

## ***Monograph Twelve:***

# ***The Observer and the Subatomic Realm***

**All the assertions I've made about reality in previous monographs sound good, but they could be just that, assertions, unless you've started Working with them for yourself and so you know from personal experience that they are, in truth, far more than just mere postulations. Delving into the mechanics of consciousness and reality – the quantum mechanics of it, to be precise – is an interesting exercise in and of itself, because quantum physicists are discovering the same truths . . . from a different direction.**

### **Down the Rabbit Hole**

I want to make it clear from the outset that I am no expert in quantum mechanics. On the contrary, I am a mere novice, so this monograph is in no way a master class and should not be treated as such. What I am interested in is the way the concepts and principles of quantum mechanics intersect with my own Work\* on consciousness and reality. It is this intersection I will write about in this monograph.

For anyone interested in delving further into quantum mechanics, or pursuing it as an interest, I highly recommend *What the Bleep Do We Know*, preferably the director's cut, *What the Bleep!?! – Down the Rabbit Hole*<sup>1</sup>. The group of experts interviewed for this rather brilliant exposé on quantum mechanics are wonderfully and impressively articulate in their explanations. I apologise to them, in advance, if I get anything wrong, or if I've misunderstood any of their explanations. I will do my utmost to do them justice in this monograph.

Down the rabbit hole is an allusion to the story of *Alice in Wonderland*<sup>2</sup> and what happened when she saw the white rabbit and chose to follow him. *The Matrix*<sup>3</sup> makes a pointed reference to it at the beginning of the movie when Neo is told to *follow the white rabbit*. For both Alice and Neo, choosing to follow the white rabbit took them into a whole new reality – one that did not obey the rules, norms, standards and programming of the ordinary, mundane reality at all – and it was tough for them to navigate, at first.

I know how they felt. If I'd known where the 'white rabbit' of my transcendent Process\* was going to take me, I'm not entirely sure I would have chosen to follow it. I guess it's just as well, then, I had no choice.

### **The Nonsense of Alice's Wonderland**

When researching some of its details to reference it, I noticed *Alice in Wonderland* was described as 'one of the best examples of the literary nonsense genre' (Wikipedia). Personally, I think there's a strong element of surrealism in it.

The idea of surrealism was to challenge the conscious mind, breaking down the norms that bind it, thereby releasing the creativity of the unconscious mind, through the use of

techniques that put images together in a way or in a context that is illogical or irrational<sup>4</sup>. Or jarring, or even discordant. But surrealism as a genre in literature and art was officially launched in 1924<sup>4</sup>, much later than Lewis Carroll's story of Alice. So *Alice in Wonderland* cannot officially be classified as surrealism.

'Nonsense' is a word that inherently implies a sense of the ridiculous, to the point of being wrong. It's a word reserved for things we want to write off, because we usually use it with a degree of disdain, with our noses in the air. Often, we use it when we're consciously shutting something out that is butting up against the rigid internal boundaries of our closed minds. So perhaps we should call this genre 'no sense' rather than 'nonsense'.

Our dreams can seem like gibberish to us, and yet there is potentially profound and valuable meaning in them if we learn to speak their language. There is, too, a powerful component of surrealism in our dreamscapes. As for nonsensical images, the ones in Lewis Carroll's story have certainly stood the test of time, still resonating, to this day, in our consciousness. Why is that if they truly are just nonsense?

The answer is simple. Like our dream language, the images in Alice's story are symbolic, and the subconscious does so love the language of symbolism. It absorbs it the way a dry sponge absorbs water, and responds as powerfully.

So perhaps we should ask another question? What does it do to our consciousness, as a whole, when we read this story and connect with its beautiful and profound language? Perhaps that's why, whether child or adult, we still love it, even now, over 150 years after it was first written.

### **Following the White Rabbit**

Following the white rabbit is *not* fun. Neo and Alice would both agree, if we could ask them. If it's fun you seek, you'll need to find it elsewhere. If it's power you seek, you *will* find it, but you will have to become completely powerless to do so.

Although he potentially offers us powerfully-transforming Knowledge\* and greatly-broadened horizons of existence, the white rabbit will take us into challenging, often brutalising, sometimes frightening, and always profoundly unfamiliar territory – territory that often has no solid ground upon which we may tread, even if to stabilise ourselves temporarily before moving further into the rabbit hole.

I've said in previous monographs, the programming of the illusional reality we're all familiar with is so entrenched in us that breaking free of it internally is nothing less than a battle waged because the mind has enormous trouble letting go. And the longer we've interacted with reality on the basis of this programming, the more entrenched it is, which is exactly why Morpheus tells Neo in *The Matrix* they don't normally free minds once they reach a certain age<sup>3</sup>.

What I say to this is if I can do it, others can . . . not everyone, admittedly, but many can. In fact, I believe many others are here to do it, as I have, so not only *can* they, but they *must*.

With this in mind, prepare yourself. I'm about to take you down that very same rabbit hole, and it is mind blowing. You just might find yourself feeling like Alice . . .

## **Quantum Mechanics and Metaphysicality**

Even though Alice entered a 'dream' world and Neo awakened into the 'real' world, both went beyond the physical into the realm of the metaphysical. This is what we find down the rabbit hole – a whole new realm, a whole new way of existing, a whole new way of perceiving and interacting with our own consciousness, our own thoughts, our own reality.

In this realm of metaphysicality, as opposed to the physical world with its strict laws of physics and its programming, we encounter, at last, a beautiful synergy, a perfect fusion, of science and spirituality, so much so, that I am tempted to say quantum physicists have unwittingly become the new philosophers.

No longer are science and spirituality pitted against each other, with scientists and spiritual seekers defensively hurling accusatory insults at each other across the yawning gulf between them. Far from opposing each other, and far from exposing the erroneous constructs upon which religious beliefs are based, in the metaphysical realm, science and spirituality fully support each other. Scientists and spiritual seekers are arriving at the same answers from different directions.

This is certainly my experience. I am no scientist, but I love the science of quantum mechanics, especially when I've viewed it in the context of my own Work\*. Delving into it, even just to the small extent I have, has helped me conceptualise, and even connect with, what I've been learning and experiencing in the context of my own Transitional Process (transitioning from the physical to the metaphysical), which is exactly why I simply could not leave it out of The Monograph Series.

## **Reality Becomes What It Is**

In the realm of metaphysicality, reality becomes what it actually is – a seamless extension and expression of our *thoughts*, yes, but more importantly and significantly, of *Process* – and quantum mechanics facilitates the understanding of how this is possible, if you can get your mind around it.

Once we consciously move into an existence in metaphysicality, we can Work with this fundamental and powerful principle. The key to doing so lies in bringing the facets, or layers, of one's consciousness into alignment, preferably Perfect Alignment\*, which is exactly why the shadows and misguided thoughts have to be cleared out first, because these preclude Perfect Alignment.

In other words, you align your thinking, or your thoughts, with your higher consciousness, particularly with respect to those two pillars of true transformation: focus and perspective.

You have to be careful, though. So powerfully does the seamless connection become that you have to learn to safeguard your conscious thoughts. There are some thoughts we have that we really do not want to see manifested in our reality. I have to reference the

movie *Sphere*<sup>5</sup> here because it really is a brilliant portrayal of what could potentially occur if we were able to go around consciously creating our thoughts in reality (it's worth looking up the story if you haven't seen the movie).

A good thing it is that the conscious awareness will *never* be in charge of the act of Creation\*, regardless of how much we transform and transcend our consciousness. If, as a conscious awareness, you want to be in charge of Creation, then these monographs are not for you. I suggest you try black magic, but watch out. It'll blacken your soul if you do.

### **The Random Pattern of Reality?**

And so, to the rabbit hole. Before going down, we need to begin with the material reality we're familiar with, and, specifically, the indisputable, well-established fact that physical reality is, to a large extent, matter in different forms – solids, liquids, gases – and matter, in turn, regardless of its form, is made up of atoms.

Atoms are, in fact, the smallest elements of matter, and matter makes up the bulk of what we see and interact with in the material, physical reality that surrounds us, including our own bodies.

If you think of reality as comprising a torrent of moving, shifting, flowing, interacting atoms that clump together to make a seemingly-solid form – matter – then you can *begin* to conceptualise just how reality is fluid and not the set-in-stone solid we believe it is.

But if atoms move and flow and shift and clump together, as they do, then they do so *in response to what?*

Do atoms really flow and clump together in response to nothing (the Higgs boson notwithstanding – the once-predicted and now-confirmed subatomic particle believed to facilitate the clumping of atoms to form matter)?

In other words, is reality really just a super-flukey, random pattern? Or is it something else, like, say, atoms that are alike attracting each other? But then, beyond this principle of attraction, there is no real rhyme or reason why matter takes shape the way it does. So, then, without rhyme or reason, we come back to the idea that matter and reality are the result of randomness, or chance, and nothing more . . . which many people believe, just as they believe the universe itself is a random thing.

### **Thought and Process Create the Pattern of Reality**

I've already said that reality is a part of consciousness, an extension of it, so that what is in reality is in the unconscious mind, and what is in the unconscious mind is in reality at every given moment. So we know reality is anything but random.

If reality is not random, then what does it respond to? How does it form? What do atoms shift and clump together in response to? Given our definition of consciousness, the answer has to be Thought and Process.

In actual fact, reality moves and flows like water, or, more aptly, *energy*, which

quantum physicists have confirmed, but we don't see it because this process occurs at a level that is well beyond our ability to perceive it. And then, of course, added to this, as I've already said, reality responds to our belief about it and behaves as a solid.

When you do the Work with it, especially the Work of transformation, using the landscapes of your reality and your emotional responses to them, you really do get to experience how reality responds to the clearing away of fears – changing thought. It changes in ways that can only be described as miraculous.

### **Going Beyond the Atom**

If we stay with the atom, or, put another way, if we stay in the physical, material world with its established laws of physics, then not only will we find it impossible to adequately answer the question of what atoms flow and clump together in response to, but we will also find it extremely difficult to understand the mechanics of the answer we've just arrived at: Thought and Process.

Furthermore, in the world of physicality, everything is separate because that's what our physical sense of sight tells us. So how can the atoms in things that are separate from us respond to our thoughts?

To this end, the atom became, for me, the boundary beyond which I stepped into the realm of *metaphysicality* – the rabbit hole – from a scientific perspective. For me, this was like arriving at the same Truths I'd long been Working with from an entirely different direction, as I said earlier, which helped me gain greater clarity in my Work with reality.

### **The Atomic Structure of the Physical Universe**

For anyone who, like me, has never studied physics, atoms comprise a nucleus that is made of neutrons (no charge) and protons (positive charge) around which orbits a number of electrons (negative charge)<sup>4</sup>. Electrons orbit their nucleus in a similar way the planets in our solar system orbit the sun.

The solar system is like a giant atom, and atoms are like tiny solar systems. Thus is the atom symbolically reflective and expressive of the structure of the physical universe. If you can conceptualise the possibility that we are made up of atoms, and we exist in one – that is, *atoms are within us, and we are within them* – then you can begin to understand the complexity of dimensions.

Hermeticists know about this simple but fundamental Truth, and they summarise it perfectly. As Above, So Below.

### **The Law of Balance**

For an atom to be what it is, it must be stable, and to be stable it must be in balance, which is a beautiful truth that underpins the Universe. For anything to be what it is, it needs to be in balance, and this includes us as individuals and as a collective.

Thus is balance a fundamental Law of the Universe, one *that cannot be transgressed*<sup>6</sup>,

certainly not without dire consequences and also not without the natural forces in the Universe moving what is not in balance back into balance, both of which we, as a collective, are currently experiencing.

For an atom to be in balance, the number of electrons orbiting its nucleus need to equal the number of protons in its nucleus because the positive and negative charges in the atom are, then, in balance. The Law of Balance is beautiful, regardless of which level of existence it manifests.

## **The Subatomic Realm**

Neutrons, protons and electrons are subatomic particles. So, when you go beyond the atom, or, more specifically, when you go down further *into* the atom, you find yourself in the subatomic world, or realm. This is the realm of quantum mechanics, and in this realm, all the laws of classical physics simply cease to exist, much to Isaac Newton's chagrin.

But then, you find yourself asking a valuable question. Do the laws of classical physics really exist at all if they don't exist in the subatomic realm? I will come back to this question.

Quantum physicists have conducted experiments with electrons and other subatomic particles, and in the process, they have discovered a remarkable and wholly unpredictable but highly-significant dynamic. They have discovered the observer changes the outcome of the experiments simply by observing them<sup>1</sup>.

That is, when all the conditions of the experiment are held constant so that the addition of the observer is the only aspect changed, the outcome of the experiment changes.

## **The Observer Effect**

Put another way, *the observer changes the behaviour of the subatomic particles*, like electrons, *by observing them under experimental conditions*. Even this can be re-worded if we substitute ourselves for the observer. *We* change the behaviour of subatomic particles by observing them under experimental conditions.

And we don't just change the outcome and, therefore, the behaviour of the subatomic particles a little bit. And we don't just change the outcome and, therefore, the behaviour of the subatomic particles randomly. In fact, by observing them, we cause the subatomic particles to behave entirely differently and to behave in a specific way.

When not observing the experiment, the subatomic particles behave like *waves of energy*, which is entirely unexpected under the laws of the physical world but which is entirely reflective of truth in the metaphysical realm.

This finding alone is significant and important because it begins to break down our misguided belief that reality is solid, more-than-hinting at the true nature of it as fluid.

But the really interesting aspect of these quantum experiments is that when the observer observes the experiments, the subatomic particles stop behaving like waves of

energy and behave, instead, as we would *expect* them to if governed by the laws of classical physics.

Remember the assertion that reality *appears* solid and it *behaves* as a solid and it *is* solid simply because we believe it is. This is a truth so profound that reality responds to our belief and expectation about it at the subatomic level.

The Observer Effect\* is even more critical and profound than it appears at first glance. It is, in fact, so crucial, it underpins, or forms the premise of, the way we interact with reality in this Separated\* lower dimension and so I will return to it in this series because it has powerful ramifications for Conscious Creation.

In fact, if we are to learn to Work with reality anew, and to discover, in the process, what reality may be and what we may do with it, we have to learn to overcome the Observer Effect. This is one of the primary reasons why the corrupted mindsets I wrote about in the last monograph have to be changed, cleared, healed.

### **The Interference of the Observer**

The fact that quantum physicists have conducted experiments that allow us to know the subatomic particles can behave differently is one thing, but the most valuable aspect of the experiments is the discovery and identification of the Observer Effect itself.

What quantum physicists have effectively done is replicate the condition of human interaction with reality in this Separated lower dimension under experimental conditions simply by putting themselves in the experiment, as observers.

But remember I said in the metaphysical realm reality becomes what it actually is? In the same experiments, quantum physicists have also discovered how reality would and should naturally behave, without our interference.

If, however, the observer is just observing, then what, exactly, is the nature of this interference?

### **Reality as the Focal Point**

This is a crucial question. The answer is two-fold, and whichever answer applies for each one of us personally depends on where we exist within ourselves, in Separated physicality or in the metaphysical realm. Because it is not the *experiment* that exists in physicality or metaphysicality, nor is it the *electrons*. It is the *observer* who exists either in physicality or metaphysicality, never both.

It is the observer alone who changes the outcome of the experiment. But, really, we need to be more specific even than this. It is the observer who, as a product of this Separated physical reality, changes the outcome of the experiment.

If the observer was to exist in metaphysicality, or, rather, in the Knowledge of the metaphysical and all its wonderful, powerful truths, *there would be no interference*. The observer would, then, allow the electrons to behave naturally, as waves of energy. But if

the observer exists in Separated physicality, *the interference is the observer's false beliefs, misguided mindsets, locked-in paradigms of thought and expectation.*

And it is these that change the behaviour of the subatomic particles.

In the last monograph, I said reality is not the end in and of itself but, rather, the means to an end. *When we make reality the focal point – the end, the outcome, the point – when we bring reality into such sharp focus and don't see beyond it, we trigger the Observer Effect.*

### **Bringing Reality Into Such Sharp Focus**

And bringing reality into such sharp focus is exactly what we do when we want from it, when we need it to define us, when we place so much emphasis on it that it's all we see, when we turn it into the curtain of illusion that blinds us to the truth<sup>3</sup>. Bringing reality into such sharp focus is exactly what we do when we misunderstand its purpose, when we misinterpret its language, and when we fail to understand how it fits and Works with consciousness.

What we're effectively doing in our interaction with reality in the state of Perpetual Separation, with all its toxic mindsets, is unwittingly, unconsciously recreating these same experimental conditions with the observer observing. And our realities respond and behave accordingly.

So, our realities take shape according to the same dynamics we ourselves are governed by – the laws of classical physics and the dot programming of the physical realm – the laws and programming of Separated physicality.

To return to the question of whether the laws of classical physics really exist at all if they don't exist in the subatomic realm, they exist because we believe they exist, because we expect them to exist.

In other words, *reality responds to our belief about it* at a level so deep we cannot perceive it.

### **The Failure of Manifestation**

The Observer Effect is the fatal flaw that causes 'manifestation' to fail (the manifestation of what is desired in one's reality using techniques like visualisation), although there are many reasons why manifestation ultimately fails. As a technique, it uses deeper, metaphysical knowledge and truth, yes, but it uses these to *bring reality into sharper focus* thereby *making reality the focal point.*

As soon as we make reality the focal point, regardless of any technique we might be employing to change it, whether magic, manifestation or any other, we lock it in, solidify it, and it responds accordingly.

The ultimate irony of manifestation as a technique – one that really does make me laugh – is that it inherently works against itself. People were desperately wanting to



change their realities but they were locking their realities into solids, forcing their realities to behave in an unchangeable way.

What I do *not* find at all funny about manifestation is that it also inherently panders to the ego, and because it does so, it perpetuates Separation, using metaphysical truth to do so – a violation of the sacred that can only have harmful consequences, something I saw in the same instant I was introduced to the whole concept of it many years ago. When first I encountered it, it sent chills cascading down my spine.

### **Robbing Reality of its Malleability**

The reason for the failure of manifestation is the same reason why the outcomes of the quantum experiments do not change simply because of the beliefs and expectations of those conducting them, whether observing or not. Reality wasn't the focal point when they were not observing the experiments and so it was free to behave as it naturally does, but it became the focal point when they were observing.

What does that tell you about the power of focus, the power of *our* focus?

The Observer Effect robs reality of its beautiful malleability – its incredible, wonderful potentiality. But it also obscures the connection between us and reality thereby facilitating that harmful belief that reality is separate from us.

Because surely it's obvious from these experiments that the *observer* and the *experiment* are *not separate* but are, in truth, *connected* in some way we cannot perceive. And since the electrons form the crux of the experiment, the natural conclusion to be drawn, given the evidence, is that the *observer* and the *electrons* must be somehow connected.

So how are the observer and the electrons connected?

### **The Vast Sea of Thought Energy**

To find the connection, or the means of it, we have to go even further down the rabbit hole, further down into the atom, down into the space between the subatomic particles, beyond the subatomic realm. Then, we find ourselves in the Unified Field of Pure Abstract Potential<sup>1</sup> – as quantum physicists call it – a vast ocean of pure potentiality, or, as the experts articulate it, a vast sea of Thought\* forms of energy<sup>1</sup>.

If I was to audaciously name it, I would call it the vast ocean of pure Metaphysical Essence – the essence of pre-formed Thought, the very stuff Thought itself is made of.

This Metaphysical Essence, this vast ocean of Thought forms of energy, is, in truth, the very essence of each one of us because *this is* the very stuff, the substance, the very fabric, of the Universe.

*This* is the Universal Consciousness of which we are all a part. And there we come back to the truth of consciousness. Consciousness is Thought, and this is as true of the Universal Consciousness as it is for each one of us as individual consciousnesses.

## Galaxies Colliding . . . or Merging

Just as an aside, to digress for a brief moment, when we look out at the physical universe, we see an awful lot of empty space. In fact, there is so much seemingly-empty space out there that when Andromeda, our closest galaxy, collides with us here in the Milky Way, as it will in millions of years, because the two are on a collision course, they will simply swirl into each other, merging and intermingling, without a single explosion from colliding stars. Astronomers have watched it happen with other colliding galaxies.

All the stars and solar systems in both galaxies will find and resettle into new orbits around each other, just like atoms do at their level to form matter and shape reality. Returning to our principle *As Above, So Below*, this merging of two galaxies is a physical expression of what happens at the atomic level when, as two individuals, our realities merge.

If we observe our physical universe and understand it, we are able to understand ourselves. Isn't it magical?

## The Weight of Empty Space

When you take the empty space out there in space and weigh it, it's *not* weightless<sup>8</sup>. If you were to cup your hands and grab a handful of it, it would *not* be weightless. This reminds me of the fact that the body loses a couple of grams in weight when the soul leaves it because the soul itself is not weightless. Thought is not weightless. Consciousness is not weightless.

The seemingly-empty space out there in the Universe is *not* empty space at all. We see it as such because we see the physical universe only, through our vastly-limited physical sense of sight. As with everything in this human dimension, we see the physical, out of the context of the whole, and think that's all there is, like seeing the tip and thinking that's all there is of the iceberg. The captain and crew of the Titanic know, from personal experience, the folly of this way of thinking.

Empty space is something else entirely. It is Thought. It is, as the experts refer to it, the vast ocean of Thought forms of energy<sup>1</sup>.

And Thought is *powerful* energy. So powerful is it that one simple Thought Created the Universe – the Metaphysical Universe and the physical universe we see when we look up into the night sky. In the instant the Thought was conceived, too, the universe exploded into existence. Had the Universal Consciousness been attempting to give voice to the Thought, it wouldn't have finished the sentence, “What if . . .”.

Never underestimate the power of 'what if' thoughts!

## The Connectivity of All Things

The Unified Field of Pure Abstract Potential<sup>1</sup> – the vast ocean of Thought forms of energy<sup>1</sup> – that exists in the depths of the rabbit hole allows us to see, know and understand the connectivity of all things. But we also see that it is an impossibility for us *not* to be

connected.

Or, put another way, it is actually, or in truth, impossible for us to be Separate or disconnected from the Universe, from our realities, and from each other. This sea of Thought energy, the fabric of the Universe, is the fabric that each one of us is inherently plugged into. It is the space between the subatomic particles in every atom of what is within and around us.

Our DNA alone is 10 atoms wide and nearly 2 metres long<sup>7</sup>, and there is a strand of it in every cell in our bodies – an estimated 125 billion miles of submicroscopic strands<sup>7</sup>. So how many atoms does that total, just in our DNA alone?

And thus is Separation and separation proved to be naught but an illusion. Unfortunately, given the fact that reality responds to thought, in this dimension, the illusion of Separation and separation is a powerful one, having a powerful effect on both consciousness and reality.

The question that arises out of the knowledge of this is how will consciousness and reality respond when humanity is no longer labouring under the burden of its ignorance, and the very great wound of Perpetual Separation is healed?

### **Pure Abstract Potentiality**

Through this vast sea of Thought energy – the very fabric of the Universe – we cause electrons and other subatomic particles to change their behaviour, as the quantum experiments show us.

So what do atoms flow and form together in response to? Thought, the very stuff of the Universe.

And thus is metaphysicality a realm of *pure abstract Thought*, but with that, it is also *pure abstract potential*. Because, with Thought comes endless possibilities in terms of Thought. There's no limit on it or to it. Except, of course, the ones we place on it.

And so, it is with those abstract concepts of fear, intent, belief, expectation, which are our deepest thoughts, and thought itself that we shape reality. *Thought creates form*.

### **The Limiting Thought of Ordinariness**

But with this knowledge of pure abstract potentiality, and potentiality that is, quite simply, not limited, surely we must start asking ourselves why we create realities that are clone-like, all the same?

Why do we bring into reality such incredibly beautiful art – music, stories, and traditional forms of art – but create such mundane, ordinary lives – lives underpinned by the same boring stories? Why are we so locked into these ordinary stories?

Could it be because that is precisely our thought about ourselves? Could it be we shape our realities with the same limiting thought: ordinariness?

## Microcosms of the Macrocosm

In having thought, and in being thought, we *are* an inherent part of the very fabric of the Universe. But also, the very nature of the Universe is intrinsic to our very nature. I've said it before but I'll say it again, we are but a microcosm of the macrocosmic whole, like a cell in the human body. Our bodies are our cells, and our cells are our bodies.

Or, as I've also said many times, we are a stitch in the whole tapestry of the Universe. Each stitch comprises the whole in such a way that *the whole is each stitch*. God is not a being that exists outside of us, or in Separation from us, looking down on us from lofty heights in disapproval. *God is the pattern that each stitch brings to life to form the tapestry of the Universe.*

We are all God. Or, put another way, *the Universal Consciousness is each one of us*. And, *each one of us is the Universal Consciousness.*

## Entanglement

While we're in the rabbit hole, there is another principle of quantum mechanics that is worth knowing: entanglement. When two particles are 'entangled', what you do to one occurs instantaneously for the other, regardless of the space between them<sup>1</sup>. So, for example, you could put one particle on one side of the galaxy and the other particle on the other side of the galaxy and the principle of entanglement will still hold true.

And since we are down the rabbit hole, in the realm of metaphysicality, time, which is a construct of the physical world only, also ceases to be, certainly in the way we conceptualise it. Quantum physicists have theorised and begun to confirm the possibility that entanglement is not subject to the constraint of time. And, given our very personal relationship with subatomic particles, they have applied this principle to us.

Specifically, we are entangled with our past and future selves.

Using the very-practical example of baseball, quantum physicists believe the pitcher throws the ball at such incredible speeds that, regardless of how good his reflexes are, the batter cannot respond fast enough to make contact with the ball if he starts responding only when the ball leaves the pitcher's hand<sup>1</sup>. They postulate that what is occurring naturally and without conscious effort is entanglement. That is, the batter is entangled with his future/past self and so begins to respond *before* the pitcher throws the ball.

I love this, but I think of it another way. Thought manifested as choice and action, and its consequences, ripple out in all directions of time. Little thoughts, or less powerful thoughts, ripple out a little bit, but powerful thoughts ripple out much more than a little bit.

With our powerful thoughts, there is no time constraint. The ripple continues. In other words, we are being affected now not just by the choices we've made in the past, but also by those we will make in the future. And nor is this ripple effect contained to just this singular life we're living now.

And yet we humans have thoughts and make choices based on them with such little thought for the consequences . . . although I think it would be more accurate to say we humans make choices with such little thought, certainly awareness.

## **Deep, Deep Down the Rabbit Hole**

And so there we are, deep, deep down the rabbit hole. It's not so bad, once you get used to it – once you get your mind around it.

But are you prepared to keep going? Because in terms of the mechanics of us, there is more. But that's for another monograph.

Is it any wonder, then, it takes those intangibles, like faith, knowledge, changing belief, intent, shifting mindset, fortitude, determination, to transform those other two powerful intangibles, focus and perspective, to even begin to move beyond the physical into the metaphysical? To move beyond the extreme limitation of what we're able to perceive with our five physical senses.

The Metaphysical Essence is the source of who we are. It is the truth of our connection. What we become in our illusional disconnection from our metaphysical source can be likened to pieces of rubbish tossed around in a strong wind, or flotsam and jetsam, at the mercy of the elements.

The question is, then, what becomes of us when we are consciously plugged into this Metaphysical Essence, when we reclaim the profound truth of our connection, our true heritage? And what are we capable of?

\* Author's Note: I deliberately use capital letters to denote higher-dimensional concepts and to distinguish these from the common, lower-dimensional use and definition of the words.

1. *What the Bleep!? - Down the Rabbit Hole* (Director's Cut) or *What the Bleep Do We Know?*, Hopscotch Entertainment, Village Roadshow Entertainment.
2. *Alice in Wonderland (Alice's Adventures in Wonderland)*, Lewis Carroll, 1865, original publishers: Macmillan, London, and D. Appleton & Company, New York.
3. *The Matrix*, 1999, Village Roadshow Pictures; Warner Bros. Pictures.
4. *Oxford Dictionary of English*, Second Edition, 2003, Oxford University Press.
5. *Sphere*, 1998, Baltimore Pictures.
6. *King Arthur Legend of the Sword*, 2017, Warner Bros. Pictures, Village Roadshow Pictures.
7. *Supernatural* (Revised Edition), Graham Hancock, 2007, The Disinformation Company.
8. *Brian Cox: Life of the Universe*, 2018, Presenter: Professor Brian Cox, Australian Broadcasting Corporation.

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