

It has been almost two years since I wrote **The Little Book of ORME** and a lot has happen in the world of monoatomics during that time. Along with selling Ormus, in order to help fund my research, my time has been spent looking at ways to integrate the concepts suggested by M-State into the real world by looking at, among other interesting things, the nano-particle world, in an attempt to link the world of 'ordinary' matter with the world of 'exotic' matter.

The outcome has been an exciting journey of discovery about the properties of both states, and lead to some interesting ideas, which I will here share with you, including, extraordinarily, forays into the world of pure energy, the quantum universe and energy states. This culminates in a fresh concept on which to base a new unified theory of

The Little Book of CHI

... the follow-up to **The Little Book of ORME**

everything; one that links matter, energy and spirituality and hints at the real purpose that 'life' plays in the scheme of things.

I am publishing this new work in the certain knowledge that I will probably upset many mainstream scientists and mathematicians, because I have engaged a very holistic method, using simple language, to describe how the universe may actually work, and this is likely to be fiercely contested, possibly triggering cries of 'heretic' from those in the research world. The reason it may invoke a reaction, I think, may be because, my model of the universe is very simple in concept, it works, and even provides explanations for some of the mysterious properties never explained by science, like what gravity and magnetism are and where they come from.

Contrary to mainstream thinking, I think the universe actually operates in a very simple understandable way, and not the complex one described by the world of high-science. I think

the key to understanding how it works has always been in plain sight, and I call this the 'pattern'. Anyone with a basic understanding of how ordinary, everyday, things work in the real world should be able to grasp the concept of how this new universe works, but many in the profession will consider it just too simple. However, if it triggers new ideas in just one mainstream researcher, who then chooses to test the concept further, I shall consider my time well spent.

I make no claim to the ideas and concepts portrayed here being fact, they are simply ideas based on both the information I have accrued over my lifetime, so far, as well as my intuition telling me it feels sensible, fits a holistic pattern and it works. I am happy to have any of my ideas shot down in flames, or put to sceptical analysis, on the sole condition that the shooter is able to prove me wrong using real-world examples and not simply algebraic formulae that have no relevance, except in the secret world of pure theory that ordinary people will never understand. So, please feel free to shoot away, just as long as you are able to justify your bullets with real world explanations.

LEGAL STUFF

Copyright © 2014 — Herman Mittelholzer (Edition 1)

Any person is free to share and distribute this book, subject to the additional copyright limitations specified below. This book is a free open publication, and money must never be exchanged for its receipt. Should any person wish to quote or reproduce parts of this book, by any means, for republication in any format, please read the additional copyright notification below.

Additional copyright notification: Free Distribution Agreement

The Little Book of CHI is intended for **free electronic distribution** with all rights reserved.

No part of this publication may be plagiarised, copied for inclusion in any other publication, electronic or otherwise, and may only be reproduced, copied or distributed in its entirety without seeking permission from the author. This is specifically to ensure that opinions or statements made retain their intended context. If parts of this book are to be reproduced, this is permissible only with the author's knowledge, approval and written consent, which will never be unreasonably withheld.

The Little Book of CHI

MODERN science concentrates its efforts on treating the body as if it were a mechanical device that can be fixed or serviced like any other machine. But, in so doing, has a great deal, that is otherwise in plain sight, been ignored or downplayed in favour of fixing symptoms and not aiming to really fix, or even look at, fixing the whole mechanism?

The human body and how it functions can be compared with a jig-saw puzzle, containing many complex shapes that need to be fitted together properly in order to see the whole picture. Science, though, prefers to specialise on specific zones, or if you like, set each specialist to examine a single piece of the puzzle. The end result is that we are able to discover a lot about each piece, but still have little idea about how it comes together with all the other pieces.

An alternative to this methodology is to start from a completely different angle, and that would be to look at how the whole mechanism functions and then work out where the individual pieces go, and for this, **instead of looking at the body as a multiplicity of separate parts, we should, instead, look at the patterns that governed its evolution.** Taking this angle first of all disposes of the assumption that the body is a machine. Instead the body becomes a pattern, formed from a common source, and therefore a part of everything in which it lives. This shifts the 'local' starting point away from the physical body and expands it to looking at the planet and its evolution, because the pattern for our development lies in how the planet, the solar system, the galaxy and the universe is formed. We are indeed made from stars, but just limiting ourselves to the 'local' territory for now should provide sufficient clues to the big picture. When we choose to view ourselves from this perspective one single word screams out louder than all the others. That word is **'balance'**.

First, let's take a step back.

Our planet, Earth, is a balance between three basic elements - earth, water and air. From the vacuum of space our atmosphere is held in place through a balance of forces moderated by such factors as gravity. If this wasn't the case our atmosphere would have leaked out into space and life, as we know it, would never have started. However, it doesn't. Instead a balance point is maintained that enables our planet to keep its biosphere and for life to thrive.

The water on our planet too, is essential for life and is held in place by a balance that incorporates centrifugal forces caused by planetary spin, coupled with gravitational forces exerted both by our planet and external factors like the moon. The combination of these forces cause our weather patterns, along with tidal currents; the differing temperatures between the poles and the equator move our ocean waters in a constant cycle of movement that transports materials around the whole planet — a circulation system.

Inside our planet we have a gigantic, magnetic iron core, that is fluid and moves around. We live in a solar system where our star emits tremendous amounts of energy and harmful radiation, kept at bay by our planet's magnetic field. The sun's energy could be described as a power source and its transmission medium, delivered in light and a solar wind, (electromagnetism) can best be described as a form of electricity.

Our home planet, that gave life to us, is a self-organising system consisting of three essential parts; a material centre-point, a water based fluid body mechanism, and a skin of atmosphere between it and the outside universe. It also has a magnetic field or 'aura' that protects its surface from another local self-organising energy system - the sun.

DEFINITION

[**SELF ORGANISATION:** Ability of a system to spontaneously arrange its components or elements in a purposeful (non-random) manner, under appropriate conditions but without the help of an external agency. It is as if the system knows how to 'do its own thing.' Many natural systems such as cells, chemical compounds, galaxies, organisms and planets show this property. Animal and human communities too display self organisation: in every group a member emerges as the leader (who establishes order and rules) and everybody else follows him or her, usually willingly.]

Our planet is a self-organising system that can be said to 'live' in its own right and in turn, supports other life forms on its surface and in its waters. We are a child of that system, therefore it is logical to assume that the system that created life here on Earth would have fostered life that follows the same natural patterns of its own formation. In other words, we are microcosms of the planet, made from the same material and formed from the same pattern.

Where do metals fit into the pattern; which metals are essential for human health; what role might these metals play and; how might they interact with other metals in a different state?

Which metals are essential for human health?*

Metals generally regarded as essential for human health in trace amounts include iron, zinc, copper, manganese, chromium, molybdenum and selenium. They are essential because they form an integral part of one or more enzymes involved in a metabolic or biochemical process. The primary role of such elements is as a catalyst, and only trace amounts are necessary for cellular function. These metals are widely found in nature, particularly in various mineral deposits and soils, meaning that they are available to be taken up by plants and animals that serve as food sources for humans. (Of course, there are many other metals - for example, calcium and sodium - that are essential for human health but which are not viewed by nutritionists as metals.)

Criteria for essentiality for human health are that withdrawal or absence of the metal from the diet produces either functional or structural abnormalities, and that the abnormalities are related to, or are a consequence of, specific biochemical changes that can be reversed by the presence of the essential metal. To establish such criteria requires an understanding of the metal as well as sensitive instrumentation to measure the metal and its biological effect. A characteristic associated with essential metals is that the body provides homeostatic mechanisms that increase or decrease uptake and excretion as needed to maintain the necessary levels in the body. Adequate amounts are particularly important during pregnancy, and for infants and children during periods of rapid growth.

Iron is an essential constituent of haemoglobin, myoglobin and a number of enzymes. Iron is stored in body tissues to supply body needs. However, deficiency may occur from inadequate dietary intake or blood loss which results in anaemia and loss of well-being. Deficiency in infants and young children increases susceptibility to infection and impairment of growth.

Zinc is a constituent of over 300 enzymes involved in numerous body functions, including enzymes involved in gene expression. Deficiency impairs cell growth and repair of tissue injury. Meat, liver, eggs and seafood are good dietary sources of zinc, whereas zinc in vegetable sources, particularly in cereal grains, is less bioavailable than from meat sources.

Copper is also essential for numerous enzymes and is a constituent of hair and of elastic tissue contained in skin, bone and other body organs. There are a number of important copper-containing proteins and enzymes, some of which are essential for the proper utilisation of iron. Dietary deficiency is rare, but does occur in certain acquired or hereditary disorders that impair intestinal absorption. Several abnormalities have been observed in copper-deficient animals, including anaemia, skeletal defects and degeneration of the nervous system.

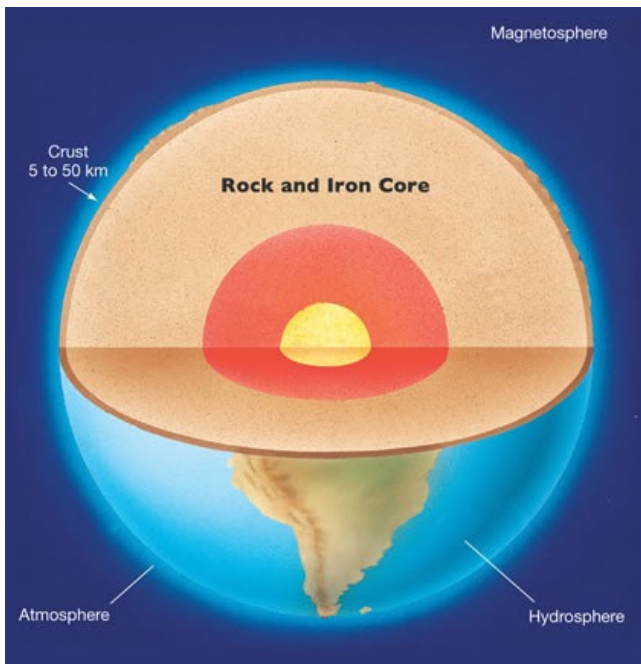
Manganese activates several enzyme systems in vitro and is an essential component of two important mitochondrial enzymes. Dietary sources are whole grains, cereal products, fruit and vegetables. Manganese deficiency is practically unheard of in humans, probably because of strong homeostatic mechanisms, but deficiency in animals results in poor reproductive performance, abnormalities of bone and cartilage, and defects in glucose metabolism.

Chromium in its trivalent (natural) form is required for maintaining normal glucose metabolism and as a cofactor for insulin. Molybdenum is required for the function of several enzymes, and its content in food varies with soil conditions. Selenium is a more recent addition to the list of essential metals. It is a component of an important enzyme, glutathione peroxidase, and is closely related to the antioxidant activities of vitamin E.

There are other metals that have been shown to be essential for plants, and lower forms of animal life and even other mammals, but essentiality for humans has not been convincingly demonstrated. Such metals include arsenic, nickel and boron. Arsenic deficiency depresses growth and impairs reproduction in laboratory animals and in chickens. Nickel deficiency results in decreased growth and formation of blood cells in several animal species. Boron deficiency appears to affect calcium and magnesium metabolism and may affect membrane function. Boron is essential for the growth of most plants.

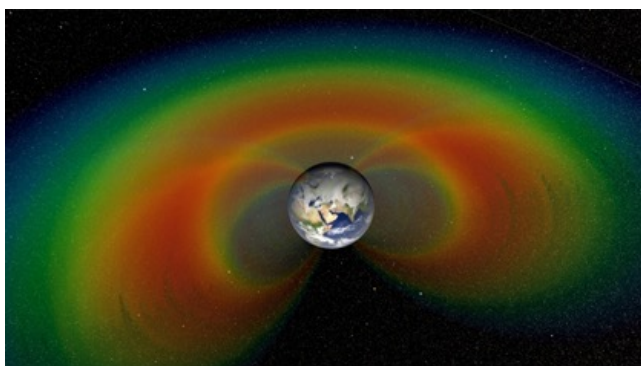
**About the author: Dr. Robert A. Goyer is Emeritus Professor of Pathology, University of Western Ontario (Canada) and former Deputy Director of the National Institute of Environmental Health Sciences, Research Triangle Park, North Carolina. He has authored about 150 research papers, chapters and reviews, and edited three books on the toxicology of metals. He has served on numerous task groups for the International Programme on Chemical Safety of the World Health Organisation and on various governmental and national research committees in the USA.*

Looking at the bigger picture

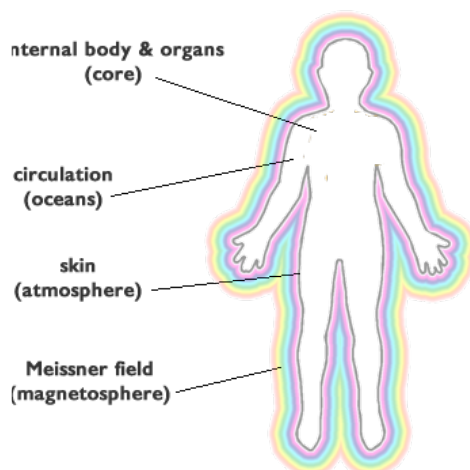


The general pattern; are we made of stardust?

As a starting point, above is a cut-away illustration of our planet, showing the general structure of its formation / evolution. The evolution can be derived by working from the inside out. The core came first, with the crust forming a 'skin'. Next came the addition of water, the source of which is theorised as being from cometary material (although this is still just a theory - there are others). Next, from the presence of water came an atmosphere (gases) that enveloped the planet, held in place by gravity.



The metallic iron core generates a magnetic field that, in turn, interacts with, and provides protection from, the harmful radiation from the sun by diverting most of the sun's solar wind (harmful invisible radiation) around the planet, thus affording a level of protection from these biologically damaging electromagnetic rays. In this way the planet (our local self-organising system) set up the conditions conducive to the formation of biological life forms, of which we humans are one.



Comparing our physical pattern with the planet's pattern.

When we look at ourselves in this most basic form it is possible to see where the pattern that formed the planet coincides with our own pattern. Is this just a coincidence? Perhaps not.

The common parts; Core (internal body and organs that provide shape and form). Water (vital body constituent needed for circulation of nutrients). Atmosphere (skin that protects the body from harmful outside elements. Magnetosphere (the body's Meissner field - the purpose of which is currently unclear and largely ignored and unexplained by conventional biology). Nevertheless, it can be verified and imaged using Kirlian photography, therefore, does exist.

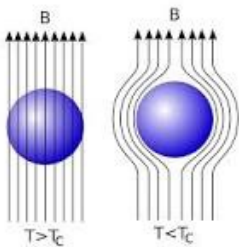
Are we made of stardust?

Ultimately, yes, but that is taking ourselves far outside our immediate realm of reality. In fact, our sun and planet are closer to a stardust state, but we, unless you subscribe to the belief that we have been genetically modified by ETs, are made entirely by, and from, our planet. We may come from stardust, but we are conscious biological microcosms made of our home world.

[footnote]

Meissner field effect:

The Meissner effect is the expulsion of a magnetic field from a superconductor during its transition to the superconducting state.



In a weak applied field, a superconductor "expels" nearly all magnetic flux. It does this by setting up electric currents near its surface. The magnetic field of these surface currents cancels the applied magnetic field within the bulk of the superconductor. As the field expulsion, or cancellation, does not change with time, the currents producing this effect (called persistent currents) do not decay with time. Therefore the conductivity can be thought of as infinite: a superconductor.

Let's apply some logic to this hypothesis

What is logic? Logic is the science of how to evaluate arguments and reasoning. Critical thinking is a process of evaluation which uses logic to separate truth from falsehood, reasonable from unreasonable beliefs. If you want to better evaluate the various claims, ideas, and arguments you encounter, you need a better understanding of basic logic and the process of critical thinking. These aren't trivial pursuits; they are essential to making good decisions and forming sound beliefs about our world.

If you have read the previous pages you will be aware of what a vital part metals play in the functioning of the human body. But, why metals and how might metals achieve this while continuing to follow the pattern and reflecting the terms and principles of the self-organising system that made us, and how might we follow this pattern beyond the 'local' sphere of our planet to get a glimpse of the workings of the wider universe?

What needs to be recognised here is that big may be beautiful, but small is definitely more important. And, when I refer to the term small, I mean in the realms of nano-particles (1/1000 of a millimetre or smaller). Once we get down to the nano region this is where things start to get really interesting, because the smaller you go the closer you get to the regions of the 'quantum' world. **This moves us away from our physical, 3-dimensional world, and crosses the boundary between the physical sciences and into the world of energy.**

We come to think of metals in terms of what we can manufacture out of them, or their intrinsic value as monetary devices, but the '**basic common factor**' is really that metals are **energy conductors**. This may take the form of conducting electricity or conducting heat, but the basic clue is that they are efficient conductors. So, in the world of energy they are extremely important.

If you have been unlucky enough to have stuck your fingers across a mains plug at any time, you will remember all too well that electrical energy has some peculiar, and some painful qualities, but in order for it to flow and be useful electricity needs an efficient conducting medium. When you come into contact with electricity it hurts because you are not the best of conductors, you are a resistor and slow the flow down. Slowing the flow converts the electrical energy into heat. The part that you successfully conduct trigger body reactions that contract your muscles beyond their comfortable limits, causing pain. Pass the same amount of electricity through a good conductor, like a metal, and it flows effortlessly.

Your body is a subtle and unified entity that spends its entire lifetime, unconsciously passing energy around its system in a similar fashion, but in this case the primary energy transmitted is information. Information that is communicated to your organs, to your cells, to the DNA that mediates how everything should work properly, and coordinates messages passed from your brain as well as reflexes and body functions that work on an unconscious level.

Whether your body is acting from a conscious instruction from your brain or doing what it does in auto-pilot mode, for those messages to get through needs a conductive, and not a resistive medium.

When looked at from this perspective it is not too surprising that we find that metals play a very important part, as conductors to enhance the flow of information, and without the presence of some key metals our bodies would simply stop functioning. **Our bodies are self-organising systems** and those functions are all built into the natural design parameters. However, this is only part of the story. There is more. We have another body, an energy body, that probably, if it follows the same design parameters, operates in exactly the same way. This body is what produces our Meissner field (Chi field), or aura, and it works at a completely different frequency but still uses metals as conductors in the same way - **as an information carrier medium**.

The metals our Meissner field require in order to operate lie in the quantum region, and are in a high energy state. These metals are M-State (ORMEs/monoatomic).

Nano-state metals - how they work

Colloidal metals (electrically charged particles) provide some big clues to how the physical body and, therefore, the energy body, may operate, bearing in mind that colloids work in two ways, using similar systems but at two different levels of energy.



Colloidal silver is perhaps one of the best known, so I will use silver as an example to demonstrate the principles involved ([this is a video link - you need to be online for this](#)).

Colloids are nano-sized metal particles (1/1000mm or less) that carry a positive electrical charge (an ion), which puts them out of balance with how they prefer to be. When flowing around the body in the bloodstream the colloidal particles want to return to their balanced state and move from being positively charged to being neutral (balanced). As described in the first video clip, the colloidal silver nano particles will rip electrons from pathogenic cells, thus rupturing them and rendering them unable to multiply.

Electricity is the flow of electrons through a suitable conductor, which is the same as a flow of energy, so what has happened here is that the positively charged silver ion, in ripping electrons away from the pathogenic cell's membrane wall, has delivered an 'electric shock' to the cell membrane, which ruptures it, preventing it from dividing and replicating.

The silver probably does not discern foreign cells from ordinary healthy cells, but the native cells have thicker membrane walls and are probably able to sustain an electric shock imparted by a colloidal particle without sustaining terminal damage. Pathogens, though, have thinner membrane walls (possibly to give them an advantage to replicate faster in a hostile environment) and therefore are terminally damaged when they come into contact with the silver ion. In this way healthy cells survive while foreign cells are destroyed.



The silver colloid particle acts in a slightly different way against viruses ([click here to view video](#)) in that the colloidal particle's Meissner (magnetic) field disrupts the virus' ability to inject its DNA into healthy body cells, and thus be able to replicate. In both instances the pathogenic cell is either killed or inhibited long enough for the body's own defence mechanisms to clean it out.

In both cases the 'energy' of the colloidal particle, on one level operates directly on the cell structure by imparting a lethal shock, and in the second case uses its Meissner field to disrupt viral replication, thus assisting the body to stay healthy. It also does this on a completely unconscious level. In other words **the colloid works as a nutrient** to enable the self-organising system, the body, to operate more efficiently. **The silver colloid is acting as 'food' to help bolster the immune system.**

Where colloids and monoatomics coincide

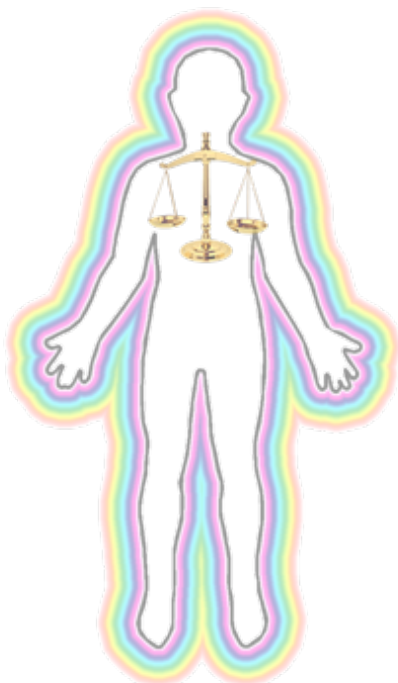
The direction I am pursuing here is focussed on looking generally for the patterns that appear to govern the origins of life. For this reason I make no attempt to illustrate anything more than the general outline of the puzzle. In a world of specialists I recognise that there are many more knowledgeable of the finer details on how the individual pieces work. My challenge to them is to start talking to other specialists, share what they know, and start the process of putting the individual pieces of the puzzle together.

This means that biologists need to be speaking with physicists, botanists, geologists, astrophysicists, mathematicians, quantum researchers etc. and not just sticking to their own confined research boxes. I also hope they will talk to historians and philosophers to look at the patterns that history reveals, as well as the possible implications for the future. I hope this is not too great a challenge, because the alternative is for some of our best brains to lock themselves away in their speciality cages and never try and see the big picture. On the previous page I discussed how colloidal silver works to disrupt physical cell membranes in bacteria, and also how the same colloid disrupts the development of pathogenic viruses, doing it in two different ways. In the case of the bacteria this is achieved in a pretty blunt fashion by electrically shocking the cell and rupturing its membrane. This could be compared with you bursting a balloon with a pin. The second way is much more subtle, because this way is more like using a magnet to corrupt the information on a magnetic tape, and equally effective.

Let's go back to the original illustration of the body pattern

There are essentially two parts, the physical body and the energy body. The physical body is composed mainly of water, minerals and metals and is adapted to operate at optimum in the environment of our home planet, which in turn, exists within the physical boundaries of our 3-dimensional universe, the pattern of which is basically that everything has a length, breath and height.

However, another piece of the puzzle is that this universe is immersed in another element, namely energy. The energy powers everything from the movement of galaxies to the tiniest movement of cells in our body. This is the same concept of fish living in the medium of water, so when we talk about energy, this is in fact the medium that we are immersed in and what



supplies all our needs in this universe. So, it logically follows that our bodies, as part of the same pattern, have evolved with and adapted mechanisms to enable us to live inside this sea of energy. As part of our evolution our bodies will have created ways of both interacting and protecting itself from this energy source. This, I believe, is the reason we have our own Meissner field, or what is colloquially known as our energy body. In fact, everything that 'lives' has a Meissner field (energy body) from the smallest of bacteria to the largest biological forms. Indeed, having a Meissner field could well be the real definition of having 'life'.

M-State, monoatomic, ORMES or Ormus - different words meaning the same thing - are exclusively constituents of anything that is either alive or has lived. You will find Ormus in ancient fossils, sedimentary rock, like limestone or marble - rocks that have formed over time that originated from living entities, no matter that they were giant dinosaurs or tiny corals. **If it has, or had, 'life' it will contain Ormus.**

Conversely, if it does not live, or has never lived, it contains no Ormus elements. The common factor here is 'life', which can possibly be redefined as meaning any self-organising system that exists within another self-organising system, and Ormus (M-State elements) that are simply metals in a higher energy-state, are what provide the vital link between the physical body and the energy body.

Conductors and super-conductors

There was a mysterious period in our human history that has only recently become the subject of open discussion. Writers and researchers, like Laurence Gardner, have challenged our historical view regarding ancient civilisations and their obsession with a substance called 'Mufkutz', a white powder that was added to flour, baked into cakes and eaten by the elites of that period. This substance was said to feed and nourish the 'light body', which in more colloquial language we would call the 'aura' or Meissner field. By ingesting Mufkutz the elites, which included the Pharaohs and high priests, were able to maintain health, extend their lives, and also be able to enter higher states of being.



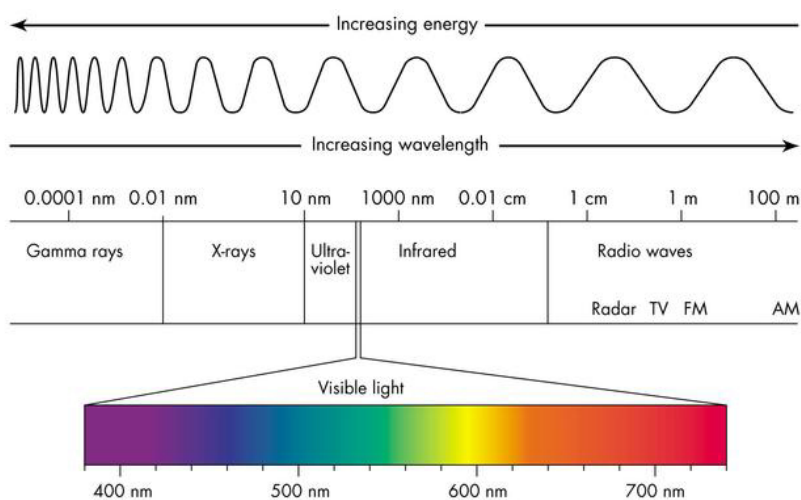
This is far better described by Laurence Gardner himself, so at this point I would invite you to watch his 2004 video presentation ([click to watch the video - 2 hrs.](#)).

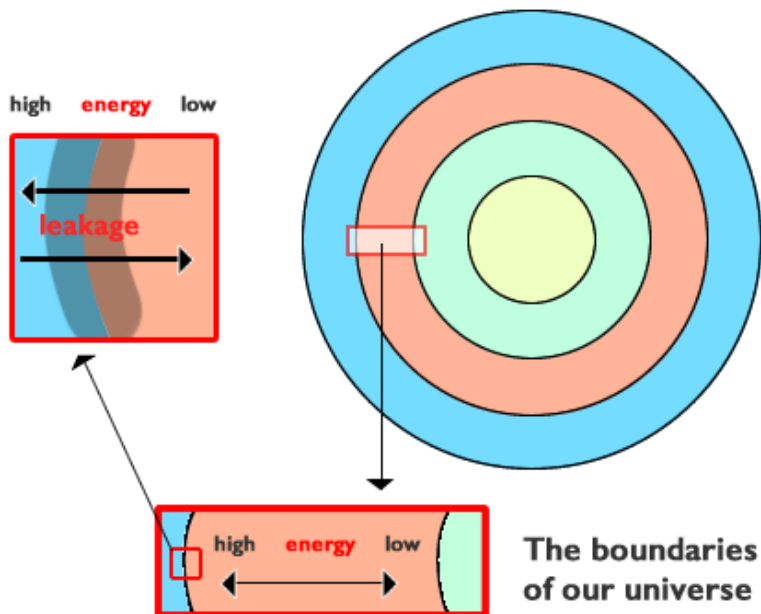
Science is rediscovering what the ancient civilisations seemed to have accepted as natural knowledge, but doesn't seem to fit any particular direction as regards to the ultimate goal that science seeks to answer, namely; **a unified theory of everything**. This is perhaps because science has become too specialised and by so doing takes the attitude that the answer lies in mathematics alone. I take a different, and simpler line, in that I think the answer lies in working out the pattern first, not simply the notion that it will all be explained by some equation, which will go over the heads of most people anyway. I believe the answer will be both beautiful and 'simple' and be understood by everyone, and the key is to try and see the pattern.

Where do we all live?

In simplistic terms we live in a universe that exists between two fixed boundaries, defined by vibrational states. This is most easily illustrated by looking at a chart of the electromagnetic spectrum.

In terms of energy, these are the boundaries of our home universe.





A way of expressing that view of our universe could be like this:

Theoretical physicists are increasingly adopting the idea that there are many universes, and that they exist as a series of bubbles within bubbles. The bubbles are separated by having different energy states which we experience in terms of vibration. The electromagnetic spectrum represents the bandwidth of our universe, which places our universe, and indeed all others, in the space between two other energy states.

Moving from a lower state to a higher state would be perceived as a massive leap in energy by comparison. Indeed for the structure of the bubbles to be maintained it may be that a higher state universe is crucial for the lower state to maintain its structure. In other words the higher state is the power source for our universe, and likewise, our universe may be the power source for another universe that has a lower energy state.

At both the higher end and the lower end, however, there would be leakage of energy between the two bubbles, and possibly across the entire bandwidth of the universe. Oddly enough this seems to coincide with the age old folklore concepts of heaven and hell. In terms of how that would be experienced by a conscious self-organising system, e.g. a human being, this experience could be an extremely painful, or terminal, one as energy would be sucked from the higher to the lower state. **An encounter with hell.**

Vice-versa, should we to establish contact with a higher state universe, the amount of energy available to us would seem possibly infinite by comparison to our own universe. Contact would fill us with, what would feel like limitless quantities of energy. Perhaps this might feel like eating a fantastic meal following a period of hunger. It could feel like an encounter with heaven.

As illustrated in the diagram above the boundaries between the universes is not like a hard force-field, or a sheet of unbreakable glass, it's probably more like a dense blurred cloud. In the same way that our planet holds its atmosphere in place, a balance is maintained between the universes which also enables energy to leak from one to the other. Perhaps this leakage is necessary to maintain the balance, very much the way that a soap bubble in air needs to negotiate a balance between its internal pressure and the outside atmosphere in order to maintain its form.

Conductors and super-conductors

This brings us back to the topic of metals as conductors and why they are so important to the structure of the universe.

First, we need to assume that metals are not self-organising systems but assistants to those that are. Whether this is on a biological, planetary, galactic or universe scale, metals are everywhere. They are obviously extremely important. **But, important for what?**

Let's follow the pattern.

Take, for example, one of the simplest of energy delivering devices, a battery. We know what happens in practice when the positive and negative poles are linked through another device. The device receives electrical power - energy. This is the result of a flow of electrons being passed from atom to atom in a fixed direction. Those electrons, on their journey through the circuit are used to impart their energy to the device. The device, itself, is not a self-organising system, therefore only does what it is designed to do. It's a machine and its purpose has been pre-set by its designer.

As an alternative, here I will try to describe how this battery works in terms of patterns, instead of how it is technically taught in physics, as the movement of electrons. Although the concept of movement of electrons is universally accepted, there is no real explanation of how electron movement actually carries energy, it is simply assumed that it does and has become an accepted fact. But, perhaps it doesn't work like that at all.

The battery itself is a machine, pre-designed to carry out a particular function. It is designed to have an imbalance of energy between its two terminals. This unbalanced relationship makes one terminal negative (less energy) and the other positive (more energy). When these terminals are linked together, either directly, or through a device, the imbalance in energy between the terminals provides the battery with the opportunity to rebalance itself. It does this by moving electrons out of its anode, to balance the charge at the cathode side. For this it needs a good conductor, a metal, since air is a poor conducting medium.

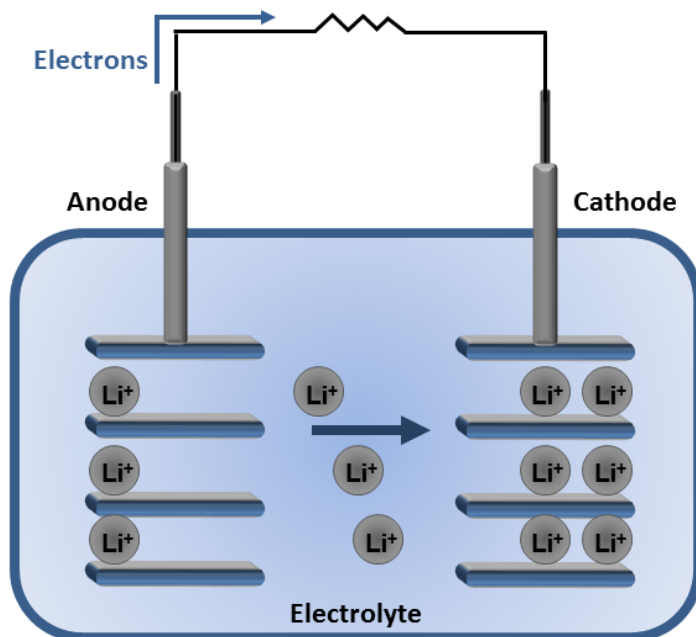
Here is another way of looking at the same process.

The entire universe floats in an ocean of energy. Energy is everywhere, and what we call electrical power is not energy but the transfer of 'information' - of purpose, direction. The energy itself is pervasive and the devices we design are channels to direct that energy. From our point of view this may be a case of our not seeing the wood for the trees. Electrons may not, therefore, be carrying energy, but instead carrying information. The design of our machines is used to set a pattern to direct external energy, to instruct its purpose in how to use the pervasive universal energy to carry out work.

This may sound like a crazy, half-baked, brain-waving theory, but perhaps this may have been the basic principle from which Nicola Tesla designed his power generators. Working from this position, instead of from the dogma of the 'Law of Conservation of Energy', would make above-

unity devices the 'norm' not the impossible dream of conspiracy theorists and tinfoil-hat-wearing crazies.

Lithium-ion Battery: Powering a device



Why do we consider heat to be energy at all?

The prime reason for this is that we use heat as a means to generate electricity or do mechanical work, and we use the resultant electricity to do more work, which in turn powers our machines and creates heat. This is a self-sustaining cycle, or perhaps delusion, that has fooled us into thinking that heat is energy. But what if heat isn't energy? **What if heat were just the manifestation of the inefficient flow of energy?** An energy waste product. This would put a completely different slant on how we approach the whole subject of energy transfer and how we could make use of it. Also, since we measure energy from our food exclusively in terms of heat (calories), it would automatically revolutionise how we view food as an energy source.

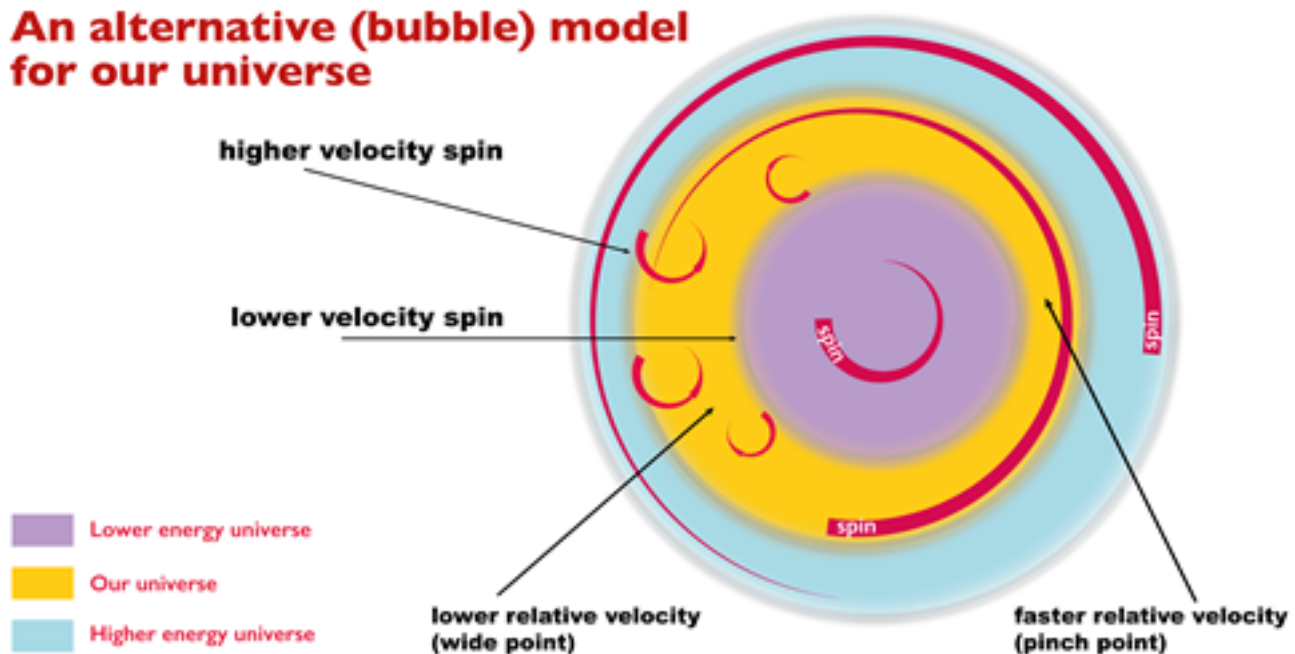
What is heat?

In the vacuum of space the 'energy' emitted by the sun does not contain any heat. In space that energy flows unimpeded until it comes into contact with a body with less energy. When this happens the energy flow is slowed down and this slow-down is manifested as heat.

Heat, therefore, represents the imbalance between the natural flow of energy in the universe when this flow is reduced. Heat is a measure of inefficiency of energy flow. It is not energy at all, but the result of the flow of energy being impeded. The more heat, the greater the imbalance is between the energy flow and its natural state. Heat is not energy, heat is a measure of inefficiency in energy flow.

What is the shape of the universe?

An alternative (bubble) model for our universe



Above is a diagram of how the universe might work, if we follow the natural pattern of how things operate in the real world. I will make it clear that this is not how I am saying the universe does operate, I am just postulating that this model fits all the parameters for how it could.

It starts with the premise that our universe, indeed all stable universes, of which there may be an infinite number, exist as zones of energy sandwiched between two other universes that possess different energy states. These energy states are a function of their position relative to each other. The lower (energy) state universe resides closer to the centre, and has lower rotational energy because it is turning more slowly. It is probably best to visualise this, as above, in the form of a rotating disk, although the actual 3-D form is of bubbles within bubbles, or even toroids within toroids, where the outer edge, since it is travelling further in the same period of time, is moving faster (has more energy) than the inner part which is moving slower.

Picture also that we are dealing with a fluid construct, like a plasma, that has, over time, split itself into zones partitioned by fluid boundaries where the energy density is high enough to separate the structure into rings. For this picture the rings of Saturn. The spaces between these rings are universes. Picture next, that the rotating bubbles have drifted slightly off-centre, relative to each other, creating zones where universes have drifted closer together and zones where they are further apart.

Now we can set about providing a potential explanation for one of the mysteries that is currently confronting astrophysicists and explain it in the much more simple terms of the universal pattern.

Problem: The universe is expanding as result of the 'big bang'. Therefore, a number of things should be happening, but aren't. One key and confirmed observational fact (reached through **red-shift** measurement) is that if the 'big bang' theory is correct the older galaxies at the edge of the universe should be losing energy and their velocities should be reducing as their initial energy is dissipated over time. However, quite the opposite, they are speeding up. This fact has baffled scientists and in response they have invented 'dark matter' and 'dark energy' as a means to balance their mathematical equations. This has created another problem, having since invented the concepts of dark energy and dark matter, scientists have, despite spending millions of hours and billions of dollars, been unable to prove the existence of either.

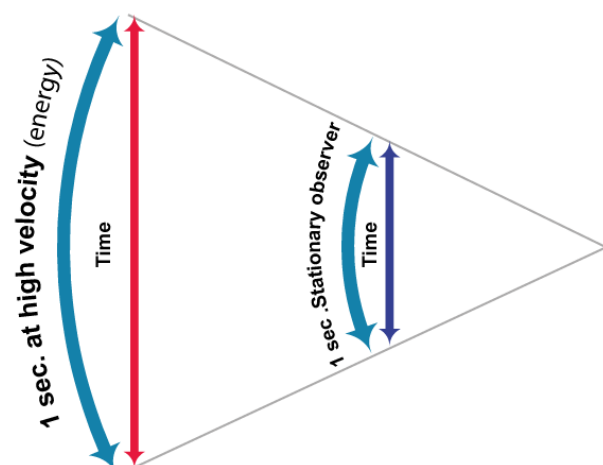
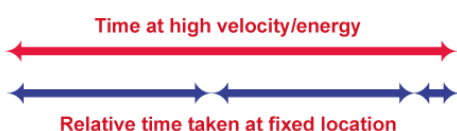
Explanation: Our universe did not come from a big bang but from the formation of a new bubble, resultant of the rotational spin of all the universes. Our universe is the space between a higher energy zone and a lower energy zone. The only universal constant for all the universes is 'time', and that constant is only true in terms of your position in both the energy structure of all the universes as well as the universe where you are physically located. When we talk of time, we talk of our position in our rotational cycle relative to where we were in the past. The universe is not expanding or contracting, we are rotating in the space between two quantum bubbles.

The older galaxies, which we observe to be speeding up, when they should be slowing down, according to big bang, are in fact speeding up, relative to our observational viewpoint, possibly because they have entered an energy zone where the space between our universe and the next upper energy level universe has narrowed. Because time is the only constant, the narrowing of this energy space concentrates the energy levels, and increases their velocity, in the same way that we can speed up the flow of a liquid using a Venturi tube, or increase the flow rate of water by sending it through a narrower pipe. However, in the case of the universe, because time is a constant, the physical mass is accelerated without a resultant build-up in back pressure.

The long and short of it is, that if we speculate on the rotational nature of the universe, relative to our position in the cycle of rotation, this would explain why the older galaxies are speeding up and not slowing. It would, however, also completely refute the big bang version.

Relativity

A simple example of how time relativity works for moving bodies in differing energy states (velocities)



Problem: What about Albert Einstein, and his Theory of General Relativity?

This rotational concept actually fits Einstein's theory of general relativity extremely well, in that it confirms that the faster you are moving, the slower time passes, relative to a stationary observer. The higher the velocity (time/energy state) the further in a higher spin direction you are located in the energy bubble. Again, if you visualise this as a flat disc, the centre of the disc is moving relatively slower than the outside edge, meaning that the further out you move the slower time appears to move, relative to your original stationary position. Time being a constant, though, means that no matter where you are on the energy disc, for you, one second in time remains exactly the same but, in relation, is shorter for someone observing from a lower energy zone.

Where this concept might vary from Einstein's is that it incorporates a variance in spin speeds of atomic matter as you move from lower energy zones into higher energy zones. This would mean that at a fixed stationary point the speed of light would vary little, however the speed of light would increase radically, in relative terms, as you entered areas of higher spin, although for an observer within the higher energy zone, it would appear that light speed has remained a constant. From an observer at the stationary starting point, relative light speed would appear to have increased radically.

Therefore, it follows on, that from a fixed point in space, if atomic spin-speed determines the local speed of light, as you approach the higher energy edge of our local universe, there might be no limit to the number of multiples of light speed attainable, subject to not exceeding the uppermost limit of the local universe as measured relative to the fixed starting point. Additionally, since the atoms comprising craft you may be travelling in would increase their spin speed, relative to its space-time velocity, matching its local energy level space-time, there would, theoretically, be no danger of it breaking up, unless it collided with something travelling in the opposite direction. To avoid this it would probably be a good idea to always travel in the direction of the universe's natural spin.

That obviously is a completely theoretical scenario. The fact is that if you had figured out the way to be able to move freely through the energy zones of our universe, the probability is you would not need spacecraft to do it. **More on that topic later.**

Where does gravity come from?

What is gravity and where does it come from?

Another mystery in physics that both Isaac Newton and Einstein had a go at explaining was the workings of gravity. However, neither really succeeded in defining what it is and where it comes from. Both worked from the point of view of relating gravity to mass, but then where does mass come from? It's all well and good creating a circular self-sustaining argument, but without explaining where the circle starts leaves a giant void in the library of knowledge. But, I'll have a go, while approaching the subject from the perspective of following patterns.

We know a lot about how gravity manifests itself in the real world but little about what causes it. The theories derived by all major physicists and astrophysicists has stuck doggedly to the concept that gravity has shaped and continues to shape the universe, but nobody that I have come across can explain, to my satisfaction, the most important factor, namely what it is. But, first here is the official textbook explanation.

[What is gravity?

Gravity is a force pulling together all matter (which is anything you can physically touch). The more matter, the more gravity, so things that have a lot of matter such as planets and moons and stars pull more strongly.

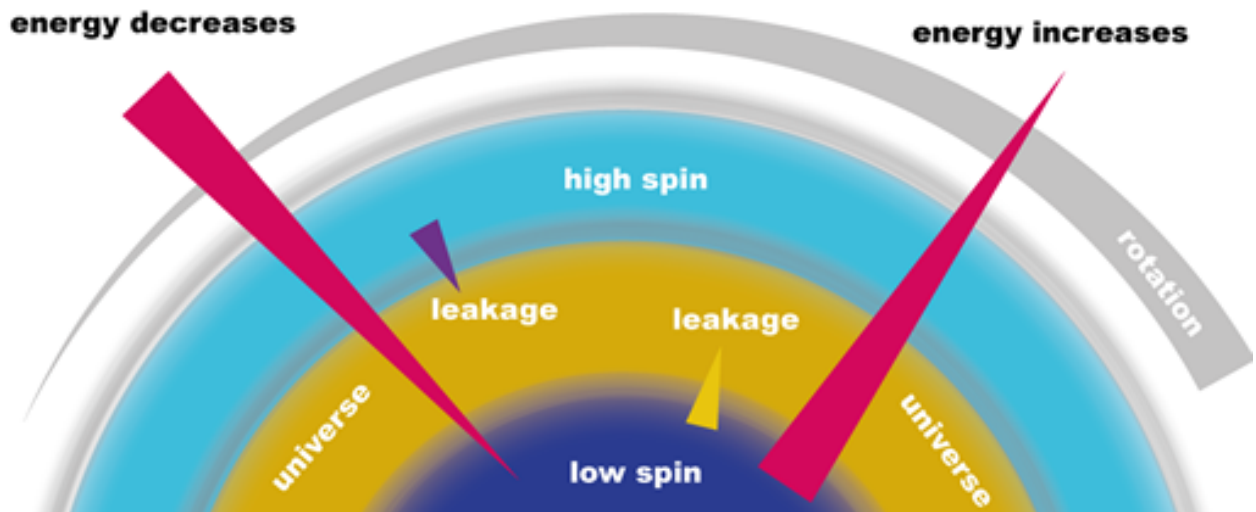
Mass is how we measure the amount of matter in something. The more massive something is, the more of a gravitational pull it exerts. As we walk on the surface of the Earth, it pulls on us, and we pull back. But since the Earth is so much more massive than we are, the pull from us is not strong enough to move the Earth, while the pull from the Earth can make us fall flat on our faces.

In addition to depending on the amount of mass, gravity also depends on how far you are from something. This is why we are stuck to the surface of the Earth instead of being pulled off into the Sun, which has many more times the gravity of the Earth.]

If that sounds like a bit of a vacuous self-sustaining and circular explanation to you, then you are not alone. Essentially what is being stated is that gravity depends on mass, and mass depends on gravity, but then, what creates mass? Well, that depends on gravity! Which came first to start this cycle is never explained, but as you will have guessed that is not a barrier if you explain it from the viewpoint of the pattern.



The idea for what gravity really is, came to me as a combination of looking at atomic spin-states, combined with watching a video clip of Professor Eric Laithwaite demonstrating a gyroscope ([watch video clip](#)). Better still, it fits perfectly with the pattern method of viewing nature.



If we stick with using the bubble-state universe model, then in the lower state universe the atomic spin-rate would be less (less energy) than in our universe, and in the higher state universe the atomic spin-rate would be higher than in our universe. This would create an imbalance which would cause our universe to try and 'balance' itself, in the same way that a battery will try to balance itself across its terminals. This results in lower spin atoms seeking to move upwards with higher spin-state atoms moving downwards. Both movements, though, need to negotiate the rotational spin of the whole amassed universes, which results in the energy content of our universe consisting of a mix of low energy and high energy spin elements.

The atoms from the two differing energy states need to try and negotiate a balance point, but where they do it creates a local imbalance, that causes these atoms to interact and create new forms. These forms eventually become matter, which, in further seeking to balance itself, clumps together to create the base elements which over time coalesced into the physical elements of the universe - plasma clouds, nebulae, stars, planets and moons etc. These are, literally, spin-offs from the interaction between low energy and high energy leaking between the high state and low state universes and into ours'.

Gravity comes first.

Gravity would be a function of the imbalance between the high-spin and low-spin universes and imparts direction (an up-state and a down-state) to particles that have now come together and assumed mass. This direction takes the form of an attraction down to the lower spin-state, counterbalanced by an upward pull of the high spin-state. What we experience as gravity is a balance point between these two differing levels of force.

The clue that comes from Eric Laithewaite's gyroscope demonstration is almost Einsteinium in its aspect. At rest the atoms in the gyroscope's wheel are at balance with the local spin-state of the surrounding universe. As soon as a mechanical spin is applied to the gyroscope wheel its high rotational speed and circular, therefore, spiral motion fools its local atoms into believing they are moving at a higher spin rate. In fact, artificially, they have been accelerated to move faster. As result the atoms attempt to balance themselves in real space-time, which influences the gyroscope to move upwards and away from its neutral starting

spin-state to where it thinks it ought to be in space-time. It is seeking to 'balance' itself in the universe. The mass of the gyroscope remains constant, because mass is fixed by the local space time, but the energy wants to move up to match the higher spin rate.

The key, I believe, that enables the balancing process to happen is nothing more or less than the humble electron, that has an inherent ability to move from atom to atom (perhaps even universe to universe) and does so most efficiently through conductors - like metals. When you pass electrons through a suitable conductor the result is what we locally call ELECTRICITY.

We live in an electric universe!

Where does magnetism come from?

What is magnetism and where does it come from?

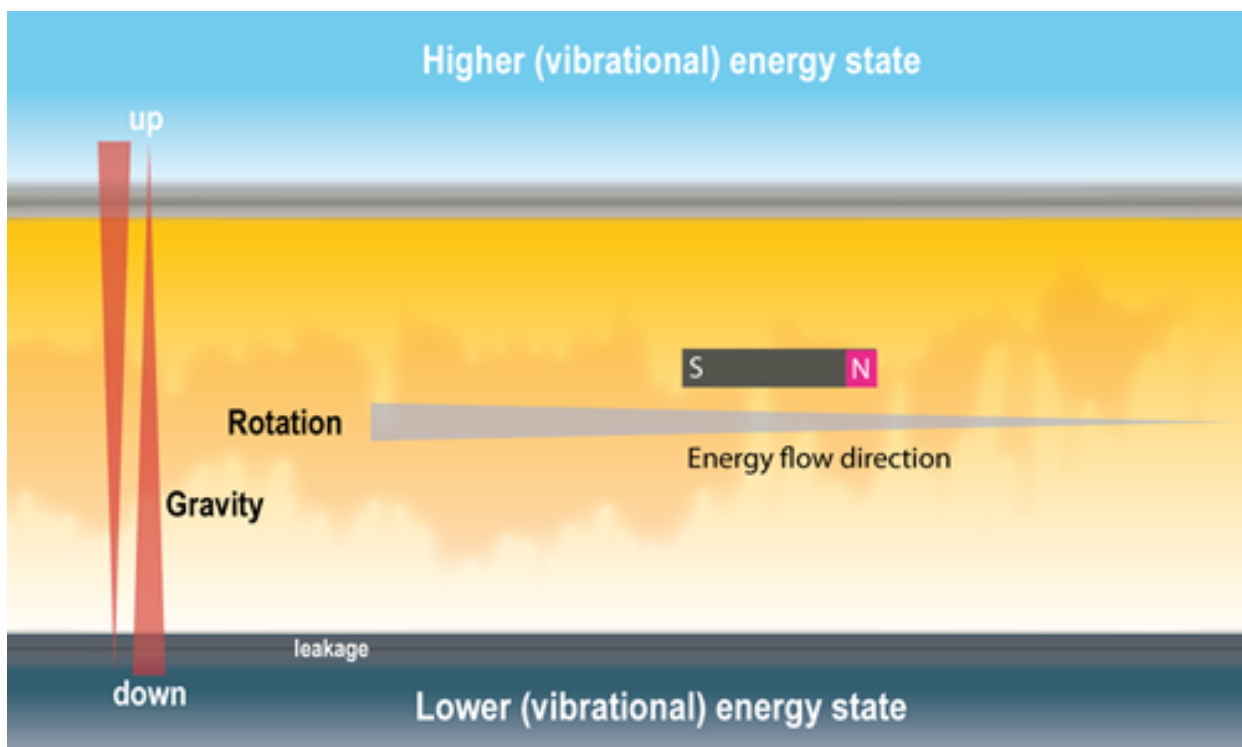
Another unexplained mystery of physics is magnetism. We know a lot about its properties, and we even know how to create it. But, exactly what is it?

Here is the textbook definition.

[Magnetism is: a physical phenomenon produced by the motion of electric charge, which results in attractive and repulsive forces between objects.]

That says a lot about magnetism as a phenomenon, but precious nothing about where it comes from. I find it very odd that the origin of two of the most important forces in the universe, in over three hundred years of physics, have never been addressed. This is perhaps because nobody has yet formulated a model of the universe that can logically account for their presence or origins. The Big Bang model certainly doesn't account for them. However, magnetism and gravity can both be accounted for when explained by the bubble universe model.

In the bubble model universe the presence of gravity is described as a function of the difference in vibrational states between its energy boundaries. Because the universe is spherical or toroidal in shape it needs to spin in order to maintain its form. This spin, in turn, creates a motion bias (direction) to all matter contained in it, and because the energy is carried by electrons, in the form of electricity, the electrons naturally seek the best conductors to act as their pathway.



The vibrational states create the up and 'down' while the directional motion polarises the directional flow of electrons. When these electrons encounter a good conductor, i.e. a metal, they are able to pass more freely through it, it passes through in the form of an electric charge. The charge, in turn, evokes a polarisation in the atomic alignment into the direction of the universe rotation. In some metals, like iron, the directional alignment sticks, (or takes longer to dissipate) and in other metals, like silver, the dissipation of alignment is virtually instantaneous, so the polar alignments do not stick. How long the polar alignment lasts probably relates to the metal's atomic number, making some materials more polar-friendly than others.

If the universe, as suggested by the bubble model, is shaped and connected by electricity, and not as commonly taught, by gravity, this would follow the big pattern nicely, since a planet with an iron core would gain a permanently replenished magnetic core, which, in turn, provides it with a more effective Meissner field to protect its surface from solar radiation, enhancing the potential to support biological life. Gas giant planets, like Jupiter, with an intense magnetic field would electrically interact with both with the sun's field and every other local magnetic body, to create a bigger Meissner field around the entire solar system, clearly defining a boundary for the planetary system, which is itself, a self-organising system, and interstellar space. The pattern seems to follow the general shape of the atom and its electron cloud, and is another example of the big pattern shaping the micro-world being reflected in the macro; a repeating pattern, that scales up or down, like **fractals**.

Did Einstein pick the wrong constant?

Now come the screams of protest.

Physicists will, quite correctly, conclude that if the speed of light is a 'constant' then most of what I have suggested concerning increasing energy states across the spectrum of the universe is probably wrong. And, in so saying their argument would have some force. However, work on this thought for a bit. Perhaps Einstein simply picked the wrong constant in originating his Theory of General Relativity, and in so doing limited his calculations to 'local space-time', not envisaging that space-time across the entire universe might vary. His theory correctly predicted that space is curved in his gravity theory as well as the effect of time dilation in his general theory, but perhaps space only results as being curved, through physical measurement, because it **is curved** - spherical or toroidal.

Einstein based his theory on the 'assumption' that the speed of light is constant, and that may have been good enough to make the figures work, complete an equation, and correctly predict time dilation and general local atomic affects but what if, instead of making light speed the constant, he had made 'time' the constant, and calculated in that base energy levels increased across the bandwidth of the universe from the low to the high frequency?

The effect would be that from the low to the high energy boundaries of the universe, the rotational energy and spin rate of atoms would increase. This increase in rotational speed (from lower to higher spin) as increased motive energy is supplied by the higher energy universe, would move the atom to a higher energy state. If an atom's local spin rate was induced into a higher or lower vibrational state that would put it out of sync with the local space time spin rate. The atom would seek to balance itself in space-time and, therefore, its position in the universe. It would move.

So, was Einstein stupid to assume 'light speed' to be a constant?

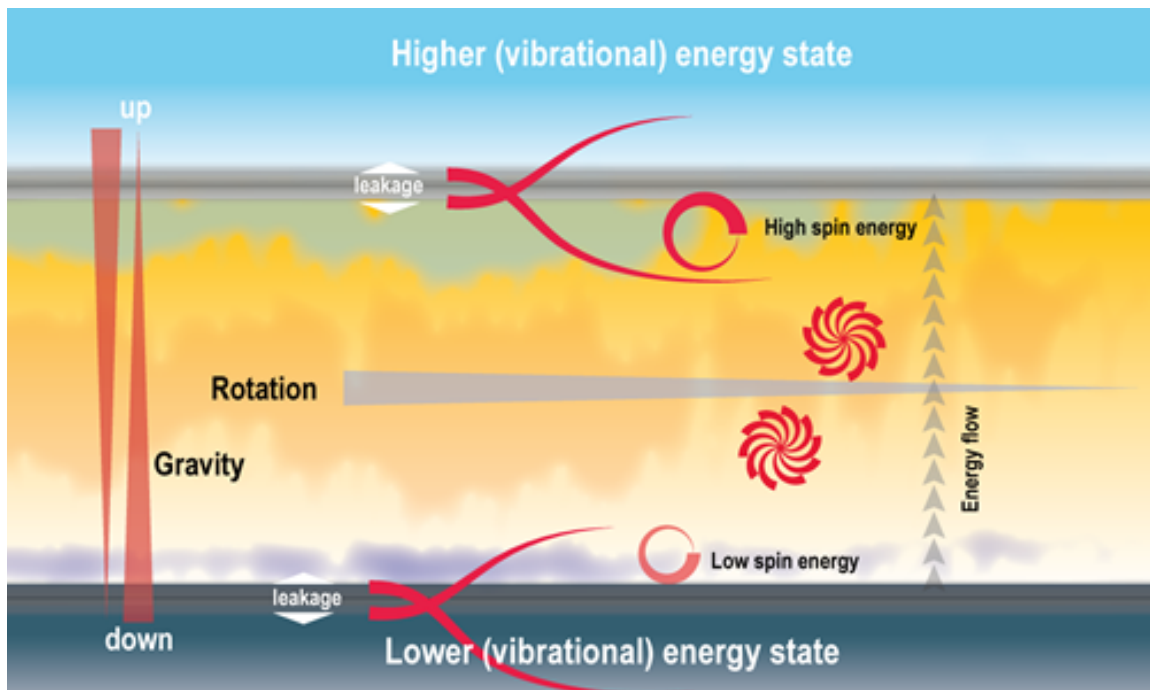
No, I don't believe he was. Think about this. What if light-speed, by observation and measurement, was always constant 'relative' to the 'local' space-time. It would be a very easy assumption to make. What, however, if the speed of light actually increased or decreased as you moved through, realms of higher or lower energy spin?

Using the model of the simple spinning disc, as the atom moved towards the lower energy part of the universe it would lose energy and its rotational speed would decrease. Conversely, as it moved towards the higher energy regions its spin, thereby its energy, would increase. This increase or decrease would be relative to changes in its energy state, or energy density, which would be a direct result of its physical position in space-time. Were it in stationary position, but a patch of space-time around it were to change in energy density, the effect would be a local variance in both the light speed and local gravity constants against the fixed constant of time. Only at a 'Lagrange' point in the universe would either of these figures remain fixed, but since the universe is energy fluid, this place is unlikely to exist.

Is there any evidence to support this hypothesis?

Surprisingly, the answer is yes but, as light-heartedly pointed out by **Rupert Sheldrake**,

constantly covered up so that mathematical equations and practical measurement can always be made to agree. In other words, the experimental results are regularly 'fudged' by moving the error bars so that the equation still works despite, on occasions, being significantly at odds with actual physical measurement. Sheldrake points this out in his book, **The Science Delusion**. The gravity and light-speed constants, when measured over 'time', appear to have moved around quite a bit over the decades since records and the establishment of international standard values began.



My vision for this trends towards the energy density in the universe, and therefore space-time energy values, as in any fluid, being patchy. Perhaps from time to time as our planet passes through regions in local space where the space-time energy may be higher or lower. With time being a constant, instead of light speed, it would explain why there is a variance in the value of the constants, when measured over time.

The universe described in terms of the humble sandwich.

In the diagram above I seek to illustrate how the whole mechanism works, in that it consists of a sandwich with our universe as the filling. The lower slice is vibrating at a lower frequency than the upper slice. This vibration causes energy from both slices to be thrown into the filling in between, which is rotating.

For the atoms in the filling, the rotational force imparts two properties, namely direction of movement and spin. The top slice, since it is vibrating much faster than the lower slice is throwing more energy into the filling than the lower slice, as well as throwing them in with much greater velocity which gives the atoms nearer the top slice a much faster spin-rate or kinetic energy. Likewise, a lower quantity of atoms being energised by the lower slice have less spin energy.

As the atoms, having differing energy states, start to interact with each other as particles in the filling, they need to balance their energy levels and they do this by swapping energy with each other. This exchange of energy produces in some cases, very violent reactions, but eventually the imbalances begin to balance out. This balance point is held in place by gravity in the form of new elements which now, by coming together, have acquired greater 'mass'.

The difference in the vibrational energy between the top slice and the bottom slice provides an energy bias (as it does with centrifugal force) that we experience as gravity. The greater the mass of an object, the greater bias it exerts between the two energy slices.

A 'Big Bang' did not create our universe

Is there any supporting evidence?

I am in the extremely lucky position of not being an expert in any one subject. I say lucky because, firstly, I have not been subjected to the institutional indoctrination into the cardinal 'laws of science', imparted by our formal educational process, and feel more than happy to question them, and secondly, because I don't rely on these Laws to earn a living, I am free to challenge them in the certain knowledge that it will have no financial ramifications for me. In other words, I won't get fired from my job for questioning the rules.

That having been stated, though, I still need to be able to back any hypothesis I come up with with evidence. I cannot expect to be taken seriously if I make claims that challenge the accepted norms and provide no supporting evidence to back those claims. This, unfortunately, is not the case for many theoretical physicists and mathematicians who can conjure up an equation based totally on conjecture, possibly using other conjectured equations as proof, and provide absolutely no real-world physical or observational evidence. That is a luxury not afforded to me. My big disadvantage in not having a formal qualification in these sciences is that I have to provide 'evidence' that backs any claims I make, and not evidence in terms of maths or algebra, but in terms of real-world and observable physical evidence.

So here, once again, I will repeat my title statement that will probably upset a lot of conventional theorists and say that the big bang never happened.

To support this statement I will ask readers here to picture an outwards moving explosion (a big bang) and to visualise where most of the matter always ends up. Then, I would ask the question of why, when it comes to the creation of the universe, everything appears to have worked the opposite way round.



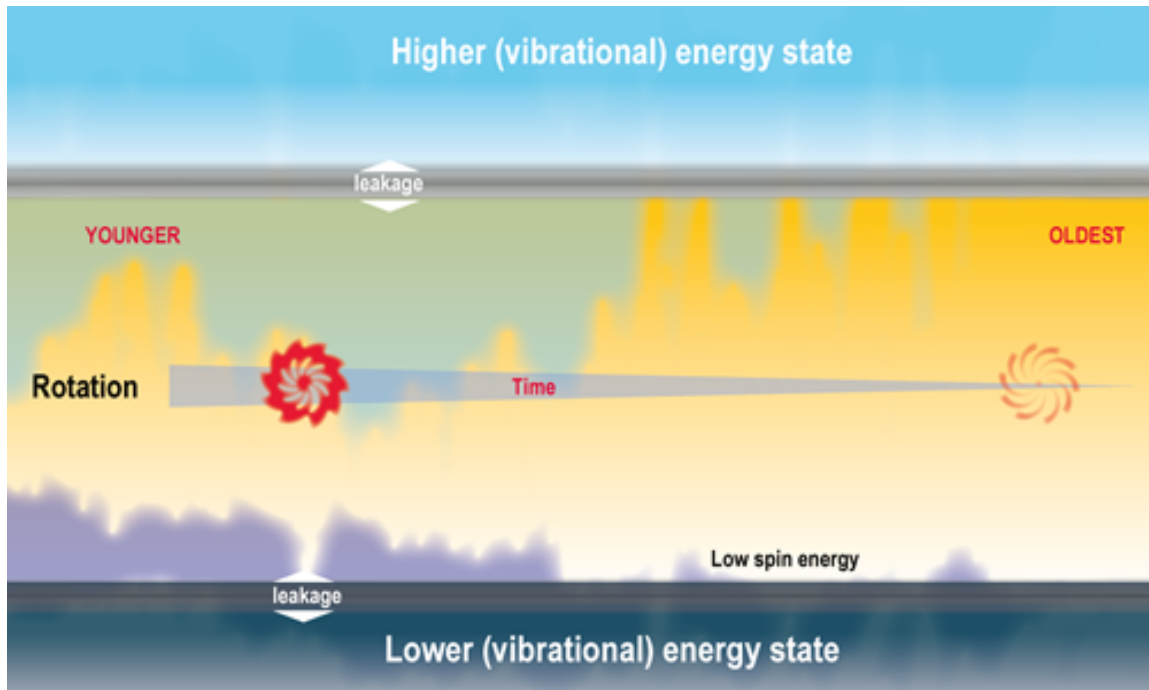
Above are pictures of two galaxies. Pictured on the left is our closest galaxy, Andromeda. Being close in physical location means that Andromeda is close in age to our own Milky Way galaxy. On the right is a picture of one of the very oldest galaxies captured by the Hubble space telescope. When comparing the images the very first observation has to be that the older galaxy has a lot less matter and density. It has a more distinct spiral and more open spiral shape, but an important comparative element here is missing. Where are the other stars? Where is all the other matter?



Above is a picture of a supernova explosion in Cassiopeia A taken by NASA's Spitzer Space Telescope. Note here that the central point source of the explosion has pushed the majority of matter to the outside edge. The internal region contains much less matter.

Taking this piece of observational evidence to its logical conclusion, and knowing how explosions work in space, then applying it to the Big Bang Theory, means that the majority of matter in our universe should be located in the farthest regions, the oldest, not the younger regions where we live. This would mean the oldest galaxies, having had both the greater time to form plus most of the matter available from the initial 'big bang' from which to form, should be super-massive and the whole region should contain more galaxies and stars than the younger regions. However, in reality, confirmed by physical observation, the oldest regions appear to have less galaxies and contain a lot less matter, not more. If our universe started from a single big bang, this would not be the case. The distribution of matter would look more like the picture of the supernova above.

What is the alternative?



If, instead of a Big Bang, we say that our universe formed, over time, from the rotating space between two other universes (dimensions) with different vibrational (energy) states, it would mean that over time the amount of energy transfer from the two universes would leak increasingly more matter-creating material into our universe over time. This would, in turn, mean that the older our universe became the more mass it would have gained, meaning that in its very early stages there would have been a lot less available than there is now.

Because of the directional rotation of our universe, coupled to the fact that atoms have spin, the combination of the two forces create the common spiral form we see in most large (age-related) masses, like galaxies. However, time combined with less mass would also mean that the older galaxies would have less material in them (mass) and therefore possess a lower gravitational force, the matter in them being less cohesive. With less mass, overall, the matter in these older galaxies would be spread further apart. Also, because of the rotational direction on the universe and their greater age, and lower mass, the older galaxies would have a lot more time to establish a more distinct spiral shape. Younger (more recent) galaxies, by comparison, would have a lot more matter from which to form themselves, would be denser, and because the extra matter would provide more gravitational force the matter would be held in tighter spirals. These two factors appear to be confirmed through observational evidence and measurement.

Where did our universe come from?

How does a new universe form?

If we follow what appears to be a natural pattern, our universe may have formed as the result of a previous universe, perhaps evolving to energy maturity, spitting in two, and by so doing creating another vibrational void. A new bubble. This may happen naturally when a universe reaches a state of energy balance, whereby the amount of energy leakage from the low and high vibrational states has balanced to the point of stability. The result could be the spontaneous formation of a new bubble, which could possibly be described as a harmonic of the mature universe, since the new high and low energy states may be a final blend of the two original vibrational states.

This point might be reached when the two separate vibrational states balance their frequencies, such that the complete universe reverberated to a single note. At this point all energy in that universe would equal zero and it would lose all of its cohesive energy. This would mean it had no energy to hold itself together, but instead of collapsing into nothing, the rotational energy of the amassed multiple universes spins it into a new layer and splits the balanced universe into two parts, at the same time creating a new dimensional bubble, and a new space for a fresh universe to grow. A natural cycle of birth, life and death, creating the conditions for growth and for new life.

There is no 'dark matter' and there is no 'dark energy'.

These two imaginary energies are both theoretical, mathematical constructs, invented to balance equations for a universe where the basic model is wrong. The working for the current model is only true in terms of the 'local' space-time energy density, and not in terms of variable space-time density that alters depending on your location in the universe, relative to the energy boundaries.

The quantum scientists, I believe, have figured out more about how it may really work, in their multiple-universes (multiple-dimensional) thinking, but the astrophysicists, I feel, have completely lost the plot, and will move further away from any chance of defining their goal, of a **unified theory of everything**, if they continue to doggedly stick with their Big Bang model, despite the fact that it can be challenged by simple observational evidence.

In the words of a quotation from Albert Einstein:

"Most of the fundamental ideas of science are essentially simple, and may, as a rule, be expressed in a language comprehensible to everyone."

From this point I will begin the process of bringing this part to a conclusion by moving its focus back from the macro-universe and down to the real world, in the here and now, and speculate on what role I think life and consciousness has to play in the scheme of things.

And, this is where it gets really exciting!

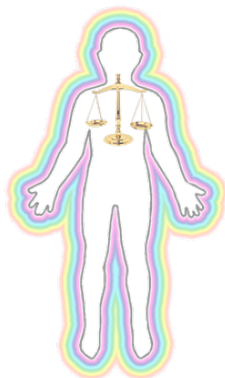
Where does 'life' fit into the scheme of things?

Why is there consciousness, and what is its purpose?

Having, I hope, uncovered a little about the pattern of the universe and how its pattern appears to be reflected and operate from the largest to the smallest scale, it is time to bring the discussion back to a personal level and look at how the pattern works within us on a human level. **The word 'balance' appears to dominate the whole universe at every level.** In other words, balance seems to be the most important factor that governs both the operation and purpose for everything. How might this be reflected and experienced on a personal and conscious level?

Within the physical body we see that when a good chemical balance is in place, the outcome is a positive feeling of good health, of well-being, of happiness and energy. This process of balance is assisted and negotiated by the various metals in the body acting as conductors that enable the efficient flow of information between all the cell and organ functions. When all of these parts are able to talk with each other properly this enables the DNA, which holds the detailed blueprint (pattern) for our individual bodies, with the specific details about everything like 'what' it is, 'where' it should be and 'how' it needs to function, to work with minimum stress. **The body is at its best.**

Your body, though, has a two-part structure, and also has a Meissner field, the aura or the 'light body' as it is also termed. When we are in good physical condition it means that there is probably a good balance between our body cells, and this is reflected in a strong and healthy Meissner field. What, though, is the function of the Meissner field?



If we follow the pattern revealed so far, the universe is nothing but an ocean of energy seeking balance. This energy has even been given a name.

The name we have given it is '**Chi**'. It is everywhere and is the raw energy that is in rotation around our universe. It is the power source, not just for our universe, but for the entire spectrum of multiple universes, the number of which could be an infinite number of universe bubbles. It is the power source that started the process of creating the compounds that make up the physical forms, such as moons, planets, stars and galaxies, all of which float in this same ocean of Chi. This energy is doing nothing more or less than seeking balance, but in so doing creates all the interactions that lead to the formation of the matter

in the universe, i.e. the galaxies, planets and the biological life-forms. In order to survive the onslaught of this raw Chi energy the evolution of the early bio-forms followed the universal pattern and evolved into organisms with a similar method to the planet to deflect the harmful parts of this Chi energy around themselves by creating a Meissner (magnetic) field.

The first piece of 'matter' formed after our universe appeared was the simplest and most prolific one - hydrogen - one proton, no neutron, one electron, extremely volatile, and most importantly - a metal - a conductor.

No matter how tiny atoms might be they still have mass and when enough hydrogen atoms came together and were further bludgeoned by the Chi energy, they reacted under their now massive gravity in a nova-like way and exploded. The force of the explosion was powerful enough for some of the hydrogen atoms to lose their individual structural form with protons fusing together with others to become the first elements. The whole process was assisted by the humble electron that was able to happily hop from one atom to another. This created ELECTRICITY which could then provide direction along the metallic, and conductive pathways in the universe and begin the linking up and transfer of more matter into larger and larger structures. Galaxies!

In turn, these galaxies, now self-organising systems in their own right, shielded themselves from the raw Chi energy by creating massive Meissner fields to deflect much of it around them. Chi still penetrates the galaxies, so the solar systems and some of the individual planets also developed filters to protect themselves. Another Meissner field!

Many of these planets were able to support biological lifeforms, but Chi, although the quantity has been further filtered, still comes through the planet's Meissner field, and these new bio-forms were even more delicate. So how did they survive? The bio-forms evolved a Meissner field to protect themselves. And, what did these bio-forms use as a power source for their Meissner field? In a clever and beautiful circle, they chose not to fight the energy but to use and merge with the energy. In other words, to use the Chi energy to protect themselves from the Chi energy. This though, for bio-forms creates a very special relationship. No longer is Chi used just to provide protection, it can also be used as a communication medium, however, in order to do this and be able to direct Chi energy, two more parts need to be in place.

The first one is consciousness, that will allow independent thoughts and actions that can operate outside the constraints of the basic self-organising system, the body. The second part requires that this conscious, independent organism have access to the most massive computer in their world. A computer that has, perhaps, as much as 90% overcapacity for potentially handling information on a truly megalithic scale.

For many decades we humans have been endeavouring to build just such a computer, ignoring the reality that we each already permanently carry around with us one such device that is more than capable of doing this job — **our brain.**

OK - time to catch our breath and backtrack a little

At this point I need to clarify something very important. Although we experience our universe in terms of being a 3-dimensional one, were we to be able to step into another dimension, although it would be in a completely different space-time, when in it we would still perceive, or visually interpret it as 3-dimensional. All dimensions would be perceived in the same way while inside. We also need to stretch our minds a little more and get in tune with quantum thinking.

All the multiple universes coexist in the same physical space

In order to understand and picture this concept properly you will need think about two things and bring them both together.

The first you need to picture is a hologram. This is a flat 2-dimensional form, which contains 3-dimensional information. The multiple universes are similar, and what you now need to imagine is that the hologram you are looking at is in a sheet of glass, and you then smash the sheet of glass into an infinite number of pieces. You are then able to visually inspect one of those pieces and when you do you will find that the complete 3-dimensional image is contained in every piece. The multiple-universes have the same kind of holographic form, inasmuch as every single piece right down to the smallest size, the size of Chi, carries a copy of the entire multiple universe. Each universe operates at its own unique frequency, so you can only look into the hologram and view your own universe. But, there also is the potential to skip into others as well.

Anyone who watches television will understand the concept, because it's the same concept (pattern) used by us for over a century from the first crystal radio sets. The use of frequency as a means to organise and transfer information. Today, with information transmitted digitally, we still use exactly the same pattern to separate the multitude of channels transmitted to our TV sets. The main difference today is that many channels are now transmitted on the same frequency, and we use encryption and decryption to bury the different channels in a single frequency. Our TV sets are equipped with a suitable information processor (brain) that enables it to tune into just one channel at a time, and display the results on the screen. We can choose which channel we want to watch and press a button on a remote control to select it.

This is a prime example of how even our thinking and methodology is firmly routed in the 'pattern' of the universe, because, just about everything we do or make, is designed as an emulation of the way the universe works. That is a reflection of how we unconsciously follow the pattern. You may question why and the answer is even simpler. When the pattern is followed it will work, and when it isn't, it won't work. This applies even to the way we structure our societies and civilisations.

There is a natural and harmonious (balanced) way to achieve anything, which will work and move evolution forward, but when disharmony is chosen the result is always a descent into a chaotic structure, as is demonstrated, sadly, by the effects of our various wars, where we

have utilised our 'free will' to deliberately disrupt or interrupt a 'balance' and impose a foreign structure.

In the world of small, this is how a virus operates and it always results in either the death of the body (structure) or the body (structure) fighting to rid itself of the foreign infiltrator. As you can see the universal 'pattern' is reflected throughout everything and within everything, not just in solid or organic matter. **Fight with the pattern and you can be certain it will bite you back!**

The golden rule seems to be that when any form or system is designed to be in balance it will grow healthy and thrive. When balance is broken it falls victim to the effects of chaos, and fragments. Think about our global 'unbalanced' financial system, for instance, and you will comprehend what a major impact it can have. The pattern will always, though, try to self-correct into a balanced direction if given a helping hand. If the unbalance is not corrected the system fails by either going extinct, or breaks down to the point where it has to start again. Don't worry though, this doesn't always mean the end of the world, just a change in how it works. The more chaotic it has become the bigger the adjustment needed to put it back into balance.

However, let's get back into the main subject again.

If you understood the TV analogy above you will also have jumped ahead to understand that we, as self-aware conscious biological beings, with a Meissner field permanently attuned to tap into the raw energy of Chi, possess a unique privilege of having the potential to become a lot more than the sum of our physical parts. We have the potential, and the means, to transcend our physical dimension and tune into other dimensions (universes), but first we need to enable our minds to be able to take the next crucial step.

Question: How does CHI work in bio-forms?

How might Chi work in bio-forms?

Firstly, let me explain why I use the term bio-forms, and not simply humans.

The reason for this, as intoned earlier, is that what defines life from non-life is the presence of Ormic or M-State (Ormus) elements. Humans are by no means unique in having Ormus, even the humblest of bacteria has it. Every plant, fish and animal has it. This, essentially means that, not just us, but every 'living entity' is hooked directly into a two-way relationship with the raw energy that powers the universes. The big difference between humans and most other life-forms on this planet is that we currently sit high up on the evolutionary tree, we are self-conscious, self-aware and we are, basically, in charge.

Our bio-form relationship with Chi energy begins at birth, continues through life and ends at the point of body death. This is the same pattern for every living entity on Earth and follows the general pattern for all self-organising systems, biological and non-biological. We even have a name for the process. We call it entropy.

Definition — Entropy:

The tendency for all matter and energy in the universe to evolve toward a state of inert uniformity.

In the above definition the words '**inert uniformity**' could perhaps more accurately be replaced with the words - '**energy balance**'.

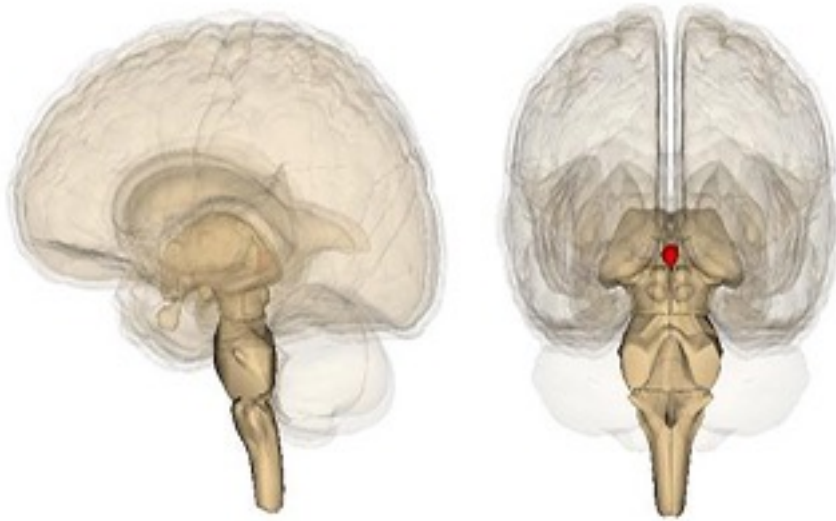
While we are growing in our mother's womb as an unborn baby we are not yet an individual life form. We remain physically part of our mother and, along with her nutrients, share her Meissner field. While growing in the womb a baby does not possess 'life', only the potential for life. Life does not begin, as some would prefer to claim, at the point of conception, it starts shortly before the point of birth and, in an energy way, the sequence possibly runs like this.

Life can enter any bio-form that is physically ready. When growing in the womb a baby is not alive in an energy sense, but growing in a sequence governed by the knowledge of the mother as a self-organising system. In this role the mother is extremely important as the means to prepare the baby for life, because her actions will set patterns in motion that will provide the chance for the new individual to have the best biological head-start. As a physical entity the baby shares with the mother all the hormones and nutrients the mother takes in or produces, as well as, emotionally the chemicals produced by emotional states, some pleasant some, like cortisol produced by stress, not so pleasant. During this important time the auto-response mechanisms are being educated into the growing baby, in the form of passing on the important information of what a human needs for survival. These are a combination of the mother's experience as a human and transmitted as a combination of chemical messages, and also through her Meissner field. In very small insects, for instance, all this information can be provided in the DNA, but for more complex life-forms this information needs to be both genetic, chemical and behavioural. A fly, therefore, will emerge fully ready and able to be a fly, but for more advanced and complex life-forms education needs to continue after birth.

Through interaction with the mother's Meissner field, the father can also play an important role in assisting healthy growth and physical education of the growing baby. This is achieved through interaction with the mother's Meissner field as well as by physical touch, and since this works on the basis of Chi, can also be communicated at any distance through the Chi field. This is all part of the preparation for life, but happens before life actually starts. It remains, though, an important part of the process. Biologically, both the mother and the father have equally contributed to the baby's potential by the combining of their DNA, so both will be closely connected to the potential new life through their Meissner fields.

At this point I am aware that I will now probably upset many many people, but if we follow the 'pattern' it needs to be clearly stated. There is no God in the conventional religious interpretation. There is no powerful rewarding or punishing entity that demands subservience or worship. These sometimes complex concepts are entirely human constructs. In reality there is only the raw energy of Chi, seeking balance. Chi doesn't care if you are a murdering psychopath or live your life like Mother Theresa. Chi remains totally indifferent to what you choose to do with your life. Once you are born you are free to live it in any way you want, within the constraints of being subject to human society laws of behaviour. **However, it is not quite as simple as that.**

The Chi energy, in seeking balance, has an 'upside' and a 'downside', a positive and a negative polarity. As self-aware, conscious beings we have always instinctively known this through our natural knowledge. We have even chosen names and given personalities the these two polarities, good and evil. By the codifying of these polarities into religious beliefs we have ingrained these into the way we have built our societal structures, but at the same time have transferred our personal responsibility to choose our own direction, and handed this to organisations instead. These organisations have, sadly, largely corrupted a simple message and turned it to political and financial advantage as a means for a few powerful or greedy to control the many. In terms of Chi, though, which is indifferent to which way an individual goes, it could have a profound effect on your long-term life in an energy sense — more about that later. Before though, let me tell you how I think the mechanism that creates individual and independent life works, and back this up with some evidence.



Above: a diagram of the human brain illustrating the position of the pineal gland

In the very centre (the 'balance' point) of your brain is a mysterious cone-shaped gland with some very peculiar properties. Despite spending its entire existence in total darkness, this gland is extraordinary as, for instance, it contains light receptor cells, exactly like those in your eyes, and it affects us in some fascinating ways. Firstly, during birth, this mysterious gland, called the pineal gland - and sometimes referred to as the 'third eye', activates to produce massive quantities of a chemical called '**Dimethyltryptamine**' (DMT, for short). The second, and last, time it produces the same massive quantities of DMT is at the point of physical death. DMT has been laboratory tested and found to be probably the single-most powerful psychedelic compound known, and yet it is completely natural, is non-harmful, non-addictive and appears to be very important for the body during both birth and death. Why might this be?

It is my conjecture that the beginning of life starts only once Chi energy has entered the body. At this time a baby that was formerly part of its mother has now become an independent self-organising system. It now has acquired its own Meissner field, which then interacts with the mother's Meissner field and may be the signal message that triggers birth into the physical world. The DMT released by the pineal gland into the brain may provide both the signal for the process of birth to commence, and the method for the Chi energy to negotiate its pathway to merge with the new physical bio-form.

At the time of death this process of DMT infusion into the brain is repeated to enable the Chi energy to leave the physical body and return to its pure energy state. It is my opinion this Chi energy entity is, in fact, what we colloquially term as - **the soul**.

How can we access higher energy states?

There is another time in our life, I believe, during which we also, regularly gland 'Dimethyltryptamine' (DMT) into our brain and body.

Science has never explained why we need to sleep, what happens when we do or what its purpose is. Sleep, though is a very important process, critical for our physical and mental well-being. Sleep in general, and especially dream sleep, to science, remains a mysterious physical state and the body's need for it has never been properly explained. But, I'll have a go. Any sleep researchers reading this article may also like to consider testing my theory.

It is my belief that during the sleep state the pineal gland, once again, releases quantities of 'Dimethyltryptamine' (DMT) into the brain and body, which enables the body's Meissner field to interact with the body's physical biological functions, to help attain a balance between the two. During sleep, the physical body gives way to the process by essentially going into a state of paralysis that enables an unfettered communication with the Meissner field. This is part of a process whereby, each time we sleep, promotes healing and repair for the body and the mind. A notable function that a waking infusion of DMT has is that it triggers hallucinations, but hallucinations of a nature that have baffled researchers.

These hallucinations are not random visions, but a highly specific vision state, unique for each person, which takes the form of personal education about 'the self'. This education often takes the form of visions of, and contact with, other beings, and even more strange perhaps, is that many of these beings are said to look very similar to those carved into hieroglyphics on Egyptian walls and ancient artefacts. A mere coincidence?

DMT, though, can never be classed, like other hallucinogens as a recreational drug. Instead, it appears to be a unique substance that enables the brain to reach out and move the mind across different energy states.

'Dimethyltryptamine' is completely natural and contained in all, higher developed living beings, like mammals, and a wide spectrum of foodstuffs that we eat every day. It has no affect on us in a food state, because we have a blocking enzyme in our digestive system that prevents it in entering our bloodstreams. It if it is allowed to get into our blood it happily skips across the blood-brain barrier through such sharmic substances as **Ayahuasca**.

DMT, provides both a clue and a means for one to 'visit/perceive' different energy realms, but it does not offer anything more than a temporary glimpse. **To be able to move, at will, across the spectrum of energy realms (universes) takes something that will increase your energy potential by several orders of magnitude. That substance is Ormus or M-State elements.**

This, according to the pattern, is how I think it works

As explored earlier, Ormus is a wholly natural and abundant substance that nourishes the 'light body', which is the energy part of your biological form that is constantly, but unconsciously, attuned with the raw energy that powers all the universes, called Chi. The physical body relies on having bio-available metals to act as efficient conductors to pass around information that, in turn, enables the body to function at its optimum level. The 'light body' that can be imaged as a Meissner field, also depends on a cocktail of metals in order to stay powered and attuned with the Chi energy. These metals are provided in Ormus, which consists entirely of metals, but metals in a high spin (high-energy) state. This is the physical substance that powers our 'light body', and consequently how healthy our physical bodies are, and how efficient our light body can be in relation to the raw Chi energy that powers everything. Ormus is officially classified as 'exotic matter'.

Inserted as the chemical mediator between the physical and the light body is DMT, which enables the 'light body' to interact with, as well as enter and leave, the physical body at birth and death. When alive the pineal gland acts as the delivery source of DMT into the brain. The pineal gland, is at the very centre of the brain, at the optimum position relative to the physical brain, as well as being at the optimum position to be able to distribute DMT into the body via the bloodstream. This optimises DMT distribution through the whole body and brain simultaneously during sleep. Communication is then enhanced between the physical body and the 'light body' where a balance is sought, which relates as a daily balance and healing session for both the body and the mind.

The DMT also plays an important role in dream sleep, where it activates part, or all, of the 90% unused part of the brain enabling the mind to travel and explore the 'Chi-verses', along the way, unconsciously picking up and bringing back information shared from different energy realms that assist in our species development. This might take the form of physical changes or social evolution. The information gathered manifests in the form of ideas, some of which might seem bizarre or challenging to begin with, but eventually become part of 'common knowledge'. Various people, like artists and creatives, for instance, possibly dream more vividly, or are able to recall or translate what they learn in dream state into actions, processes, images or combinations of sounds. Ever wondered why music is so important and reflective of emotions? **It is no accident of language that when someone comes up with a truly original idea, concept or piece of music, they are commonly asked where they dreamt it up.**

Does the energy pattern always trend upwards?

That is one of those sixty-four-million-dollar questions.

Ultimately, this is a choice made by each sentient species, acting as a group mind, and revealed in the shape of the societies they create, but generally I think, and I hope, that the target is always to move upwards towards a higher energy state, rather than downwards. In fact, the possibility is that the choice to move downwards results in species extinction, via self-destruction or general entropy - meaning, overall, the pattern wants to go up.

If we follow the pattern in terms of raw Chi energy, it means that for every universe where sentient life exists to experience it, that life-form becomes apart of the pattern. To evolve and thrive, in an energy sense, we need to be aiming upwards, because that is where we will get more energy to enable our overall species-sentience to grow. Remember, though, there is a downside to our universe as well (lower vibrational state). In this universe the comparative energy level in our universe equals an immense source of energy. The down universe, in every sense, will drain our energy. Sentient lifeforms with their Meissner fields permanently connected to the Chi field have the ability, or perhaps the purpose, of determining, that when the universe eventually balances before splitting to creating a new empty one, which side of that split their species ends up on. Remember, that Chi is just raw creational energy running through its own process. It doesn't care which side we end up on, it simply carries on with the process. If we, as humans, actually manage to survive as a species long enough, in whatever form that may be, every generation should maintain the target of moving us upwards. This is where the group mind has the greatest influence.

How the group mind works

Every person will know that every waking moment is spent making choices. This may be as simple as what to eat for breakfast or bigger like a jumbo jet pilot choosing the safest way to land his aircraft during a storm. The choices made by the pilot (an individual) on this occasion can determine the welfare of all the passengers on board the aircraft, the group. The passengers need to rely on the competence of the pilot, and that is determined by the group competence imparted during his flight training. The passengers must endow 'trust' in the pilot to make the right choices to land them safely. The pilot in turn, is working to control his aircraft while negotiating a delicate balance between the upward force of lift provided by the wings, the downward force provided by gravity and the direction and speed, provided by the forward motion of the plane.

The pilot takes all this in his stride as a function of his training (group) combined with personal experience as a pilot (individual), which has been accrued and honed to competence over a period of time (the universal constant). That is a very simple example of how the individual mind relates to the group mind and incorporates time. The passengers have now become part of the pilot's group mind in that they have placed their individual confidence (staked their very lives, in fact) in the overall group mind process of the pilot's training, and reflect this in conferring their trust on the individual pilot flying the plane. This is an example of how the individual shares with a group, albeit in this example, on a short-term basis.

The above is a microcosm example of how the same pattern repeats at all levels from individual decision-making to the operation of our entire global organism. We have an individual acting as a single self-organising system, relying on the energy of a larger group, with the larger group drawing power from another larger group, which might be a government, and then governments acting together to form a group relationship on a planet-wide basis. However, this may also be the reason that, as a group species, we are currently trapped in a cycle that takes us round in a declining curve. As a species we have reached an energy dead end, because we have corrupted the universal pattern and are attempting to impose our own. The natural pattern, however, is a lot more powerful and appears to be staging a huge come-back.

Where we have broken with the natural universe energy state is by choosing a system of 'hierarchy' as the primary means to organise our group system. This hierarchy system hands power 'down' to the 'few' at the expense of handing it 'up' to the many, and is not how it is supposed to naturally operate, if we are to thrive and grow in terms of group energy. As individuals we have, over many generations, been tricked into handing over our group energy to smaller and smaller groups, which in turn allows the group mind direction to be directed by a smaller and smaller number of individuals, not the whole group. And by a small number, this could possibly be measured in terms of hundreds who currently control over seven billion individuals and determine the direction of our species group energy.

The natural pattern that promotes 'group thriving' as opposed to 'group decay' relies on genuine group cohesion, the principles of which were codified by the ancient Greeks in the idea of democracy. This was probably influenced by their close contact with the ancient Egyptians who operated on the basis of a meritocracy where an individual's status was determined solely by the level of value they could add to the group as a whole. During this period in time exchange of group energy took place in the form of trade and this reflected a healthy energy movement upwards because each group could grow on the basis of a mutual benefit. In other words, a balance whereby all could benefit to fulfil their survival needs. In turn this took the stress off the groups, allowing them to be able to spend time and energy on contemplating the bigger purpose of the universe. Different groups had different opinions of how to improve their societies, but generally this was a philosophical argument and not a dispute on the basis of a power (energy) grab.

The biggest change occurred after humans invented the philosophical concept of money. Money was a genius of an idea because it streamlined the whole process of trade and added potential for the group mind to grow even faster. It might have provided the potential for the group mind to grow almost exponentially, but it also opened the door to a new paradigm, whereby the power of the group was no longer be determined by the merit of the individual to contribute energy to the group, but usurped by an ability to accrue money. At this point the power of the group mind became enshrined in money, and not in energy. Money began to turn the whole upward energy cycle into a downward direction, and with it the energy direction of the whole group mind.

The paradigm shift created by money

Is money the route of all evil?

Those reading this with a penchant for correct English will have immediately spotted what above, in my caption, looks like a spelling mistake. However, the spelling of the word 'route' was deliberate for my context. A root is a bio-channel that assists growth, but money, as used in our current societal development has become a route, as in direction, for the focussing of power and not for the distribution and sharing of energy, as it could so easily be. As a result our species' energy-development is now probably flat-lining, but Chi and its purpose plays a very long game and is beginning to turn the tables and head upwards again. Those who have benefited the most from the energy downturn are very aware of this, and are doing their best to maintain, what for them has become a very comfortable status-quo. Because the sharing of group energy and where it is directed is currently in the hands of a very few people, they are doing their utmost to keep it that way. However, the big pattern is beginning to reassert itself and doing so in a big way.

What needs to be re-acknowledged here is that the raw Chi energy of the universe doesn't care what we do, but still wants the big pattern that governs everything to be followed. The pattern is persistent, acts long-term, has a very gentle push, is patient and has now worked its way back to reasserting itself in an unbelievably clever way. It has done this, as anyone who has studied Tai Chi will tell you, not by fighting the energy of the negative direction, but by gently redirecting it. Even more cleverly, it has used the very tools engaged by those currently trying to maintain power over the energy direction and used those tools to re-establish its upwards direction. The pattern is now engaging the power of the group mind to assist this.

Does this mean the world is run by psychopaths, hell-bent on subjugation?

Conspiracy theorists, no doubt, choose to believe that it is the case, however, they may be partially right, but not in the overt way they may think. Conspiracy theorists should not be considered to be fools or paranoid. Although they are traditionally the butt of insults, jokes and ridicule by those who choose to accept the paradigm presented to them, they are a valuable energy resource because they are willing to openly point out where the pattern does not fit.

In historical times these conspiracy theorists found gainful employment in the service of kings in the role of jesters, who were encouraged and never punished for blurting out the truth, or pointing out to the monarch when they were being stupid. Indeed, every wise monarch or ruler wielding great power would always employ a jester, because it enabled them to keep their feet on the ground when their egos were allowing them to be steered into patterns of behaviour that would be non-beneficial. Today, though, we use, and abuse, science and logic as the arbiter and the jesters (our modern day conspiracy theorists) are no longer encouraged. Those who might propose a credible paradigm that bucks the current money-centred view are ruthlessly put down. A good 20th Century example of this was **Nikola Tesla**, who more than proved his worth in giving the world the transformational idea of A/C electricity, but who was then ruthlessly put down by the bankers, when he attempted

to give the world 'free' energy. Tesla, though, is making a come-back.

Despite these realities, world leaders and the movers and shakers, as we also like to call them, might be comprised of a higher than healthy percentage of socio-paths and ego-driven personalities, but the reason they act to preserve what is increasingly obvious to be a failed economic and political pattern, despite clear evidence of its failure, is because they still cling to the defunct paradigm, and remain desperate to keep it going, since it is a paradigm that has, in terms of money (for them energy) and personal security (material rewards), delivered for them. So, why should they be in any hurry to change it? The current system has run for thousands of years, from the early days of the Roman Empire and has only, over the past half century, resultant of its blatant and inherent corruption, gone into terminal failure.

Will getting rid of money resolve the current rift in the pattern?

Quite the opposite! The concept of money is probably the single-most and the cleverest of human inventions. Money doesn't really exist at all except as a completely abstract creation of mind. Money is simply a clever idea that gives us the ability to exchange and share our energy, based on another complete abstract - trust. The big error was in ever considering it to 'be energy' that could be increased, in terms, using banking parlance of 'seigniorage', or in ordinary language, interest. You cannot conjure more energy from energy that only can exist in the future, so for money to work properly as a representation of energy, it should only be able to grow in terms of what can increase real-world benefit. What our now corrupt banking system offers us is subservience to a failed paradigm, and being controlled by that paradigm through debt. When though, through irresponsible or corrupt management, combined with sheer greed, the amount of debt outweighs, by a very long way, all the money on the planet, the balance differential becomes so great that its total collapse, unless the system is reset and the debt cancelled, is a mathematical certainty. Once this happens the energy balance will again revert to control by our group mind.

Manifestations of Group Mind

Examples of how the group mind reveals itself

When most people envisage a group structure they often think of the way that ants, bees or termites organise their societies. Although these are examples of overt group systems, in reality group structures exist in all species groups, however, in more sophisticated systems you may need to look harder to find them.

Group energy structures take a number of forms, and are a way of combining and focussing energy towards carrying out a purpose and, can be overt on occasions. In insect colonies this takes the form of a mix of energy exchange on a Chi level, combined with chemical signalling provided by pheromones. In more advanced species, including humans, the form is more subtle, and can take the form of a direct energy transfer through the Chi field. This can become very obvious at group events, where participants and the more passive viewers exchange energy, with perhaps the most powerful examples being sporting events.

Any athlete competing at the very top level of their chosen sport, especially those in individual sports, like tennis, will be able to confirm how a crowd of supporters can substantially enhance their energy, their focus and their abilities. They can 'feel' the crowd willing them on to do well, and this positive (higher vibrational energy) can substantially lift their performance, particularly when their physical energy may be running low and requires a boost. Energy is not supplied solely by food. Food is just the physical aspect, of the process. The very top athletes may be extremely fit, and train a lot, but the very best have probably mastered another technique; the technique of being able to tune into and tap the group mind as well. The balance between winning and losing at the very top level is often determined not just by winning the game, but winning the crowd.

Sport is the most obvious example of an exchange of group energy, but another reflection can be on a one-to-one basis. In this case one person may simply be seeking an energy boost by winning the approval of another in a process of choosing between particular courses of action. There has also grown, perhaps as a function of global communication networks, a celebrity culture that appears to specifically feed off group energy. These are often people with conflicted personalities, or even low personal esteem, who appear to need to constantly tap the group mind in order to feed off it, similar to the way a drug addict may need their 'fix'. These can be quite sad individuals because they continuously need to seek the approval of the group mind in order to personally feel valued, but an addiction to tapping group energy is a two-sided process. Winning approval provides a positive energy boost, but a negative group reaction can be devastating.

Does everyone have access to the group mind?

The Chi energy is universal across all the universes and so, theoretically, every living being with a Meissner field is potentially capable of communicating with any other living being anywhere in any of the universes. The reason that this doesn't happen is that our Meissner field which can enable communication with others, also acts as a barrier to protect us from the energy of the Chi field. This filter is probably defaulted permanently to 'protect mode',

but two-way messages can be exchanged with those who are close to you in your social circles. These are people with whom you are more closely attuned and this can establish a resonance with them. Parents and their children, close friends and family members, lovers and even one's pets can be tuned in to each other's fields.

The Cambridge University biologist, writer and general unfettered thinker, Rupert Sheldrake, calls this **Morphic Resonance**, and he has conducted a fair number of experiments to test for it; the positive results for which seem to far outweigh the possibilities of pure chance. Sheldrake is attempting to codify scientifically what, in fact, everyone probably experiences on a regular basis, but simply consigns to chance, because the standard mantra of science, the same science that has not explained gravity or magnetism, chooses to tell us, in no uncertain terms, that it simply cannot happen. And, when asked to justify that statement, like gravity and magnetism, the reason it cannot happen is because science says so. However, should we be able to communicate using our Meissner fields, resonance, probably of the morphic variety, is the most likely way that it would work as a group mind/energy function.

Manipulation of the Group Mind

Can the group mind be controlled or manipulated?

Not only is control and manipulation of the group mind possible, it is often a target for certain individuals and organisations in society. Propaganda is its most overt form, advertising is another, with politics near the top of the list. The primary purpose of politics today has become the active subjugation of the group energy of the many, with its transfer to a few. This is a reflection of a hierarchy structure that we have adopted as the chosen pattern of government, but it is now completely dominated by money.

The principles of beneficial management of group energy are rooted in Greek philosophy and based on democracy, but the affect as we experience it today, is the transfer of control of the group energy to a small number of people, on the agreement that they provide representation of our national or cultural group, relative to the group direction of a different national group or culture. The problem now is that the system has been corrupted by the false assumption that money is energy, and those who are supposed to represent our wishes, our governments, are now total supplicants to those who they think own the energy - those who have, or control, money.

We now, in deference, have named them 'the elites'. Elite used to be a term only applied to those with a unique or extraordinary ability based on merit, but is now the term commonly used to describe those with money and power. Money, and not the potential to add benefit to the group now determines who controls the group energy. Once a covert and hidden purpose for the group structure this has now become very overt, particularly since the global financial system was crashed in 2007. The result of the global financial crash was the takeover of every government on our planet by a tiny number of individuals who control the banks.

There is no doubt that the great majority of the public still consider the 2007 financial crash to have been the outcome of a chance culmination of events, but if the general pattern that triggered the crash is examined, in terms of the group mind (direction), it becomes very clear that it was a planned 'group-mind' grab. Ever wondered why no bankers have been punished for the 2007 crash? It's the same reason that, without a revolutionary change in the group direction, the monarchs, who were in control, were always exempt from the rules that govern their subjects. It may now be hidden behind a veil of 'constitutional government', as it is in the UK, but the pattern of monarch exemption from the rules still applies today. The fact that no bankers have been brought to account simply confirms who the current reigning monarchs are.

What are the key constituents of the group mind?

There are many ways the group mind is reflected, but they essentially fall into three basic categories. The first is utility - **how useful it is**. The second is need - **what must it do for me**, and the third, and the most powerful is emotion - **what feeling it invokes**.

These three groups never operate in isolation but are always combined. You may **need** a car because it is a crucial part of your job, but you may choose to buy a Mercedes Benz because for you, it **functions** well and it **feels good** to drive.

Emotion is the most powerful of the group mind drivers because it reflects the factor of individuality that you project to the world on a psychological and physiological level. The ego defines each of us as individuals which, on the energy level of Chi, is being protected, and also enmeshed, as part of the group mind by your Meissner field. Your ego is your individual representation of your bit of the group mind.

Within this process individuals contribute their influence to the group energy as a whole as to whether they feel it is a positive idea, or not. This is an evolutionary process by which, as a group, we accept or reject, incorporate the new or pension off the old ways, evolving new group functions over time as we go. This we have chosen to call 'change'. For example, humans switched from living in caves and began building structures because the artificial structures were of greater benefit to the group. This idea spread and was universally accepted and copied. Companies design and manufacture products, some of which are commercially successful and some of which fail. Success or failure depends on how much the product 'resonates' with the big group. This is a major pointer to how the group mind works - and how it evolves as a reflection of the universal search for balance when the natural macro pattern for our whole universe is considered.

Humans as conscious, sentient, self-organising systems (beings) also have a randomising factor that we use, and which is related to our individual egos. This factor we call 'free will, and it gives us the ability to alter the pattern. The presence of free will may be an evolutionary advantage inherent in sentient beings that assists the universe in achieving its target state of balance faster, and it is also a factor that enables us, as a species, to determine on which side of the energy divide we end up on once the universe reaches its desired state of energy balance and splits to create another. Our free will gives us the choice to direct our group energy down towards the lower energy vibrational regions or upwards into the higher energy vibrational region. Free will provides the power to choose and the resonance of our emotions play a key role in this for the whole group mind. Either way, the raw Chi energy from which the universe is made doesn't care which way we choose to go.

The physical state of our universe balance probably will not happen for several tens of billions of our years, but there appears in the pattern to be a twist in the tale. Again, please don't jump to conclude that I have made another spelling mistake, I actually meant to use the word, tale. The information concerning this twist has been passed down through time to every generation in the core message of every religious, philosophical text and folklore we have, across every culture, and the way the message interprets, as the pattern, is that the universe energy balance process takes place one piece (person) at a time.

This makes a lot of sense, and supports the mathematical conjecture that there is a proliferation of life throughout the universe, according to **Drake's Equation**, with the

number of advanced civilisations numbering in the billions, tens of billions or more. In fact, if we look at the pattern as illustrated on our own planet, it is almost a certainty that life is the norm and will start in any form it can wherever conditions will support it. The presence of sentient life could be a factor that determines how quickly the universe balance can be achieved. Life is not fragile, it is tough and resilient and can even survive, as revealed by NASA, the cold, radiation and vacuum of space. The status of our vibrational energy is therefore both important long term as a species, and short-term in a single lifetime.

The final chapter

If you have read everything up to this point, you will undoubtedly have reached an opinion one way or another, and have concluded that what I have written makes good sense, a bit of sense or absolutely no sense at all.

Let me reveal that writing this book has been as much a selfish and personal journey for me, as it is also a way of perhaps invoking ideas or a new, and hopefully more positive, vision in those who choose to read it. I have placed it in the public domain because I want to challenge the conventional model of the universe and also suggest that it has an overall purpose, which I have referred to as the 'pattern', and not simply a place we are born into, live for a while and then die - hopefully in the intervening period having had a good time as well.

I am aware that some of my ideas and concepts will open me to ridicule by mainstream conventional thinkers and researchers who consider themselves to be experts, however, I feel that in writing The Little Book of CHI, I have become a bit like the Chi energy I have speculated as being the raw energy of the universes. I hope this book in its descriptions has added a little hope, purpose and positive energy to my reader's lives through its alternative concepts and positive message, but I honestly don't care either way if some of my readers consider it to be rubbish or even parts of it to be offensive, just as long as it has been, at least, a bit challenging.

I hope the eventual outcome of reading this book is that it has provided a new and wider perspective for our existence and I will end it in a positive direction with some advice on how I think everyone can begin a process of raising their positive energy levels.

.....

Are there ways a person can raise their energy level?

The answer to that question is, yes, and here is a list of practical things you can do to promote and grow your personal, positive energy balance:

Eat better:

Today, a lot the food we are offered to eat in the West has been stripped of much of its nutritional value by the depletion of natural minerals and trace elements by intensive farming methods, based on petrochemical manufactured artificial fertilisers. These fertilisers only trick plants into growing faster and bigger, but most are hugely depleted in terms of nourishment. The reason for this is that, unlike good old grubby earth, which is full of mineral and ORMEs content, chemically fertilised foodstuffs contain very little. Oil is not, as regularly portrayed, a fossil fuel. Oil is what is termed as **abiotic**, and it contains nothing that can nourish a human body. Instead, try to eat more natural organically grown produce. If you demand enough organic produce and cut down buying non-organics your supplier will have to respond by stocking more.

Give up eating junk food:

Junk food has been given its title for the very good reason that it is junk. Bear this in mind

next time you buy a burger or food from a fast food outlet. Just follow the age old maxim of '**rubbish in - rubbish out**' and remember that what you are really buying, to eat, is closer to being highly processed industrial waste than it is to being natural food. The animals reared to supply the fast food market have probably been factory farmed in poor conditions and may have been fed a cocktail diet which includes an array of chemical additives and hormones to speed up growth. The stressful and unnatural conditions these animals are forced to endure during their short lives also produces other things you would not want in 'your' body - stress related chemicals like **cortisol**, among a host of others. Given our junk food culture, it is no surprise that its rise has been paralleled by a rise in eating related disorders. Not only is much of fast food just plain rubbish, it's also toxic on even a medium-term basis.

Avoid fluoride

If most people were aware of the history of the use of fluoride they would avoid it like they would a plague. Fluoride was first mass-utilised by Adolf Hitler's Nazi regime in the concentration camps of WWII. It had been discovered that fluoride was an efficient pacification agent and was administered to camp inmates as a prelude to them passively being herded off to the gas chambers and killed. It was administered because it enabled the camps to work efficiently, since it inhibited an inmate's desire to rebel against their captors and made them more responsive to following orders. Medical and statistical studies carried out more recently have also confirmed conclusively that fluoride is of absolutely no benefit to dental health. In fact, in-depth studies point to it being harmful to teeth. Medically, fluoride is officially classed as a 'neurotoxin', with its most notable effect that of being a calcification of the pineal gland, which, if you recall from earlier on in this book, is the gland in your brain that is crucial to enable your physical body to communicate with your Meissner field, and thereby the ability for your Meissner field to communicate with the wider human group energy. Furthermore, fluoride, in calcifying the pineal gland will limit your body's ability to distribute DMT into your brain and body, the results of which are poorer sleep patterns, less dreaming, reduced imagination which, in turn, leads to higher life stress and increased cortisol levels which, in turn, triggers higher rates of heart attacks etc.

The overall ramifications of this toxin being in the food chain/water supply would be a more passive population. A population more suggestible to following orders, a population with higher stress levels and falling intelligence levels (dumbed down) and poorer health, but overall a population less likely to be rebellious against authority.

If these statistics sound familiar in the country where you live, then you need to be seriously asking why your government is putting fluoride in your water supply. That is, of course, as long as you are still able to muster up enough energy and motivation to challenge them.

Only take natural supplements and avoid artificial ones

OK, so you are being selective and eating more organic foodstuffs; you have given up junk foods; only drink fluoride-free water and brush your teeth with fluoride-free toothpastes.

Now you want to start building up your body nutrients, and the best way to do this quickly is with vitamin and mineral supplements. This will help your body to rebuild a good internal balance despite the fact that, realistically, much of the food you are eating may still be deficient because the organic stuff may not be so available or just too expensive.

Vitamin and mineral supplements are fine, provided you take those that are naturally derived. I am aware that in the US and Canada there has been a big push by the US-FDA, in collusion with the big Pharma companies, to outlaw many natural supplements on the basis that they should first be made subject to the same testing regimes as artificially derived supplements, but the best way to change this stupid and biased law, as a group, is to ignore it, and buy your supplements only from suppliers that sell the natural stuff, even if this may mean buying abroad. Natural supplements are more bio-available than their artificial counterparts, possibly by as much as 40% more effective, so even if they end up costing a bit more, the cost will probably be balanced by them being a lot better for you. There is no need to take these supplements all the time, because once your body has what it needs and you are eating a more sustaining diet all should be supplied by your food.

Avoid quick-fix drugs and remedies whenever possible

It might seem like a good idea to take a quick-fix remedy when you perhaps have something simple like a cough or the beginnings of a cold, but try thinking about what effect masking the symptoms might be having on your auto-immune system. Is it actually helping to make it stronger or is it making you more reliant on external remedies. Instead, consider boosting your immune system with something like colloidal silver; possibly more effective, faster, cheap to buy or even make it yourself, but most important it will assist your body to do what it needs to do, and so help to build a stronger immune system.

Consider taking an Ormus supplement to boost your Meissner field.

Finally, don't neglect to keep your 'light body' nourished as well, and you can do this by taking an Ormus supplement. Ormus used to be bountiful in natural foods but is getting in short supply resultant of industrial farming techniques, probably even in organic produce, but bear in mind that taking Ormus is not going to miraculously change your life overnight. For change to happen requires a positive life-style change; for you to start caring more for both yourself and others around you; and for you to begin a process of building more positive direction and purpose into everything you do.

I have personally been taking an Ormus supplement for the past two years and the affect has been transformational both on a physical and mental level. I am physically and mentally sharper and better coordinated, calmer, better focussed and able to concentrate for longer periods of time. I sleep better and dream a lot more vividly, to the extent that going to bed every night is like going on holiday. I am generally a lot more content, confident and happy as a result and that, in just 24 months, I feel is a pretty good result.

I wonder what else may be around the next corner!

Finally, be good to yourself. You are not here to suffer or make others suffer - that's negative - you are here to learn, improve yourself, raise your energy level if you can and enjoy your stay. If you don't succeed first time around, don't worry, the pattern of the universe recycles everything and you will get plenty of chances to try again.

Stop being frightened or letting others make you live in fear. Fear is used only by those with low energy to keep you down at their level.

Be nice to others, take up a sport, or Tai Chi, Yoga or dance - try to have as much fun in life as you can and importantly, as the age-old saying goes - **make love, not war** - and - **WAKE UP!**

.... END