

## 2023 Spiritual and Scientific Growth

### My takeaways:

I value my connection to my friends, family, and nature. I will learn all that I can like I will live forever. My intention is to learn new science every day and to meditate every day. I will expand my consciousness through this daily study and loving awareness, by embodying kindness. It is no longer enough for me to intellectualize things, for example the importance of honesty. It is not enough to speak honestly 100% of the time. I must make honest decisions and happily live out the consequences of my honest decisions. I must embody honesty.

I humbly submit spirituality and science are not at odds with each other. I believe Intuition, expanded consciousness, and one's meditation success has a lot to do with one's intention. My life more and more centers around happiness and joy whenever possible. I observe my thought patterns. If my thoughts are depressing, then typically I am thinking about the past. If my thoughts are anxiety ridden, then typically I am thinking about the future. If my thoughts are joyful then I'm being present and happy in the now.

My own theory is everything we find shocking like UFO's (the great filter theory Stephan Hawkins), Big Foot (skin walkers Navajo Tribe), and ghosts are really someone's ancestors taking on a form available to them. Our ancestors wish to make themselves known for whatever reason, typically because of an unresolved issue or something currently happening in the lives of relatives here on earth. I suspect The Loch Ness monster is a survivor of the dinosaur age and migrates into this specific area in Scotland thanks to the food & security found in the incredible depth of the water found within the locks.

I am comfortable living in a degree of uncertainty regarding the mysteries of life. Like our ancient indigenous elders, I believe we will see things when we are ready.

My personal theory regarding UFO's etc., anything of a non-ordinary reality is that they are all someone's ancestors. Further they, we, potentially can travel at the speed of light or faster thanks to our consciousness/soul becoming an actual photon or like one. This has been reported to happen when anyone has an out of body experience or after our passing. Photon like perhaps we (our consciousness or essence are then free to travel through a worm hole thanks to the Higgs boson to another galaxy. Or perhaps all consciousness collects in the hairs of ever dancing hair dew flopping about atop the black hole Pōwehi. This black hole's existence was recently proven and Pōwehi is a perfect name for the M87 black hole because it bears an epic meaning: "embellished dark source of unending creation."

The Higgs boson particle/field has been proven to have come into existence when our universe was the size of a melon. It came into existence in the first ten thousandths billionth of a second of the big bang. Perhaps then thanks to the Higgs boson field all solids including our bodies are connected. Or perhaps thanks to the Higgs boson field our consciousness can travel at the speed of light to another galaxy that may have formed in a different time period than ours in

our universe's history or vice versa. Therefore, a galaxy we are potentially connected to via a worm hole is governed by a different set of laws of physics than those that govern our galaxy.

Perhaps instead of connecting two different galaxies it might also be that the worm hole connects us to different dimensions beyond the proven four dimensions commonly known today. 100 years ago, Einstein's theory of relativity predicted the existence of black holes. Today we have indisputable proof that black holes exist. Perhaps one day we will prove the existence of worm holes. Eventually even the classic physics model we have come to know, and trust could be replaced by the proving of string theory which would change everything for everyone forever.

Space has changed recently for us humans. For the first time in history, we have humans living in space 24/7. The reasoning behind our upcoming Mars mission is simple. Scientists agree that if we don't do something dramatically different regarding the trillion tons of carbon currently captured in our atmosphere, we will destroy our planet in the not-too-distant future. Unfortunately, thirty years ago, the world passed on the option to simply reduce our greenhouse gas emissions and save our planet. This alone is no longer an option in terms of reversing things.

Current predictions include the tipping point of the small number of species of plants and animals left surviving on our planet. The tipping point is predicted to occur in 2050. In 2050 it is predicted less than 25% of the earth's known species of animals will exist. This will result in our ecosystem beginning to collapse from within. Everything in our ecosystem is connected.

In the year 2075 it is predicted we will globally run out of food. It is predicted 2075 be our last global harvest thanks to soil depletion, drought, and the very size of earth's human population. Consequently, we and other nations are primarily colonizing Mars to perpetuate our human race. Government leaders recognize that people all across the globe are not going to dramatically change the way they eat and grow their food over the next 50 – 60 years. Big agriculture will never permit these necessary changes. Changes will prove too little too late, this is the common refrain. Nor are people going to end their use of fossil fuels any time soon. Many governments are burying their heads in the sand or crossing their fingers and hoping for a technological solution, a carbon magic bullet. Others like the United States are sending a small number of their people into space to live permanently.

## **A New Understanding, Game Changer**

### **Non - Duality**

1. I don't know why it took me so long, but I finally understand the basics of non – duality. Who am I? Essentially awareness.
2. What is the nature of this awareness? I'm free from the limits of space, not finite but rather unlimited. I don't need anything I am complete, full within myself.

3. I am awareness, aware and ever present in all my experiences. I get to live this new understanding, an endless infinite process.

**Areas of my recent study:**

Native Tribes of North and Central America, and Shamanism worldwide

Astro Physics

Cults in general to better understand the psychology and the exact nature of the fraud and how to prevent it, EST, Life spring, Heaven's gate, Son of Sam's and Charles Manson cult, Jones Town, Branch Davidian cult and One Taste Cult.

Geology, the ocean, our atmosphere, ecosystems, plants, animals, and our planet's well-being.

Futurists and new Technology, Genetic re-engineering, Artificial intelligence, Bio 3d printing

Intuition

The brain

The heart

Consciousness, Awareness, Knowing

**Interesting people I studied:**

Bob Dylan

Dali Lama and Archbishop Tutu

Rupert Spira

India Arie

Einstein, Newton, Stephan Hawkins, Neil DeGrasse, Sean Carroll, Carl Sagan, Michio Kaku, Brian Cox