A word for IT as nothingness***

*The words humans have been using throughout history, such as God, Creator, or Pure Energy to describe this block of nothingness and 1% weight that is our Universe do not bring us closer to the way IT exists and reshapes. Words as labels tend to denote that which is named as being something, which contradicts that which is nothing. Because of our travels in outer space, we have become used to thinking of empty space as something that exists; the human mind has accepted this even if we have not accepted that this area is also IT. Our mind sees this area as being independent of God when this nothingness is evidence of ITS omnipresence. The mind does however scientifically accept this freezing cold nothingness as "pure energy." Still, I throw this question to the professionals: Is there a word for something (IT) that exists as nothing besides simply "nothingness"?*

*My feeling is that there might already exist a term for IT as nothing in mathematics. However, in the end, it does not matter what word we find because to understand IT better, you must look within yourself. As the saying goes, the kingdom of heaven resides within you. At our present stage of understanding, heaven has become lost between us and the Universe. If we look for IT within us, there is less of a chance of us getting lost.*

*The same question applies to the atom, such as the single hydrogen atom, that exists as 95% empty nothingness. What word we can use to denote the huge nothingness that exists inside every atom? But I digress... The atom ultimately fails as the perfect model of our Universe's nothingness for the atom only came into existence after IT reshaped into the Universe we now have. A better depiction is a body as a shell or block that is made of what our minds can understand as being empty, filled with something that exists as nothingness.*

*Imagine this block as a 100% total: 99% is nothingness and 1% is the weight of the total block. I refer to this 1% as weight because protons and neutrons have appreciable mass, and once you have mass you have weight. Electrons, however, have very little weight and everything else is nothingness, which has no weight. In essence, if we remove the electron, the only weight left is from the protons and neutrons. What word might one use for this block that as basic elements is only 1% a block? Moreover, the 1% block is made of a transparent form of speed, and here too, this speed moves ITS weight as fragments that reflect light which we see as colors. And at the subatomic level, again, what is moving and changing is ITS weight, not the nothingness. I know this sounds paradoxical, but the truth is that something that is made of nothingness has nothing as something to use so that IT can effect a change.*

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***A hurricane is a phenomenon that has ITS weight on the outside and ITS emptiness on the inside and IT brings, at the immediate moment, seawater to the higher parts on dry land, such as mountains.***

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*Try it this way: nothing can change if it is made of nothing, so whatever IT is, this nothingness is how IT exists as a constant. ITS heated weight changes within ITSELF as the freezing cold nothingness that IT exists as and as the Universe that we know exists.*

*The emptiness that exists in every atom is just a continuation of the nothingness that exists outside, or just beyond the area where the electrons are. The difference between the nothingness that exists in every atom and Dark Matter is that in atoms their nothingness temporally separated by IT within ITSELF as high speed (electrons), and this gives us the illusion of Dark Matter being something else, aside from the atoms' heated weight.*

### ***One nothingness***

*All the nothingness that exists, from the nothingness we call Dark Matter to the nothingness that exists in every atom is one nothingness as a whole.*

### ***Nothingness as energy***

*Science, and here I would like to thank the scientists that have made the present information available, makes it easier for my mind to accept that nothingness does exist. Otherwise, my mind would tell me that this is all madness. Instead, I can accept that God exists in omnipresence as a place that is scientifically known to exist as the nothingness of the Universe. Additionally, everything around me including myself is made of matter, which is also scientifically accepted to be at least 95% empty nothingness in the form of atoms within this nothingness. I must add though, that science has not been able to explain the nothingness or its purpose while many masters, as gurus, have tried to teach us about the nothingness of the Universe and how to connect to it in meditation. I would be lying if I said that I could do so for extended periods of time. But let me share with you what is known of the effect on people who do connect with this inner nothingness: They are at peace with themselves and with those around them. They are happier with themselves. What's more, IT ITSELF has always been leading us to and through ITS nothingness.*

□ ~~~~~ □

***\*\*\*IT has expanse as nothingness, yet as nothingness IT does not have a beginning or end, or top or bottom.\*\*\****

□ ~~~~~ □

*Before we think that nothingness has no energy, let us consider that as IT exists, IT has energy as speed, which IT uses for moving light. We know that at 186,000 mps, speed carries the weight of a particle/wave from the Sun in a light beam. I have had to adjust my thinking to understand this duality of IT.*

*When a light ray hits our bodies we feel the heat as energy that existed in the Sun, but colder. I say colder because the closer we get to the Sun, the hotter it gets; so the heat that left the Sun was hotter and got colder as it traveled through ITS cold nothingness. For this we should be grateful.*

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**\*\*\* In order to understand ITS uncompromised nothingness, we cannot exist as ITS total nothingness, lest we give up ITS heated-weight as our human body.\*\*\***

□ ~~~~~ □

*The closer we are to the Sun, the hotter it will feel in temperature, but the speed of 186,000 mps remains the same, for this speed is a carrier. This could mean that MAXX-SPEED, (a speed faster than the speed of light which is what I believe to be the speed of ITS nothingness, of which you will hear more later on), is independent of temperature. I'm tempted to suggest that the total amount of energy that exists as heat could equal the total amount of energy that exists as cold, clear, high speed nothingness, but I will not, because in observing the way IT operates, one can see that it does not always do things in a uniform way. We can see this, for instance, in the atom where an electron has 1/1863 the weight of a proton. IT gets better results when IT is off balance or asymmetrical; which gives IT more reshaping possibilities. Still, the electron does have equal force as energy. And I have to accept that as MAXX-SPEED does exist as nothingness, therein also exists energy because energy is an intricate part of ITSELF as what is known as pure energy (God or IT).*

*Looking at the duality of MAXX-SPEED, which is also the duality of matter, I notice that, as matter, IT is more stationary, such as in the case of physical objects. We can visually see objects as having beginnings and ends, and we can see their locations. The opposite of this matter or weight, is something that cannot be seen and is not physically stationary. These are the qualities that MAXX-SPEED has. MAXX-SPEED cannot exist as weighted matter; it can only exist as a speeded nothingness, obviously, because the moment that this MAXX-SPEED carries ITS weight, it becomes light, or an electron. And here I would like you to remember that this high speed that exists as light is moving outwards, which is the reverse of ITS weight, which is more stationary.*

*All energy moves something. IT as energy is moving ITS weight, which cannot be moved at MAXX-SPEED because the attached weight slows it down. For something to move faster, we therefore need more energy or energy attached to it as an object, at least in the world we have come to understand.*

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**\* We can never exist as ITS total nothingness, without giving up ITS heated weight as our human body for we do have to use ITS weight in order to understand IT as ITS never changing nothingness \***

□ ~~~~~ □

### **ITS mysterious ways**

*We as humans have always felt that IT works in mysterious ways. IT fascinates us the way a magician does. We know what we're seeing is an illusion; yet we are convinced all is real because of the way the magician puts his props together. Once we understand some of ITS props and workings, we may continue our normal way of living, but with a heightened understanding of what we perceive and of what put us and everything that exists in this Universe together.*

*It is like the illusion of a magical trick the empty space that exists outside as the Universe. Since everything exists as one, and everything that exists within this Universe is one, it is sensible that our planet would appear to exist in a dark substance that is actually clear or transparent.*

*Empty space, for example, isn't actually "empty", for empty, in the sense of nothing", does not exist. Even as empty space, something is there; IT is there as omnipresent as a way of existing. And consider this: We are in outer space, deep space, a place that you think you have never been, yet we have been here always and without even being aware of it. I will use mathematics to explain since figures don't lie (and lies don't figure).*

*The whole Universe is 95% empty space. The Universe consists of less than 5% matter. Matter is composed of atoms that are 95% empty space.*

*It has been said that there could be billions of galaxies within our Universe. But for now, let us examine our galaxy known as the Milky Way. The Milky Way has approximately five billion stars within it; our planet orbits around one of these stars. When we refer to the amount of matter that exists within our galaxy, we first have to divide this 5% that exists as matter by the billions of galaxies that exist within the total 5%. (And this is an estimate that assumes matter is equally divided among galaxies:  $x\%$  matter in our galaxy =  $5\%$  matter divided by billions of galaxies). Dividing the 5% of matter that exists in the Universe by billions of galaxies, we end up with a negative percentage, something to the minus of the billions. So now that we have established that the Milky Way, as a total, is somewhere in the minus of the billions, let's consider our galaxy, which has billions of stars within it, and determine its percentage of the matter in the whole Universe. Simply put, our Milky Way has billions of stars, not to mention planets and asteroids. These celestial objects comprise a minus to the billionth of the total 5% matter that exists within the 95% empty space.*

### ***ITS dual force***

*Now I'd like to address the subject of ITS nothingness as a force that could be equal to ITS weight: I feel that it is not in the nothingness, but rather in the coldness that exists as this vast nothingness where we will find the opposite force to ITS concentrated heat.*

*It makes sense to see that ITS less than 1% heat could be an equal force to ITS 99.99% coldness, for what we are seeing and touching as matter, or as something that is made of something, is because of this less than 1% that IT is as heat. Just as the opposite of something is nothing, (as in ITS 99.99% nothingness), the opposite of heat is cold.*

*As ITS nothingness, ITS force may be in the coldness, and as heat, IT, as a force, is pushing outwards, which we can see as the outward push caused by the Big Bang. With the aid of ITS cold-pulling nothingness taking place within ITS cold invisible shell, we have the opposite of heat; that is, cold, which exists as ITS shell that is pulling inwards to hold ITS shell together.*

*Since IT exists as one, and IT operates as two in two of ITS stages (stages 1 & 2), IT exists as opposite forces. IT uses ITS heated weight in an outward pushing effect as a way to push ITS weight, but IT is also held in by ITS cold pulling force because IT has to stay within ITS oneness, for this heat cannot exist outside of ITSELF, not even as an independent heat force.*

*As discussed in ITS three scenarios, as ITS third stage, IT exists in ITS most balanced state where IT is not pulling or pushing as opposite forces. At this stage, there is no reshaping taking*

place; *IT* exists as a clear nothingness that has no concentrated heat or coldness. And as always, whatever the truth of the matter may be, it will only help us in understanding *IT* better.

□ ~~~~~□

**\*\*\* Antimatter is ITS nothingness \*\*\***

□ ~~~~~□

### **Atoms may be 99% nothingness**

*IT* does things in a repetitive manner; therefore, I will venture to say that instead of the atom being 95% empty nothingness, it may be closer to 99% empty nothingness. Most scientists would agree that matter comprises 4.5% of the Universe. If we apply to this the 95 plus % emptiness that exists in the atoms that make up this 4.5% matter, the result would compare to the 99% nothingness that *IT* exists as the Universe.

No theory, concept, or philosophy claims that the Universe is 95% emptiness. Regardless, *IT* is there, even if we are only beginning to explore and find more information on this 95% cold, clear, empty nothingness that undoubtedly exists. Furthermore, I am sure that *IT* will show us how to open the door to the explanation of this part of *IT*SELF, for *IT* is the greatest teacher that we have ever had, which has always existed and will always exist. We are not in the Dark Ages anymore. We are now in a very advanced stage of thinking, and we have the use of *IT* reshaped into the latest technology, plus what is yet to come.

So, if *ITS* composition is more in the area of being 99% nothingness, then this may also be true for atoms, for they too are made in *ITS* own image, as a way of being. However, we will have to hold off on this until we can find a surveyor that can calculate more exactly how much empty space exists inside the atom. I am sure that whatever the exact number is, it will not change the way *IT* is or what we produce from atoms.

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**\*Help wanted: A calculator that can calculate ITS nothingness.\***

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### ***IT* as one nothingness.**

*IT* exists as one total nothingness, as *ITS* shell, which behaves as an inner and outer shell simultaneously, and *ITS* weight is inside the shell. Life is a part of *IT* where *IT* has taken *ITS* fragmented weight that exists within *ITS* total nothingness and has given this fragmented weight mobility and an appearance in order to exist as something, by placing a tiny amount of *ITS* weight in the form of electrons, protons, and neutrons, so that *ITS* weight could be visually seen, as matter, so that when we see ourselves as something that is alive, what we are really seeing is *IT*SELF. If I start with what I see as something, let's say a living person, what really exists is this: first, the person is there because *IT* took a tiny amount of *ITS* weight and attached *IT* to *ITS* MAXX-SPEED (which you will read more about later on in this section) so as to become electrons. *IT* then took another, larger, quantifiable portion of *ITS* weight, and surrounded this bigger weight which we call protons and neutrons, with what *IT* had previously reshaped into as electrons, so that what we call matter could exist. In between these, the protons and neutrons on one hand, and the electrons on the other, is the nothingness, the 95% empty space that exists inside the atom.

Now, if we go back to discussing the person that is alive again, what is happening is that the reason why we can see a person as being physically there is due to the fact that *IT* took a very

*tiny amount of ITSELF as ITS weight to become the electrons that exist as the person's outermost layer, which is alive, and then IT formed ITS other fragmented weight into the protons and neutrons that make up the atoms that compose the person's body, so that when we see this person, we see him/her because of the way IT is using ITS weight(matter).*

*Now let me return to ITS nothingness again and go back to the concept of illusion, to just what it is that is driving these electrons with ITS way of existing as a high speed (MAXX-SPEED) around ITS other weight as protons and neutrons. Now here is what is very interesting: IT is doing this within ITS total nothingness, so that when you see a person, what has really occurred is that IT took that very small amount of ITS weight as electrons, gave IT distance or separated IT apart from that other part of ITSELF that exists as ITS fragmented weight as protons and neutrons in order to form atoms, and gave IT what IT already exists as. Here I am not speaking of mere life, but of the divine consciousness which is ITS being, as the nothingness that is always a constant.*

*So, returning to us being alive, this is the condition in which IT gave ITS once total weight (the weight that existed at the moment of the Big Bang) and fragmented this weight into electrons, protons, and neutrons, so that IT could reshape into the matter that we exist as. In addition, IT gave this weight certain functions, like our brain, heart, liver, lungs, and certain properties so that this weight could have mobility, so that IT could exist as ITSELF, as a divine consciousness, which we call being alive.*

*Again, when we see humans, each one of them and everything else exists within ITS one total nothingness, so that even if we get the impression that we are outside of something, we are really still inside of ITS total nothingness, and the reason is that ITS nothingness exists in everything that exists, such as air, water, trees, houses, trains, planes, and every other thing on and in this planet; all is inside of ITS total nothingness, because anything that does exist, in order to exist, has to be made of ITS weight which has to exist within ITS one total body that exists as what we see as this Universe.*

*Returning then to what I started out to say, IT is very interesting to see things as being out there, in what we call reality. Nevertheless, everything out there is really inside of ITS one total nothingness.*

*All of this will make more sense if you always remember that nothing is really ever created or destroyed as pure energy, for everything that has ever happened or will happen, has always been and will always be IT as one.*

*You might understand IT better this way: It is the separation of ITS fragmented weight that gives us distance (or extension in space) within ITS one total nothingness, which gives us the illusion of there being trillions or googols of things existing out there, when in reality, there is just one of IT, where all ITS fragmented weight is moving within ITSELF.*

### ***The Universe as the size of an atom***

*Information is now available that points to the scenario that the whole Universe was once the size of an atom as dense weight. This is what we believe was happening when IT was in stage one, when IT had all its weight in one place as the very dense matter that existed before the Big Bang. But this matter that may have been the size of an atom still existed within ITS invisible shell that still exists as this Universe. So ITS dense weight may have been the size of an atom but not ITS 99% nothingness.*

*I agree that ITS size, as heated weight, can be compressed, but I do not see how nothingness can be compressed. ITS weight can be measured because it can be seen by us as something that exists, and if we could know ITS actual size in terms of ITS weight, then we might have a better understanding of ITS actual size as ITS nothingness, in terms of extension, which is the place inside of which ITS weight exists. But ITS weight as dense matter does not reflect the cold, clear, nothingness that composes the rest of the Universe. We know and accept scientifically that this nothingness exists and always has, but ITS nothingness is independent of the size of ITS weight, which can never exist outside of ITSELF.*

*And, ITS size makes no difference; ITS immensity is beyond our ability to measure. How can we measure ITS size if it is basically 99% nothingness that has no beginning or end? The only measurement we can take will be related to the distance between the fragments of weight IT exists as, in terms of celestial matter, within the 99% clear, cold, invisible nothingness that IT has as ITS body shell.*

*As I have mentioned before, we know that this Universe is pure energy, and we have watched how IT, as pure energy, behaves; but we still have a hard time seeing the Moon as God, even when we know, scientifically, that the Moon, having been formed by the reshaping of this pure energy, is part of the totality that is God.*

*There may be a mathematical way of measuring ITS extension, which would have to be based on a way that we could measure the total area occupied by all ITS weight. The only other way would have been to measure the nothingness before the Big Bang. This nothingness has occupied the same extension in all three of ITS stages of existence. So that if we see that this hugeness has always existed as ITSELF, as a cold, clear constant, invisible nothingness, and ITS weight has always existed within ITSELF, this would be applicable to all of ITS three stages of existence during which only ITS weight has been changing within ITS cold, clear nothingness of a shell, which is what this Universe is now in as ITS second stage.*

*Let us say that we measure ITS total weight, and ITS total area is one mile. This would mean that ITS size, as cold, clear nothingness, would be close to 99 miles across. When I stop to think of ITS size, using the information that exists, such as the size of our galaxy, the Milky Way, which we have information on, our galaxy's size as ITS nothingness would be on the basis of ITS 99% nothingness. This would mean that if we could compress just this area that we call the Milky Way, so as to remove all of the nothingness, the compressed matter could be smaller than the size of Earth! Nevertheless, I see nothing wrong with whatever size we may think IT really is, for this will not affect the way IT exists or operates.*

*For now, with our limited knowledge of ITS real size, all we have to do is be careful not to bump into ITS other fragmented forms of weight that exist within ITS cold, clear nothingness. We should be grateful that IT exists as a clear nothingness; otherwise we would be having a lot of accidents crashing into the fragmented weight that IT exists as, such as the celestial bodies that are the inner self of IT. We should be also grateful that, as our future astronauts travel around ITS invisible shell as a body, they will never really get lost in what we call outer space, for they will always remain inside of ITS cold, clear, conscious, invisible nothingness.*

*And if we look at the way IT was at stage one, we will be able to see that just before the Big Bang IT had all its weight within ITS cold, invisible body shell that exists as a form of nothingness. From our knowledge about this stage of ITS existence, we know scientifically and*

mathematically that ITS weight can become infinitely smaller, to the point where ITS weight would just disappear. When this happens IT will then be in stage three. Let's return to the atom to see this situation better. In the hydrogen atom, for example, IT has less than 1% as weight occupying space. When the electron is removed, ITS weight, as the proton, will decay, becoming smaller as the proton releases ITS weight and turns into energy and even smaller particles and waves that are carrying ITS weight elsewhere as IT continues to reshape.

Now that we know more about how ITS weight can become smaller than a proton--the weight that enables the atom to exist and also that enables us to see things as existing we can see how IT could have ITS weight reduced to something that could still exist as weight, yet be so small that we would not be able to see it. So that if all the now existing weight within ITS 99% nothingness were reduced to an infinitely smaller weight and was redistributed throughout ITS 99% nothingness, IT would then be back to what I call ITS stage three, where IT could bring in all ITS weight into a central, singular point and back to the instant before the Big Bang (stage two). We should remember that if this is so, it may not be the first time that IT has formed a Universe such as the one we have now.

We should be grateful that IT is always reshaping into something new with ITS weight, which exists within ITS clear, cold nothingness, which is that part of ITSELF that is a living, divine consciousness. After all, if IT now exists as a living, divine consciousness as IT reshaped into us, then IT exists this way as ITSELF. I can assure you that I did not give my children this living, divine consciousness that they exist as. And I am now aware that neither did my parents give ITS divine consciousness to me. We are all a gift that IT has given us as a chance to exist as IT, as a living, existing divineness that we are now hopefully enjoying, as the life that we are living. If you are not enjoying life, then my message to you is to ask IT for help and guidance, for as you can see, IT is beyond any human master at doing things.

For now, I will enjoy ITS existence as myself and as those around me, for even if I did know how big IT really is, IT is not going to give me a better piece of candy than what IT already has. IT is every atom that you are using to read, think, and exist.

### **Gravity and nothingness**

Gravity is how ITS weight is pulling to bring together ITS fragmented weight. The opposite of this is the movement of ITS nothingness, which stemming from the Big Bang theory, is pushing its weight away. So if I look at ITS weight (atoms or matter), which is what makes things visually possible, or as something palpably existent, and then I take ITS reverse, which is ITS nothingness, I begin to see that there is no way we will ever be able to see this area in which IT exists as a nothingness. And I now also understand this phrase that we refer to as "pure energy has no beginning or end," for this part of ITSELF is made up of a cold, clear, high speed nothingness, and this speed itself makes it virtually impossible for us to see.

Imagine us trying to see something that is clear and is moving faster than 186,000 mps! Since we are used to seeing things (ITS weight) in order for things to exist, it will be impossible; we will never be able to see ITS 99.99% cold clear nothingness. We will have to accept this on the basis of faith; IT exists as this 99.99%, for we know that this area known as the Universe does exist as a cold, empty nothingness; otherwise, we could not exist within IT. I only hope that IT will let me stay in this existing moment so I can see what other information we discover related to IT as ITS nothingness. There, in fact, should already be a lot of information stored in

people's minds and in computers that when reviewed will shed new understanding on IT as this cold, clear, speeded nothingness that IT also exists as.

Now that we are aware that by looking for ITS opposite, as weight, on which we already have a great deal of information, we will be able to discover more about IT as cold, clear nothingness. We also already have a great deal of information on ITS nothingness as light and electrons, which reminds me of the phrase "there is always something new under the Sun," which is still true, for the Sun is light, and light is speed, as something that exists as a nothingness. So, I say to all: Full speed ahead on gathering more information on ITS clear, freezing cold, speeded nothingness!

### **IT has girth**

ITS clear nothingness exists simultaneously as an inner and outer body (structure, existence, being). ITS weight exists within ITSELF as ITS body, and ITS inner nothingness wraps ITSELF within ITS inside as one, for there could not be an outside. Where would this outside exist as omnipresent as ITSELF?

As you can see, it is difficult to describe what we know is there but which lacks a form that we can see or touch. IT does not have a border that we could use as a reference point from which we could begin to measure IT. However, maybe mathematically we can find a way to calculate ITS size because mathematicians have ways of knowing nothing as something. But for now, ITS girth is so huge, that just as in the case of the span occupied by our galaxy, I, for one, will not wander off. I can instead feel ITS presence within me as ITS constant nothingness in meditation and as ITS weight as my human body that has a constant tendency to increase in weight!

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**\*\*\* The Universe is not expanding. ITS weight is moving outwards  
within ITS nothingness .\*\*\***

□ ~~~~~□

One thing that I have observed is that IT always moves ITS weight, as celestial bodies within ITS nothingness, and even when IT fragments ITS weight as atoms, IT still keeps ITS weight as protons, neutrons, and electrons within ITS total nothingness and as the Universe and as the matter that exists within the Universe as ITS nothingness.

Furthermore, IT has a sense of this size. Many animals can detect distances as a security measure. And humans can sense distances too, so IT might also know ITS size, for IT incorporated the sense of distance in us. And, IT just might at some moment let us know how big IT is in extension. Although even then, we might not understand IT, for it is hard to imagine that our whole planet is not even the size of a grain of sand when it relates to the hugeness of ITS existence.

This invisible nothingness that IT exists as does incorporate distance, as the distance that exists between the fragments of matter inside ITS cold, clear nothingness that exists as this Universe. We know in fact that at the very minimum, IT spans 250 million light years away in distance as scientists have found signs of a black hole that far away, although naturally these 250 million light years were also determined by the human mind.

I have to remind the reader that when we refer to distance, we do so because we are using a measuring system that works well for us but is not universal. Some people, such as those who have seen Star Trek, are not aware that our interplanetary friends do not measure in inches,

*meters, or miles. My only assumption as to why films depict this is because English has been established as the most widely-used language for communication in international travel, so it has become the same for interplanetary travel.*

*That our minds can ask or understand anything at all is only because IT has reshaped from where IT existed as our primitive beginning to where IT, as our civilization, now exists. I am sure that we will understand IT even better as we are permitted to see IT as the technological society that we, as IT, are reshaping into.*

*But getting back to ITS size, this will become a problem because, as I have mentioned before, the only distance that we can measure is the distance that exists from one body of matter to another, such as between planets and stars and other celestial bodies. And, we use the same measuring system established for our convenience here on Earth.*

*If we try to measure ITS size as if IT had an outside, first we do not have anything else to compare ITS size to, and second and most importantly, we do not know how to measure something that is made of nothingness. IT does not have a point as a beginning or as an ending from where we can start measuring. For example, one might describe ITS nothingness as being housed in a shell, but this word isn't adequate; it implies we can visualize IT having a hard exterior like that of an egg, which would be made of matter, which would have weight. It makes sense that we would imagine this as we have only been able to measure ITS weight as the matter that exists within ITS nothingness as this Universe.*

*So, for our observation of ITS size using the weight, as matter, that exists within ITS nothingness, we would only be able to see ITS weight inside ITS clear, cold nothingness. We would not be able to see ITS cold, clear nothingness as having a beginning or ending to which we could try and measure ITS distance from one side to the other, if indeed IT does have sides, or better yet, from ITSELF to ITSELF. All we can do is continue measuring the distance from fragment of weight to fragment of weight within ITS nothingness.*

*If there is someone who knows of a better word for IT as ITS housing as a nothingness, please contact me.*

### ***IT has no outside***

*Whatever IT is, IT does exist, and in ITS existence, everything that is happening as IT is happening within ITSELF, as what is now happening within this existing Universe, as IT as omnipresent, or as what some understand as God or the pure energy that this Universe exists as. Knowing this you will understand why IT does not have an outside, because, naturally, anything that could exist outside of IT would not be part of ITSELF.*

*At least we know that anything that has happened or will happen as IT reshapes, has to happen within the cold, clear nothingness that IT exists as. If IT were now existing as any of the three previously described scenarios, not having an outside would still apply to IT.*

*And if I could see IT in ITS third scenario, which is when all ITS weight was evenly distributed within ITSELF, then IT would be even harder to see IT as having an outside, for in scenario three, IT would exist as a clear environment having an even temperature. All we would see of this stage is nothing, similar to what happens when we see things through clear air, where we are not even aware of the air being in front of our noses. And I can definitely tell you that I do not know what would be happening within ITSELF as that stage. The same way we do not know what was happening within ITSELF as stage one, which was when IT existed before the Big*

*Bang, when, if it were possible for us to see this stage, all we would see is again nothing, for all ITS clear weight would be found in one concentrated spot, or place. Although, we would know that ITS weight would be there because of the concentrated heat that would exist as that singularity.*

*I would like to recall some previous information that may help you to understand why we would not be able to see this concentrated, clear, heated spot. It would be like seeing things outside yourself that are there because they are made of substances that have colors. Between you and the colored objects that you are seeing, there exist millions, billions, and trillions of atoms that are transparent because they have no mineral coloring to them. You can see right through ITS clearness, that also exists as ITS weight as the protons and neutrons that are in all those heated atoms that are there as air. We cannot see them, but they do exist as part of IT.*

*So again let us be grateful that IT does exist, even in this clear form, otherwise it would be harder for us to read or see our televisions. If IT did not exist as this clearness, then there would always be something to tint our view of what is outside of us, and this would most likely give us an excuse for the accidents that we are having with our motor vehicles. And this tinted view would also cause a problem to what we would see as IT, as what is out there as ITS invisible shell called the Universe.*

### ***Nothingness as the Universe***

*Imagine opening a door, and through it you can look into the Universe. You see that there is nothing to your left or right or up or down. The reason you cannot see ITS borders is because IT is made of a freezing cold nothingness. You see the planets and other matter in our solar system because of the small amount of light that IT has reshaped into as stars.*

*In this clear empty space, due to ITS nothingness, you can see things moving about; you see these objects because IT has fragmented ITS total weight in to smaller chunks of ITSELF. And the reason why you can see IT as IT moves is because IT slows down from 186,000 mps where IT cannot exist as weight to where something can exist in the form of matter, so that IT can continue to reshape into infinite objects or situations.*

### ***Divine Consciousness***

*While I am in no way an authority on this subject but only an observer, I am going to venture into the meaning of the word consciousness; the consciousness that we are. As with some of the lower animals that came before us, we too are the result of this consciousness that has been developing in living creatures.*

*We have a three pound brain which is 85% water. With it we are able to think, which is necessary for our primary programming: survival. This is what IT is mostly concerned with so that the reshaping can continue.*

*We have reached our present development with this new hi-tech society we live in. Because of it we now are capable of understanding what would have been impossible years ago. IT has made it possible for us to discuss this subject of consciousness. So, in order to be aware of consciousness, I have to know that I exist as all these atoms that energize me to write this. But I have to be conscious that I am also the same nothingness that IT is. To even think about this I have to know that I am a part of the totality that IT is.*

*Also, to understand the meaning of consciousness I have to remember that I did not put it there. Consciousness is IT as life with mobility; it is what IT allows. The consciousness of lower*

animals is the first programming by which they survive; the second programming is the one to reproduce. I look for this consciousness inside of me and feel that it should be somewhere inside the mind, inside my brain. Yet, I know that ninety five percent of me is nothingness. If my mind, as consciousness, is not made of matter; my consciousness must be a part of THAT nothingness.

When I connect to IT, I do so in meditation. Using the third eye, I am connecting to a form of nothingness that exists within me in a given area. The biggest problem I have connecting to IT is detaching the mind from all the thinking, whispering, and chattering that goes on inside me. Finding that inner place where nothing controls me, where no wandering thoughts disconnect me, and realizing that there is no danger there, is a very conscious experience. The mind can be part of this peaceful nothingness.

Since I was a kid, I could see my environment, people, streets, and places well enough to survive. Through my eyes, my mind learns what it has to take control of, for who are we if not what we think we are? But as a child I didn't know that it is natural to think in terms of things; it is what the mind has to go on; it thinks, for it to exist. In this way, we can say that we are connected 100% to matter from the beginning of our existence as matter, things, places, and people. And I am glad to have learned this from many people, including Maharaji, who exists to show us how to connect with the inner nothingness. Many names are used to describe this inner nothingness including the "inner self," the third eye, or simply a peaceful place. For that I am grateful to IT who never forgets to send someone to help us connect with that part of our divine consciousness--a consciousness existing as nothingness. And we cannot control this because our minds are made to deal with matter unless the mind refocuses and accepts that in nothingness is how IT exists, and does so as 99.99% of everything.

Remember that IT is not being created or destroyed. Forget about yourself and think of IT as something that does exist and does things in ITS own image. The part that IT exists as nothingness is where IT exists as consciousness, and since consciousness is a form of nothingness, it does not participate in change; for change only happens to ITS weight. Consciousness is where the divine consciousness exists, and it is in this divine conscious nothingness where the majority of IT resides. The divine consciousness that IT exists as can be found mostly easily in this 99.99% nothingness.

At the same time, the weight of IT, as the matter composed of the atoms that are also surrounded by nothingness, makes IT easier for IT to be conscious of everything outside us. IT is all knowing, but not as our minds, because the mind is only IT in the form of water based matter. Our challenge is to distinguish between what we see because of the mind and that of which we are conscious because of our existence as part of IT.

If I did not have this consciousness, I could not understand myself and my environment. Being conscious is not because of the water and all the other materials that I need in order to function to live; it is the same divine consciousness that IT exists as. IT is everything that exists, and this divine nothingness (life) is something that permeates the entire Universe. And again I reach for a word to describe this something that exists as a body, house, or shell that, to our sense of reality, is made of nothingness.

I have tried to see all of this in different scenarios, and to aid your understanding, let us go back to just before the Big Bang where IT existed as a concentrated oneness, and again, I have

to stop to remind the reader that oneness is IT as very dense matter and 99.99% nothingness. Before the Big Bang, had we been around, we would have been able to see IT in ITS 99.99% nothingness because atoms did not exist. So for us to say that at this pre Big Bang stage IT existed as oneness, we would have to include the 99.99% nothingness surrounding the less than one percent heated weight that exists as matter.

My feeling is that whatever IT is now, IT too was IT then, as a way of existing. If I am alive and conscious, then IT has always been alive and conscious. For me to see that IT reshaped from the form IT had before the Big Bang, then IT too had to be conscious of what IT was shaping into, which is everything that now exists.

And to top it off, the same way it is hard for us to understand that a God can be 99.99% nothing, it is also hard for us to see that since IT is everything that exists, as ITSELF, everything that is alive is really IT as one. IT has always been IT, even before the Big Bang, and it will still be IT after this Universe reshapes itself again, as it expands or contracts to become one more existing possibility.

In addition, it is not the Universe that will expand or contract, it is ITS weight that is giving us the illusion of the matter that will expand or contract. IT has always stayed as IT is: a constant, cold, conscious, empty nothingness.

### **The Third Eye as nothingness**

The next time you meditate, connect to nothingness and then return, remember this: The third eye sees the nothingness that is IT as ITS own constant.

### **ITS nothingness as omnipresent**

We know that the meaning of the word omnipresence is that IT is in all places at the same moment. There are two ways to understand that statement: first, that it is ITS nothingness that is in all places at the same moment as the nothingness that exists as this Universe, and also, as the nothingness that exists inside every atom, and second, as for ITS weight, being in all places at the same moment is a only possible as being inside of ITS one total nothingness as a place. Let me explain this: The fragments of weight (atoms) that our whole planet exists as are not the same fragments of weight that exist somewhere else inside of this Universe, so that all ITS fragmented weight is not in the same place (in the same extension of space) at the same moment, but ITS cold, clear nothingness is in all places at the same moment and let me add that, since ITS fragmented weight exists within ITSELF, within an area that exists at what I call MAXX-SPEED, the distance that exists in-between ITS fragmented weight (matter) exists in an area where the distance from one fragment of ITS weight to another is covered by this MAXX-SPEED.

Look at IT this way: Using our understanding of time, we know that at the speed of 186,000 miles per second time stops, in the sense of there being no time difference in getting from one place to another, or as in there being no individual fragments of matter. Or to rephrase that: It is only what we call time, that separates one place from another, and this perception that we, as finite beings, have of time, is what prevents us from knowing that this Universe as ONE, as when we speak of omnipresence.

This area that IT exists as is a nothingness where this MAXX-SPEED exists as being timeless. So, since ITS body or shell is made from a form of a speeded nothingness, this is why IT exists as being timeless.

Now, since this MAXX-SPEED is faster than where time stops, this whole area that exists as ITS nothingness is an area where our time system cannot be applied. Please follow me closely now: So, considering our planet, which is not large but nevertheless it still exists within this MAXX-SPEED area, we must say that anything that happens at any point on this planet still exists within ITS oneness as this MAXX-SPEED. Another way to state this would be to say that the area which our planet occupies falls within this area of MAXX-SPEED, which means that everything that is happening on our planet exists within an area where time does not exist on account of this MAXXSPEED. Now, if we take our next nearest planet, we have to remember that every centimeter that exists in between our planet and the next, exists in an area that is also timeless, for there really isn't anything there to apply time to, in terms of matter, because what does exist as the in between is really just IT as ITS omnipresent nothingness. Furthermore, the distance that exists between planets and other celestial bodies also exists within this area of MAXX-SPEED, where time does not exist.

Looking at the same scenario from another angle, at the outermost layer of anything that exists as matter, you will find IT as ITS fast speed. Let's take anything that exists as matter, which is made from atoms, and the outermost layer of any atom exists as ITSELF as a high speed nothingness. Now if you take one of these tiny atoms' circumference, the outermost area is where the electrons exist as a high speeded nothingness, and as you travel inwards, this area is followed by ITS nothingness, and then you find the atom's nucleus which is composed of tiny fragments of ITS weight in the form of protons and neutrons. These fragments of ITS weight are so tiny that they are practically invisible. For this reason you may understand better when I refer to all this just being an illusion, because everything that exists is made from this speeded nothingness in the form of electrons, followed by ITS empty nothingness, and then with a very tiny amount of ITS weight. It is only when IT packs billions and trillions of these invisible, empty, tiny atoms that we begin to perceive the things that exist as matter as being there.

Now remember that you and I, and everyone else, is made from these tiny invisible, empty atoms that IT reshaped into, as the pure energy that IT exists as. Another way to imagine this place that exists as omnipresence is to remember that everything that exists as this Universe, exists within this MAXX-SPEED nothingness, making everything in this Universe that exists as ITS weight exist in a place where this nothingness unites everything as one place. In order to understand this you must remember that IT exists in all places as the same moment as ITS nothingness, and since this nothingness is not made of something that our minds can comprehend, because this nothingness, does not have ITS weight for us too see, and because ITS huge shell body is composed of something that again our minds cannot comprehend because IT is composed of a speeded nothingness, which is one of ITS dual forms of energy, this is why when we view the Universe, we focus on what we can see, which is really ITS weight, and our minds bypass the emptiness that this Universe now exists as. One reason for this is because this emptiness is a clear form of energy that is composed of this MAXX-SPEED, which we will never be able to see. However, our mind does accept that this empty Universe that definitely exists is there, and is so huge that we call IT infinity, which is easy to understand because we are referring to ITS nothingness. Therefore, when we refer to this Universe as being infinite, we are referring to ITS cold, clear nothingness, and when we refer to the things that God can create as being infinite, we are referring to the infinite possibilities that IT (God) can

reshape ITS weight into, within ITS nothingness. In conclusion, we can say that the one common thing that the word omnipresence refers to is ITS nothingness.

### ***E=mc<sup>2</sup> plus nothingness***

We have a lot of information on this equation,  $E=mc^2$ , as to how much energy matter has. In the equation,  $E$  = energy,  $m$  = mass, and  $c^2$  means to multiply the mass by the speed of light squared (multiplied by itself, that is, 186,000 mps x 186,000 mps). This equation is of course only applicable after the Big Bang because it relates to the speed of light, and light only came to exist after the Big Bang in the form of stars. Additionally, to say energy equals mass is also only relevant after the Big Bang because what we now have as mass only comes after the formation of atoms having protons, neutrons, and electrons, ITS heated weight. Furthermore, heated weight can only exist when surrounded by nothingness, as in the empty space inside any atom.

$E$  and  $m$  are therefore part of IT as the energy that IT exists as in ITS heated weight, for heated weight permits matter to exist as the mass of protons, neutrons, and electrons. The speed of light also exists as IT, as is evident from the speed of electrons. Yet missing from the equation is ITS nothingness, as the empty space that exists in all the atoms.

The equation  $E=mc^2$  permitted us the understanding that led to the atomic bomb where we could see what energy IT is composed of, for this energy came from ITS heated weight, a small fraction of ITS total weight. The atomic bomb produced heat and light. The heat came from the weight of protons and neutrons. And light, remember, is a by-product of the speeded electrons. The atomic bomb released heat as the positive, and speed as the negative, colliding with each other to produce an emerging light. The Big Bang as an explosion did the same thing; it brought together ITS heated weight, as a positive, and ITS speed as a negative, which exploded into stars and all the matter of the existing Universe, which again brings me back to ITS nothingness, because if I look at the atomic bomb, the heat and speed were transmuted, and wherever this transmuted energy went, so did the nothingness. Maybe as nothingness, IT is not doing anything other than existing as ITS constant consciousness.

To release the energy that ITS weight as mass has, I have to include ITS nothingness as the speed of light. To do this, I must remember that the speed of light is something that we are mentally using to understand ITS speeded nothingness. Before the Big Bang, there were no stars, but there still existed ITS weight as mass, and there still existed ITS high speeded nothingness (MAXXSPEED). Even the speed of light, as nothingness, can only exist in a vacuum where none of ITS weight is present, because as soon as light hits another portion of ITS weight, it will leave behind the energy that this light was carrying as ITS heated weight. The energy that exists as mass has to be released by the presence of ITS other way of existing: ITS nothingness.

### ***When we look around IT***

What would we find if we looked around IT using the information we have on ITS cold, clear nothingness having divine consciousness? Imagine that you are the one who exists as a huge, clear, cold nothingness and you could do whatever you pleased with your heated, less than 1% weight while also being conscious of yourself.

Let us first accept that each of our minds is a gift from IT, and whatever we discover related to how IT exists as a consciousness will not change the way IT exists. IT will even determine how

*long the information we find can exist. If IT wants to end our findings and do away with everything we have accumulated as knowledge, IT can simply reshape and kick us out of existence, along with our planet, our galaxy, or even the information we have sent into ITS nothingness as outer space. IT is the Commander in Chief. Everything is IT.*

□ ~~~~~ □ ~~~~~ □

***\*\*\* The transferring of energy is really the reshaping of ITS heated weight within ITS nothingness\*\*\****

□ ~~~~~ □

*Let us see what we, as ITS human energy, will be permitted to discover next as ITS weight reshapes.*

*When I look at ITS weight as objects, I notice that I can see around an object as ITS weight. But when I try looking around ITS nothingness, I cannot see anything because ITS nothingness has expansion but no apparent beginning or end. It will be up to the scientists to see if they can detect how or where ITS nothingness, as a force, begins, or exists.*

*Yet while having no beginning or end, IT is not infinite, or at least ITS weight isn't. ITS weight is quantifiable, but regarding what this quantity is, we will have to wait until a mathematician figures out and tells us how there could be infinitely more nothing than something. When I receive an answer, I will post it in the databank of my webpage, [www.ricricardo.com](http://www.ricricardo.com), for all to read. In the meantime, most believe IT, as God, to be infinite. If this is so, then infinity is based on ITS cold, clear nothingness. ITS weight would only be infinite by the infinite ways IT can reshape ITS weight.*

*We can see what ITS weight is doing within ITSELF because ITS weight is within ITS clear nothingness. Even as weight, as matter, IT can see what ITS weight, as fragments, is doing, since the inside of the atom is just a continuation of ITS nothingness.*

*Looking at IT from another angle, I can see IT as I am. First, I can look at myself because I exist as a conscious being. Second, when I look at my body, which is the same way we see ITS weight, I see my skin as an outer shell. But here is what is strange: Everything that exists, alive or inanimate, has an outer shell that is a very tiny fragment of ITS weight, and these fragments exist because of the electrons in the outermost layer of every atom. IT holds ITS weight inside with a very tiny amount of ITS weight, as the weight that the electrons carry as particles.*

*Try and visualize that we, as a human body, exist as our outer shell, as a form of a speeded nothingness, because our skin is made of atoms, which have as their outer shell a speeded nothingness. And as always, ITS heated weight is inside this nothingness. Here, it would help if those who have information on how IT exists as our inner weight, as our organs and as the speed at which our brains operate, would use it to see how IT operates. For to understand, all it takes is seeing ourselves as part of this place that exists as omnipresent and that our interior is composed of ITS weight and nothingness.*

*Also, try thinking of ITS weight as reshaping within ITS cold, clear, conscious nothingness, that exists as an outside that does not have an ending because of IT existing as a nothingness. We can only see what is inside of IT, as ITS heated weight (matter), for we cannot see what ITS other form of existing is, as ITS outer, clear, cold nothingness.*

*We already know that God does things in a strange way. So when you look at IT as a whole, as if you were looking to see ITS outside that extends outward, you will notice that since ITS body is a form of a clear, cold nothingness (as this Universe), IT appears to look dark, just like the darkness that now exists within ITSELF, as what we see as this Universe. IT uses ITS heated weight in the form of stars to light up areas within ITSELF.*

*Imagine again being in a dark room, and you turn on a very small flashlight, which is what IT does when IT uses a star to light up the surrounding area. What you notice is that you can see the surroundings near the light, and that when you turn on the main electric light bulb you can see everything inside the room that was totally dark. Darkness is just the absence of light, so what exists as a dark room, just like the Universe, is only dark because there is not enough light, in terms of stars, (ITS heated weight) to make IT possible to see that the Universe is very clear.*

*As omnipresent, IT really exists as a cold, clear form of consciousness. This may seem strange, but remember this: We are made from ITS heated weight, as matter (atoms) that exists within ITS nothingness. When we think, we feel that we are conscious, and consciousness and thoughts are not made of matter. We can think of something that is so far away that it would not be possible for that thought to get there if it had weight. If thoughts had weight it would make our thinking process slower rather than what it is now, at the speed of lightning.*

*I take a moment in my existence to say to IT, who I once considered something that was made of something and now know is weight within 99.99% nothing, that I am grateful you permitted me, as my mind, to question your existence and see you as weight.*

*As weight, as matter, we can see IT and around IT, and as nothingness we can see through IT and inside of IT.*

*Looking inside ITS nothingness is the opposite of looking at and around ITS weight.*

*Looking around ITS weight is the opposite of looking inside ITS nothingness.*

□ ~~~~~□

**\*\* Darkness is just the absence of light \*\***

□ ~~~~~□

### ***Our definition of nothingness***

*Here is something else to think about: I have asked friends what they understand when they hear or read the word nothing. Their answer is a natural one: Nothing is nothing, as in not existing.*

*So I have tried explaining to them that there is this nothingness, which we understand as nothing, as not existing. But there is this other nothingness that exists as this freezing omnipresent universe and as the nothingness that exists inside every atom. Believe me, this nothingness does indeed exist.*

*To explain this I tried to find an example, and I said that if I take an empty glass, and ask you if there is something inside, your answer would be no, as in nothing being visible inside the empty glass.*

*But I say this is not so, because inside this empty glass there are billions of fragments of ITS clear weight, that exist as the protons, neutrons and electrons of the oxygen atoms inside this glass, along with all the other atoms of the other gases that make up the air in our atmosphere.*

*To think of IT, those very oxygen atoms are also made in ITS own image, because these atoms also have a shell, which is their outside, then again followed by ITS nothingness and then ITS weight.*

*So as you can see, I have tried to find something where nothing can exist, but found this to be impossible, because any and every thing that can exist has to exist within ITS nothingness. There is just nowhere else, no other place.*

*So that, even for me to think, I have to think within the existence of ITS nothingness, in the form of the matter which makes up this planet, which is also within ITS nothingness, (here I am speaking of ITS freezing nothingness as this universe) down to every heated atom that makes up my body, which also exists within ITS freezing nothingness.*

*This leads me to the conclusion that for anything to exist, IT must be made up of ITS weight, and that weight will always have to be within ITS nothingness.*

□ ~~~~~ □

**\*\*\* We try so much to find the connection to everything that exists, the connection to the Universe, but the only way we can do this is through ITS nothingness.\*\*\***

□ ~~~~~ □ □ ~~~~~ □

*So we as humans will have to open a section in our lives, where we can place God's existence in this —place that exists as a freezing nothingness (ITS freezing nothingness, as this Universe) and this is the same nothingness that exists inside every atom.*

**A quote (2005)**

*The quote "Verily, there is an Unborn, Unoriginated, Uncreated, Unformed. If there were not this Unborn, Unoriginated, Uncreated, Unformed, escape from the world of the born, the originated, the created, the formed, would not be possible."*

*A friend sent me the above quote from a Buddhist treatise called the Heart Sutra, along with some commentary that I feel can help us understand IT better if we look at the quote from a different angle or a different point of view, or at least from my way of understanding IT: Form is emptiness; emptiness is form. Form does not differ from emptiness; emptiness does not differ from form. The same is true for feeling, perception, mental states, and consciousness. 'Here we see Buddha's original analysis of the psycho-somatic organism, but the idea is carried further. Quantum Physics has discovered that matter is nothing but a form of energy. Sub-atomic particles are merely concentrations of a field of energy that constantly appear and disappear, losing their identity as they blend into the underlying field. Emptiness is a term (also called the Void) used by Buddhists to describe the source of life, and is what Buddha called the Unborn, Unoriginated, Unformed. 'IT gives birth to an infinite variety of forms in the Universe, which IT sustains and then reabsorbs everything our bodies, our minds, consciousness, nature is constantly being born and dying; everything is vibrations coming from the source. We are a temporary manifestation of the Void, or in more traditional terms we are the manifestation of the Absolute Principle. Our real nature is that of the Principle, but we identify ourselves with the appearance, with manifestation. That is why we suffer because we try to cling to phenomena that are impermanent. This is what Buddhists meditate on: We try to destroy the ignorance that makes us think that we are separate, substantial, autonomous beings living in a world of static,*

concrete entities. Thus the Heart Sutra reminds us that we must realize that the world of the senses and of our minds is only a bubble on the ocean: the Reality or Essence or Absolute Principle of the bubble is the ocean.

Now, I would like to use that quote to help you, the reader, better understand IT. So I suggest that as you re-read the quote, along with my parenthetical comments, just remember that IT exists as a duality: 1) as ITS nothingness, and 2) as ITS weight.

Here is how this could be said with respect to as ITS duality. All the comments in parenthesis are mine. "Form [or matter ITS weight, which exists within ITS nothingness] is emptiness; emptiness is form. Form does not differ from emptiness; [as IT exists as ITS duality] emptiness does not differ from form. The same is true for feeling, perception, mental states, [for all these are possible only because of the way we exist as ITS weight] and consciousness. [These are possible because of the way IT exists as ITS nothingness.] Continuing with the next part of the quote: Here we see Buddha's original analysis of the psycho-somatic organism, but the idea is carried further. Quantum Physics has discovered that matter is nothing but a form of energy [this is the energy that ITS weight exists as Sub-atomic particles if we speak of particles, then these too have to exist as ITS weight], are merely concentrations of a field of energy that constantly appear and disappear [within ITS one total nothingness], losing their identity as they blend into the underlying field. Emptiness is a term (also called the Void) used by Buddhists to describe the source of life, and is what Buddha called the "Unborn, Unorganized, Unformed." IT gives birth to an infinite variety of forms [as ITS heated weight] in the Universe within ITS freezing nothingness], which IT sustains and then reabsorbs [as ITS duality.

Everything that exists as ITS heated weight only like our bodies, and our minds. And consciousness, here consciousness is where IT exists as ITS nothingness, and nature which is weight, because for nature to exist as something means that nature is made of something and anything that exists as something is composed of ITS heated weight is constantly being born and dying; everything is vibrations coming from the source. We are a temporary manifestation as ITS heated weight, which exists within ITS freezing nothingness of the Void or in more traditional terms we are the manifestation of the Absolute Principle. Our real nature is that of the Principle, but we identify ourselves with the appearance, ITS heated weight] with manifestation. That is why we suffer because we try to cling to phenomena that are impermanent ITS heated weight]. This is what Buddhists meditate on: We try to destroy the ignorance that makes us think that we are separate, substantial, autonomous beings living in a world of static, concrete entities. Thus the Heart Sutra reminds us that we must realize that the world of the senses and of our minds is only a bubble on the ocean: the Reality or Essence or Absolute Principle of the bubble is the ocean.

### **Smashing ITS weight**

I would now like to discuss ideas that came to me while reading an article in the January 2007 issue of Popular Science magazine that has to do with what is known as the Large Harden Collider (hereinafter LHC). The article seeks to answer the following questions: 1) Why does matter have mass?, 2) Why does every particle have an unseen partner, and 3) Might the LHC produce Dark Matter and aid in the search for an extra dimension. Lastly, I would also like to comment on Jonathan Feng's statement you never know what nature has up her sleeve.

Concerning the question *Why does matter have mass?*, this is really easy to answer and understand if we remember that whoever *IT* is as *ITSELF*, or as pure energy does have weight, which is what we have been primarily focusing on, and this is natural because it is *ITS* weight (mass) that allows things to exist visually. *ITS* heated weight exists as mass and this mass can only exist within *ITS* freezing cold nothingness. In other words, *IT* exists as a duality, with *ITS* heated weight (mass) inside *ITS* constant, freezing cold nothingness, which makes up *ITS* shell body. In view of this, what colliders are doing is taking *ITS* weight in the form of protons, neutrons, and electrons and smashing them to see what may come from *ITS* weight as one more possibility that *ITS* weight can reshape into (transmutation).

Regarding why every particle has an unseen partner, I'd like to say that we know that everything that exists as something comes from *ITS* heated weight, but this heated weight can only exist within *ITS* freezing cold, clear, transparent shell body which *IT* also exists as a partner to *ITS* heated weight. We could call *ITS* freezing cold, transparent shell body the unseen partner of *ITS* heated weight, but this would not be very accurate, since it is truly just the way this pure energy now exists as this freezing cold, clear universe, within which *ITS* heated weight can reshape (change, transmute). The mass that now exists within this freezing cold Universe cannot exist outside of *ITS* body, for where would this other place exist? As *IT* is omnipresent, there is no other place where this mass could possibly exist.

Let me clarify that I have nothing against the LHC or any other equipment that we humans can put together as *ITS* weight in order to understand *IT* better, for I too still learn from what I read, but mostly when I look at information as *ITS* dual way of existing. However, concerning whether the LHC might produce Dark Matter and the search for an extra dimension, I would like to repeat something that I mentioned elsewhere, that I hope will make this issue clearer: *DARKNESS* is really just the absence of light, for if we take anything that is dark and just shed some light on it, it will stop being dark. The only reason why our empty Universe is dark is because it would need an unimaginable number of stars to light up what now exists as darkness. Another way to understand what we refer to as darkness is as follows: The next time you see the full moon, remember that you are seeing the side of the Moon that is receiving solar light. If you were on the opposite side of the Moon you would not be able to see it. Something similar happens when the Sun is shining and the Moon is there, but we are unable to see it. Darkness, therefore, is just absence of light. The reason why I keep returning to this subject is that as soon as you, the reader, can understand this, you will also understand that the entire Universe is *ITS* clear, transparent shell body, and it is not really dark. Otherwise, we could not see through this supposedly existent darkness. What has happened is that we have become accustomed to seeing things in only one way for this reason, I will also keep asking you to return to the photo at the beginning of this book, so that you can remember that, yes, it is one photo, the same way *IT* is just one, but does exist as two extremes that are one: *ITS* freezing cold, clear nothingness, as *ITS* shell body, where *IT* keeps *ITS* concentrated heated weight inside of *ITSELF*. This duality is what makes up our freezing cold Universe.

Perhaps you will understand this better if you remember that *IT* exists as omnipresent, as the empty Universe, as a cold energy in which *IT* moves *ITS* heated weight within *ITSELF*. Now, if what scientists call Dark Matter does exist in the form of matter as we know it, it has to exist as *ITS* less than 1% heated weight, and this Dark Matter would also have to exist within *ITS*

clear, (not dark) freezing cold shell body, as pure energy, as what we understand as that now exists as this freezing cold Universe.

Now let us discuss the concept of there being an extra dimension. I say there is only ONE DIMENSION. Let me explain why: For a dimension to exist, it has to exist somewhere, so if I start with the first dimension that exists, which is the dimension that IT as pure energy has, which is the dimension that exists as the dimension that this Universe has, where everything else that exists, exists inside of this one dimension.

This dimension is composed of energy at a freezing cold temperature and we are unable to see it because it is transparent. IT-God exists as a dimension that has distance, for scientists have made measurements using the speed of light as a scale. Therefore, we speak of the nearest major galaxy, Andromeda, as being 2 million light years away. Part of the problem concerning dimensions is that our minds are not made to understand things we cannot see or touch. The average human brain weighs approximately 3 lbs., but our minds are made of nothingness and every atom that makes up our body contains this nothingness which is none other than ITS nothingness. Our minds have to focus on what exists as mass, (ITS weight) but at least we do know scientifically that this freezing cold, clear, invisible dimension does exist, even though our minds will continuously focus on this pure energy's heated weight. Our minds have not found it easy to stay focused on the way this nothingness. The only way that I have found that I could be with this nothingness as ITS dimension, is through meditation. Maybe I should not really be using the word meditation in this book; what I should be using is the word connecting, for what I am really doing is just going to where IT exists and connecting to IT. I cannot explained it to my mind, even though my mind knows that this nothingness permeates this Universe as a dimension, and my mind also knows that it can go to this dimension as the nothingness that I can connect to during meditation, but I cannot find words to describe this nothingness. The reason for this is that our human mind does not know how to deal with something that, even though it exists, is physically intangible. The situation is made even harder because we don't even have the vocabulary to deal with this nothingness. What I see is that our vocabulary is based on time and money, so that if I do try to describe this nothingness as something, I could then be describing ITS weight. I could perhaps use the word faith to describe ITS freezing cold, clear, invisible way of existing, but I will refrain, because there is no need to metaphysically explain something that is known scientifically to exist. The Universe is omnipresent.

We will have to hold off until more scientists are funded to find ways of understanding this pure energy that is there as the dimension that now exists as this clear, transparent, freezing cold nothingness that exists in between the fragmented portions of ITS heated weight, or until we find how to use this freezing cold energy for economic profit. Maybe if we could find out how to bring this freezing coldness back to Earth to replace the energy we have to spend on refrigerants, someone with monetary energy will focus on this freezing cold energy as something. Anyhow, it is up to IT, whether we are allowed to know and understand how IT exists as ITS freezing cold, shell body for IT can reshape (destroy) all of us by just taking ITS weight, and throwing it on us as a huge asteroid, that could knock our whole planet out of existence. But as I have mentioned elsewhere, I feel that IT will take some of us somewhere else before our planet's death date arrives, which, by the way, is estimated to be more than billions of Earth rotations away. Who knows? We just might be permitted to escape the last black holes

consuming each other, just before all black holes become just one total black hole, which will bring us back to the moment of a new big bang as a new possibility as ITS heated weight. I have considered writing a book just on this, but I would need some one that could participate in this venture, in putting together a book for I have already out lined the information that would be used. It is the filling in between that needs attention for a book of this nature to take place, for someone with a creative science fiction mind. But then again, that is up to IT. For all I know IT might send someone to help me, or IT might do it as someone else, and then again, IT may never let any thing happen concerning putting this subject on paper. On the other hand, since IT is always searching for all existing possibilities, IT might let it happen.

Going back to our discussion about dimensions, let me give you, the reader, an example. When we use the word dimension, we are using it to describe the way something exists, usually something that exists as matter, which is really ITS weight. But we forget that this dimension that this something has, is only possible because of ITS nothingness, specifically the 95%-99.99% nothingness that this something exists as in terms of atoms, which is what is giving this something a dimension. As you can see, what our minds can focus on is ITS weight, not ITS nothingness, even though it is ITS nothingness what makes this something possible.

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**\*\*\*Help wanted: Someone to invent an invisible ruler, that can measure something that exists, but exists as an invisible dimension known as the empty Universe\*\*\***

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Let's continue in this vein: When we see a one meter steel cube, what we are really seeing is a surface made up of ITS speeded nothingness, that has a minute amount of ITS weight forming the electrons that surround the atoms that make up that surface. This surface is followed again by ITS nothingness, as the 95% emptiness that each one of these atoms contains inside itself. This is what makes up the cubes outer surface which has measurable dimensions: height, width, and length.

Let's suppose, for the sake of this discussion, that this steel cube weighs 1000 lbs, (as ITS heated weight), and is occupying 100 square feet. We know scientifically that this 1000 lb. steel cube is made of atoms, and all atoms exist having electrons as their outer or outside layer. The electrons are what IT uses to hold ITS fragmented weight inside the atom (protons and neutrons), which is then followed by 95% empty space. The innermost part of the atom is where the protons and neutrons exist, containing the bulk of the atom's weight. Now, if we take these 1000 lbs as the 100 sq. ft. dimension as the way that this steel cube exists and we remove the 95% nothingness that exists inside each one of the atoms that make up the cube, we would still have 1000 lbs but this 1000 lbs would not occupy 100 sq feet as a dimension. It would occupy a smaller space; maybe 5 sq feet, as a dimension. Now, our minds won't be able to see this 5ft dimension in this manner because we can only see an object's dimensions when it is existing as ITS weight in the form of matter, because our minds still have a hard time focusing on ITS nothingness as ITS one total dimension. This is the only dimension there is: This empty, freezing cold Universe which is ITS shell body which houses ITS heated weight that IT reshapes in to everything that we perceive as matter.

Another reason why it seems hard to understand how IT exists in ITS totality is that our language is not made to talk about things as just existing, without having to use the word time. Let me show you what I mean: How can I write you about the way IT exists as omnipresent, that is, being in all places at the same moment, where all IT is doing is reshaping ITS heated weight, but not as time? If we try to see what IT is doing to ITSELF as ITS heated weight, as omnipresent, as just one moment (here I again I have to use the word moment to try and describe to you how IT exists!) which is not a moment in terms of time because this is just the way IT exists. One could say IT just is, for in ITS totality, IT is timeless. So trying to visualize ITS reshaping as one continual moment, without having to use our mechanical time system has not been easy, but it is possible, and when you have adjusted to seeing IT as just existing without using our mechanical time system, you will then begin to understand IT better, and you will also understand yourself better when you realize that we too have always been existing as just one moment of ITS timeless existence.

If you find it hard to conceive of something that is timeless or that exists in a timeless state, remember that our human bodies are finite. Our bodies are born, grow, live for a time, and then die. In other words our bodies have a beginning and an end. Our ancestors understood this when they were still living in caves. They also observed that there are rhythms in the natural world, and started keeping track of them: days and nights, the four seasons, the lunar cycle, the positions of stars in the night sky. This was the beginning of our mechanical time system which we use, among other things, to make measurements between the beginning of our body's life and its end. IT on the other hand, has no beginning or end, so IT has no need for time. IT is timeless. Therefore, for IT, it is always NOW.

In the same way that our bodies are finite in time, having a beginning and an end; our bodies are finite in space. Our bodies are limited and separated from other things by their skin. IT is infinite. IT has no beginning or end in spatial terms. IT is not limited, has no boundaries, and is omnipresent. There is no other place but IT, and the Universe we know is commensurate with IT; one and the same. Therefore, for IT, it is always HERE.

The only thing that changes in the Universe is IT reshaping ITS weight, as matter, within ITSELF. We have been gathering information on how IT exists from as far back as the Big Bang, up until where we are now, as IT has reshaped ITS heated weight within ITS cold shell body as ITSELF. But not as time, for IT does not exist as time. IT just exists! So try to look at what is now taking place with in this Universe as the way IT is reshaping ITS heated weight within ITSELF as omnipresent, but not in terms of our mechanical time system, for IT has always existed. IT is now. IT was long before the Big Bang. And IT will continue to be forever and ever, for IT is totally independent of our human invention of our mechanical time system.

Let me mention that it is not easy to see this nothingness as one total dimension, but yes, it is possible to visualize this nothingness when you look at the Universe and remember that what you are seeing is ITS weight inside of ITSELF as ITS freezing cold, clear, transparent nothingness that has measurable physical dimension and exists as an Omnipresent pure energy, for it is not nothing as nothing, and most of all, it does exist as a freezing cold temperature which has the opposite quality of ITS concentrated heated weight. But let me go back to the way this one dimension exists, where everything that does in fact exist must be contained. This is a simple concept: What we understand as this empty Universe, is just this one dimension existing

*as just one huge, freezing cold, empty, clear nothingness that has expansion or extension and can be measured in terms of distance. However, our minds are focusing on the distance that exists from one fragmented portion of this pure energy's heated weight to another portion of ITS heated weight.*

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***There is only one dimension, and that is the dimension that ITS body exists as, but IT is an invisible form of a freezing cold energy***

□ ~~~~~ □

*And let me also mention that this dimension does not exist as a time dimension. Let me set up another example: Imagine that we can go back to when IT had all ITS heated weight in just one place within ITS nothingness, as in the moment just before the Big Bang. There would be no way that we could use our mechanical time system to measure distance, because there would be no distance in terms of ITS one total weight, for we can only use our mechanical time system to measure from one portion of ITS fragmented weight to another portion of ITS fragmented weight. We cannot apply our mechanical time system to measure how ITS huge, freezing cold nothingness exists, because we have no reference point from which to begin a measurement. This is why we refer to IT as having no beginning or end. Another reason why this dimension that exists as ONE is timeless is because this belongs to IT as ITS nothingness body. Our mechanical time system can only be used after the Big Bang, which is when IT fragmented ITS weight, so that we could exist along with our mechanical time system to measure from one fragmented portion of ITS weight to another, using our time system.*

*Finally, I would like to remark on Jonathan Feng's statement that you never know what nature has up her sleeve. As I have said elsewhere, I find it more helpful to use the word God instead of the word nature because nature is not a she in the sense of being of female gender and at the same time, I can understand nature better when I remember that nature is really IT as God, or pure energy. Neither God, nor energy nor nature are words to which gender can be applied because gender properly refers to the a reproductive polarity of biological bodies. Seeing that we cannot speak of God, energy or nature as he or she, I would like to rephrase Mr. Jonathan Feng's remark as follows: We never know into just what IT is going to reshape ITS heated weight as ITS one moment of ITS existence.*

### ***IT as one nothingness***

*IT exists as one total nothingness, as ITS shell, which behaves as an inner and outer shell simultaneously, and ITS weight is in the inside of the shell. Life is a part where IT has taken ITS fragmented weight that exists within ITS total nothingness and has given this fragmented weight mobility and an appearance in order to exist as something, by placing a tiny amount of ITS weight as the weight in the electrons, protons, and neutrons, so that ITS weight could be visually seen, as matter, so that when we see ourselves as something that is alive, what we are really seeing is ITSELF. If I start by what I see as something, let's say a living person, what really exists is this: first, the person is there because IT took a tiny amount of ITS weight and attached IT to ITS MAXX-SPEED(which you will read about later on in this section) so as to become electrons. IT then took another, larger quantifiable portion of ITS weight, and surrounded this bigger weight which we call protons and neutrons, with what IT had previously*

*reshaped into as electrons, so that what we call matter could exist, with a given distance as the nothingness, the 95% empty space that exists inside the atom.*

*Now, if we go back to seeing the person that is alive again, what is happening is that the reason why we can see a person as being physically there is due to the fact that IT took a very tiny amount of ITSELF as ITS weight to become the electrons that exist as the person's outermost layer, which is still alive, and then IT then formed ITS other fragmented weight into the protons and neutrons that make up the atoms that compose the person's body, so that when we see this person, we see him/her because of the way IT is using ITS weight(matter).*

*Now let me return to ITS nothingness again and go back to the concept of illusion, to just what it is that is driving these electrons with ITS way of existing as a high speed (MAXXSPEED) around ITS other weight as protons and neutrons. Now here is what is very interesting: IT is doing this within ITS total nothingness, so that when you see a person, what really exists is that IT took that very small amount of ITS weight as electrons, gave IT distance or separated IT apart from that other part of ITSELF that exists as ITS fragmented weight as protons and neutrons in order to form atoms, and gave IT what IT already exists as. Not life, but as a divine consciousness, which IT exists as, as the nothingness that is always a constant.*

*So, returning to us being alive, this is the condition in which IT gave ITS once total weight (the weight that existed at the moment of the Big Bang) and fragmented this weight, as electrons, protons, and neutrons, so that IT could reshape into the matter that we exist as. In addition, IT gave this weight certain functions, like our brain, heart, liver, lungs, and certain properties so that this weight could have mobility, so that IT could exist as ITSELF, as a divine consciousness, which we call being alive.*

*Again, when we see humans, all of these humans and everything else exists within ITS one total nothingness, so that even if we get the impression that we are outside of something, we are really still inside of ITS total nothingness, and the reason is that ITS nothingness exists in everything that exists, such as air, water, trees, houses, trains, planes, and every other thing on and in this planet; all is inside of ITS total nothingness, because anything that does exist, in order to exist, has to be made of ITS weight which has to exist within ITS one total body that exists as what we see as this Universe.*

*Returning then to what I started out to say, IT is very interesting to see things as being out there, in what we call reality. Nevertheless, everything out there is really inside of ITS one total nothingness.*

*All of this will make more sense if you always remember that nothing is really ever created or destroyed, for everything that has ever happened or will happen, has always been and will always be IT as one. You might understand IT better this way: It is the separation of ITS fragmented weight that give us distance (or extension in space) within ITS one total nothingness, which gives us the illusion of there being trillions or googols of things existing out there, when in reality, there is just one of IT, where all ITS fragmented weight is moving within ITSELF.*

### ***Light before the Big Bang***

*Was there light before the Big Bang? I said no before, but perhaps there was. Light is the result of a positive and negative coming together. Just before the Big Bang, when IT had all ITS heated weight in one place as dense matter, IT existed as two forces: the huge, cold, clear*

nothingness as ITS outer structure, and ITS heated weight, which produces the visual effect of something existing as matter. The heated weight is the opposite of ITS cold, clear nothingness.

Since IT does exist as two opposite forces, and at the moment before the Big Bang IT had all ITS heated weight in one place, IT could mean that this very dense, heated weight was in constant contact with ITS opposite force of cold nothingness. This means that at least on the edges of where ITS heat existed as a positive force, there was contact with ITS cold negative force.

□ ~~~~~ □

**\*Life is where ITS weight exists with mobility as an outer shell, governed by IT, as ITS divine consciousness as a nothingness \*** □ ~~~~~ □

Imagine that you could visit this first stage of ITS existence. I say imagine because when ITS weight was in one place, we could not exist; for we, as matter, came after IT fragmented ITS weight into atoms. But if you could and you did see light, this would likely be because ITS heated weight, as a force, was making contact with ITS opposite force, the invisible cold nothingness, in the same way the opposite forces in a battery, produce electric current that can power a light bulb, when the opposite poles make contact. As light, IT transfers a dual energy. Here again we find a way to understand what IT can do as pure energy, as a way of existing. Important here is that you use the information to better understand the relationship between you and IT.

□ ~~~~~ □

**\*\*\*We are IT totally, as ITS weight, and as ITS nothingness\*\*\***

□ ~~~~~ □

### **Can IT see?**

To see something, I have to use my eyes. And this is how I know that ITS weight exists as the matter the Universe contains. We see visually in this stage of ITS reshaping because of ITS weight, but we know that before this Universe came into existence there was a stage, which I refer to as stage one, where IT existed as the same nothingness that is now our outer space, where IT had all ITS weight in one place within this space. We refer to that as the moment just before the Big Bang.

While IT did exist as this stage, IT could not see visually because what we call eyes did not yet exist. So IT could not see. IT does not need eyes to reshape. ITS higher quality is in ITS knowing, as in how IT knew to reshape into the orderly atoms that now exist as ITS quantifiable weight. We understand this as the weight of the protons and neutrons in each atom's nucleus, which IT keeps separate from other fragmented weight with the use of speed. We know this speed exists in the form of the electrons in each atom and we also know that ITS consciousness or intelligence is in the nothingness that IT exists as within each atom.

As to what ITS weight can or cannot do, try to follow this: This same nothingness is where IT knows what IT can do with ITS weight as atoms and what IT can reshape into within the nothingness--the nothingness that exists outside the atom and the nothingness that we see as this Universe. And IT knows what IT is doing with ITS weight inside the atom as the nothingness that IT exists as.

*So you see, IT may be more of a doer than a seer when it comes to reshaping. IT does not need to see what it is doing, for it is doing it within ITSELF, and there is no chance of it losing ITS weight outside of ITS total nothingness.*

*I know that what I offer you is all imagination, but as I have said before, any qualities that we have as humans come from IT as a way of ITS existence. When I question any qualities that I may have, I know that IT placed them there. Even our eyes are the result of the weight that IT exists as. You might see it better this way: IT is using ITS weight as our bodies to see and understand ITSELF better.*

□ ~~~~~ □

**\*\* IT sees through the eyes that we have, that IT exists as us. \*\***

□ ~~~~~ □ ~~~~~ □

*I hope I do not bore you. I simply find it more interesting to focus on IT as ITS total omnipresence, as in ITS weight and nothingness, than any of the humans that IT exists as on this planet.*

*I do not dare to say that IT is fat and needs to diet, but we now know that IT carries ITS weight in an area that is empty and clear and does this in order to move at high speed, to spin, and reshape. IT, as less than 1%, weighs millions, billions, trillions, or more tons. And IT uses color to see that which IT reshapes into, since what IT reshapes into is empty. But what if we could remove emptiness?*

### **We are IT**

*Because we are made of the atoms which are made from ITS pure energy, we are IT. We are not all of IT, however. We, as atoms, are actually fragments of IT as ITS weight. We are the weight that exists in protons and neutrons, and we are also IT as the speed of all the electrons that permit an atom to exist. And we are also IT as ITS consciousness: the clear nothingness that IT exists as. And so we are God, as tiny fragments of the different qualities that IT exists as: the weight, speed, nothingness, and energy. However, we are not the God that exists as the pure energy that exists as one, as a whole. As much as I might say that we are IT, as IT exists as ITS fragments of weight, speed, and nothingness, we are not the God that is running this Universe (ITS total weight and nothingness combined).*

### **Constants**

*Here is an idea that is related to an article that I was reading in the June 2005 Scientific American, entitled Constants by John D. Barrow and John K. Webb. They reminded me of the way IT exists as constants, such as electrons and the speed of light.*

*I need to mention that I still learn from reading things, but when I read an article like the one above, I have to question it. I am not disagreeing with John D. Barrow and John K. Webb. It just makes me think of some of the ways that IT exists as constants, such as the electron and the speed of light. This is the reality of ITS present existence in this stage.*

*I say this because as we continue our investigations into the constants that now exist, we should remember that these constants are also IT at this stage of ITS existence. I say this because I also have to see the things that IT exists as in its different stages so that I can see what the constants are in all of ITS stages. For example, when I view the electron, or the speed of light as being a constant, I have to remember that these two, just to mention a few, may not have existed in ITS pre-Big Bang stage. This may be because electrons or light are carriers of ITS*

weight, and before the Big Bang, IT had all its weight in one place. The only constant I think was there then and continues to be there now is ITS huge, cold, clear nothingness. When it relates to constants, I have to say "thank you" to IT, for ITS constantly existing. Imagine what would happen if pure energy, or God were not constant enough to continue existing.

### **IT as cyberspace**

I am no expert on cyberspace technology, so if you have more to offer, please send it to my e-mail address located in the back of this book, so I can post it on my website databank.

When we send information electronically, as fax or e-mail, we are sending something, although not physical, as information. Let us say that I am going to send you an encyclopedia or a huge dictionary as an e-mail. This is a lot of information, and we know that the encyclopedia of information does exist, so we have to say that it is something. As something, it has weight attached to it and can be called matter, or more specifically, we can call it electrical material. My curiosity concerns the weight of this electrical material.

I asked a computer savvy friend what he knew about this subject of electronic information transmission. According to him, information travels through the internet as a 1(one) and as a 0(zero). This is called the binary system.

To me, the word or number one signifies the existence of something. And when a zero [0] is placed after the one, as in 10, ten, there is more than one, and when a zero is placed before the one, there is less than one; that is, the one is fragmented into smaller pieces. Additionally, zero could stand for something that does not exist, as in "how much money do you have?" "Zero." And the many other ways that we understand zero as nothing. And you can guess it's this nothingness that interests me more than the something that exists as an encyclopedia. Yet, I have to remember that 0 [zero] is a symbol or representative number that stands for nothing.

Because IT exists as a nothing, as in ITS huge 99.99% nothingness, I question this 0 (zero) that exists as e-mail. I question its meaning zero as nothingness—in the many aspects of the world we live in. Actually, I question everything that exists as something. If this something, let us say cyberspace, or anything else that can exist as something, has ITS weight, then where is IT and what is IT doing with ITS 99% speeded nothingness? IT has to be there as something, which in this case is represented by the number 1.

You can see why I question how IT operates as cyberspace, which is something that exists yet cannot be seen. You can also understand that the reason we cannot visually or physically see cyberspace is because of ITS high-speed nothingness that cyberspace exists as and IT has so much of. And based on our previous conclusions, we can also see that IT placed a tiny amount of weight on this speeded nothingness, which is why cyberspace also exists as the encyclopedia. IT produced electrons and then used them, with ITS tiny weight, to encircle more of its weight with quantifiable fragments, known as protons and neutrons. In this manner IT produced the atom. From the atom IT reshaped into stars so that it could send light out into the rest of the 99% nothingness that IT exists as. This is how we can see that IT is sending out ITS very tiny, fragmented weight in ITS high speed nothingness to the rest of ITSELF. And IT knows what IT was doing with ITSELF, for we know that this Universe exists in a very orderly and perfect way. We and the Universe are an incredible miracle that comes from ITS reshaping. What's more, cyberspace could not exist if IT had not reshaped into us.

*Thus ITS weight is making cyberspace possible. This is because everything, from you to the computer, operates with ITS high speed electricity that travels through ITSELF as the equipment transmitting and receiving ITS high speeded nothingness as data, as electrons that are traveling near ITS MAXXSPEED, which is made slower by carrying the minute amount of ITS weight that exists in the form of electrons.*

*But like I have mentioned before, I have no knowledge of this area of ITSELF called cyberspace. I can only say that when we are using the word space, we are referring to ITS nothingness, not so much as ITS weight, and in this nothingness, IT exists as the 99% space that is an invisible shell.*

*So again, let us see who is out there that has more information on cyberspace. This is such a totally new area that I feel we are just opening the door to it. And what we know is just the beginning of how IT will reshape as this new area, cyberspace, which we cannot visually see, but we can intellectually understand.*

*So, continuing with e-mail, which travels not only as zeroes (0) but also as ones (1), the ones signify the addition of weight, as things, as in one car, two cars, one person, two persons. We need to see it this way, otherwise we could not deal with the way we now exist, for we cannot for example, purchase zero of something. But our tallying is really just a way of adding fragments of ITS one total weight. Another way you might understand this is that we are adding up fragments that are to the minus side of the number line representing ITS total weight. If we could gather all ITS weight that now exists within ITS nothingness, as the existing Universe, that total would then be the less than the 1% of the Universe IT has as weight.*

*So when we send an encyclopedia by electronic mail, we first have ITS weight as: (1) our person as weight, (2) the computer as weight, and (3), just as important, the electrical energy that is required to send the encyclopedia as electronic material as ITS weight. This encyclopedia exists as zeroes and ones, and whoever receives this encyclopedia will be seeing something, but not as the weight that the encyclopedia printed, for I am aware that the weight of a physical encyclopedia exists due to the weight that the paper and ink have as atoms. The encyclopedia, which is being viewed as an e-mail encyclopedia, exists because of the weight that existed as electricity that was needed to send the encyclopedia as electronic information from one point to another. We also needed ITS weight, as the computer, and the electricity to view it. When I view my e-mail, I am aware that this is only possible because I am using ITS weight, as my computer, and more importantly, ITS high speed nothingness transferring ITS weight, as the weight that exists in the electrons that create the electric current that we call electricity.*

*Here is something else to remember: As we send information on the internet, the information, as energy, is made of ITSELF as pure energy. This means that IT knows all the information we send. IT is all-knowing. Let me also mention that this world of cyberspace is something that came from ITS reshaping as humans.*

*When IT existed without cyberspace, which it did before the Big Bang, IT knew everything that existed within ITSELF as its weight. And before the Big Bang, it was easier for IT to keep track of ITS weight because all ITS weight was in one place as a very dense singular point. After the Big Bang IT has had to keep track of ITS weight as the celestial bodies that now exist and now too, as the zeros and ones that exist in this cyberworld, which is at its beginning.*

*And, IT has already taken this system of zeros and ones outside of our planet and into ITS huge nothingness, as outer space, as the rockets and satellites that now exist out there. IT has also taken this system farther out, as far out as the Voyager will travel within ITS cold, clear, speeded nothingness as zeros and ones.*

*Prior to zeros and ones and computers, IT was all-knowing, as the information that existed in books. But now, as zeros and ones, IT has more and faster access to ITSELF because electronic information uses very little of ITS own weight. The electronic encyclopedia, for example is not very large, for the electrons are made of a very small and invisible form of speeded nothingness that exists in a world within a world when compared to our world, which is just the size of a grain of sand compared to ITS hugeness as ITS nothingness. Let us see if there is a reader that knows the weight of these zeros and ones, for these zeros and ones do exist; therefore they have weight attached, perhaps similar to the weight of any subatomic particle. Let us recall that IT has always existed as this nothingness where IT exists as a divine consciousness. Now, IT is using this nothingness as a cyber world where IT is reshaping itself within this nothingness of zeros and ones as information on ITSELF. IT will have all this information on ITSELF even after we and the many that will come after us are long gone. Since IT still has information on ITSELF, as all the information that exists in libraries, or as all the information that exists on paper, IT now has more of it in the form of zeros and ones, and maybe someone will see more of what IT is doing as these zeros and ones. This someone might one day decide to print it, but by then we may not be using paper or ink, as IT continues reshaping ITSELF in this miniature area of zeros and ones. We have some information on ITS miniature weight, which exists in the subatomic world as the particles that make up protons and neutrons. But this subatomic world does not have that which IT has as this cyber world, which is that IT can communicate with the rest of itself as information, unlike subatomic weight which stays confined within the existing unit as an atom.*

*As for sending this as ITS weight with these zeros and ones, we can send text as alphabet, photos and graphics, but for now, as far as I can see, we cannot send things like food or cars.*

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***The End***