# YOU

ARE THE

# UNIVERSE

Imagine That

BILLHARVEY

### BILL HARVEY

author of the renowned classic

### Mind Magic

has written another breakthrough book.

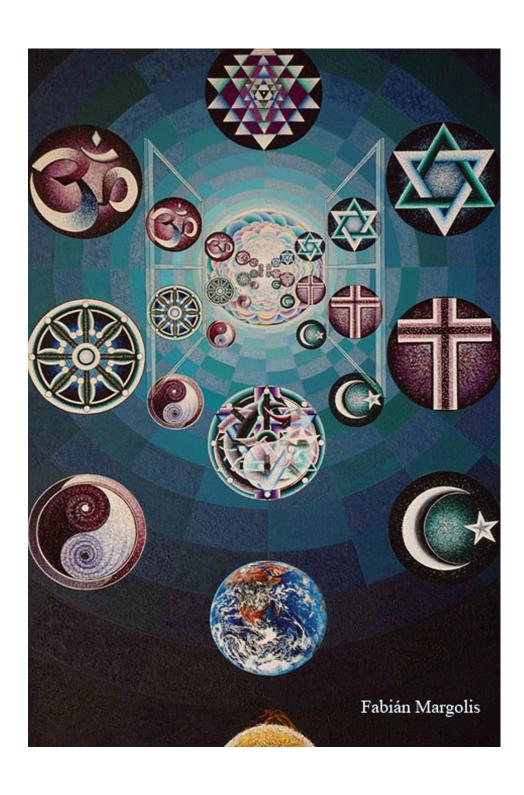
#### You Are The Universe

presents a theory of what the universe is, reconciling science and religion. The author shows that the precepts of the major religions find support in this theory, but in the modern age have been obstructed from communicating their true wisdom as a result of outdated language, spiritual materialism, and the forgotten ability to reach into one's own essence feelings.

Unlike the unified field theories of Albert Einstein and modern unified field theorists, Bill's picture of the universe can be visualized by non-mathematicians. Anyone can test this theory by means of objective scientific experimentation.

- Is the universe conscious?
- Can you communicate with the universe and receive communication back?
- Does the universe provide you with clues as to the best action to take?
- Do you have an inner guidance system that may be hard to hear and pay attention to, but can be tuned into?
- Are the words of the great spiritual leaders of all time a single "code"?

Read this book, experiment with its ideas, be open-minded, and experience for yourself what may well be the true nature of reality.



## YOU ARE THE UNIVERSE

Imagine That

BILL HARVEY

The Human Effectiveness Institute gardiner, NY

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Dedicated to

The One.

I love You.

#### PREFACE

#### Imagine...

#### Who are you? What is reality?

Our cultural view of reality is shifting subtly over time. Some of us today are aware of the shift taking place at the moment. Some of the quantum physicists and advanced meditators are closest to seeing where it is heading. This book is a journey into the possible emerging view of reality, into unfamiliar territory ahead of the consensus. We shall proceed by means of Einstein-type thought experiments, which will give you a way to experience the headspace that goes along with this unique speculative view of what we all are, and what the Universe is.

In this way of putting it all together, it makes sense that the observer can affect the outcome, as Quantum Mechanics teaches us is factual truth. Without this new way of explaining it all, Quantum Mechanics cannot explain why the observer can affect the outcome of an experiment.

In this worldview, it makes sense that we sometimes can read each other's thoughts, and that photons that had once been together are able to be in instantaneous communication with one another. These oddities, which Science has finally accepted as being true, today make no sense within our consensus view of the world.

Within this new way of seeing reality presented herein, it also makes sense that people we call saints have genuine spiritual experiences, and channel wisdom that positively affects billions of people. Nothing in the great thoughts of Science and Religion is any longer at odds. It all falls together neatly and simply.

Come with me on this journey into what may be the Truth about what the world really is. See what resonates with your own gut. Make your own decisions.

#### Guide to the Journey

Who am I and why did I write this book? By training I'm a philosopher and a media researcher. Paranormal experiences expanded my view of what is possible. One day a vision of what the Universe is popped into my mind. To me this model seems to explain a lot of things. I wrote this book to spell out my vision to you.

If you're scientifically inclined you might want to read Part Two first. Part One is written in normal people talk.

Part One's first four chapters start out asking the questions that human beings have always asked themselves. Before trying to answer them, in chapters 5 through 9 we together perform some thought experiments designed to stretch our ability to conceive.

Chapters 10-19 then springboard off the thought experiments to pull together a picture of the Universe that suggests answers to all the questions we started with. It is an unusual view of the Universe that has never been expressed quite the same way before. Some familiar thoughts appear but are seen from a new angle. Different even opposing schools of thought suddenly fit together.

In chapters 20-21 we investigate the levels of consciousness that can be experienced, and in chapters 22-30 we speculate on what was the actual history of our planet and our civilization.

In chapter 31 we tie our picture of the Universe to the main schools of thought on Earth.

From chapter 32 to the end of Part One we draw out the action implications of this theory of reality: what forms of behavior are likely to succeed in the kind of Universe this might be.

Part Two sets out to understand what "Knowing" means and thereby sets up rules for clear thinking about the nature of reality. Part Three then presents a more concise version of Part One in a form more amenable to use by scientists in investigating the Theory of the Conscious Universe, which is the theory at the core of this whole book.

At the end of the book is an experiment you can perform to

help you form your own judgment about the likelihood that this theory might have aspects of Truth.

If you have learned about any of the spiritual systems mentioned in *You Are The Universe*, you may notice that my descriptions do not sound like the way you were taught. It is not my intent to change the classical forms for teaching these disciplines, and I certainly intend no disrespect. These are my own reinterpretations and restatements of the ancient scriptures in a new integrating model, which synthesizes my own experiences and scientific gleanings as well as the original scriptural doctrines. This is not what I know to be true, it's my best shot at a theory that makes everything fit together at least for me. Please do not take offense where none is intended. Let's allow ourselves to converse openly, Socratically, without fear of offense — ensuring that living Truth does not harden into inflexible dogma, no-longer-alive nor-interactively-growing.

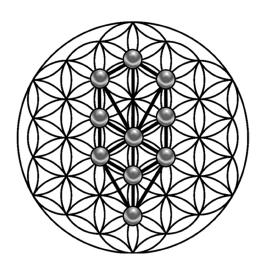
The message of the book is not to believe this or any other theory, to admit that until we know something it is best to keep an open mind (and even then), and to not prematurely reach dogmatic closure on subjects about which all is still conjecture. We suggest that the reader test the "lens" given by this book as a way of seeing explanations behind events.

Our hope is that by flowing with the cards dealt by the Universe, people will achieve greater success and happiness, and that this will be contagious. When one gives up the inflexible dogma that the Universe is an accident (as if that is known as scientific fact, which it is not), one is then able to quickly take advantage of the subtle clues the Universe is giving us all the time.

Enjoy the journey. And feel free to write to me to let me know how you feel about the book. I look forward to hearing from you.

> BILL HARVEY Gardiner, NY March 2014

## PART I YOU ARE THE UNIVERSE



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#### CHAPTER I

#### THE SHIFTING VIEW OF REALITY

At the dawn of human history, we saw everything as alive and powerful. We imagined hidden forces at play largely controlling our lives. Some of these were beings we called gods because they were so much more powerful than ourselves.

Then one of us realized that there is a single God and every other god is just a mask of the one true God. More of us began to realize this and then at some point almost everyone in the world saw it that way.

Then Science began to move away from its earlier role as natural philosophy, in which it had no quarrel with Monotheism. It became an alternative to Religion whereas both had been part of the same thing before.

Science did this as it became clear that things could be understood without needing to use God as part of the explanation. Occam's Razor was enunciated as a slogan and reminder to make scientific explanations for things as simple ("parsimonious") as possible. A materialist mercantile culture predictably ensued, ramping up toward hedonism. These levels of culture had been uplifted by the sense of being part of something great, something divine, and as that sense tapered off, higher more noble ways of acting began to decline.

Around the turn of the twentieth century Albert Einstein explained his method of thought experiments. This method goes

#### You Are The Universe

back to antiquity but Einstein called attention to it and gave it a name. Thought experiments are a way of using the imagination to develop theories and hypotheses that can then be tested by experiments in the real world. These experiments were the basis for Science and for its success. When something can be predicted and it comes true, the rest of us pay close attention, and rightly so.

We will be using thought experiments in this book. You will be an active participant. Your own imagination will be profoundly involved.

By the 1930s Quantum Mechanics ("QM") had begun to change the nature of Science. No longer did the predictable outcomes of experiments make sense, that is, jibe with our experience of things. Science began to redefine its role from explaining everything to simply being able to make successful predictions.

The cultural consensus reality had shifted again. From Animism and Pantheism it had shifted to Polytheism, then to Monotheism, then to materialism where we were an accident, where everything happened mechanically by one thing knocking into another on some level. During this phase Science forgot to explain consciousness and at times remembered and in those cases explained consciousness as an epiphenomenon — something that has no effect on anything.

In the shift underway today we are moving from a fair certainty that it is all an accident to feeling completely unmoored, knowing nothing for certain, absurdity. Our art tracks these changes better than most other indicators. Surrealism and abstract art took over from representational art at about the same time that Science began to move off the scale of comprehensibility to the average person and into higher mathematics.

What if all of the different views of reality we have held across the millennia are all true? In the picture we shall imagine together in the course of this book, there is Truth in all of it.

I was constitutionally unable to accept having no explanation. My mind kept coming back to the basic questions. I wrote the next chapter a long, long time ago.



#### **CHAPTER 2**

#### THE QUESTIONS

You were born. A lot of people told you things. At some point it occurred to you to wonder: *Where am I?* What is this place? What is going on here? What am I doing here? Why are all these people doing these strange things, and why am I going along with it?

Who am I? Where did I come from? Did I exist before? Will I exist again? What is the reason I am here — is there a point to it? Is there something I am to do here? Must I learn something here in order to "win the game" and find out all these secrets? Are all of my thoughts ME or are some of them just parroting what I have heard? Is there a real ME under all the echoes of others? Can I ever act in freedom from these internalized others masquerading as me? How can I find the real ME?

What is this Universe, and how did it occur? Was it caused by something like me but much more powerful? Why would it have been caused — for some purpose? Does that purpose have anything to do with me?

What is my relation to these others? Can I ever fully share with or trust them as myself? Inside, are they exactly the same as me or completely, unspeakably, permanently alien?

How am I to act? Is it better to be completely honest, or considerably dishonest? Spontaneous or careful? Trusting or cautious? Selfish or selfless? Emotional or controlled? How am I to make such decisions? Based upon my own experience, or upon what oth-

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ers have told me? Should I conform to an outside standard? If I establish my own inside standard, can I ever be totally sure that I am right?

Can I ever be sure of anything? How do I know I'm right in the head?

Is there a God? What does "He/She/It/Us" expect of me?

When I first started to ask myself these questions, here is how I tentatively answered them, heavily influenced as I was by my observations of "how people really act, and thus what they must truly believe, regardless of what they say":

Where am I? You are on the planet Earth.

Who am I? You are your name, your birth and school records, social security number, how you look in photo albums, how your friends and relatives remember you, what you think and do from day to day.

What is this Universe? According to popular interpretation of Science, the Universe is an accidentally-occurring impersonal machine consisting of energy-matter in various states, undergoing constant cyclic change according to fixed law and statistical chance. It may or may not be infinite, which seems unimportant since we are not too sure what infinite means in a tangible sense. It may have existed for a certain period of time and it may not last forever, but we're not sure yet. Theories vary and Science will let us know when it finds out. And oh yes, whatever energy-matter did to get to Life was also accidental. Ditto whatever energy-matter did to get to consciousness — all quite accidental you know.

What is my relation to these others? Basically, you had better give first attention to yourself — like on an airplane, put on your own oxygen mask first. Then give second priority to your blood relations (ranked by closeness of blood-relation), third priority to your business associates (ranked by how much you need them), fourth priority to your social acquaintances (ranked by how much you need them), fifth priority to others with whom you share group membership (ranked by which groups give you most security, e.g. Americans, Christians, Democrats, etc.) and sixth priority to the

rest of the planet outside the borders of your country. In this way, you show that you are a good person who cares about others, and thus you will gain the approval of some of these others, which is useful. (Approval was very important to me at the time.)

How am I supposed to act? Get an education then a job, settle down, raise a family, obey the law, support your religion and community, give to charity, pay taxes, follow custom, don't rock the boat.

Can I ever be sure of anything? In unity there is security. Don't stray too far from the herd and you'll probably be safe. It's easy to go nuts, and anyone who doesn't go along with the view of the Universe as an impersonal machine that occurred by accident, is probably at least a little nuts. However much we all must subscribe to pure materialism, we must also pay lip service to whatever our religion says. Don't worry about this, everyone does it, it's like cheating on taxes, it's okay!

*Is there a God?* There is something noble in humankind's Spirit, but personalizing this as God is the same kind of thing aborigines and children do when they believe in magic. Grown-ups in this Age of Science get a chuckle out of all this.

I didn't like these answers because I had no proof for any of it. I became aware that I was just parroting the apparent beliefs around me.



#### CHAPTER 3

#### METAPHYSICAL DETECTIVE WORK

I used to lie awake all night, pondering the Ultimate Questions. What's going on? What am I doing here? Why is it the way it is, and not some other way?

No one else seemed to care. There was no opening to talk to anyone about it.

It occurred to me that someday in the far future, long after I was dead, Science would probably discover the true answers to all of my questions.

Here was *I*, burning to know those "secrets" and born probably thousands of years too soon for that privilege.

"Perhaps the Universe could be figured out," I mused.

Those who read broadly in philosophy, theology, and the occult tend to sense a convergence in this literature. That is, books from different countries and from different eras often seem to be pointing in the same direction — as if there is one underlying Truth, though that Truth has been muddled in different ways by each person who has written about the Ultimate Questions. What if these great Truths came through a distortion field particular to the individual writer? Biases, lack of vocabulary either in the person or the language, an inability to conceptualize an ineffable image or intuition? The result being great Truths we can resonate with on a feeling and gut (intuition) level, but not logically analyze? Hence, "muddled."

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#### Metaphysical Detective Work

What I wanted to do, just for myself, was to unmuddle these Ultimate Truths so they were not only internally consistent but also consistent with accepted or proven Science. Because it was just for me, I didn't realize the arrogance of my grandiose desire.

For a long time the clues the detective pumped into his head made no sense to him. Then one day, about 27 years into the case, everything suddenly clicked.

The worldview that suddenly came over me was just too different from the everyday reality we've all become used to. I'll tell you this worldview and then you can decide if it makes any sense to you.

#### A new breakthrough book by Bill Harvey, author of Mind Magic

**You Are The Universe: Imagine That** will open your mind to a new way of looking at reality, and will change the way you look at yourself. Bill's "theory of everything" reconciles science and religion in a way that anyone can understand and visualize.

We will be using thought experiments in this book. You will be an active participant. Your imagination will be profoundly involved. (p.4)

- Is the universe conscious?
- Can you communicate with the universe and receive communication back?
- Does the universe provide you with clues as to the best action to take?
- Do you have an inner guidance system that can be tuned into?
- Are the words of the great spiritual leaders of all time a single "code"?

Bill Harvey's writing is courageous and makes a positive impact on people's lives. Courage is extending yourself for others. In this case not just with the effort Bill puts into his words but with the ideas he asks his readers to explore, which can benefit their lives.

-Bob DeSena, Marketing Executive

How great it is that your book came along at this time. It's just what I asked for...a way of understanding the true nature of my self.

-Richard Fusco, Music Industry Executive



Bill first experienced being in the Zone, where innovative and successful ideas and actions flow effortlessly, when his showbiz parents put him on stage at age four. This inspired his lifelong quest to understand how to bring on higher states of consciousness. His first book *Mind Magic* was lauded by thousands of readers whose lives were changed by it. It has been used at 34 universities including NYU, UCLA and West Point. Now Bill has written another breakthrough book, expanding on his lifelong study of consciousness to focus on the spiritual dimension of life in *You Are The Universe: Imagine That*.

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