



The Secret of Everything

The Guide to
Unlocking Your
Subconscious Mind and
Understanding Reality

by
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Introduction

We will begin to uncover the mysteries of our reality by looking at things from a new perspective; one that keeps the subconscious self in mind. The subconscious mind understands reality far, far better than the conscious mind ever could, and we can learn a great many things about our own lives from it. By using the same method that both our conscious and subconscious selves use to perceive – presented in the first chapter of this book – we can discover the answers to questions like:

- What is the meaning of life?
- What is the universe, and how did it begin?
- How can I be more happy?
- What are space and time?
- Do good and evil exist? What does it mean to be good, exactly?
- What is the purpose of my family and friends?
- What are dreams?
- What are matter and energy? What is antimatter?
- Where does my reality come from?
- How can life be better and more interesting?
- What is gravity and how does it work?
- What is consciousness?

We are able to answer these questions and much, much more using a relatively simple system that can be applied to anything and everything. The reason it can be universally applied is because this system – a simple formula – gives birth to perspective, the foundation for your every experience and reality.

As a civilization, we now understand that approximately 96% of the universe is a complete mystery to us. Scientists also know that we are unable to perceive more than 99% of the electromagnetic spectrum. Less than 1% of your body's DNA is human and only about 10% of your body's cells are of human origin. Further, 1/3 of your entire life is a mystery, as we don't yet know what dreams are. And after thousands of years of conscious introspection we still don't know what consciousness is. Intelligence and emotions are also mysteries, as are time and gravity. We understand a bit more about the brain inside our head, but know little about the brains found in our gut and spinal cord. It would be reasonable to say that, despite all of the advancements we seem to have made we do not actually have much of an understanding about the reality we find ourselves in. A rational and encompassing explanation may even be beyond the reach of science.

It follows that any previously unknown yet valid explanation of reality will appear to be completely ridiculous and counter-intuitive from our current perspective. Everything in this book will be just that. But we will also uncover the mysteries of our reality using a new kind of logic.

This book will clearly demonstrate that what we perceive as reality is actually our interpretation of relationships *between* things that cannot themselves actually be perceived. By focusing on the relationships between things rather than trying to figure out the things themselves, reality is relatively easy to understand. Further, we will demonstrate how creating reality as we wish can be as simple as re-interpreting special relationships that are already there.

If we know that we understand only 4% of the universe, can we really assume that we know the extent of what we don't understand? Could it be possible that we don't understand much at all because our basic assumptions about reality are off the mark?

If, for example, we had a test with 10 problems of increasing difficulty, we are not 50% done if we are on question number 5. We first need to know all of the answers before we can say how complete our test *is*. We cannot say that we understand the answer to even the most basic questions simply because the solutions to problem numbers 9 and 10 may require a complete rethink of the fundamental assumptions that seemed to work so well for problem numbers 1 and 2. The last answer on the test will always be blank simply because by then it will be obvious to us that the answer is far beyond what can be reasonably expressed with language.

This book holds that we each have an inherent understanding of how reality works but do not yet have the concepts and language that would enable us to use this understanding consciously. Part of the purpose of this book is to introduce new concepts and new ways of thinking so that we may approach a more complete understanding of our reality.

Fortunately, there are no right or wrong answers on this great test of ours. There are only answers that make the next question more difficult to uncover if we are convinced of their truth. What is “true” is likely beyond both the flexibility of words and the limitations of perception, so we can start by getting rid of our assumptions about what is true. We can even assume that nothing we can perceive is absolutely true at all but, instead, learn to work with the reality of the relationships between what we know in order to approach the direction of a truth that we cannot perceive. If our answer is, “We don't really know, so anything is possible,” it can open doors and our eyes to an understanding that we couldn't see was already there.

It is a little ironic to think that the universe may only be a mystery because we have been thinking that *perception equals reality* the entire time. We assume that we can objectively sense reality when it can only be experienced subjectively, as this book will demonstrate. Further, we will demonstrate how what we consider reality is an illusion that is actually more real than any truth could ever be, and how this paradox is possible.

Science now understands that “color” doesn't exist outside of our brains' interpretation of it.¹ What our brains do is perform an amazing feat of calculation, taking the relationships between the impulses generated from cells in our eye and interpreting them as *color* where no real color exists. Rather than being a property of the thing that we're looking at, color is a sensation that exists entirely in our minds. We will also discover that what we're looking at exists entirely in our minds, as well. We are surrounded by these and other illusions. But how and why? And how can we create our own convincing illusions?

In this book, we will illustrate how reality itself is a sensation based entirely on relationships between things rather than the things themselves having any reality, and how we can use this understanding to our advantage.

There is no point in breaking past an illusion that has come to be all we have ever known. It is the nature of perception, and the reality of perspective. It is not just impossible to “become one” with the universe, it is irrelevant. How boring would it be to exist as nothing-in-

¹ As well, there are no universal rules that define ‘color’ solely on the physical properties of light. Color is subjective rather than objective, even though it appears consistently throughout your reality.

particular? To have nothing to compare yourself with? To have no relationship with anything because there is nothing else? Instead, we can learn how to work within the illusion to understand the *what*, *how*, and *why*. We will discover how all of the answers to the questions we have are completely within our lives right now. The answers you seek are in the way you pour a glass of water, walk through the door, or looked in the mirror today. We don't see it because we're focused on the illusions rather than the relationships. We think what we see is the reality. But, like as in a film, the story of our existence is in the magic between the frames and not in the reality of the individual frames themselves.

You don't have to wait for anything or do anything special to uncover these mysteries. The answers are not somewhere else. They are where you are right now. Forget about becoming one with the universe; All-That-Is should be *you* with your myriad of interesting relationships, perspectives, and experiences – not the other way around! And so here you are... forgetting what you are so that you have a chance to relate to anything and everything.

But how is any of this related to making friends, eating delicious food, listening to good music, getting the kids ready for school, saving up for a new house, going on a trip, looking out of the window, or taking out the garbage?

When you do anything you are working with illusions. What you are doing is interpreting something else that you cannot perceive. You could say that you are breaking down the vastness of the *nothing-in-particular* that you actually are (or, All-That-Is) into smaller bits that you can perceive so that something can make sense right now. Just like you interpret your dreams in concepts, sights, sounds, and shapes you already understand consciously, you interpret this vast reality in concepts you understand – your life. It may seem like you're taking out the garbage but this is actually part of the illusion. You are experiencing something else entirely. The conscious-you finds a way to interpret the reality of the subconscious-you in a way that makes sense. If that way is taking out the garbage or looking out of the window then that is what you experience.

Let's take an example of something we might do every day – talk on the phone. The voice on the other end of the line may sound very real to you. The voice responds to your questions and statements, and has a personality. You remember the same voice from countless other conversations in past. The voice even knows of things that no one else does. To you, this is not just a “voice” but a real person. However, the voice that you hear is no more real than the dream you had two nights ago. What you are hearing is a representation of something else that is produced from electrical signals interacting with your telephone. The voice on the phone seems quite real and connected to a real person, but you are still interacting with a *representation* of a voice rather than an actual voice.

But the representation doesn't end there. If, instead, you were to speak to your friend in person your mind would be showing you its representation of that person. You would be perceiving the signals sent by your brain, even if you are standing in front of them and listening closely to their voice. At every level of your experience you are interacting with a representation rather than the “real” thing. As we will see after this introduction, the reality is not in the person, place, or thing but in the relationships that are had. We cannot perceive of anything directly because the reality of it only comes about through its relationship with something else. We only know of “hot” because of our experience with “cold”, and we can't know of either by themselves. These dependencies extend to everything we can imagine and are *how* we can perceive of anything.

We will uncover the nature of reality as being not a collection of convincing illusions, but of these representations being the way we can experience very real relationships. It is interesting to think about what is beyond the seemingly infinite layer of representations but, perhaps more importantly, we will discover how we can use this knowledge and understanding to change our lives, create and discover the reality we want, understand just about anything, and experience a kind of living that we did not realize was possible.

We will discover the four fundamental elements of all that exists. We can break down any particle, object, process, being, event, feeling, thought, and everything else into four simple elements. We can do this because your perspective uses these four elements to create your reality and fill in all the amazing details. You are using them right now, subconsciously, to read this book, think about it, perceive the area around you, remember the past, and discover the future. And you use them to do everything else that you could possibly imagine.

The four elements are four “letters” that comprise the language of perspective. Without these essential elements there is absolutely nothing that exists, because without them there is no relationship. You cannot speak without making sounds, you cannot see without photons of light, and you cannot perceive without using these 4 elements.

Many, or perhaps most, of the concepts presented in this book will seem to be too fantastic to the point of being unbelievable. But I present to you that nothing in this book is true, but everything in this book will be reasonably explained. Truth may not need to exist, because it is likely independent of perception. The only question that matters when reading this book is, “Can I use any of the material in this book to understand or change my reality?”

You may also find that this book needs a second reading, as the perspective you have when you finish the book may be different than when you started. That also means it is written for different kinds of viewpoints, so you should at least find a little something useful. And feel free to skip any section that you might find a bit confusing; you can always come back to it later if you want.

The first two parts of this book provide the foundation for this new understanding. It is a logical illustration of an abstract process, so it may at times seem like your neurons are firing a bit too much in some sections as we explain things that really can't be explained using written language. After we have grasped the basics of how it all works we can begin to see how it relates to the ebb and flow of our human lives, to the world around us, and see how we can make use of it in our everyday affairs.

We will also uncover how your subconscious mind at each moment ingeniously uses this formula to automatically discover (or, “create”) the reality that you experience, and illustrate its meaning.

The secret to everything, as we will see, originates from your own subconscious mind.



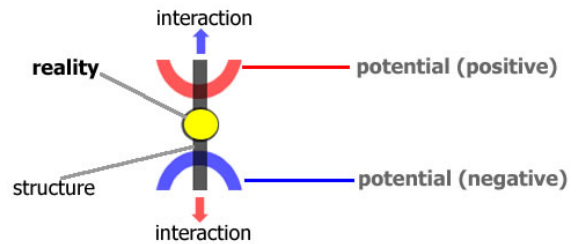
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Part 1:

The Way to Understand Everything

Interfacing with Reality

Everything in this book is derived from a new, never-before-published formula that, quite simply, expresses how reality is formed. This simple formula – illustrated on the right and simplified with stories and explanations throughout the book – can be applied to everything from the micro to the macro because it is the key to how perspective works. Perception is how we know of reality, and perspective is where our entire reality is born.



As we move into a deeper understanding of reality in these pages we find out how we can apply this system (called “SPIR”) to our everyday lives and also answer the truly important questions. But first, let's learn the basics.

We know that words are representations for other things, not the things themselves. But often, these representations are good enough approximations for what we want to do. All we need to do is use a simple word like “financing” and someone else can understand the more complicated concept we are trying to convey. The letters used in a language aid in everything from thinking to communicating to understanding. They do this by transforming complex things into simpler things, allowing us to interface with more complex realities in a much easier and more efficient way.

Perception is how we know of reality, and perspective is where our entire reality is born.

We use interfaces all throughout our reality to make sense of it and help us create and discover meaning in our lives. The remote control to a television, for example, allows someone to interface with the more complicated functions of the device such as re-programming the settings or finding another signal. Using our senses we can see, hear, taste, touch, and smell our surroundings that first come to us as complex electromagnetic signals. You can – using just 26 letters of the English alphabet in your mind to interact with your fingers – write just about anything you can possibly imagine as a way to interface with other experiences. You can literally draw a combination of abstract symbols on a page to change reality, build things, fall in love, retell entire histories, start revolutions, move people to tears, end wars, change your life, inspire people to change their own lives, create music, write a prescription that can cure someone, create a legacy for your offspring, and a countless other things.

Throughout history, the mixing up of shapes and sounds into language was powerful enough to serve as the foundation for humanity's actions as it adopted agriculture, formed governments, built large pyramidal structures, applied medicine, put Europe in the Dark Ages for 1,000 years, started the Renaissance, bought and sold enslaved humans, brought people out of enslavement, wiped out entire populations, started new countries, made billions of people believe in a particular way of thinking, put humans in space, built planet-wide networks of information creation and sharing, and so much more.

On a biological level a mere 4 “letters” of DNA are able to communicate the instructions for life itself and carry the codes of your distant ancestors from hundreds of thousands of years ago. Like DNA, the SPIR system is a language that we make use of without knowing how and is even more fundamental to the birth of reality that your subconscious and conscious selves make use of. This language of perspective is far more powerful than arbitrary shapes and sounds invented only a few thousand years ago, and even more powerful than a language used to encode genetic information for organic life forms that are a very small part

of your entire perspective. If spoken language, a system of communication with other human beings that was invented thousand years ago, can completely transform how we perceive and interact with the world around us and help us to build entire civilizations and all the amazing things that go with it, imagine the power of the language of *reality itself* to form a consistent and convincing existence for us to see ourselves in.

Consider SPIR as the basic language of reality, a direct interface with all that you can possibly perceive, think, remember, and experience. If you can conceive of *anything* it is acting as either a Structure, a Potential, an Interaction, or a Representation (SPIR). These elements are able to communicate the instructions for creating reality itself and encode everything that exists into a single perspective. Every part of your reality fits into one of these elements, and forms relationships with other SPIRs to create the reality that you know and experience. You can use the same formula to discover and create anything you can possibly imagine, simply by changing how you interpret these relationships. It can also be used consciously to logically manifest whatever experience you desire. We will uncover a bit more of how you can use it to change your reality but first let's understand what it means.

The language of the subconscious mind works because it is a direct interface with our extended consciousness to form reality. Why should the workings of your subconscious remain a secret forever? There is no reason you should be a secret to yourself. There is no reason we cannot, as a species, evolve to create whatever reality we want, just as we do in our dreams. If we can advance our understanding of the world around us to transform sand into silicon and make powerful computers to perform previously unimaginable feats on devices no bigger than our hands, then imagine what we can do with subconsciousness. The sand doesn't have magical properties, and neither does subconsciousness. But they both seem magical without an understanding of the processes involved. The power to shape reality comes from our ability to see what is already there in new and useful ways, and transform it into something else.

You don't need to understand what it all means right now. We will discover the meaning in this book, illustrate its usefulness in everyday life, and also use it to answer some of life's most important questions.

We will find out why a question like, "What is time and space?" is just as important as questions like, "What should I be doing with my life" or, "How can I make more friends?" and are perhaps have even more value for your immediate reality. What good would understanding the universe be if we could not use that wisdom to improve our lives and tweak the quality of our experience? What sense would it make to have a deep understanding of the universe and of reality but it not being enough to satisfy feelings of loneliness, pain, or even hunger? We will learn how the world that we experience is a representation of the reality that we don't experience, and what it means for our everyday self.

What is Reality, Really?

Your subconscious formulates your entire perspective and every experience in your past, present and future using a method that we will outline. But what is reality?

Reality is representation. What we call "reality" is an interpretation of something else that we do not experience. You may look around and think you are experiencing reality, but what you're actually experiencing is a field of representations for other things that you are *not* experiencing. Everything that you see, including your body, is more than 99.999% empty

space.² However, we still think we are perceiving reality. What we are perceiving is, instead, an illusion that interfaces with reality. That is because the subconscious mind not only uses energy in the most efficient way imaginable, it doesn't use energy at all. It doesn't need to. It only needs to approximate something and then interact with this representation. The fewer ultimate representations there are for things the less interactions that are needed until we reach *nothing-in-particular*. Everything that exists, including what we consider reality, is a purposeful illusion that is meant to provide the means for something far more real to come into being: relationships.

To illustrate this trick of the mind more simply let's imagine that you are looking at a digital photo that you took of a good friend of yours. The image obviously represents your friend and is, without question it seems, the person that you know so well. The image captures as many of her beauties and imperfections as any image can. Could you then say, "This is my friend"? Probably not after considering it for a minute. You might say that what you are seeing is only a representation of your friend, and that your friend was somewhere else (i.e., not inside your phone or computer). Your friend is more than the representation, or so it would seem. But what if at that moment she called you on the telephone? Surely, that voice could only be one person. She knows who you are, can recall times you've shared together, and knows things you've not told anyone else. It most definitely has to be *her*.

Even then, you may be aware that what you're hearing on your phone is your phone's representation of her voice electronically transmitted rather than her actual voice, and your brains' interpretation of those signals. But what is her *actual* voice? Can you really know what it is? If she was standing in front of you talking about what happened to her today, would you be hearing her actual voice or listening to your own interpretation of it? When you touch her are you feeling *her* or your mind's interpretation of the electrical impulses received when you appear to touch her?

Reality, for all intents and purposes, does not exist as we know it

Thinking of this further it could be said that, despite all the pictures you've seen, countless hours on the phone, and times you've met her in person you've never actually experienced her for who she really is. You've only ever experienced your interpretation of what she is. In actuality, you've experienced your perspective. Of course, your friend is far more than your interpretation of her. But where is she?

Can we experience reality for what it really is? How do we not mistake our interpretation for the actual reality?

If what we call reality is actually a representation of something else, it is an illusion. But, fortunately for our endeavour, that means only illusion exists and there is no such thing as an absolute reality. What we know as reality is actually representation.³ Reality, for all intents and purposes, does not exist as we know it. Illusion is the only reality that we can know of anything. That we can get valid feedback from illusions tells us that the illusion is real enough, good enough for whatever we want to do, and is likely an interface with something greater.

Reality is an illusion that makes sense and can interact within itself. In this way, illusions allow us our only interface with what is true.

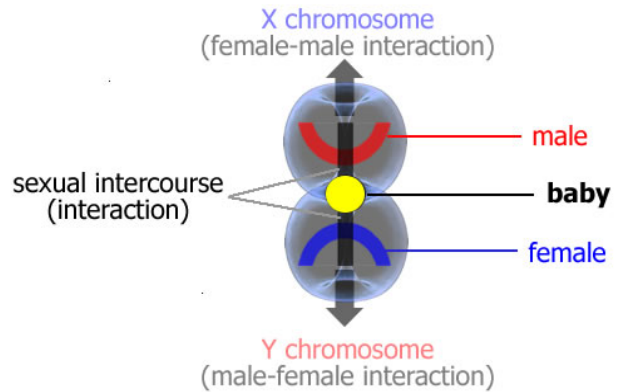
² We'll get into why space isn't exactly empty (not because of electromagnetic and other fields) because there is no such space, later.

³ That brings us closer to the origin of the word "real" which means, "belonging to the thing itself" or "relating to things".

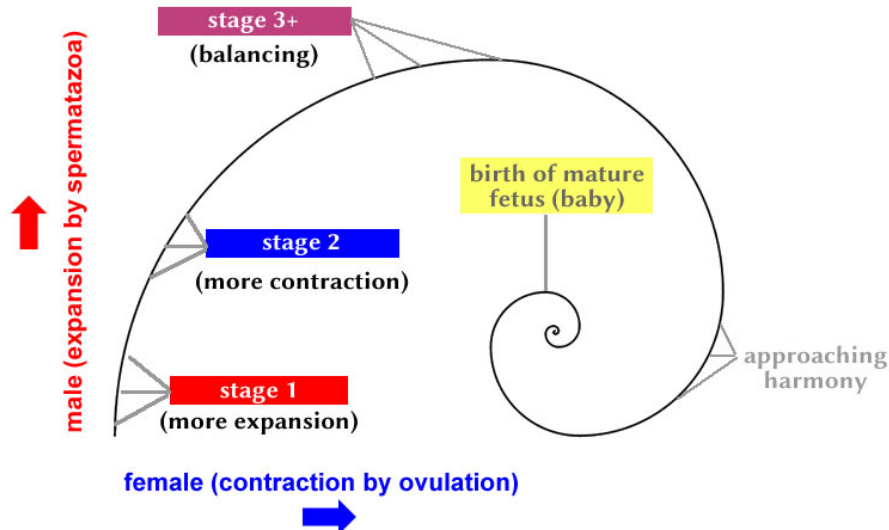
An Example of the Universal Model

Let's take a quick look at SPIR again using human reproduction as an example. Reproduction is expressed in the following graphic as the logical intersection of male and female that forms a harmonious relationship that can be perceived; in this case, the birth of a baby.

The Potential element is the main actor in the process. It always has two “opposing” sides to represent the primal forces of chaos and order. In this example chaos and order are expressed as male and female, respectively. The chaos side is always trying to randomly expand while the order side is always trying to contract. The order side also handles the Structure and so sets the stage for interaction between the two sides. In our case, it means that the female side hosts the reproductive process.



Now that the terms for engagement have been set, the two sides are able to interact. Each side sends a continuous stream of “ambassadors” to interact with the other side in order to bring the relationship to a harmonious equilibrium. Each side also makes a “tribute” to the other side; in this illustration and as an example, the female side provides an X chromosome and the male side provides a Y chromosome.



In the beginning of the reproductive cycle (here represented by the spiral) there is over-expansion (via rapid cell division called *cleavage*) followed by an over-contraction (called *compaction*) as a balance between the two extremes is found and a fertilized egg implants into the uterus. Once a harmony between chaos and order has been achieved over the following months, the cycle is complete and baby is ready to be born.

This is, of course, an over-simplification of the entire process of reproduction. An important point to note is that each part of the SPIR cycle is made up of other SPIRs. Every part of *any* process, from the micro to macro of that process, is itself a SPIR that functions the same way as illustrated here and works with other SPIRs to form the reality that you experience.



Continued at

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