

Life Is Art

By Tim Rees

Part 1:

Perspectives.

Changing your perspective will change your mind. The statement is obvious, but the perspectives I wish to offer you now are less obvious.

It is important to note I am not a scientist. I am writing from a spiritual perspective that is purely my own. I glance at science as a layman with no expertise or experience in any scientific subject, except, of course, I have always been an ardent observer of life, the universe and everything. I am not burdened with having to provide scientific proof of anything and, spiritually, my perspective is only of equal value to the next man, woman or child. The only difference is I am writing my perspectives down. I am not religious. In fact I deliberately steer clear of any religious reference because any religious reference would be burdened with the weight of layers of dogmatic reinterpretations and, in my view, misinterpretations that will immediately cause the reader to leap to preconceptions. I do appreciate the fact that expressing my ideas freely without burden of proof makes life very easy for me. I can theorize and hypothesise to my hearts content, but you are also free to simply disregard everything I say. All I offer are my own original thoughts should you wish to read on. I'm sure my ideas and thoughts are not original and that many have had the same ideas and thoughts, but I promise I have not read or heard of these ideas previous to my original conception of them. These are ideas and concepts developed since boyhood when I used to wander through woods considering what was at the end of the universe and visually I kept seeing a brick wall, which frustrated me enormously. Every brick wall has to have something on the other side and that was something I needed to see, to understand, to comprehend... These question marks confounded me and occupied hours upon hours of time that could have probably been put to better use making a serious attempt to pass school exams that I persistently failed miserably... Anyway, this text is simply designed as a discussion document in an effort to allow me to feel those hours weren't wasted afterall ;)

Whilst I attempt to explain in words concepts and perspectives that will often defy words, I will, at times, ask you to stretch your imagination. If you have difficulty perceiving an image I offer, please step back and maybe change your perspective to see with greater clarity. If you find a perspective I offer controversial, I would ask you to stay with the thought and/or image and together we will pass through the controversy. It is my opinion the truth can be found in every perspective and to express that fully to you it will be necessary to offer you uncomfortable, challenging perspectives that will be perceived by some individual's as controversial. I make no apology for that.

But the purpose of this theorizing is not to force my perspectives upon others, but it is my hope they may help clarify other individual's perspectives. I will often

refer to science, yet the purpose of the work, at least from my perspective, is spiritual. Spirituality begins and ends at the centre of self, but the journey embraces all the colours of the universe and the journey is always an individual one. Yet, although everyone who has embarked on their spiritual journey has done so alone, at the moment the light begins to shine and the soul, the true self, opens the eyes, that individual realises for the first time he or she is walking hand in hand with others in harmony with the whole world. It is an awesome moment and from that moment there is no turning back. This dialogue is very much a hand in hand walk through my journey, breathing in my perspectives, and during my journey I have always glanced at science to consider what I see and feel spiritually against what science can currently demonstrate. Whilst my priority is always spiritual, I do appreciate imaginative scientists. I can't remember now where I first read about Albert Einstein riding a beam of light as he conceives his theory of relativity, but it is a wonderful image and one that shows science as the creative medium it truly is. You may well have a different perspective on the same view and that is not only okay, it is necessary, unless, of course, your perspective is one where any other life form is victimised for whatever reason. In my opinion, victimisation and persecution are only ever motivated by ignorance and fear. Ignorance and fear are human characteristics in this physical life, characteristics that hang like chains, locking you to the ego. Ignorance and fear corrupt and distort the truth. My only wish is to open eyes to perspectives that offer insight to the true quality of the souls of men, women and all life forms we are able to perceive and with whom we share this incredible and fantastic planet. I would welcome the opportunity to see all perspectives that can stand up in the light. In my view, all life forms add their own colour to the world and it is important we embrace all the colours with equal value. For example, I would ask you consider life from an ant's perspective BEFORE you tread on it, although that is much easier to say than do, hopefully you get my point – and this subject is explained more fully in part two when I explain my scientific and spiritual perspective of conscience and love...

Our Physical reality:

So, where to begin expressing what I see? Well, physically we can only see in the light. So let us begin with light. Our primary physical sense is sight and we perceive our reality within the wavelength or frequency of white light. Science will tell us that white light is made up of the colour temperatures of primary colours red, green and blue. Red, green and blue then have their own wavelength within white light with the vast spectrum of hues each with their own wavelength. There are also frequencies of light we cannot perceive with our physical sight, X-rays and infrared are just examples thus far discovered and proven by science. I will argue later that frequencies of light are infinite and that our perception, our reality if you wish, within white light, is a reflection of the whole. But let us stay within the realms of white light for now.

So whilst white light reveals to us our reality, light, as science will currently state, consists of photons. Quantum physics labels a photon as elementary particle. A Photon has virtually no measurable mass, yet it is vital to life and the creation of life as we currently know it. Light is interesting spiritually because you will hear me argue the scientific world deals with the reality we can identify with

substance whilst the spiritual world deals with a reality of no substance. I will try and show you how it is my belief light has both, substance and no substance and lights up the spiritual world in exactly the same way it lights up the physical world only the frequencies of light are at opposite ends of the spectrum with the white light band width of frequencies being but a part of the total spectrum of light. In my view science's understanding of light is very limited to only the few frequencies we can currently perceive. It is my view that the spiritual world and the physical world are polar opposites and, also in my view, both worlds or realities are critical to each other. In fact, I will assert that one cannot exist without the other, like heads and tails of a coin they inhabit the same space, but you will be blind to one side whilst looking at the other... In fact, in my view, the physical reality creates space necessary for the spiritual reality. For a reality without substance needs no room in which to be, which is the very reason I will argue the spiritual world depends on the physical. I will also argue, and attempt to demonstrate, that the physical reality originally came into existence simply as a spiritual idea. My use of the word "idea" suggests a profound intelligence and mankind being mankind will immediately leap to the assumption that intelligence requires "thought". In my view that isn't the case. It is my view that thought in the form of language is a by-product of the brain's true function... Read on and I explain in the next few paragraphs...

But let us stay with light for now. So, the two sides of the coin are equally as important to each other to create the whole. The opposite to light is dark according to our perceived physical reality. Well, a place absent of white light is dark, but that area is not empty of light, simply the frequency of white light. Science can show us now that with technology we can see in an area absent of white light by focussing on infrared. In the darkness of the reality we know so well, if we alter perspective slightly and tune into another frequency we can see a different reality to the one our primary sense is accustomed to. Now, if I am right and the frequencies of light are infinite, the potential realities of physical and spiritual world's are infinite. It is my opinion, the spiritual world and physical world are mirror images, it is just one has substance and the other doesn't, thus the range of reality in the spiritual world are equally as vast.

The point in explaining light in this fashion is to make the spiritual and scientific point that if we were tuned to the world through, let us say for example the infrared frequency, white light wouldn't be visible. We need to look to reflections in the physical world to understand the reflections in the spiritual. The truth is, of course, that the truth can be found in every perspective, which after reading further into this text you will appreciate fully how crazy yet sane that statement is...

Science hasn't made that leap yet, but, in my opinion, it will. I believe science will also identify the frequency of the soul and it will be at that point science and spirituality embark on the exploration of truth hand in hand. Not only will science learn to respect spirituality, but there will be a profound harmony between the two that should always have been.

Whilst we are discussing light, I would like to just take a moment to share another idea with you where I can use white light as a visual analogy and draw

a picture of why mankind is perceived as a superior intelligence in this physical reality:

Why is it that mankind has a higher perceived intelligence than, let's say a dolphin? Science has proven that dolphins think, that they rationalise and make decisions and there is growing evidence we have underestimated the intelligence of many other life forms on this planet. In my view, what sets us apart is creativity. I'll explain my theory: imagine white light. As mentioned before, white light contains the frequencies of red, green and blue and in addition science has now discovered the frequencies of infrared and x-rays. In this way we can use the image of white light as an analogy for my idea that the primary function of the brain is as a receiver and transceiver of frequencies so our senses can make sense of our physical reality with controlling physical actions a sub function and thought a by-product of creativity. I'll explain: now let us consider man's place in nature. We are physically weak in comparison to other creatures and our senses appear less sharp, less efficient than other creatures. Consider the hearing of a fox, for instance, and the sight of an eagle. These creatures are far more effective in the wild of nature. Consider the dolphin in its environment? It is perfectly suited for life in the sea... Whilst man, in comparison, is physically awkward in comparison – just my opinion ;) Man stands up straight on two legs and cannot run fast, see very far or hear efficiently, in comparison to the other life forms that surround us. So my theory is, we see the brain as a thinking organ, whilst I will argue the brain is a receiver transmitter and that thought is a by-product of the brain's true function. The fox and the dolphin live in a very narrow frequency, but within that frequency they are perfectly designed to function with maximum efficiency. Imagine the fox being perfectly tuned to red light wavelength and the dolphin to blue light wavelength. They are perfectly tuned to a very narrow linear wavelength. Now man, being physically less efficient, developed a brain that could cross frequencies. Man's brain can tune into red, green and blue and the brain can also receive information from a huge range of other frequencies. In short, imagine man is tuned to white light whilst all other life is limited to one or two wavelengths? My theory is that because we can tune into a far broader set of frequencies and mix our perceptions this gives us the creativity which has set us well apart and it is the reason for man's alarming biological success. Just as an interesting spiritual sub-note: in the analogy I spoke of the fox being tuned to a different frequency than the dolphin. When we consider the diversity of the environments in which they live we understand their realities are very different and yet they inhabit the same ball of matter. It will never be necessary for one to know the other exists. Just another reflection of what we can expect in the spiritual reality.

Now, my own definition of intelligence: So it is my opinion thought is a by-product of creativity and that man's creativity is a consequence of receiving a broader range of frequency than other organic life forms.

It is my view true intelligence is awareness of purpose... Words are too feeble to convey my meaning, so I will offer you an image: a baby will reach for a Mother's breast, not from a process of reasoned thought, but an awareness of a need for the food the breast provides to fulfil a purpose. The intelligence is

simple, yet profound and not one word of human language has been processed by the brain. I offer you another image of profound intelligence at work: a sperm racing thousands of other sperm to reach an egg and wriggle inside. The DNA of the sperm and the egg begin the creation of another separate biological being that is a repeat pattern of the two parent beings, yet with unique individuality. The intelligence pre-programmed into those two tiny cells is awesome, and that same pre-programmed intelligence created you to a very specific pattern, each strand of DNA instructing and organising new cells into fingers and toes etc... There is an awareness of the part each cell must play in the complex drama being played out and nine times out of ten they remember their lines perfectly. Again, we see awareness and purpose at work. In my opinion, the universe was created exactly the same way and it is the intelligence of simple awareness that creates everything and drives everything. Repeated patterns working in perfect harmony and symmetry all born from an awareness and purpose that all originated with an "idea". I label the origin an "idea" for want of a better commonly understood word.

So, back to my theory: thought, as we perceive thought in a particular language, is a by-product of our creativity. The problem with this by-product is it has caused us to lose confidence in our awareness, whilst our awareness, I will argue, is our primary intelligence. Also, in my opinion, the thought process of words corrupts the truth. I'll explain: words are labels that limit the potential of the labelled subject to an interpretation of that word by the experience of the individual, thus flavours are lost in misinterpretation and misunderstanding. To clarify: two people can look at the same view from exactly the same perspective and the description in words might be very different whilst their awareness and appreciation could be the same – again, I explore this subject in greater detail in part two, where I focus on conscience and love... Yet, everyone will have a different perspective on everything as their life experience and specific interests will colour their view, so I will now move on to talking more about the reality we know on this wonderful planet Earth...

The Planet Earth: Home Sweet Home.

We are currently hurtling through space at 67,000 miles an hour! Phew! And if that isn't enough, we are also spinning at a speed of a little over 1000 miles per hour! Goodness, guys and gals! Hang on to your hats!

Science will explain how gravity and the Earth's atmosphere protect us from being blown away by the shear force of the speed we are travelling and I embrace all the scientific explanations. It is fact. It is the truth. It is also true that the physical brain through the sense of sight only perceives speed at short distances. If we are travelling along a road in a car at 70 miles per hour watching the trees beside the road as the car passes by, we realise we are travelling very fast, but if we then change our focus and watch trees maybe 500 yards away, we will sense we are travelling far more slowly. The truth is we would be travelling at exactly the same speed. Our brain's perception is quite radically altered by a slight tweak in perspective. So, can we conclude our perception of our physical reality changes according to our perspective? This is very interesting ground spiritually, and why I often Tweet my own quote 'The

truth lies in every perspective', because here we see evidence that we cannot trust our brain. It is not that the brain is bad or malfunctioning, it is simply how it processes information. Okay, nothing new there, and the purpose of this text is not to give you a science lesson. The purpose of this text is to offer a deeper spiritual insight on the science. The brain wraps our reality in illusion. Speed is only relevant to the brain's immediate environment. Another obvious example of the illusion is the Earth's orbit of the Sun. Who can blame the ignorant for placing Galileo under house arrest because he asserted the Earth orbited the Sun? The guy was clearly mad! It was considered utter nonsense to suggest the Earth was turning and that was why the Sun moved across the sky because we have absolutely no sense of the Earth turning at over 1000 miles per hour. Until science proved the Earth's rotation and the Earth's orbit we were ignorant of the truth and living under an illusion. I repeat, speed is only relevant to the brain's immediate environment. So what can the spiritual perspective offer us on the other side of the coin? Stillness. The soul exists in an apparent stillness – I use the word apparent because an analogy would be much like a pond where the water appears still, yet there are strong undercurrents. Science will talk about mass and distance and the relationship with time with all kinds of complex mathematical equations, which do fascinate me, but whenever I read a scientific explanation of light speed etc... I have always expanded my imagination to try and change my perspective to see with greater clarity. When science discusses light speed, it always seems unnecessary to start explaining how it will take 30 billion light years to cross the universe. My brain simply cannot grasp the significance of the statement and ceases to function – a bit like a computer freezing and in desperate need of a reboot! The concept is simply too vast for me to comprehend. So I change perspective. In this case I imagine myself as twenty times the size of the universe. In fact I imagine the universe as a pebble on a beach. I can then pick up that pebble and hurl it out to sea if I wished and that would only take me a second. A second would also be the time it takes for my finger to rub along the full length or width of the surface of the pebble and if I threw it hard enough at another pebble I could possibly break it in half and have a good look inside at what would appear to be, in my opinion, solid mass. But the point to this image is, relative to my new size the universe as a pebble exists in static stillness. It is only an image to help me comprehend and is not scientific fact, but the perspective does offer interesting insights. Two points to note that will substantially alter perspective again are: It is only a relative stillness created by the size/mass differential and we need to remember, in my opinion, the soul has no mass, therefore it has no size and it occupies no space. Interestingly, could a consequence of having no mass and occupying no space mean there isn't a creation of time...? My perspective is that physical matter exists purely to create the space for frequencies without substance, such as the soul, to occupy. I would argue that the brain is simply a tool for the soul and the frequencies the brain is capable of receiving go way beyond what science is currently able to prove today. I will leave you with that thought and we will keep returning to it as it is a repeated pattern running through all my theories and/or perspectives.

So the Earth orbits the Sun, the source of light and heat that enables life 'as science currently knows it' on Earth, and the Moon orbits the Earth, creating a magnetic attraction that drives our oceans, and thus the world goes round, literally. The consequence of all this movement is night and day; spring,

summer, autumn, winter. Year in year out we experience the sets of repeated patterns. The Earth, Sun and Moon create patterns of perfect symmetry, as does every Sun and planet in the greater universes. Science can prove this to us. There is a constant movement of repeated patterns all working in perfect symmetry and all driven by enormous forces. Science is discovering more and more facts about the forces at work. Science has even identified sub-atomic particles yet to be discovered and identified planets we cannot see. They have been able to identify these body masses because of a physical reaction in the environment to the mass that means it must exist. This is very interesting from a spiritual perspective. I believe science should accept the soul exists in much the same way that science cannot prove the existence of the Higgs boson yet, but science generally agrees it has to exist due to the physical reaction it causes in its quantum environment. I would argue the soul plays a very similar role in life. I would argue the soul is the glue of the individual, the family and the wider community... I'm getting ahead of myself here as I will deal with my scientific and spiritual perspective of conscience and love in part two... (As a sub-note, the Higgs boson could prove to be the missing link in my theory with regard the reality of substance and the reality of non-substance – In my opinion, discovery of the Higgs boson could in itself bring together the spiritual and scientific communities – Now that would be glue!).

Okay, back to reality (tongue in cheek with a wink). So these perfectly repeated, perfectly symmetrical patterns can be seen in all matter. From the perfect symmetry of the planets orbiting, to the perfectly repeated pattern of each flower, to the five fingers and five toes on each of your two hands and two feet, to each biological cell that makes up the physical body that represents you, to the perfect symmetry of sub-atomic particles. There is one key element to note, each pattern, although repeated is also perfectly and uniquely individual. I offer you the image of a diamond turning slowly in a single beam of light. Each facet sparkle's its own unique colour (I use the word 'colour' metaphorically) and never is a particular colour repeated, yet the beauty of the diamond remains perfect and even though no one facet ever repeats a unique colour the diamond remains whole. This is because each facet is important to the whole, but no facet is wholly important. All the patterns in nature and the greater universe work on the same principle. The spiritual world mirrors that same diamond...

Hold on to the image of the diamond turning in a single beam of light. Each facet sparkle's unique colour and is gone... Now imagine each facet is an individual soul adding its own uniqueness to the whole impression of the diamond. The diamond turns and the colours sparkle from a myriad of facets and each are unique and even though the pattern is perfectly repeated the uniqueness of each individual sparkle is never repeated. But the diamond is solid. There are layers upon layers upon layers of facets, each surfacing now and then to sparkle before returning deeper into the whole. Now imagine that we change the word 'sparkle' to 'life experience' and know that the diamond has always been complete and there is no more and no less of that diamond than has ever been... This is a big concept to grasp so let us stand back and just visualise for a moment... The diamond becomes a group of faces, the faces becomes a city, the city a continent, then Earth. We stand back further and the Earth becomes our solar system and we stand back further and the

solar system becomes the universe... The further we stand back the clearer it is to see and the further we stand back the slower all movement is occurring... Now remember the soul exists in apparent stillness, and note I use the word 'apparent' again. This is because the spiritual world, like the physical world, is a perceived illusion bound to a particular perspective...

Now, let us go back to the diamond and change our perspective. Looking at it from above it appears to be round, forming the perfect circle. A circle has no beginning and no end. A circle is also something, yet represents nothing when viewed as a zero. The Earth is round, as is the Sun as are all the planets. And each round ball of matter is orbiting in circular cycles. My belief is science will discover the universe is round as is the collective galactic universes and as we stand back further they will appear as round pebbles on a beach (sorry, the beach and pebble analogy again!). Each pebble is an individual pebble, yet it is one beach. And each pebble completes the beach. Each pebble important to the whole, but no pebble is wholly important.

We are seeing that the further we stand back, the clearer our spiritual view and the greater our spiritual comprehension. But for science it is necessary to focus in very close, for it is the fine detail we can gain greater scientific understanding.

Spiritual Recycling:

Let us return to the circle: we can see in life and in science that everything is working to a circular pattern and we can see that a circle has no beginning and no end. How then does the linear life span of organic matter work in the scientific and spiritual equation? Well, we know how organic matter returns to the soil to feed the plants that feeds the cows etc... We know how the oceans recycle, forming clouds to fall as rain and water the land etc... But how does the soul recycle?

Well, just how does something without substance recycle? In my opinion, the answer is a simple one: at the point of what we physically term death, the soul returns to the reality of no substance taking with it the uniqueness of that particular physical life. The uniqueness of that life is coloured by the experience of the life lived and a shadow of the physical appearance is carried across due to a perception the soul will continue to have of its self. However that shadow of perceived individuality is a consequence of residual ego. When the soul recycles back to substance again the image changes to reflect new colour, or, in this case, a new face. So why would the soul desire to return to a physical linear existence if the soul's natural home is non-substance? Because non-substance needs substance to create the space to be. If I am right, then reincarnation isn't only a spiritual concept, it is the reason for life itself. And let us step further towards this idea. There appears to be little intelligent point in recycling the soul to experience the same physical existence over and over again, so the idea makes sense of my analogy of the diamond turning in a single beam of light with each facet reflecting new and unique colour, with no reflection ever repeated... Let us consider for a moment that I have proven scientifically the world without substance needs the reality of substance, then the reverse is also true...

I will attempt to clarify what I mean by a reality of non-substance and how the soul carries across a reflection of ego. I'm going to offer the image of an ocean. Each drop of water adds to the whole, but it is one ocean. In effect the ocean could be termed one drop of water. If you dip your finger in the whole ocean, you can take a drop and that drop of water will appear unique on your finger. It will carry the colour of your skin and will bend the light to magnify skin texture. Possibly there are impurities on your finger that become as one with the drop of water. Then you let that drop of water fall back into the ocean and it immediately becomes one with the ocean again, only it now carries something of you with it to add a new uniqueness, a new colour if your like, to the whole. The reality of no substance is, in my view, very much the same. An ocean is many millions of drops of water and it is one drop. Each soul is individually unique, yet we are all one.

This is the end of part 1... Part 2 will focus on a conscience and love, both huge scientific and spiritual subjects, and there will be parts 3, 4, 5 etc each dealing with other substance and non-substance perspectives that make our world literally go round... All the parts will make up the whole book and will be available as individual parts as they are completed.

As a sub-note, I would like to comment on semantics. We all define words slightly differently. I am always happy to define the meaning behind the words I use. For example, a scientist wanted to debate a statement I had made: 'our perception of truth changes with perspective'. He argued 'our perspective cannot change the truth of Newton's law of movement etc...' I agree completely with regard my use of the words 'truth' and 'perspective'. One of Newton's law's states that for every action there is an opposite and equal reaction. But I also incorporated the word 'perception', which changes the semantic context. A fundamental truth, in my opinion, is two sides of the same coin. We can appreciate the coin has two sides, but our perception can only be of one side at a time. That was my point.

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