

Beyond Matter: The Invisible Architecture of Human Life

What Science Can Measure, What It Still Cannot Explain, and Dr. Mike's Energy-Matter Principle for Creating Change from the Inside Out

By Dr Mike Van Thielen

Modern science may be one of humanity's greatest achievements. Through observation, measurement, experimentation, and replication, we have learned to manipulate the physical world with extraordinary precision. We can replace joints, transplant organs, sequence DNA, split atoms, transmit information around the planet almost instantaneously, and observe galaxies whose light began traveling toward us billions of years ago.

The power of the scientific method is undeniable. Science observes phenomena, measures them, identifies relationships, develops hypotheses, tests those hypotheses, and determines whether the findings can be reproduced. When something can be clearly defined and measured, this approach is exceptionally effective.

Yet the success of science can lead to an assumption that science itself does not require us to make... that whatever we can presently observe and measure represents the totality of what exists.

This is where an important distinction must be made. Science is a method for studying reality; it is not necessarily a complete inventory of reality. At any moment in history, science can investigate only what our senses, concepts, instruments, and methodologies allow us to detect.

The history of science repeatedly reminds us of this limitation. Microorganisms existed before microscopes made them visible. Radio waves traveled through the atmosphere before humans had built receivers capable of detecting them. X-rays passed through matter before Wilhelm Röntgen discovered them. Electrical activity occurred within the brain long before scientists developed instruments capable of recording it.

Reality did not suddenly begin when we learned how to measure these phenomena. Our ability to observe reality simply expanded.

This distinction becomes increasingly important when we begin discussing consciousness, awareness, intuition, perception, meaning, and what human beings commonly describe as energy.

The Reality We See Is Only a Narrow Biological Window

Human beings naturally assume that we see the world as it is. We open our eyes and experience trees, people, buildings, colors, sunlight, and movement, and it feels as though reality is simply presenting itself directly to us.

Biology tells us otherwise.

Our senses do not give us access to all available physical information. They evolved primarily to help us survive and navigate our environment. They provide a selective biological representation of reality rather than a comprehensive one.

Visible light offers an extraordinary example. According to the U.S. Department of Energy, the wavelengths detectable by the human visual system represent approximately 0.0035 percent of the electromagnetic spectrum.

This means that more than 99.99 percent of the electromagnetic spectrum exists outside the range we experience as visible light. Radio waves, microwaves, infrared radiation, ultraviolet radiation, X-rays, and gamma rays can exist in and around our environment without ever appearing within our conscious visual experience.

Their invisibility does not make them unreal. It simply means our eyes were not designed to detect them.

The same limitation exists with sound. Human hearing operates within a particular range of frequencies, while other animals detect sounds above and below that range. Some species can perceive ultraviolet wavelengths, electrical fields, polarized light, or Earth's magnetic field in ways that remain unavailable to ordinary human perception.

We therefore do not experience reality in its entirety. We experience a filtered version of reality shaped by the biological capabilities of our sensory systems and the interpretive processes of our nervous system.

This should introduce a certain humility into any conversation about what is and is not real. The statement "I cannot perceive it" cannot logically become "therefore it does not exist."

At the same time, scientific humility works in the opposite direction as well. Something does not become real, simply because we believe in it or wish it to be true. Lack of current measurement is not evidence that every imaginable phenomenon exists.

The responsible position lies between rigid dismissal and unquestioning belief. There is what we know, what the evidence strongly suggests, what we can currently measure, and a much larger territory of what remains unknown.

Matter Is Much Stranger Than It Appears

Our sense of solidity provides another striking example of how everyday perception can differ dramatically from physical reality on another scale.

A table feels solid. The wall feels solid. Your hand feels solid. On the scale of ordinary human life, describing these objects as solid is perfectly reasonable.

At the atomic level, however, the picture changes dramatically.

Atoms contain extremely small nuclei surrounded by electron probability distributions extending across vastly greater distances. The scale difference between the nucleus and the atom itself is enormous. Introductory descriptions commonly compare the nuclear radius with an atomic radius roughly one hundred thousand times larger.

This enormous difference in scale is why people often hear that atoms are 99.999999 percent, or even more, "empty space."

The exact percentage depends upon the comparison and model being used, so it should not be treated as a universal scientific constant. More importantly, the word "empty" can itself be misleading. The region surrounding a nucleus is not meaningless nothingness. Quantum states, electromagnetic interactions, electron probability distributions, and underlying physical fields determine how atoms behave.

The deeper lesson is more important than the percentage. The world that appears solid and continuous to our senses is fundamentally unlike the picture we intuitively imagine.

When you place your hand on a table, two collections of microscopic solid balls are not simply pressing against one another like marbles. Electromagnetic interactions and quantum-mechanical principles are central to why matter resists matter and why you experience solidity.

Matter is real, but matter is not what our everyday senses suggest it is.

From Matter to Energy

The relationship between matter and energy makes this picture even more fascinating.

Einstein's famous equation, $E = mc^2$, changed physics by demonstrating that mass and energy are intimately related. Mass contributes to the energy content of a system, and under the appropriate physical processes, mass and other forms of energy can be transformed into one another.

Modern particle physics takes this picture further. Fundamental particles are not simply imagined as indestructible little pieces of solid material. In quantum field theory, particles are described as excitations of underlying fields.

This does not mean that the universe is 99.99999999 percent some mysterious spiritual energy, nor does physics tell us that human beings are almost entirely made of an unidentified metaphysical force.

The more scientifically accurate conclusion is that the apparently solid physical world is profoundly dynamic. At deeper levels it involves particles, quantum fields, forces, probability distributions, electrical charges, and continuous transformations of energy.

The human body itself demonstrates this continuously. Chemical energy from food is converted into movement, cellular work, electrical signaling, and heat. Ion gradients allow neurons to communicate. Electrical activity coordinates the heartbeat. ATP provides energy for molecular processes. Heat continuously leaves the body, while matter and energy constantly enter, move through, and leave the biological system.

A human being is therefore not a static object. We are dynamic living systems in constant exchange with our environment.

This becomes the first important foundation for what I call **Dr. Mike's Energy-Matter Principle**: if physical reality itself is far more dynamic than our senses suggest, and if human beings continuously operate through

changing states of energy, physiology, attention, and information, then meaningful transformation may require us to work not only with the visible matter of our lives, but also with the internal state from which we interact with that matter.

What Do We Mean by Human Energy?

The word energy requires care because it is used differently in physics and in everyday human experience.

In conventional physics, energy is precisely defined and measurable. We can quantify thermal energy, chemical energy, kinetic energy, electromagnetic energy, and many other forms in units such as joules.

Human beings, however, use the same word in a broader experiential sense. We describe ourselves as energized, depleted, tense, calm, inspired, heavy, alive, drained, connected, creative, or emotionally charged. We sometimes walk into a room and immediately sense tension. We may feel stronger after spending time with one person and exhausted after being with another.

Science has not established that these experiences represent an undiscovered physical energy field comparable to electromagnetism, and it would be scientifically careless to claim that it has.

Yet the experiences themselves are real as human experiences and may involve complex combinations of autonomic nervous-system activity, interoception, hormones, subconscious pattern recognition, emotional state, body language, tone of voice, posture, previous conditioning, attention, and social cues.

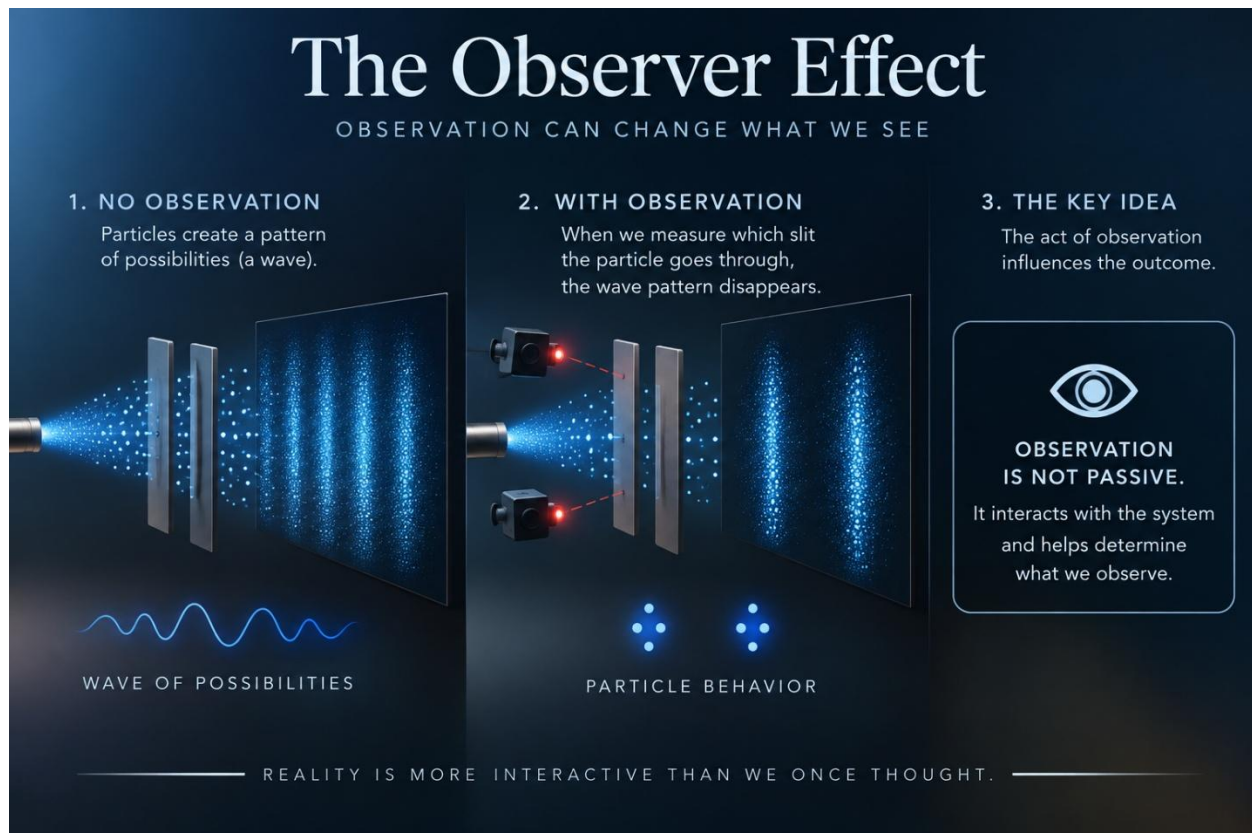
What we casually call our “energy” may therefore represent an integrated state of the organism. It reflects how activated or regulated we are, where our attention is directed, how much physiological capacity is available, what emotions are present, how we interpret incoming information, and whether our system is organized primarily around protection or possibility.

That definition gives the concept enormous practical importance without requiring us to make unsupported metaphysical claims.

The Observer Effect and the Limits of Classical Intuition

Quantum mechanics challenged our ordinary picture of physical reality even further.

In classical thinking, we imagine that objects simply possess definite properties and that measurement reveals those properties without fundamentally complicating the situation. Quantum mechanics shows that microscopic reality does not behave so intuitively.



Quantum states are represented probabilistically, and the measurement context becomes inseparable from what is experimentally observed. This has generated the famous measurement problem and numerous interpretations of quantum mechanics.

Popular discussions sometimes convert this into the statement that human consciousness creates physical reality merely by observing it.

That claim goes beyond what quantum physics has established.

An observer in quantum mechanics does not necessarily mean a conscious human mind. Measurement can occur through interaction with detectors,

apparatus, or the environment, and physicists continue to debate how quantum measurement should ultimately be interpreted.

We therefore do not need to claim that conscious thought collapses reality into existence.

The scientifically important point is already remarkable enough. Modern physics tells us that the deepest levels of reality do not conform to the simple mechanical picture presented by our senses. Measurement, interaction, probability, and information become fundamental parts of the description.

Quantum physics does not prove spirituality. It does, however, remind us that physical reality is far stranger than common sense suggests and that our intuitive model of matter is profoundly incomplete.

The Greatest Unanswered Question May Be the One Reading These Words

Perhaps the greatest mystery is not hidden inside an atom or in a distant galaxy. It is happening right now.

You are aware that you are reading these words.

Science can measure electrical activity in your brain while you read. Researchers can observe patterns of neural activation, changes in blood flow, sensory processing, memory networks, and attentional systems.

Neuroscience has made extraordinary progress identifying what are commonly called neural correlates of consciousness. Researchers can increasingly distinguish brain states associated with wakefulness, sleep, anesthesia, perception, and altered states of awareness.

Yet identifying a neural correlate of an experience is not necessarily the same thing as explaining why subjective experience exists.

Imagine watching a magnificent sunset while your brain is being scanned. Scientists may identify every visual pathway involved, every region associated with memory and emotion, and every measurable physiological response.

But the scanner does not contain the sunset as you experience it.

It contains measurements associated with your experience.

The redness of the sky, the sense of awe, the emotional memory awakened by the sunset, and the awareness that you are the one witnessing it belongs to the subjective world.

This gap between measurable physical processes and first-person conscious experience remains one of the great unresolved problems in science and philosophy.

Awareness Can Observe Itself

The mystery deepens because consciousness possesses a remarkable capacity: it can become aware of its own activity.

You can have a thought and then notice that you are having the thought. You can become angry and simultaneously recognize that anger is arising. You can feel fear while noticing the physical sensations of fear in your body. You can observe an old behavioral pattern beginning and decide not to follow it.

Science can study the neural processes associated with metacognition and self-awareness, but the subjective reality remains fascinating.

Awareness appears capable of observing the operations of the mind.

We should be careful not to leap from this observation to claims science has not established. It does not prove that consciousness exists independently of the brain, nor does neuroscience prove that subjective awareness is merely an illusion.

The honest answer remains that the relationship between physical brain activity and subjective consciousness is not fully understood.

This unanswered question becomes extremely important when we turn from philosophy toward transformation, because awareness is also the capacity that allows us to interrupt automatic patterns.

Without awareness, conditioning simply runs.

With awareness, choice becomes possible.

SCIENCE

A POWERFUL TOOL FOR EXPLORING OUR WORLD
— AND A REMINDER OF HOW MUCH MORE THERE IS TO DISCOVER

THE STRENGTHS OF SCIENCE

WHAT SCIENCE DOES REMARKABLY WELL



OBSERVES AND MEASURES

Transforms curiosity into data, using observation, measurement and experimentation.



BUILDS RELIABLE KNOWLEDGE

Develops theories, tests hypotheses and refines understanding through replication and peer review.



EXPLAINS THE PHYSICAL WORLD

Reveals the laws of nature, from atoms and DNA to galaxies and the evolution of the universe.



IMPROVES AND EXTENDS LIFE

Leads to medical breakthroughs, technologies and innovations that increase health, safety and well-being.



EXPANDS WHAT WE CAN SEE

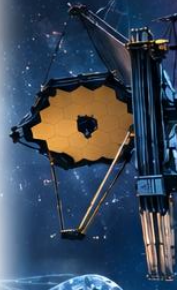
Through new instruments, we detect the invisible – from radio waves to X-rays and distant galaxies.



CREATES PRACTICAL SOLUTIONS

Provides tools to solve real-world problems in medicine, energy, communication, transportation and more.

SCIENCE GIVES US EXTRAORDINARY POWER
TO UNDERSTAND AND SHAPE THE MATERIAL WORLD.



SCIENCE ILLUMINATES
AN INCREDIBLE PART
OF REALITY.

AND STILL, IT IS ONLY
A PART.



THE LIMITATIONS OF SCIENCE

IMPORTANT BOUNDARIES TO REMEMBER



A NARROW SENSORY WINDOW

We see only about 0.0035% of the electromagnetic spectrum. Most of reality is invisible to our senses.



MATTER IS NOT WHAT IT APPEARS

What seems solid is mostly empty space at the atomic level, held together by invisible forces and energy.



THE OBSERVER EFFECT

In quantum physics, measurement can influence what is observed, showing that reality is more complex than simple cause and effect.



CONSCIOUSNESS REMAINS UNSOLVED

Science can measure brain activity, but it still cannot fully explain why subjective experience exists.



BIG QUESTIONS REMAIN

Science has no complete answers for life, awareness, intuition, morality, meaning, purpose or the nature of reality itself.



THERE IS MORE WE CANNOT YET MEASURE

Our current instruments and concepts reveal only a fraction of what may exist.

THE ABSENCE OF A MEASUREMENT
IS NOT PROOF OF NON-EXISTENCE —
IT IS AN INVITATION TO KEEP EXPLORING.

SCIENCE TAKES US FAR. HUMILITY TAKES US FURTHER.

Intuition and the Intelligence Beneath Conscious Thought

Intuition offers another example of how much processing occurs outside ordinary conscious reasoning.

An experienced physician may sense that something is wrong with a patient before consciously identifying the diagnostic clue. An athlete anticipates an opponent's movement without deliberately calculating every change in posture. A parent notices that something is different about a child without being able to explain exactly which subtle signal created the impression.

We often call these experiences intuition.

Many intuitive responses can plausibly be explained through rapid subconscious pattern recognition, interoception, accumulated experience, and predictive processing. The nervous system continuously receives and evaluates information that never enters conscious awareness in explicit form.

The conscious mind may therefore receive a conclusion without gaining immediate access to the entire calculation that produced it.

This does not make intuition magical. It makes the intelligence operating below conscious awareness more impressive.

It also reminds us that the thinking mind is only one part of the human information-processing system.

Science Can Measure Love Without Becoming Love

The same limitation appears when we examine love, beauty, morality, meaning, and purpose.

Science can study the neurochemistry of attachment, measure oxytocin, identify reward pathways, and examine how evolutionary pressures may have favored social bonding.

Those findings can explain important mechanisms involved in love. They do not become love themselves.

Scientists can observe what happens in the brain while someone listens to Beethoven, but a brain scan is not Beethoven's Ninth Symphony. They can measure physiological changes associated with awe, but those measurements are not the experience of awe. They can investigate how human beings make

moral decisions without necessarily settling the philosophical question of why we ought to behave morally.

Science is particularly powerful at investigating mechanisms and relationships. Questions of meaning and ultimate significance often belong partly to philosophy, ethics, and lived experience.

This is where science and soul do not need to become enemies.

They may simply be asking different aspects of the same human question.

The Energy-Matter Principle

At this point, an important practical conclusion begins to emerge.

For centuries, human beings have become increasingly skilled at manipulating matter. When we want life to change, we instinctively look outward. We change houses, jobs, partners, possessions, schedules, businesses, diets, environments, and financial circumstances.

Sometimes those external changes are necessary.

Yet many people repeatedly discover that changing circumstances alone does not produce the transformation they expected.

A person enters a new relationship but brings the same attachment wounds. An entrepreneur launches a new business while carrying the same fear of failure. Someone earns more money but continues living from an internal state of scarcity. A person moves to another city only to discover that the same restlessness followed them there.

The matter changed. The internal state did not.

This observation forms the heart of **Dr. Mike's Energy-Matter Principle**:

When we want to create lasting changes in the material circumstances of our lives, we should first learn to change the energy and internal state from which we interact with those circumstances.

Energy first does not mean matter never matters. It means the internal state often determines how effectively we engage with the external world.



Our emotional state influences what we notice. What we notice influences how we interpret circumstances. Interpretation influences physiology. Physiology influences decision-making and behavior. Behavior influences relationships, performance, opportunity, health, and eventually material outcomes.

The inner state repeatedly becomes outer consequence.

Why Changing Matter Alone Often Fails

Imagine two people walking into the same professional event.

The physical room is identical for both. The same people are present. The same conversations are available.

One person enters a threat-dominated state. Previous rejection has conditioned the nervous system to expect judgment. Attention therefore scans the room for signs of exclusion. Someone looking away is interpreted as rejection. A short conversation confirms the belief that others are uninterested. The body tightens, posture closes, eye contact decreases, and communication becomes more guarded.

Another person enters the same room from a regulated, curious state. Uncertainty feels more like possibility than danger. Attention notices approachable people, interesting conversations, and opportunities for connection. Posture is more open, communication is easier, and other people respond differently.

Nothing supernatural occurred. The room remained the same.

Yet the experienced reality and eventual outcomes differed because each person interacted with the physical environment from a different energetic and physiological state.

Internal state altered attention, attention changed perception, perception influenced behavior, and behavior changed the physical consequences.

This is the Energy-Matter Principle in action.

Working With Energy Means Moving Upstream

Most people attempt to change their lives at the end of the causal chain.

They want a different relationship, so they focus entirely on finding another person. They want financial security, so they focus solely on acquiring more money. They want professional success, so they simply work longer hours. They want better health, so they search for another external intervention.

Again, none of these actions are inherently wrong.

The limitation appears when the internal system generating the old patterns remains untouched.

If a nervous system continues interpreting intimacy as danger, a different partner may eventually encounter the same withdrawal.

If someone continues carrying a deep expectation of scarcity, greater income may not create a genuine sense of security.

If the body remains chronically dysregulated, simply working harder may eventually decrease rather than increase performance.

The Energy-Matter Principle therefore asks us to move upstream.

Before trying to force the external result, examine the state from which you are pursuing it.

This is where attention, breath, emotional regulation, belief, intention, interoception, self-awareness, and nervous-system regulation become practical tools rather than philosophical ideas.

The Science of State

The importance of internal state is not merely theoretical.

The nervous system continuously influences how we perceive and respond to the environment. Chronic threat states alter attention and can bias perception toward danger. Stress changes hormonal and autonomic activity. Breathing patterns can influence physiological arousal. Expectations can alter pain perception and other measurable responses. Experience changes neural circuitry through neuroplasticity.

Placebo and nocebo research provides an especially powerful example. Expectations and contextual cues can influence pain, brain activity, and physiological responses through identifiable neural and neurochemical mechanisms.

This does not mean that positive thinking cures every disease or that a person is responsible for becoming ill because they have the wrong thoughts.

It demonstrates something much more useful: what happens in the mind does not remain isolated inside an imaginary mental world.

Expectation can affect physiology.

Interpretation can affect autonomic state.

Experience can reshape neural circuits.

Mental and physical processes continuously influence one another.

The boundary between inner and outer is more interactive than everyday language often implies.

Breath as a Direct Gateway into Energy

Breathing illustrates this interaction beautifully because it is simultaneously automatic and voluntarily accessible.

Most of the time we breathe without conscious effort. Yet we can intentionally change our breathing pattern.

Research on slow breathing demonstrates measurable influences on cardiorespiratory physiology, heart-rate variability, respiratory sinus arrhythmia, and autonomic regulation. Controlled breathing can also influence psychological state.

This means that by intentionally changing something as simple as respiratory rhythm, we can alter the physiological state from which we meet the next moment.

Nothing outside us had to change first.

The meeting is still scheduled. The challenge remains. The conversation still has to occur.

But the nervous system entering that situation may now be different.

That is precisely what working with energy before matter means in practical terms.

We change the state of the organism first, and then we carry that state into the physical situation.

Attention Is One of the Most Valuable Forms of Human Energy

Attention may be one of the most valuable resources we possess.

The brain receives far more information than conscious awareness can process. It therefore selects what becomes important according to goals, expectations, emotional relevance, learned patterns, and perceived threat.

What receives attention becomes disproportionately represented in our lived experience.

A person who repeatedly directs attention toward rejection will notice rejection more easily. Someone constantly focused on what is missing may experience scarcity even within relative abundance. A person trained to notice possibilities may identify opportunities that another person overlooks.

This does not mean we can think unpleasant realities out of existence.

It means that attention influences which aspects of reality receive priority in our nervous system and therefore which possibilities become available for conscious response.

Where attention repeatedly goes, behavioral resources tend to follow.

This is why attention is not simply passive observation. It is one of the mechanisms through which an internal state begins shaping future outcomes.



Neuroplasticity Makes Transformation Possible

The human nervous system is not permanently fixed.

Experience changes it. Learning changes it. Training changes it.

Trauma can change it, but so can therapy, meditation, rehabilitation, practice, and new experiences.

This capacity is neuroplasticity.

Neuroplasticity means the patterns created by our past do not have to remain the patterns governing our future.

However, understanding this intellectually is not sufficient. Neural patterns become established through repetition, and new patterns generally require repetition as well.

A powerful insight may create motivation, but repeated experience creates embodiment.

This is why transformation requires practice.

The nervous system learns through what we repeatedly think, feel, attend to, rehearse, and do.

Working with our internal energy therefore means consciously participating in the conditions through which new patterns become familiar enough to replace old ones.

Regulate, Release, Rewire, and Rise

This is also why the R4 Method follows a particular progression.

We regulate first because a system dominated by perceived threat is primarily organized around protection. Creativity, connection, reflection, and long-term decision-making become more difficult when the organism believes immediate survival is at stake.

Regulation creates capacity.

Once sufficient capacity is available, we can begin to release accumulated emotional charges and patterns that keep the past active in the present. We become more capable of examining what has been carried forward rather than automatically defending against it.

Rewiring then becomes possible through intentional attention, new emotional experiences, visualization, behavioral rehearsal, repetition, and the conscious development of new responses.

Over time, those new responses become less effortful and more embodied.

That is when we rise.

Rising does not mean simply thinking positively. It means living from the new internal organization often enough that it begins shaping our decisions, relationships, performance, and physical circumstances.

In this sense, R4 becomes an applied expression of the Energy-Matter Principle. We change the state and pattern first, then allow that internal transformation to alter how we interact with the material world.

Energy Before Matter Does Not Mean Ignoring Reality

This distinction is essential.

Working with energy first does not mean rejecting the physical world or substituting visualization for action.

If you are ill, appropriate medical care matters. If you want financial stability, you need to understand money and make real decisions. If a relationship needs repair, conversations and boundaries are necessary. If you want to build a company, products must be developed, calls must be made, and value must be created. If you want to become an elite athlete, physical training still has to happen.

The Energy-Matter Principle is therefore not energy instead of matter.

It is energy before and through matter.

The internal state becomes the quality from which material action emerges.

You still enter the negotiation, but ideally you enter from clarity rather than panic. You still pursue the opportunity, but you do so without allowing an old identity to sabotage the effort. You still have difficult conversations, but regulation allows you to respond rather than reflexively defend. You still train the body, but your attention, confidence, physiology, and emotional regulation now support physical work.

Matter remains essential.

But the human being moving the matter has changed.

Why This Represents a Different Model of Manifestation

This framework also gives us a more grounded way to understand manifestation.

Every deliberate human creation begins in an invisible form before becoming physical.

A building begins as an idea before concrete is poured. A book begins as imagination before words appear on a page. A company begins as an intention before legal entities, offices, or products exist. An athletic achievement begins as a vision and training plan long before the final competition.

The idea alone does not produce the result.

The invisible becomes physical through a process.

Attention gives an idea priority. Intention provides direction. Emotion gives it relevance and motivational force. Visualization and rehearsal prepare possible future responses. Repetition builds patterns. Decisions translate those patterns into action. Action interacts with the material environment. Over time, the environment begins to reflect the accumulation of those actions.

Seen from this perspective, manifestation is not passive wishing.

It is the process through which an internal possibility becomes embodied strongly enough to influence repeated behavior and eventually produce external consequences.

The invisible precedes the visible, but the bridge between them is participation.

The Observer Is the Starting Point

None of this is possible without awareness.

Before we can change an internal state, we must notice it.

Before we can interrupt a pattern, we must see it.

Before we can redirect attention, we must recognize where attention has gone.

This is the practical power of becoming the observer.

The significance does not depend upon claims that consciousness collapses quantum wave functions. The human effect is already profound.

When you observe a thought instead of automatically believing it, a possibility for choice appears. When you recognize anger without immediately acting from it, the automatic sequence is interrupted. When you notice your nervous system moving into threat before entering a difficult conversation, you can

regulate before responding. When you recognize the old belief that you are not capable, you gain the possibility of choosing behavior that no longer reinforces it.

Awareness creates distance between conditioning and action.

That distance is where freedom begins.

We Have Mastered Matter More Than We Have Mastered Ourselves

Modern civilization has become astonishingly sophisticated at controlling the external environment.

We can fly across oceans, regulate the temperature of buildings, manufacture microscopic electronics, communicate instantly around the planet, replace damaged joints, and access more information from a phone than many previous civilizations possessed collectively.

Yet enormous numbers of people struggle to sit quietly with themselves for ten minutes.

We have learned to regulate buildings more effectively than our nervous systems.

We teach children mathematics, history, and technology while rarely teaching them how to recognize when fear is directing attention or when an emotional trigger is taking control.

We teach executives how to manage companies while often giving them little understanding of how autonomic state influences decision-making.

We teach people how to acquire resources but rarely teach them how beliefs, identity, and scarcity shape their relationship with those resources.

Perhaps the next major frontier in human development is not simply greater control over matter.

Perhaps it is greater understanding and mastery of the internal state through which we interact with matter.

Dr. Mike's Energy-Matter Principle

The Energy-Matter Principle can therefore be stated simply:

Lasting change in the visible world is more likely when we first transform the invisible state from which we interact with it.

Our lives certainly contain factors outside our control. Circumstances matter, biology matters, social conditions matter, randomness matters, and the actions of other people matter.

The principle does not claim otherwise.

It identifies where personal leverage often begins.

Our state influences attention. Attention influences perception. Perception influences meaning. Meaning influences emotion and physiology. Physiology influences choice. Choices become behavior. Repeated behavior creates patterns. Patterns influence relationships, opportunities, health, performance, and physical circumstances.

Over time, the internal state participates in creating external life.

This does not mean everything that happens to us is created by our energy.

It means our energy and state play an important role in determining what we do with what happens to us.

That distinction is both scientifically responsible and personally empowering.

From Manipulating Matter to Developing Mastery

Once we understand this, the strategy for creating change begins to shift.

Rather than asking only, "What do I need to change around me?" we begin asking, "What state am I bringing into this situation?"

Rather than immediately trying to control another person, we examine what is being activated within ourselves.

Rather than assuming a lack of opportunity, we ask whether fear, attention, or conditioning is preventing us from recognizing what is already available.

Rather than forcing action from exhaustion, we learn to restore physiological capacity before making important decisions.

Rather than repeatedly trying to create a new future from an identity organized around the past, we intentionally develop a state congruent with the person we intend to become.

This does not reduce ambition.

It increases coherence.

We still work.

We still act.

We still build.

We are still negotiating.

We still train.

We still confront reality.

But we learn to do those things from a more conscious internal state.

That is the essential shift from trying to change life exclusively from the outside in toward learning to create change from the inside out.

The Science & Soul Perspective

Science repeatedly teaches us that appearances are incomplete. Human vision reveals only a tiny portion of the electromagnetic spectrum. Matter that appears perfectly solid reveals a radically different structure at atomic scales. Quantum mechanics undermines our everyday classical intuitions about physical reality. Neuroscience shows that perception is actively constructed rather than simply recorded. Psychology demonstrates that substantial information processing occurs outside conscious awareness. Placebo and nocebo research reveal that expectations can influence experience and physiology. Breath research shows that intentional respiratory changes can influence autonomic state. Neuroplasticity demonstrates that repeated experience can reshape neural systems. Consciousness itself remains unresolved.

None of this proves every spiritual belief.

It should not be used that way.

But it does challenge the assumption that ordinary perception offers a complete picture of reality or that human life can be reduced to a simple collection of solid physical objects interacting mechanically.

There is an invisible architecture behind visible behavior: attention, expectation, emotional state, memory, prediction, intention, nervous-system regulation, and awareness.

Those processes may not be visible when someone walks into a room, but they profoundly influence what happens next.

Science allows us to investigate much of this architecture.

Soul asks what we choose to do with the awareness capable of observing it.

A New Priority for Human Transformation

If we accept that our perception captures only a narrow slice of physical reality, that matter itself is much more dynamic than it appears, that the body continuously transforms energy, that the brain actively constructs experience, and that our internal state influences attention, interpretation, physiology, and behavior, then our approach to personal change should evolve as well.

We have spent tremendous effort trying to manipulate external matter while often giving remarkably little attention to the state from which we do the manipulating.

Perhaps this balance should be reversed.

Before forcing the outcome, regulate the system pursuing it.

Before trying to change the relationship, examine the energy being brought into the relationship.

Before demanding that the world provide more opportunity, investigate where attention is currently going.

Before creating a new future, notice whether the nervous system is still rehearsing the past.

Before adding more effort, ask whether effort is being generated from clarity or fear.

This is what it means to work with energy first.

It means recognizing that attention is energy, emotional activation consumes energy, physiological regulation changes available energy, intention directs energy, and behavior ultimately translates that internal organization into physical action.

We change the quality of the source before demanding a different result downstream.

From the Invisible to the Visible

Transformation often follows a continuous chain.

An internal state changes the way we pay attention. A different pattern of attention changes what information reaches conscious awareness. New information changes interpretation. Interpretation influences emotion and physiology. A different physiological state makes different choices possible. Different choices create different behaviors. Repeated behaviors become habits. Habits alter relationships, health, performance, financial decisions, and opportunities. Over time, those changes accumulate into visible physical circumstances.

The process is gradual enough that we often fail to recognize where it began.

What eventually appears as a new external reality may have started months or years earlier as a change in awareness, identity, state, attention, or intention.

This is why working internally is not avoiding reality.

It is working at an earlier stage in the process through which reality is influenced.

Conclusion: Work With Energy, Then Move the Matter

Human beings have become extraordinarily capable of changing the physical world.

Perhaps the next great step is becoming equally skilled at understanding and changing the internal world from which we engage it.

We do not need to solve the ultimate mystery of consciousness before learning to become more conscious. We do not need to understand every physical dimension of energy before becoming aware of how we spend our own. We do not need quantum physics to prove that thoughts directly rearrange matter before recognizing that thoughts, expectations, emotions, breathing, attention, and nervous-system state can influence the person who ultimately takes physical action.

This is the essence of Dr. Mike's Energy-Matter Principle.

If you want to change the matter of your life, begin by examining the energy you repeatedly bring to it.

Become aware of your state before reacting. Learn to regulate your nervous system so that survival patterns are not making every important decision. Notice where attention goes and whether it continues feeding the future you want or the past you fear. Become conscious of the emotional patterns consuming your energy. Release what continues to organize life around yesterday. Rewire the beliefs and behaviors that shape tomorrow. Then carry that new state into decisive physical action.

The goal is not to retreat from the material world.

The goal is to meet the material world differently.

A regulated person enters the same conversation differently. A self-aware leader enters the same meeting differently. An athlete who can regulate attention and arousal enters the same competition differently. A person no longer governed by scarcity makes different financial decisions. Someone who recognizes an attachment pattern approaches intimacy differently.

The circumstances may initially remain identical, yet the person interacting with those circumstances has changed.

That is often where a new trajectory begins.

Matter still matters, but matter may not always be the most effective place to begin.

The internal state comes first. From that state emerges perception, decision, behavior, and eventually consequences.

This is why the Energy-Matter Principle does not ask us to choose between science and spirituality, between the physical and the invisible, or between being and doing. It asks us to understand the sequence.

We become more conscious so that we can act more consciously. We work with our energy so that our actions in the material world become more coherent. We regulate and rewire the internal environment so that we stop unconsciously recreating the same external patterns.

Then we move the matter.

Perhaps that is one of the most important lessons available at the intersection of science and soul: the visible world may be where the result appears, but the process of transformation often begins somewhere much less visible.

It begins with awareness.

It develops through state.

It gains direction through attention and intention.

It becomes embodied through repetition and action.

And eventually, what began within begins to alter what exists around us.

That is the Energy-Matter Principle.

Not the rejection of matter, but the recognition that **lasting change often begins by transforming the energy of the person who is about to change it.**

“Change the energy of the person interacting with the matter, and you change what that person can do with the matter”.

Dr, Mike Van Thielen, PhD.

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