



# 1. Life, Being

Let me introduce you to ‘Life, Being’, a very simple idea that has been hiding in plain sight for who knows how long. I’ve never come across anything like it, which seems strange because it’s not complicated. Perhaps it is so simple and has been overlooked because it is second nature for us to know it. Knowing Life, Being might not change your life, or it might. It is not a major part of my day, but it’s always there, as part of my outlook.

Life, Being or L,B is a completely new way of understanding. It is a way to fully comprehend the world. In this chapter I will lay out all the ideas used in the L,B theory of the world.

In L,B the three aspects of existence are Physical, Concept and Essence (P.C.E.), PieCEs, or PCEs of L,B.

*The touchable is physical.*

*The thinkable is concept.*

*The nameable is essence.*

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 or the meaning of a painting. When any thing is existing, it will always have all three PCEs.

There are 3 PCEs of reality and they are all necessary. Read that sentence again, because it is very important. 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. Remember, concept is the thinkable and essence is the nameable. We can name something and think about how it works, like Microsoft Office, but it does not exist unless something physical supports it.

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 simple fact can lead us to a whole new way of looking at the world.

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, you will have trouble. The PCEs are a mandelbrot-like pattern that doesn't have definite boundaries and, if you try to see the world in PCEs, you will struggle to decide which PCE something is. This is because, every 'thing', has every PCE within it! The PCEs have PCEs! The universe is made of galaxies, solar systems, planets, molecules, atoms and parts of atoms and the PCEs are what makes all of this. Every part of our world has PCEs otherwise it doesn't exist.

*Another aspect of reality is potentiality but it exists even when the PCEs don't. Potentiality doesn't have PCEs.*

In L,B, the word 'tenshi' replaces the word 'potentiality' and this will be explained in another chapter.

*Life, Being*, by LB Joun, is licensed under a Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-NC-SA 4.0) License

The ingredients of reality combine under many conditions to make the wondrous diversity of expressions that form 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 all of this, which we call – 'our world'. Our world is made of PCEs, but perhaps there are other worlds that are made of other things.

I hope that all this hasn't been too hard to understand. If you have understood it, then good. I hope you can see the simplicity of the PCEs. I think it is pretty safe to say that our reality has touchable, thinkable and nameable aspects. However, when you try and identify these components, sometimes, it can get very messy. There are some parts of our world that are difficult to describe with the PCEs. Time and Energy are two such things.

### *Time and Space*

A curious aspect of existence is time. This fascinating part of our reality does not easily fall into one of the PCEs. Time is not touchable but it is nameable and it does have a concept – we can think about time... it is thinkable. Time is measured by the movement of physical objects: the vibration of an atom or the swing of a pendulum, or the movement of the sun... so I guess it could be thought to have an aspect that is touchable. Time might be a conceptual aspect of the physical world, or it might just be an added dimension of the touchable world, as in the scientific concept of 'spacetime'.

*Spacetime is a concept in physics where the three dimensions of space (left–right, forward–back, up–down, or x y and z) are joined with the one dimension of time, giving our world four dimensions.*

I'm not a physicist so I don't understand this but it seems a concrete idea in science so I will take it as fact, for now. If time is another dimension of the physical world it could make the touchable aspect of L,B more complicated to justify. The act of touching something does involve time so it does make a little sense.

According to L,B the physical world must have a thinkable and nameable aspect, and that this 'Concept' and 'Essence' will also have PCEs. You can see how it all, very quickly, gets complicated. As I said earlier, it is a mandelbrot-like pattern. Time may simply be an example of how none of the PCEs are alone or there may be another PCE that L,B is missing.

As we dig down further and further into the nature of being, the picture gets harder and harder to understand. Science is the same; the deeper you go the harder it is to understand science. When you go deeply into the components of nature the explanation becomes more and more unlike anything we can relate to in the 'real world'.

### *Energy and Mass*

Another curious aspect of existence is energy. Many years ago I realised that energy is not a basic. Most of us know the word and feel we know what it is, but usually it is more than we have ever thought about. For a start, it comes in many forms. Example: chemical energy – like fire and a battery, which in turn can become heat energy and electrical energy, which can be then converted into mechanical energy... and it goes on. Energy can take many forms. Energy switches between these many forms.

Here is a list of the types of energy (according to wikipedia):

- Mechanical (translation, rotation, kinetic, potential)
- Electric
- Magnetic
- Gravitational
- Chemical
- Ionization
- Nuclear
- Chromodynamic
- Elastic
- Mechanical wave
- Sound wave
- Radiant
- Rest
- Thermal

In L,B it seems best to slot energy into the essence category, but it's not the nameable character of something, or is it? Energy seems to make more sense than time but, when you look at it closely, it really doesn't. Science doesn't talk about the energy and mass oneness in the same way it talks about spacetime because, as I understand it, time is an extra dimension of space whereas mass and energy are thought to be the same thing. I know – mind melting. My question is – if mass takes up space (you can measure its dimensions, unless it is a black hole), and mass and energy are the same thing in different forms, are spacetime and massenergy related or the same? Science describes them with this statement:

*"Matter[massenergy] tells Spacetime how to curve, and Spacetime tells matter how to move." – John Wheeler*

Einstein's formula  $E=mc^2$  sets out the mass and energy equivalence but perhaps the relational unit 'c<sup>2</sup>' needs more

attention.  $c^2$  describes the relationship between mass and energy and this could be seen as the ‘concept’ aspect of the formula; although the whole formula is also a concept. Once again it gets confusing. All of this seems to point to everything being part of the same thing, so perhaps the PCEs are aspects of the one thing as well.

MassEnergy, SpaceTime, Information. Is this the scientific set of everything in our reality?

SpaceTimeMassEnergy

I know that at the beginning of this chapter I said it is all so simple, and it is. At least, the overview is. The intricate details are where it starts to feel confusing. This is the tenshi–potentiality. Tenshi is endless and one of the most beautiful, but also troubling, aspects of L,B.

*Behind it all is surely an idea so simple, so beautiful, that when we grasp it – in a decade, a century, or a millennium – we will all say to each other, how could it have been otherwise? How could we have been so stupid?*

*We live on an island surrounded by a sea of ignorance. As our island of knowledge grows, so does the shore of our ignorance.*

*John Archibald Wheeler*

2025.1.30 I know I will never figure it out, but I can try.

- Physical:
  - Body
  - Matter
  - Substance
  - Time?
  - Object
- Conceptual:
  - Mind
  - Idea
  - Thought
  - Knowledge
  - Information
  - Formula
  - Numbers and Math
- Essential:
  - Spirit
  - Soul
  - Essence
  - Life force
  - Energy
  - Consciousness
  - Emotions

EDIT keep ideas:

A theory of being is an ontology, therefore L,B is an ontology. As with any idea about the nature of existence we can get

philosophically argumentative and state things like, "nothing is real, it is all a dream". Yes, we might all be

living in a simulation like in the movie The Matrix, but if we are, then this is a potential of reality and the principles of L,B will apply to this situation too.

To understand 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 intricate atoms but it is possible. There is no view from nowhere or everywhere, but we can see from somewhere. Intimately and simultaneously knowing the nature and functions of the atoms and molecules and understanding the poise and grace of the planets, stars and galaxies is possible. We cannot see the entire universe at once but we can know from its design.

‘Understanding’, the word itself and its meaning, is an aspect of our reality.

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 but you can know its design.