

MBT Events Presents:
PHYSICS, METAPHYSICS,
AND YOUR PLACE IN THE
LARGER REALITY

Thomas Campbell

Oct 10 -11, 2009

London, England

www.MBTEvents.com

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Thomas Campbell

MY BIG TOE

AWAKENING ✦ DISCOVERY
INNER WORKINGS

The Complete My Big TOE Trilogy
Unifying Philosophy, Physics, and Metaphysics

www.my-big-toe.com

Physics, Metaphysics and
your Place in the Larger
Reality

London Workshop
October 10 & 11 2009

www.MyBigTOE.com

Presentation Slides are
Available at No Cost

- ▣ Video Available
 - MBT Website

Agenda/Schedule⁷³

- **Day 1 Understanding the larger reality -- how and why does it work**
- 10.00 to 10.30 -- Introduction Slides 1 -6
- 10.30 to 11.30 - Section 1 Part 1 (Fundamentals of the Larger Reality) slides 7-21
- 11.30 to 11.45 – Break
- 11.45 to 1.00 - Section 1 Part 2 (Fundamentals of the Larger Reality) slides 22-36
- 1.00 to 2.15 - Lunch
- 2.15 to 4:00 – Section 2 (How does it work? Mechanics of the Larger Reality) slides 37-51
- 4:00 to 4.15 – Break
- 4.15 to 5:30 – Section 4 Exp. Exercises Part 1 – Healing and extended perception Slides 52-58

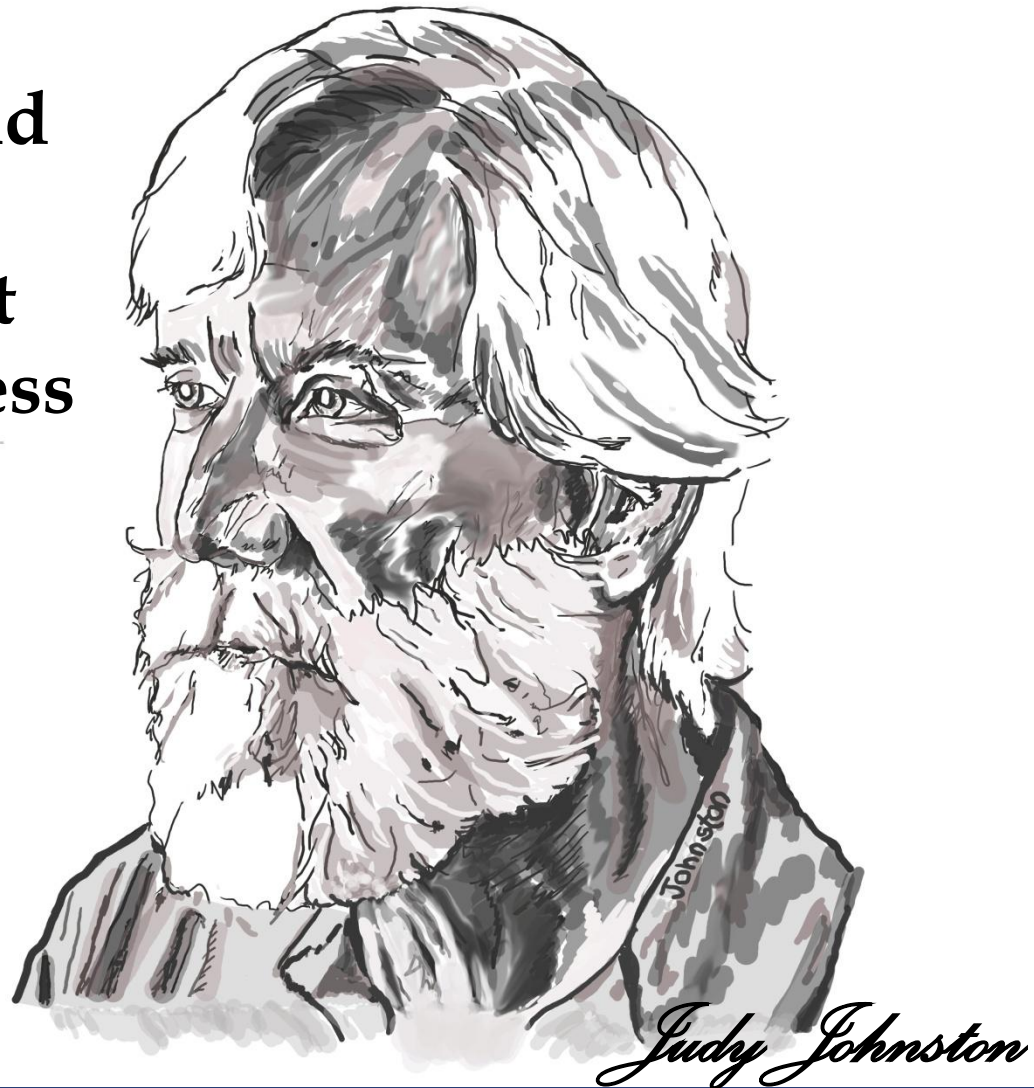
- **Day 2 Experiencing the Larger Reality – access and action**
- 10.00 ? to 11.15 - Section 4 (Experiencing the Larger Reality) slides 59- 70
- 11.15 to 11.30 – Break
- 11.30 to 12.45 - Section 5 (Accessing the Larger Reality) slides 71-81
- 12.45 to 2.15 - Lunch
- 2.15 to 3.45 – Section 4 Exp. Exercises Part 2 – Healing and extended perception Slides 82-89
- 3.45 to 4.00 – Break
- 4.00 to 5.30 – Open Questions Slide 90

Introduction

Who is Tom Campbell?

How did a
physicist end
up writing
books about
consciousness

?



Now And Always A Scientist

- ▣ College -- Physics and Math
- ▣ Grad -- Physicist (experimental nuclear)
- ▣ Technical Intelligence (Government)
 - Physics, EE, Electronic Systems -- computer simulation
- ▣ National Missile Defense (Contractor)
 - Technology Development
 - ▣ Sensor Systems -- Radar
 - ▣ Models and simulation
 - ▣ Software Engineering
 - ▣ Program management
 - Systems Engineering
 - ▣ Integration
 - ▣ Vulnerability
 - ▣ Risk analysis
- ▣ NASA
 - Risk analysis
 - ▣ Physics models
 - ▣ System behavior prediction

Open Minded & Skeptical: The Path To MBT

- ▣ Early years – laying the foundation
- ▣ Connections to Bob Monroe
 - Setting up the lab
 - Learning about Altered States
 - Mastering OOB
 - Doing experiments
 - ▣ Joint travel, communications, remote viewing, healing, death and dying
 - Teaching others
- ▣ Moving On
 - Learning accelerates, research never ends
 - Continuously developing the model and maintaining scientific integrity
- ▣ 35 years later -- the publication of My Big TOE
 - An inside job
 - First hand experience
 - Maintain scientific integrity



Section 1

The Fundamentals of Reality²⁷

A Historical Perspective

Albert Einstein – Unified Field Theory

- ▣ “If we think of the field as being removed, there is no ‘space’ which remains, since **space does not have an independent existence.**” – *Albert Einstein*
- ▣ “Reality is merely an illusion, albeit a very persistent one.” – *Albert Einstein*
- ▣ “Hence it is clear that **the space of physics is not, in the last analysis, anything given in nature or independent of human thought.** It is a function of our conceptual scheme [mind]. Space as conceived by Newton proved to be an illusion, although for practical purposes a very fruitful illusion” – *Albert Einstein*

Unified Field Theory -- Conclusions

David Bohm:

- ▣ "To meet the challenge before us our notions of cosmology and of the general nature of reality must have room in them to permit a consistent account of consciousness. Vice versa, **our notions of consciousness must have room in them to understand what it means for its content to be 'reality as a whole.'** The two sets of notions together should then be such as to allow for an understanding as to how consciousness and reality are related."
-- David Bohm from the introduction to Wholeness and the Implicate Order
- ▣ **"One has to find a possibility to avoid the continuum (together with space and time) altogether. But I have not the slightest idea what kind of elementary concepts could be used in such a theory."** – *Letter from Albert Einstein to David Bohm October 28, 1954*

Quantum Mechanics

Eugene Wigner

- ▣ “It will remain remarkable, in what ever way our future concepts may develop, that the very study of the external world led to **the scientific conclusion that the content of the consciousness is the ultimate universal reality.**” -- *Eugene P. Wigner a Nobel Prize winner and one of the leading physicists of the twentieth century*

Max Planck:

- ▣ “Science cannot solve the ultimate mystery of nature because, in the last analysis, **we ourselves are a part of the mystery that we are trying to solve.**” – *Max Planck*

The Giants of Physics Theory Come to Unsettling Conclusions

▣ Summary:

- Time and space being continuous is a problem
- Physical reality is an illusion and does not exist independently – it is a mental construct
- Consciousness is somehow at the root of reality
- The relationship between physical reality and consciousness is fundamental but unknown
 - They knew the traditional fundamental assumptions were wrong, but they didn't know what to do about it

The Problem

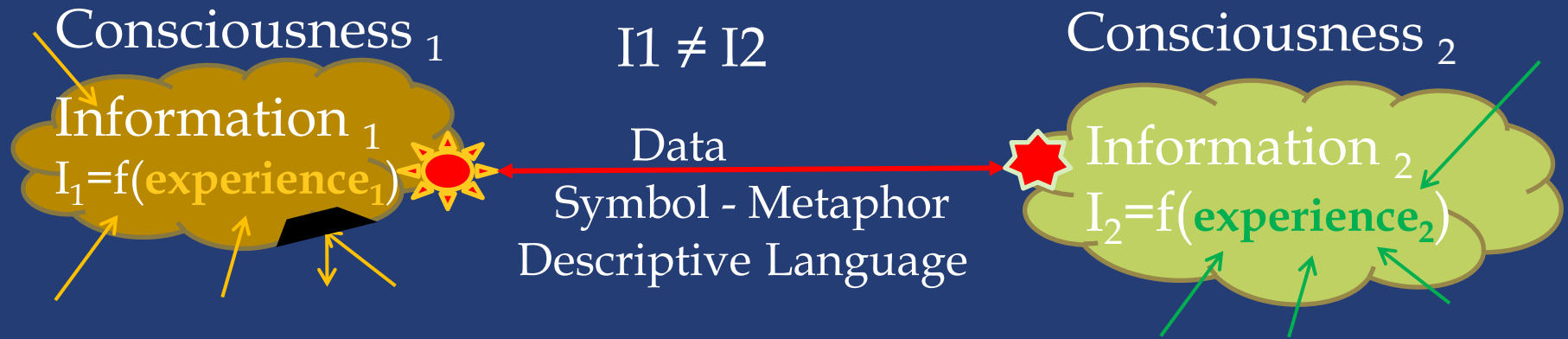
Why did Einstein, Planck, and Bohm get stuck? Three beliefs locked the door:

- They were looking only for continuous solutions. Reality, space and time, comes in discrete units (digital)– digital physics
- They expected physical reality to be fundamental not derivative – a system explaining itself rather than a dependent subsystem that can only be explained from the perspective of the super-system. Objective physical reality constitutes a fully dependent subset of a larger consciousness system and is a virtual digital reality.
- They were looking for an objective solution. Consciousness is subjective – an individual experience
 - Consciousness is fundamentally personal
 - Must be experienced from the inside, one learns little of its fundamental nature by probing from the outside

Why did Einstein and Bohm et.al. get stuck?



Individual Reality is Personal

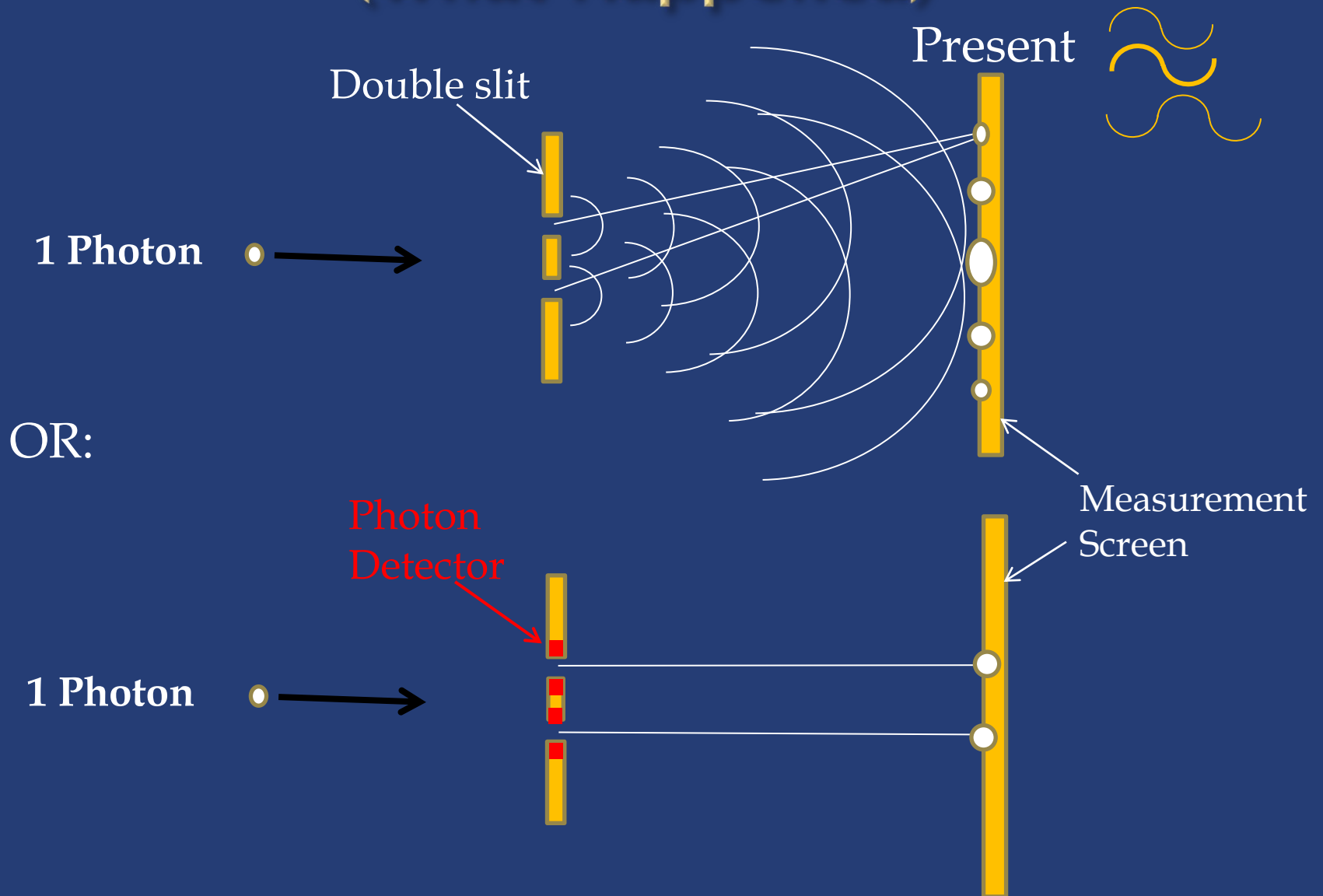


- ▣ Reality must be experienced. Information is both the source and the result of experience. Experience (processed information) creates content (which is also information). Content defines the being.
- ▣ There is no objective reality. All Reality is personal. You make your own reality and integrate that personal reality with a common environment (PMR) of shared interactive data.
 - Your reality is defined by experience, interpretation, Belief, Feedback.
 - Words and “stuff” are perceived subjectively).
 - We have experiences but we can not directly share experiences – we share data: words, symbols ,and metaphors that must be interpreted. (effective interpretation requires shared interactive experience -, e.g., PMR or culture)
- ▣ There is no fundamental reality frame

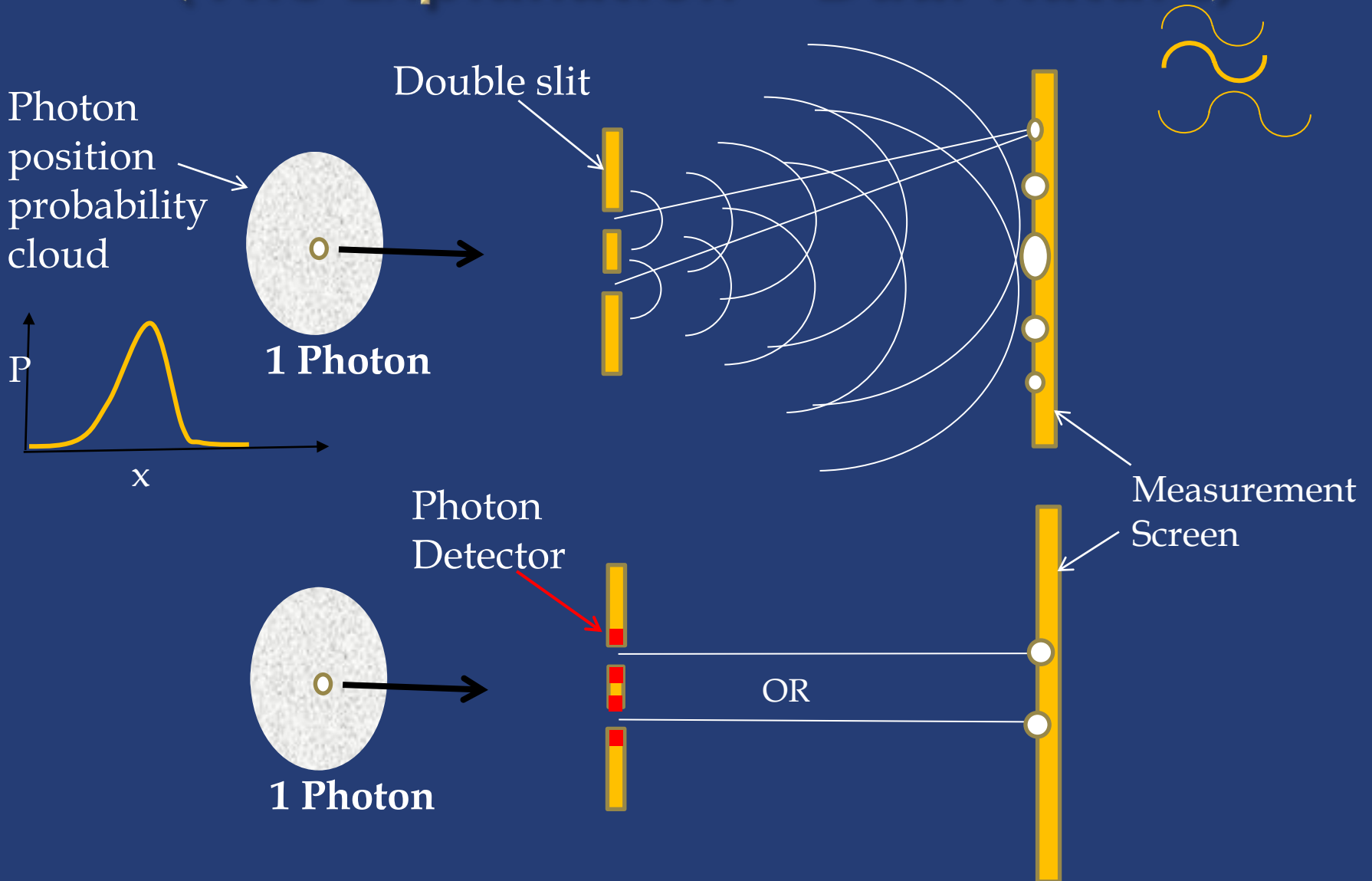
Current Physics – The Nature of Reality

- ▣ Quantum mechanics -- particles as probability distributions
 - Wave/particle duality
 - The “measurement problem”
 - Physicists have no idea why reality should behave this way
- ▣ Quantum Mechanics Interpretations
 - Bohr, Heisenberg --- Copenhagen interpretation : The measurement process randomly picks out one of the many possibilities allowed by the state's probability wave function.
 - Consciousness causes collapse
 - Consistent histories
 - Many worlds
 - Many minds

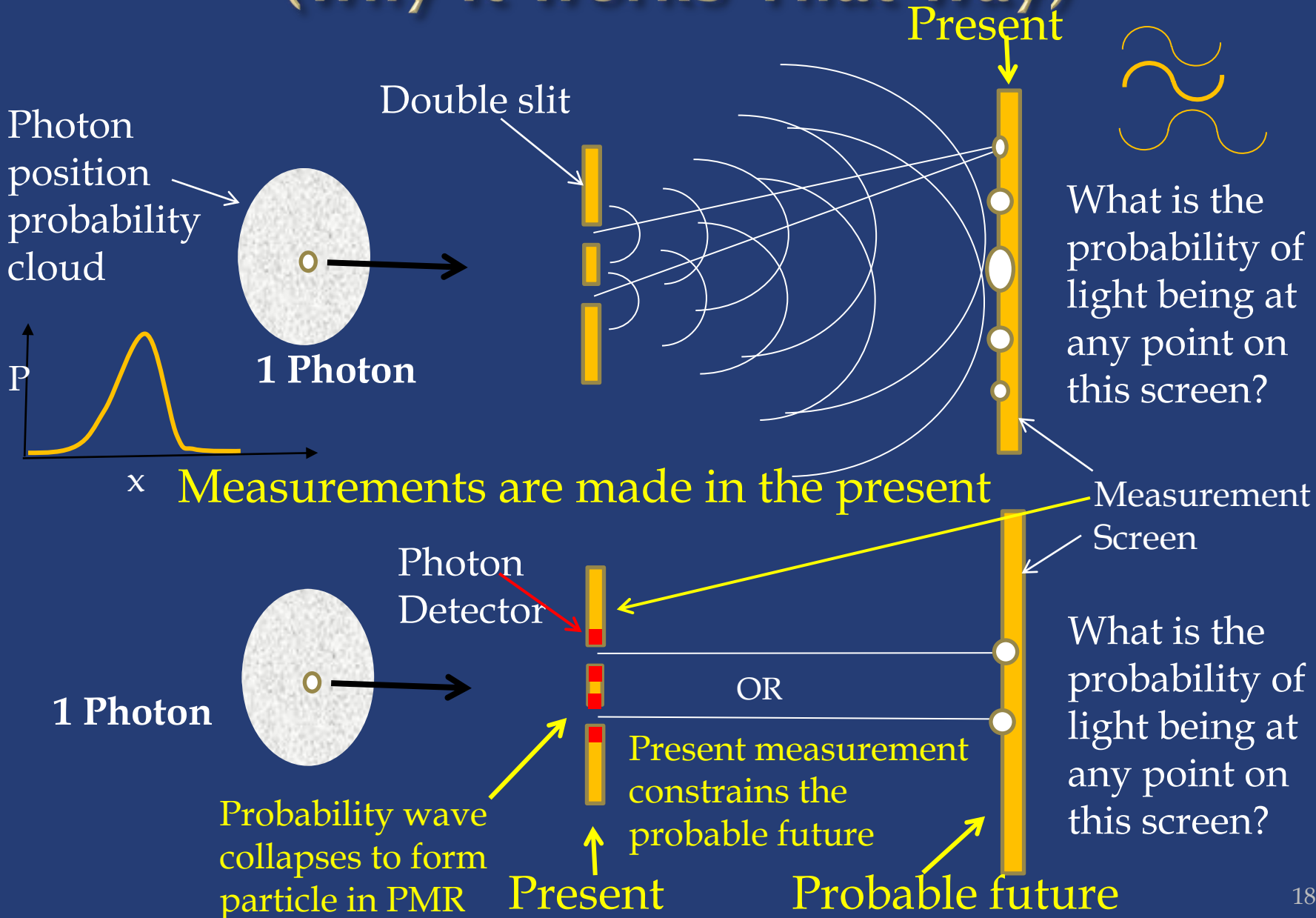
The Double Slit Experiment (What Happened)



The Double Slit Experiment (The Explanation - Dual Nature)



The Double Slit Experiment (Why It Works That Way)



Contemporary Scientific Big Pictures

- ▣ Edward Fredkin – Digital Physics -- 1992
 - the entire history of our universe is computable
 - Reality is:
 - ▣ A computer itself.
 - ▣ Implemented on a computer (a simulation)
 - ▣ Essentially digital.
 - ▣ Essentially informational
 - The computation must be in “other” outside of physical reality
- ▣ Nick Bostrom – Now at Oxford
 - *Are You Living In A Computer Simulation?* One must be true:
 - ▣ It's impossible
 - ▣ If not impossible, then unlikely
 - ▣ If not unlikely, then Almost all entities with our general set of experiences are most likely living in a simulation
- ▣ Brian Whitworth – **The Physical World as a Virtual Reality**
 - the universe is a virtual reality created by information processing, and furthermore this concept is supported by findings of modern physics about the physical world.

Consciousness and Reality

- ▣ Consciousness is the fundamental reality
- ▣ The large consciousness reality is a digital system
 - At the most fundamental level:
 - ▣ Consciousness is information
 - ▣ Information is bits
 - ▣ Bits are binary
 - Information is nonphysical and subjective, thus consciousness is nonphysical and subjective
 - ▣ Information is the meaning, the content, the message, not the media or code symbols (storage & transmittal)
 - ▣ To get the meaning (grasp the information) requires a consciousness
 - ▣ Understanding requires a subjective interpretation of the data relative to unique personal experience

Information, Systems, and Evolution

- ▣ Information in a digital system is represented by organized bits
- ▣ Information systems have entropy
 - Lower entropy implies :
 - ▣ greater level of organization, less randomness (noise)
 - ▣ More energy available to do work (greater potential to affect something else)
- ▣ Systems evolve to be more successful within their environments – evolve, stasis, de-evolve
- ▣ Large, complex information systems evolve by lowering their entropy
- ▣ Consciousness is a self-aware, self-modifying information system evolving toward lower entropy states

Attributes of Consciousness

- ▣ In real, finite, large, complex, self modifying systems, stasis is unstable -- evolve or de-evolve
- ▣ Individual consciousness evolves toward lower entropy, higher quality, more spiritual states
 - Love is the nature of a low entropy consciousness
- ▣ Attributes of consciousness: sentient, self-aware, able to learn – i.e., it's sentient, thus alive
 - Input (experience)
 - Processing (compare/ assess) experiences
 - Purpose -- evolutionary imperative (evolve or die)
 - Self modifying
- ▣ Identical attributes of that first living biological cell
 - So, where did that first cell come from?



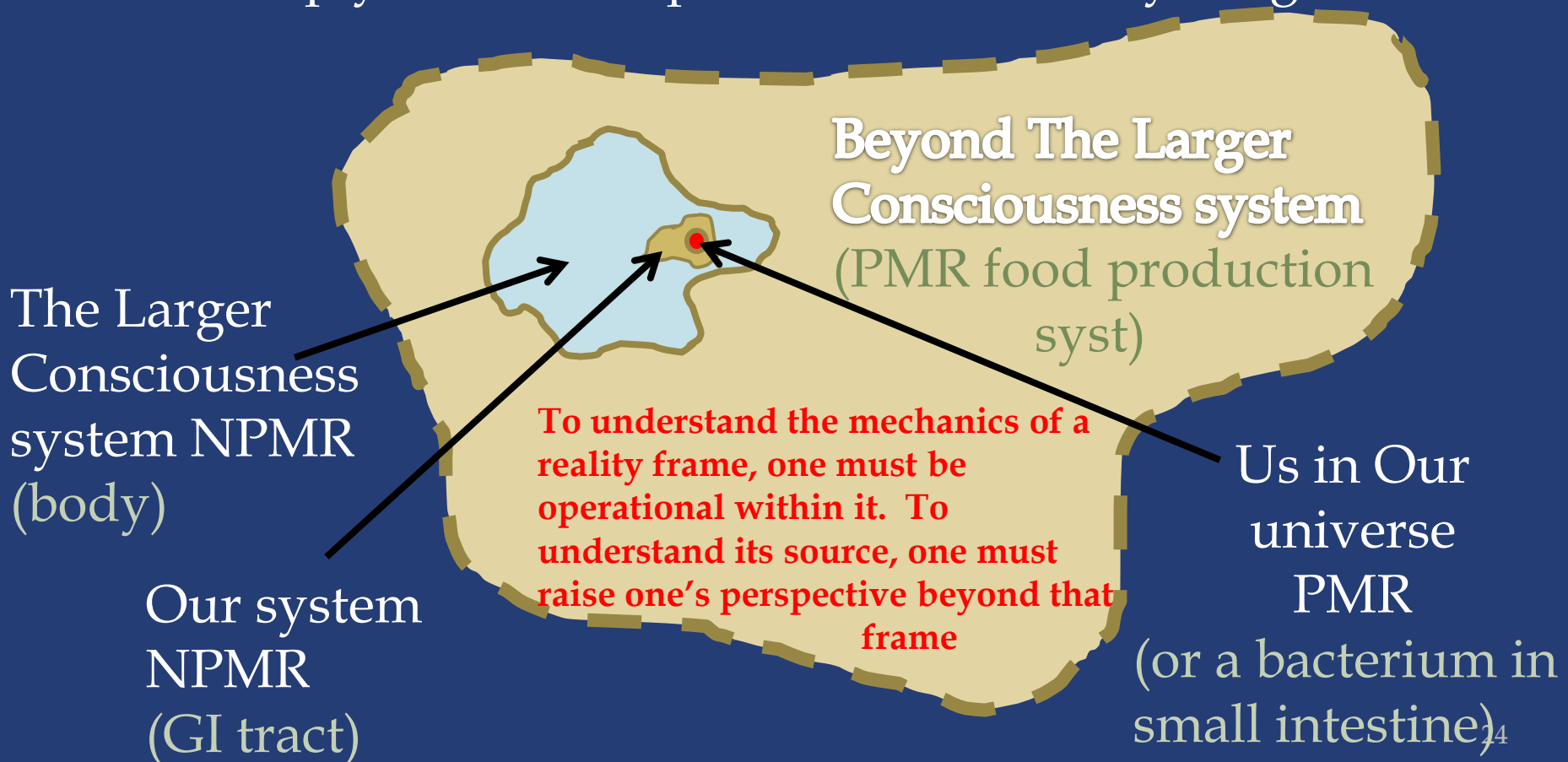
The Origins of Consciousness

- ▣ A form of potential energy capable of evolving to lower entropy states – Initially dimmer than dim
- ▣ Random mutation:
 - Discovered this vs. that (reality cell - bit) – a glimmer of self-awareness
 - Self modification – a glimmer of intention
 - Duplicated this vs. that (many bits)
 - Discovers synergy
 - Pattern - patterns of patterns (information content)
 - Sequence of patterns (time)
 - Divides portions of its self-modifying content into multiple units to create interaction (us)
 - ▣ experience, improved learning, and entropy reduction
 - ▣ Individuals, free-will, virtual realities
- ▣ So, where did that potential energy come from?
- ▣ Many unanswerable questions – the limits of Knowledge
 - Flat earth, round earth, center of solar system, center of universe...

The Limits of Knowledge

The causal chain of existence – systems within systems within systems

The chain is not infinite: Being unable to know everything does not imply that it is impossible to know anything



Two Assumptions

- ▣ To describe a super-system, a subsystem logically needs at least one assumption that falls beyond (outside of) its own causality – that is assumption 1.

Assumption 1: A potential energy form (call it “primordial consciousness”) exists – a medium capable of self-modification **[the potential for consciousness exists]**

Assumption 2: In systems with complex potential outcomes, evolution directs and encourages change toward more profitable states of being. **[Evolution exists]**

- These are the only two assumptions made in MBT

Summary

- ❑ Consciousness is best modeled as a superset -- a self-modifying digital information system capable of computing virtual realities
- ❑ The larger consciousness system evolves by lowering the entropy of the system.
- ❑ It lowers the entropy of the system by organizing the bits at its disposal into a more profitable configuration.
- ❑ Content creation and reorganization opportunities are generated by using conscious intent to apply free will choice to incoming experience data
- ❑ Feedback of the results of previous choice allow us to modify future choice (free will)



Generating Experience

Individual Existence And Purpose

- ▣ Because experience is the generator of input, consciousness facilitates its own evolution by creating many smaller units of consciousness and setting them loose to evolve (lower their entropy) by interacting with free will.
 - Purpose and the positive direction of that purpose (evolution) is thus defined
 - ▣ Positive vs. negative, good vs. bad, evolution/devolution are defined – morality, spiritual growth, love are all defined as measurable quantities in terms of entropy

Physical Reality

- ▣ To produce an effective/profitable interaction, you need two things:
 - Goal – purpose, direction, profitability
 - Constraints -- define and limit the interaction with a rule-set. Define the context of the interaction in order to optimize the value of the experience. Process, strategy, logic, feedback, action
- ▣ Experience requires interaction. To make that interaction more effective a simpler constrained environment is needed – our local physical reality is an elementary school – a virtual reality learning lab for individuated units of budding consciousness.
- ▣ Physical reality is a digitally based virtual reality where interactions are constrained according to a given rule-set: local physics
- ▣ Next Level of relativity: there is no absolute or fundamental reality frame within the system.

Virtual Reality

- Data stream to each participating consciousness
- Multi player computer games
 - The characters within the game setting – **your character and your character's objective reality.**
 - The server – generates (renders) the set and enforces the rule-set defining interactions between characters and between characters and the set. Also serves as the **interface** between the characters, set, and **players – the larger consciousness system**
 - Local computer stores character's content and experience and self modifications – **brain function**
 - The **players – provide intent and free will – higher self/intuition/guidance/direction/conscience/over-soul/super ego**

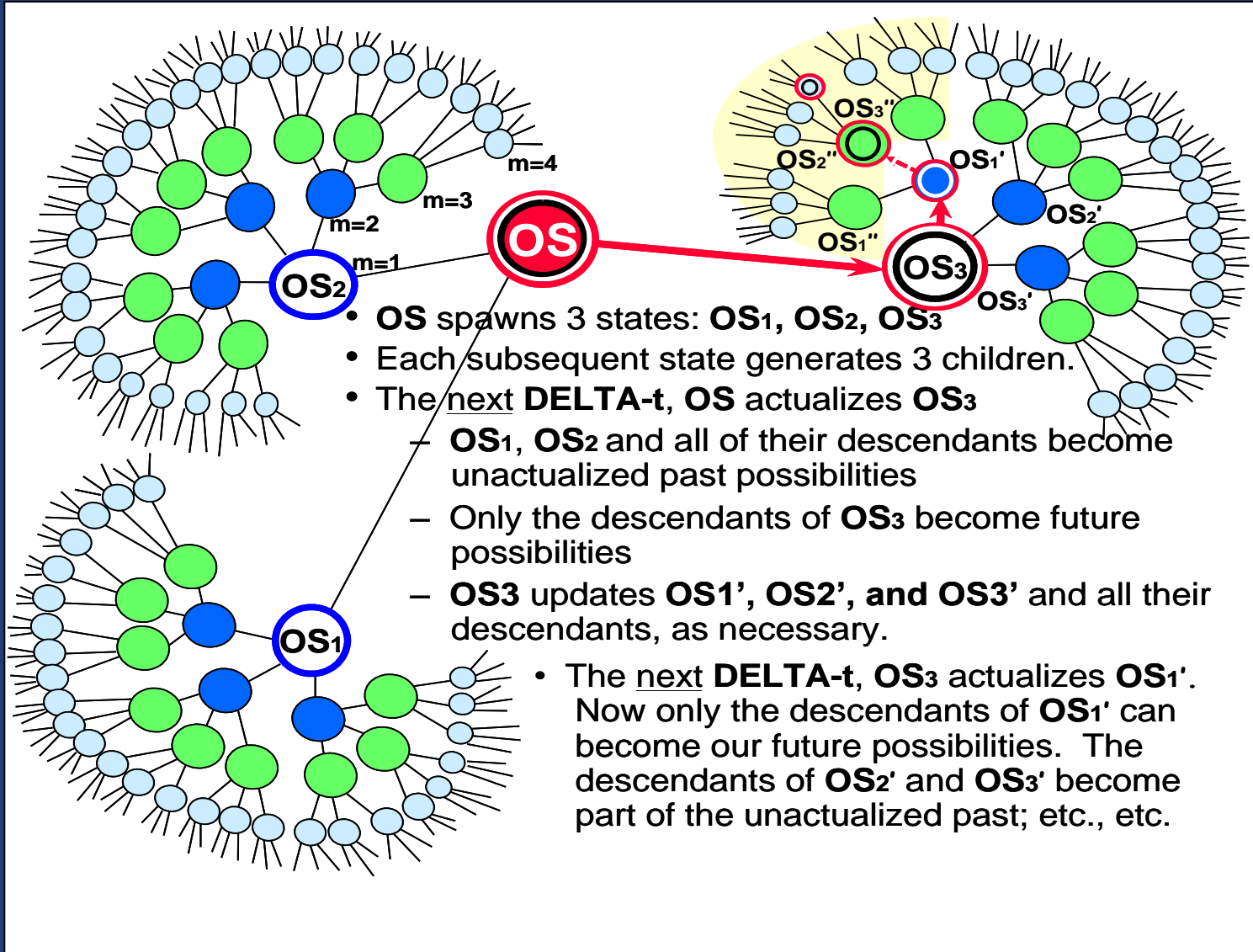
Multiple Virtual Realities

- Multiple data stream systems, multiple VRs
 - More constrained
 - Less constrained
 - There is no fundamental reality frame – one may Assume everything is physical, or equivalently, everything is nonphysical – a matter of perspective
- Switching data streams -- hacking the system
 - A matter of awareness, focus, and intent
- Altered states of consciousness
 - OOBE – paranormal experiences
 - Interaction between VRs – healing, remote viewing, etc
 - UFOs
 - Our System (OS)

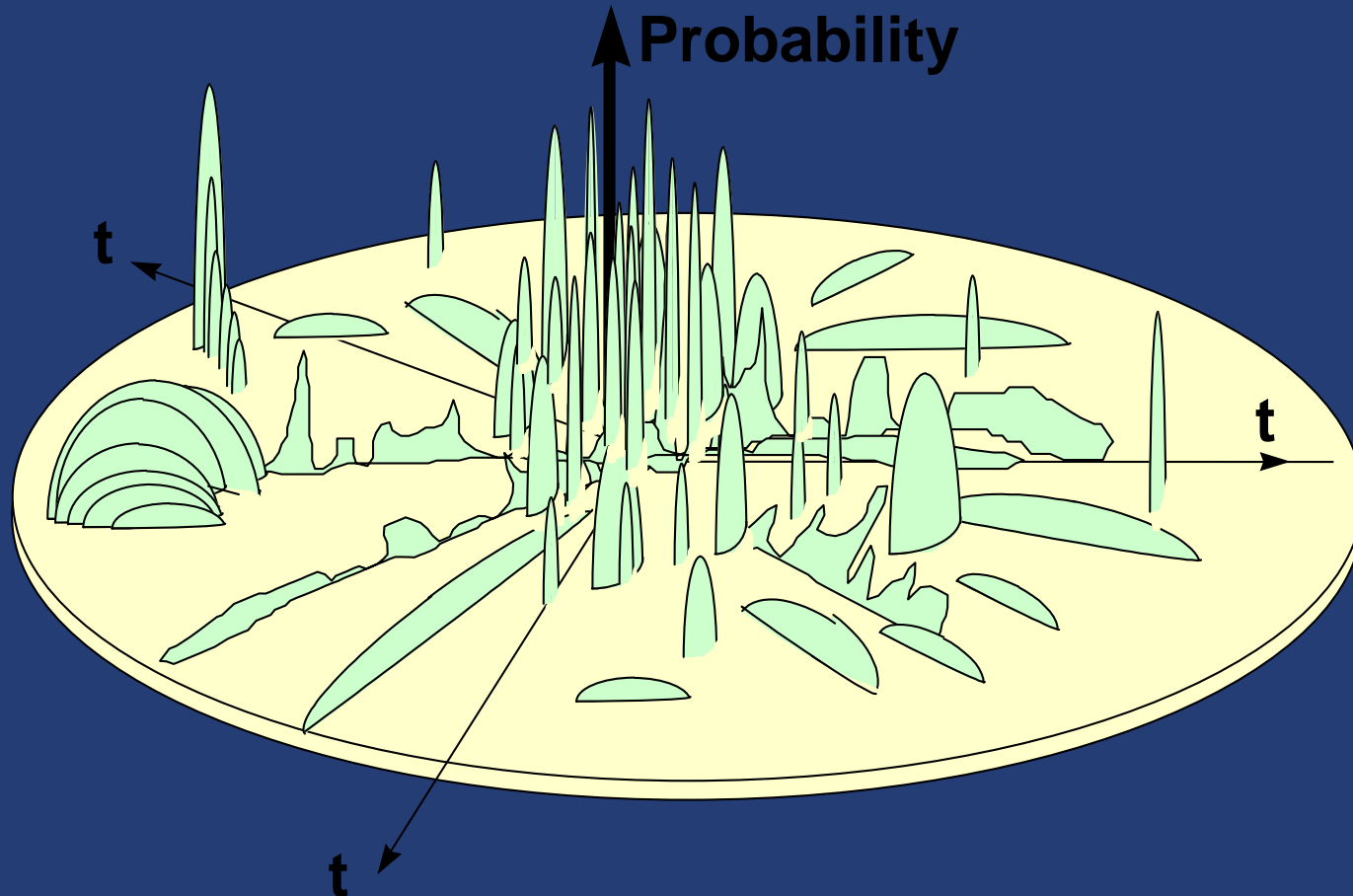
Past, Present, and Future

- ▣ Multi-player Virtual reality system
 - Present choices drive change (before => after requires time)
 - The server records everything - historical database (DB)
- ▣ Consciousness system “simulates” or computes PMR – one Δt at a time
 - Probable future DB – preprocessing -- all possible choices and their expectation value. We may trace the most likely choices
 - Past DB – the result of those choices – our history thread
 - Un-actualized past DB -- all the choices that were not made
 - ▣ Everything that can happen but doesn't – (many worlds, parallel universes – error in thinking that past, present and future are all simultaneous)

Present, Past, and Future As Time Increments



Future Probability Surface



Logical Implications

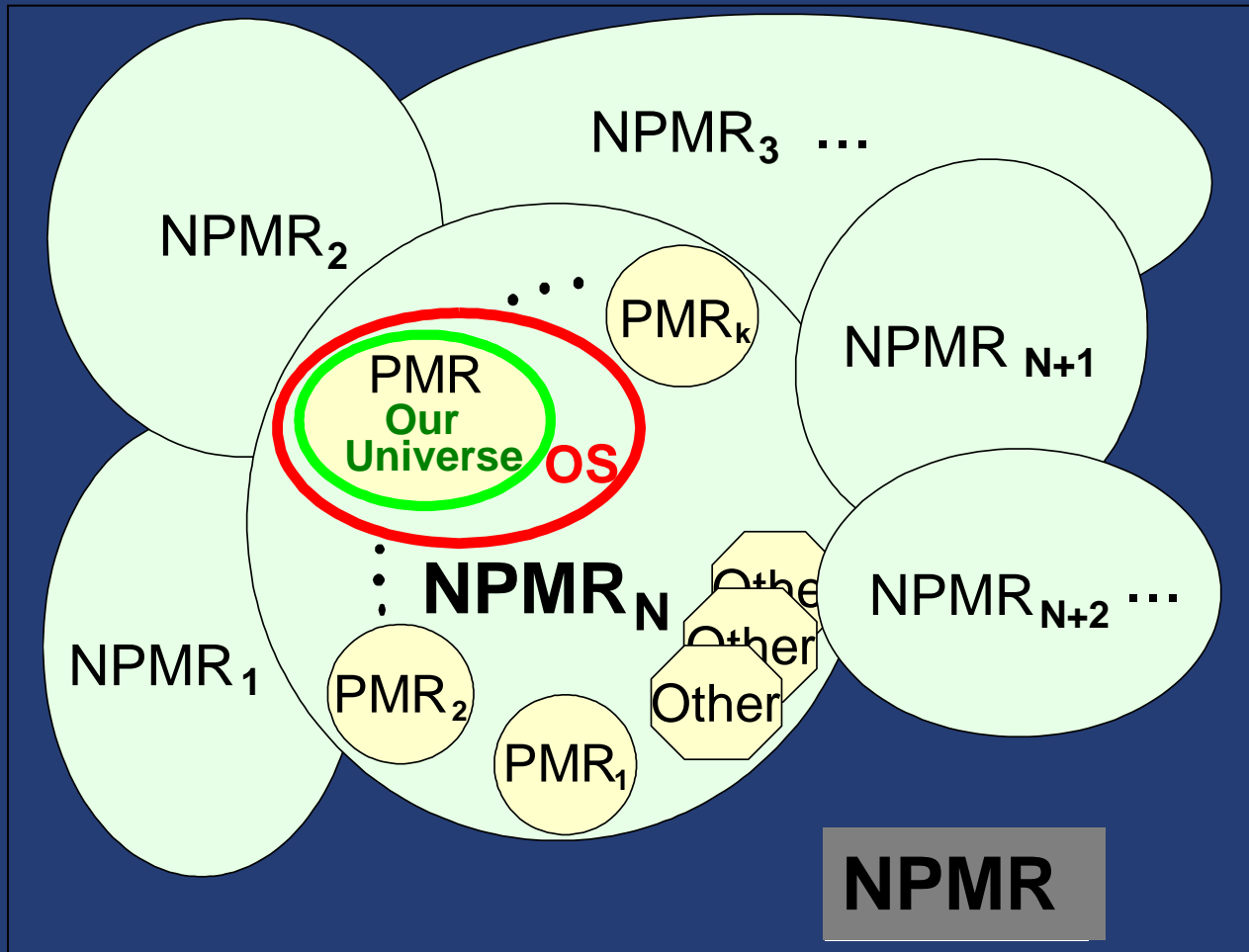
Reality Frames Past and Future

- ▣ What about time and space? Can we visit the past or the future and interact with it?
 - Yes to both, but not as you suspect.
 - The probable future turns into the present as free will choices are made, then exits the present moment to become the actualized past (our local history thread).
 - ▣ Probable future -- **prob. model / Everything that could happen**
 - ▣ **The present moment (free will choice) is where all the action is**
 - ▣ Actualized Past -- **prob. model / Everything that did happen**
 - ▣ Non-actualized past -- **prob. model / Everything that could have happened but didn't**
 - Future exists in probability and remains that way (un-rendered) until some player requires the data i.e., makes a measurement -- Basis of Quantum Mechanics

The Larger Reality System

- ▣ The larger reality is teeming with Life
 - Evolution fills every niche – what can exist generally does exist
 - Many different reality frames or dimensions – **all are virtual realities** -- containing sentient (conscious) entities exist and are interacting according to their own rule sets.
 - All entities in our larger reality system have the purpose of lowering their entropy by growing up, by becoming more spiritual, by becoming love – i.e., by eliminating fear and ego.

Reality Systems: The Big Picture



And This Is but a fraction of What I Have Experienced

Section 2



How Does It Work?

The Mechanics of the Larger Reality¹⁵

The Rendering of Virtual Realities

- ▣ Conservation of computer resources.
 - Multi-player virtual reality system
 - ▣ Setting is rendered as required
 - Trees and mountains pop up in the background as characters move into an area.
 - Consciousness System
 - ▣ Setting (stage, props, bodies) evolve from the PMR rule set and the big digital bang
 - ▣ Knows (in terms of probability) what is possible, likely, and important (you and the set)
 - ▣ Future exists in probability and remains that way (un-rendered) until required by game play – some player requires the data i.e., makes a measurement
 - Time update increment is very small so generally not noticed

The Nature of Virtual Reality

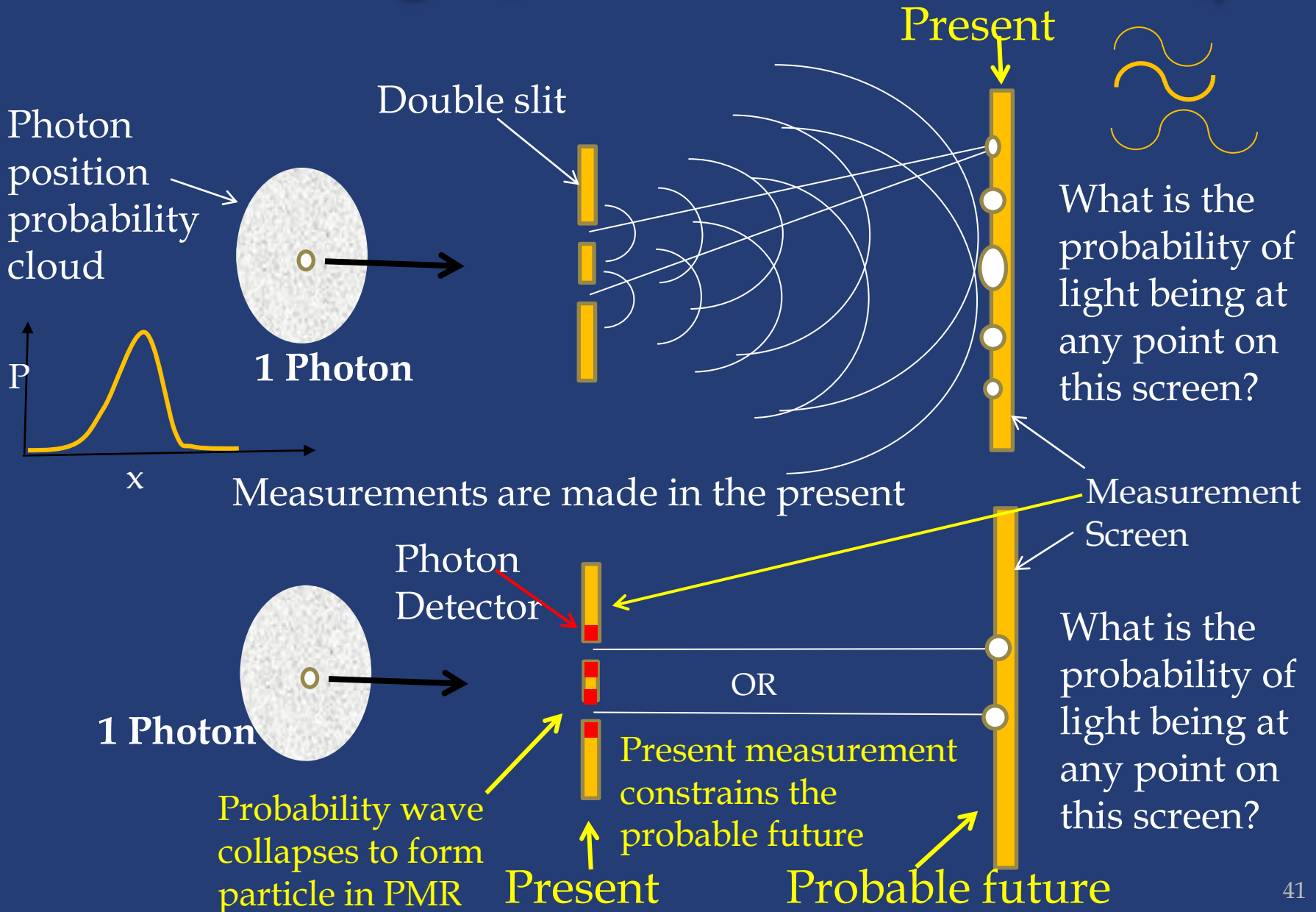
- ▣ Planet Z has all beings living on one continent – while all the oxygen is produced by trees on different unknown continent devoid of beings.
- ▣ Computational requirements are greatly reduced since only effects need to be rendered
 - The engine under the hood, the back side of the moon, stars (day and night).
 - **Conscious intent changes the probabilities:** Talking to the car, or plant, or job opportunity, weather, parking places, placebo effect, mental healing, etc. Power of Positive Thinking/prayer / Law of attraction.
- ▣ Conscious intent is the motive force within a consciousness system
 - Consciousness intent is the driver of present choices. These choices influence the future probabilities (a system of feedback)
 - Intent directly influences probability. You create your own reality (through limitations, interpretations, and by modifying the data stream)
 - ▣ Constraint: the rule-set (including Psi Uncertainty) and consistency in time and content – what comes in stays in until it exits by the rule-set

Virtual Reality, The Probable Future, and Quantum Mechanics

Details are not rendered (remain in the probable future database) until a measurement makes it necessary to do so

- ▣ In the macro world we don't notice – actually we do but can't prove it due to complexity and psi uncertainty
 - Δt is very small and the action is very complex and interconnected.
- ▣ In the micro world we do notice
 - The photon is a singular “particle of light” and always moves at the speed of light
 - Photons and electrons, like everything, exist only in probability unless a measurement of their individual physical existence is made to bring them into PMR.
 - Photon event probabilities must be able to interact – the interaction mechanism in PMR is modeled by the concept of waves
 - When a measurement takes place, physicists say: “The probability wave function collapses to a specific physical state”

Deriving Quantum Mechanics₄



The Appearance of Backward Causality

- ▣ Length of hospital stay
 - Bias generated in expected results of shorter than average stay
- ▣ Radioactive decay
 - Bias generated in expected results of time between decays
- ▣ Specification of outcome was still in the future
- ▣ Present intent affects future outcomes.
 - Interpretation, belief, feedback (present intent)
 - Note connection to healing and talking to your car.
- ▣ No inconsistency in the rule-set, no conflicts with known information.

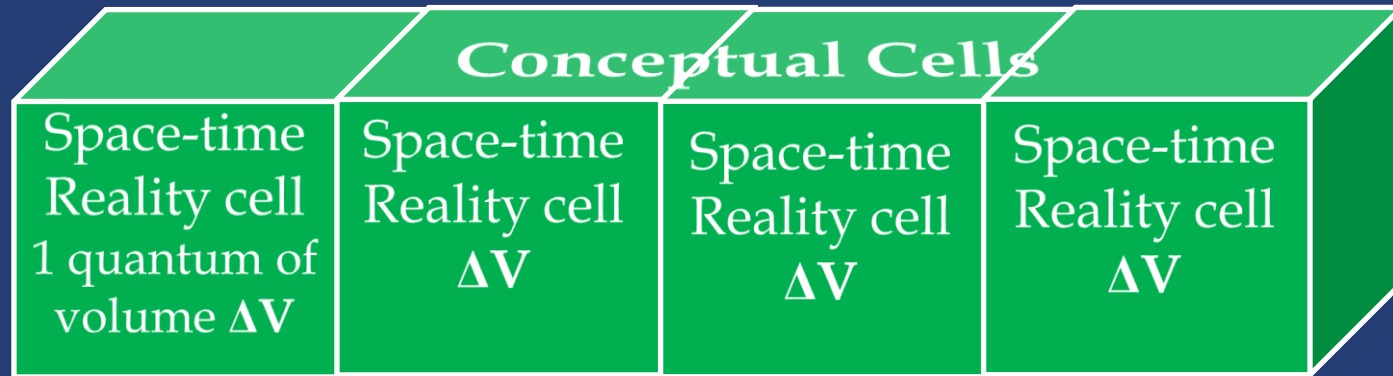
Quantum Mechanics Today

- ▣ That particles should, at the most fundamental level, be probability distributions was and still is unexpected
 - The double slit experiment produced “the measurement problem”
 - Describing particles as probability wave functions was found to fit the data:
- ▣ Today Physicists still have no idea why physical reality should be generated from probability distributions.

Relativity Today

- ▣ That, c , the speed of light, is constant (invariant to the motion of its source) was unexpected
 - “Ether” was to represent the fundamental inertial frame
 - Michelson- Morley Exp – no ether
- ▣ The logical ramification of the velocity of light being independent of the motion of its source:
 - Special Relativity
 - ▣ Length contraction
 - ▣ Time dilation
 - ▣ Mass increases → $E=mc^2$
 - ▣ General relativity
- ▣ Today Physicists still have no idea why light speed should be constant

To Render a Virtual Interactive Reality, One Must Define a Virtual Space



Resolution - Pixel size // Frame rate - Refresh rate

In PMR:

- ▣ 3D Pixel - 1 quantum of PMR Volume ΔV (DELTA-V)
- ▣ Frame Rate - 1 quantum of time Δt (DELTA-t)

Unperturbed Space-time at rest must be homogeneous and isotropic to be functional (work with our rule -set), thus **ΔV must be constant** - otherwise a "fun house" reality

$$c = \frac{\sqrt[3]{\Delta V}}{\Delta t}$$

Relativity Derived

- ▣ Relativity Theory is a logical consequence of c being constant
- ▣ c being constant is a logical consequence of reality being digital and virtual
 - Each cycle around the time loop represents a constant unit of time
 - ▣ Time in the computer room vs. time in the simulation
 - ▣ Characters in a film – press the “stop” or “hold” button
 - Δt must be constant , thus c must be constant $c = \frac{\sqrt[3]{\Delta V}}{\Delta t}$
- ▣ The magnitude of c represents a constant that specifies the demands placed upon the virtual reality rendering engine
 - C is specified / evolved to suit the available computational resources within the larger consciousness system.

Summary and Results

Summary:

- ▣ Modeling consciousness as a self-modifying digital information system that evolves toward states of lower entropy
- ▣ Physical reality is a virtual reality – a subset of the larger consciousness system designed to help budding individuated units of consciousness (called an entity) evolve (lower their entropy) through experience/interaction

Result:

- ▣ Physics and metaphysics become parts of one logical theory and are thus unified. Eastern philosophy and theology have been integrated with science.
- ▣ Love and spirituality are both defined in terms of entropy – a measurable quantity -- i.e., quantities suitable to the ways of physics
- ▣ Normal and paranormal are unified as ordinary artifacts of interaction within and between reality frame perspectives of the larger reality system.
- ▣ The fundamental purpose of existence in general and our existence in particular has been derived – to evolve toward lower entropy states
- ▣ Time, Relativity, and Quantum Mechanics have been derived from one set of fundamental principles

Additional Results

- ▣ Lowering entropy increases the energy/power/information available to the evolving entity.
- ▣ Lowering entropy, spiritual growth, increasing the quality of consciousness, evolving one's consciousness, and growing up are all different expressions for the same thing.
- ▣ Love is defined as the fundamental expression of low entropy consciousness.
- ▣ The larger consciousness system is an aware evolving system. It is real and therefore finite.
- ▣ We are an individuated unit of consciousness, a chip off the Old Block (larger system)-- one with All That Is
- ▣ All reality frames and everything contained in them are a part of the same consciousness system – all are connected
- ▣ What is the difference between physical and nonphysical reality frames? -- only the observer's perspective

Consciousness And Brains₁

- ▣ Consciousness is fundamental (superset)
- ▣ The physical reality is virtual (subset)
 - Consciousness is fundamental, the physical is derived by sending data to an individuated consciousness thus creating the perception of a physical universe
- ▣ The brain cannot create consciousness
 - The brain holds a physical representation of information gathered in physical reality and the intrinsic quality of the individual consciousness
 - The mind (consciousness) leads, the body follows.
 - ▣ Examples: Placebo effect, sheep morality
 - Thoughts and experiences modify brains

Consciousness And Brains₂

- ▣ Consciousness drives one's physical brain state
- ▣ Physical brain state represents the present you -- it is the primary source of your thoughts and actions
- ▣ The intent behind thoughts and actions modifies your consciousness
- ▣ Affects are cumulative
- ▣ Define brain damage – an experience of consciousness that increases entropy and modifies the brain in such a way that the change must be overcome before entropy can be decreased.
- ▣ Horrific or sublime experiences (actual or virtual), unkind or kind acts, unkind or kind thoughts
- ▣ The concept of bootstrapping – interpretation and choice tend to reinforce like interpretations and choices – one thing encourages the next



Value Of A Theory

- ❑ ~~It supports current scientific beliefs~~ --- **NOT**
- ❑ It explains what is known
 - Fewer assumptions is better
- ❑ It explains what is unknown
 - Makes sense of what is now paradoxical or mysterious
 - Placebo/ healing/ Wave particle duality/ precognitive dreams/ UFO experiences / OOBEE / Entangled pairs / remote viewing / contact with other than physical entities / intuition / human purpose / spirituality / metaphysics, etc.
 - Provides new insight and predicts new information
 - Provides a comprehensive consciousness model and brain function model, predicts conscious computers, derives quantum mechanics from first principles, explains wave particle duality and “entangled pairs”, introduces process fractals and a more productive and useful cosmology, the paranormal becomes normal, and integrates East and West turning mysticism into science.
- ❑ Experience (collected data) must verify the new information

Section 3

Experiential Exercises - 1

An Introduction to Operating in the Larger Reality

(2 sets of exercises – morning and afternoon -- they are progressive)



What You Might Learn:

--- Process and Approach ---

- 1 →
 - ▣ Focus your intent effectively without the usual process/ritual. (achieve an effective altered state)
 - ▣ Parallel processing and multitasking multiple realities
 - ▣ Achieving and switching states quickly and effortlessly
 - ▣ Using intent to define a unique address through relationship (a unique event – e.g. names and dates – not just any John Q) – **You must make a positive identification.**
 - ▣ Tool generation and use (humanoid shapes, etc)
 - Symbol/metaphor -- you are in control – imagine. (belly to back)
 - Intent navigates the database. Intent modifies reality.
 - Tools merely help you focus intent
 - ▣ Accessing the databases
 - Viewing physical, emotional and spiritual energy-bodies ← 2
 - Output formatting
 - ▣ Manipulating time
 - ▣ Diagnosing and Healing
 - ▣ Remote viewing

The Right Approach

No one is
checking
answers

- ▣ The point is not the result (getting the right answer), but the process
- ▣ This is about your learning experience – an experiment
- ▣ Forget all your usual techniques – forget lengthy preparation and relaxation .
Forget formal meditation.
- ▣ Don't try to do it – let it happen – let information come to you. Simply execute to the best of your ability, participate, and observe what happens with open minded skepticism.
- ▣ **Get into it, be immersed – 100% focused. Ignore background**
 - No Expectations. No Intellectual control . No analysis
 - ▣ Forget about answers being rational and making sense.
 - ▣ Forget about being in control – just observe
 - ▣ Beliefs are your main limitation – “I can't...” is the worst
 - ▣ The need for it to make sense is the next worse limitation
- ▣ We will move along quickly – stay with me. I will give you 20 seconds
- ▣ Falling behind is probably a “belief in necessary process” issue (ritual)
- ▣ Don't worry over process or details. Humor me, just follow along and observe the results. Do the best you can
- ▣ Get comfortable – shift around as necessary.
- ▣ Do not talk – diagnose, return to record, go back (7 times) remain silent.

4 Exercises

- ▣ 2 diagnosing and healing exercises
- ▣ 1 remote viewing exercise (present)
- ▣ 1 remote viewing exercise (past and future)

- ▣ Take the next 30 seconds to relax
 - Take a deep breath and get comfortable
 - If you have a belief trap problem or some other issue, just ignore it and follow along the best you can – don't disturb others. If disturbed, let it go and resume
 - Give me (my voice) 100% of your attention
 - DO NOT intellectualize, analyze, judge or struggle with anything.

Tools and Specific Approaches

- ▣ No expectations, beliefs, analysis, or fear
 - **The intellect can direct but not judge or analyze**
- ▣ Humanoid shape + Intent = energy body
- ▣ Specify output: White on black or vice versa
- ▣ Orientation – left/right-front/back 3D views
- ▣ Parallel processing – listening in PMR while working in NPMR
- ▣ Coming and going in and out of the altered state
- ▣ Diagnosis – accessing the database by intent
- ▣ Healing by intent -- Healing tools
 - White light – intensity – sunglasses – staying power (return often) - zoom in and out – Leverage (all cells be like this cell) – other colors –
- ▣ Remote Viewing by intent:
 - Exp3 – 4 approaches
 - Exp4 – 2 approaches – time is a database search variable

Some Things To Consider

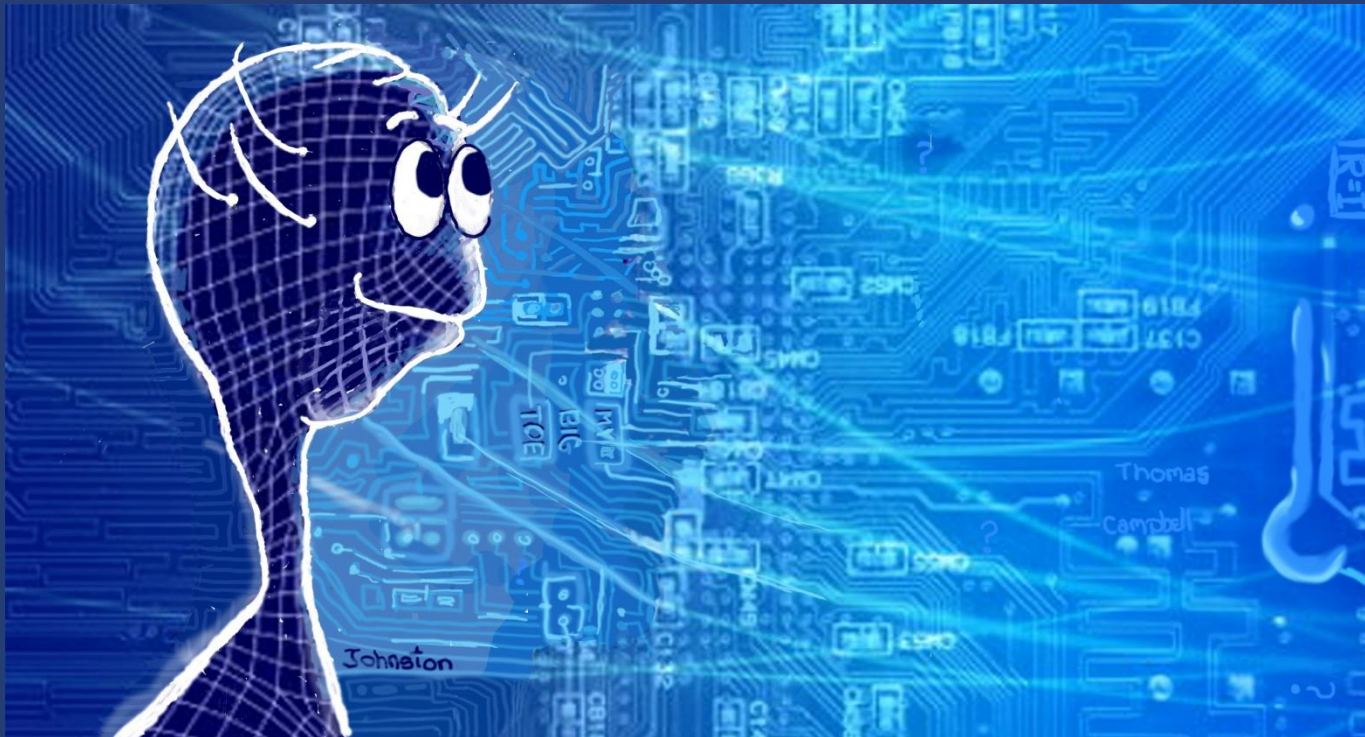
- ▣ This was about the process, not about the results
- ▣ Was it real?
- ▣ The approach is critical
 - Silence the intellect – analysis, judging, fear, ego, making things happen
- ▣ The speed was intentional
- ▣ Clear input and well defined output otherwise GIGO
- ▣ Specific vs. general – the result mirrors the intent. (a tight focus requires some knowledge)
- ▣ Left and right confusion – specifying physical detail not important unless you are collecting visual evidence
- ▣ Tools – make them up and give them properties as needed
- ▣ **Revisit several times a day for several weeks**
- ▣ **How do you know when not to interfere?**

Typical Reasons Why It Might Not Have Worked For You Today

- ▣ The four major problems:
 - Noise – constant chatter – analysis, guessing – lack of steady focus.
 - ▣ The focus of your imagination in the exercises was probably fine
 - ▣ Find point consciousness first
 - Fear (non-intellectual) – being wrong -- not being able to do it -- expecting that it will not work for you
 - Belief (non-intellectual) -- that it could not possibly be this easy – that it is impossible
 - Inability to remain a detached observer
 - ▣ It is not about you. Being a detached observer takes practice, like being a good listener

Section 4

Experiencing the Larger Reality_{11 + 11}



Question

Can Everybody Do It?

- ▣ Can anybody learn to experience and become operational in nonphysical reality?
 - **Yes, theoretically**, anybody. But that is like saying anyone can learn to play the piano well, be a good soccer player, design a computer chip, or teach autistic children.
 - ▣ Anybody can, but not many do
- ▣ Should becoming operational in a nonphysical reality be a main goal?
 - No – let it be a natural result, not a fundamental goal

Question: How?

- ▣ How does one go about learning to experience and become operational in nonphysical reality? Are there any exercises you recommend to help develop this awareness?
 - Start with meditation – Ch 23 in Book 1
 - Explore. Experiment. Practice. Have patience and stick-to-itiveness. **Collect evidential data** to confirm what you are doing has real results. Explore...
 - No magic pill or magic process – You earn your way by growing up, by pulling yourself up by your bootstraps.
 - **No shortcuts** other than steady effort and diligence
 - **Drugs are generally counter productive**

Approach to Meditation

- ▣ **Attitude:** While in a meditative (quiet and relaxed) state.
- ▣ **Fear nothing** and **hope for nothing**
- ▣ Send your intellect away – just experience the exercise dispassionately – **no thinking** and **no analysis** allowed.
- ▣ **Expect nothing** – have no preconceived notions about what will or will not happen. **Eliminate beliefs.**
- ▣ **Don't compare** experimental events – let each one be unique
- ▣ **Don't judge** quality or value of experimental events – just let them be as they are – record everything as an impartial disinterested data taker
- ▣ Accept whatever happens as the objective results of an experiment
- ▣ Make every effort to **collect evidential corroboration** whenever possible. **Set up your experimental situations so that evidence will be generally available.**

Typical NPMR Experiences

- ▣ OOBЕ and OOME
 - (mind not body is the launching point)
- ▣ Lucid dreams, night dreams, day dreams
- ▣ Precognitive dreams
- ▣ Remote viewing
- ▣ Healing self and others
- ▣ Visiting other PMR & NPMR reality frames
- ▣ Communicating with non-physical beings
- ▣ Accessing the probable future data base
- ▣ Accessing the actualized and un-actualized data bases
- ▣ **A low entropy consciousness can easily access all the above with a little effort, but none of it is necessary to evolve the quality of your consciousness**
- ▣ Psychotropic drugs -- no long term growth or value


Fear, Belief, and Inexperience Are The Primary Constraints

- ▣ Reality frames are available for your exploration, However, what you find there is strongly limited by YOU
 - NPMR is not just a disembodied view of PMR – A funny version of PMR with different stuff in it – People who do not understand the nature of consciousness tend to extrapolate PMR into NPMR
 - NPMR is experienced through your consciousness, not through your senses.
 - ▣ What you experience (data received) does have an objective source within the reality frame you are in, but how you experience it is subjective – that is the same in both NPMR and PMR
 - ▣ Communications are **telepathic** – 1 conceptual lump, not linear
 - ▣ Content is subjectively interpreted in terms of metaphor and symbol
- ▣ Because you are launching your exploration from PMR
 - You must interpret the experiences of consciousness through the constraints of your personal experience within PMR – personality, attitudes, fear, ego, and beliefs.
 - ▣ Pattern matching forces imperfect interpretations
 - You must communicate the experiences of consciousness (even to yourself) through the constraints of your language

What You Find in NPMR – Your Influence

- ▣ Experiences within various reality frames are defined and limited by fears and beliefs – You create your own reality through personal belief and interpretation
- ▣ Your consciousness defines your reality
 - Inside data (you create it – your interpretation) or outside (“objective”) data all looks the same and all is interpreted and processed subjectively
- ▣ You experience the junk in your mind as reality
 - Not returning – the wall metaphor
 - The thing that gets you – the hook or demon
 - Going somewhere – the door or tunnel; motion, traveling, flying
 - The white light – the source, great orifice, and god metaphor
 - Silver cord metaphor
 - Specific beings – angels, saints, relatives, hooded robes, historical figures, wise mentors – all metaphors and symbols
- ▣ **Solution: Get rid of the junk – ego, fear, beliefs**
 - Explore, research, experiment – always be open & skeptical believe nothing, have no expectations, be a detached scientist 65

Developing NPMR Experience

- ▣ A blind man abducted from rural Appalachia and dropped in the middle of New York Times Square in a sack. There are no social services nor will anyone help. He is on his own.
 - Take a step in any direction and gain mastery over what is there.
 - Take another step and gain mastery over what is there.
 - Go back to the first step and integrate the two.
- ▣ Explore – experiment – open minded skepticism 
 - Subjective interpretation of an objective reality
 - You must collect evidence and test it to separate fact from fiction -- and to realize the big picture from the subjective data
- ▣ Many years later a confident master of New York City – his Appalachian existence seems so quaint and limited by comparison

What You Find In NPMR – Other's Influence

- ▣ Guides – what are they (higher self, independent entities)
 - Does everybody have guides? – No Can everybody get them? -- Yes
 - Are there to help you evolve your consciousness . They are focused on your growth in the big picture, not meeting your needs or serving your wants.
 - Have independent personalities – sense of humor
 - Are limited in what they can do -- nudge, encourage, and provide opportunity for growth. You must learn through your own experience.
 - Are imperfect – it's a job
 - Will take any form or means necessary
 - Arrange specific NPMR/PMR experiences – synchronicity
 - Will help you follow the plan if there is one
- ▣ Higher Self, or other beings with a message or issues
- ▣ Negative entities – lower entropy through self-control, ego focused on control, power and force
- ▣ Parasites and other low life – attracted through fear/ego. Intentional harm. Fear. Same solution

Pulling Yourself Up By Your Bootstraps

The More You Learn, The Easier It Is To Learn More

- ▣ Inexperience in PMR
 - Limited conceptual base for accurate interpretation
- ▣ Inexperience and lack of understanding in NPMR
 - Cannot separate subjective interpretation of subsets of data from the big picture of the whole
 - Misunderstand the nature of what you are experiencing
 - ▣ Intent drives all -- clarity and precision are required
 - ▣ Tools are arbitrary
 - ▣ Confuse: PMR present / Probable future database / actualized history data base / un-actualized history data base
 - ▣ Wouldn't know you can extract data in any format you want
 - ▣ Wouldn't understand that access is dependent on probable change in entropy for whole system and psi uncertainty principle.

Getting Ready

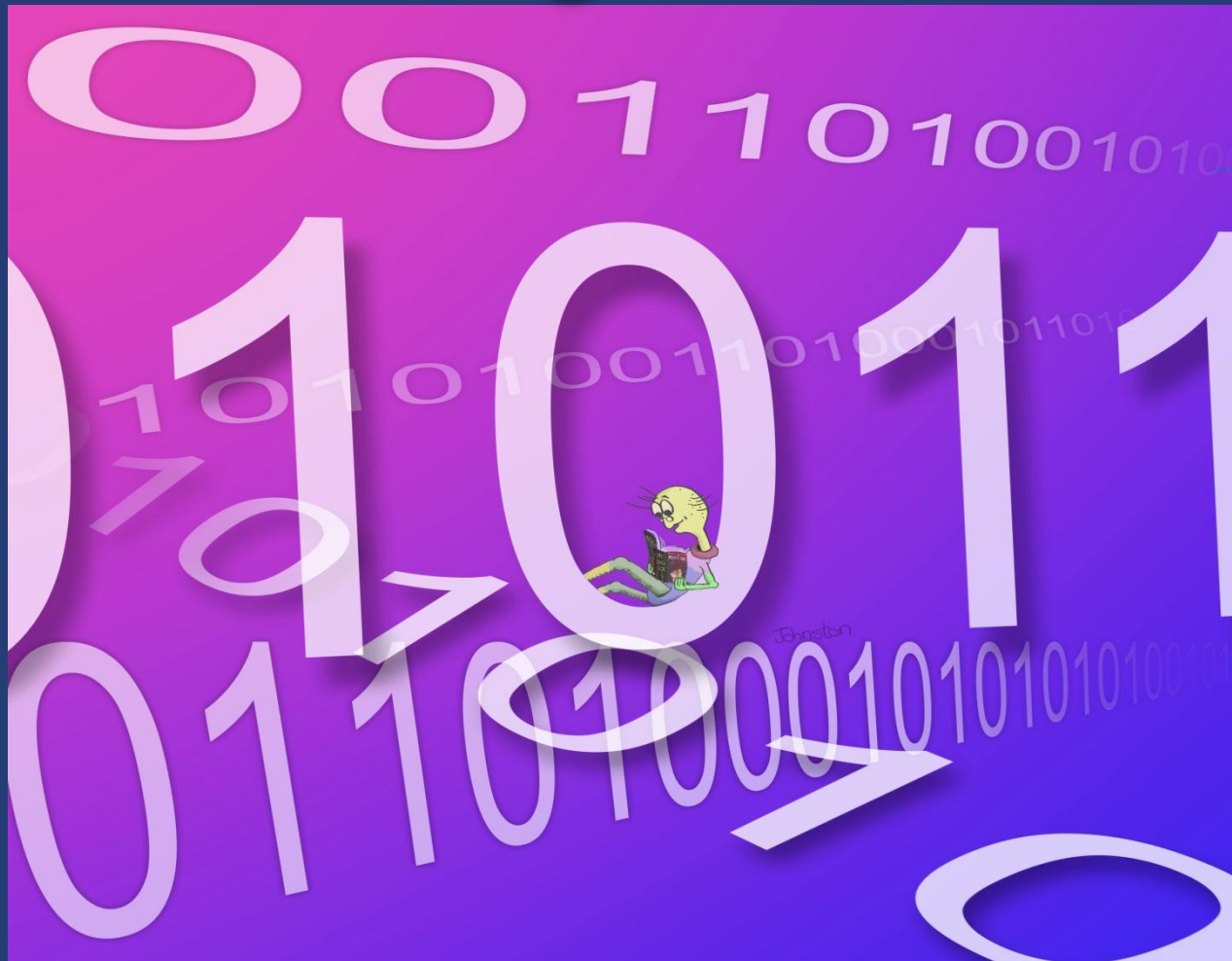
- ▣ Just being blasted or coached into NPMR produces little of lasting value.
- ▣ Being ready means dropping ego and fear and raising the quality of your consciousness
- ▣ If not ready, one should be working on getting ready, not on getting into NPMR and being frustrated
- ▣ You must learn through experience not through being told or reading about someone else's experience
 - Your learning (lowering your entropy) must be at the being level not the intellectual level – you must grow up
 - Learning at the intellectual level is almost irrelevant – therefore not supported by guides or NPMR experiences except as an aid to real growth. Interaction and growth process are experiential
 - You are only told, or shown, or led to experiences that are likely to help you (and the larger system if others are affected) grow your being – improve the quality of your consciousness

The Quality, Significance, and Value of Your Experience is a Variable That Expresses The Quality Of You

- ▣ One can get to NPMR before one is ready to grow from the experience
 - One can go to a great library and read comic books
 - One can make a living by threatening people and stealing their money
 - Many things can be done that may seem advantageous in the little picture but are self-limiting if not counter-productive – generate beliefs and bad attitudes
 - NPMR is the colorful flower that attracts attention and interest (both positive and negative), however, it can also be a trap

Section 5

Accessing The Larger Reality Some Things to Remember..



Gaining Access

- ▣ Accessing NPMR is a matter of focusing your awareness to a different incoming VR data stream.
 - For the most part, access is a self-policing system
 - Gaining access requires an act of intent and needs neither physical , emotional, nor intellectual process – in fact those processes are inhibitors
 - Gaining access, like meditation, is a matter of not doing rather than doing. You do not need to learn a new technique – you need to unlearn ego, beliefs, fear, and expectations – you need to BE differently
 - When you reach that meditation state of bodiless point-consciousness, you have escaped PMR. What you do after that is a function of your ability to hold that state steady for a long time and your intent. You are the blind man crawling out of the sack in Time Square – explore, experiment, be open and skeptical – slowly and carefully map out the territory – always collect evidence – you must collect evidence

Forget Everything You Have Read About NPMR

- ▣ Tools are personal and not fundamental
- ▣ Interpretations, metaphors and symbols are personal and not fundamental
 - Most explorers do not realize this and thus report their experience as if it were not largely dependent on what they bring to the table.
 - ▣ The result is: The subjective interpretation and objective data are mixed in a hodgepodge with threads of truth running through it
- ▣ Venture forth and see what happens – experiment and gather evidence.
 - Be detached and skeptical -- observe, study, and experiment
 - Have your own experience, do not try to duplicate someone else's experience
 - Stop judging and second guessing until you have worked an experimental vein for 3 or 4 months – let the evidential data tell the story
 - Take the long view – in 20 years you should be good at it
 - Remember the point is personal growth, not having cool experiences.

Making Contact

- ▣ Intend simple straightforward questions
- ▣ Expect telepathic responses in chunks of content
- ▣ Ask and listen. Be a disinterested observer.
- ▣ Do not judge or second guess the independence of the source. Just take notes
- ▣ Eventually it will become clear when the information is not coming from you – that may take months
- ▣ Be patient and persistent – and polite
- ▣ Be fearless. Ask who what and why – question and interrogate

Remote Viewing

- ▣ An exploration in pictures of the probable future and the actualized and un-actualized past data bases.
- ▣ The rest is really fundamentally the same as making contact or healing – even if the tools and process appear quite different
 - Someone must specify intent clearly
 - As in all NPMR activities, ego, fear, expectations, and an analyzing intellect must be removed from the process. Detachment is required.
 - The experience must unravel on its own

Healing

- ▣ Distance, name, picture, etc are all irrelevant
- ▣ Time is a variable
- ▣ Generate diagnosing tools
- ▣ Generate healing tools
- ▣ Do not force your will on others, do not interfere
- ▣ Use your intuition
- ▣ For maximum effect maintain background intent and awareness – repeat several times a day for several weeks
- ▣ Collect evidential data
- ▣ Use parallel processing to make process more effective.

Parallel Processing

- ▣ Unnecessary to learn but makes much more efficient use of your time and puts NPMR at your fingertips even under suboptimal conditions
- ▣ Learn to meditate in difficult situations
- ▣ Learn to shift focus between realities and in and out of meditation states in seconds
- ▣ Learn to operate in two realities at once
 - Each reality remains separate while you timeshare your attention between them
 - Difficult at first, easy later

Fear And Negative Beings

- ▣ Sometimes these are the same thing
- ▣ Fear allows a negative being to make a connection with your energy
- ▣ Fearful situations are often used by your guides as a test of your readiness to explore
- ▣ Fear is a “Kick Me” sign. Become fearless first and then explore.
- ▣ It is very unlikely that anything will hurt you
- ▣ Fear will ruin your ability to interpret your experience accurately
- ▣ Fear will inhibit your ability to learn and grow from your experience
- ▣ Gaining access is a self balancing situation – you generally can not get to where you do not belong.

Staying Balanced

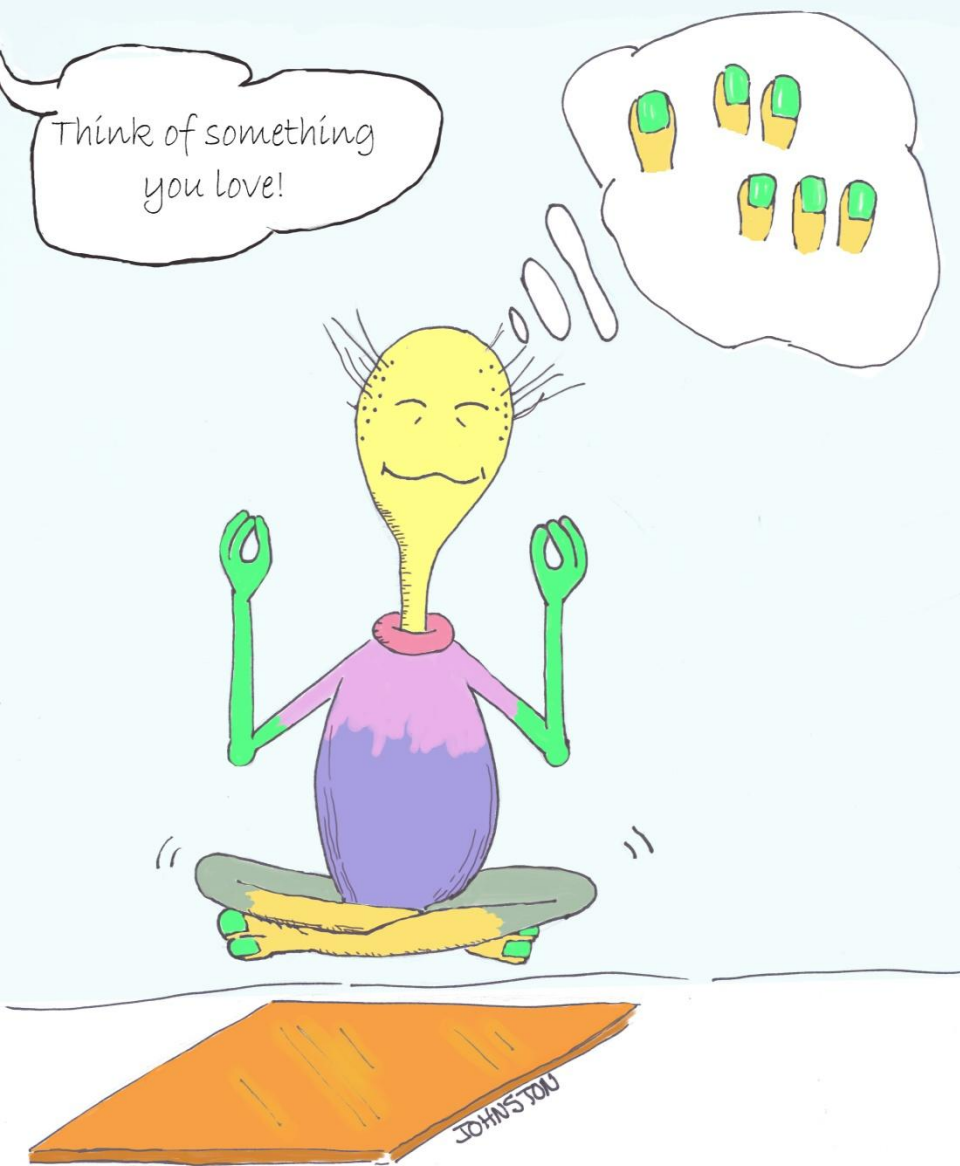
- ▣ Remember why you are here
- ▣ Keep your PMR and NPMR awareness (whether operational or not) balanced
- ▣ Concentrating on one much more than the other is out of balance
- ▣ PMR is the primary growing place
- ▣ Having operational awareness in NPMR may help you understand the larger reality but it is not fundamental to your purpose
- ▣ Access is available to those who are good citizens of the larger reality – those in the process of lowering system entropy. Otherwise, you can push your way in but that experience will be of little value in the big picture

So, What Do I Need To Know About The Future?

- ▣ Nothing!
- ▣ In general if you do not have access, you cannot profitably use access.
- ▣ Future information tends to exacerbate ego and fear.
- ▣ Fear has the property that it manifests itself
- ▣ Increasing the anxiety/fear level is counterproductive
- ▣ Listen to your intuition and you will be wherever you need to be whenever you need to be there
- ▣ Don't worry about it – let the future take care of itself
- ▣ This is just an iterative virtual reality – death is not a serious result in the big picture – that's your fear talking.

Most Common Barriers

- ▣ Fear
- ▣ Belief (inability to accept uncertainty)
 - Expectation
 - An inability to comprehend the big Picture driven by habitual conditioning (brain washing) to PMR concepts
 - ▣ Impose physical VR objectivity on NPMR --The superset must be just like the subset – or worse, a subset of the subset
 - 3D concepts of place, motion, and physical process
 - That you in particular are separate from everything else
 - That the physical is the source – is fundamental/primary
 - That subsystem can contain the causality of the system
 - That you must change everything by doing
 - The immediate feedback of PMR produces impatience and a short attention span when dealing with NPMR
 - I know almost everything and have few fears and no beliefs



One Big Toe...Two Big Toes....Three Big Toes.....Four.....

ALIEN MEDITATION

Section 6

Experiential Exercises - 2

An Introduction to Operating in the Larger Reality⁴

What You Might Learn

- 1 →
 - ▣ Focus your intent effectively without the usual process/ritual. (achieve an effective altered state)
 - ▣ Parallel processing and multitasking multiple realities
 - ▣ Achieving and switching states quickly and effortlessly
 - ▣ Using intent to define a unique address through relationship (a unique event – e.g. names and dates – not just any John Q) – **You must make a positive identification.**
 - ▣ Tool generation and use (humanoid shapes, etc)
 - Symbol/metaphor -- you are in control – imagine. (belly to back)
 - Intent navigates the database. Intent modifies reality.
 - Tools merely help you focus intent
 - ▣ Accessing the databases
 - Viewing physical, emotional and spiritual energy-bodies ← 2
 - Output formatting
 - ▣ Manipulating time
 - ▣ Diagnosing and Healing
 - ▣ Remote viewing

The Right Approach

- ▣ The point is not the result (getting the right answer), but the process
- ▣ This is about your learning experience – an experiment
- ▣ Forget all your usual techniques – forget lengthy preparation and relaxation .
Forget formal meditation.
- ▣ Don't try to do it – let it happen – let information come to you. Simply execute to the best of your ability, participate, and observe what happens with open minded skepticism.
- ▣ **Get into it, be immersed – 100% focused. Ignore background**
 - No Expectations. No Intellectual control . No analysis
 - ▣ Forget about answers being rational and making sense.
 - ▣ Forget about being in control – just observe
 - ▣ Beliefs are your main limitation – “I can't...” is the worst
 - ▣ The need for it to make sense is the next worse limitation
- ▣ We will move along quickly – stay with me. I will say “20 seconds”
- ▣ Falling behind is probably a “belief in necessary process” issue (ritual)
- ▣ Don't worry over process or details. Humor me, just follow along and observe the results. Do the best you can
- ▣ Get comfortable – shift around as necessary.
- ▣ Do not talk – diagnose, return to record, go back (7 times) remain silent.

Typical Reasons Why It Might Not Work For You Today

- ▣ The four major problems:
 - Noise – constant chatter – analysis, guessing – lack of steady focus.
 - ▣ The focus of your imagination in the exercises was probably fine
 - ▣ Find point consciousness first
 - Fear – being wrong -- not being able to do it -- expecting that it will not work for you
 - Belief -- that it could not possibly be this easy – that it is impossible
 - Inability to remain a detached observer
 - ▣ It is not about you. Being a detached observer takes practice, like being a good listener

4 Exercises

- ▣ 2 diagnosing and healing exercises
- ▣ 1 remote viewing exercise (present)
- ▣ 1 remote viewing exercise (past and future)

- ▣ Take the next 30 seconds to relax
 - Take a deep breath and get comfortable
 - If you have a belief trap problem or some other issue, just ignore it and follow along the best you can – don't disturb others. If disturbed, let it go and resume
 - Give me (my voice) 100% of your attention
 - DO NOT intellectualize, analyze, judge or struggle with anything.

Additional Tools and Approaches

- ▣ No expectations, beliefs, analysis, or fear
 - The intellect can direct but not judge or analyze
- ▣ Humanoid shape + Intent = energy body
- ▣ Specify output: health, emotional, spiritual
- ▣ Healing by intent -- Healing tools
 - Illness inception and prognosis by stepping time
 - ▣ Adjust step size to suit
 - ▣ Start healing from within the past (particularly those very critical)
 - ▣ Check results – prognosis under various conditions
 - Modify output format – dynamic graphical displays, movies
 - Intuitively pick colors or let them pick themselves by intending optimal effect
 - Tongs, gloves, containers – cleanup
 - Lasers, blow torch, vacuum, scalpel, filters, suns

Some Things To Consider

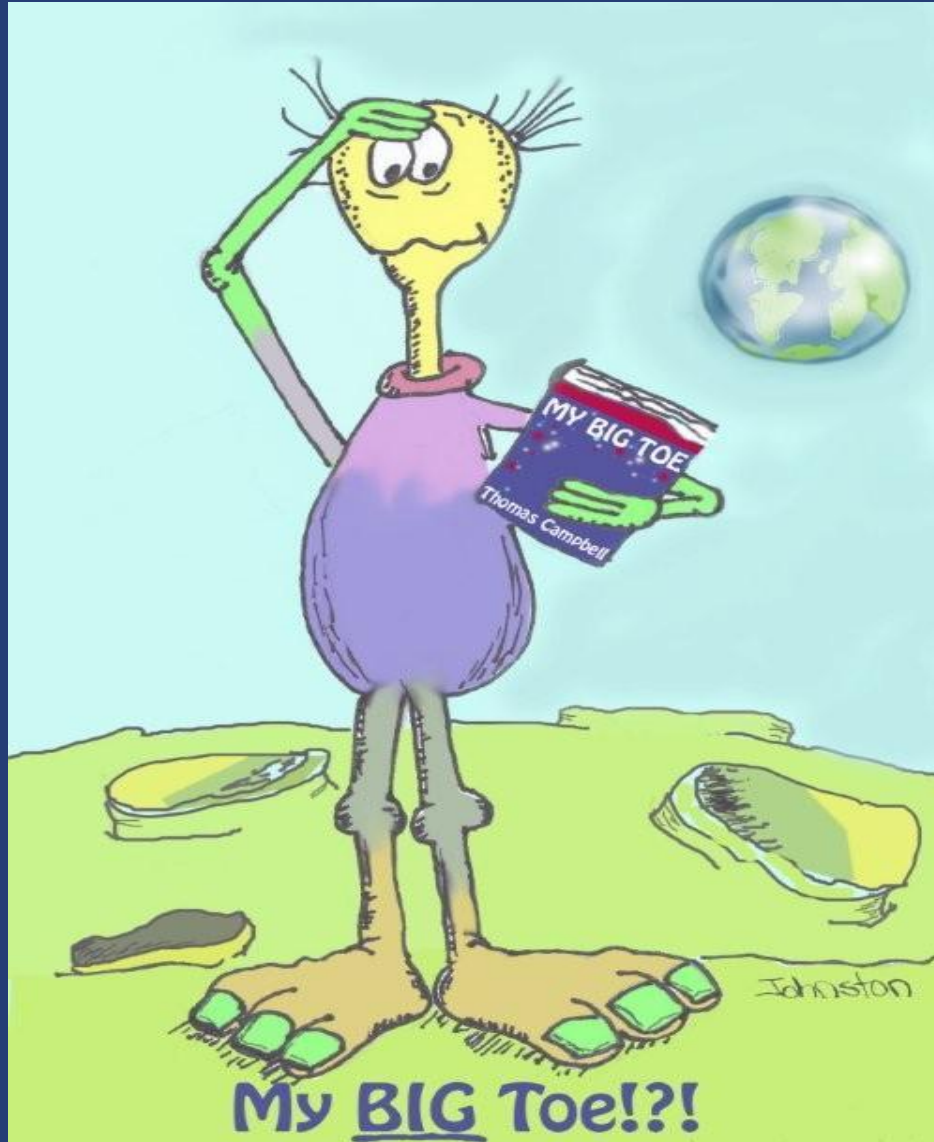
- ▣ Was it real?
- ▣ The approach is critical
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- ▣ The speed was intentional
- ▣ Clear input and well defined output otherwise GIGO
- ▣ Specific vs. general – the result mirrors the intent. (a tight focus requires some knowledge)
- ▣ Left and right confusion
- ▣ Tools – make them up and give them properties as needed
- ▣ For your protection **(From your own fear and beliefs):**
 - Dispose of the black goo -- Clean up after yourself
 - Use tongs or gloves – throw them away
- ▣ **Revisit several times a day for several weeks.**
- ▣ **How do you know when not to interfere?**

What Now?

Break Through or Delusion?

- ▣ Does this guy know what he is talking about?
- ▣ Or Does he just think he knows?
- ▣ Are his experiences real?
- ▣ Or does he just think they are real?
- ▣ **Unless you have extensive experience with the larger consciousness system, you must have this question**
- ▣ There is strong consistency among those of us who do have that experience – 4000 years ago to now – 600 BC Lao Tzu wrote the Tao Te Ching.
- ▣ These concepts of reality are not new – that they are logically derived from first principles in the language of science is new
- ▣ What to do about it
 - Get involved – go find out
 - This is really about YOUR big TOE
 - FIND OUT!

Questions?



Drawing by:

Judy Johnston

Back UP Slides

Logical Implications

Logical Implications Interdisciplinary Connections

- ▣ What are the connections between physics, metaphysics, philosophy, and religion?
 - They are all partial views of the same reality from different perspectives and from different beliefs – different assumptions.
 - With a big picture perspective they all are easily understandable as individual shadows of one whole thing. One can see where and how each got stuck because of their limiting beliefs

Logical Implications Paranormal Phenomena

- ▣ what is the cause of psi (paranormal) phenomena
 - what is going on here and why is it so difficult to study? why is it so difficult to prove?
 - Psi phenomena are glimpses of the larger reality at work but don't make sense from the limited understanding and perspectives required by our beliefs.
 - They are difficult to study because we force little picture constraints on big picture phenomena.
 - We demand a physical explanation of nonphysical phenomena.
 - The “psi uncertainty principle” limits “knowing” so as not to destroy the usefulness of our learning lab.

Logical Implications Spirituality and Psi Phenomena

- ▣ Psi Phenomena such as remote viewing, healing, OOB, Exploring NPMR, communicating with nonphysical beings, and telepathy are all natural attributes of (are accessible to) a low entropy consciousness
- ▣ One develops a low entropy consciousness by eliminating belief, fear and ego and by expanding one's awareness into the Bigger Picture of existence. That is, by developing one's self spiritually.

Logical Implications

The PSI Uncertainty Principle

- ❑ psi uncertainty principle is part of the PMR rule-set. It represents the entanglement (interaction) of uncertainty with the measurement of psi effects
- ❑ you can force your virtual physical reality to exceed the limits and function of its defining rule-set, but only if some proscribed level of uncertainty (that the rule-set was actually circumvented) remains in the system.
- ❑ psi effects must be largely constrained in PMR or the effectiveness of the learning lab would quickly degenerate. The psi uncertainty principle is the mechanism for maintaining the usefulness and functional integrity of our virtual reality.
- ❑ For example: Rarely is a-causal or paranormal information obtained from NPMR and then directly applied to develop or invent physical devices (giant leap) because the psi uncertainty principle would generally forbid that sort of overt information transfer. Otherwise evolutionary integrity would suffer.

Logical Implications UFOs

- ▣ Is there a possible connection here with UFO experiences?
 - Perhaps. Some UFO experiences may well be more of an experience of consciousness perceiving beings from other reality frames than an experience that others could verify as physical.
 - ▣ Simultaneously parallel processing multiple reality frames.
 - ▣ Such an experience cannot be easily differentiated from a physical experience. Perhaps something like dreaming you are awake or dreaming while awake.