



1. Life, Being

It is all so simple. So simple that it gets overlooked. Seeing it reveals everything about us in our world.

Life, Being or L,B is a completely new way of understanding. It is a way to fully comprehend the world.

To have a full understanding of the world we must be able to obtain a viewpoint that places us in a position to observe the world completely. We must be able to see it in its entirety while also being able to see the world closely and intimately. It may seem impossible to see the whole universe while, at the same time, seeing the intricacy of the atoms that it is made of but it is possible. There is no view from nowhere or everywhere but it can be viewed from somewhere. It is possible to intimately and simultaneously

know the nature and functions of the atoms and molecules and understand the poise and grace of the planets, stars and galaxies. We cannot see the entire universe at once but we can know it by forming an understanding of its design.

‘Understanding’, the word itself, is an aspect of our reality. The three aspects of reality and existing are: The touchable – physical, The thinkable – concept, and the nameable – essence. The Physical, Concept and Essence (P.C.E.) are the PieCEs or PCEs of L,B.

We are aware of our world because we can see it, hear it, taste it, feel it and smell it but there is more to this world than what is seen, heard, tasted, felt and smelt. Nature is more than the tangible and physical things of the world. There are some things 'being' that are not made of molecules and atoms; and yet, these non-material things are very real. Intentions and emotions are such things. To see the world with clarity it is important to realise that there is more to the world than what is touched and sensed. There are many things that we ‘perceive as real’ that cannot be touched or put in a box. Intentions and emotions, or will and heart, characterise us but our will and heart are not made of atoms. Ironically, the only way that 'will and heart' can be a reality is for them to have some physical aspect through which they exist. Included in every thought, every intention, every emotion and every aspect of a person's character, there will always be some physical body that these will emanate from. Our thoughts occur in the neurons of the brain and emotions produce hormones that travel through the body. A thought and an emotion can also be recorded in words on a page, or in the actions of a movie. When any piece is existing, it will always have all three PCEs.

There are 3 PCEs of reality and they are all necessary. The physical world is the easiest aspect to acknowledge. If everyone can touch something they can say it is 'real'? Concept and essence are harder to substantiate. If it were not for the physical world, the world of concept and essence could not be. Concept and essence cannot be transmitted, communicated or shared in any way unless some physical medium or material is used to describe or represent them. This seemingly insignificant fact is very important, even though it may not seem so now. Eventually this fact will lead you to discover a whole new way of looking at the world.

A curious aspect of existence is time, or action. This curious part does not easily fall into one of the PCEs. It seems very much a physical aspect because some 'thing' must be moving or changing and that thing will be 'touchable'.

Strength and time. "Strength" is one of the original words in the Life, Being logo. It was placed in the 'Physical' sector. But strength cannot be touched or put in a box, so it doesn't comply with the Physical-category. Strength is an action and the body has it. The body isn't the only part that can be strong. The will and heart can be strong too.

Being and doing are time related and I don't yet know how they fit into the idea of Life, Being. Time may simply be an example of how none of the PCEs are alone. Space/time. Space has the physical and time doesn't? Unless action is physical.

Physical, Concept, Essence – or PCEs. When you start to look at the world as being made of PCEs you will see that there are some already familiar trinities that align as physical, concept and essence. One such trinity is the popular body, mind and spirit. With the PCEs of Body Mind

and Spirit, the body is the touchable PCE, mind is thinkable and the spirit is the nameable essence. However, if you try to see the world in PCEs, and identify each aspect in every entity, you will have trouble. The PCEs are a mandelbrot like pattern that will have you struggling to decide which PCE something is – because, every ‘thing’ has every PCE within it, otherwise it doesn’t exist. To exist, an entity will contain an aspect that is Physical, Conceptual, and has an Essence. If any of the PCEs are not there, then it does not exist in our reality and you will not be able to ‘know’ of it.

Potentiality is another aspect of reality, along with the PCEs, but potentiality exists even when the PCEs don’t. The ingredients of reality combine under many conditions to make present the wondrous diversity of expressions that make our reality. Life, Being (or L,B) is the name of the design that our reality follows. Our reality is one possibility of potentiality’s infinite potential, and the PCEs are the means to this, ‘our world’. Our world is made of PCEs, but perhaps there are other worlds that are made of other things.

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Philosophy – a system of knowing. Thought today, the reasoning of the mind isn’t the only way to know the world, there is the still mind of meditation – perhaps connecting with it in essence –, and there is the physical interaction of walking in nature, art and playing.

Science and natural philosophy example other than newton.

No words can capture the truth entirely. When we experience something it is happening NOW, where as the interpretation into thoughts and words happens after the fact.