



1. This Book

Welcome to Life, Being...
A new way of understanding our world.

This book's title 'Life, Being' has a comma between the two words. The comma is to recognise that 'living' is not separate from being. In fact, life is when something that is 'being' is also 'alive' or, to put it another way, 'life' is when 'being' is living. Being is the base and life stands on this rudimental foundation. You see, no matter where or what you are in this big amazing universe, you are being.

'Being Alive' could have been the title for this book but this could give the confusing interpretation that the book is only about life; when in fact it talks about everything in existence, living or not. Please recognise; everything is being and life is just an extension of this.

DO YOU BELIEVE EVERYTHING IS EXPLAINABLE? Just as the same set of principles called "Physics" applies to every

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galaxy in the universe so to does one set of principles that enable every aspect of being. If there are other intelligent beings elsewhere in the universe then when they study the world around them they will conclude the same theories of physics, mathematics and science as we do; although, perhaps, they will know more or less than us. Everything in existence that is 'real' will abide to common principles of science and math.

Existence can be likened to a football game, in that each match is unique even though a single set of rules guide every game. Every game will have the same number of people playing by the same rules, and yet, every game is different; but it would be hard to know what football is if all you could see is the players, the field and the rule book. It is only when the rules are applied in an actual, physical, game that the essence of football comes to life. One simple set of rules can be expressed in many unique ways.

Life, Being (or L,B) provides a way of understanding reality. However, like the football game, the rules of existence describe nothing if they are not experienced in 'the game they create'.

L,B has its own ontology. When certain words are used you must try and remember how these words are defined within Life, Being. The words you will see used to understand existence are:

- Existence, Being, Reality - These are all the same thing.
- Potentiality - Is separate from Existence, Being and Reality.
- Physical - simply refers to an aspect of reality that is touchable.
- Concept - is the aspect of existence that requires thinking.

- Essence – the individual aspect of character that every living and non-living entity can be assigned. The name-able.

L,B groups the Physical, Concept and Essence as the 3 fundamental aspects of being. Life, Being's primary function is to describe the founding aspects of being or existing. These aspects of being are similar in nature to the familiar components of a person: the body, the mind and the spirit. It was a trinity of words similar to the 'Body Mind and Spirit' that sparked the eventual recognition of the PieCEs (*Physical, Concept, Essence*). This book began in 1998 when LB Joum was reading a book about the health benefits of an oriental breathing technique called Ch'i Kung and noticed a pattern of three words.

“Use the will to give you Ch'i; and use the Ch'i to give you strength. The heart must co-ordinate with the will, the will must co-ordinate with the Ch'i, the Ch'i must co-ordinate with the strength.”

In this quote, reputed to be from a Kung Fu master, the trinity of the words 'Strength Will and Heart' prompted recognition of an alignment with the words 'Body Mind and Spirit', and that lead to the creation of the first L,B logo (which is at the beginning of this chapter). After the logo's creation and an exploration of its construction LB Joum saw that its pieces belong to the set that is now called the PieCEs. The PieCEs are symbolised in the L,B logo according to the placement of the body-strength, mind-will, and spirit-heart being placed in an aligned fashion. It was following the L,B logo's creation that the writing of Life, Being began.