



2. This Book

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

This book began in 1998 when I was reading a book about the health benefits of an oriental breathing technique called Ch'i Kung. While reading the book I noticed a pattern in the use 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."
(ref#)

In this quote, reputed to be from a Kung Fu master, the trinity of words ‘Strength Will and Heart’ prompted the recognition of an alignment with the words ‘Body Mind and Spirit’; and that led to the creation of the first Life, Being (L,B) logo (which is at the beginning of this chapter). Please realise that the concept of Ch’i is not used in the ontology of L,B.

When trying to understand the link between Body–Strength etc. I drew the simple interlocking circle diagram that is now seen in the L,B logo. After the logo’s creation I saw that its pieces belong to the set that is now called the PCEs (Physical, Concept and Essence). The PCEs are symbolised in the L,B logo by the placement of the body–strength, mind–will, and spirit–heart. It was following the logo’s creation that the writing of Life, Being began.

I wrote this book to share this discovery and the way it can be used. It is my hope that this information becomes useful in the lives of those who learn it. There is no incentive to learn about an idea if it is not useful to you.

In my life, I enjoy understanding existence using Life, Being (L,B). I’ve been delighted by the changes this understanding has made to my life. Like, I understand that our social systems are human creations and not real and I know if we don’t like them, we can create the power to change them. For example, there is a new system of democracy coming that has never been tried. It is called Digital Direct Democracy, or 3D democracy, and, until it is tried no one really knows what it will be like. I predict it will be the next evolution in society.

This book’s title ‘Life, Being’ has a comma between the two words. The comma is to indicate that ‘living’ is an extension of ‘being’; not the same or separate. In fact, ‘life’ is when something that is ‘being’, is also ‘alive’.

‘Being’ is the base of existence and ‘life’ is built upon this foundation. Notably, life is in the category of ‘being’ and not the other way around. Something can ‘be’ without being ‘alive’, but not the other way around.

‘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. This book is, fundamentally, about BEING, but it also ventures beyond being. I want to make a note that we can wonder about things that are not being. Are there ‘things’ that are not yet being or no longer being, other than memory and imagination? Beyond everything that is ‘being’ is the realm of potentiality, or *Tenshi*. *Tenshi* will be discussed later.

DO YOU BELIEVE EVERYTHING IS EXPLAINABLE? Is L,B an explanation? Not really! It is a tool that we can apply to understand the world. One must also ask if there is one theory that can explain everything. Is the world explainable and computable? Well, I believe it is explainable but perhaps we are not able to compute it, unless a quantum computer can and I don’t understand quantum computing. L,B does not explain the world, it is a tool to help explain it. If the principles of science apply equally to every part of every galaxy in the universe, so too can one understanding be used to perceive every aspect of being, but I am always open to the *Tenshi* of something that can’t be perceived; or not yet. 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 that humanity has/will. Every living-being in existence, wherever it is in the universe, will inhabit a physical aspect of the world. Even an Artificial General Intelligence must operate upon a physical computer

, either a single computer or distributed network. Every living-being will also be able to ‘know’ the world; with inherited interpretations, memory and, if conscious, with thought. Every living-being must also identify the parts of its world in some way; like food, predators, and friends. I would argue that a being without perception is not alive! This ability of a living-being to perceive will include the ability to identify, label, or name the things perceived.

Us humans, with our use of language and writing, perceive our world with definitions and labels. To understand the world L,B has its own definitions for the aspects of existence that it puts forward. You will find that these definitions are very close to the common definitions of these words. When reading this book, try and remember how these words are defined within L,B. The words you will see used in the L,B theory of existence are:

- Existence, Being, Reality – these are all the same thing. For something to exist, be, and be real it will have the 3 fundamental PCEs.
- Potentiality or Tenshi – is mostly separate from Existence, Being and Reality. In L,B it is shortened to ‘Tenshi’ (Po Tenshi Ality). I don’t think Tenshi has aspects or PCEs.
- Physical – simply refers to an aspect of reality that is touchable; it is the touchable.
- Concept or conceptual – is the aspect of existence that requires thinking; it is the thinkable.
- Essence or essential – the individual aspect of character that every living and non-living entity can be assigned. It is the name-able.

L,B groups the Physical, Concept and Essence (PCEs) as the 3 fundamental aspects of being/existence.

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“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.

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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.